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This magazine is printed on paper made at the Powell River Catalyst mill. The cover stock is Electraprime—the company's smoothest and glossiest uncoated grade, made only in Powell River...on #10 Paper Machine!

ON THE COVER

Don Edwards, left, plays hockey with his grandson Adam Hopper, 5, and his father-in-law Scotty Henderson.

Photo by Isabelle Southcott

Powell River Living CONTRIBUTORS

MISCHA BROOKS-THOMA

is an artist and photographer. She has taken up the art of soap making, adding yet another dimension in creation. A graduate of Emily Carr and Capilano College, she is inspired by her love of nature. Visit kissingfishstudio.ca.



JOHN DEAN is an amateur writer from the UK who has been in Powell River for a year. He enjoys travelling, but his real passion is film and television. One day John hopes to break into the industry with one of his whacky ideas.



PAUL GALINSKI began his newspaper career at the *Powell River Progress* in 1976. He wrote, photographed and edited for daily and weekly newspapers throughout BC and published a newspaper on Vancouver Island. Paul was also a Member of Parliament's executive assistant for 12 years.



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



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



DOROTHY ROBINSON is a former Powell Riverite who reminisces about learning to swim as an adult some forty years ago.

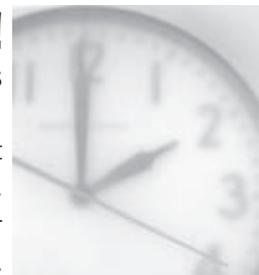


MARIE RUMLEY is the Powell River Branch Manager of St John Ambulance. Information on how to build your own emergency kit is available at the office in the Townsite.



It's time! ...to change your clocks

It's the first Sunday in November, so the time has come to get that extra hour of sleep. Yes, it's time to "fall back". At 2 am, Sunday, Nov 7 your timepieces should move back an hour to standard time from daylight savings time.



Member of the
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MAGAZINE PUBLISHERS

ISSN 1718-8601

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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Volume 5, Number 10

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Powell River Living IN THIS ISSUE

The power of grey, in black and white

That seniors are an important part of our community would be a sweeping understatement. As life expectancy grows, and the average age of our population continues to increase, the grey-haired crowd are becoming an increasingly important part of our community, both socially and economically.

This month's issue takes a look at some of the ways seniors impact the lives of others, and how the changing world impacts seniors.

We start out with a look at how grandparents make such a difference in the lives of others. Publisher Isabelle Southcott profiles some grandparents and the families that benefit from that relationship in our lead story. Many of us can relate to how important that relationship can be. My grandparents lived far away, and the limited relationship I had with them was the main reason I brought my family back to Powell River. Of course, there are a million reasons to want to live in Powell River, but moving my children close to their grandparents was the number one reason. I wanted my two children to have a close relationship with their grandparents, and my son and daughter are blessed in having both my parents and my wife's parents here in town.

Next, Gerry Gray takes a look at how technology, rather than making his life easier, has virtually paralyzed his ability to accomplish even the simplest tasks. Gerry usually writes

historical features for *Powell River Living*, but here he reveals his well-developed funny bone.

This issue is bursting with senior writers, too. Joining Gerry are Dorothy Robinson, who reminisces about learning to swim; Marg McNeil, who recounts learning to tame the computer; and our regular humorist, George Campbell, who explains how to use turn signals.

We profile a senior Rotarian, and examine why seniors, and even those who might now quite consider themselves seniors yet, should be extra cautious of ladders.

This issue also introduces a new feature in the magazine, entitled Sketches of Powell River, on Page 11. We realized that while we have long had a strong photo feature under the Explore Powell River heading, we were overlooking the opportunity for exploring Powell River through the eyes of artists who work in other mediums. Sketches brings us the view of Powell River scenes through the eyes and pens of Lowell Morris. Our focus on quality photography remains, in this month's Explore Powell River featuring Misha Brooks-Thoma, on Page 20. [PR](#)



Sean Percy, Associate Publisher • sean@prliving.ca

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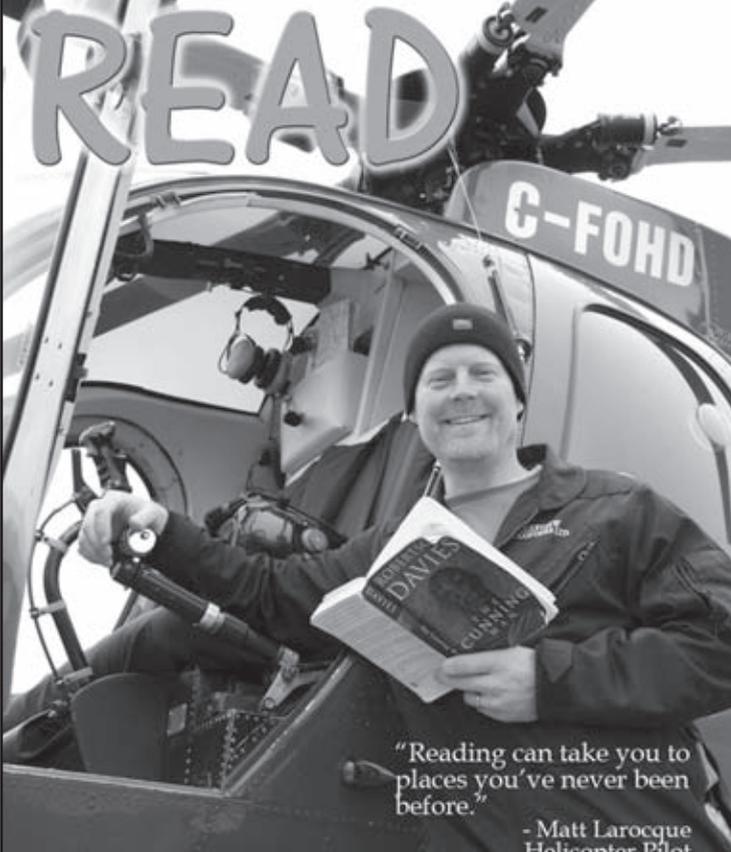
WELCOMES
Laura Berezan, articling student

Ms Berezan graduated from the *University of Alberta's* Faculty of Law in June 2010 and immediately began her articling year at Giroday & Fleming. She comes to Powell River from Edmonton, Alberta with her husband and youngest daughter.

In addition to her law degree, Ms Berezan has a certificate in Voluntary Sector Management from *Grant MacEwan College* and a Bachelor of Arts in Religious Studies and Drama from *Concordia University College* of Alberta.

Prior to law school, Ms Berezan worked and volunteered in the non-profit/voluntary sector. She spent six years consulting with non-profit/voluntary sector organizations on issues related to board governance, organizational management, fund development, and volunteer management.

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Grandparents make a difference

Mothers love and teach, grandmothers teach love

By Isabelle Southcott

"Grandpa, I'm sleeping over," calls five-year-old Adam Hopper.

"How did you get here?" teases grandfather Don Edwards.

"My dad dropped me off," laughs Adam.

"I'll have to talk to your dad," says Grandpa Don pretending to be cross.

There's a special love between grandparents and their grandchildren. You often hear grandparents say how much fun they're having with their grandchildren and how they were too busy working when their own children were young.

It's been said that love is spelled TIME and this couldn't be truer when it comes to the relationship between grandparents and grandchildren.

"It's like a second kick at the can," says grandmother Marnie Edwards. "I relish these moments I have with Adam."

It was Marnie who signed Adam up for swimming lessons and committed to taking him twice a week because they take place when his parents are at work.

A little saying that Marnie came across a while ago resonates with her.

"Mothers love and teach, grandmothers teach love."

Kim Hopper feels blessed that her three children, Jeremy, Katie and Adam, get to spend time with their grandparents and great grandparents. Adam is the youngest grandchild in the tribe so he's reaping the benefits of being the baby.

Kim's mother's parents, Great Grandpa Scotty Henderson "Poppy" and Great Grandma Marion Henderson "GG" are

still involved with all their grandkids, although the others are older now.

GG enjoys baking cookies with the grandkids while Poppy and Grandpa Don love playing street hockey with Adam. Don plays goalie with a broom and gets his digs in wherever he can while Adam and Poppy shoot on him.

It's a change from how Scotty played hockey when he was a kid. "I played hockey on a pond on the farm and we used frozen horse buns as pucks."

Marnie knows how important it is to create memories with her grandchildren. "I want these kids to remember us when we're gone," she says.

Scotty says he never knew his grandparents. Don says his



GRANDMAS TEACH LOVE: Cathy Greiner plays with her grandchildren (from left) Jett, seven, twins Paxton and Maya, two, and Liam who is nine.

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grandparents on his father's side were old and frumpy and he didn't have much to do with them.

The Edwards five grandchildren range in age from five to 26. "Our time with them when they are young is so short because when they become teenagers they are off on their own," says Marnie.

When they play hockey or soccer or are in recitals or concerts, the Edwards' grandkids have lots of family watching them. The same is true for Cathy and Scott Greiner and their four grandchildren. When daughter Christine Schreiber and her husband Chuck had twins Mya and Paxton, now two-and-a-half, grandma slept over and helped with the twin infants in the middle of the night. The couple, have two older sons, Liam, 9 and Jett, 7.

"Being a grandparent is definitely a blessing," says Cathy. "Having them live in the same community, that is the best part."

Like Don and Marnie Edwards, the Greiners are able to attend hockey and soccer games and watch school concerts because they live in the same town.

"We probably see these guys two or three times a week. With everybody working, we often have dinner together. It's always nice not to have to cook," says Cathy noting that her husband Scott, who is semi retired, does the cooking!

Christine, a twin herself, said it is wonderful having her parents nearby. "They'll go to our house and look after the kids when we're away."

"It's nice for us too," says Cathy admitting that by the end of the weekend they're "exhausted!"

The best part of being a grandparent? "You get to shower all the love and attention on them and watch them grow." **PR**

Whoop-di-doo! Great stories plus great food

Powell River Library presents Whoop-di-doo! An Evening of Storytelling for grown-ups on Friday, Nov 19 from 7 to 10 pm at the Max Cameron Theatre.

