



SEPTEMBER 2010

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Motherhood after 40 The second time around

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Family Time

- ⇒ Eat meals together and encourage conversation
- ⇒ Take a walk & play a game of Eye-Spy
- ⇒ Establish routines
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Nurture

- ⇒ Give frequent hugs
- ⇒ Turn the TV off for a day
- ⇒ Be silly, learn to laugh at yourself
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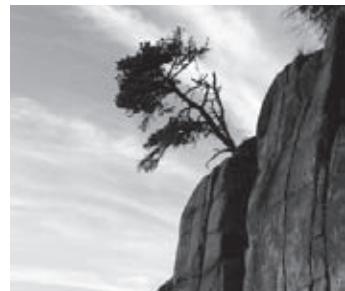
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ON THE COVER

Four-year-old Kaden Muskee can't resist taste-testing the plums he is picking in his backyard.

Photo by Isabelle Southcott

Powell River Living CONTRIBUTORS

TRACEY ELLIS is a journalist, writer and former editor of BC's *Dream House Magazine*, *Homes & Living*, *BC Outdoors*, *Sport Fishing* and others. She is married and has three children.



goals to help each child reach their full developmental potential. As well as working with children, all three of these women enjoy an active lifestyle with their young families.



PAUL GALINSKI began his newspaper career at the *Powell River Progress* in 1976. He has written, photographed and edited for newspapers throughout BC and published a newspaper on Vancouver Island.



JANET MAY recently hiked from Powell Lake to Goat Lake Mainline on the Sunshine Coast Trail. In September she will try out her curling legs on the sheets at the Cranberry curling rink.



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



DAVID PARKINSON is the coordinator of the Powell River Food Security Project, which makes sense given that he is a formally trained linguist who worked in software for seven years.



VALERIE HODGINS is an active member of Powell River's horse community and an avid horseback rider. When not riding, she can be found at Therapeutic Riding, organizing horse shows or participating in one of the many activities of the 4H Club.

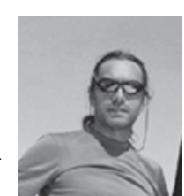


SEAN PERCY is our associate publisher. When he's not publishing, he likes hiking, diving, photography and enjoying beautiful Powell River with his family.



CHRIS MCPHEE, infant development consultant, **MICHELLE THOMAS**, occupational therapist, and **ANNEKE GUTTER**, physiotherapist, work together at the Jean Pike Centre for Children. Their work is coordinated with family

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



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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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Publisher & Managing Editor

Isabelle Southcott

Associate Publisher & Sales Manager

Sean Percy

Graphic Design & Production

Robert Dufour, Works Consulting

Office Manager

Bonnie Krakalovich

Sales & Marketing

Sean Percy

Powell River Living

IN THIS ISSUE

Ready. Set. September!

It's September and you know what that means. Back to school, back to routines, time to hit the gym, sign up for courses and prepare for cooler weather.

Many of those who live in our midst have been doing ordinary and not so ordinary things this summer. Take local physician Sneeta Takhar for example. Here's a woman who couldn't do much more than dog paddle five years ago but in August she challenged herself at the Ultraman Canada—a three-day, 512.6 kilometre ultra endurance event consisting of swimming, biking and running. Read Paul Galinski's inspirational story about Sneeta on page seven and see why she is a shining example of how it's possible to learn new skills and reach the stars if you're determined, committed and relentless.

At this time of year, people are thinking about the fall harvest. Be sure to mark the September 25 and 26 on your calen-

dars for the Fall Fair and horse show. This is our community's opportunity to showcase agriculture efforts and for those learning or thinking about agriculture to connect with the farmers and producers.

Local horticulturist Jonathan van Wiltenburg talks about seed saving this month in his column, Time to plant. His advice is timely and informative.

We invite you to attend a community potluck on Friday, September 17 at the Carlson Community Club. The price of admission is a dish with local ingredients or something you've made! Everyone is invited to this informal get together to celebrate local food.

Back to school means a change in routine which can be disruptive for some. Three moms who balance their professional careers at The Jean Pike Centre for Children have drawn on their own expertise to write an article to help parents

help their children from becoming too overwhelmed.

Writer, editor and mother of two small children Tracey Ellis shares her insights on Motherhood Take Two with readers of Powell River Living. Her moments of truth will strike a chord with everyone who has had children!

In keeping with the family theme is a story about the father-son ministry team of Ken and Mark Lamden. The pair talk about the work they've done and the programs they have in place to help the youth of this community.

As always, I've enjoyed working on the latest issue of Powell River Living. I hope you enjoy our efforts.

Thanks for reading.



Isabelle Southcott, Publisher • isabelle@prliving.ca

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KUDOS

Powell River

Baseball stars!

Congratulations to the Powell River Pee Wee A Mets for winning the BC Minor Baseball Association Provincial Baseball Championships last month. Greg Piccinin, manager, and coaches Dan Dupuis and Ethan Hasler, took the Powell River team to Surrey for the championships, which were held over the BC Day long weekend.

The Pee Wee Mets won the final game 8-7 in the final inning of the game. Jordan Knutson, Colby Shelton, Brandon Rairie, Cody Jackson, Jacob Harper, Hunter Findlater, Jacob Budgell, Jeremy Hopper, Jamie Callaghan, Jayden Saban, Andy Dupuis and Michael Lance are to be congratulated on this outstanding achievement.



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,

The Brain Injury Awareness Month article in your June 2010 edition made a good impression with many readers. I received numerous positive comments as recently as late July. Unfortunately, we still observe unsafe riding with regularity. Twice I've seen the same woman barreling down Alberni Street with her helmet hanging from her handlebars. What concerns me most is the helmet-less parents cycling with their children, setting a bad example. What lesson do they believe they are teaching their youngsters?

Herb Daum
POWELL RIVER

Paralympic champion

Powell River's Adam Rahier has proven once again that he's a champion!

Adam competed in the International Paralympic Committee World Championships held in Eindhoven, the Netherlands, in August. He finished 0.22 seconds behind the Silver Medal winner to come in fourth in the 100-metre backstroke. "Fourth is pretty darn fine," said mom April Sweet.

Adam competed in three categories, finishing 13th in 100-metre breaststroke and 8th in 200-metre freestyle. "Hopefully this will put him on the path to be at the Olympics in London in 2012," said April. **PR**

Oops!

In last month's issue, we misspelled the name of the swimming hole at the Texada quarry. The popular spot is correctly known as Heisholt Lake, named after Stan Heisholt of Blubber Bay. Apparently, as part of an ongoing good-natured feud between some mine workers about whose lake it was, Stan took the initiative to put up a sign declaring that it was "Heisholt Lake," and it stuck.

We also incorrectly identified the couple relaxing in the Gerharts' garden. Although Cliff and Lena Gerhart are indeed the creators and caretakers of their backyard ocean-theme oasis, the couple in the photo were their good friends Bill and Betty Evans. We apologize for the error and any confusion it caused.

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Ultraman Canada triathlon

Local physician models fitness and lifestyle ideals

By Paul Galinski

Five years ago local physician Sneeta Takhar decided she wanted to do a triathlon but she wasn't much of a swimmer. "She was a dog-paddling swimmer at best," says friend Cindy Stahl. Yet Sneeta was determined and so she taught herself how to swim freestyle. Since then, Sneeta has completed a number of triathlons and two Ironman events. Last month Sneeta completed the Ultraman Canada, an endurance event that combines swimming, cycling and running.

The Ultraman Canada is a three-day, 512.6 kilometre individual ultra-endurance invitation-only event. It was held from July 30 to August 3 in the Okanagan-Similkameen region of BC. Sneeta is one of approximately 60 women in the world to have completed this event within the given time parameters since its inception in 1993.

As one of two internal medicine specialists in Powell River, Sneeta routinely sees and treats the effects of ill health. While commitment to her medical practice is demanding, challenging and time consuming, she manages to timetable an extraordinary commitment to her own health as a competitive triathlete.

When asked about her motivation for entering a race of this magnitude, she said it's a common question.

"It's something that I've thought about long and hard in terms of what drives me to do these things," she said. "I definitely like a challenge."

"I think originally, when I started doing triathlons, it was just to maintain a level of fitness, and then it grew into something more because I love being able to train for these events. I found that I enjoyed the endurance events more than the shorter events just because of the level of intensity."

She liked the idea of taking on Ultraman Canada because it's not something that many people would ever think of try-

ing. "I have to admit I sort of liked the aspect of it being a somewhat rarified opportunity."

There is personal development in training for and competing in long triathlons, but as a medical doctor, she's being true to good lifestyle choices. She hopes to be a role model for others, being visible in the Powell River area while training and maintaining fitness.

The three days of the Ultraman event break down like this:

Day 1: a 10-kilometre open water swim, followed by a 144.8 kilometre road bike ride;

Day 2: a 273.5 km road bike ride;

Day 3: an 84.3 kilometre run (a double marathon).



WINNER FOR FINISHING: Sneeta Takhar enjoying a rest after another leg of the three-day race; and taking water from the support team.

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TEAM SUPPORT: In Sneeta's corner are her sisters Brittany and Morgen Shull, Wanda Griffioen and Cindy Stahl (taking the photo).

Sneeta finished each day within the 12-hour time limit, with her total combined time being 31 hours, 49 minutes, 8 seconds. She placed 24th out of 32 finishers (39 entrants), being the 11th female out of 14 finishers (15 starters).

She started the race injury free and her body held up "amazingly well." She did not suffer any fatigue except for the last two or three kilometers of the run, by which time she was ready for it to be over.

Sneeta was required to bring a crew to care for her during the event. Crewmembers included locals Wanda Griffioen, sisters Brittany and Morgen Shull, and Cindy Stahl and they were instrumental in her performance in the race.

"I didn't go into the Ultraman with any expectations other than the hope to finish because I realized it was a very difficult event," Sneeta says. "I was simply happy at crossing the finish line. I'm realistic. I

don't expect to be first. I don't have that kind of speed. It, in many ways, is saying I'm just a regular person doing these things. People put these limits on and say they can't do it. That's not necessarily true with the right training."

Nothing pleases her more than the instances when competitors she has raced with tell her she was why they got into triathlons. "That's one of the things that makes me the happiest, to be honest, to have that kind of influence for people to be active and enjoying it."

In the coming year, Sneeta plans to enter shorter events, focusing on becoming faster and stronger.

"I'm hoping to stick with the Olympic-distance triathlons, which involve a one-and-a-half kilometre swim, a 40-kilometre bike ride and a 10-kilometre run. And then the half ironman event, where the training commitment is not as great." She trained up to 20 hours per week for the race she just concluded.

However, the lure of another Ultraman is on the horizon.

"I'm interested in the Hawaii race and I'm setting my sights on the 2012 event. That will give me a year to back off on the intense training and then I'll be back at it the following year." **PR**

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30 ml distilled white vinegar
80 ml apple juice
180 g fresh or frozen blackberries

Directions:

- Preheat oven to 325°F (165°C). Lightly grease one 8"x8" baking pan.
- In large bowl beat the butter or margarine together until light and fluffy. Add the egg and beat well.
- Combine the flour, salt, baking soda, cinnamon and mace or nutmeg. Add the flour mixture to the sugar mixture and stir to combine. Mix in the vinegar and juice. Fold in the blackberries.
- Pour batter into the prepared pan and bake at 325°F (165°C) for 35 to 40 min. Let cool in pan and cut into squares.

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Rock stars

Or, why is it called curling?

