



FEBRUARY 2011

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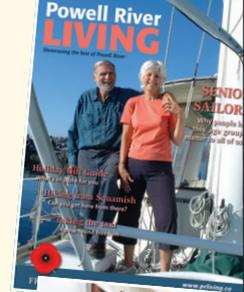
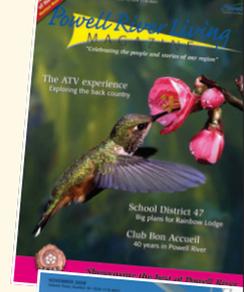
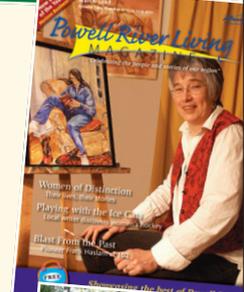
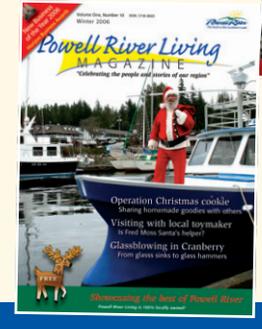
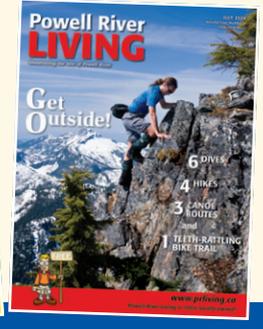
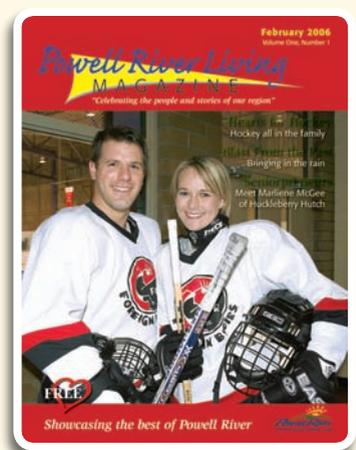
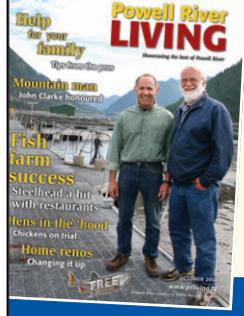
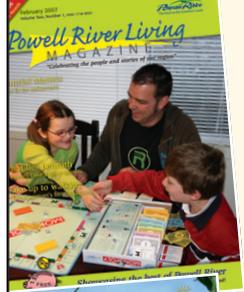
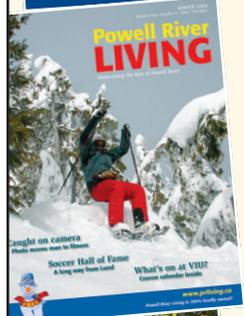


# FIVE YEARS OLD

Still 100% locally owned,  
and still FREE!

# Powell River LIVING

Showcasing the best of Powell River



The people of Powell River have been very supportive of this magazine. So much so that instead of throwing ourselves a party, we are giving \$5 for every ad purchased in this issue to the Powell River & District United Way.

And that's not all. We really appreciate our advertisers so there's a little something for you, too. There will be no change in rates for 2011. That's right: NO INCREASE!

Thank you Powell River,

*Isabelle Southcott Sean Percy*

Isabelle Southcott Publisher  
Sean Percy Sales Manager

Our first issue in February 2006 featured recent arrivals to Powell River, Dr Steyn & Liechen Naude.

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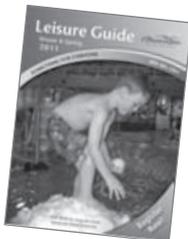
It's really quite simple. Promise to take better care of your body. The important thing is that you do something. Your first goal can be anything you want it to be. Check below for a sampling of the classes offered at the Complex starting in February.