Skeena Reece is a writer, a singer, a humorist, and a Sacred Clown from Tsimshian Territory. Her stories cover subjects relating to race, class, leadership, political landscapes, culture and love, all delivered with humour and courage.

Sharing the bill with Skeena will be local storytellers from Powell River and Sliammon. The local storytellers for this event are Melvin Mitchell and Susan Young de Biagi.

This is a gala event, complete with catered intermission, featuring appetizers and beverages prepared by Manzanita Restaurant. Admission is free, donations gratefully accepted. **PR**



LOCAL STORYTELLER: Melvin Mitchell was photographed during last year's storytelling event.

Photo by Emma Levez Larocque

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Electronic age versus old age

Technology pushes senior's buttons

By Gerry Gray

When I was a lad our family lived in a house that was fairly easy to understand. We had an icebox; a wood and coal cooking range, a sawdust burning furnace, a radio (Kennedy) and a telephone on the wall.

I could make everything work. I didn't need a manual or a university degree to answer the phone or light the stove.

Not long ago, my wife and I spent a week house sitting my daughter and son-in-law's space age home and I realized how different things are today.



Most of the appliances in their house are electronic with buttons bearing undecipherable icons

instructing how to get the device to work. "It's easy Dad," said my daughter as she was bundling up the family to leave. "Just press the green button when you want something on and press the red one when you want it off."

Kisses and hugs and off they went. We were alone in the blinking bungalow.

I looked at my wife, who was checking out the stove, and asked her what she wanted to do first. "Go to the Supermarket to get a load of pre-cooked food," she quickly replied. "If I push the wrong button the house may burn down and the kids would be mad." I agreed with her. The stove had red lights and green lights and ominous looking dials. So for the next week we ate Quality Foods barbecued chicken, McCain's chips and a lot of junk food.

We both like coffee in the morning but the coffee pot (a black ominous blob crouching on the counter) was full of tricks. The first was to get the top off. An arrow pointed the way to turn...at least

that's what I thought. Not so. Nothing moved. So it was instant coffee from then on.

Next came heating the house. In the evening it got a little chilly. I knew there was some sort of device on the wall that, if turned the right way, would provide heat. I tried both ways and couldn't get the welcoming roar of a furnace starting up, emitting a blast of warmth. Needless to say we went to bed early, every night we were tucked in between the covers by 8 pm. We knew we needed a good sleep in order to be ready to fight the house the next day.

The phones were another thing. They rang just fine, we could hear them but we couldn't figure out how to get through to





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the caller. We tried and tried and tried. Even though we pushed every button on the instrument no voice responded and the phone kept ringing. We could only hope it was a telemarketer.

There was an abundance of lap top computers laying around and since I was adept at emailing, I thought maybe we could contact the outside world via email.

Alas! We needed passwords and they were nowhere to be found.

I was getting a little chuffed. The house was winning. Every turn we took ended in frustration. At night the kitchen and living room mocked us with its twinkling red and green lights. It reminded me of the cockpit of a 747 and just as unfathomable. Up until this visit I had looked upon myself as a 2000 kind of guy. I even said "cool, man" sometimes. I can work

a computer and answer a cell phone and use a TV zapper.

But now, looking around my daughter's space age home, I realize just how old I really am and how this world had passed me by. When did insanity start and common sense end? Who thought up all these gadgets? Why weren't the perpetrators put in an asylum? And why am I standing in the hallway in the middle of the night asking myself these stupid questions?

Upstairs a 44-inch TV screen looked ready for the next CFL title. Not! The TV was hooked into a VCR and the VCR was hooked into something else electronic. Each had a separate zapper. I couldn't get the game, only cartoons, which weren't half bad after I unravelled the plot.

Next on the list of "things-that-won't" was the sunshade on the patio. I had seen

this huge piece of canvass fully stretched over the whole area and I could see me and the frau lounging in the shade with a cool drink in hand. However the umbrella, neatly folded on its stem, had other ideas. When I tried to bring it out to its full extent the umbrella went up the mast but didn't open. I guess there was another trick but sadly, I didn't know the trick.

Instead, my wife and I spent the afternoon under our baseball caps absorbing the full rays of a summer sun.

The week went by, one discouraging day at a time. When the family returned the first thing my daughter asked was: "How did everything go?" I was going to tell her nothing went but I lied. With a constipated smile, I replied: "A walk in the park, babe, just a walk in the park." **RL**



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Diving into opportunity

Looking back at learning to swim

By Dorothy Robinson

Learning to swim as an adult takes courage and determination. Many have never had the opportunity to learn to swim as children. Eventually they resign themselves to sitting on the sidelines watching others enjoy one of life's pleasures. I was among them, and so was my girlfriend Agnes Beardmore. Occasionally when I tried to swim, I had to touch bottom, or panic would set in; Agnes would not go in over her ankles! This was particularly poignant for her, because her children were all excellent swimmers. In fact she had been approached by a trainer who had watched her son Jim dive at Eagle River and felt he had the natural ability to go places with diving. Cindy and Lindy too, were amazing in the water.

The opportunity to learn to swim was open to both adults and children in Powell River. Our respective families had just moved to town in the summer of 1968, and we couldn't get over the many children taking swimming lessons. The following year my children also enrolled. At

that point Agnes and I decided to "move forward in life," and committed ourselves to signing up for lessons too.

The Red Cross instructors had their hands full getting us past the terror—we laughed about it years later as we reminisced. But in the beginning the instructors had to take Agnes aside and start her lessons with a basin of water. She had to get over her fear of putting her face in the water. Patiently they explained to her to slowly expel her breath face down into the basin, and then turn her head to the side and take in a new breath. They didn't rush her, and with a lot of practice she was finally able to overcome this hurdle. Learning to trust that your body would float was a milestone.

Eventually we passed our swimming exam and were so excited to think we had thrown off the fear of deep water. The *Powell River News* even had a story and picture of the two of us learning to swim.

Our first big leap of faith came at Haslam Lake, when we decided to swim out to the

raft for the first time. It appeared much closer than it actually was and as we swam side by side, I suddenly felt that old fear and panic coming back. I had taken a quick glimpse into the deep water, and saw the snag of a tree way down at the bottom of the lake. I didn't want to let the panic that I was feeling show on my face and scare Agnes, too. I owed this to my swimming buddy, giving her the confidence she needed to make it to the raft. We just kept slowly swimming and chatting like we had been doing this forever. We made it to the raft, and gave one another high fives! Swimming back was easy and carefree after that.

For many years Agnes was an avid swimmer, taking any opportunity she could to enjoy the water. She was often at the facility in Powell River doing just that.

Yes, Powell River was definitely the place that made the opportunity available for two mothers, Agnes Beardmore and Dorothy Hamilton, to learn and enjoy the wonderful sport of swimming. **R**

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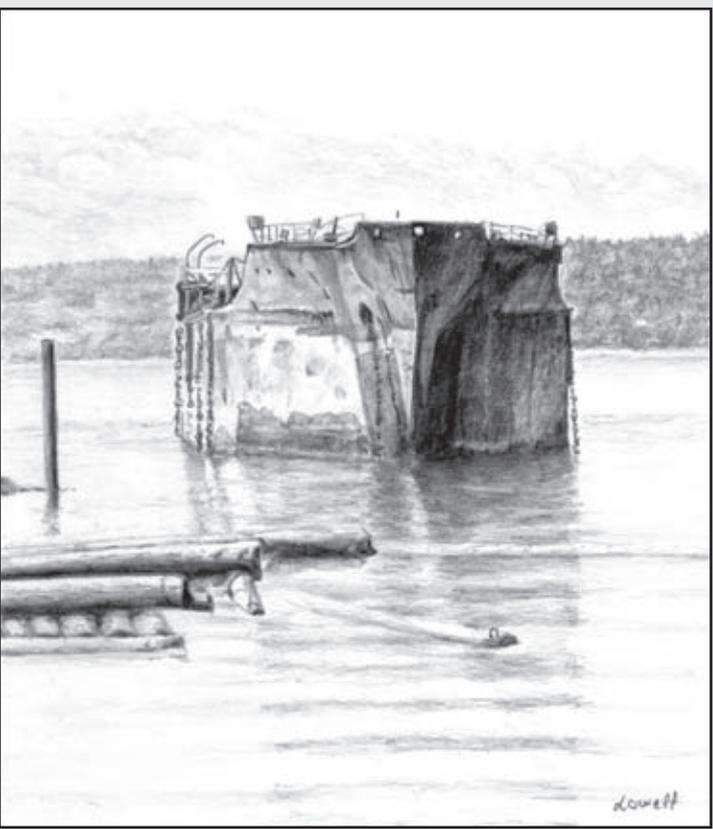
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Powell River Sketches



THE HULKS: 10 concrete ships dating back to WWI and earlier form a unique, floating breakwater, reputed to be the largest in the world, protecting the log storage pond of the Powell River mill from ocean storms. Pencil sketch by Lowell Morris (www.LowellMorris.com).

Seniors and computers

It's never too late to learn

By Marg McNeil

I am finally getting to do something I have wanted to do for six decades. I discovered the desire to be a writer in Grade 7. Yet I never took a typing course, and when computers came along, even as a teacher, I never learned more than I had to use. Yes, I email, sort of, and I learned to surf the net, but beyond that, the computer has been an enigma, where what I have just accessed disappears without me touching a key. If I'm in luck a kind soul retrieves my data.

In January, I joined a small writing group and lamented my lack of computer literacy. As I exited a session, a friend, Janet, said, "I took a really good course at the college. Because I had never taken any computer courses in school, the tuition was free."

In 2009, I had taken several ElderCollege courses and was impressed with the local Vancouver Island University campus. This year I even volunteered to teach a course. I made an appointment with a counsellor, Marie Piché, to find out about the Adult Basic Education program. She explained I was eligible for the Grade 11 equivalency computer course depending on an assessment of my English competency.