By Janet May

Terms like sheet, button, and throwing the rock make it sound exotic, but curling is an accessible sport in Powell River. The first rocks were thrown here in 1953, at the old Willingdon Arena. Today, curlers meet in an old timbered building that was originally the Cranberry roller-skating arena. The aging structure and ice plant are a challenge for the Powell River Curling Club, but its biggest challenge is building up the youth membership. "We want to pass on our passion for the game," says club president, Marlene Hall.

Marlene is an enthusiastic proponent for curling. When she was a young mom in Nelson, BC, her husband came home one evening saying, "I have signed us up for something fun this weekend." It was a two-day "fun-spiel" at the local rink. Their team lost only one game and made it to the finals. "After five games, I didn't want to curl anymore." Marlene remembers, "But I sucked it up and played on, and we won the B



FOR ALL AGES: At 89, Phyllis Williams is proof that curling is a game for any age.

event." Marlene and her husband, Ted Hall, haven't missed a year of curling since then. When their two sons became involved in junior teams, Marlene

and Ted started coaching and travelling to bonspiels around the province.

"Every game is different," says Marlene. "Even when beginners are playing against intermediates there can be an upset. The game is not over until the last rock stops."

Strategy, co-operation, and a bit of luck keep the players' minds off all the exercise that they get. Curlers aim to slide their rocks near the bull's eye—the button—at the end of the ice sheet. One trick of the game is a slight twist to the rock when releasing the handle. As the 40-pound rock slows down, this rotation begins to curl its progress, and it can slip around other rocks or strike those that are blocked. This "curl" is the name of the game.

In this highly social sport, no put-downs, or cheers at the opposition's bad shots, are allowed. "The friendships are the most important part of the sport," Marlene contends. While there is competition, as in the 2010 Olympics, curling

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is primarily a social game. "And one that you can play from age six to 96."

Chalyla Pagani has been playing since she was nine. In high school she enjoyed competing on Vancouver Island. Now she plays once a week in the Super League because she finds it fun to get together. "Curling is not stressful," she says, "When I get in the hack, I focus on visualizing my shot, and it clears my mind."

The sheets are open from mid-September until March, and there are leagues for men, women, mixed couples, and a seniors' drop-in session. The club subsidizes its junior league



THE DONNA McDOWELL RINK: Thursday afternoon league winners, from left to right: Peggy Boese, Barb Selby, Donna McDowell and Sandy Lougheed.

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WELCOMES

Katya S. Buck, articling student
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Originally from Powell River, Ms Buck is a graduate of *Max Cameron High School*. She has a Bachelor of Arts degree in Psychology from *Simon Fraser University*, Burnaby and a Masters degree in Social Work from *Texas State University*, San Marcos, Texas.

After working for four years as a social worker, she was accepted at *St Mary's University of Law* in San Antonio. Ms Buck graduated with a Juris Doctor in Law from St Mary's University School of Law in May 2007 and was licensed as an attorney and member of the State Bar of Texas later that year. Ms Buck was employed as an attorney in San Antonio for two years before marrying David Gustafson and moving back home to Powell River.

Since June 2010, Ms Buck has been working as an articling student at Giroday & Fleming.

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(ages six to 20) and a school program that introduces students to the game during physical education.

The Powell River club holds four Learn to Curl evenings in September for beginners, past players, and people who have never curled before. This year, Learn to Curl welcomes players from 7 to 9 pm, from Monday, September 27, to Thursday, September 30. Marlene encourages people to wear comfortable clothing, bring clean running shoes for the ice, and come out and try it.

For more information about the club or the Learn to Curl program, call Marlene at 604 483-2322, or the Powell River Curling Club at 604 483-9551 or visit www.powellrivercurling.com. **RL**

Coming up!

Terry Fox Run

This year marks the 30th anniversary of the Terry Fox Run!

Volunteer Sharlene Reid, who has served on the local chapter of the Terry Fox Committee for more than 15 years, says the run is being held on September 19 and will begin at the Powell River Recreation Complex. Registration begins at 8:30 am in the lower level of the complex, with speeches beginning at 9:40 am, and the run commencing at 10 am sharp.

Choose from either 3.5 km or 10 km, and run, walk, skate or ride a bike and visit with a friend. You can even push a stroller or a wheelchair or walk the dog!

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Brian MacDonald always hoped he'd be back on the West Coast one day, but he didn't dare dream it would be in his home town. Now, after 10 months running Village Meats, he's sure it was the perfect fit for him and his family.

Brian took over from Don and Judy Logan on November 1st last year.



Brian and wife Miranda, along with Jacob, 11, and Abigail, 9, moved here from Calgary, where Brian was a meat manager for Calgary Co-op.

But Brian is by no means a stranger to the community. He was born and raised here until he was 13. He's a brother to Mark MacDonald, owner of Business Vancouver Island magazine.

"It was time for a smaller community that's better for raising a family," said Brian.

But career-wise, finding a meat-cutting position on the West Coast was going to be a challenge. Then the opportunity to purchase the Logan's operation came up, and Brian knew his ship had come in.

With the help of employees Betty Russell and sausage whiz Robert Baumgardt, Brian is building on the solid foundation laid by the Logans. That means a continued focus on quality. "I want customers to be happy with every meal. I don't want there to be any complaints."

He has added some sausage recipes to the lineup, including turkey and chicken sausage,



and, for those who like it spicy, Andouille sausage. Bison patties and peppercorn bison skewers have also proved popular.

Favourites like the cheese selection, subs, store-made pepperoni, honey garlic sausage, crispy chicken and mojos remain staples at Village Meats.



7075 Alberni Street • 604 485-9441

SPONSORED ARTICLE

Stop by today to say 'hi' to Brian and the team... and to pick up supper!



NICHOLAS SIMONS
MLA, Powell River - Sunshine Coast



I hope everyone is enjoying the final days of summer. Please feel free to call or drop by the office if you have ideas or issues you'd like to share.

Find me on Facebook or follow me at Twitter.com/nicholassimons

4675 Marine Ave
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nicholas.simons.mla@leg.bc.ca
www.NicholasSimons.ca

POWELL RIVER Skating Club

Fall Session: Sept 27th – Dec 9th • Winter Session: Jan 3rd – March 18th

Registration: Saturday, Sept 11, 11 am - 1 pm • Complex lower foyer



PRESCHOOL – Learn to skate

30 min. sessions for skaters 3 – 4 years of age. Introduce basic skating skills in a fun, positive environment. One consistent adult may accompany child. Adult must be comfortable enough on skates to physically support children who are not sturdy or balanced.

DATES: Tues (3:30 - 4 pm) and/or Thur (5 - 5:30 pm)

FEE: \$95 (1 session) + Membership *
\$125 (2 sessions) + Membership *

CANSKATE – Learn to skate

Fun, participation and basic skill development for ages 5 plus. Earn badges as you progress at your own rate.

DATES: Mon (5:30 - 6:15 pm) & Thur (5:30 - 6:15 pm)

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Action-packed high energy power skating geared to hockey skaters that focuses on balance, power, agility, speed and endurance. Skaters are approximately 6 years of age or older who already are able to skate the length of the rink.

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DATES: Thursdays • 6:15 - 7 pm

FEE: \$120 + Membership *

*One-time annual membership fee of \$45 takes you through the season to enjoy one or more of our classes. There is an additional volunteer levy for skaters in the CanSkate program.

All lessons are taught by a NCCP Level III Certified Professional Coach. Skates/helmets provided if needed.

For more information regarding grants/fundings go to www.kidsport.ca (Provincial Application) and for Canadian Tire Jumpstart, call 1-877-616-6600.

Figure Skating programs offered include STAR ACADEMY & TEST Program

For more information contact Nicole Rumley at 604 487-0418 or rumleysk8@shaw.ca

Walk for the animals

SPCA's Paws for a Cause

You're never too old to help.

Albert Stanley may be 91, but he still does what he can to help animals that have been abused or neglected.

Albert is collecting pledges for "Paws for a Cause," a fundraiser for the SPCA that will take place on Sunday, September 12 from 12 to 3 pm at Willingdon Beach.

He mentions Paws for a Cause to everyone he speaks with. "You never know, they might give me \$5 or \$10."

Albert wants to help animals. "When I was growing up there were still a lot of horses drawing carts. On weekends, we'd go and feed the horses near where we lived; that's what got me going."

Although Albert doesn't have a pet right now, he's an animal lover. Before moving to Powell River, he lived in Ontario, where he had an acreage. He used to breed German shepherds and hopes to soon have a cat again.



HELP THE ANIMALS: Albert Stanley volunteers for the SPCA by fundraising for PAWS for a Cause. The SPCA helps animals that have been abused, neglected or abandoned.

The SPCA's Paws for a Cause will be lots of fun for animals and animal lovers. There'll be music, food, games, dog agility demonstrations, bobbing for wieners, and a silent auction with matching donations from Scotiabank for all funds bid.

Paws for a Cause takes place on Sunday, September 12, from noon to 3 pm at Willingdon Beach.

There will also be prizes for the top pledge collectors. Pledge forms are available at Scotiabank, Rainbow Valley Pet & Farm Supplies, Westview Vet Hospital, Powell River Veterinary Hospital, Dog Gone Grooming and Laural's Pet Grooming. **RL**



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Attention High School Students

The Powell River Health Care Auxiliary sponsors the **Candy Stripper/Cadet** Program at the Powell River General Hospital. Students (male and female) ages 14-18 are eligible to enroll.

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Application forms can be picked up at the gift shop located in the hospital.

For further information, call 604 483-3628.

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www.immanence.ca/prss



Dragon boating

Paddlers work in unison to ensure they aren't draggin' while racing

Paddling for Life Society, a non-profit group, is hosting the 2010 Sunshine Coast Final Fling Dragon Boat Festival at Mowat Bay on Powell Lake, on Saturday, September 25.

Last year, when the team of breast cancer survivors and supporters attended the annual event at Garden Bay, Paddling for Life agreed to host this year's regatta in Powell River. The dragon boat movement for breast cancer survivors in BC began in 1996 and there are now hundreds of teams holding festivals and regattas throughout the province. Powell River's Pearl Warriors are supporting Paddling for Life in this new venture. The Pearl Warriors are a mixed team of men and women that practices alongside Paddling for Life on Powell Lake. This festival is not just for breast cancer survivors—all paddling teams are welcome.

The regatta begins at 11 am on the Saturday morning and will finish about 4 pm. The bay will come alive with the sounds of race horns, cheering, and drumming. Paddling for Life, the Pearl Warriors, and four Sunshine Coast teams, with their supporters, will converge on the race site. The Final Fling is the last festival of the season for most Sunshine Coast teams.

A 48-feet-long dragon boat carries 20 paddlers, a steersperson, and a drummer or caller. Its prime directive is to paddle in complete unison. It is not always the strongest team that wins, but the one that is best able to work together. "One boat—one paddle" is a dragon boat's mantra.



About 350 metres long, each of these races lasts approximately two minutes. The races are followed by an obstacle race that will showcase the cohesion of the paddlers and the skills of the steersperson and caller. It is fast, it's furious, and it's fun.

For those who have never experienced the thrill of dragon boat racing, this is an opportunity to see what the excitement is about and to learn first hand why dragon boating is the fastest growing water sport in the world. There will be food vendors on site, a silent auction, a raffle, an awards ceremony and lots more excitement to round out the day. **PR**

GUY'S CYCLE WORKS

Get geared up for hunting season!

604 485-8228 • GuysCycleWorks.com • 4473 Franklin Avenue

This advertisement features a camouflage background with several red and black ATVs displayed. The Guy's Cycle Works logo is at the top left. Below it, the text "Get geared up for hunting season!" is prominently displayed. At the bottom, contact information is provided: phone number, website, and address.