**GOAL:** Aim for at least 30 minutes of moderate physical activity per day

*Begin by dropping by for a swim, skate or gym workout or aerobic class.*

**GOAL:** Do physical activity with a friend to motivate each other! Check these out:

*Refer to the Winter Leisure Guide for more information.*



- **Valentine Family Dance**  
Tue, Feb 15 @ 6:30–7:45 pm  
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  - **Mother & Daughter Hooping for Fun**  
Tue, Feb 22 @ 5:45 pm
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Tue & Thu, Mar 15 @ 2:15–3:15 pm  
*Discover in-town trails and hike a good 45 min per class.*
  - **Senior Fun Water Fitness**  
Thu, Feb 10 @ 10:15–10:45 am
  - **Paddles Up**  
Wed, Feb 23 @ 5:30–6 pm  
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- GOAL:** Learn ways to avoid the risk of heart disease & discover important nutrition facts
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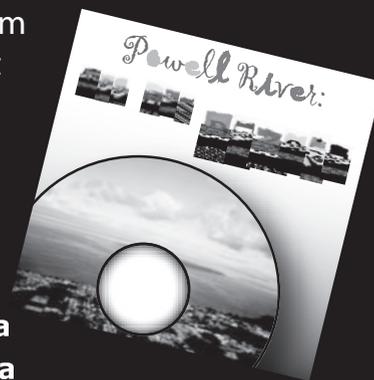
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### OUR CHOICE OF PAPER

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

Sea lions spend a couple of months every winter nearby The Hulks in The Townsite.

Photo by Robert Colasanto

## Powell River Living CONTRIBUTORS

**DEB CALDERON** is the facilitator for Destination Conservation and coordinator of the Community Adult Literacy program in Powell River. She is also a member of River City Storytellers.



**ROBERT COLASANTO** has worked as a professional photographer for over 35 years and enjoys documenting Powell River in the moment, as it happens.



**SAVERIO COLASANTO** is a grade four student actively pursuing his dream of becoming a filmmaker. He likes nothing more than bundling up in nasty weather and heading outside with his camera.



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



**ROSEMARY ENTWISLE** is a retired health psychologist. She is a member of the Powell River Writers' Conference and her articles have been published in health magazines.



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



**EMMA LEVEZ LAROCQUE** is the Literacy Outreach Coordinator for Powell River. Her job is to raise awareness about literacy in the community. Visit [www.powellriver-literacy.ca](http://www.powellriver-literacy.ca) for more information.



**L'IL RED** is the creation of local photographer Lilia Cardoso-Gould to draw attention to the beauty of Powell River. To see more great Powell River photos visit *Take a Seat* on Facebook.



**DARREN ROBINSON**, Executive Director of Tourism Powell River, has been captivated by the art of photography since his youth. His images have been featured in many tourism-based marketing pieces, books, ad campaigns and websites.



**LISA STRICKLAND-CLARK**, originally from England, moved to Powell River two years ago and opened her private practice as a registered psychologist. She feels very fortunate to be able to live and work in this beautiful place with such a welcoming community.



**JONATHAN WILLCOCKS** is with Pinnacle Pursuits, an experiential learning, leadership and team-building company. He works locally and globally to engage and inspire people of all ages to reach their potential. Visit [www.pinnaclepursuits.com](http://www.pinnaclepursuits.com) for more.



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We welcome feedback from our readers. Email your comments to [isabelle@prliving.ca](mailto: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 6, Number 1

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# Powell River Living IN THIS ISSUE

## To live the dream, you need big, hairy goals

**F**ive years ago I had a big, hairy, audacious dream. I wanted to create a place where we could tell stories about the amazing, cool, fabulous things the people of Powell River do. A place where we could write about our neighbours and friends, where we could celebrate what matters.

I dreamed of starting a magazine. A magazine about Powell River by Powell River. I could see it in my mind. I knew how it would look on paper. I envisioned *Powell River Living* long before the first copy rolled off the press five years ago.

Although I wanted to start this magazine, something was holding me back. "What makes you think you can start a magazine?" the gremlin sitting on my shoulder asked. "What do you know about running a business? What do you know about publishing?"

What did I know? Not much. I was a writer. I'd spent my life working for daily and community newspapers; I'd never started a magazine before.

But something told me to ignore those gremlins and follow my dream. I remembered that famous quote where Martin Luther King says: "Faith is taking the first step even when you don't see the whole staircase."