"You will have to pay a one-time application fee plus student fees. The library has the textbook for sale. Your timing is great as the next five-month semester is just starting. Classes are an hour and a half long, Monday to Thursday." Inwardly I groaned, already worrying about the time frame. I left the campus toting



NICE COMPUTER: Marg McNeil tries to make friends with her computer at VIU.

my six pound, 1,000-page textbook, wondering what I had gotten myself into. At home I read the first chapter. I was going to be prepared — though not much of it registered. For my first class I arrived a few minutes early and introduced myself to the instructor, Dawn McLean. Over half of the computers in the lab already had students working at them and they were decades younger than I.

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ed.” In no time, I was logged on with a student number, was shown the typing program I was expected to practice, and had my textbook open to part way through the third chapter to start the first assignment, an advertisement flyer with the picture of a horse in the middle of it. I was to reproduce it. I knew right away I’d been smart to sit in front of Dawn’s desk. I was going to need a lot of support. She added, “This is a self-paced course so when you get stuck, ask for help. Also, please turn off your cell phone.”

Thus began my odyssey with Microsoft Office 2007. I stutter-stepped my way through the first chapters, having to ask the same basic questions over and over. My neighbour, Sam, a mother of two, completing her course work so she could do accounting at VIU in Nanaimo next year, would graciously answer my whispered, “I’m stuck again.”

It began to make sense. I learned to read each instruction literally. I became familiar with the various ribbons of 2007 programs though I still had to do a lot of hunting. I steadily completed assignments. I reviewed at home what I did in class and practiced typing. Like many in the class, I came early and stayed late. I began to notice the class’s sense of respect and support for each other which included me. Dawn had rules and they were honoured. One day my almost completed assignment disappeared from the screen. I said a nasty word out loud. First there was silence. “Who said that?” someone gasped from the back of the class. I didn’t own up, and no one looked my way.

I loved my reversal of roles and was awed at the serious learning happening around me, knowing that for most, high school had not been a positive experience.

“I was a drop out,” Kayla told me, “I came here from the Lower Mainland to get my GED as there are fewer distractions and I can focus better. I’ll be finished next semester,” she continued proudly.

Each day the configuration of the class changed although most of us were working on computer 11 or 12. Frequently a student would drop in to work with Dawn on a special assignment. We all patiently shared her expertise and assistance. Many of these young people are squeezing study into lives filled with jobs and raising families and most were succeeding at learning as never before in their lives. Jaymie is working on a diploma, online, from McMaster University. She completes essay after essay, E-mailing

them back for evaluation. “What’s a synonym for...,” she’ll ask. Several of us will answer to which she’ll reply, “Thanks you guys. I love you.” Dawn is her proof-reader and sounding board and when Jaymie is wrung out Dawn is there. Jaymie has promised her two kids she’ll take July off.

I have made great progress on this journey. I moved steadily through Excel and Power Point was fun—like kindergarten all over again. Now, I am finishing up my final assignment using both Word and Excel to put together a Power Point presentation. My typing has gone from hunt and peck to 25 words per minute, and I mostly don’t peek. I had forgotten my passion for learning. I’m proud of my new proficiency and very grateful for the opportunity I’ve been given. Will I become a writer? This is a step towards that. I now have the tools and feel much more confident about reaching my goal. **R**

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Rotary in their blood

Helping others by giving back

By Isabelle Southcott

For William Mitchell-Banks, Rotary is a way of life. It's also a means of helping others in ways he couldn't possibly do on his own.

"I've been a Rotarian for 44 years," says William, "and my wife Ruth has been up to the elbows in it with me." Son Paul is president of Vancouver Arbutus Rotary Club and daughter Miriam is president of the Calgary Centennial Rotary Club. Daughter Sara, a Powell River Rotarian, was the reason William and his wife moved here three years ago.

Ruth went into heart failure and William fell on the ice one day and broke his hip. And so they came to Powell River to be with Sara, a registered nurse, who in the final stages of becoming a nurse practitioner.

"My muffler fell off. My windshield wipers stopped working and our doors got stuck. We began to fall apart."

The early years

William, who is 81, was born in London, England. He earned a scholarship to Oxford University in 1947 when he was 15 but because he was too young, he had to wait a year to go to Oxford. He attended the University College Hospital and married Ruth in



GIVING BACK: Through Rotary, William Mitchell-Banks and his daughter Sara have been able to help others and give back to their community.

1953, while still a medical student. "When we first married I was a house father and Ruth was the bread winner. I loved it. I saw my daughter (Theresa's) first steps and would walk around with Gray's Anatomy under one arm and diaper pins in the other."

William got his medical feet wet in the TB and chest unit at University College Hospital in the Seven Dials of London, and held a several other posts before landing his first job in general practice in Nottinghamshire Mine Fields in Ollerton.

But it was in West Bromwich, the Black Country, a part of England where industry and housing sprawl like "an ugly stain on the green tablecloth of England's midlands;" a land of soot and noise, slums and dirt that William learned a life lesson that humbles him to this day.

"It was late at night, my partner was tucked up in bed and I opened up the waiting room door. There was a woman, an Indian woman, with a shawl over her head."

She had come alone in the dark of the night to a doctor's office — a male doctor's office — when she was forbidden to look at or touch men.

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"I could she was clearly in pain; I held her hand, it was hot," William recalls, choking back the tears, "and she stuck out her tongue. It was peritonitis."

The woman spoke Hindi and William could not communicate with her but she had to be admitted to hospital.

"Two uniformed men came and picked her up and took her to the hospital. I think about how awful she must have felt, men leading her into a dark van without knowing what was happening, where she was going."

That night William vowed to learn enough Punjabi and Hindi to run his practice.

"I couldn't have bought a melon at a bazaar but I was able to ask people general questions. Word got around that here was a doctor who spoke splendid Hindi! But I didn't."

Roles in Rotary

William's love of learning has fuelled him all his life.

In 1959, a Mexican exchange student stayed with the Mitchell-Banks family and William knew he had to learn Spanish.

"I went to Mexico and became fluent in three months. I was passionate about the language and the people. I was dreaming in Spanish. I was writing poetry in Spanish."

William says: "The head is the only bit that really matters and the body is just a mechanism for carrying it around."

Sara is in charge of her Rotary club's web page, and William is available to help if needed. "One of my hobbies is doing web pages for people," he says, downplaying how much he knows about it.

Although Ruth isn't a "Rotarian" she is a fully shares his Rotary work and, when Festival of Performing Arts time rolls around, she takes on the telephoning. William detests phoning! "We chase up volunteers for the Festival and make sure people are at the right place at the right time," he says. And with three auditoria to keep track of, spreadsheets and databases are a must!

William is Sara's father but the two are also friends. "It's amazing to have children who as people are better than oneself...all five of them," he says.

Sara and William enjoy hiking together. Last month, they

hiked around Haywire Bay where he exercised another hobby of his, photography. "I enjoy taking pictures of people," he says.

It's the sharing and helping that gives William a great deal of satisfaction. "Rotary has been to me a huge outlet. I have been able to do things with Rotary that I could never have done on my own."

First Rotary meeting

William and his family moved to Prince Rupert from Yorkshire in 1964. It was there, in Prince Rupert, that William met Rotary.

At the time, William knew nothing about Rotary. "I thought it was a secret society. Six months after joining I was in charge of a radio-television auction, a big fundraiser for Prince Rupert."

He believes Rotary should be able to fundraise and contribute to the town's fun or "fizz" as he calls it.

"As a child I was sent home from school because I was dyslexic and they could not teach me. Through my belonging to a Rotary club, Ruth and I were able to set up a team of people who were able to teach children with dyslexia to read. I would never have done that by myself."

After 14 years in Prince Rupert, the Mitchell-Banks' pulled up stakes and moved to Creston where William joined Rotary again. There he started a RYLA (Rotary Youth Leadership Awards) Camp. "My effort was what the Quakers call 'core and outer.' You spring from your own inner essence and from that you can spring out into the experience of life."

William has held most offices in the Rotary club at one time or another. He was president of his Prince Rupert Club and Creston Club and District Governor.

"The thing a Rotarian can do is to bring in another Rotarian," he says.

If, by chance, you come across a distinguished gentleman with an inquisitive mind and a kind disposition who speaks with an English accent, you might be chatting to William Mitchell-Banks. And if he brings up the subject of Rotary sometime during the conversation, chances are very good you are talking to William Mitchell-Banks. 

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Festival of Trees

Let PRACL light up your holidays

For the 15th year, the Powell River Association of Community Living (PRACL) will be lighting up November with the Festival of Trees.

This year, the much loved and anticipated event will be held from November 23 to 28 at the Town Centre Hotel.

Tarra Tipton is this year's festival organizer. She's excited that students from Brooks school are participating in the festival for the first time ever!

"We have students from the art class decorating a couple of trees," she told *Powell River Living*. As well, other Powell River schools and pre schools have supported the festival over the years.

Every year, participants do a beautiful job creating themed trees and other amazing works of art. New decorators, neighbourhood decorators and veteran decorators who manage to come up with new and exciting ideas year after year participate in the Festival.

All the decorations on the tree are donated by the business or individual who creates the tree and people notice just how much time and effort goes



CREATIVE CHRISTMAS TREES: Entries in PRACL's Festival of Trees range from traditional to truly creative (might we say wacky & fun?).

into creating these amazing trees.

This year's event will kick off on November 23 with the Lighting of the Trees, a free, opening night event featuring the Powell River Community Choir. The craft night is scheduled for November 24. The Santa Claus brunch is on November 27.

The Festival closes with a Gala Dinner including the closing bids for the silent auction and a live auction of donated goods and services.

The Festival of Trees is PRACL's main fundraising event of the year, says Lilla Tipton, PRACL's Executive Director.

"This annual event replenishes the PRACL Wish Fund which provides the individuals we serve with opportunities they would not otherwise enjoy like recreational activities, trips out of town, camping, our Snozelen Room and special medical or dental needs."

Decorating a wreath is another way for people to be involved in the Festival. Entries range from traditional to whimsical.

Craft night is a wonderful way to get into the Christmas spirit. Many people enjoy making a wreath or centerpiece from fresh cedar boughs. They like the fact that all supplies are included and that they can leave the mess behind!

The Gala dinner and auction wraps up the event and this is always a lot of fun. Local businesses are generous and their support is appreciated.