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604 414 5687

Doreen Leach

Event & Wedding Floral Design
www.blushfreshfloraldesign.com
Facebook: blush fresh floral design

This ad features a background of colorful, stylized flowers. The main text "Blush" is written in a large, flowing script font. Below it, "FRESH FLORAL DESIGN" is in a smaller, bold sans-serif font. There are several smaller flower illustrations scattered around the text. Contact information for Doreen Leach is listed at the bottom.

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This ad has a green header with the company name "Heather Tours" in a stylized font. Below it, a list of tour dates and destinations is provided. To the right, there's a yellow oval containing the text "GIFT CERTIFICATES AVAILABLE". At the bottom, there's contact information and a reference to a business registration number.

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A graphic of a green pine tree is on the right side of the ad.

This ad features the company logo with the words "PINETREE AUTOBODY LTD." in a bold, sans-serif font. Below the logo is a red speech bubble containing the text "Like it never happened!". At the bottom, the address, phone number, and email are listed. To the right, the slogan "Quality auto repair on time and on budget" is written in green. The ICBC car shop logo is at the bottom, along with the text "Accredited Collision Repairs". A green pine tree graphic is positioned on the far right.

Back to school

The 3 Rs revisited

By Michelle Thomas, Chris McPhee & Anneke Gutter

Starting school again (or for the first time) can bring a mix of excitement and trepidation for most families. There are many tasks to complete and each day has a new set of variables. Information arrives through our senses and we need to direct our bodies to respond in new and different ways. Learning can be fun and exciting but for many children, learning and the school environment can be overwhelming. To help our children do their best with the tasks of Reading, writing and arithmetic, let's take another look at the three Rs of developmental performance, rest, routines and relaxation.

Rest

Establishing healthy sleep patterns early on is critical for learning. Parents need to guide their children in developing healthy sleep habits from infancy forward.

By school age, children with poor sleep patterns tend to have significantly higher rates of:

- Hyperactivity and inattention
- Poor memory and learning (we organize and store information while sleeping)
- Difficulty performing learning tasks (delayed responses)
- Withdrawn or aggressive behaviours
- Difficulty regulating emotions
- Physical complaints and injuries
- Anxiety (due to higher waking brain cortisol levels)

In general, children need an average of

10 hours of sleep per night; teens need 8 to 9.5 hours. Recent research has linked poor sleep patterns to higher use of drugs and alcohol in adolescence.

Some strategies for supporting healthy sleep patterns include:

- Consistent day and night routines
- Keep bedrooms technology free
- Eliminate foods and drinks with caffeine after noon
- Two hours before bed eliminate TV, computers, exercise and exciting play.
- Develop and maintain a familiar short bedtime routine (snack, bath, story, song).
- Play quiet music in the evening then switch to "white noise" at lights-out (a radio turned down and off-station) may help to promote sleep.
- Give infants a shirt worn for several days by a parent for the comforting smell.
- Give toddlers soft stuffies and blankets that smell like the parent.
- Let children and teens pick their own sheets and pillowcases based on favourite textures such as fleece, flannel, or silky smooth.

Routines

Bedtime routines help kids (and parents) relax at the end of the day and prepare the body for sleep.

Morning routines get the day off to a good start, so allow enough time so mornings are relaxing and fun, not rushed. Do-

ing some tasks, like preparing lunches, the night before can free up time in the morning.

Eat a nutritious breakfast (if the body is lacking food or nutrition, the brain cannot focus on anything else—especially new learning).

Leave the TV off. Help kids jump-start their brains with creative fun.

Every child needs time for exercise and play. Walking to school is one of the best ways to start your day. Walking helps to stimulate the brain-body connection to improve listening, looking and fine motor skills.

Prioritize your activities to include fun movement every day. Active motion builds the brain-body connections necessary for learning. Endorphin release that occurs following physical activity is nature's gift to help you manage stress.

Provide opportunity for rough and tumble play every day. Children need this type of play to develop all of the sensory processing systems that are necessary for reading, writing and attending to tasks.

Relaxation

Spending time interacting with your child is the most important thing you can do.

Listen when your child talks, and show your child that you love them with words, hugs, and kisses.

Get active together as a family.

Turn off the technology. Although technology is an important part of our world,

Samedi le 2 octobre 2010 • Saturday, October 2, 2010

Fête du saumon

Le Club Bon Accueil invite toute la communauté de Powell River et ses environs à venir fêter le saumon! Des activités ludiques et éducatives avec des danses et des concerts seront au programme pour démarrer la saison automnale au club et un banquet sera organisé en fin de journée.



Contact: Vincent Yerna
CLUB BON ACCUEIL
5110 avenue Manson
604 483-3966 • admin@clubbonaccueil.com

Salmon Celebration

The Powell River French Club (Club Bon Accueil) invites everyone in Powell River and the region to celebrate salmon. A number of fun and educational activities, dance and music will kick off the fall season at the French Club, including a dinner banquet at the end of the day.

the passive sensory overstimulation that occurs while children watch TV or play video games creates damaging developmental outcomes. Increases in attention difficulties, poor academic achievement, aggressive behaviour, obesity, sleep disorders, and relational disconnection are linked to the overuse (more than one

hour per day) of technology.

Keep bedrooms technology free. A bedroom is a place for rest and quiet relaxation.

Help your children develop interests free of technology (sports, games, crafts, reading, drawing, dancing).

Help your children relax—a brain that

is calm and in control is ready to sort and process new information. Structured relaxation helps us feel good and we behave better when we feel good. Following an after school snack with 15 minutes of relaxation time will relieve stress and help children focus on homework tasks. If the child does not have homework, a short relaxation time will set the stage so the brain can sort and organize the new information that was learned during the day.

Specific strategies include:

- Listen to calming music. Breathe deeply. Take a warm bath.
- Create a quiet retreat place so your child has their own special “get away” spot: snuggle in a sleeping bag, beanbag chair, large pillow or closet fort.
- Reduce noise and light levels (turn off TV, lights).
- Provide deep pressure: comfortable back rubs, shoulder squeezes, or comfortable “big squish” hugs.

Every day is full of fast-paced choices. To help our children achieve their highest potential we need to maintain balance with rest, routines, and relaxation. 



RELAX: Peaceful imagery is a great way to relax after school or before bed.

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WHEN: Sunday, Sept 19 at 6 pm

CONTACT: Margaret, 604 485-2143
tedcooper1@shaw.ca
OR

WHERE: Salvation Army Church

WHEN: Wednesday, Sept 22 at 1 pm

CONTACT: Elsie, 604 483-4772
nanaof3boys@hotmail.com

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Powell River Living

FAMILY MATTERS

By Isabelle Southcott

TRAPPED!

Rats!

I'm not scared of spiders and snakes and mice but I draw the line when it comes to sharing my home with rats.

A few months ago I bought a house in the Townsite. I thought it was a single-family dwelling but another family was already happily living there when I moved in. Unbeknownst to me, a colony of rats were ensconced in my home.

Before I go any further, I want to tell you that I am not scared of rodents. I don't hate rodents. In fact we used to have pet mice. I even took Alex's pet mouse to the vet when she was sick and dropped antibiotics into her mouth.

I simply do not want to share my living space with them. I don't want them running over my kitchen counter and poking around my food cupboards while I am sleeping. I don't want them travelling through my walls while I slumber. I don't want rats in my house.

I knew I needed help eradicating the rats so I called rat man. Okay, his name really isn't rat man, it's Paul Hirst, of Powell River Pest Control, but what rat man doesn't know about rats isn't worth knowing.

Powell River Women in Business

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Friday, Sept 24 at 6:30pm • 7458 Nootka Street

Sponsored by **Powell River Living Magazine**

First, Paul rat-proofed my house, which meant the rats couldn't get out. He plugged up the few holes they'd been using to go in and out and then he set up traps baited with peanut butter. Although I didn't like the idea of living in a house with heavens knows how many rats, there was nothing my kids and I could do but wait.

It didn't take long before the rats found the traps. Some days, we'd catch four, other days two or one. Each time we caught another, I thought, "This has to be all there is."

But there were more. So far we have trapped 18 rats in my house!

The whole time this was happening we had a dreadful smell in the basement—the kind of odour that makes you want to hurl. We didn't notice it when we first moved in because the previous owner had placed half a dozen air fresheners in the basement. But after gagging over the strong scent of air fresheners and removing them, something decidedly unpleasant took over. The smell of rats.

Once rat man caught all the rats, he removed the drywall from ceiling in the smelliest basement room. More than three pounds of rat poop was found in one little section. I was horrified, not just because it was gross, but also because of the health hazard. Upstairs, we discovered insulation damaged by rats. More work to do. I couldn't believe it. My beautiful new home! I wanted to cry.

Instead, I took a deep breath and thought about everything I loved about the house. The view, the beautiful floors, the cherry tree in the back garden, the stately covered front porch, the wonderful neighbours....

Yes, there's always reason to be grateful. When we're in the middle of a difficult situation, it can be hard to find, but if you stop and think about it, there's a lot to be grateful for. PR



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Motherhood, take two

Chasing toddlers helps 40-something parents to stay young

By Tracey Ellis

When my second husband-to-be asked about having a baby, my reaction was, "Are you nuts?" There was no way I was having another baby—I was almost 40. I had a 17-year-old daughter. I was way, way too old to be chasing babies again. And at my age, wasn't it nearly impossible to have another baby? Now there was a thought....

Offhandedly I said, "Well, if you want to be the one to stay home and raise it, sure," all the while certain that I was just too old to have another baby. To my surprise, my husband-to-be agreed. So a deal was struck. But what were the chances I could even conceive?

One month after our wedding, I found out I was pregnant. Wow! Just like that, I thought.

I am not alone.

A 2004 report by Statistics Canada published in 2006 confirmed the worldwide trend toward late motherhood. The average birth age of women in Canada was 29.7 years. The bulk of births in Canada now occur in women aged 25 to 34 (62.1 per cent), and births to mothers aged 35 and older were four times more frequent than a generation earlier, accounting for 17.2 per cent of births in 2004. In Italy, five of every 100 babies are born to a woman older than 40. In New Zealand and Australia, the average age of a first-time mother is 30.7. In the United States, the birth rate for women aged 30 to 44 is the highest it has been in 30 years. In

the United Kingdom in 2009 there were 26,976 births to women over 40.

Nothing makes you feel younger than finding out you're pregnant.

Strangely, the feeling of fear mixed with elation was the same as I felt nearly 18 years previously when I found out I was pregnant with my daughter. But this time I knew what I was in for: morning sickness, multiple night-time trips to the loo and swollen ankles. What I didn't know I was in for were the tests: multiple ultrasounds, triple-screen testing and nuchal transparency testing for Down Syn-

birth of our son, Othello was uneventful. With husband and teenage daughter present, Othello made his entrance into the world. My daughter later said seeing her little brother born was the greatest "birth control talk" she could have been given. I was hoping for a little more sisterly love than that.

Just to prove our childbirth experience wasn't a fluke, we tried it again and had Horatio (otherwise known as Number-Two son) 18 months after Othello's birth. The doctor had advised me not to wait if we wanted another, but even he was sur-



drome. After all, I was told, my eggs were nearly 40. I opted out of amniocentesis. Soon, we were given the all clear. I reluctantly shopped for maternity clothes and delighted in buying baby things. The

prised to find me waiting in his office just over nine months after Othello was born. I reminded him that he had advised us not to wait, to which he replied, "I meant a couple of years!"

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Brandy Peterson

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Nothing makes you feel old like chasing around two toddlers. Now two-and-a-half years old and 16 months, our boys alternate between being little angels and little terrors.

