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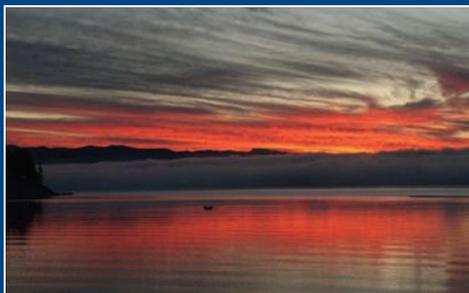
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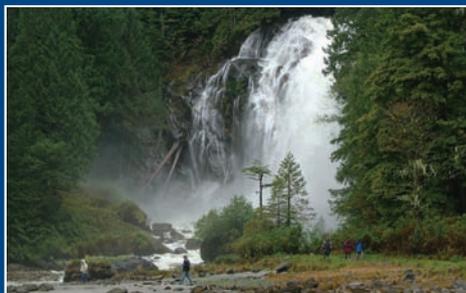


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ON THE COVER

Kayaker Karah Stones gets a close look at a sea lion at McRae Islets off Scotch Fir Point. See more of Jeremy's photos at the Artique gallery or at jeremywilliams.ca

Photo by Jeremy Williams

Powell River Living CONTRIBUTORS

GERRY GRAY was an editor and long-time columnist for *The Powell River News*. He moved to Powell River in 1963 and worked in the lab of the Powell River mill for 30 years. He has also been involved in the Powell River Association for Community Living for many years.



LYLE JEAKINS works for Hurford Marine Services (Tug & Barge) and has had a summer home on Savary Island for 20 years. He is working on his first novel and has written for the *Savary Island News*.



EMMA LEVEZ LAROCQUE is a director of Pebble in the Pond Environmental Society, a group dedicated to bringing attention to plastic issues. For more information, visit www.pebpond.com.



DAWN MACLEAN enjoys her work at Vancouver Island University, teaching Adult Upgrading, managing the writing centre and coordinating ElderCollege. Her two children keep her entertained in the car as they rush from one activity to another.

JANICE OLFERT owns and operates Heather Tours, a registered travel agency and charter bus service. In her years of travelling in Canada, the US, Cuba, Europe and Australia she has been robbed once—last May, in the Lower Mainland.



SEAN PERCY is our associate publisher. When he's not publishing, he likes hiking, diving, photography and enjoying beautiful Powell River with his family.



DARREN ROBINSON has been captivated by the art of photography since his youth. His passion for nature and the outdoors has further inspired his unique style. Darren's images have been featured in many tourism-based marketing pieces, books, ads and websites.



RUSS SPARKS has wandered on and off Texada Island since 1972. He is now retired from one too many jobs and is part of the very bleached and washed over crowd with just a few rough edges left.



Do, or do not... there is no try.

—Yoda (A long time ago...)
Mentor and Jedi Grand Master

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We welcome feedback from our readers. Email your comments to isabelle@prliving.ca, or mail to Powell River Living, 7053E Glacier Street, Powell River, BC V8A 5J7 Tel 604 485.0003

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Powell River Living IN THIS ISSUE

The best place on earth

The province of British Columbia boasts that it is the best place on earth. And given the grandeur of the province, who are we to argue? But it's also a pretty big place. Powell Riverites know that we can narrow it down considerably.

In each issue of Powell River Living, we try to showcase some of the things that make this community the best place on earth. In this issue, we've rounded up some help in listing reasons why Powell River is a great place to visit and an even greater place to live.

Starting on Page 7, Tourism Powell River's executive director shares some reasons to holiday in Powell River, even if this is already where you live. Darren is also a talented photographer, and his images are displayed in this month's Explore Powell River feature on page 22.

We asked some other locals to share some of their favourite things about Powell River. Their responses begin on Page 19. Perhaps Mayor Stewart Alsgard sums it up best when he argues that the people of Powell River are what make this community so special.

He's talking about people like Lyle Jeakins, who rescued, not one or two, but three wedding rings from the beach on

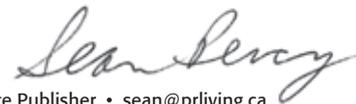
Savary Island. Not only did he return them to the rightful owner, but he really went the extra miles. Read about it on Page 17.

He's also talking about people like Rob Diggon, who has spent countless hours over more than a decade working to help restore salmon runs on Texada Island.

Easy access to great fishing is one good reason to holiday in Powell River, as a couple of lucky anglers discovered when they hooked a monster halibut off our shores. Read their story on Page 9.

With another successful Sea Fair in the books, Powell Riverites now look ahead to another favourite summer tradition — the Blackberry Festival. Veteran writer and volunteer Linda Wegner gives you a taste of that yummy event on Page 15.

Indeed, if anyone wants to argue that Powell River is not the best place on earth, they should first spend a summer holiday here. They wouldn't be the first to change their minds and stay! **RL**



Sean Percy, Associate Publisher • sean@prliving.ca

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KUDOS Powell River

Kudos to a national champion!

Kudos to Abby Lloyd for winning gold at the Canadian Junior National Judo Championship. The 13-year-old Powell River girl fought her way to first in the U15 female minus 52 kilogram weight class in Lethbridge, Alberta. She beat both the Manitoba and Quebec champions in order to clinch the gold.

"All her hard work is paying off. She trains hard and focuses and her dedication shows," says Neil McKenzie, Powell River Club Club Sensei. Keep up the good work Abby, as you continue to chase your Olympic dream!

And more kudos are in order for Neil McKenzie who was awarded a gold medal, too, for coaching Abby.

Silver medals on broken ankle

Kudos to 15-year-old Cale Hernandez for winning two silver medals at the BC Summer Games. Cale's participation in the Games was in doubt after he broke his ankle in a soccer game (see July 2010 issue of *Powell River Living*). But Cale refused to give up and got a special medical dispensation to compete. He won silver in javelin with a throw of 40.01 metres. He also helped 4x100m relay team from Zone 6 to a silver medal. While he was back up to his pre-accident speeds in his individual races, the break in training put him behind the pace. He was 9th in the 300m and 13th in the 200m sprints. **RL**

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We welcome feedback from our readers. Letters may be edited for length. Letters can be sent to isabelle@prliving.ca, faxed to 604.485.8381, or by post to *Powell River Living*, 7053E Glacier Street, Powell River, BC V8A 5J7.

Dear Powell River Living:

I loved the *Home Grown* issue! It is so nice to see all the options of local food producers in one publication. I had no idea of some of the farms and what they are offering.

CaroleAnn Leishman
AGIUS BUILDERS LTD

Dear Powell River Living:

As an avid armchair historian and one who is easily captivated with the stories of the past I eagerly read the July issue of your magazine celebrating the Centennial of the Townsite. Expecting to find information that told the tale of the Townsite from its earliest origins I was disappointed to see a complete lack of any First Nations reference. While I understand that the intention of the issue was celebrating the founding of the Townsite in 1910, I believe that at minimum the issue should have acknowledged the Tla'Amin people who lived there previously. In the past I have found your publication to be well researched, professional and well assembled. Previous articles on Sliammon have been both topical and relevant.

As we have come to understand, history is typically recorded by the conquering "heroes," and in this case this seems to be especially true. While not always easy stories to tell, they are important on so many levels for our community as we attempt to heal old wounds and move forward as a strong and vibrant place aware of its past, both positive and negative. As with the telling of all stories there are always missing pieces based on the perspectives of those who do the recording.

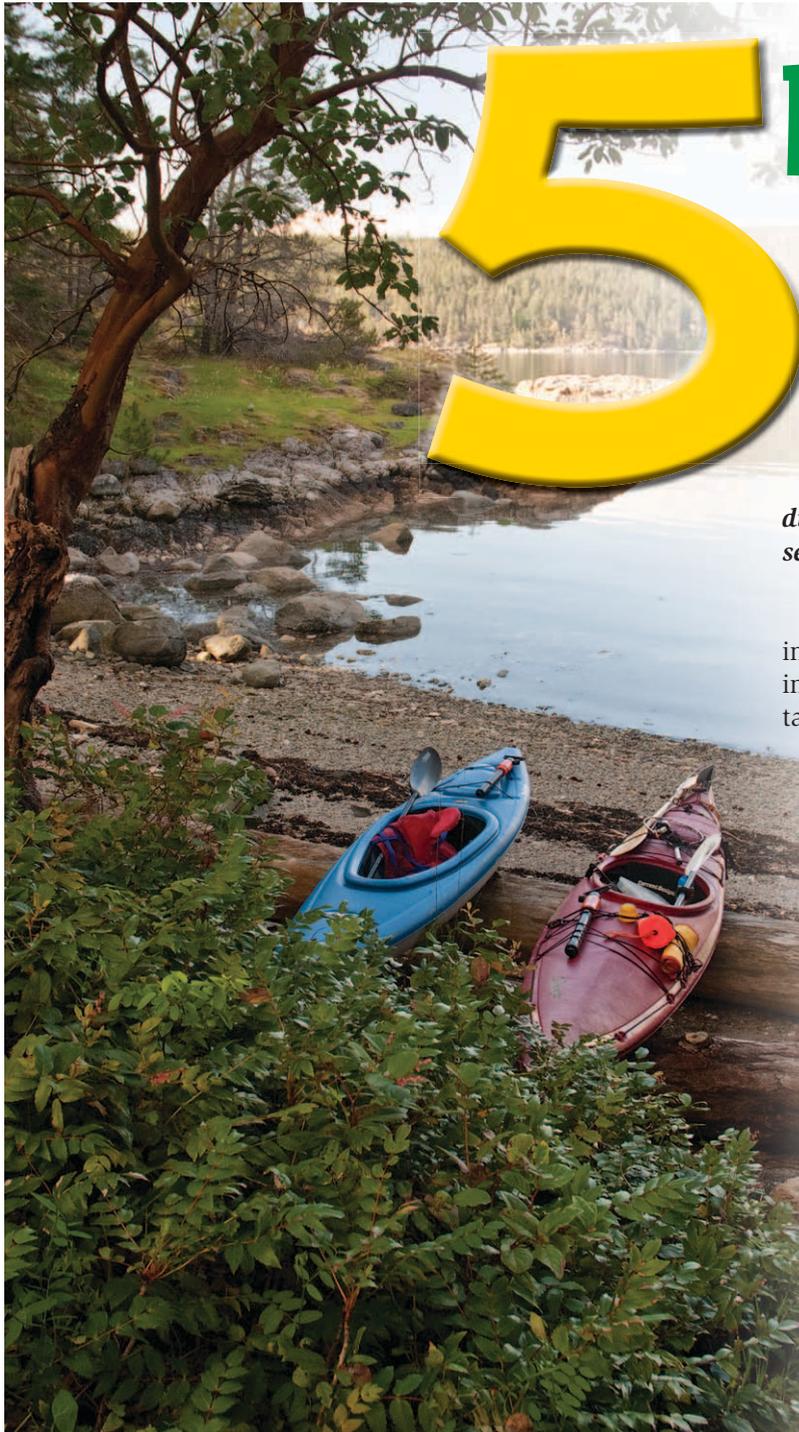
The Townsite and location for the mill was known as Tees-kwat and was the traditional village site of the Tla'Amin people. Interestingly, the same Dr. Israel Powell who surveyed the native settlement of Tees-kwat as the site of a "natural industrial site" with its "sheltered port, huge water supply and tremendous forest of quality trees" was also the Superintendent of Indian Affairs for B.C. for more than 17 years. This makes for an interesting story, one that calls into focus the questions of what really happened to mark the "founding of the Townsite."

As the Tla'Amin people continue to work towards self government and acceptance of a proud and rich cultural connection with these lands for thousands of years before Cook, Vancouver, and Powell were ever on the scene, it seems even more timely to acknowledge these beginnings. Simply burying our heads in the sand and pretending that this area did not once sustainably support thousands of Aboriginal people is a regrettable omission. I am disappointed that in this day and age your publication appears to be perpetuating out dated and disrespectful perspectives on our real beginnings.

In the spirit of telling the story with all the pieces,

Hugh Prichard
DIRECTOR, TERRACENTRIC COASTAL ADVENTURES LTD

EDITORS NOTE: *Thank you so much, Hugh, for pointing this out. We apologize to the Tla'Amin people and our readers for this oversight. For more letters on this subject, visit our website www.prliving.ca.*



5 REASONS

to stay or visit Powell River this summer

By Darren Robinson

Whether you're a resident or a visitor, there are lots of good reasons to spend your summer vacation in Powell River. We asked Darren Robinson, the executive director at Tourism Powell River, to give us just five. As you'll see, he crammed in a few extra. Who can blame him?