So I did. I took the first step. And the second. And the third. Pretty soon, I passed the half way point and there was no turning back. The *Powell River Living* train was racing down the track. I couldn't have stopped it if I'd tried.

It was thrilling to hold that first copy in my hands. I will be forever grateful to the community and advertisers for supporting my dream. Why did they do it? Because I told them about my dream and they shared my dream, so soon it became theirs. It became ours.

You will never go anywhere unless you take that first step and that first step will never happen unless you have a dream. I recently attended a Toastmasters conference where district governor Tom Jones spoke about big, hairy, audacious goals. Why hairy? "Because hairy is scary," he said, and scary stops us from following our dreams.

Lee Young knows all about big, hairy, audacious dreams. She had to. Turn to page 7 and read how she lost 400 pounds and got her life back. On page 11, Powell River grandmothers dream of helping African grandmothers raise their orphaned grandchildren. On page 20, local photographer Lilia Cardoso-Gould and Take-A-Seat share her dream of showing the beauty of Powell River to the world.

Five years ago, I had a dream to start a magazine. Today I am living my dream.

Do you have a dream? Then tell somebody about your dream and take that first step. [PR](#)



Isabelle Southcott, Publisher • [isabelle@prliving.ca](mailto:isabelle@prliving.ca)

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

**Dear Powell River Living:**

Congratulations to all of you and to Darren Robinson at Tourism Powell River for producing the best Powell River Living ever with *Winter Living!* Everything about it from the stories, to the photography to the layout put this magazine at the top of its class. Darren, I love your story with your daughter, and hope it inspires other parents to "unplug their kids." Well done!

**Barb Rees**  
DUNCAN STREET

**Dear Powell River Living:**

I want to congratulate you on your newest publication for Powell River Living. Our first impression of *Winter Living* is one of true professionalism and outstanding journalistic quality. We are both looking forward to perusing it in detail! I am particularly impressed with the quality and amount of commercial advertising – well done!

**Gale Alsgard**  
TWEEDSMUIR AVENUE

**Dear Powell River Living:**

I just wanted to say what a wonderful supplement *Winter Living* is. Its just perfect. You did a fabulous job.

**Janice Olfert**  
HEATHER TOURS

**Ooops!**

Our apologies for including information about a defunct storytelling festival occurring at St David and St Paul Anglican Church last month. Thanks to Jeanette Scott for letting us know about this. If you enjoy storytelling, don't miss the Whoop-di-doo storytelling evening on February 12 at the Max Cameron Theatre.

**Thanks Andy**

Thanks to Andy Evans and the rest of the Knuckleheads for all the great photos that you took for *Winter Living!* You are awesome Andy. Seriously, thank you for all your help with our first winter publication focusing on all the amazing activities Powell River has to offer during the winter months. Did I say Knuckleheads yet? And please accept my apology for mixing up photo credits.

**Isabelle Southcott**  
PUBLISHER  
Powell River Living



**FAMOUS CONNECTION:** Rosemarie Primrose and her late husband Tommy were photographed with country and western legend Wilf Carter. A story about Rosemarie in the December issue of *Powell River Living* incorrectly identified her late husband as Bob.

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# She could, and she did

## How Lee turned her life around

By Tracey Ellis

I didn't recognize her. Looking youthful, healthy and well put together, I didn't recognize the woman standing before me at the local Starbucks as Lee (Beverly) Young, a woman I was acquainted with over 15 years ago. She showed me her driver's license. The woman looking back at me in the photo looked older, deeply unhappy and much, much heavier. I didn't recognize that woman either.

The road to this point in her life, she would explain to me over the next two-and-a-half hours, wasn't easy and anyone who thinks gastric bypass surgery is "the easy way" to lose the weight needs to read on.

Many of us struggle to lose weight, especially at this time of year. On the Facebook group I'm connected with, many of the stories are the same with the weight creeping on as the babies

With marriage and babies born with genetic health issues came new stresses and food became insulation against the world. "I remember watching the movie Mean Girls and the line that there were the 'plastics,' the 'Asians' and 'the kids who ate their feelings,'" says Lee. "That was me. My fat was my wall and the fatter I got, the more people I could keep away."