The boys' destructive power is amazing individually, but together, they can wreak havoc like a tornado. When Horatio isn't in the toilet "splishy-splashing" as we call it, having earned himself the nickname of Mr. Splishy, he's in the garbage foraging for anything edible or even inedible he can find and stuff into his mouth. Othello is nearing three, and we are immersed in the joys of potty training, which currently consists of me asking him if he wants to use the potty and him chiming, "NOPE!" And all the funny stories I have at social engagements pretty much revolve around poo, and as I have found out, are not suitable for mixed company.

The boys have the art of divide and conquer down to a fine art, and as they are so close in age, their sense of right and wrong has not developed to the point that one can talk the other out of what they intend to do. So they are partners in crime. Too young to be punished, or even given a time out, they spend their days weaving a magical web of love and laughter, surprise and dismay, into our lives. We dance in the living room and play in the mud together, explore the parks, beaches and lakes of Powell River and take in all the child-friendly amenities Powell River has to offer.

And when they finally sleep, we find ourselves admiring the wonder that is babies, just like any parents of any age do when faced with such an amazing reflection of themselves. RL

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For years, locals commented on the derelict buildings and adjoining lands that stood at the upper corner of Joyce Avenue and Duncan Street. They noticed how ugly it was and wondered why nothing was ever done about it.

That is, until Dave Formosa and Rob Villani purchased it in the spring of 2007.

Today, the corner of Joyce and Duncan looks quite different than it did three years ago. Phoenix Centre, is a good news story of rising from the ashes.

On July 15 **Silke's Organic Market** opened its doors at Phoenix Centre. **Capone's Cellar**, Powell River's largest licensed retail liquor store, opened in August.

Dave is excited about Phoenix Centre and about moving his liquor store to the busiest corner in Powell River but when asked how the move came to be, he says there are times when mother knows best.

"My mother has never interfered, suggested or encouraged... actually, the opposite when it came to my business career but it was Mom who convinced me to move the store to this corner," says Dave. "With her encouragement and a little encouragement from my business partner, Rob Villani, here we are!"

Phase 1 of Phoenix Centre was completed in 2008 but Dave had trouble finding the final tenant needed. "Capone's was the only tenant we could find that would commit to the corner building," he says. "We were tired of looking at that awful building beside the beautifully recreated Phase 1 of the project," he says, noting that John Spick takes credit for the design work. "With my mother constantly bugging me to put a store there, I finally gave in!"

Once Dave gave in, he went full steam ahead. "We have gone all out on the décor at Capone's just like Rob and I went all out on the outside of Phoenix Centre."

Rob and Dave are happy that Silke's Organic Market moved to Phoenix Centre. "Silke's is a great neighbour, we complement each other well."

Capone's manager Brenda Piccinin is proud of the new store and smiles as customers compliment it.

"We've had lots of good feedback. People are excited that someone has put so much time and effort into fixing up this corner; it was such an eyesore."

The new Capone's has more than its share of the wow factor.

Brenda laughs, "it is beautiful," she says pointing out the granite counter, wood, artwork, stone and brick work.

"It definitely has old world charm."

The new Capone's was designed in keeping with the Prohibition era and the whole Capone's theme. "I've worked with Dave for 20 years and I feel pretty lucky to get a store like this!"

Spirits and all beer products are the same as government liquor store prices. The new Capone's is twice the size as the old location and that means more room to carry more product, says Brenda.

"We'll be expanding our warm beer and wine selection so there will be lots more," promises Brenda. "I'm getting in contact with BC wineries right now."

Capone's has also expanded its organic wine selection which means customers shopping at Silkes Organic Market can complement their meal with an organic wine from Capone's.

Brenda relies on customer feedback and suggestions. "We are open to taking requests," she said.

A new feature at Capone's is a tasting bar. "As new items come up they will be available."

Capone's new walk-in cooler is the only one in Powell River and now it is bigger and better than ever. Brenda knows her customers like their cold beer and wine and appreciate the fact that they can get what they want when they want it.

Capone's carries ice, greeting cards, snacks and related giftware.

Capone's is open from 9 am to 11 pm seven days a week. "The only day we close is Christmas day," says Brenda.

Volker and Silke Pfeiffer own Silke's Organic Market and are happy in their new, larger location.



"Silke's is now open seven days a week from 7 am to 7 pm," Volker says. They are now open for breakfast and word on the street has it that Volker makes a pretty tasty egger!

The move has been a good one for Silke's. The bakery is now located on the main floor which means customers can watch Volker baking breads, pastries, muffins and other goodies. Silke's now has an indoor and outdoor seating area which means clients can enjoy breakfast, coffee, lunch or a snack right on the premises. Soups, Panini's, fresh sandwiches and salads are on full view in the new display case and there's homemade soup to choose from daily.

Access to the market is easier with entrances from Joyce Avenue and Duncan Street. "We have at least 30 parking spots," said Volker. "It is very convenient."

Silke's Organic Market is the largest organic grocery store in town and carries a large selection of organic fruit, vegetables, meat and dairy products. Silke's also carries local produce from farmers who are not certified organic, says Volker.

Silke's supplies the Sandbox and Riggers Restaurants on Savary Island and delivers to individuals on Savary a few times a week. River City Coffee relies on Silke's for fresh bread.

Silke's opened in May 2007. A fire in 2009 forced the business to shut for several months. They reopened in the spring of 2009 then closed in the spring of 2010 to prepare for the move.

Silke's and the Phoenix Centre have a lot in common. Both have overcome great challenges and both have risen from the ashes.

SPONSORED ARTICLE



Divers sought for rockfish study

Scientists can't be everywhere

By Sean Percy

Scientists at the Vancouver Aquarium are seeking the help of Powell River scuba divers in studying rockfish.

Concern about depleted rockfish stocks has prompted the closure of several areas around Powell River to all hook-and-line fishing. Divers can help gather crucial information about whether those Rockfish Conservation Areas are working, and how the rockfish populations are faring.

Participants in the new Rockfish Abundance Survey simply swim around collecting information about the age and species of rockfish. Or, at least it sounds simple. But identifying rockfish takes a little practice and is a little more challenging than the better-known lingcod egg mass surveys. Fortunately, the aquarium has an online rockfish game developed specifically for BC inshore species, which sometimes have slightly different color patterns than the same species in, say, California. A few minutes with the game, and most divers become familiar

with how to identify the different species.

This month is a critical time for scientists studying rockfish. Recent findings by the Vancouver Aquarium dive research team indicate that in BC, some rockfish hide deep in rock piles during winter. Underwater visibility can be low in spring and summer, but in late summer the visibility improves and rockfish tend to be hovering over their rocky homes. So the aquarium has set their Rockfish Abundance Survey for August 14 to September 19 this year.

"It's a lot of fun," says Dr Jeff Marliave, the marine biologist who heads up rockfish studies at the aquarium. Of course, he spends hundreds of hours underwater watching rockfish, and confesses to more than a passing fascination with the spiny fish. During our conversation, he actually forgets the common name of a kind of kelp that's important for rockfish habitat. He can remember only the Latin name *Agarum*. In his defense, the common

name is fringed sea colander kelp, and it doesn't look anything like a colander. Most divers I know call it "the brown kelp that grows along the bottom." But it's indicative of the problems scientists have had in recruiting amateur recreational divers in conducting surveys. Rockfish abundance surveys have flopped in the past.

"Our forms asked for too much information," Marliave admits. "We're willing to compromise, because we just don't have the resources to do it ourselves." Simplified reporting, along with the training game and info on the website, has Marliave hoping more divers will make a splash, especially from areas like Powell River. His team from the aquarium regularly dives in the Howe Sound area, which gets heavy fishing pressure. From their limited forays into the lower Sunshine Coast, the stocks don't appear strong, but there's even less data from the Powell River area.



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"Even if we only get good results from Powell River, that's extremely important data."

He says sport divers will be able, over time, to make up their own minds whether rockfish get bigger inside Rockfish Conservation Areas (RCAs) or not.

then there are blatant poachers who know the RCAs are good places to poach fish. But divers can help spread the word about the importance of not fishing in these protected areas, which will also mean increased enforcement when

surveys should choose to dive in spots where rockfish are found, such as boulder slopes or piles, or in areas with Agarum kelp, or giant plumose anemones, or cloud or boot sponges—which takes in most of Powell River's best dive spots.



COPPER OR QUILLBACK? If you're a scuba diver who can tell the difference between these two fish, the Vancouver Aquarium wants your help. (For the non-diver, the quillback's on the right.)

Photos by Sean Percy

So far, says Marliave, RCAs aren't working because people don't know they exist. "You have to work to find out where you're not allowed to fish," he says. And

people report poachers in those areas. In the Vancouver area, fines for poaching in RCAs have exceeded \$7,000.

Divers wanting to participate in the

For more information on the Rockfish Abundance Surveys, visit www.vanaqua.org and click on the rockfish links, or email lingcod@vanaqua.org, or call 604 659-3440.

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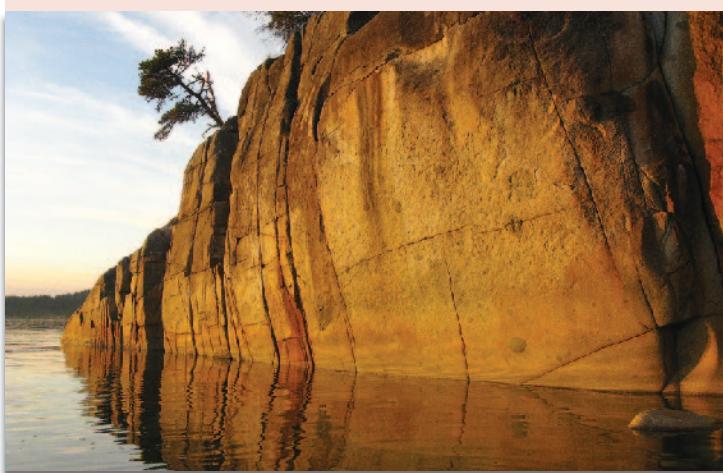
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Powell River Living

PARDON MY PEN

By George Campbell

Powell River Syndrome can be an annoying affliction

It's been an interesting summer.

Number One: An old Powell River friend of mine, who now lives in Alberta, returned to town to help me celebrate my 81st birthday. He told me all about the Powell River Syndrome.

Number Two: I met a guy who grows his own golf clubs and invented the game of Blindfolded Golf.

And Number Three: My cat, Cleo (short for Cleopatra, Queen of Egypt), threatened to squeal on me to the SPCA because I wouldn't buy her the expensive brand of cat food that she likes.

First, my birthday. Now, an 81st birthday is better forgotten than celebrated. But try and tell that to my family—or my old friend Jerry M.

Jerry's birthday happens to fall on the day before mine in July, so the two of us, who keep in touch via email, planned to get together here in Powell River and toast each other when our birthdays rolled around. This we did, drinking several toasts to our mutual good health and wellbeing. It was between these toasts that Jerry told me about PRS, the Powell River Syndrome.

The Powell River Syndrome is a disease carried only by people who live, or have lived, in Powell River. It manifests itself

when the carrier of the disease is away from his hometown, either visiting or living someplace other than Powell River. This occurs especially if they happen to be in a place where the summers are too hot and the winters too cold and icy. The ex-Powell Riverite begins raving about his hometown and how wonderful it is - the glorious sunsets, the magnificent scenery, the friendly people, and the temperate climate. He drives those around him crazy with his ranting about the seaside paradise that he has left behind.

Jerry explained that he himself doesn't suffer from it. On the contrary, he enjoys every minute of it.