Got a bucket list? Knock more off your checklist right here in Powell River this summer. Rock climb to the top of awe-inspiring bluffs, get a picture of you beside a sunken mermaid, tackle the 180 km Sunshine Coast Trail, jump into Emma Lake, kayak into Desolation Sound, lie on the white sand beaches of Savary Island, find the famous Flower Rock on Texada Island, paddle the Powell Forest Canoe Route. The possibilities are endless.

The Powell River region is one never-ending party in the summer! Festival season is well underway with some exciting events perfect for the entire family. Some must-sees for August and September include our annual Blackberry Festival (August 14-20), Movie Under the Stars (August 17), Arts Alive in the Park (August 21 and 22), Open Air Market and Hot Summer Night Market, and the 29th Annual Sunshine Music Festival. Check out the Calendar of Events by visiting www.discoverpowellriver.com.

Powell River turns 100! This only happens once folks. What's the best way to celebrate this amazing milestone? Explore and enjoy what our amazing area provides to us EVERY DAY! Townsite celebrations take place over the BC Day long weekend, beginning July 30.

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Photo by Sean Percy

were we named the Cultural Capital of Canada in 2004? Now is the time to find out. Take part in the Powell River Studio Tour (Aug 28 and 29), or just pop into our various studios and galleries on your own schedule and say hi to the artists that help keep Powell River on the cultural map.

Fall in love... over and over. The land of mystical sunsets offers the perfect backdrop for romance. Delectable seafood dishes (oysters, anyone?), pristine natural beauty, fresh ocean air, rainforest delights, waterfalls aplenty and adventures perfect for two—it's no wonder couples go gaga for Powell River every summer. Raise a toast of fine blackberry wine to the one you love on the Pearl of the Sunshine Coast! **PR**

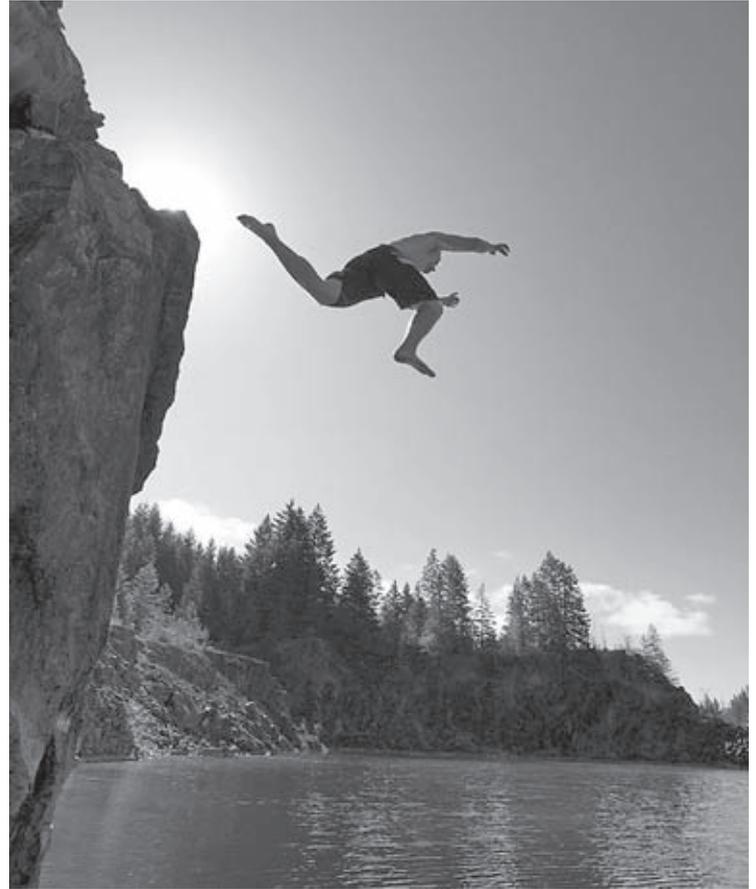


Photo by Darren Robinson



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Hali-WHAT?

The one that didn't get away

By Donna Koleszar

People love to come to Powell River to go fishing. Carol and Mel Modien are no exception. They travelled in their motor home from Dawson Creek to visit Carol's brother Jim Castle who lives in Powell River. Carol wanted to catch a salmon. "I have never caught a salmon," she explained. So Jim took his sister and her husband out in his 17½-foot boat to land a little dinner.

July 13th was a beautiful day — they wanted to get a little sun and relaxation. What they got was a little more than they bargained for, even by Powell River standards. The Modiens travelled from the harbour to the east side of Harwood Island. Carol likes to troll but she really wanted to catch a salmon so Jim put a silver zinger on her rod at the end of 25 pound test line. "Just jig this off the bottom while I get the down riggers hooked up," he told his sister. Carol reluctantly started to jig her zinger off the bottom of about 125 feet of water as Jim got the riggers ready so they could troll.

On the first jig, Carol felt something very heavy. She laughed, "I think I've got a whale," she said. The boys grinned at her, "Yeah, you've probably hooked a rock cod, haul it in and let's have a look." The rod started to bend right back to the handle and Carol struggled to hold it between her knees. She started to

reel in the line but after about five minutes her arms were so tired she could not continue. Chuckling at his wife's inadequacy, Mel took over.

Well.... This was something he had not bargained for. There was a dead weight at the bottom of this rod and Mel also struggled to keep the rod upright. Had Carol hooked onto something on bottom? Maybe a big lingcod?

The fascinating thing about fishing is you never really know what you have because you cannot see it. Mel continued to haul in the line, one wind at a time. The thing took a dive; he resisted, keeping it all together. He could not wind the line in very fast, but he was steady... for about half an hour. That's when they began to see something just under the surface of the water. "Get the net," yelled Mel. Jim replied, "I think you have a halibut."

They managed to get the mighty fish into the net, but could not lift it into the boat. Of course the fish was flopping around like a wild bronco and they were fearful of losing him. Finally, both Mel and Jim managed to haul it over the side and into the boat. That fish was flapping and thrashing about until Jim grabbed a club and knock him out properly.

The two men were finally able to still the big fish, but they had another problem: where could they keep him? Too big for

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the fish tub, and they couldn't just leave him in the sun. Then came an idea. They removed the engine cover and flipped him into the bilge so they could continue the fishing trip for a couple more hours.

When they all got back to harbour they took their catch to Marine Traders for a weigh-in. It took three men to lift the fish up for that to happen. A whopping 80 pounds of halibut!!! Still, Carol humbly explained that she would still like to catch a salmon.

You go girl! 



GREAT BIG FISH: At 80 pounds, this is the biggest halibut Jim Coulton of Marine Traders has seen come into the Powell River harbour. It was caught by Mel and Carole Modien of Dawson Creek on July 13 off the Harwood Sandbanks.

Power River LIVING Have you seen our just-renovated website? Drop in for this month's articles, or past issues.

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Summertime treat

Say yes to gelato!

By Isabelle Southcott

René's Pasta on Marine Avenue has just what you need to stay cool this summer: Gelato.

René's is the only business in Powell River that makes gelato. Three local restaurants, The Alchemist, Savary Bight and Manzanita all carry René's gelato.

"Gelato is the word for ice cream in Italian," explains Alexandra Glangeaud. "But it's also different from the ice cream made in North America."

Fruit gelato is made with water and fresh fruit juice. Other flavours, like chocolate, pistachio and vanilla are made with whole milk.

"Ice cream is made with cream," said Alexandra.

Gelato is also denser than ice cream because there is less air in it.

Twenty-year-old Alexandra is studying microbiology at University of Victoria. She's home for the summer working in



COOL AND DELICIOUS: Alexandra Glangeaud shows off a cone of mango and mint gelato. René's Pasta is the only business in Powell River that makes their own gelato.

the family business and her job is to make gelato. On this hot summer day, Alexandra is already finishing up her third batch.

René's started making gelato three years ago. "I went to Italy on a school trip and I ate a lot of gelato there. I came back and was talking to my dad (René) about it and he thought that it was a good opportunity to make it because no one else in town does."

"We use local blackberries for our blackberry gelato which we'll have for the Blackberry Street Party along with a blackberry/white chocolate cheesecake," said Alexandra.

With over 20 flavours of gelato to choose from, there's sure to be something that tickles your taste buds.

"I like the Blood Orange," says Alexandra.

Me? I just love mint gelato, but my 11-year-old son says a combination of mango and mint is even better. [PRL](#)

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Oops...

The real Dr Henderson

After publishing *Powell River Living* last month, we received a phone call about the image of Dr Andrew Henderson that was used in our special feature about the Townsite.

It seems that at some time back in the 1930s, the image we have come to associate with Dr Henderson in the files of the Powell River Historical Museum was inadvertently mislabeled. This image has subsequently been used in many other publications and the error was perpetuated.

We now find out that the image labeled as Dr Andrew Henderson and widely used was actually a man named Henry Slade.

Dr Henderson's grandson recently provided the museum with this photograph that he knows for sure is his grandfather. Now

the files have all been changed to reflect the new image.

We apologize for the confusion, but this should clear things up once and for all. [PR](#)

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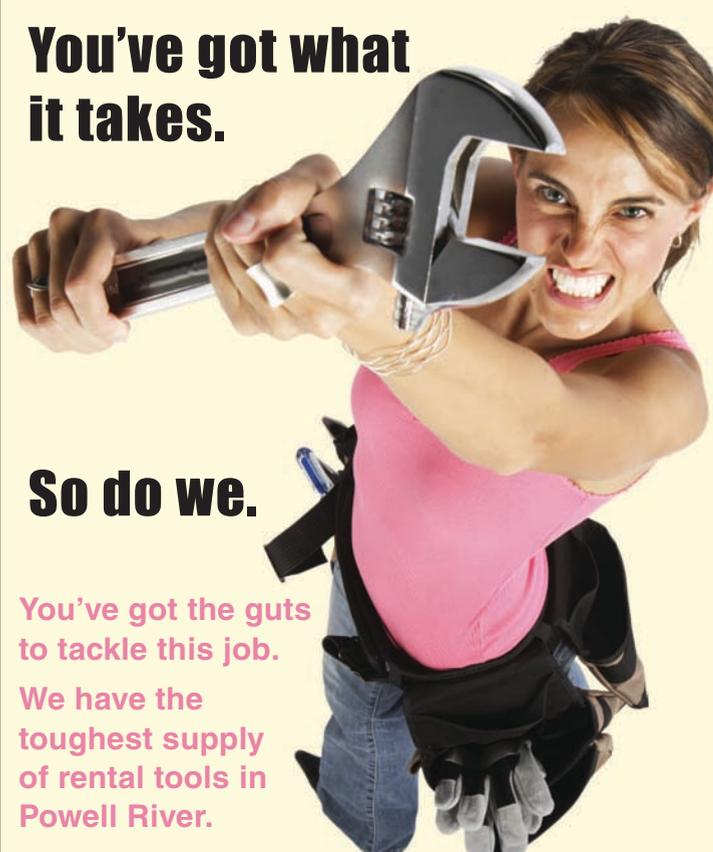
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DR HENDERSON, WE PRESUMED: At left is Henry Slade who's photo has been misidentified for years as Powell River's first doctor. At right, the real Dr Andrew Henderson – verified by his grandson.

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Blackberries

It's all because of rubus

By Linda Wegner

Psst... wanna know the latest scoop on one of Powell River's prickliest subjects? Keep on reading and then check out the landscape; there's plenty of evidence of increased activity.

Although the central characters in the tale go by names such as *Rubus macropetalus*, *Rubus loganobaccus*, and *Rubus ursinus*, we know them better as blackberries and they're everywhere. Native to all continents except Australia and Antarctica, centuries of inter-crossing have made it impossible to identify the original species but what we can say is that variations include the Loganberry, the Boysenberry and the Youngberry. For most of us waiting for the succulent fruit to ripen, however, a blackberry by any other name tastes just as sweet.

Not only are blackberries sweet, they're also a tempting snack. If you're not sure about that, just check with every kid who waits with anticipation for the day he or she can begin the annual ritual of gorging, straight from the bush. For that matter, few adults can resist stripping vines either.

Chock full of things like tannic, antioxidants and anti-aging properties, they're the epitome of value-added scrumptious dining... but honestly, many folks aren't as concerned about their nutritional content as they are that the black beauties come wrapped in pie crust, muffin batter or end up sitting on top of an ice-cream sundae.

But there's even more good news: It's Blackberry Festival time in Powell River!