In 1994, Lee first pursued gastric bypass surgery; sick of the yo-yo dieting and short-term weight loss and weight rebounding. She was refused. "I wasn't fat enough at 100 pounds overweight," she says. So she walked one hour each day, did step aerobics and dieted intensively and lost 100 pounds.

"I felt wonderful and everything was great," she said. But it didn't last. Six months later she started to gain weight again. "It was scary," she admits. "I felt like such a failure, I had lost



**THE 'BEFORE' PIC:** Lee Young, second from right enjoys good friends and fun.

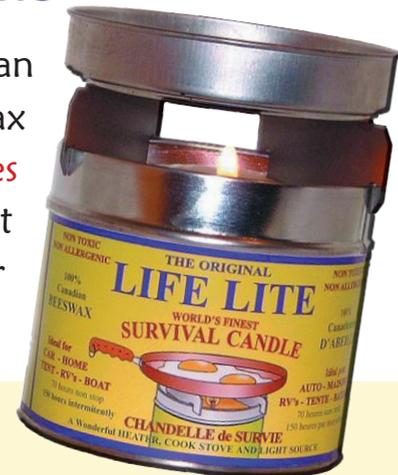
come and it gets harder and harder to lose. Maybe it's 10 pounds, maybe it's 20, but anyone trying to lose weight will tell you it's hard. Imagine if that 20 pounds was 200 pounds. Imagine if it was 300 pounds, imagine it's more. Imagine it's almost 550 pounds.

As the youngest of three children from depression-era parents, Lee grew up under the old "eat everything on your plate" mantra from that time. Food was a reward, and as Lee's eating disorder became more apparent, locking up food became a punishment, which led to binge eating. Binge eating led to starving cycles that eventually became a vicious circle of reward and punishing herself — with food.

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**AND THE 'AFTER' PIC:** Lee Young, fit, healthy, and still fun!

all this weight and everyone was watching me!” Along with the audience came the unwanted advice. “Telling me to lose weight or even worse, how to lose the weight, didn’t help, I was already my own worst critic.” Lee admits that she had to develop a thick skin over the years, but what she would overhear people say has stuck with her to this day. “It was like I wasn’t even there, and that’s hard to let go,” she admits.

Her marriage did not survive the turmoil of her weight battle, but her children were always there for her. With her weight

creeping up to 548 pounds, when she was severely disabled by her weight, it was her children that made her fight her way back from the prison her body had become. “I realized that I was missing out on part of their lives; that I couldn’t do stuff with them because I couldn’t get about and I didn’t want to be seen.” This is a tearful moment for a mom who wants to be everything for her kids.

“No matter if you’re trying to lose five pounds or 100, everyone has that, Ah-hah moment where you know you’re going to do something about it,” Lee said. “It’s at that moment you know there is no turning back. That’s when you know you’ll succeed.”

With her health failing, and her knees in need of replacement, the weight had to come off before that surgery could be safely done, and the gastric bypass surgery was scheduled.

“It was do-or-die for me,” Lee admits. “I was a borderline diabetic, on an air/gas machine for sleep apnea. My health was failing.” While the recovery from surgery was difficult, the weight finally began to come off. Over 100 pounds in the first month, and after six weeks, she was off all insulin. With her weight loss finally steady, surgery on her knees was scheduled.

With her second chance at life firmly in hand, Lee walks off her stress for five miles every day instead of eating it. She watches what she eats, aware of a new intolerance for sugary or rich and creamy foods. Yet Lee says she’ll never be on a diet again. “I can’t ever eat like that again,” she says. “I don’t follow a diet, I eat when I’m hungry with a grazing approach that keeps my metabolism on a steady keel.” She says there are many clichés spoken around dieting, but they are all true. The road to success is paved with a few good things: find a doctor who understands your eating disorder—Lee likened her disorder to being “a great white shark on a feeding frenzy.” Give up what isn’t normal or realistic, like regimented diets that you can’t possibly stay on for the rest of your life. Eat slowly. Keep a food journal. Don’t get on the scale.

“Part of me will always see myself as huge. I’m an emotional eater. This (surgery) is the only thing that worked for me.”