PRS. According to Jerry's neighbours in Alberta, it's worse than PMS.

Next is the guy who invented Blindfolded Golf. Early in August, a friend of mine came up to me all excited, and waving a strange looking object in the air. "I've got a great item for your column," he cried. (This is a phenomenon that happens to columnists all the time.) "Just look at this," he went on enthusiastically, shoving the strange looking object into my face. "It's a golf club, see? I grew it in my garden, and I've got a bunch more just like it."

It turned out to be a mutated garlic

plant. The stem on the thing was about four feet long and the clump of garlic at the bottom had grown out at right angles to the stem. It did, indeed, look just like a golf club. My friend had carefully dried the thing so that stem had become rigid, just like the handle on a regular golf club.

He went on to explain that when you played golf with one of his garlic clubs, you could do so blindfolded, and then sniff your way to the ball because it would smell like garlic from where the club had connected with it.

I walked away slowly and carefully, leaving him happily sniffing and waving his garlic club in the air.

Finally, my cat threatened to squeal on me to the SPCA regarding the cheap brand of cat food I have been buying for her. Hey, I no longer buy that brand. I switched to a brand she likes. The last thing I need is to have the SPCA after me. Those folks like animals better than human beings! If it came to their attention that I was going cheap on Cleo's cat food I'd be toast. I want them to think that I'm an animal lover, too. And, I guess I am, at that. Especially when it comes to Cleo.

So went my summer. Hope yours was just as interesting. **RL**

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Chamber of Commoners

Celebrating community involvement

By David Parkinson

If you stop and think about the amazing happenings in our region as the result of volunteer efforts, you'll realize how much we owe to all of the people and organizations who work to preserve and strengthen the things we hold in common: our rivers and streams, our forests, our water, air, and soil, our community services, and our cultural spaces. Think about all of the people who organize the events we enjoy, who show up for board meetings and get the work done, and who do all kinds of work for the benefit of the community. Passion to change things for the better is a huge force in the world.

Now there is a place to recognize and honour the people and groups who strengthen the common places and things which are precious to us all: the Chamber of Commoners. Since February 2010 there have been two events which brought people together to network, get to know one another,

The Chamber of Commoners is not an organization but an ever-changing group of people who get together to plan the next event and provide others with a space for socializing.

share information about who they are and what they do, and above all, have a good time.

As Murray Dobbin, one of the initial organizers, says, "We look at the commons in Powell River as what we all share: the land, air and water and now broadened in today's world to include arts, media, sports and public services. The Chamber of Commoners is everyone who looks after the commons in Powell River."

One of the best parts of the two events so far is 'organizational speed-dating', a clever and fun way to get people to share information and create connections in a short time. The room is set up with participants

sitting in lines on either side of the tables. One person has two minutes to tell the person opposite about his or her activities before they switch roles for two minutes. Then, everyone on one side of the table moves down one seat and the new pairs start over again. At the June event, the room was buzzing with the sound of ice breaking and connections being formed as people talked about how they help create a strong community. It's a fantastic way for people to get their message out in a pretty short period of time,

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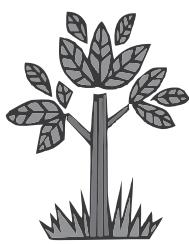
When starting any new fitness program, it's most people's first instinct to start out brimming with enthusiasm and effort. This is particularly true of yoga, which is often thought of as easier and less intense than aerobic exercise. Do not be fooled! As with anything, it's important to start out slowly.

There are MANY different styles of yoga, each with a

different emphasis (eg stretching, strength, or fitness) and it's important to find the one that best suits you.

Find a teacher that you like and trust, and who gives all their students individual help and attention as needed.

Be sure to tell your yoga instructor before the class if you are ill or injured; they can tell you how to alter the poses to avoid making things worse.



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SING ALONG: Ryan Barfoot and Karin Westland lead the Chamber of Commoners in a sing-along of *In a Town This Size*.

Photo by Giovanni Spezzacatena

without having to make a formal presentation. The one-on-one style of speed-dating is very natural and people-friendly.

Along with structured activities, there is always plenty of unstructured time, which allows people to catch up, to share news and gossip, and to spark some

creative collaborations. And at the June event there was a section of the evening in which people worked together in groups to come up with new lyrics to the John Prine song, "In a Town This Size", a tongue-in-cheek song about the pluses and minuses of living in a small town

where everyone knows everything that goes on... or at least they think they do. Karin Westland and Ryan Barfoot, two talented local residents, provided musical accompaniment and got the crowd singing and laughing. By the end of the evening, you could feel the positive energy, and everyone left smiling.

The Chamber of Commoners is not an organization but an ever-changing group of people who get together to plan the next event and provide others with a space for socializing. Paul Schachter, another organizer, says, "The hope is to have three or four of these events a year: an upbeat venue for involved people to be able to mingle and share for some time. Each event takes on its own identity and anyone who is a "commoner" can be involved in the planning."

The next Chamber of Commoners is planned for sometime in October, and organizers hope that everyone who believes in a strong community will help with the planning or just show up for a great evening of talking, listening, singing... who knows what might happen next time?

If you would like to get involved, please contact the organizers at chamberofcommoners@gmail.com. **PL**

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Time to plant

By Jonathan van Wiltenburg



A question that comes up often is how to harvest seeds from current harvests. Recently, the request was about a "perfect" tomato.

Q. I have a really nice tomato that grew exceptionally well this season and I was wondering if I could save seed from it? If so, how do I do that?

The first thing to think about it is whether or not the tomato is hybrid or open pollinated cultivar. Hybrid cultivars are bred for excellent characteristics and are usually sweet heavy producers. However seeds saved from hybrids may not be viable or if they are, will not grow into the same tomato that you have fallen in love with this season.

Open-pollinated varieties on the other hand will produce viable seeds and fruit that resemble their parents. If you do plan on saving seed in the future, it is a good idea to choose and grow open pollinated varieties. Many great seed houses now exclusively supply open-pollinated varieties.

Generally you can tell if the tomato you are growing is a hybrid by looking at the tag or seed pack. If it has a F1 or F2 then it is a hybrid. If the variety has an OP then it is open-pollinated. Most of the heritage varieties are open-pollinated. If you are unsure, do a little internet sleuthing—it should be fairly easy to find out if your tomato is hybrid or not.

Top tasks for September

- Harvest, harvest, harvest. Preserve, preserve, preserve.
- Plant out and sow the last of your winter garden. Sow lettuce, spinach, endive, cilantro, corn salad, and arugula. Although it is too late to start many of the other winter veggies from seed (e.g. broccoli, cauliflower, brussel sprouts, cabbage, rutabaga) you can pick them up at a nursery and still plant them out for the winter.
- Cover up your tomato plants to protect them from tomato blight.
- If you are clearing your garden, sow a cover crop to prevent nutrient leeching. Fall rye, winter wheat, red clover, hairy vetch, or field peas are all great options.
- Start the important task of adding mulch to the garden.
- Save some seed for next year. It is cheaper, and over time will give you stronger plants for your specific growing region. Also they can be traded at the local seed exchange in the spring.
- Don't forget to harvest and dry some herbs.

Jonathan van Wiltenburg has a degree in horticulture and runs Eden Horticulture Services. He can be reached at edenhort@gmail.com.

Saving Tomato Seed

Equipment needed: Labelled jar, newspaper/paper towel, labelled envelope or packet.

1. Select a perfect specimen (no disease or blemishes). Usually one or two tomatoes will give enough seed to supply your entire extended family.
2. Cut tomato in a cross section fashion (same way as to get a star on an apple).
3. With fingers, scrape out pulp/seeds into a jar. Add water until jar is half full and cover.
4. Label with name, date and a brief description of the tomato. Set the jar aside until a mouldy scum develops on top of water (usually four to five days).
5. Once "scummed" take jar and add fresh water. Pour off the water. The good seeds will sink and the bad will float. Repeat this process until seeds and water being poured off is clean and free of debris.
6. Once clean, place seeds in sieve to remove excess water.
7. Transfer damp seeds and spread onto a labelled piece of newspaper or paper towel.
8. Move and let sit in dry area until seeds are completely dry.
9. Once dry the seeds are ready for next year. Transfer to package and store in cool dry place until early spring. PR

Coming up!

Powell River's Fall Fair

On September 25 and 26, Powell River agriculture will be showcased at the Paradise Valley Exhibition Grounds, from noon to 5 pm. Sponsored by the Powell River and District Agricultural Association, the fair gives visitors the chance to enter competitions, see farm animals up close and learn about the importance of agriculture.

There will be no parking on the fairgrounds and a bus will be running from town to the fairgrounds.



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Circle of friends

Special support system for those who need it

By Jim Arnold

Peter Cossarin and I have been friends for almost 20 years. We met when my friend, Ian Milsom started dating Peter's sister, Jackie Cossarin, whom he later married. Since then, I've become good friends with the entire Cossarin family.

My friendship with Peter reached the "Best Buddy" stage when I moved back to Powell River eight years ago. At the time my family lived in the Vancouver area, so I always got invited to Easter and Thanksgiving dinners by the Cossarins or Milsoms, but the seating positions were always set up by Peter, with him at the head of the table and me at his right hand side. There have been lots of dinners, but my place at the table is always the same.

A few years ago, Peter's parents asked if I would like to join Peter's "Circle of Friends" and after hearing about it I joined on the spot. This is a small group of people who spend time with him. We get together every three to four months for a couple of hours and discuss topics concerning Peter's future, fun and interesting things to do with him.

Peter's mother Bernie said the Circle of Friends was started by Planned Lifetime Advocacy Networks. They wondered what would happen to their handicapped children when they, the parents, were gone. The Powell River Society was incorporated in 2006 and today, it uses PLAN as the mentor.

I take Peter to some of the Kings games, where again the seating is the same each time. Two rows behind the home team bench and on the aisle. Second intermission is hot chocolate time (no sooner, no later).

We go 4x4-ing and for hikes on the trails made by the BOMB Squad. One time we went to Duck Lake to fish and have a cookout. We set up folding chairs, lit a fire, set our supplies up on the tailgate and went over to the lake edge and cast out two bobbers and worm combos. We went back to the fire and put a couple of smokies on some sticks, grabbed a couple of Cokes and watched the bobbers for action. We had just finished getting our dinner ready and were about to take our first bite when both bobbers went down. Now it was time for Peter to make a decision. Stay there and eat dinner or go reel in a trout? Well, we each landed our trout, but Peter said to wait until we were finished eating before putting the lines out again.

One of our most common outings is "Boys Night." I go to pick Peter up and find him standing in the carport in his jacket raring to go. I'm always on time, but sometimes I think he's already been waiting a while (this always makes me laugh). I ask, "where would



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you like to go for supper?" — his first choice is always the Laughing Oyster and on occasion we do go there, but most of the time we go to the Shinglemill, where we get a table in the bottom section by the window and order our special mix of half-and-half Coke and Diet Coke. (We both hate straight Diet Coke.) Then there's the figuring of what to have to eat and Peter is very particular about reading the "whole" menu and making just the right choice. Later we will go somewhere different for dessert, such as Manzanita's where I introduced Peter to Crème Brûlée which is a new fave!

After that we go for a drive listening to Country Music on Sirius channels 60 and 61. We always play the Eagle's song Take It Easy, but we like the version by Travis Tritt the best and his other song T-R-O-U-B-L-E.

A few years ago Peter started feeling comfortable enough to sing in front of me, and now he belts it out with a good amount of volume. We think we sound awesome!

Peter's friendship is very important to me and I look forward to many more years being "Best Buddies."