For the past century Powell Riverites have cleared, jeered and perhaps cursed the invasive vines that blanket the area and ravage bare arms and legs. That said, they've also have canned, jammed and gorged on the delectable summer crop. It wasn't until the summer of 1980, however, that the idea

of celebrating the blackberry came to fruition.

Townsite resident Cathy MacDonald is president of Marine Avenue Business Association (MABA) and coordinator of the Festival.

"I'm very excited about this year's events. It's the twentieth anniversary of the Street Party and it just keeps getting bigger and better every year," she says

That's true but there's more! The Open Air Market kicks off the festival this year on Saturday, August 14 with Blackberry Days (what else!). Coordinator Jesse Black says there'll be lots of blackberry delicacies along with special entertainment.

Then there are The Hospitality Olympics held in Lund. Representatives from local hotels, bars and restaurants

compete for the title of Best All-Round Server and a trophy to prove it. This year organizers are offering first, second and third prizes.

If you're getting ready for a quieter evening prior to the rest of the week's activities, plan to take in Tuesday evening's Movie Under the Stars on August 17. Pack the appropriate number of lawn chairs and blankets under your arm and head for Larry Guthro Park for the Credit Union's sponsored family treat.

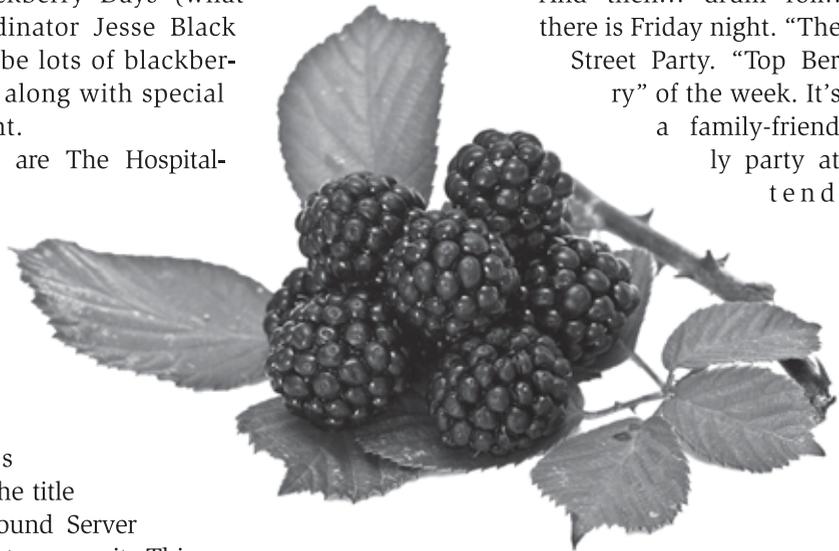
Wednesday evening, the 18th, the festival takes on a classier atmosphere with the launch of Blackberry Fête: a Celebration of Local Flavours and Local Impact. This kickoff event for Powell River and District

United Way's annual fall campaign features delectable treats and blackberry-flavoured wines grown and produced almost exclusively within the boundaries of the 100 Mile Diet and provided through the generosity of Quality Foods.

"It's about partnering for mutual benefit," says Sean Melrose, Chair of the organizing committee. "United Way is a community impact organization that needs to be in synch with the rest of the community. To truly be in synch with Powell

River is to promote local food."

And then... drum roll... there is Friday night. "The Street Party. "Top Berry" of the week. It's a family-friendly party attend-



ed by folks of all ages, an assortment of musicians, vendors offering blackberry treats from cheesecake to lemonade and lots in between and the grand finale of the evening: Fireworks, sponsored by Quality Foods.

Looking to end the week's festivities on a gentler note? Take in Arts Alive in the Park at Willingdon Beach on August 21 and 22. You will be amazed at Powell River's treasure trove of talent.

And just to think that all this takes place because of that pesky vine wrapping its prickly vines around our community heart. **RL**



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Travel safety tips

Three great tips for those heading out (or staying home)

By Janice Olfert

In the twinkling of an eye.

Quick as a flash.

At the speed of lightning.

All great phrases, except when you get robbed. In May of this year, I was on one my trips to Vancouver and it took about five seconds for someone to reach into my purse and take out my wallet (which, fortunately, did not contain any money), date book and business card holder.

What can you do to ease the pain and trouble that ensues when something like this takes place? Here are a couple of tips I learned before and after the robbery.

No. 1

Take out everything that you currently have in your wallet and photocopy the fronts and backs of EVERYTHING: your credit/debit cards, store cards, ferry cards, library cards, video rental cards, club cards, health cards, photographs, etc. Make two photocopies of your passport, one to take with you and one to leave at home. Keep your master copy in a safe place in your home.

No. 2

When you are going on vacation, take out of your wallet any cards that you will not be using on your trip. Ideally,

choose one universal debit card and one universal credit card that you will be using in the country that you will be travelling to (first make sure that the country will accept your bank's debit/credit card). You will need your driver's license, Care Card and extended health information and any other travel-related information.

For international travel, your passport can be carried in your purse or on your person. The choice of leaving your passport in a hotel room (either in a safe or locked in your luggage) or taking it with you on day trips seems to be split 50/50. If you do leave it in a hotel room, make sure that you take a photocopy of the first page along with you.

Finally, I learned too late that if you want to take photos along, take the photocopies—not the originals.

Do NOT keep in your wallet: Social Insurance Numbers and Birth/Marriage Certificates. Did you know that to have your driver's license replaced you need photo ID, which for most people is their passport? You also need your birth certificate—and, if you changed your name when you got married, you need a marriage certificate that connects your birth certificate to your passport.

No. 3

Memorize the contact number of the bank(s) that you will be withdrawing money from either by debit or credit (usually a 1-800/1-877 number). If you keep the number in your purse/suitcase and either/or get stolen, you can waste a lot of valuable time finding the right number.

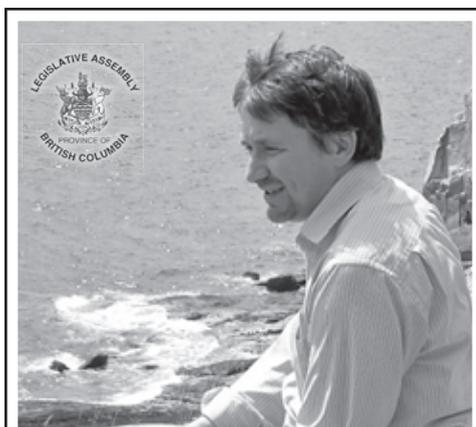
As soon I had my things stolen, I contacted my bank and they cancelled my cards immediately. Fortunately they had not been used.

My robbery took place in Burnaby in the Lower Mainland. When I arrived at my destination in New Westminster I contacted the police there and they re-directed me back to the Burnaby station. You should call the police department in the city that the robbery took place.

When I arrived home, I took my photocopied information and was able to have all of my cards replaced within 2 weeks.

Unfortunately for me, the pictures of my son from Grades 4-12, a 58-year old picture of my parents, and a few other pictures are gone; those are irreplaceable.

Powell River is a relatively safe place to live. By protecting yourself in this relatively easy way when you travel, you can save yourself a lot of grief and frustration in the unlikely event that you will be robbed. **RL**



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Coming up!

Sunshine and music

The 29th Sunshine Music Festival comes up September 4-5 at Palm Beach Park. Artistic director, Clay Brander, says the event evolved from a folk festival to the music festival it is today. "We include world and blues and folk. We try to bring new stuff to town that people haven't heard before. We like to expose the public to something interesting. We try to hit something that all age groups like and end off Saturday night with good dance music."

A highlight act this year will be Bill Bourne. Another will be a band called Delhi 2 Dublin. "They are a mix of Indian and Celtic but it is kind of electronic. People will be up and moving the whole time," said Brander.

Rachelle van Zanten played a number of years with the band Painting Daisies and fans of the festival remember them. Rachelle is now doing a solo tour. The Kennedy sisters, Carli and Julie, will be performing. Another local band Neko Rei will be playing and so will Blackberry Wood.

The craft booths are always interesting and the food booths fantastic.

For more information visit www.sunshinemusicfest.com.

Three rings of serendipity

From the sandy shores of Savary

By Lyle Jeakins

I'll begin by saying that this is a true story, the type of which fits into the category of "truth is stranger than fiction," or, "you just can't make this stuff up."

I am employed as a deck hand for Hurford Marine, on a tug and barge show which services the Lund area. Towing vehicles and equipment to and from Savary Island is a major part of the business. One day this past November Dave Hurford and I towed the propane truck over to Savary. Because it has to taxi down the island, unload, and return to the barge, we have a layover of about an hour until the big yellow truck reappears.

I decided to walk along the shoreline and beach comb, which I enjoy when the weather cooperates. I wandered along for a ways until reaching the Savary Island Lodge, a heritage log house and bed and breakfast operated by Jeanne Yuille, just a couple of hundred yards east of the Savary dock. I noticed an old winch on Jeanne's lawn that I wanted to check out so I stepped off the beach and on to her grassed area above the tide line.

There wasn't much left of the old winch, which I guessed was used to haul boats up off the beach for over wintering, probably going back a couple of generations. As I walked back towards the shore, my eye caught sight of something small and circular. I bent over and picked up a ring, shiny and silver. I thought it was odd looking, smooth on the bottom and crowned at the top. I tried it on. Too

small, even for my pinkie. I looked inside and saw the number 18 and the letter K. So I reckoned the ring was 18-karat white gold and was worth something. Upon further inspection I noticed the outside

...the wife had misplaced her wedding ring [and] were distraught, almost inconsolable over the loss. I knew by the tone of Jeanne's voice

I had found something special.

of the ring was filled with ornate diamonds. I was quite certain that whoever had lost it probably had been staying at the lodge. Jeanne wasn't there so I left it on her front table and decided to phone her when I got back home. Soon thereaf-

ter the propane truck arrived and off we sailed back to Lund.

I talked to Jeanne later that afternoon. She explained to me that a couple had vacationed there in August, and the wife had misplaced her wedding ring. Jeanne said they were distraught, almost inconsolable over the loss. I knew by the tone of Jeanne's voice I had found something special. She mentioned that she'd contact the owners and tell them the story.

About three weeks later Jeanne gave me another call. She told me the couple's names were Jessica and Gabe and they were extremely grateful. She also told me that there were two more rings missing, and they all fit together, like a jigsaw puzzle. Well that got me thinking.

After we discharged the next propane truck on Savary I quickly made my way to the old lodge. I searched the area but came up empty handed. "Like the proverbial needle in the haystack," I said to myself. Soon after that Dave showed up, walking his dog. We both had a look. A moment later my search turned up the second ring. There it was, all gold and inlaid with tiny diamonds. Then Jeanne arrived from her house saying, "What are you looking for, buried treasure?"

I said, "Well, yes and I've found some more!"

Jeanne said something like, "Oh my God," and was beside herself. There were tears. Now all three of us continued the search for the final piece of the puzzle.

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Back and forth we scanned the area. I shouted, "There it is!" Sure enough, the missing ring had been found in its entirety. We all marvelled at the circumstance. It was uplifting, to say the least.

Soon after, Jeanne phoned to tell me of a plan she had concocted to add a little drama to the story. She would tell Jessica and Gabe that we found only two rings, not three, and all parties would meet up at Jeanne's daughter's on Christmas Eve and Jeanne and I would present them

with the missing ring. We were all visiting relatives in the lower mainland over Christmas, so it wasn't a stretch.

I arrived at Jeanne's daughter's on the morning of Christmas Eve and sipped a coffee. Soon after, Jessica and Gabe showed up, giddy with excitement. I explained the story and history behind it, and presented Jessica with her white gold ring. There were some tears, and hugs. Gabe and Jessica thought that was the end of it. Then Jeanne got up

with a small wooden container. She said, "Now, the next time you go for a midnight swim in the ocean, you put your rings in this box, and you'll never lose them."

She presented Jessica with the ornate box. Jessica opened it to find the missing gold wedding band. Everyone cried, just a little, and then Gabe fell off the couch as he mixed laughter with tears of joy. It was a wonderful moment and experience I'm not likely to forget. **RL**

Coming up!

Diversity Yes!

Don't miss Powell River's Diversity Show featuring Kellie, Kamilla the Frog and Magrau the Bird on Saturday, August 21 from 1 to 3:30 pm in the Evergreen Theatre at the Recreation Complex.

Tickets are \$7 at the door.

A special workshop will be held after the show by Kellie to teach children how to make their own sock puppets. Kellie will even give a lesson in ventriloquism! There will be a limited supply of socks available so bring your own

special sock and turn it into a friend.