“Everyone has something they wish they could change,” she adds. She is now a svelte size 10-12, a mere shadow of her former 6X self. “I’ve just had to work at my change a little harder, but it makes me who I am.” She admits, though, it’s hard to take a compliment, which is too bad, when there is much on which to compliment her. **PR**

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# Winter doldrums

## Seasonal affective disorder

By Christine Munro, VCH

**W**inter can be difficult for those particularly vulnerable to the seasonal impact of the often long, dark months. When the days grow shorter our imprinted DNA of the past, tell us it is time to settle in for the cold season, gain weight and sleep. Except that in modern day times we ignore these messages and as result, often struggle with SAD (Seasonal affective disorder).

### Symptoms of SAD

The four symptoms most often associated with SAD are increased desire to sleep; extreme lethargy; depressed mood; and increased appetite, which often leads to weight gain. SAD is different from 'depression' in subtle ways. Most people with clinical depression have difficulty sleeping, SAD sufferers generally want to sleep more. Depression often causes loss of appetite. SAD sufferers crave sweets and fatty foods. Those with depression find mornings more difficult, and their mood usually lightens as the day progresses. SAD sufferers find that

as the darkness approaches, they feel worse. They also find their symptoms begin in the fall and lessen in the spring. Clinical depression can develop at any time of the year.

### Helpful suggestions for coping

Begin light treatment in early October. It is best to start treatment before the usual onset of symptoms.

- Don't skip or shorten treatment because you're feeling better...you may relapse.
- Try making bright light therapy part of your daily winter routine, while having breakfast.
- Educate yourself, family and close friends regarding SAD to gain their understanding and support.
- Reduce mild winter depressive symptoms by exercising daily - outdoors when possible to take advantage of natural light.
- Get as much light as possible and avoid



**SPECIAL LIGHTING:** Many brands offer full-spectrum lighting help for SAD.

dark environments during daylight hours in the winter.

- Avoid staying up late; this disrupts your sleep schedule and biological clock.

- Stay on a regular sleep/wake schedule.
- Conserve energy by managing time wisely and avoiding or minimizing unnecessary stress.
- If you are able, arrange a winter vacation to a sunny climate! But don't forget to resume light treatment when you are back.

In Powell River, light therapy lamps are available at Safeway Pharmacy, Westview Pharmacy and Pharmasave. Drake-Medox has a loan/purchase option that allows you to try the light for a fee that goes towards purchase price; mental health clients can sign up for a trial loan at no cost. [PRL](#)



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# A kid's perspective

There's lots to do when the weather's awful

By Saverio Colasanto

Nine-year-old Saverio Colasanto has written about ways to keep busy when stuck inside on a cold or wet winter day.

**W**hen the weather outside is frightful, there are still lots of things you can do inside.

If you have a staircase, you can do many fun things with it. It is fun to send balls down the stairs and retrieve them, but grownups don't seem to like this idea. Slinky toys are really fun, but they are fragile. Slinkys, if they are lucky, last three weeks in our house. Building domino tracks is really challenging, but after a lot of practice you get the knack of it. You can make shapes with the tracks, like a spiral, a triangle, or even a rocket. You just need to line them up perfectly to make sure they hit the right row on the next stair.

Board games are really fun, if you know how to play. Chess, Scrabble, and Checkers are good if you have someone to play with. But if you don't you can play with cards. These games are even more fun if you can win.

You can go to the Complex or to the Patricia Theatre. The Complex is a lot of fun. You can swim, skate, eat and sometimes even watch concerts or movies. At the Patricia you can watch movies, and sometimes plays and live music. You can eat good buttery popcorn.

Usually reading is a good way to pass the time. Once you start reading an exciting book it's hard to put it away.



**CHECKMATE:** If you have someone to play with chess is good way to pass the time indoors. Brothers Nicolas and Saverio Colasanto play a game after spending time outdoors.

These are all things you can do inside when the weather outside is frightful. But the thing is, it's never too frightful to go outside! **PRL**

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# Powell River meets Africa

## Grandmothers unite and Gogo for it!

By Rosemary Entwisle

The crowded room was filled with the warmth and sound of Africa. Many voices rising and falling to powerful drumbeats greeted us; the warmth was welcome after the chill slashing rain we had come through.