For more information, please call Festival Coordinator Tarra Tipton at 604 223-3304. [PR](http://www.prl.ca)



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BLAST FROM THE PAST Stowaway!

By Paul Galinski

Fifty-eight years ago, after jumping ship to live in Powell River, John Morris was escorted by police to the courthouse in the Townsite and sent back home to England.

In September 2010 Morris revisited Powell River but this time he was welcomed as a guest at the Old Courthouse Inn while visiting friends he made here nearly six decades ago.

Morris's first visit to Powell River was in 1952 aboard an English freighter called the *Temple Inn*. He was a crewmember and had made several stops along the BC Coast before berthing here to unload China clay at the pulp and paper mill.

"I fell in love with Powell River," he said. "I was impressed with the country. I had no future in England. I wanted adventure and to find another place to live."

Morris boarded the *Temple Inn* when it was disembarking Powell River, but when the freighter arrived in Vancouver, he and another crewmember jumped ship. They boarded the *Princess of Nanaimo*, which provided passenger service to Powell River, and steamed back up the coast. Upon disembarking the passenger ship in Powell River, the men found a place to board here with the Routley family and started settling in. It was through that connection that he met the Williams family, his current connection to this community. Val Williams, now Keddy, befriended the wayward mariner those many years ago and has kept in touch all this time through letters, and lately, through email.

During his three-week stay in Powell River in 1952, Morris settled in very quickly.

"The first job I got was with Pete's Transfer," Morris said. "That didn't last long because it was casual work. So, I got a job with Mahood's logging camp as whistle punk (the person who operates a steam whistle or horn as a means of communication in the woods).

"Incidentally, I never got paid because I got arrested."

Morris was collared while mailing a letter to his mother at the Powell River post office. "Standing right there while I was posting the letter was a Royal Canadian Mounted Police member," Morris said. "I didn't know that at the time.

"I put the letter on the counter. He's obviously seen the address and the name. He said 'Mr Morris' and I said, 'Yeah?' He said 'My name's Winegarden from the RCMP. We've been looking for you.' That was the end of the trip."

After being taken to the courthouse for processing, Morris was allowed to go back to the Williams house to have dinner. He then packed his belongings and prepared to head back to Vancouver on the passenger ferry. Morris and his friend boarded the vessel unaccompanied by a peace officer and Morris suggested that because the police had let them go, when they got to Vancouver, they could turn around and start all over again. When they arrived in Vancouver, however, there were four "heavies" in plainclothes greeting them.

"We were locked up in the immigration jail in Vancouver," Morris said. "I was there for two weeks until there was a ship to take me back to England. It took 28 days to sail there and I just wanted to get back to Canada."

Val Keddy's mom tried to assist Morris and his friend in returning to Canada, and she wrote letters to the immigration department to sponsor them both, but the authorities would not relent. Morris was not welcome in Canada.

After being repatriated to England, Morris returned to the shipping industry, but there were no vessels coming to Canada. Morris did however make a journey to Australia and discovered that old habits die hard. Once again he jumped ship and this time found a different reception than the one he received in Powell River. He was able to stay under the radar in his newly adopted homeland.

The immigration department in Australia didn't catch up to Morris until he'd been there for about 18 months, but by that time, he had cemented a job and was paying taxes.

"If you were not living off the state, you could stay," he said. He became a naturalized Australian and he's even earned respectability as a citizen, having been appointed as a Justice of the Peace.

When Morris arrived in Australia he left the mariner's life behind. One of the highlights for Morris was when the Beatles performed in Australia in 1964 and he



was serving as a bodyguard. In a scrapbook that he brought with him to Powell River, he showed a photo with him and the four Beatles.

"I was the fifth Beatle," he said, laughing. "I sang with them coming down the lift (elevator)—we will row, row, row, way up the river," which Morris once again crooned during his interview.

His most memorable vocation was in the hotel industry. Morris worked for Hilton Hotels for a number of years and has photos of famous people who stayed while he was working. He was befriended by actor Ed Asner and has corresponded with him for years.

Through his work in hotels, Morris became a member of the Golden Keys, an elite organization of concierges around the world. He served as a concierge for about 15 years and thoroughly enjoyed meeting and greeting people and assisting them during their hotel stays.

"It was certainly better than working in a logging camp. I can't think of a better vocation."

Morris retired in 2004 and has spent some of his retirement travelling. He wanted to return to Canada and he kept asking his daughter Samantha to travel here with him. Finally, she relented. "We thought we'd come and visit Val and Owen, see their family, see Powell River and combine that with some other things I wanted to do," Morris said.

He says it was probably a blessing in disguise that he didn't stay in Powell River, given the great life he's had Down Under. Now he's trying to coax the Keddys to travel to Australia.

"We've had great time and a lot of good laughs with Johnny Jumpship," Val said. **RL**

When it is November 11

Remember to say thank you

Devoting a few minutes of silence on Remembrance Day to say thank you to those who sacrificed their lives and fought for our freedom is the least we can do.

On the 11th hour, of the 11th day of the 11th month, people around the world are united in silence as they remember the sacrifices made by our soldiers and veterans.

In Powell River, people will gather by the Cenotaph by Dwight Hall in the Townsite for the Remembrance Day service beginning at 10 am. The last post will be played at 10:58 am and this will be followed by two minutes of silence at 11 am.

A parade will follow and events will take place at Branch 164 of the Royal Canadian Legion on Alexander Street.

Other ways to say thank you

Wear a poppy: From the last Friday in October to November 11 pin a poppy on the left lapel of your top or jacket as close to your heart as possible. This will publicly remind you of our soldiers' sacrifices and will encourage others to do the same.

Write to a soldier: Send a letter or card to express your appreciation to the address on the Department of National Defence website.



LEST WE FORGET: Remembrance Day helps to remind us of the sacrifices made by Canadians in all our names.

Make a donation: The Canadian Forces aim to bring peace and security to countries in need. What can you do to help those who are suffering? There are many charities to choose from that help those who need help. Closer to home, you can also contact the Powell River branch of the Royal Canadian Legion. [PRL](#)

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Some gave all Fallen Canadians



Photographs of the soldiers who gave their lives to serve Canada and help the people of Afghanistan are on display at the Town Centre Mall from November 1 to 12.

This project of the Powell River branch of the Royal Canadian Legion is to honour those who have served for their country, said Bruce Lyster, a member of the legion.

There were 154 soldiers to date beginning with Private Nathan Smith, 26, of Tatamagouche, NS who died on April 18, 2002 in a friendly fire incident. The latest soldier is Corporal Brian Pinksen 21, of Cornerbrook, Newfoundland who died on August 30, 2010 by an improvised explosive device.

They come from places like Cornerbrook, Comox, Glace Bay, Sudbury and Prince George. The first woman killed in combat was Captain Nichola Goddard, 26 of Calgary, Alberta.

An official dedication of this display will be held at 11 am on November 4 at the Town Centre Mall. **PR**

*There never was a good war
or a bad peace.*

Benjamin Franklin (1706- 1790)
American statesman

The Remembrance Day Parade

By William Mitchell-Banks

*Their names are scrawled illegibly
By Conflict's withered hand
Across the charred and blood-smeared page of war—
The dead and maimed.*

*Fragrant smoke of cordite like incense drifts
Through the shattered windows of ruined churches
And men in the sweat-stained uniforms of Anywhere
Wait in shadowed lairs to kill.*

*Jauntily a white sailor's cap bobs
Upon an iridescent sheet of oil—
A drifting tombstone to young men below
The calm oasis in the choppy sea.*

*Snaking through the mesh of radar
A million dollar missile sent
By nicely manicured impersonal hands
Strays into a market place.*

*There's creaking background music to it all—
Cars pulled by weary horses, pans clanking
On old women's backs, and children threading
Their way through the slow moving chaos
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*"Mummy! Mummy!" "Shush, Dear—I hear the band,
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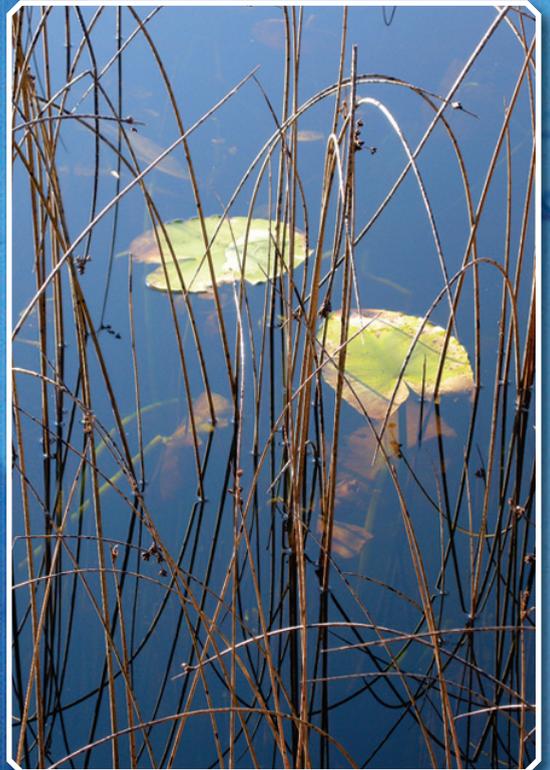
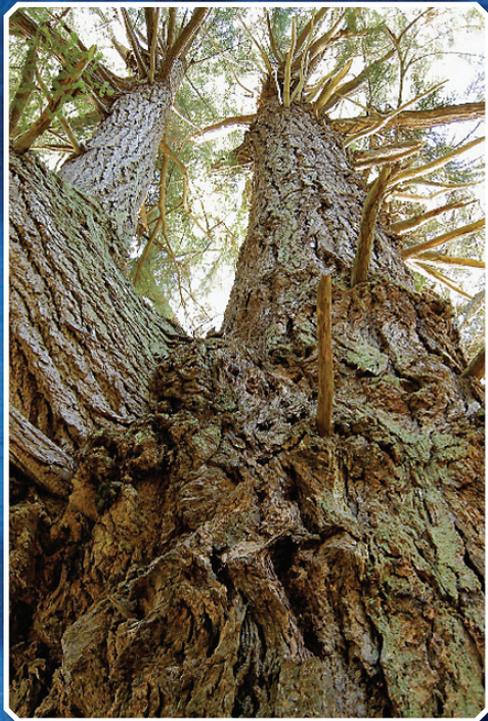
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EXPLORE Powell River

Photos by Mischa Brooks-Thoma



Balance and aging

Exercise extreme caution on ladders

By Isabelle Southcott

A story about falling off a ladder might not get your attention but what happens to someone who falls off a ladder should, says former professional roofer Randy Mitchell.