To participate in the workshop, please consider a monetary donation to Grace House or the Food Bank.

Kellie Haines is a Vancouver ventriloquist. With her puppet friends, Kellie explores the remarkable differences in people, nature and the universe.

Kellie and her friends sold out at the 2010 Vancouver Children's Festival. For more info visit www.kelliehaines.com.



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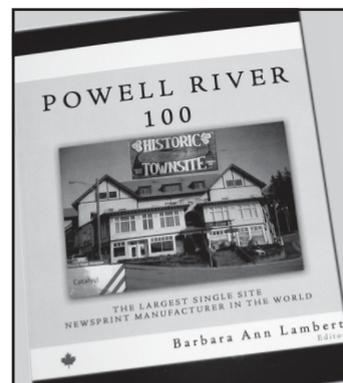
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Locals know

Tell a visitor Powell River's best-kept secret

If you really want to experience a community, you need to hang out with locals. After all, they know all the best kept secrets. *Powell River Living* asked some locals what they would tell a visitor if asked, "What is Powell River's best kept secret?" Here's what they said...

STEWART ALSGARD

Mayor of Powell River

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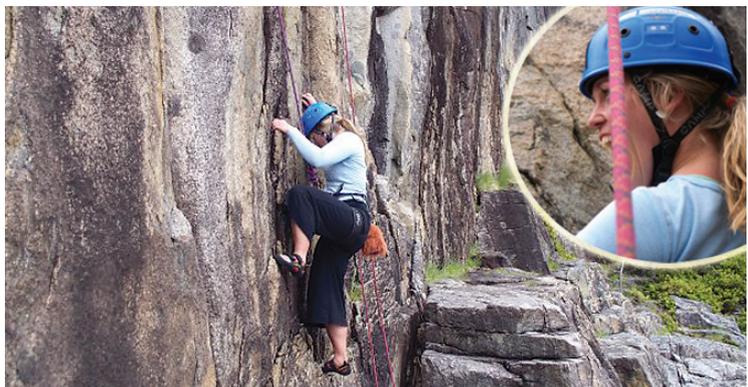
ELISE STATHAM

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arbutus staggering upwards towards the sky, and the ocean waves crashing below. Whether as a hiker, a picnicker, or climber, Stillwater Bluffs will be sure to blow you away. I've spent sunny afternoons climbing the bluffs, rainy mornings taking photographs of the crashing waves, and lazy evenings beachcombing the shores dotted with starfish. Located just off Hwy 101, Stillwater Bluffs has the ability to transport you a million miles away and is certainly one of Powell River's best kept secrets."



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ANGELA DEVITA

Valedictorian, Brooks Class of 2010

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“Just 30 short minutes from the City of Powell River, in the Strait of Georgia lies a small island with a big personality called Texada. Hidden on this island oasis is an abandoned quarry turned swimming hole. The quarry is home to stunning blue-green water that comes from a natural spring. To the locals, this gorgeous area is known as Hachelt Lake and is a popular place to cool off from the summer sun. Possibly one of the best parts of Hachelt, is that on any given day, there

are no more than 10 people there, and the lake is practically yours. Yes it is a quarry, so it’s always a good idea to bring some sandals to wear into the water, to make sure you do not hurt yourself on the rocks. Hachelt Lake on Texada Island is definitely one of the Powell River area’s best-kept secrets.



ANDY EVANS, Adventurer

Manager, Town Centre Mall

EMMA LAKE

A jewel hidden in Powell River’s back-country, Emma Lake is accessible most of the year by driving up Goat Lake Main logging road to Mile 34 and then following the Emma Lake sign to the trailhead.

You start your trek by working across a large slide area to the bottom of the “Stair Master.” Believe me the view at the top is well worth the burning sensation your legs will feel!

At this point you head into the tree line and the trail follows close to Maria Falls. Follow the yellow trail markers until you get to a great spot that allows you to go out onto the falls and replenish water and enjoy the panoramic view. By now, you will have traveled about an hour or so depending on your pace. Maria Lake is only

about half an hour away. When you reach Maria Lake, the view again looking down onto Maria Falls is absolutely stunning. The Emma Lake cabin is only about an hour away at this point. You have to negotiate the Canada Ridge, but the view at the top of the ridge is again worth that burning sensation you feel in your legs. When I reach the top I get what I call my “stupid grin” on my face as I can see the emerald coloured water of Emma Lake and a peek a boo view of the cabin. Looking back at the path, on a good day you will be able to see Mount Alfred Glacier. It is spectacular! For a refreshing break, head downhill to the cabin and shoot some pictures of Emma Lake. The cabin at Emma Lake is maintained by the Knucklehead Winter Recreation Society, and is capable of sleeping 8 to 10 people. Whether you decide to do a day hike or overnight, Emma Lake is well worth the hike.

Approximate driving time to trail head is two to three hours. Hiking time varies between three and four hours.



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Publisher

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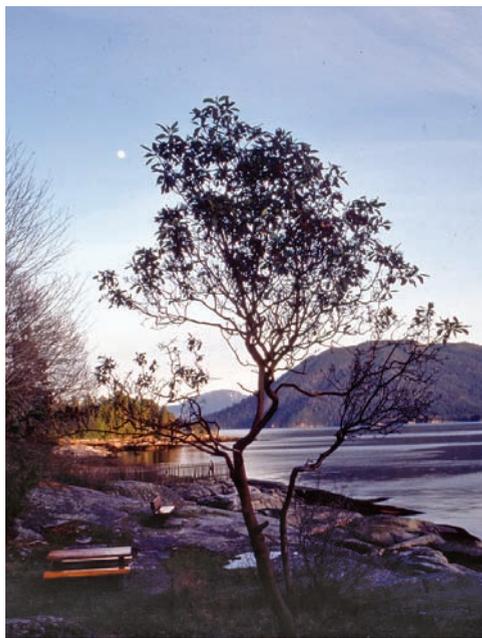


SEAN PERCY

Associate Publisher

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BONNIE KRAKALOVICH

Office Manager

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It's a great place to go swimming. I love the cliffs and waterfalls. You can stay cool there all summer. It's just an awesome place.

ROBERT DUFOUR

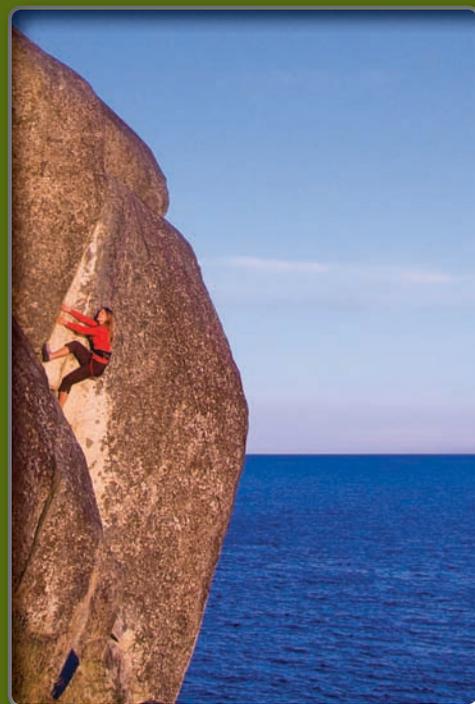
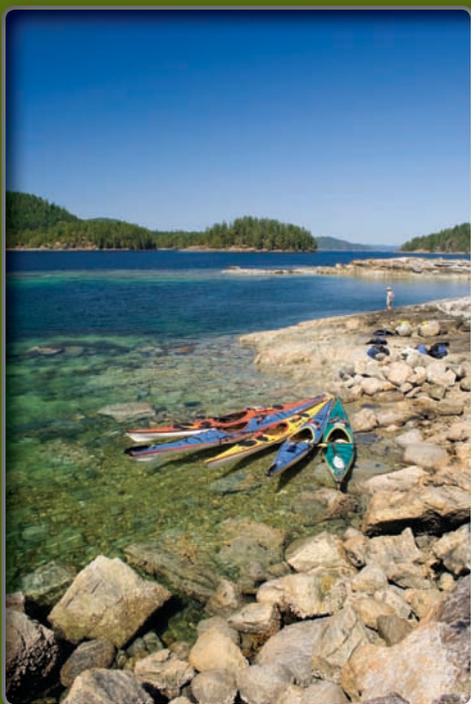
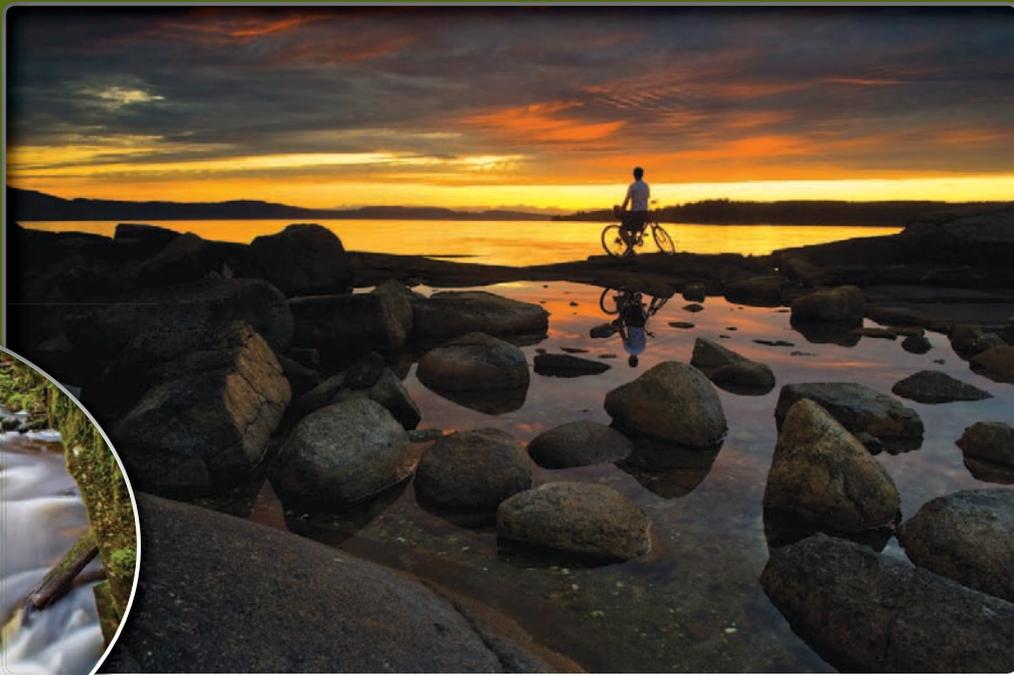
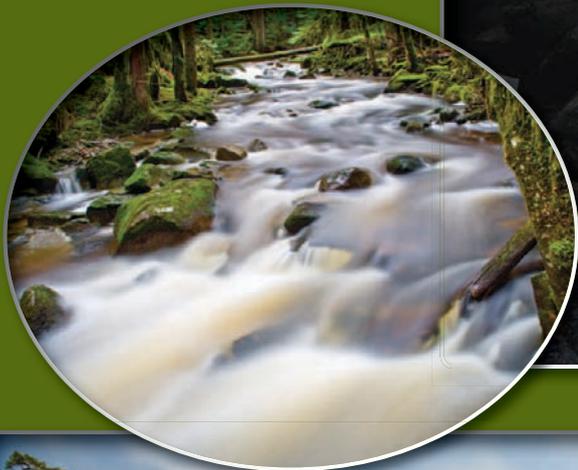
Creative Director

Hwy 101 to LUND

While there are limited opportunities for "road trips" within the bounds of the Powell River region, that is not to say a motorcyclist cannot find fun. For those choosing off-road adventures, I'm told there are "a hundred miles of trails," but for the pavement junkie, the most fun has to be the highway out to Lund. Good twisties, a couple of straight stretches, but mostly good roads that keep you sharp... and to make sure, there is almost always a corner or two with 'surprise gravel' to wake you up. [PR](#)

EXPLORE Powell River

Photos by Darren Robinson



Learning about local food

Becoming food literate

By Emma Levez Larocque

How much do you know about the food you eat? Many people don't take the time to think about this question as they are rushing around living their lives. At one time food production, gathering, and preparation were crucial parts of most people's daily routine. By necessity we knew what we had to grow to get the nutrients we needed in our diet each year, and through tradition we knew how to grow it and gather it.

But in today's fast-paced world it seems the larger population has lost that valuable knowledge somewhere between fast food restaurants and supermarkets. Some of us don't know much more about our food than that we can get it at the store. Still, food is so important to us that it's no wonder people are demanding to increase their food literacy. Food literacy?