Stepping into the Comox Lions Club we were swiftly absorbed into a chanting circle, packed tight to one another; we also opened our voices. As we did so, the circle slowly began to move, to rotate still singing, on and on until we came to two seated African women, Victoria and Thandeka. White hands met black in greeting—a moment's connection that touched hearts. The circle stilled and songs ceased.

After a potluck lunch we were introduced. Everyone there on this day in late November of last year supported the Grandmothers to Grandmothers Campaign, an initiative of the Stephen Lewis Foundation whose aim is to turn the tide of AIDS in Africa. Victoria and Thandeka were taking part in the foundation's AfriGrand Caravan, travelling to raise awareness of the AIDS epidemic. Nine grandmothers (and grandmothers) from Powell River travelled to Comox that day to participate. On hearing that we had travelled across the water to visit, Victoria invited us to sit across the table from her.

From her powerful presence her voice rose clear and strong. She told of devastating family losses from AIDS, the thirty orphans she tends, and the poverty that hinders many grandmothers in their bid to raise and improve the lot of their communities. She spoke of the ways that Canadian grandmothers' support is important and emphasized that it is vital for us to encourage our government to continue sending healing drugs at prices the Africans can afford.

In the afternoon we attended a presentation given to high school and North Island College students. Victoria spoke again and we saw a video outlining the help that an orphanage can

offer. The Powell River nine had to leave early to catch the ferry home and as we filed out throbbing tones of an African song sung by Victoria rang in our ears.

Meeting with real people dealing with the catastrophe of AIDS left a deep impression on me. I saw the depth and impact of what Gogo groups do. (Gogo is a Zulu word meaning "grandmother"). Through the Stephen Lewis Foundation, they help AIDS sufferers to receive necessary drugs, receive HIV/AIDS counselling, aid orphans, care for the sick at home, start small businesses, cultivate community gardens and advocate for HIV/AIDS treatment supplies. Supporting the grandmothers financially enables them to raise and to offer education for the young, which will eventually benefit all in the community.

The Powell River group (Sunshine Gogos), founded in May 2009, is one of 240 such groups across Canada. It is an active, friendly group that has fun while raising funds. So far, the Sunshine Gogos, through the generosity of this community, have contributed \$1,700 to the Grandmothers to Grandmothers Campaign. Though thousands of miles away, we nonetheless help to re-establish vitality in devastated communities across Africa. I am a grandmother myself and I feel privileged to be part of a group of others who help those far away fighting for their lives. Together we are turning the tide on the AIDS epidemic. Our mission is succeeding. **RL**



**AIDS STORIES:** Victoria & Thandeka shared stories with Powell River grandmothers about AIDS orphans and the help orphanages in their community offer.

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This project is made possible through funding from the Government of Canada and the Province of British Columbia.

# Stories for grown-ups

## Two local storytellers spin tales

By Deb Calderon

**O**nce upon a time...

How often, as children did we hear these words and know what was coming next was going to be fun and exciting? Since ancient times people have used stories to entertain, educate and pass on vital information to each other. Whether we are reliving the glories of history or remembering a beloved grandparent, we tell each other about our lives through stories. Through stories we connect and share life's difficulties and burdens. Through stories we teach each other, pass on morals and traditions and an understanding of how the world works.

But sadly, many of us leave storytelling behind when we grow up. Storytelling is just as important for adults as it is for children. By telling stories we free our imagination and creativity and make sense of our lives. Some stories we have found worth repeating and these become the gems in our collections.

Powell River people have many of these gems to tell, from First Nations stories to logging tales to everyday kitchen stories; we all have something to share. So it is great that Whoop-di-doo! An Evening of Storytelling for Grownups, is now in its third year. The format of the evening starts with two or three local storytellers getting a chance to tell their stories on the big Max Cameron Theatre stage, followed by a professional storyteller brought in

from out of town. Whoop-di-doo was expanded to a three part series, which began in November. There will be two more events this winter, one in February and one in March.

I wanted to find out what stories mean to our local storytellers and I caught up with two of them, Alfred Bolster and Pastor Oskar Arajs.