Remember "Everyone" can use more friends! **RL**

NAME THE CHICKEN

WIN A PULLET-zer PRIZE!

Powell River Living would like your help in naming our four laying hens.

Publisher Isabelle Southcott recently learned that she will participate in the City of Powell River's pilot project for *Hens in the hood*, a trial that will allow up to four laying hens on a property within city limits.

Isabelle, who lives in the Townsite, is excited about this opportunity. She enjoyed having chickens in her backyard in the past and looks forward to having them again.

"I love listening to them clucking softly and look forward to being able to collect eggs again."

The chickens will live in *Cluckingham Palace*, and their coop will be located on Maple Avenue.

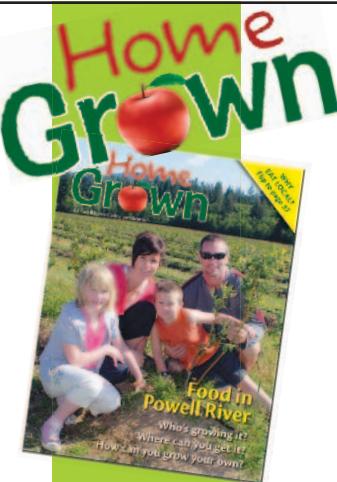
These four laying hens will need names and that's where you come in.

"I'd like to involve the community in this project," says Isabelle, "and I thought a contest to name the chickens would be a lovely way for children and adults to get involved."

We need four names for our pullets. Won't you help us? Four prizes of \$25 each will be awarded to those who submit the winning names.

To name a chicken simply email isabelle@prliving.ca with your suggestion. The deadline for name submissions is September 20, 2010.

Look in the October issue of *Powell River Living* for the winning names and their nominators.



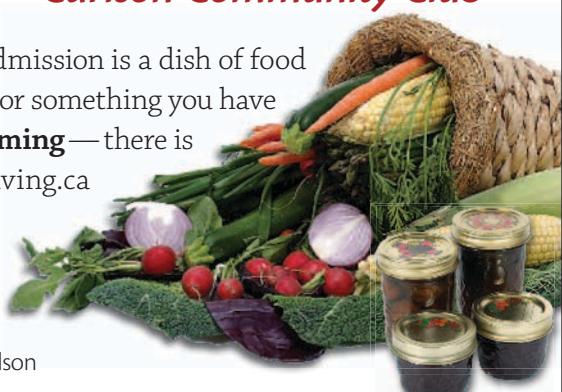
You're invited to the Home Grown Community Potluck

Friday, Sept 17 at 5 pm at the Carlson Community Club

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A family church

For people of every age

By Isabelle Southcott

The family that prays together stays together.

Ken Lamden and his son Mark, Powell River's father-son ministry team at Evangel Church, recognize there's a massive change taking place in the family, and because of this, it is more important than ever that church be a family.

"We want to be a reflection of the life of Christ," says Ken, the church's senior pastor. "Some people feel that they are not part of a family, because they are a single mom or they are divorced, but they can be part of the spiritual family that is embracing, loving and understanding."

Mark, who is the youth and young adults coordinator at Evangel, loved growing up in Powell River. "I spent a lot of time in the bush with my brother and friends. We know every trail around here."

After graduating from high school, Mark moved to Abbotsford and attended Bible college. He attended Vancouver Island University in Powell River and Nanaimo, where he received his English degree. During that time he married Melanie, and the couple went to Korea, where he taught English.

Mark taught school on Vancouver Island and although he loved what he was doing, he was waiting for something to happen. "I always felt that God was going to call me full time to the Ministry in some respect but it would be later in life."

Mark became a teacher because he wanted to be able to influence teenagers, but after teaching for a couple of years, he realized that he wanted to combine teaching with his work at the church.



LOVE, GROW, SERVE: Evangel Church is about people, say Senior Pastor Ken Lamden, and Youth and Young adult pastor Mark Lamden.

"They had been looking for a youth/young adults pastor at the church and I felt like God was saying you guys should think about taking this job."

So Mark let his interest be known.

"Moving back to Powell River was right for us," he says. An added benefit is their children can grow up near their grandparents.

Mark and his wife Melanie both came through the youth group at Evangel so they were known in the church.

Like his son, Ken feels that his time spent working before entering the ministry full time helped prepare him for what was ahead.

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"I was 33 when I entered the ministry," he says adding his background is in engineering. "We've found that years working in the marketplace give us a better understanding of what people coming into the church are going through."

Both Ken and Mark enjoy the father-son relationship and the mentoring Ken provides. "I ask him questions about theology," says Mark.

"With Mark having been in university, it helps us understand what young people at that age are experiencing, which means we can better prepare them for life," says his father, noting that Mark maintains these connections, as he still works as a teacher on call.

Statistics show a high percentage of teens stray from their faith five years after completing high school. "We want to prepare teens with confidence so they can stand up against philosophies they are presented with," says Mark.

Evangel's Friday night youth program for teenagers in Grades 8 to 12 provides a fun alternative to other options to going out and partying, which sometimes leads to drinking and drugs. "There is much more peer pressure today to have sex than when I was a kid," notes Mark, which is why he is keen to provide a safe alternative and role models.

Mark and five other young adults "just hang out with the kids," play games, do some sports and have fun.

The youth program is just part of what the church family does. Maegan Kimball is the children and pre-teen coordinator for the church.

"The church needs to be a safe place," says Ken. "It's also a place of learning. We value our children and youth but we focus on every age." **RL**

POWELL RIVER ARTS COUNCIL GRANT PROGRAM

THE ARTS COUNCIL...

Powell River Council for Arts, Culture and Heritage invites further applications for its first grant program. Any organization involved in arts, culture or heritage in the Powell River community may apply for support for a local project.

Applications and funding criteria are available online at:

www.PowellRiverArtsCouncil.com

or may be picked up at the Patricia Theatre.

APPLICATION DEADLINE

Friday, 1 October 2010 4:30 pm

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Powell River Living BUSINESS Connections

By Kim Miller

Dr Ted Johnson has returned to his hometown of Powell River to open **Powell River Chiropractic**. The new practice is open three days a week, sharing space with **Dr Jack Richardson**. During his 17 years as a chiropractor, Ted has adopted a holistic, wellness and corrective style of practice, encouraging regular adjustment so the body, through a finely tuned nervous system, can keep itself healthy. He's married to Henrietta, who grew up in Lund. Both graduated from Max Cameron. They have four daughters and the whole family is excited to enjoy the recreational opportunities in Powell River. Henrietta has courageously offered to become the chiropractic assistant for Powell River Chiropractic. Together with other partners, the Johnsons own several properties in Grande Prairie, Alberta and have started their Powell River real estate experience by purchasing the Pebble Beach Apartments. Call 604 485-7907 or visit powellriverchiro.com.

Katya Buck has also returned to Powell River and is working as an articling student with Ian Fleming of the law firm **Girouday & Fleming**. Katya grew up in Powell River, graduated from Simon Fraser University with a Bachelor of Arts in psychology. She received a Master's degree in social work from Texas State University and worked as a social worker for four years. Katya received a Juris Doctor in law from St. Mary's University School of Law, San Antonio, Texas in 2007 and worked as an attorney in San Antonio for two years before marrying lifelong Powell River resident David Gustafson and moving back to Powell River.

Malaspina Soap Factory is expanding into a new retail location at 6818 Alberni Street, next to Anderson's Mens Wear. **Lindalu Forseth**, who has been operating out of her home and a kiosk at the Town Centre Mall, says the new location will allow her to combine her manufacturing and retail operations in one convenient location. Malaspina Soap Factory will open September 15 and is planning a grand opening for October. Visit www.malaspinasoapfactory.ca, email lindalu@malaspinasoapfactory.ca, or call 604 485-2281.

Kathryn Fentiman, of the **Self-Realization Meditation Healing Centre**, is now offering healing to animals at the **Vitality Health and Wellness Clinic** on Tuesdays. Healing helps to boost the animal's own healing mechanism and treats all condi-

tions such as illness, disease and behavioural problems. Home visits can also be arranged. For more information, or to book an appointment, please contact the Self-Realization Meditation Healing Centre at 604 740-0898.

Texada Quarrying Limited welcomes new general manager **Shawn Holloway**. Shawn moved to Powell River with his family in July. He'd previously worked as an operations manager for Lafarge for the East Greater Toronto area. "I managed sand and gravel and limestone operations," Shawn told Powell River Living. Lafarge's Texada quarry has 60 hourly employees and 14 salaried staff. "One hundred per cent of our material is shipped via water, our customers are predominantly cement customers, but we also sell chemical stone and aggregates to local customers," said Holloway.

Three major grocery stores on the Sunshine Coast have just placed their first orders for gluten-free frozen cookie dough with **Black Tie Pastries**. Claytons in Sechelt, and the IGA stores in Wilson Creek and Gibsons have ordered the dough, says Black Tie owner **Maxine Gasparovic**. More and more people are looking for gluten-free foods.

The **Club Bon Accueil** (French Club) is organizing their first annual Salmon Festival to be held on October 2nd. They invite everyone to come and celebrate salmon. On October 16, the **Pacific Salmon Foundation** will hold its annual gala dinner and auction at Dwight Hall. Proceeds from this event go toward salmon conservation and restoration. Check their ads in this issue for details.

Keep an eye out for nomination forms to recognize your favourite businesses in a variety of categories at the 16th annual **Horizon Business Awards**, to be held November 6, at Dwight Hall. This is where businesses are recognized for their outstanding service, products and going above and beyond for YOU the customer. **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. Also, we like to get email addresses from anyone who is interested in receiving monthly updates and community event invites. Send me your email address and I will put you on the list.

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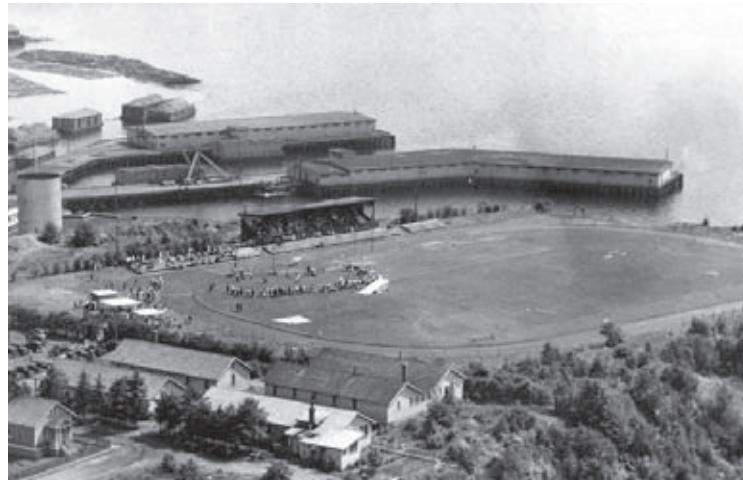
Track & field

Powell River has long history of athletic excellence

By Gerry Gray

When Powell River was just a small community, sports were high on the things to do list, mainly because there was very little else to occupy one's time between mill shifts or school classes. One of the most popular activities was track and field. The "track" was a dirt oval and the "field" was just that, a field.

Today the city is in the throes of establishing a track that will cost in excess of \$2 million. The proposed track will replace the Gordon Park oval, which is giving way to a new Grief Point School. Let's take a look back in time to when runners trained on homemade tracks (cleared by the users) and how we fared in provincial track meets.



RECREATION PARK, POWELL RIVER: Track and field activities were held for many years at Recreation Park on property adjoining the Mill. At left is the park in the 1930s; at right, a 1954 aerial shows the location of the field in relation to the Townsite.