There's a very good reason why men over 50 shouldn't be professional roofers and climb ladders, says Randy.

Your balance and coordination begin to decline when you are in your 40s by about one per cent per year. This means, that by the time you reach 65 or 70 your balance and coordination have declined about 20% per cent or more if you don't do something about it—and there are a number of exercises you can do to improve your coordination.

Randy, who is now 58, has been climbing ladders for as long as he can remember. He owned a roofing company for over 30 years and worked as a professional roofer most of his life. He sold his company several years ago after noticing a perceptible decline in his balance.

“When I was in my 40s I noticed that when I went to get on a ladder, members of my crew would grab my jacket and help me on the ladder. They noticed my balance deteriorating before I did. I said: ‘Am I that bad?’” They said, ‘Yes.’ That is when I made a decision to get out of business.”

Randy blames himself for what happened in early August. “I should have known better, looking at the ladder,” says Randy, shaking his head. “I was going up on my roof to do a small job and because it was a small job I was complacent. I had this old piece of junk from a lumberyard. It was a cheap, lightweight ladder. I sold all my good ladders when I sold my company,” says Randy.

That day he leaned his old ladder up against his house and began climbing. He didn't sandbag it at the bottom or tie it off at the top.

“I got right to the roof edge and when I went to step off the ladder...”



ANYONE CAN FALL: Former professional roofer Randy Mitchell says ladders can be dangerous for anyone, but especially for older people.

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The next thing Randy remembers is waking up on the ground and that's where his partner Libby found him.

"She heard the crashing and came running."

Randy wound up in hospital with a broken arm and smacked up vertebrae. "I landed on my back," he says. Randy was

moved to St. Joseph's Hospital in Comox where an orthopedic surgeon could look after him.

Because his injuries were on different sides, he could not get comfortable. "I was in extreme pain. My back would spasm and I was given drugs for the pain."

When they were finally able to x-ray

his back, Randy learned he had cracked number five and seven discs and both were bulged.

Randy knew immediately that surgery was out of the question. "I refused to let them touch my back. I wanted to wait and heal up myself."

Randy left the Comox hospital but not

Fall-proof your life

The National Trauma Registry has shown that falls are now the leading cause of acute care hospital injury admissions for people aged 50 or older.

Falls are not a normal part of ageing—they are the result of preventable accidents that most often occur at home. Did you know that the majority of falls occur on the stairs, in the bathroom and in the bedroom? The most common injuries are fractures to the forearm and hip. Sadly, these injuries can significantly change someone's life and result in a substantial rise in health care costs.

Here are some tips on how to staying safe:

Ladders

- Don't buy cheap, lightweight ladders.
- Tie ladders off at the top.
- Sandbag or stake ladders at the bottom.
- Have someone with you if it is necessary to use a ladder.

Bedroom

- Have a light within reach of your bed.
- Keep a flashlight next to your bed.
- Keep floors clear.
- Secure loose phone and electrical cords.
- Ensure eyeglasses are within easy reach of the bed.
- Get out of bed slowly so you don't feel lightheaded when getting up.

Bathroom

- Install non-slip flooring.
- Use self-adhesive non-slip strips in the shower and bath.
- Install handrails around the bath and toilet.

Clothing and footwear

- Shoes and slippers should have non-slip soles with patterned tread and round, broad heels.
- Do not wear socks without another form of footwear. Do not wear loose-fitting slippers, leather or other slippery soles and high heels.
- Clothing should be short enough to avoid tripping.
- Sit instead of standing on one leg while dressing.

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before a boil advisory warning was issued for Comox water. "I ended up getting the runs from the Comox water system," he says. "Just imagine dealing with that with two cracked vertebrae and one arm in a cast."

As dreadful as it was, it could have been worse and Randy knows that. Today, he is walking, hiking and enjoying life.

"The doctors in Comox said that I was in good physical condition but they did not know how I would make out because my condition was so good."

Since retiring, Randy has been able to do more backpacking and hiking, pri-

marily uphill in the backcountry. "I'm a member of search and rescue and I've always wanted to stay in good enough shape to pack a big enough pack of emergency equipment and deal with the hardships of searching for someone for long hours."

Ultimately, it was Randy's excellent physical condition that saved him.

"If I hadn't been in such good shape I would have had to have had surgery."

These days Randy is telling all his friends and anyone who will listen to him not to buy cheap ladders.

"There's no savings in a cheap ladder.

You might save a few dollars but factor in loss of income and loss of health and a cheap ladder doesn't pay."

At this time of year, people are up on ladders putting up Christmas lights, cleaning gutters and pruning trees. The Canadian Institute for Health Information reports that November is the peak month for falls from ladders. Falls from ladders send thousands of people to hospital each year. People between the ages of 40 and 59 accounted for nearly half the visits, and men made up 82 per cent of emergency room patients injured by falling from a ladder. **RL**



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Powell River Living PARDON MY PEN

By George M. Campbell

Drive properly, not sloppily

The Canadian male's love affair with the automobile is matched only by his inordinate fondness for beer. He uses the former to get to the latter, and the latter to talk about the former. What man has not sat at his favourite watering hole and listened to some friend wax poetic over his latest purchase; a brand new or second hand pick-up truck, van or car that he got for a song and is by far the finest vehicle he has ever driven?

Ah-h-h, yes! It is a tune we have all heard a number of times and that many of us, now and then, have sung a few verses of ourselves. To most men a car is more than merely transportation; it is an extension of his personality; an object to be admired, polished, protected and pampered; a marvellous piece of mechanical ingenuity that he can sit in, work on, and even on occasion, drive. And therein lies the crux of the problem. If only he could drive. Properly, that is.

Oh, he can make it go forward, or backwards if he wants. And he can make it go fast or slow, and even steer it so that he doesn't run into anything...most of the time! But it is those little things like using the signal lights before turning, or driving in the correct lane for a right or left turn, that seem to be beyond his capabilities. I don't know what it is about turn signals on a

car that gives some drivers so much trouble. They either don't use them at all, or they turn them on when they are already halfway through their turn.

For drivers who don't use their turn signals please take note: that little lever on the left of your steering column activates the turn signal. No, not that short one on the bottom, that's to raise and lower your steering wheel, but that other slightly longer one just above it. You push it down to turn left, and pull it up to turn right. You got that? Good. Now just don't forget to use it next time you drive your vehicle.

And for you drivers who don't seem to know where to drive when your side of the road is two lanes wide and is unmarked by a painted line to divide the lanes, here is the info you've been looking for: Drive on the left side of your lane, right next to the line marking the center of the highway, not a meter and a half to the right of it. This way you can drive straight through without having to swerve to the left each time you pass a parked car. When you approach an intersection, stay to the left if you are going straight through, or if you intend to turn to the left.

And if you do intend to turn left, use your turn signal. If you intend to turn right, you should check your rear view mirror well before approaching the intersection, turn your right hand signal on, and get over to the right hand lane on your side of the highway; the so-called 'parking lane', and leave the signal light on. That way when you come to the intersection you are not blocking traffic going straight through or turning to the left, and oncoming traffic has some idea of what you intend to do.

This approach to driving is called common courtesy, or even on occasion, common sense. For those of you who haven't been practicing it, please begin doing so now. You can start by memorizing the last three paragraphs. Your fellow drivers will thank you for it. **RL**

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CBC Radio host's book on bestsellers list

Sunshine and shadow found in Desolation Sound

By Isabelle Southcott

Grant Lawrence's new book *Adventures in Solitude: What Not To Wear to a Nude Potluck and other stories from Desolation Sound* is a colourful mix of local history peppered with stories about the characters who call the Sound home.

Using storytelling skills that he has become known for on CBC Radio, Lawrence pulls readers back in time to the early days of the Coast Salish people and the arrival of Captain George Vancouver.

Although *Adventures in Solitude* is interwoven with Lawrence's own history of growing up in Desolation Sound, his earnestness will strike a chord with those familiar with the area. They'll find themselves nodding appreciatively as they read "What Not to Wear to a Nude Potluck" and stories about Savary Island and the privileged people with double-barrelled last names who summer there.

He writes about going bush and how the dangers of isolation can slowly drive a person mad.

Adventures in Solitude is both a coming of age story that begins with a knobby kneed boy with thick glasses puking his way up the Sunshine Coast and a love song to the Sound with its wilderness, unique lifestyle and quirky characters. Those characters, like the hermit Russell Letawsky, who became somewhat of a mentor to young Lawrence, and Handy Candy, the American bachelorette, are just as much a part of Desolation Sound as the weather, tides and countless cans of Black Label beer.

"I'm definitely a verbal storyteller because of being on radio so long," said Lawrence. "It's been a challenge to get the same impact in print."

Lawrence finds it interesting that people think parts of the book are funny that he didn't, such as vomiting all over ev-



everything on the countless drives up the Sunshine Coast. "As a child it was traumatic but when you put art out there you never know how people will react."

It was a "love and loathe" relationship, with the Sound and with the family cabin. "It can be pretty inaccessible and there are times when you just can't go; but it is gorgeous in the summer."

"It's a bipolar place. Desolation and solitude can mean something very different in the summer and in the winter. In the summer it can be bucolic, it can be beautiful and serene. In the winter it can be terrifying. This is not a place for the faint of heart."

Lawrence, who is a music critic, borrowed chapter titles for his book from some of his favourite songs. The book's title is a song by the New Pornographers.

Lawrence loves history. "Some people consider history a chore but I find it fascinating. From the history of the Sliammon people to the Swedish immigrants that came here and all the stories from the 20s and how the police would send a man up from Powell River."