Pastor Oskar will be appearing at the February 12 Whoop Di Doo event. He is well known for weaving stories into his weekly sermons at Westview Baptist Church and captivating his congregation with his message. He told me that he wasn't really brought up with a lot of storytelling, and was more of a science and math kid. But Oskar realized when he became a pastor, that storytelling just grabs people and touches their hearts. "I can try to make a point 50 times over by telling people, but unless I touch them at an emotional level it won't work."

Pastor Oskar will be sharing the stage with master storyteller Ivan Coyote on February 12.

Another local who will be appearing at the March 19 storytelling night is Alfred Bolster. Alfred shared a story with us at last year's Whoop Di Doo about his teddy bear, a poignant story of his early years and how a small bear made a difference in his life. This year he will be sharing the stage with CBC's Jonathan Goldstein of

WireTap and other local storytellers.

When I asked Alfred his thoughts on storytelling he told me that he feels storytelling is an important way to connect and create community.

Having been brought up on a farm he grew up hearing stories all his life. "Stories the men told were of tractors and the cars and the ones the women told were of the home and the community. Some of the best storytelling you heard was at the coffee shop. My family owned a trucking company and every trucker brought home a story of adventure to share at the coffee table." This year he will be sharing another tale from his youth.

With all these fine local storytellers taking to the stage and the wonderful talent we are bringing in from out of town, you won't want to miss these events. Make sure you put these events on your calendar: February 12 and March 19. The Whoop Di Doo is an evening of fun and magical storytelling for grown ups with admission by donation.

The evening is supported by the Powell River Public Library and the Powell River Literacy Council. Funding is provided by the Canada Council for the Arts.

Stories delight us, they thrill us and they touch us. Author, Isak Dinesen wrote: "To be a person is to have a story to tell."

Join us, sit back and listen, because *Once upon a time...* PRL

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# O-O-Oysters!

Tasty treats no matter the weather

By Darren Robinson

*Too wet to go out  
And too cold to play ball.  
So we sat in the house.  
We did nothing at all.  
So all we could do was just  
Sit. Sit. Sit. Sit.  
And we did not like it.  
Not one little bit.*

*Cat in the Hat*, Dr Seuss

**M**y four-year-old daughter points to sweet Sally and dear Dick as they gaze longingly out the window, waiting for the rain to stop so the world can get back entertaining them.

“Hey dad, that’s like us,” she quips, noticing her little sister looking out the patio window at the relentless rainstorm. ‘Why yes, that is us, isn’t it? All stuck in the house this cold, cold, wet day,’ I thought.

But in our reality, there is no six foot tall overzealous feline sporting a striped top hat riding in on his Thingamajigger with his angry fishy passenger, ready to save us from our impending boredom and self pity. This one was up to my wife and me.

“Let’s go oyster hunting!” Yyyyyyyyyy! We may have just saved the day with those four words.

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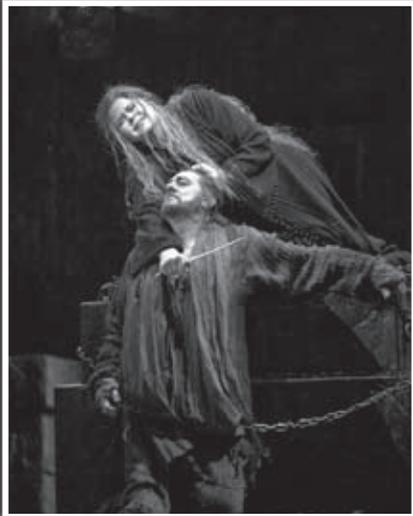


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**SEA OF PLENTY:** Low tide reveals acres of oysters, ready for the picking. But watch out—they're sharp!



**OYSTER EATING:** Why do we go through all the trouble? Because of the delicious end-of-the-day feast.

Dressed in weather-appropriate gear, we headed off to Myrtle Rocks, ten minutes south of Powell River and home to count-



**CASUALTIES:** The sight of daddy being attacked by an enemy oyster evoked this war cry.

less yummy shellfish, all ready and willing to jump right into our waiting buckets just to get out of the rain. Right?