"Literacy is not just about being able to read and write," says Literacy Outreach Coordinator Emma Larocque. "It's about being able to function well in every aspect of your daily life. So, literacy is about computers, it's about math, it's about health—and it's about food." Being 'food-literate' means knowing how to eat well for your health and your budget—and still enjoying the food you eat. Sounds simple, right?

Take a look at your dinner plate tonight and ask yourself how much you know about the food lying there. Where was it grown? Who grew it? If you had to grow it, could you? How nutritious is it? How much fat and sugar is in it? Are they "good" fats and sugars, or "bad" ones?

Learning about food is a life-long task. There is always more to learn—and doing so can enrich your life in many ways (not the least of which is improving your health). One of the best ways to increase your food literacy is to get involved with the local food movement—to learn about where your food is coming from and how it is grown.

The Powell River Food Security Project is a local initiative that strives to make it easier for people to access safe, healthy food. It creates opportunities for people to participate in activities to help them grow, preserve, and prepare food, explains coordinator David Parkinson. "Many of us no longer understand what it takes to grow even a part of the food we eat. [We] don't really understand the complexity of the globalized food production and distribution system where our food comes from. This system is a miracle when it works well, but there are reasons to think that it might not be around much longer in its present form. We all need to work together to create alternative and more local food systems. Luckily, the Powell River region is a hotbed of activity and projects to increase everyone's food literacy and create a robust regional food system."

There are plenty of ways to get involved in local food projects and increase your food literacy skills! Here are a few places that can help:

Powell River Food Security Project

fsp@prepsociety.org • 604 485-2004
Regular email updates with news of activities, events, workshops, etc.

Open Air Market

Sat, 10:30–12:30, Sun 12:30–2:30 PM at the Paradise Exhibition Park on McLeod Road. Good place to buy local produce and meet your farmers and food producers. For more information, contact Market Coordinator Jesse Black at jesseblack@gmail.com.

Good Food Box

Comes out on the second Wednesday of each month. A community bulk-buying program for fresh produce. Contact Annabelle at 604 485-8213.

Community Gardens

Seventh Day Adventist Church, Kelly Creek, Sliammon, demonstration garden at the Community Resource Centre.

Kale Force

Meets 2nd Wednesday of each month at 5 pm at the Community Resource Centre on Joyce Avenue. Potluck and conversation about food and gardening

Skookum Gleaners

(Was the Fruit Tree Project)
604 485-4366 • gleaners@skookumfood.ca
Helps homeowners pick and save fruit that might otherwise go to waste; helps reduce bear problems and feed people in need.

50-Mile Eat-Local Challenge & the Edible Garden Tour

The 2010 50-mile eat-local challenge celebrates its 5th anniversary. For 50 days, we will choose as much local food as we can get our hands on. The 50 days begin Sunday, Aug 8, also the day of the second annual Edible Garden Tour. Contact David Parkinson at fsp@prepsociety.org or 604 485-2004. **R**

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Learn more about Kellie at kellielhaines.com
Tickets are \$5 in advance or \$7 at the door. Visit 4children.ca for ticket info





Powell River Living PARDON MY PEN

By George Campbell

Things that grow in my garden



I have a friend who says, “If you can’t eat it, it’s not worth growing.”

He can’t see the value in planting, fertilizing, watering, weeding, and otherwise nurturing flowers. He doesn’t seem to understand that food nourishes the body whereas flowers nourish the soul. Come to think of it, this friend of mine is a bit on the obese side. His soul, on the other hand, is probably a tiny, shrivelled up, and wrinkled little thing.

I like to grow both vegetables and flowers in my own garden, but what actually grows there is often something else entirely. Like weeds. I grow the most tiny, unappetizing tomatoes that ever graced a vine, and some of my flowers look like they have barely survived a life-threatening plague of aphids, but you ought to see my weeds. If there were a category for weeds at our annual Fall Fair I would win first prize.

I once grew a thistle that rivalled for height the plant in Jack and the Beanstalk. I discovered it one day when I was watering my petunias. It was just a little bit of a thing at first, and I really should have pulled it out right then and there. But it is, after all, the national emblem of Scotland and, me being a Campbell, I felt it would be unpatriotic if not downright sacrilegious to destroy the poor, wee thing. So I let it grow. It ended up five feet eight inches tall, about the same size as a full-grown Scotsman. And just as hardy, too.

Crabgrass and dandelions also do well in my garden. Of course crabgrass and dandelions do well almost anywhere. I have observed both plants growing vigorously out of a tiny crack in the middle of a well-traversed concrete sidewalk. I am surprised that they haven’t found these pesky weeds growing on the moon and Mars.

There are several other green and disgustingly healthy weeds growing in my garden but I have no idea what they are called. No doubt an agriculturist could tell me the names of these plants, if I were interested. Probably something in Latin that means, “You can’t kill me or get rid of me and like taxes I will dog you for the rest of your life, so you might just as well accept it.” I have my own name for such weeds, but this being a family magazine, I can’t repeat it here.

Back in 1910, an English lady by the name of Frances Hodgson Burnett wrote a children’s story called “The Secret Garden.” Today, right here in Powell River there are a number of so-called ‘secret gardens’ but they aren’t for children. They are hidden in the middle of other gardens, or back in the hills amongst the trees. Sometimes they are grown in pots inside of a house. They are usually maintained by a gardener whose motto is: “If you can’t smoke it, it’s not worth growing.”

Recently, I heard of a fellow who has one of these ‘secret gardens’. That is, he used to have one. The local constabulary discovered it so it’s no longer much of a secret. Also it isn’t being looked after the way it should be as the gardener who planted it is away on a holiday. I’m not sure exactly where he is staying, but I do know it’s at the government’s expense.

He’d have been better off growing weeds — like me. **RL**

Coming up!

Powell River Studio Tour

Experience the excellence and diversity of the arts in Powell River. Don’t miss the sixth annual Powell River Studio Tour on August 28 and 29! This self-guided FREE tour gives you the opportunity to see the diverse art produced in the Powell River region and to meet the artists who create it.

The tour takes place from 10 am to 5 pm each day at 20 different locations. Brochures and maps listing all locations are available at Artique, the Visitor InfoCentre or online at www.powellriverartists.com.

“More than 40 artists will be showcasing their work,” says Brenda Neall, potter and committee member. Artique and Powell River Fine Arts will have several artists on hand to talk about the 11 disciplines in the tour.

The tour will include ceramics and pottery, fibre arts, glass arts, jewellery, mixed media, paintings and drawings, paper arts, cards and books, photography, print making and etching, sculpting and carving and wood arts.

For more information call Alfred Muma at 604 487-1766 or Brenda Neall at 604 487-0970.



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A battle worth winning

Salmon enhancement on Texada

By Russ Sparks

For 13 years and running, the month of April sees some 80,000 marines muster on the banks of Mouat Creek, Texada Island. These maritime troopers steel themselves to sally forth into uncharted waters on a three to five year foray. The gauntlets they face are formidable. The enemies are many and implacable. Few marines survive to return home to Mouat's bubbling creek. We are speaking, of course, of British Columbia's rich but diminishing icon, the wild salmon. In this case Chum Salmon.

The Commander for this 13-year quest is Rob Diggon. With a few aides-de-camp he soldiers on to return Mouat Creek to its glory days of being The Chum Creek, "so thick and black with chum that you could walk on the backs of salmon." Rob is a quarryman by trade and an original Texada guy. His "gotta do this" attitude and amazement at the life of the not so ubiquitous wild salmon is rooted in fishing trips with his Dad and the lazy, drifting boat talk of salmon returning to their creeks. The talk was of sea run cutthroat, Coho runs, eggs in gravel, struggling, jumping salmon surmounting log jams fighting their way back home. Maybe with Dad's nudge Rob Diggon started to walk those creeks in a serious way. Those walks enhanced his awe and his worry. The really big runs were gone. A piece of his youth was not there anymore. Rob decided to fight for the salmon.

With two other original Texada boys, Ron Akre and Mike Schroeder, who were also schooled in the love for their island and the good ole days of fishing, Rob formed a loose group to get serious about salmon enhancement and restoration of a seemingly destroyed salmon creek. The year was 1997. Others joined the group to include the Powell River Salmon Society with Phil Jantz, marine biologists, and "a whole whack of guys" on Texada. Set backs were offered up by Mother Nature and "man's-nature" with floods, lost pipe, and dams built maybe



THE RIGHT CAUSE: Rob Diggon, at right, has been working to return Mouat Creek to its glory days as a salmon stream.

[The Creek was] "so **thick and black with chum** that you could walk on the backs of salmon."

where they shouldn't have been. The project carried on undeterred. The then Ideal Cement Company provided much needed material and the Grunts grunted on Mouat Creek.

Two nursery pens or troughs of welded aluminum were constructed and intake pipes were laid up the creek to create an acclimation-imprinting environment where salmon chum fry might be nurtured and relate to the creek of their long lost brothers and sisters. Every year the vital month of April con-

tinues to see Texada volunteers feed the little fry in a scheduled routine before their release into the creek and out to Mouat Bay and the mighty Pacific beyond. Fine tuning the process never stops. For the volunteers the time spent babysitting the fry is magical with moss and ferns growing on towering maple trees, gurgling water over the creek's rocks and the smell of crisp spring air. Tough work.

Into the future Rob is keen to continue establishing credibility with the Department of Fisheries and Oceans so that they understand the Islanders' commitment to comply with requirements and get on with a job that only Texadans will do. Rob hopes that a certain trust is building with the Department of Fisheries and that they will be there with the "permissions" to carry on the works of salmon enhancement. Certainly Rob Diggon and his crew are there with the heart and the will. Thirteen years and counting is some determination. So keep the faith. With a little help the marines will return! **RL**



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The Gerharts' garden

There's something fishy going on

By Gerry Gray

There's something fishy about Cliff and Lena Gerhart's backyard wall. It's covered with replicas and preserved carcasses of creatures of the sea. There are starfish, sunfish, lobsters and at least 100 other types of fish

Perfectly preserved and meticulously painted, thanks to Lena's hobby, these sea creatures create an interesting mosaic. Some are ceramic, some shells and others plastic but the life-like colors and the pattern laid along the long garden wall make them all seem real.

Cliff, a mill retiree, had always been an avid fisherman and he wanted something in his garden to remind him of the good times in his boat. "There wasn't much color involved until Lena came along with her paintbrush," Cliff said. "And her good work doesn't end at the wall." All through the garden of their home, on Butedale Street brightly painted figures group around blossoming flowerbeds. It's a showpiece (and conversation piece) with its stocked pond, statuesque flower settings and plethora of color.

"I find ceramic or plastic figures wherever I can and fit them into the garden's motif," Lena said. Snow White and the Seven Dwarfs come alive in her garden as do replicas of friends and relatives. "We both have had wonderful times in the garden and we love to show it off to friends."

Cliff said when he started working on the wall he had lots of help from friends he often fished with. "They would bring back fishy mementos from their holidays and we'd work them into the motif. The lobsters came from New Brunswick and the sunfish from Hawaii but most came from around Powell River."

On a bright, sunny day the Fish Wall is brilliant but in the wintertime weather must take its toll. "We store the items in the garage in September and reassemble them on the wall in the springtime," Cliff said. "And it's no small job," Lena added. **PR**



SEA GARDEN: Cliff and Lena Gerhart in their garden, which is filled with beautiful plants and ocean-themed figures.

What's for dinner?

Local and global food studied

By Dawn McLean

What's for dinner? That pressing question is raised in households all across Powell River. People think nothing of stopping at the grocery store to pick up a packaged meal. No harm in that—we are all rushed, needing to get the kids to the next activity or attend an evening meeting. But what is actually in that instant meal?

Students at Vancouver Island University, Powell River Campus, had the opportunity to explore that question in Liz Webster's Global Studies class. Students discovered that there is the belief that local is "bad" and global is "good"—but that is simply the result of decades of marketing and brainwashing by the media. What is only recently being understood is the effects of the global impact of eating food that might have been chemically treated and shipped from across the world.

Students learn about what industrialization has done to the forests and feedlots, the energy that is used to refrigerate and ship the food—and exactly what is in that meal you just picked up at the local store or fast food joint. When Webster points out to students the availability of local food, it is often an eye-opening relief to them.

Because we are fortunate enough to live in an area where local food is still part of the living tradition, we still have people here that we can go to directly to learn how to produce good quality local food. "We are a model for other communities. Our isolation is a motivation and a catalyst for doing things locally. It always has been. Students discover our local berries, the fruit tree project, seafood, Hatch-a-Bird Farm, mushrooms—so many immediate and specific resources."