"I think people here need to know about the history and to care and I hope this book gives people a reason to care," he says.

In the end it is all about the stories. "Once you lay down your arms you do start meeting these great people and characters and that is what attracts me...it's the stories and how they relate to mine and how they intertwine."

In an interview before his October book launch, Lawrence talks about some of his favourite local haunts. "The (Laughing Oyster) is our local gourmet restaurant in Desolation Sound. We can tie up to the wharf at Okeover and be served gunpowder prawns and fresh local salmon."

Nancy's Bakery and their "amazing" cinnamon buns is another one of Lawrence's favourites.

"Nancy saved Lund in a lot of ways. She gave it that female touch it needed."

Lawrence launched his book to an overflowing house at Nancy's Bakery last month.

"I was able to hold it together in Vancouver (at the launch) but actually got emotional at the beginning of the Desolation Sound launch," Lawrence wrote on his blog. That same day, he learned *Adventures* had made the Top 10 BC book list and his wife, singer-songwriter Jill Barber launched a new song called "End of the Road" at the Desolation Sound launch.

Those who missed Lawrence in October will be able to see him Friday, November 5 at 7 pm at Breakwater Books when he'll present a talk and slide show about his book.

Lawrence will also be a presenter at the Powell River Writers Conference on April 15 and 16. **RL**

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Powell River Living FAMILY MATTERS

By Isabelle Southcott

Finding Family

When William Peebles was 86 years old he held six-month-old Alexander in his arms for the first time. "Here, give the baby a bottle while I finish dinner," I asked the man who was soon to be my stepfather.

William later confessed: "I don't know who I fell in love with first, your mother or the family."

Three months later, William married my mother and became part of our family.

The bond between William and my children grew over the years. "I never had children of my own," he told me. "I always wanted a family and these little boys are the closest I've come."

At the age of 86, Grandpa William finally found his family.

I remember wondering why he would want to marry again and uproot himself so late in life.

"I love your mother," William confided in me. "We're good for each other and neither one of us want to be alone."

Humans are not meant to be alone. There's this inherent need in all of us to be with someone else. To be a part of

something bigger. A tribe. A family. A pack. The community. The world.

This need for companionship motivates us find partners, even in our later years.

What is it about finding family and raising young that makes us want to do it... together or alone?

I have a friend who had three children when she was in her early 20s. She is now 50 and those three children are grown and gone. My friend does not have a husband or a partner now. She is on her own.

Five years ago, she decided she wanted more children. To fulfill this wish she was artificially inseminated and had twins. Two years later, at the age of 48, she decided she wanted another child and had another girl.

She now has four-year-old twins and a one year old. When I asked her why, she said that she loves children and she wanted another family of her own.

"More kids?" I asked. "Yes," she said.

I shook my head in amazement. The things we do for family!

Neither one of my parents live in Powell River now, but I still have family here. Besides my own children, and relatives, I have adopted Ed and Linda, my next-door neighbours. They're younger than my parents but Ed reminds me of Grandpa William. When Grandpa William was alive and something broke, young Alexander used to say: "Grandpa fix." Now, when something is broken and needs fixing we say: "Ed fix!"

Linda and I drink tea together and talk. And talk. And talk. My mother has moved away and I miss having tea with her, so Linda fills that void.

We all need somebody, we aren't meant to be alone.

So go on. Find somebody. Find your family. **RL**

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Operation Christmas Child

Shoeboxes are back

Last year, Powell River residents sent 699 Operation Christmas Child shoeboxes filled with toys, school supplies, and hygiene items to children in developing countries. Operation Christmas Child is a project of Samaritan's Purse, an international humanitarian aid organization. "With so much tragedy in the world you can feel so helpless," says Trudy Anderson, project coordinator for Powell River. "After traveling to Uruguay to hand out shoe boxes I was able to see how Operation Christmas Child assesses the situation by connecting with small local groups on the ground." Being sensitive to the local culture and requirements of the people is important and Samaritan's Purse focuses on providing basic needs such as clean water, disaster relief, medical care and educational help around the world, she adds.

Canada is just one of 11 countries that collect and distribute the shoeboxes. Since 1993, more than 70 million shoe-



boxes have been delivered to children in 138 countries.

"You can imagine the joy a child gets from opening a shoebox filled with school supplies, clothes, toys, and items that will help them learn and be healthy, says Anderson. "We are thankful to the people who filled a shoe box last year and for Valley Building Supply who generously

shipped them to Vancouver."

Shoeboxes are now available at two locally owned and operated businesses—Your Dollar Store with More in Crossroads Village and at Valley Building Supplies in the Paradise Valley—as well as churches throughout the community.

"We are thrilled to be a part of this project again for the fifth year running and to offer customers discounted shoebox items such as toothbrushes, soap, notepads, pencils, and the usual toys that light up a child's face," says Eve Camenzind, local owner and operator of Your Dollar Store with More.

Sending your gift is simple: pick-up a shoebox at one of the above locations; choose the age of either a boy or girl to receive the shoebox; fill it with items that you think they could use and include \$7 for shipping then drop it off at Your Dollar Store with More, Valley Building Supplies, or participating churches before November 12. [R.L.](#)

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Powell River Living BUSINESS Connections

By Kim Miller

The team at the **BMO Bank of Montreal** on Marine Avenue has added **Sean Melrose** as their new Financial Planner, Investment & Retirement Planning. Sean replaces **Graeme Hughes**, who has moved to Nanaimo with his family and will continue in the same role with the bank in Nanaimo and Parksville. Formerly of Beacon Wealth Management, Sean brings over a decade of experience in financial planning and investment management to his new position. "I'm looking forward to doing at BMO what I've always done—helping clients to earn more, pay less and live better!"

Since September 15, **Reg Hollinshead Agencies Ltd** has had transitioned into **Sunshine Coast Fuels Ltd** with **Curtis Hollinshead** as the new President, taking over from **Reg Hollinshead**. This business has been serving Powell River since 1973, and is proud to announce that they are now the Esso-branded reseller for Powell River. What is the change? When you need to order fuel, or have a question, instead of calling Esso's 1-800 number in Moncton, you will simply call 604 485-4188. The local staff that you have come to know at Sunshine Coast Fuels answer this local number. Bill payments are now no longer made to Imperial Oil, but to Sunshine Coast Fuels Ltd.

Kelly's Specialty Foods is moving from their current location on Willingdon Avenue. They are open for the month of Novem-

ber on Willingdon, and on December 1st open at 4706 Marine Ave right beside **Golden Gate Variety Store**.

Want to support a great cause? Renos on the hospital room at Powell River General Hospital to convert it to a Hospice Suite will begin in early November. Four businesses are joining forces to bring you an event they call "Martinis for a Cause." November 19 at 8 pm at **River City Coffee**. Tickets are \$25 each and there will be appetizers and a mini fashion show by **The Knack**. Hair is by **Image 1** and makeup is by **Cream and Sugar Body & Bath**. There will be a live DJ. Prize balloons will be sold and they will be auctioning off great prizes. Open to everyone over age 19.

The First annual **Powell River Blues Festival** is coming up June 2011 at the **Beach Gardens** complex. Booth vendors for food, product, services and art vendors wanted. Call the Chamber to reserve your space. Indoor/outdoor event, beer gardens, artists/food booths, amazing headliners, local and out-of-town musicians, music workshops and much more. Watch for more details at www.powellriverblues2011.com.

Everyone is invited to a Chamber luncheon and presentation on Friday, November 19 at noon at the Town Centre Hotel with **Kevin Evans**, CEO of the Industry Training Authority. The ITA is a crown corporation that was established in 2004 to oversee and expand BC's industry training and apprenticeship system. ITA works with industry and employers, trainees and apprentices, labour unions and training providers, to meet the industry's current and future labour force needs. RSVP by calling the Chamber office at 604 485-4051, \$15 at the door. **RL**

Do you have any changes within your business you want Powell River to know about? New managers, new owners or are you moving? 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 getting monthly updates and community event invites. Send me your email address and I will put you on the list.

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Don't delay, plan today

November is emergency preparedness month

By Marie Rumley

The "big one" is coming. We know that because the experts are telling us all the time that we need to be prepared. In recent years, major disasters in various parts of the world have shown us just how bad it could be. Yet we still bury our head in the sand and try to ignore all the emergency preparedness hype. We are in denial.

British Columbia is rated as a high hazard zone. The least of these hazards are power outages we endure from the winter storms, which seem to be coming with more frequency in recent years. Spring floods are triggering landslides that come down with little notice, and summer forest fires are burning up whole neighbourhoods at a time. Then there are the more serious earthquakes, tsunamis, and storm surges — hazards that can cause high loss of life. Who thought a tsunami the size of the one in December 2004 would take over 225,000 lives? Until then it was unthinkable. But thinking that way will cost a lot of British Columbians their lives in a large emergency. It is not too late to get our heads out of the sand.

There are four stages of denial in emergency management. While it is human nature to deny the unpleasant, at this level it could cost a lot of lives. Denial is not an option.

The four stages of denial

1. It won't happen here. Of course it can happen here. Why it has not happened is a miracle. We have had smaller earthquakes and there has been little or no damage. That is luck, not destiny.

2. If it does, it won't happen to me. That is what nearly a quarter of a million people hit by the tsunami in the Indian Ocean must have believed. No one is exempt from tragedy. That may sound harsh, but it has been proven repeatedly by disasters whether they are natural or man-made.

3. If it does happen to me, it won't be bad. This is like believing you can drive under the influence and still be a safe driver. Wrong. It will be bad. We have had a few small earthquakes and no buildings or bridges fell down so we believe that is the worst of it. Remember the tsunami in March 1964 that hit Port Alberni? Fifty-eight homes and businesses were destroyed and over 300 more homes were damaged. It is a miracle that there was no loss of life.

4. If it does happen to me and it's bad, there is nothing I can do to stop it anyway. No, you cannot stop it, but you can be prepared for it. You can have an emergency plan in place along with a good kit and food. Information on what to put into a kit can be found online, and in the Emergency Preparedness booklets the federal government has available. Being prepared can mean the difference between saving lives and losing them.