Hamerton won all flat races up to the quarter-mile, and clocked 10.2 seconds in the 100-yard entry.

The sport began to flourish in 1930, when the Riverside Oval was completed as a first class cinder track, to replace the dirt and grass tracks previously used. Interest soared and in 1931 the Dominion Day committee offered a grand prize of a free trip to the 1932 Olympics in Los Angeles. The race was open province-wide but it was a Powell River man (Jack Maguire) who edged out Leo Kero, of Vancouver, by one point, 20-19, to win the coveted trip.

Stars of the 1930-40 decade were Warren Gayton, Curly Woodward, Jack Matheson, Archie McPhee, Roy Ittke and



Starting in 1912 (two years after mill construction began), a track and field club was formed and the two leading athletes for the next four years were Gus Schuler and Al Hansen, both outstanding all-round athletes.

Early tracks were primitive and coaching was inexperienced but club enthusiasts pressed on. In the early 1920's, Ernie

John Haddock. Powell River's reputation in track and field was widespread and in 1935 the BC championships were held here. Our athletes did well. Vince Forbes won the 100-yard dash in 10 seconds flat and took second place in the 220 yards.

Bob Redhead, one of the province's best half-milers, took

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- Salish Coast Land & Marine Conservation Society



TRACK & FIELD TEAM CA. 1940: (Back, L to R) Jock Lundie, John Haddock, Bert Marion, Gus Lidberg, Doug Disney, Dawson Pirie. (Front) Martin Naylor, Bob Redhead, Vincent Forbes, Jack McGuire.

Photo courtesy Powell River Historical Museum

second place to Victoria's Bill Dale. Jack Macguire won the mile event. Highlight of the games was the relay team of Vince Forbes, Martin Naylor, Bob Redhead, and Alan Poole. They not only won their event but set a new Canadian record!

In 1936, Martin Naylor represented BC in the Olympic trials held in Montreal. He came fourth against the country's strongest competitors.

Women weren't to be denied their spot in the sun when Marion Borden won the title of Best Woman Athlete in BC. In 1938, she was co-holder of the native Canadian record for the 100-yard dash, with a time of 11 seconds, and held the record for the 75-yard dash, with a time of 8.5 seconds. She was a certainty for the 1940 Olympics but they were cancelled due to the start of the Second World War.

Other outstanding women athletes at the time were Kathleen Taylor, Flora Gribble, Sylvia Casey, Marguerite Haig, Joyce Ingram, Margaret and Joan Reed, Josie Haigh, Rita Powell, Kay Edwards, and Ursula Archer.

Many young developing trackmen, such as Harry Donkersley, Pete Vanichuk, Harry Hunter, Stan Richards, Bobby Johnstone, Gino Bortolussi and Walter Elly had their careers ended when they enlisted in the armed forces. But even the war couldn't dampen the enthusiasm of Powell River runners. Gino Bortolussi became the best Canadian Army sprinter for two years in a row. He excelled in the 100- and 200-yard dashes, winning for his regiment, the 5th Division. The Powell Riverite ran in the Aldershot meets against the best runners in the British Empire.

After the war, track and field's popularity soared. Mary Upton, a young high school athlete, exceeded the five-foot mark in the high jump and was classed among the best four high jumpers in the province.

Powell River has a reputation for fielding top-notch teams and our athletes have won many provincial and national awards. A new track and playing field will hopefully bring with it the same drive to win that has carried us for so many years. Perhaps, in this present location debate, we should pay more attention to the accomplishments of our young athletes and less on endless debates. **RL**

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11:15 to 12:45 pm				
4:15 to 5:15 pm	Therapeutic Penny		Fall Session Fees 8 weeks (Sept. 13 - Nov. 5) 1½ & 1¼ hour classes \$100 1 hour classes \$90 Unlimited classes \$150	Level I Penny
5:30 to 7:00 pm	Power Penny	Level I Penny		
7:15 to 8:45 pm	Beginner Keely	Beginner Penny		

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Check out anusara.com or Robyn's site at innerfreedomyoga.com for more info, look at the schedule at pryogagarden.ca, then contact Jan Padgett at **604 487-9994** or jpadgett@shaw.ca to sign up.



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Learning by doing

4H members learn new skills

By Valerie Hodgins

Learn to do by doing. This is the 4H motto, and for members of the Jinglin' Spurs 4H Horse Club, it holds true. We are a club of nine youth members and four volunteer leaders who have been brought together by our shared love of horses.

I am a five-year member of the Jinglin' Spurs 4H Horse Club. Together with my horse Bonnie, we have learned a great deal in these past years. When I first got Bonnie, I didn't know very much about the technicalities of horseback riding. My sister and I registered in 4H as a way to learn more about horses and get involved in the horse community. Five years later, we've accomplished this and much, much more!

Members in our club develop leadership, communication, citizenship and practical skills through various activities, from public speaking to hands-on learning. In Canada, 4H originated in Rowland, Manitoba and was by no means limited to horses! This club consisted of sewing, cooking, gardening and livestock projects. However, through the years, this one club has developed into thousands, each specializing in a certain area such as small animals, photography, sewing, or machinery.

To be part of a 4H club, members must be between the ages of nine to 19, and have a willingness to learn. You don't have to live on a farm, or to have had a great deal of experience working with your project because as our motto says, we learn by doing.

Members showcase what they have learned during the course of the year at the fall fair. This year, the fall fair is on September 25 and 26 at the Paradise Exhibition Grounds on Padgett Road, and the outdoor air market on McLeod Road. This is a very large event where you will see everything from cows to chickens,



HORSE SHOW WINNERS: Valerie Hodgins and her horse Bonnie were rewarded for their efforts at the Spring 2010 horse show.

silent auctions to demonstrations, live music to competitions. Maybe you are thinking about entering a pie, vegetable, or photograph in the fair, too.

For our club members, this means the horse show and achievement day. It is a rather stressful time for members as their talents will be put to the test in front of the judge. However, we love having spectators to cheer us on and hope that you will take a walk over to the arena and see how we are doing.

For more information about 4H, call Jinglin' Spurs' leader Diana Skillen at (604) 483-2445 or visit www.4-h-canada.com. 

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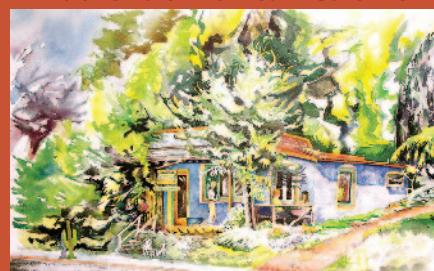
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Locals know

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 secrets. We asked three locals to tell us what Powell River's best-kept secret is. Here's what they said...

COLIN PALMER

Chairman, Powell River Regional District

LUND

"I always take any visitors to the end of Highway 101 in Lund. They just love it! They think it's the greatest thing since sliced cheese and they always have their picture taken there. They are never disappointed. They like the idea that the other end of the road is in Chile."



NANCY DE BROUWER

Designer, Massive Graphics

MCFALL TRAIL

"I love mountain biking. Powell River has so many biking trails to choose from. Long, hard ones, easy short ones. You can go for hours and you won't see a creature, except for a deer or squirrel, or maybe a cougar or bear!"

"But if you don't have that much time, it's easy to pick a trail right in the centre of Powell River. I love the Penticton trails; they are awesome, very technical, narrow, and loamy. I still discover new trails every time I ride there with the Wild Women or my partner."

"My favourite trail is McFall trail, downhill! Coming from the recreation complex, going into the

Chiropractor returns with a wellness approach

by Dr. Ted Johnson

I've always been a bit of a rebel, so becoming a chiropractor and bucking main stream medicine was right up my alley.

The Road to Chiropractic

I guess it had been in the back of my mind, even while I was growing up in Powell River, to become a chiropractor. I had been going to a chiropractor for wellness care since I was 10 years old and we had a family friend who was a chiropractor. My father even considered changing careers to become a chiropractor. All these experiences pointed me towards chiropractic. After working in forestry and retail, I finally gave in and followed my heart.



Dr. Ted Johnson and his beautiful family.

I went to Simon Fraser University to complete my prerequisites for entry into chiropractic college. I played varsity football as a tailback while I was there. As soon as I was accepted to chiropractic college, I packed my bags for the Canadian Memorial Chiropractic College (CMCC) in Toronto where I graduated in the top 10 percent of my class. After cutting my teeth in an associateship and then running my own practice, in 2003 I partnered with a classmate from CMCC to open "Optimal Chiropractic" which grew to be one of the busiest chiropractic offices in Surrey.

A Paradigm Shift

When I first started practice I was very "pain based." People would come in for aches, pains and injuries and I would patch them up with a few adjustments and send them on their way. After a few years of this, two issues became apparent:

I wasn't fixing anything. Patients would keep returning with the same problems a month, a year maybe several years later. This was frustrating for myself and the patients.

Patients who were under consistent preventative care were reporting interesting side effects: "I don't get heartburn anymore"; "My migraines are less frequent"; "I sleep better"; or "I have more energy". I began to realize that



the adjustments were improving the body's overall function through the nerve system.

Eventually, and with much research and education, I adopted a more holistic, wellness and corrective, style of practice.

Now my goal with each patient is to help them with all their health concerns by correcting the spine's function and stimulating the nerve system so the body can heal itself, as it was designed.

So here we are, 2010, and I have come full circle: Opening a practice in Powell River where the seeds of becoming a Chiropractor were started. I'm excited to bring a wellness style of chiropractic to my home town! Find out more about me and my family on our website, or call our office and talk to my wife, Henrietta, who grew up in Lund, to schedule an appointment today to get your body and spine working with you!



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Dr. Richardson!

powellriverchiro.com or call 604 485-7907 and ask for Dr. Johnson



power lines and back into the bush at the yellow fire hydrant. McFall trail downhill is just amazing, very smooth, sometimes steep ridges, so be careful, some nice turns, and jumps (if you want, not me), bridges and it ends at Willingdon Beach, where you will see the ocean."

RICK THADDEUS

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"One of many locations that delights me on Savary Island is located in the middle of the island, at the south end of the Henderson Road allowance. A narrow trail through some bushes opens out to a stunning panorama of Georgia Strait, and the islands.



Below is an unspoiled sandy bay. On the bank is a picnic table where you can sit and enjoy the beauty of it all.

"About 100 feet to the west, an old cabin sits in the sun on a sandy bluff. Currently the location of The Suite & Savary Inn, I have enjoyed this spot through several incarnations.

"In 1994, Christin Geall moved a cabin on to this location, having omitted to level a site for it. It was plunked down haphazardly. I remember 24-year-old, comely Christin, squatting on the 30-degree porch, lamenting, "I cannot entertain at this angle."

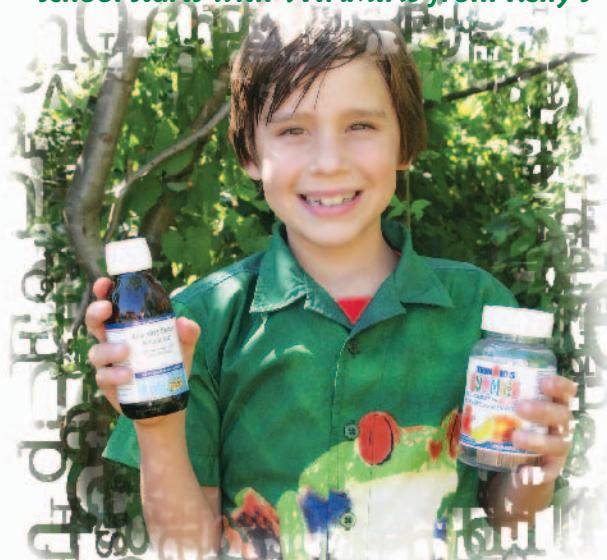
"She sold to gallery owners Mary Salvador and Richard Buckland, who continued the hippy/rustic development, adding a tiny "hobbit" cabin, framed with driftwood posts, heated by a tiny woodstove from a fish boat.