Student Kelly Hodgins says that the global studies course mirrors the forward thinking of the local food movements. "Even though I am already quite involved in the local farming scene, I found the course invaluable because it highlighted some of the major issues with our global food supply. It was balanced nicely with the presentation of alternative initiatives that we have here that provide us some optimism.

A highlight of the course is a potluck where students document where the food they prepared has come from. Student Lucille Acheson made a chicken stew, made with locally acquired ingredients. "Global Studies was great, especially for us who are new to the area, as we became more aware of what is available in the community." **PR**

Sunsets along the trail

Top spots to watch the evening show

By Sean Percy

Powell River is famous for its sunsets. It's also gaining world renown for its network of hiking trails. So we decided to put two of our favourite activities together, and find some of the most rewarding sunset-watching spots accessible only to hikers.

Sure, you can watch the sunset from the Marine Avenue viewpoint or Willingdon Beach, but there's a little extra magic when you're watching it from a bluff or a trail a little further removed from civilization. Maybe it's the solitude. Maybe it's the quiet. Or maybe it's the adrenalin rush you get thinking, as the sun dips below the horizon and paints the sky with oranges, reds and purples, that you have to find your way back down the

mountain trail in the twilight.

In selecting spots, we tried to choose locations that were within easy hiking distance of vehicle access in a half hour or less—about the time you have from sunset until it gets too dark to be hiking in the woods without headlamps. But we start the list with one that's probably best done as an overnighter:

TIN HAT MOUNTAIN

The views from Tin Hat are second to none. But it's also a long hike from anywhere. Don't plan on getting down from the mountain

SUNSETS THE EASY WAY: You don't have to go for a hike to enjoy a sunset. Willingdon Beach offers up some beauties. But where's the challenge in that?

Photo by Sean Percy



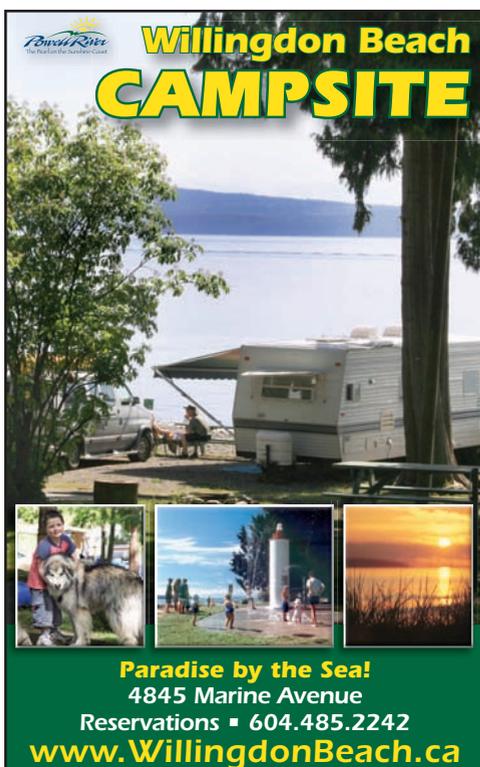
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after sunset. This is an overnight trip, and there are no facilities and few spots to even pitch a tent. But if ever there's a place to sleep under the stars, this is it. Plan for nice weather, but be prepared for a cool, wet night. The weather can change quickly up here.

GIBRALTAR BLUFFS

On the Sunshine Coast Trail's Marathon Trail between Southview and Wild Road. It's about 20 minutes from Theodosia Branch 10 to the bluffs, which look out over the ocean and Vancouver Island.

SCOUT MOUNTAIN

Another piece of the Sunshine Coast Trail, Scout Mountain is quite easily accessed from the end of Sutherland Street. Park on the right hand side. Follow the signs and orange markers. There are quite a few interlacing trails here, but stick with the orange tags and you'll find the views. Happily, they're also reflective, helping you find your way off the mountain by flashlight if you're foolish enough to stay

Sunset watching tips

- This might seem a no-brainer, but find a spot that faces more or less west. That's where the sun goes down.
- Bring a flashlight; if you overstay, it can make a huge difference in finding your way home.
- Tell someone where you're going and when you'll be back.

past dark. You don't have to go all the way up to the summit to get some great west-facing views. (You can also climb up the face of Scout Mountain from the baseball field at Sunset Park. It's shorter, but steep and a bit of a scramble in places. And it would be suicide in the dark!)

VALENTINE MOUNTAIN

From the top of Crown Avenue it's a short walk to the stairs that have been cut into the side of Valentine Mountain. This is a quick hike and it's right in town, but

in just a few minutes you will feel like you're miles away. The decent can be tricky in low light, though, so be sure to be down before dark.

OTHER SPOTS TO CONSIDER

Rainy Day Lake, Loon Bluffs (Confederation Lake trail), Manzanita Bluffs (Gwendoline Hills), A-Branch near the Knuckleheads cabin, Fairview Bay (a sunrise spot for the early risers.) **PR**

We also consulted with local hiking guru Eagle Walz in selecting these trails. He literally wrote the books on hiking in Powell River. These are brief descriptions, but Eagle's books are the definitive trail guides and should be consulted. The Sunshine Coast Trail is now in its 3rd edition and Along the Edge of the Salish Sea includes many trails that are not along the SCT. The books are available at Breakwater Books, the Visitor's Bureau, Edgehill Store, in Lund and in various stores outside Powell River, including MEC in Vancouver.



VALENTINE MOUNTAIN VISTAS: Easily reached and worth the (short) climb, the peak of Valentine Mountain in Cranberry is an ideal location from which to view Powell River's spectacular sunsets.



Photos by Sean Percy

Everyone on the water!

From sailing club to yacht club

To make boats without sails feel welcome, the Powell River Sailing Club changed its name to the Powell River Yacht Club. “The name change reflects the growth of the club in the last several years,” says social and cruising director Laura Kew. “It ensures the inclusion of all boaters and those interested in boating, whether sailing, power, kayaking or dragon boats.”

The usual sailboat races have continued and there are more events and activities geared towards the social and cruising aspects that boaters enjoy. “Members do not need to own a boat to join,” said Kew. “And there are many opportunities to crew on boats, make new friends, take part in learning and social activities.”

Despite the name change, the club will continue to maintain traditions by holding events such as a Commodores Sail Past and parties for Christmas, Halloween and barbecues after sailing races. As well, the club took over the Parade of Lights in December 2009. “It’s a Powell River tradition that we wouldn’t want to see die,” explained Kew.

Since changing the name, the club has experienced an increase in membership.

“We go out to improve our skills and have a good time with sailors with different levels of experience. Anybody is welcome to come out and crew on a boat,” explained Kew.

“The club recognizes the need to provide opportunities to the youth of Powell River,” said Gerard Nachtegale, Commodore of the new Yacht Club. “The club is working to acquire a fleet of sailing dinghies to provide learn to sail programs.”

The newly-appointed Yacht Club will continue the sailing club legacy of sponsoring and participating in community events.

For more information or to join the club, contact Gerard Nachtegale at 604.483.6542 or Laura Kew at 604.483.7652 or visit the blog at powellriverjibsheet.blogspot.com, or check them out on Facebook. [PR](#)





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Powell River Living BUSINESS Connections

By Kim Miller

According to **Kimberley Murphy**, there are a thousand reasons to have a party, and she loves planning them all. Whether you're putting together a wedding, a girl's night out, a new business opening or a family reunion, Kimberley's new business, **Extraordinary Events**, can help with all the details. From protocol to timing, her expertise and connections make events run smoothly. "I like the variety it brings," she says of the business. Contact her at 604 414-4460 or extraordinaryevents@shaw.ca.

Janis Carter and **Al Scott** of **Eagles Landing** have opened the first room of a planned accommodations centre on the waterfront below the restaurant. The deluxe getaway room is available by the night or by the week. It's perfect for a romantic getaway for locals or visitors. For accommodations, call 604 487-0868. For the restaurant, which is celebrating its 5th Anniversary, call 604 487-1050.

Ryan Chesney's new cement company has moved to Courtenay, but Ryan and his new bride Kerry Stride and children love coming back to Powell River for work or play. Ryan cut his teeth on concrete in the crazy Calgary market, pouring concrete on more than 70 homes a year, but yearned for life back on the coast, so returned to Powell River. **Liberty Concrete and Excavation** does general excavation, and concrete flatwork, driveways, garages, patios, sidewalks and more in all types of finishes. Call Ryan at 604 413-2534 or 250 331-3789.

Scott and Lara Fraser operated a B&B in Roberts Creek, and another on Quadra Island, before moving to Shelter Point Road in Gillies Bay, Texada Island. The Frasers are now operating **Laural Lane Cottage**, a two-bedroom, self-contained, fully equipped unit perfect for visitors to the area. Check out www.emeraldcreek-bc.com for photos. For more info or call 604 486-0458

Nevaeh is the name of **Lani Carmichael's** new business operating at the **Malaspina Massage** clinic on Duncan Street. Lani, who grew up in Powell River, specializes in nail care but also offers waxing, tinting, and soft massage. Call Lani at 604 485-2224.

Sharon Frost is excited to take over **Marine Cutz Barber Shop**. Sharon loves cutting men's hair and is proud to offer hairstyling in a traditional, chemical free environment. After 24 years of barbering in Burnaby, she says it's good to be home. Sharon is happy to welcome men, women, seniors and children to the shop to experience an excellent haircut. Walk-ins are always welcome. Marine Cutz Barber Shop is located at 4561 Marine Avenue and shop hours are Monday to Saturday 9 am to 5 pm.

Quality Foods has partnered with the local **United Way** to host an event during the **Marine Avenue Business Association's** Blackberry Week. The



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Blackberry Bonne Fête: A Celebration of Local Flavours and Local Impact will be held at Dwight Hall on Wednesday August 18th. Dubbed as a classy wine tasting, silent auction, art showing, with lots of great appies, chocolate and, of course, blackberries. Tickets are \$35 and available at Rona, Beacon Wealth Management and the Rodmay Heritage Liquor Store. This event will

also give recognition to the “Leaders of the Way.” Don’t miss out on this one-of-a-kind event!

Did you know that Powell River and the Lower Sunshine Coast are serviced by the **Better Business Bureau** of Vancouver Island? All other areas of Mainland BC are serviced by the Mainland BBB office in Vancouver. Complaints can be registered at www.vi.bbb.org or 1-877-

826-4222. BBB representative **Douglas Janczyn** says they prefer complaints being registered through the website as they must be in writing to be considered valid. The Powell River Chamber of Commerce plans to host the BBB at an upcoming luncheon where we will be creating awareness about how the BBB verifies complaints and attempts to resolve disputes between parties. [RL](#)

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

The Chamber also likes to get email addresses from anyone interested in getting monthly updates and community event invites. Send me your email address and I will put you on the list: kim@

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Powell River Living FAMILY MATTERS

By Isabelle Southcott

It's a beautiful day in my neighbourhood

Remember that children's television show called Mister Rogers' Neighbourhood? Remember how he would walk through the front door, take off his coat and shoes and put on a cardigan and sneakers? All the while he'd be singing his friendly little song?

*It's a beautiful day in this neighbourhood
A beautiful day for a neighbour
Would be mine
Could you be mine
Won't you be my neighbour?*

I know this probably sounds kind of corny but every time I look around my new Maple Avenue neighbourhood in the Townsite I think of Mister Rogers and this song.

We recently bought a house in the Townsite. It's a charming and gracious old house that we are turning into a home. Our home.

There are a couple of families with children the same age as my youngest son just across the street. The excited chatter of children playing can be heard through open windows as the boys enjoy themselves at a game of street hockey or ball. Two more families with young children live behind us, which means

there's always someone to play with!

The hardest part about moving to our new house was saying goodbye to our old neighbours on Manitoba Avenue. Len and Alice Fougere had become good friends and I knew we would miss them. As I packed box after box, I wondered what my new neighbours would be like. Would they be friendly? Would they like us? Would they like our dog?

Turns out I needn't have worried. Our new house (which was built in 1928) is right next door to Ed and Linda Wegner's home. They live next door to their son Len and his family. A nice young couple from Alberta and their toddler live on the other side.

I soon realized that many little things needed to be done in our new home. The dishwasher needed installing, I needed smoke alarms, leaky faucets fixed, and an outside doorjamb needed replacing. And that was just the beginning.

As I rifled through my pathetic excuse for a toolbox I realized that my young sons are handier than I am. I needed help.

Not long after we moved, Linda invited me next door for tea. As I was admiring her beautiful kitchen cabinets and she said: "Oh! Ed built those."