November is Emergency Preparedness month. It is a good time to reflect on emergencies that can affect your family and friends, whether it is a lengthy power outage or a tsunami generated by an offshore earthquake. Simply pick up a kit or information on how to build your own kit at St John Ambulance or any participating retailer, and you will be prepared for the first 72 hours. You have nothing to lose, and a lot to gain by being prepared. [RL](#)

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Just how good is the Rotobrush system? The company won the outstanding product innovation award for improving indoor air quality last month, says Trevor smiling.

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To find out more about getting your air vents and ducts cleaned, call Aaron Service at 604 485-5611 or email trevor@aaronservice.com.

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Depression hurts

Help me if you can—I'm feeling down

By John Dean

The alarm clock signalled the start of another day, but I was in no mood to get up and face the world. I pressed snooze and rolled over, thinking of a reason to not go to work and to go back to sleep and let another day go by. This was not a hangover or laziness I was suffering from; it was more problematic than that. It was an illness that is misunderstood and not easy to talk about. However, in the hopes of helping others, I will admit that I suffer from depression.

According to Depressionhurts.ca, "One in 10 people in Canada will experience an episode of major depressive disorder." Reasons for depression include; genetic and biochemical, environmental and other stressors (significant loss, relationships, changes in life pattern or financial and security issues) and psychological and social factors (persons with certain negative characteristics such as self-loathing, low self-esteem). Typical symptoms are severe sadness, loss of enjoyment of favourite activities, trouble concentrating, fatigue or lack of energy, sleeping too little or too much, a change in appetite and weight, and thoughts of death and suicide.

So what help can one hope to find here in Powell River if they find they might be suffering from this illness? The first

call should be your general practitioner. A GP can assess you and find out if you are suffering from depression, anxiety, both or just need a hug. If you do not have a GP, the hospital can also help. If you already know you are suffering from depression or for some reason do not wish to be diagnosed by your GP or the hospital, there are a few counsellors in town who are highly qualified and very confidential.

From personal experience I highly recommend counselling to anyone suffering with depression. For a private counsellor in town, prices range from \$65 an hour to the most expensive I found charging \$160 an hour. Of course, these prices may be too high if you're depressed over money issues, or you just lost your job. However, these prices are not always set and some efforts are made to come to a mutual price between the counsellor and client if there is a fiscal problem on the client's side. Some union jobs will cover counselling in their medical packages, and this too is confidential, your employer need not know. Frances Ferguson, a counsellor who works here in Powell River and in Courtenay, has a limited scheme where if you truly need help but are unable to afford it, she will give you an hour of counselling for four hours of recorded volunteer work, which helps to pro-

mote good feelings, too. There's online help, such as www.cmha.bc.ca.

Through research and through my own experiences I have been informed and discovered for myself that counselling will not help on its own. Paul Mc Isaac, a counsellor in town, explained that "we are not here to fix the problems; we are here to support the client." So counselling is only a step in the right direction. All of the experts I have spoken with in town have given advice that doing a physical activity, changing one's diet, meditation, volunteer work, being socially active and in some cases medication should go hand in hand with counselling. All these things can bring on good feelings and thoughts about one's self and help de-clog the mind of unhappy thoughts.

I'm fortunate, I have a good friend who has been there for me in my darkest times and made me get off the couch and get active. I find I always feel a lot better after playing a sport or just socially interacting with people. I have a good support network of friends and family who have helped me through the rough waves too. They have listened to my issues and been more than understanding. Now the only reason I find it hard to get out of bed is because of achy muscles. **RL**

Volunteers Needed

The **Henderson Elementary After School Club** is looking for volunteers who would enjoy spending time with 15 students, grades 1 to 7 every Thursday afternoon from 3–5 pm at the Anglican Church of St David & St Paul's in the church hall. Volunteers play, read and do arts and crafts with the children. If you are interested please call

Devon Hanley, coordinator, at 604 414-9373

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Wrap it early!

Special shopping dates

We know there are some folks who have all their Christmas gifts purchased and wrapped in September but let's face it, that's a minority. For those of you, who are just getting started or have a few more gifts to purchase we are sure you'll appreciate knowing who is open late and when.

November 25 is a big night at the Town Centre Mall. That's the date of the Mall's annual Moonlight Madness event. They are open until 11 pm with hourly specials! During the month of December, the Town Centre Mall is open late every Thursday and Friday until 9 pm and Sundays in December from 11 am to 5 pm. From December 20 to 23, the Mall is open until 9 pm. Santa arrives at the Mall on December 4.

Marine Traders on Willingdon Avenue hosts their 14th annual Ladies' Night on December 1 from 3:30 to 8:30 pm. What a great way to shop for the hunter or fisherman on your list! Snacks and coffee provided and the knowledgeable staff will help you choose the perfect gift.

Close to \$1,000 in gift certificates from Marine Avenue merchants are up for grabs in a draw involving members of the Marine Area Business Association. Enter at any merchants on Marine. The draw will be made during the Light Up Marine event on December 15. [PRL](#)

Welcome!

Changes at our Churches

There are a few new faces filling leadership roles in three of Powell River's churches.

Sam Alescio is the new pastor at Foursquare Church on Manson Avenue. He took over in July but has been involved in the church as both a member of the congregation and a volunteer for the past four years.

Sam, who was previously the manager of client care at RBC, is married to Katie and the couple have two children: Rachel, four, and Hope, who turns three this month.

The **Reverend Maxine Pirie** started at the United Church in July following the retirement of the Reverend Jim Erb. Her last pastoral charge consisted of the towns and rural areas around Cabri and Hazlet in southern Saskatchewan.

Rev Maxine moved to Saskatchewan in 1979 where she was the editor and co-publisher of a weekly newspaper. She completed her Master of Divinity at St Andrew's College, University of Saskatchewan in May of 2007 and was ordained in June of that year.

Rev Maxine has three grown children. Her mother and sister moved to Powell River three years ago.

Father Mark Schwab is the new priest at The Church of the Assumption. Father Mark took over from Father Hamilton who left this summer. [PRL](#)



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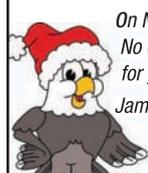


HOLIDAY PARTIES

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On Nov 27 and Dec 9, SAM HURRIE will play. No cover charge, and they'd be great nights for your family or business Christmas party! Jam with Sam! Every 3rd Wednesday is now Open Mic night hosted by Sam Hurrie! Dine, enjoy the talent, or jam!

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on the waterfront

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Yoga good for seniors

More seniors are realizing the value of yoga for increased balance and overall health.

Along with muscle strengthening, balance is necessary to prevent falls and ensure independence as we age. Balancing postures in yoga help to train and strengthen the smaller muscles, such as those in the feet, ankles, legs, buttocks and lower back, that are required for good balance.

Awareness of breath, release of tensions, lowered blood pressure and increased circulation are also benefits of a regular yoga practice. A study of 128 people aged 60 and above with no previous yoga experience concluded that after six months of yoga exercises symptoms of depression, as well as sleep quality and overall health status of all the participants was improved (International Journal of Nursing Studies, 2009).



The Yoga Garden

pryogagarden.ca

Penny 604 485-4829 or Keely 604 344-0624
Academy of Music, 7280 Kemano Street

Powell River Living COMMUNITY Calendar NOVEMBER

Nov 3: ORCA Bus will be parked from 9:30–11:30 am at Lang Bay Hall, on the highway before Palm Beach. For more information call 604 485-2132.

Nov 3-4: Agora on screen at the Patricia Art Film Series at 7 pm both nights, with a 1:30 matinee on Thursday.

Nov 4: ORCA Bus will be at Texada School in Van Anda noon–2 pm. For information call 604 485-2132.

Nov 5: ORCA Bus will be parked from 9:30–11:30 am behind the Bruce Denniston playground at the Larry Gouthro Park. For more info call 604 485-2132.

Nov 7: Concert with Eric Dozier, Artistic Director of One Human Family Gospel Choir who perform at Kathaumixw this year at the Jean Pike Centre, 7055 Alberni St. Minimum donation of \$10 with half going to PRACL. Sing or just enjoy the concert.

Nov 9: Trumpet player Marcus Goddard joins organist Ellen Wang and the Academy Chamber Choir at the Academy of Music at 8 pm.

Nov 8: ORCA Bus will be parked from 9:30–11:30 am at Lund Community Hall. For more information call 604 485-2132.

Nov 9: ORCA Bus will be parked from 12:30–2:30 pm at the beach in front of the church in Sliammon. If weather is inclement the bus will be at Ahms Tah Ow, Sliammon. For more info call 604 485-2132.

Nov 10: ORCA Bus will be parked from 9:30–11:30 am in Townsite by the Old Courthouse Inn.

Nov 10-11: Patricia Art Film series presents Animal Kingdom at 7 pm each night; 1:30 matinee on Thursday.

Nov 12: ORCA Bus will be parked from 9:30–11:30 am at Senior's Centre in Cranberry. Info: 604 485-2132.

Nov 12: Former fisherman turned author Gary Kent will be at Breakwater Books from 11 am–1 pm for a book signing with his new children's book Fishing with Gubby.

Nov 13: Met Opera presents Donzetti's Don Pasquale in HD at the Max Cameron Theatre at 9:30 am.

Nov 13: Club Bon Accueil Wine & cheese gala, 6 pm at the club on Manson. Tickets or info: 604 483-3966.

Nov 15: ORCA Bus will be parked from 9:30–11:30 am at Lund Community Hall. For more information call 604 485-2132.

Nov 16: Grand Opening of the Phoenix Centre and fundraiser/radiothon for the Youth Resource Centre.

Nov 16: East Coast Celtic legends The Barra MacNeils at the Max Cameron Theatre at 7:30 pm.

Nov 17: ORCA Bus will be parked from 9:30–11:30 am at Lang Bay Hall. For more info call 604 485-2132.

Nov 19: Nov 22: ORCA Bus will be parked from 9:30–11:30 am at Lund Community Hall.

Nov 19: Whoop-di-doo! An evening of storytelling for grown-ups from 7-10 pm at the Max Cameron Theatre with humorist Skeena Reece and a Sacred Clown from Tsimshian Territory. This is a gala event, complete with a catered intermission prepared by Manzanita Restaurant. Free but donations gratefully accepted.