"Now Michele Bush has added a few more outbuildings for bed and breakfast guests, who share the amenities of the main cabin. The deck is especially delightful, sunk in the dune on the cliff edge. Michele offers "Manic Cures," pedicures (and mani-cures) with lemon drop martinis here." **PR**

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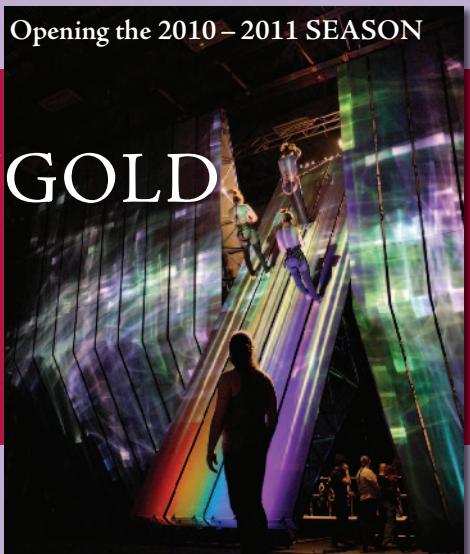
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Powell River Living

COMMUNITY

Calendar

SEPT

Sept 4-5: 29th **Sunshine Music Festival** at Palm Beach Park. Performers from across Canada and around the world. Enjoy the craft market and tasty treats from food vendors. For more info call 604 487-4107.

Sept 6-9: Free week of yoga at the Yoga Garden. Call Penny 604 485-4829 or Keely 604 344-0624 or visit pryogagarden.ca.

Sept 7-10: Powell River Academy of Music registration week for all classes 9:30 am to 4:30 pm.

Sept 9: Powell River's 2nd Annual Registration/Information Fair, 5:30-8:30 pm at the Complex. Parents do all your registrations in one place! Vendors/Recreation Groups contact Mariah Sheridan-Runions for information 604 414-0700.

Sept 10-12: Anusara Yoga Workshop with Robyn Smith. Visit anusara.com or Robyn's site at innerfreedomyoga.com for more info, look at the schedule at pryogagarden.ca. Contact Jan Padgett: 604 487-9994 or jpadgett@shaw.ca to sign up.

Sept 11: Come help the **Kiwanis Club** of Powell River celebrate its **50th anniversary**. 1 pm til 4 pm at the Club annex 4943 Kiwanis Ave. Tours of Garden Manor included.

Sept 12: Scotiabank & BC SPCA Paws for a Cause-Walk for the Animals at Willingdon Beach, noon-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.

Sept 17-19: "Turning the Tide...One Ripple at a Time" is a 52-piece textile art show to highlight the current focus of the Stephen Lewis Foundation. At the Cranberry Seniors Centre from 10 am to 4 pm. Call 604 485-0132 for more info.

Sept 17: Musical Instrument Swap Meet. Buy, sell or trade. 7 pm at Grief Point School. No fees. Set up time 6 pm. Call 604 485-22225 for info.

Sept 18: Book sale by Friends of the Library at Dwight Hall from 9 am-5 pm. Call Jenna at 604 483-9509 for info.

Sept 19: Alpha Course free introductory dinner at 6 pm at the Westview Baptist Church.

Sept 24: "Us & Them" community workshop. Hosted by David Diamond and presented by the Powell River Diversity Initiative. The event will be filmed for a documentary about diversity in Powell River. Open to everyone; please RSVP to Sara at prdi@prepsociety.org or 604 485-2675.

Sept 25-26: 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.

Sept 26: Powell River's Loon Lake Race at Inland Lake with proceeds supporting Special Olympics. Walk, bike or run for either 7km or 13km options. Entry fee: Children \$10; Adults \$20 or families \$30.

Oct 2: Salmon Festival at Club Bon Accueil. All are invited to come to celebrate salmon! Fun and educational activities will kick off the fall season at the French Club, including a dinner banquet at the end of the day.

Oct 2: Blessing of Pets at the Townsite Anglican Church at 11 am, 6310 Sycamore St. Everyone welcome to this event in honour of St. Francis of Assisi who loved animals and all of nature.

Oct 5: A Polyrhythmic Journey to Mali and a Tiny Symphony Inside a Light Bulb: Jayme Stone's Global Banjo Adventures, Max Cameron Theatre at 7:30 pm—www.jaymestone.com for more info.

Oct 9: The Met Opera presents Wagner's Das Rheingold, conducted by James Levine. Downbeat at 9:30 am. Tickets at PRAM at 604 485-9633 or at the door. Visit www.maxcamerontheatre.ca for more information.

Sunshine Speakers Toastmasters: Interested in communication, leadership and public speaking? Toastmasters meet the 2nd & 4th Thursday at 7 pm in the School District office boardroom on Ontario Ave; and at noon on 1st & 3rd Thursday. Guests welcome. 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? 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.

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.

Mondays: 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

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.

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

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.

Second Wednesday: PR SPCA meets at VIU at 7 pm. All 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.

Wednesday and Thursday: 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 yrs).

*The surest way to make it
hard for children is to make
it easy for them.*

—Eleanor Roosevelt (1884–1962)

U.S. First Lady and civil rights advocate

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Powell River Living FACES of EDUCATION

Music in his blood

While other teachers were relaxing and enjoying their time off, School District 47's music specialist Roy Carson had his nose buried in textbooks at the University of Victoria, working on his Masters degree.

Roy is a music specialist, or "music man" as his wife Shelly calls him. One look at the living room and you'll know why.

With a drum set plunked in the middle and a piano on the side, it's easy to see that this is a musical family. "It's not always here," says Roy looking at the drums. "It depends on what is happening...it moves around the house."

Roy was exposed to music at an early age. "We sang, played recorders. My dad is an audiophile. He knows the art form...he gave me the best foundation possible."

Roy was involved with all the musical activities in Powell River when he was growing up. "I was in the first boys choir at the Powell River Academy of Music." From there he moved to the youth choir and then the chamber choir. "I've sort of seen the evolution of that side of things."

He was fortunate enough to study under Charles Stowell and Travis McDonough. By Grade 8, Don James was teaching at Oceanview and Roy switched from flute to bassoon, the instrument he studied at university.

At Max Cameron, Roy had Jon Stromquist for band and Nancy Hollmann for choir. "There was a huge legacy there...a monstrous legacy, a powerful force in what was expected of kids. I got to experience a lot of very good musicianship."

Roy was also involved in the first International Choral Kathaumixw and will never forget the first visit from the Tapiola Children's Choir, from Finland.

Although he's always loved music, Roy knew he wanted to be a teacher at a very young age. "Ever since I was young, I've wanted to teach. I was good at seeing how people learn things, at figuring out all the little pieces that need to come together for people to learn."

And that, he says, is one of his best gifts.

"I can look at musical problems and solve them for people."

Apart from being good at music and teaching, Roy is enthusiastic and wants to share what he knows with others.

After graduating from the University of Victoria, Roy taught in Vanderhoof. What he lacked in experience in the early years he more than made up for in enthusiasm. He came back to Powell River to teach and then moved to Quesnel and then to Creston where he taught for 11 years before heading home again.

He teaches a variety of classes to Grades 6 to 12 students

at Brooks and the elementary schools. He teaches guitar, jazz choir, band and an exploratory.

Roy has taught pretty much every music program in the district. "I've taught general music, you name it, I've pretty well seen it all."

Roy says he doesn't really have a favourite instrument. "I have the ability to play and what I play is always out of necessity."

When he's playing with his father Harold and sons, Eli and Steve, Roy plays the piano because that is what is needed. "If I'm playing with Walter [Martella], I'm the bass player."

Shelly interjects. "He plays every instrument."

The two younger Carson children are known for making music. Eli, 10, has been playing drums and piano since he was really little, and he now plays the flute. Steve, eight, started playing the saxophone when he was four. "It was just there and he just started playing it. We had to make modifications to his instrument because it was too big and heavy, but he was really driven to make it work," says Roy. "My oldest son Noah, 19, acts as a roadie for the various bands his brothers are in."

Although Roy grew up in Powell River, he returned home just five years ago.

"I moved here [the first time] when I was in Grade 3," says Roy, recalling that he went to JP Dallos and had Miss Martin as a teacher that year.

Roy's grandfather worked in the mill and his parents grew up here as teenagers.

His father Harold moved away to go to school at Washington University in Seattle and that was when Roy and his brother were born.

"We were up here all the time during the summer," Roy says. "Mom and Dad would vacate their place and take over the basement of my grandparents' home."

Roy loves it when music and magic come together with kids. This usually happens when kids are inspired enough to give up their own time, and after-school musical groups like Firestarters, Counterpoint or Duncan's Donuts are formed.

"You can't have the outside group without the inside group," he says, explaining about the after-school groups. "But that's where the magic happens. It's the most exciting and inspiring thing when kids give up their time freely and I give up my time to come and learn about music."

But that was last year. This year is a whole new year and it will bring its own surprises. Roy says there'll be another changing of the guard and there'll be some sort of jazz combo happening. It all depends on what students are inspired to do. **RL**



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Tue, Sept 14 **Hatha Yoga** • 9:30 – 10:30 am

Tue, Sept 14 **Flow Yoga** • 6:30 – 7:30 pm

Wed, Sept 15 **Bollywood Dance**
• 7:30 – 8:30 pm

Wed, Sept 15 **Hooping** • 9:30 – 10:30 am

Thur, Sept 16 **Belly Dance** • 7 – 8 pm

Thur, Sept 16 **Family Dance** • 3:45 – 4:30 pm

COMMUNITY REGISTRATION FAIR

Thur, Sept 9 at 5:30 – 8:30 pm

Come see what Powell River has to offer!
Groups, Clubs and Organizations offer
Information & Program Registration.

NEW THIS FALL

- Bollywood dance
- Family Dance Time
- African Hand Drumming
- Happy Trails Hiking Fit
- Wee Ventures & Story Time
- Stronger Backs Pool Workout

NEW

SEPTEMBER WORKSHOPS

Tennis – Stroke Improvement Clinic

- Sat, Sept 18

Avoid Getting Lost in the Woods

- Thur, Sept 23

Pet Housetraining Workshop

- Mon, Sept 20

Fishing 101 for Women & Girls

- Sat, Oct 2

FALL PROGRAMS
start soon. Look
for more activities
in the Fall Guide



Saturday, Sept 11 • 9 am – Noon

GIANT INDOOR GARAGE SALE & USED SKATE SALE

SKATE SPECIAL EVENTS

Skate with the Kings

- Tue, Sept 21 @ 6:30 – 8 pm

Public Skating Starts

- Fri, Sept 24

Pro-D Skate

- Fri, Sept 24 @ 1:30 – 3 pm

Adult Kilo Skate

- Wed & Fri @ 11 – 12:30 pm

Friday, Oct 1

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Feb 16 ♦ **BALLET JÖRGEN**

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Apr TBA ♦ **SHANE KOYCZAN:** Slam poet

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Mar 16 ♦ **DARWIN THE DINOSAUR**

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Oct 23 ♦ **MUSSORGSKY'S Boris Godunov**

Nov 13 ♦ **DONIZETTI'S Don Pasquale**

Dec 11 ♦ **VERDI'S Don Carlo**

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