"He did?"

I explained that I needed someone to tear out a stack of drawers and install a dishwasher. "Do you think Ed might be able to help me?"

That weekend we went away for a track and field meet. When I came home a wonderful surprise was waiting for us. The dishwasher was in! Ed and his son Len had been busy while we were away.

My kids thought I was crazy as they watched me do the happy dance in the kitchen.

It's comforting when you are surrounded by caring people. People who genuinely want to help one another, people who are willing to share their skills, time and expertise.

People who are good neighbours.

Welcome to the Townsite. Welcome to my neighbourhood.

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Point of VIU

Local campus suits out-of-town students

By Dawn McLean

For Jolene Pirart, of Texada Island, and Aaron Horon-Schultz, of Vegreville, Alberta, the Powell River campus of Vancouver Island University is an ideal place for them to complete the pre-requisite Bachelor of Arts courses they need to pursue training in traditional Chinese medicine in Victoria.

For Nazzy Hill, of Vancouver, the Adult Basic Education program has allowed her to improve her grades as she pursues secretarial work in the health care field.

Kayla Chapman, of Maple Ridge, enrolled in the Adult Basic Education program with a plan to pursue training in hairdressing and aesthetics. She found that being back in school encouraged her to consider other possibilities.

These out-of-town students found the small size of the Powell River campus and its location on the Sunshine Coast suited their personal circumstances and their educational goals.

For Horon-Schultz, Powell River offered a gentle introduction to classroom education.

"I was home-schooled all my life. I had my first day at school at age 26. Jolene and I chose to go to this campus because of the size of classes. We've already established a rapport and relationships with the faculty here. They know what we need and how we work. It's easier."

The couple will stay in Powell River to pursue second-year level courses through distance learning. "We'd rather do that than move to a big city and a really big school. It's nice that this campus is so small," said Pirart.

Hill finds Powell River is well suited to her goal of improving her grades. "The teachers here are amazing. I'm more focused on my work here — not

so much distraction, less drama, for sure," said Hill who recalled a lot of "craziness" in her Vancouver high school days.

Chapman came to Powell River a year ago to attend the graduation ceremony for her boyfriend's brother, who had completed the Automotive Service Technician program. After spending some time in the area, Chapman decided to enrol in Adult Basic Education.

She had always loved learning but left high school for health reasons. It didn't take her long to begin looking at broader horizons once she returned to school.

"I came here with an idea. I've been here for about seven months and now I have no idea any more," she joked.

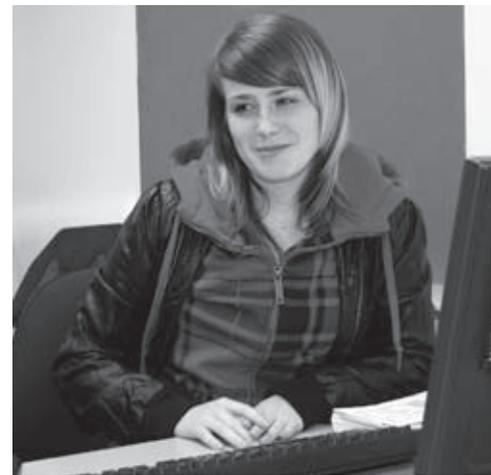
Her original plan was to train in hairdressing or aesthetics and possibly open her own salon but after a short time on campus she began to look at other options.

"I'm just thinking about all the possibilities. I'll be starting university courses in September. I like school. I still enjoy coming to school every day. It's great here because the people are so supportive. You're on a first-name basis with the teachers and you have a whole variety of people of all ages in your classes.

There are 23 students who relocated to Powell River to attend various programs.

"We do everything we can to support students in reaching their educational goals," said Arlette Raaen, principal of VIU's Powell River campus.

"Students, whether they are from the local area or elsewhere can contact our advisors and counselors for assistance in choosing programs and developing strategies for success." **RL**



BACK IN SCHOOL: Kayla Chapman is happy to be back in school. She resumed her education through Adult Basic Education in Powell River and plans to enrol in the university studies program in the fall.



CLASS SIZE MATTERS: Aaron Horon-Schultz and Jolene Pirart have taken a year of university studies at the Powell River Campus. They will take second-year courses through distance learning at the campus.

Cranberry stories

Local writer Bud Gilham is working on a collection of people stories about Cranberry and is looking for your contributions.

The project began when Bud and some old friends began reminiscing about days gone by and events that transpired during their younger years. The stories are simple ones. "We've all got them, stories about bullies,

raiding gardens, playing "knock-knock-ginger," building forts and zungas. Being the only writer in the group I was asked to preserve a picture of a way of life, of youthful innocence and exuberance, a window into the past of Powell River."

Anyone interested in having their story published in this book is asked to contact Bud at tyco_pen@hotmail.com. **RL**

Stepping it up at Kiwanis Housing

Seniors enthusiastic about fitness program

By Gerry Gray

Judging by the enthusiasm and competitiveness of some tenants at Kiwanis Housing, one would assume they were vying for a spot in the Boston Marathon.

Jenni Dyer, Coordinator of Leisure and Lifestyles, started a walking program for interested residents and competition is keeping them on their toes.

So far she has 14 men and women strapping on their pedometers. "The way this program is being accepted I expect many more will get into the swing of it," Jenni said.

Leading the pack is 94-year-old Fides Prissinotti who clocks 60 kilometres a week.

What makes this program so unique is every week the individual distances are tallied up and points are awarded. When these points add to 25, prizes are awarded every four weeks. The main source of points is walking around the circle, or "the track", surrounding the floral display in front of the patio. "But points are also awarded for walking anywhere if they have their pedometers attached," Jenni pointed out. The once around the track is held two times per week. Then the "point" meeting is held with all the participants present. "This gives everyone a sense of belonging even if they have a low point score for one reason or another," explained the coordinator.

"Health has improved, energy is restored and it's a good way to keep people moving. Any type of competition is good for people who are living in areas where all basic es-

entials are mere steps away. This program ensures exercise and fresh air for our tenants."

Programs such as this are started in many places like Kiwanis but usually die on the vine when interest wanes by either the participants or recreation directors. The difference here is the enthusiasm and attention the coordinator brings to the program. All participants say it's a fun thing and all seem to be in it for the long term. Considering points are scored no matter were one walks so long as they have their pedometer strapped on, a lot more walking is done around the premises. **RL**



FIT FOR LIFE: Seniors at Kiwanis Garden Manor keep fit by participating in a walking program. Here, Mildred McBride, Arline Mitchell, Anne Devaney, Bill Willich, Mona Hawkins and Irene Vasseur belong to the walking program. Missing from the photo is Fides Prissinotti.

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Card game catching on

It's a cinch!

Cinch (pronounced "sinch") is a fun and social game, a card game of taking a risk to make your bid.

Powell River resident Herb Daum has been spreading the word about cinch and introducing people to the game.

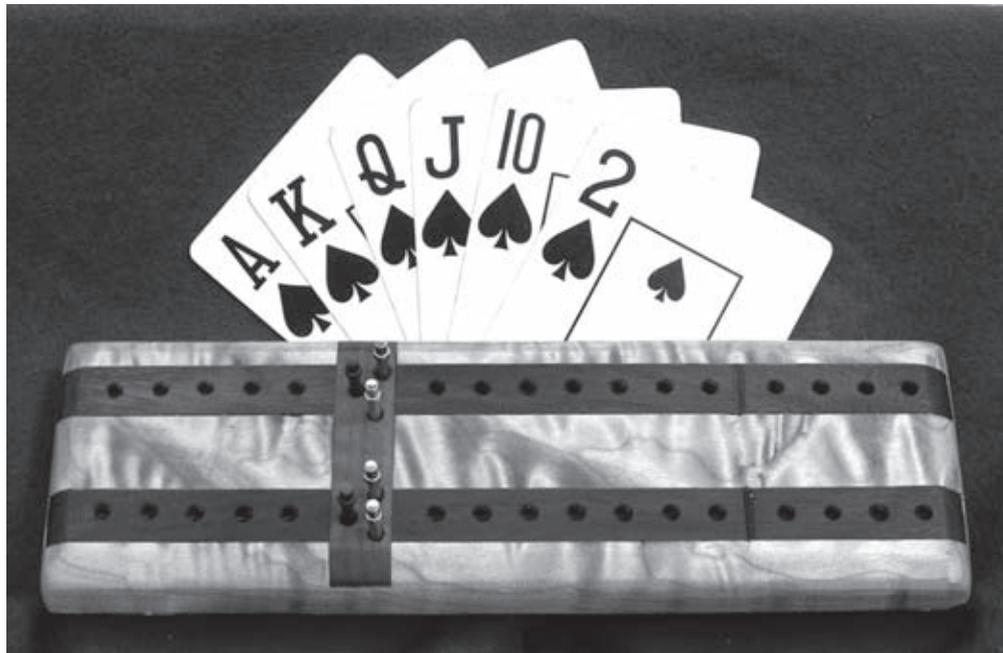
"Cinch is played in private homes and public facilities. It is now being played weekly at the Legion Mondays at 7 pm," says Daum.

Cinch is played with four players to a table, two partnerships. The object of Cinch is not taking tricks, but getting the high of trump, the low of trump, more "game points" than the other team, and hopefully keeping or capturing the jack of trump (which may not have been dealt). Each player gets one bid for the right to set trump in the suit of their choice. The first team to score 11 points wins the game. If the team does not make their bid their score is reduced by the full amount of the failed bid, says Daum.

A special "money" bid has nothing to do with money but is a do-or-die bid. Regardless of the score, make the bid and win, or fail the bid and lose the game. If the other team is nearly at the finish line a player might bid "money" in desperation.

Daum says cinch is fun. But don't just take his word for it, here's what others are saying.

"I love Cinch because it is a social game and lots of fun. It is never over until it



is over—just go money! I play a lot of Bridge and Cinch. Bridge is very good for the mind but Cinch is much more social," says one player.

"Cinch offers some challenges—playing with a partner, strategy and the 'money' bid. The game is usually 'fast' and there is always the adrenaline rush for the finish with the possibility of a money bid. Definitely not as predictable—an excellent start does not mean an automatic win," says another.

"I like Cinch because it is easy to learn. I have Fibromyalgia and with that have a terrible time remembering, but I was able

to pick this game up quickly. It sounds much more complicated than it actually is. I find that everyone is willing to help you and people are not serious," added a third player.

"I enjoy the quick pace, variety, challenge and especially that it is relatively easy to learn. Playing teams with a partner enhances the fun. Lots of laughs and quick turn-about," says another player.

To join the fun and for more information, call Herb Daum at 604 485-5504, or visit the www.cinchgame.net website where you will find the game rules and more event information. **RL**



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Zee gets members active

Fitness program underway

People who have sustained brain injuries often find themselves in a routine that doesn't incorporate much physical exercise. This can cause health to deteriorate and can complicate post-traumatic depression. After observing this among clients the Powell River Brain Injury Society's Executive Director Deborah Dee incorporated a physical fitness program at the Brain Injury Society.

Three days a week, Brain Injury Society members have gathered to improve their physical fitness and overall well-being under the direction of personal trainer Lt. Zee Salehian. Zee, who is British Royal Navy Special Boat Service-trained, provides a personalized fitness regimen that is accessible and beneficial to all.

His encouragement and humour have everyone active and enjoying the activity with low impact and resistance routines every Thursday morning. Two days a week members walk, which sounds far simpler than it is as Zee likes to compli-

the morning
is filled with
sweating,
muttering,
and laughter.

cate the routine by compelling people to walk backwards, use stairs on the route, lunging and pushups on railings, fast and slow walking, and any number of other activities he can devise using the pedestrian walks through town. One morning a week, members are put through a challenging routine, usually involving resis-

tance bands and repetition routines. The morning is filled with sweating, muttering, and laughter which all help to promote cognitive enhancement and encourage positive social interaction through activity and create a sense of community.

The walking portion of this physical fitness initiative has been in place since February and is made possible by a grant from Parks and Recreation BC. The morning workout at the complex has been in place since November 2009. So far clients have reported improved strength, stamina, and overall wellbeing. In addition, Brain Injury Society employees have observed a renewed sense of community and increased participation in many of the other initiatives of the Society.