Nov 20: Lund Christmas Craft Fair, 10 am–4 pm at the Italian Hall in Wildwood. Warm atmosphere, full lunch and dessert menu, kids crafts corner, excellent variety and craftsmanship of locally produced goods.

Nov 20: Wild Wild West! Dance with casino and silent auction. Fundraiser for Powell River Brain Injury Society. Dress up Wild Western—prizes for best costumes! Bar & buffet by Manzanita. Dwight Hall, 7:30 pm. Tickets \$30 from 201-4741 Marine Ave.

Nov 23: ORCA Bus will be parked from 12:30–2:30 pm at the Powell River Public Library. For more information call 604 485-2132.

Nov 23: Festival of Trees lighting of the trees at 6:30 pm at the Town Centre Hotel. Viewing and voting Wed-Fri 11-8, Sat 11-6 and Sun 11-3.

Nov 23: PR Garden Club meets at the Cranberry Senior's Centre. Doors open at 7 pm, meeting 7:30 pm. Topic: Bill Reid with Terrariums. Everyone welcome.

Nov 24: ORCA Bus will be parked from 9:30–11:30 am in Townsite by the Old Courthouse Inn.

Nov 24: James Thomson school spaghetti night and floor hockey. 5-8 pm. Toonie per person. Everyone welcome. Vegan sauce as well as meat.

Nov 25: ORCA Bus parked from 9:30–11:30 am on Alberta Street by Assumption School.

Nov 26: ORCA Bus will be parked from 9:30–11:30 am at the Seniors' Centre in Cranberry.

Nov 26: Fine Arts Christmas Sale at Timberlane. Annual sale of members' art, including pottery, weaving, quilting and painting. 2–9 pm Friday, 10-3 Sat & Sun.

Nov 27: Santa Claus Brunch 9-noon at the TC Hotel.

Nov 27: Aché Brasil fuses dance, music & martial art into high-energy performance; 7 pm Max Cameron Theatre.

Nov 27: Trio Accord featuring Mary Sokol Brown, violin, Andrew Brown, viola, Ariel Barnes, cello, with guests David Brown, bass, Sarah Hagen, piano. 8 pm at the Academy of Music.

Nov 28: Festival of Trees gala dinner, silent and live auctions. Doors open at 5:30 pm. Tickets from PRACL at 201-4675 Marine Ave.

Nov 29: ORCA Bus will be parked from 9:30–11:30 am at Lund Community Hall. Call 604 485-2132.

Sunshine Speakers Toastmasters: Club meets 2nd and 4th Thursday at 7 pm in the School District office boardroom on Ontario Ave; and at noon on the 1st & 3rd Thursday. Guests welcome. Barb Rees, 604 485 2732 or Isabelle Southcott, 604 485-0003.

Alcoholics Anonymous: 8:30–9:30 pm. Fridays at United Church basement, Saturdays at Hospital Boardroom, Sundays at 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. Info? Call Pastor Carol at 604 485-2000.

Mondays: Breast Cancer Exercise Group. Fun, relaxed atmosphere. Open to all fitness levels. 4 pm at the PR Gymnastics Studio, 4360 Joyce. For more info contact Terri Beck at 604 485-5876.

Mondays: Family Place Garden Group: 10:30 am–12 pm at the Community Demonstration Garden. Call 604 485-2706 for more information.

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

Mondays: Bike ride at Suncoast Cycle, 6 pm

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

Mondays: Whist Club at the Lang Bay Hall, 1 pm. Contact 604 487-9332.

Second Monday: at Family Place: "Multiples", a group for parents with twins and more! 10 am–11:30 am.

Second & Fourth Monday: Faith Lutheran Food Cupboard is open 1–3 pm

Last Monday: at Family Place; La Leche League, breastfeeding support, 10 am.

Tuesdays: Carpet Bowling at the Lang Bay Hall, 2 pm. Contact 604 487-9332.

Tuesdays: at Family Place; "Toddler Time"; parent-child open drop-in and circle time 10:30 am–12 pm. "Parent Child Drop-in"; 12:30 pm–4:30 pm. Everyone Welcome.

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

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

First and third Tuesday: Kiwanis Club of PR, 7:30 pm at the Annex on Kiwanis Avenue. For more info call 604 487-9332.

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

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

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

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

Fourth Tuesday: Powell River Garden Club meets at the Cranberry Senior's Center (corner of Manson Ave and Cranberry St). Doors open at 7 pm. Meeting starts at 7:30 pm. Everyone welcome.

First Wednesday; at Family Place: "Stone Soup" cooperative lunch and "Open Space" planning, 12:30–2:30 pm.

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

Wednesdays: Family Place; "Baby and Me"; parent-child drop-in; 10:30 am–12:30 pm. "The open Space"; parent led family programs; 12:30–2:30 pm. Parent-child Drop-in 12:30–4:30 pm. everyone Welcome.

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

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

Thursdays: Crib Club at the Lang Bay Hall, 7 pm. Contact 604 487-9332.

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

Thursdays: Family Place, parent/child drop-in, 10:30am–4:30 pm. Please contact the Parent-Child Mother Goose program coordinator at mothergoose@prepsociety.org for more information.

Fridays: Anglican Church Community Lunch, 12–1 pm.

Fridays: Family Place, parent child drop in, 12:30–4:30 pm, everyone welcome. Please call 604 485-2706 for information about "Rhythm Circle Time" & "Bi-lingual Playgroup".

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.



Principal leads by example

How many Powell River principals can say hockey brought them to Powell River?

One. And that one is Jamie Burt, principal of Grief Point Elementary School.

In 1988, a 16-year-old boy from North Delta came to Powell River to play for the Powell River Paper Kings. He spent two years playing hockey and attending Max Cameron High School before graduating with a scholarship to the University of North Dakota.

Along with his good friend, local hockey legend Brad Bombardir, Jamie spent two years studying in the U.S. before leaving to “chase the hockey puck” elsewhere.

“As a 20-year-old I played in the Western Hockey League in Victoria for the Victoria Cougars for one year. I finished my junior year there and went to London, England to play professional hockey,” says Jamie.

He smiles when he recalls those days. “I was 21. They gave me a flat, a car, paid for flights there and back and I made pretty good money, too. I was going to stay. I had a contract extension offer but my parents, thankfully, nagged me about going back to university.”

Jamie thought about it and figured that maybe his parents had his best interests at heart and came back to Canada and went to UBC. “I ended up playing at UBC and finished up my degree. I have a history degree, and stayed another year to do my education degree.”



PRINCIPAL ON THE BALL: Road hockey returned to Grief Point this year, with the arrival of Jamie Burt as principal. He spends many lunch hours playing with the students.

While at UBC Jamie met his wife, Allison, who is a counsellor at Brooks Secondary School.

“One day we were out for a walk around False Creek and we ran into Rick Hopper, who’d recruited me for the Paper Kings. Rick said they were looking for a coach for the Kings and we exchanged calls, did an interview and I got the job. I told Allison she was welcome to join me in Powell River and, thankfully, she did!”

That was the summer of 1999. “Allison was a brand new teacher. She TOC’d (worked as a teacher on call) for a few weeks, then got her first contract. We were lucky. Powell River has been very good to us.”

Meanwhile, Jamie did some TOC work while coaching and after one-and-a-half years of coaching the Kings, he was fired. “It was devastating at the time,” he says, “but, ultimately, it was for the best.” The forced change gave him the opportunity to concentrate on his career in education. Jamie landed his first teaching job at JP Dallos Middle School. From there, he went to James Thomson. “I loved it there. That was my introduction to elementary school.” The following year Allison was expecting their first child and went on maternity leave. Jamie got Allison’s job teaching English at Max Cameron Secondary. “It was great! My wife is an outstanding teacher, very organized. She had it all planned and prepped and all I had to do was deliver it to the kids!”

After just three years of teaching, Jamie applied for and was given the vice principalship at James Thomson. “It was quick. I was very lucky to get such an opportunity.”

From there, Jamie went to Brooks where he was vice-principal for two years.

The variety, he says, has been great for a young educator because he’s had the opportunity to work with students at every grade level.

After Brooks, an opportunity to become the principal at Henderson Elementary was too good to pass up. “I spent three years at Henderson which I absolutely loved!”

It is obvious that Jamie Burt loves kids. “You’ve gotta love kids in this job,” he says. “I loved working with the teens at the high school, the kindergarten students who are just figuring out how to be at school and all the ages in between. The kids make the job great!”

Jamie and Allison’s daughter, Madeline is seven and in Grade 2 and son Tanner, five, is in Kindergarten.

Not surprisingly, Tanner is starting hockey this year.

Jamie says he likes to joke with Rick Hopper, his former coach and now good friend. “Rick’s youngest son, Adam, and my son, Tanner, are both playing hockey and soccer together. If you had told us 20 years ago, when Rick was coaching me that we’d have kids playing hockey and soccer together we wouldn’t have believed it!”

“It is all stuff I really enjoy doing with the kids,” he says when asked about playing road hockey with the kids at noon and recess or doing the cross country runs in the morning. “They get to see another side of you other than your role as principal.”

When Jamie was 17, he was the captain of the Powell River Paper Kings. “I learned a lot from that experience and took on more leadership roles as my hockey career continued. There is so much that translates from the role of captain or coach to the role of school principal. In both you are working with teams and individuals trying to achieve a common goal. Being a principal is a fascinating job with many layers. Effective communication and relationship building are key components of the job. Principals get to interact daily with students, teachers and parents and we are all working together to see that students are being successful at school. My experience in sports and being part of a team helped prepare me for this.”

Jamie has a reputation with students and parents alike of being approachable and easy to talk to.

“We are lucky to have a strong group of educators here. Throughout the first 10 years of my career I have been extremely fortunate to work with some excellent teachers and I have tried to soak up as much as possible from all of these people.”

The bell rings. Time’s up. Mr. Burt is off to play road hockey with the students. **RL**

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7100 Alberni St, Powell River 604 485-4681

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Powell River
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