The future of both programs depends on fundraising by the society and the generosity of the community. If you would like to make a donation or volunteer your time please call the Society office at 604 485-6065 or visit www.braininjuriesociety.ca. RL

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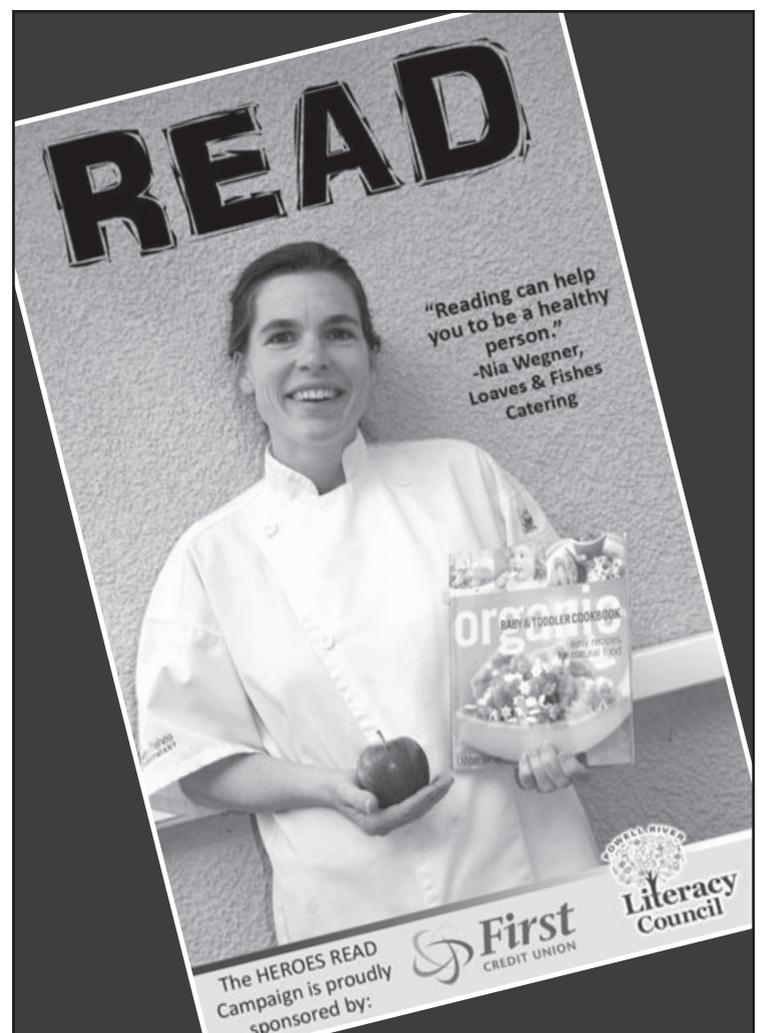
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Powell River Living COMMUNITY Calendar AUGUST

August 6: Family Place Fun in the Sun Under the Sea, 10:30 am to 12 pm at Willingdon Beach. Weather permitting. Bring your hat and sunscreen. Feel free to dress up to match our theme.

August 6: Miles Happy Feet at Manzanita Restaurant, 6:30 pm to 11 pm. Call Amy at 604 483-2228 for more information.

August 13: Family Place Fun in the Sun Wild West, 10:30 am to 12 pm at Willingdon Beach. Weather permitting. Bring your hat and sunscreen. Feel free to dress up to match our theme.

August 14: Summer Muse at Boxwood Cottage 4310 Westview Avenue, annual concert featuring local favorites Walter Martella, Devon Hanley, Ben Bouchard and many others. This is a fundraiser for the Powell River Botanical Garden Society. By donation. Food and drink for sale, with proceeds going to Lund Community Club. Contact Anthony McMorran at 604 485-2860 for more information.

August 20: Family Place Fun in the Sun Pirate Party, 10:30 am to 12 pm at Willingdon Beach. Weather permitting. Remember to bring your hat and sunscreen. Feel free to dress up to match our theme.

August 21 & 22: Arts Alive in the Park at Willingdon Beach, 12:00 pm to 8 pm. Two-day event that brings together visual artists, poets and musicians with workshops for kids and adults. Call Ann Nelson at 604 483-9345 for more information.

August 27: Family Place Fun in the Sun Hawaiian Vacation, 10:30 am to 12 pm at Willingdon Beach. Weather permitting. Remember to bring your hat and sunscreen. Feel free to dress up to match our theme.

Aug 28 & 29: The 6th annual Powell River Studio Tour runs from 10 AM to 5 PM both days. It's a free, self-guided tour of artists and artisans from Lang Bay to Lund. Encompassing 20 locations and over 40 artists working in 11 disciplines, the tour emphasizes the diversity of arts in Powell River. Brochures and guide maps are available at Artique, the Visitors Centre or online at www.powellriverartists.com

September 12: Scotiabank & BC SPCA Paws for a Cause - Walk for the Animals at Willingdon Beach, 12 pm to 3 pm. Music, food, dog agility demos, games and more throughout the day, including a Silent Auction. Contact Marj Warren at 604-485-8434 for more info.

Sunshine Speakers Toastmasters: Interested in communication, leadership and public speaking? Toastmasters meet the 2nd and 4th Thursday at 7 pm in the School District office 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 604 485-0003.

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

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

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

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

Monday: Cinch card games at RC Legion #164, 7 pm, Newcomers welcome. For more information visit www.cinchgame.net, or call 604 485-5504.

Mondays: Bike ride at Suncoast Cycle, 6 pm

Mondays: Pasta Night, 4:30-6 pm at Powell River United Church, 4440 Michigan Avenue.

Tuesdays: April, May and June Wheelchair Basketball! Everyone Invited - wheelchairs provided. 4 - 6 pm in the Vancouver Island University 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: Heart to Heart Program, to March 9, 2010. Final night is Wednesday, March 17, 2010, in the Poplar room at the Complex. \$40 (bring a family member or friend at no charge). For more information or to register please call the Complex at 604 485-2891.

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

Tuesdays: Soup Kitchen at Seventh Day Adventist Church (4880 Manson Ave), noon-1:30 pm

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

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

Second and Fourth Monday: Faith Lutheran Food Cupboard is open 1-3 pm

Second Tuesday: Living with Cancer Support Group, 1:30-3:30 pm. All cancer patients, survivors and loved ones welcome. For more info call Helen at 604 485-4071 or Carol at 604 485-9115.

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

Wednesdays: March 10, 17 and 24 from 7 - 9 pm. "How to Live and Walk by the Spirit". This course focuses on the Person, Actions, Work, Symbols and Fullness of the Holy Spirit in our lives today. Syllabus provided. Taught by Pastor Ken Lamden, 604 483-4283

Second Wednesday: Powell River SPCA meets at VI University at 7 pm. Everyone Welcome.

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

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

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

Wednesdays: Soup Kitchen at Seventh Day Adventist Church (4880 Manson Ave), noon-1:30 pm.

Thursdays: Soup Kitchen at Seventh Day Adventist Church (4880 Manson Ave), noon-1:30 pm.

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

Fridays: St David & St Paul 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)

Fairs and festivals

If you're visiting Powell River this summer welcome! We hope you enjoy your stay and while you're here, have time to take in some of our wonderful fairs, festivals and events. If you're a local, chances are you already know about many of our summer events but here are the dates you don't want to miss:

August 14 - 20: Blackberry Festival at various locations throughout the area. The biggest festival of the year with events throughout the week. Contests, wine and cheese party and a huge street party.

August 18: Blackberry Festival Wine and Cheese Party hosted by Powell River and District United Way.

August 20: Blackberry Festival wraps up with a huge **street party**. Lots of food, music and fun.

September 4 - 5: 29th Annual **Sunshine Music Festival** at Palm Beach Park. A music festival with performers from across Canada and around the world. Enjoy the craft market and tasty treats from food vendors. Don't forget your beachwear! For more info call 604 487-4107.

September 25: Fall Fair & Horse Show at the Exhibition Fair Grounds. A country fair with home canning, gardening, baked goods, crafts, art, wine and eggs. Exhibition of livestock, poultry and honey bees. Pony rides, petting zoo, children's play area, auctions, live music, entertainment and farmer's market. Entry fee: \$1.



Powell River Living FACES of EDUCATION

International students and you

Imagine learning about Japan, China and Korea from people who live there. Now imagine learning about these countries from students living right here in Powell River.

School District 47's International Student Program does just that. It provides international students with the opportunity to learn English and Canadian culture while providing Powell River students with the opportunity to learn about different cultures and countries.

Laurie Yule, English as a Second Language (ESL) consultant and International School Program Coordinator, says the program was originally developed to expose Powell River students to students from other cultures and countries.

Last year, 24 students from China, Hong King, Korea, Japan and Mexico were learning alongside their Powell River peers.

Laurie, who has been managing the program since 2004, says the program offers international students a BC Ministry of Education approved curriculum in state of the art, fully equipped schools with the goal of graduating.

Most of the international students come for high school but a few come at a younger age. "We have one student who has been here since half way through Grade 6. He plans to finish his schooling here and will be entering Grade 10 at Brooks in September."

The School District provides ESL classes during the school year and summer. "We want our students to be successful," says Laurie.

Powell River is a popular destination for international students because it is predominantly an English speaking community. Some areas of the lower mainland are heavily populated with people who speak Chinese, Japanese and Korean which means students don't speak as much English.

"That's definitely a big selling point here," says Laurie.

Some like the isolation factor. "They like the fact that Powell River is not Vancouver, that it's a smaller city."

Students are placed with homestay families. Most families have one student, some have two.

Tom and Linda Miller have been homestay parents for international students since the program began in 1989.

"Tom saw the ad and said, 'I think we should do this; it would be good for our

daughters,' who were in elementary school at the time," said Linda.

The first student they had come from Hong Kong. "Her parents came here for Spring Break and stayed with us and in turn they invited us to visit their home."

Most years the Millers have two students. They also open their home to international students attending the School District's ESL summer program.

"We've helped raise a lot of kids," says Tom.

In the beginning, the Millers had international students stay with them in order to expose their own children to other coun-



POWELL RIVER EXPERIENCE: Annie Wang and Megumi Oketani enjoy a little recreation while going to school in Powell River.

tries and cultures. But now that their own children are grown and gone, they do it because they enjoy having teenagers in the house.

For Linda, the best part about hosting students is watching them learn and develop self-confidence. "When they first arrive they are so shy and unsure and don't know any English. I enjoy watching them blossom. It really makes me feel good."

It's busy, but it's never too busy for Linda, who works in the bakery at Mitchell Brothers, to find time to bake her famous chocolate chip cookies, which they all love!

International students come to Powell River because they want to improve their English. They come for one to three years and leave after graduation.

"The purpose is graduation and the Canadian cultural experience," says Laurie.

That experience in Powell River includes an introduction to camping, skating, sports and, of course, canoeing.

"We took them to Vancouver for two days and saw the Phoenix Suns play basketball," says Laurie. "We celebrate Chinese New Year together as a group each year and the Brooks Culinary Program puts on a fabulous Christmas dinner."

So, what's it like for the international students when they first arrive?

"They have no idea," says Laurie laughing. "Yes, it's definitely a culture shock."

"We expose these kids to a different culture. For the first time it's overwhelming having nothing but English spoken."

Students experience a Sliammon plank salmon meal, hike Valentine Mountain, do movie nights, and are taken camping. "There are lots of activities going on."

Most international students have never camped before. "It's so foreign to them. They're worried about the bears and the forest is frightening."

Soon after they arrive in September, they go canoeing, rock climbing, do the zip line, and learn to make s'mores and build fires. "They all share that same first (experience) together during a big introductory weekend of camping and group teambuilding we call a Canadian Experience," says Laurie.

Exit interviews are conducted at the end of the year for students leaving the program. "The big thing that comes out is how they wish they'd taken more chances with meeting more kids at school and exploring the unknown," says Laurie.

Five international students graduated this year. Ten are returning and there are some new homestay families joining those who have opened their hearts and homes to international students for years.

"We are always looking for people who like the teenage experience and are interested in providing homestays," says Laurie.

SD47 is looking at integrating its international student program with Vancouver Island University so international students would be able to remain in Powell River for their first year of university.

For more information about SD47's international program please visit www.prschools.net or www.sd47.bc.ca. **RL**

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We deliver to **SAVARY ISLAND**, too!

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t: 604 485 5615 f: 604 483 9772



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Just \$699. Regular \$899.

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Powell River's best selection of barbecues
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Valley
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www.ValleyBuildingSupplies.com

HOURS

MON - SAT ▼ 8 AM - 5 PM
SUNDAY ▼ 10 AM - 4 PM

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in the Town Centre Mall

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MALL HOURS

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FRIDAY • 9:30 am – 9 pm SUNDAY • 11 am – 4 pm
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www.prtowncentre.com



**Powell River
Town Centre Mall**