Um. Not exactly.

Yes, there was an endless field of oysters strewn across the retreating afternoon tide. But they weren't exactly in the mood to be taken hostage by this fun-seeking family of four.

From straight out of a Hollywood war film, we stepped onto the battlefield. The oysters were all standing at attention, seemingly eyeing up us territorial intruders. We went to work quickly. Armed with nothing more than a six-inch oyster opener with a plastic handle, we headed straight for the larger shells.

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Ten minutes go by, still no casualties. Perhaps we are using this tool incorrectly? Why can we not get any of them open? Perhaps a jackhammer would have been a more effective weapon of choice. Anyone remember to bring dynamite?

After nearly an hour of ferocious warfare, we had successfully shucked a measly ten oysters. Prior to this outing we had envisioned coming home to a medieval feast table complete with enough oysters to satisfy every soldier in this small army. But instead, we may be fighting over who gets to lick the garlic butter out of the empty shells.

Breaking into the hard exterior of an oyster takes patience, skill, cunning and deft hands. I have none of these traits. What I do have is stubbornness, and plenty of it. We arrived with a vision, a purpose, and what kind of a leader and role model to my children would I be if I just waved the white flag? Would Cat in the Hat just call it quits in the face of adversity?

I gritted my teeth and grabbed a hold of the biggest monster I could find and started prying him open as my eldest daughter cheered on.

But just as I managed to crack his protective force field, the blood started flying. He got me. Armed with razor-sharp barnacles and a very bad attitude, he got me. I separated my adversary from his busted shell and slid him into the bucket with the other POWs. I then noticed a descent-sized gash on the back of my hand. Sweet. Battle scars.

But now things are serious. My youngest daughter, evidently upset by the sight of her daddy's wounds, let out a battle cry unlike any I have heard before. It was shrill enough to evoke fear in our enemies, while motivating me to forget about my cuts and finish

our mission. With a heart for battle and very hungry tummies, we managed to walk away with eighteen plump oysters and a couple dozen mussels.

As we staggered back to the car, and with perfectly poetic timing, the rain stopped and the stormy skies started to turn blue. The battle was ours to win and we worked like a team of warriors out there that day. Family adventure awaits the brave and rewards those who continue to seek it regardless of the changing weather here on the Sunshine Coast.

The feast was hard-earned and extremely delicious. And I so did like it. Every little bit. **RL**

## COMING UP!

### Festival of Performing Arts

Don't miss the Powell River Festival of the Performing Arts from February 21 to March 9.

Every year school children and adult musicians, actors and other performers take to the stage to perform and learn from great adjudicators while entertaining and wowing audiences.

Initiated in 1944, by the Knights of Pythian and the Pythian Sisters Temple, the annual Festival of the Performing Arts is the oldest such Festival in BC. For more information visit [clubrunner.ca/powellriver](http://clubrunner.ca/powellriver). Events are held at the Max Cameron and Evergreen Theatres.

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# When you're in pain

## Advice from three experts

By Paul Galinski

**P**hysical pain is one of the more irritating components of life. While pain is a warning for people to cease and desist activity that can be injurious, or to signify that there is something wrong with the body, chronic pain, especially, can be disruptive. Fortunately, for people experiencing pain, there are multitudinous ways to seek relief.

### Chronic versus acute

Dr David May, a Powell River general practitioner who specializes in pain management, said chronic and acute pain greatly dissimilar.

"When talking about chronic pain it is a very different beast than acute pain," May said. "Acute pain is actually good. You want to have acute pain. It's there to protect you."

"Acute pain tells you when you are damaging yourself, and to do something, such as taking your hand off the iron or the hotplate."

May said a chronic condition would be indicated by continuous pain that goes on for more than six weeks and is not necessarily associated with any "useful information."

"You might not actually have any obvious damage that's causing the pain but you still have the pain," he said.

The advice doctors provide about chronic pain should be very different from the advice given about acute pain.

"In fact, the management of chronic pain is much more to do about lifestyle and self-management than it is to do with drugs, per se, although drugs do play a role in chronic pain," May said. "Lifestyle and self-management are just as important. You can do the very simple motherhood stuff like making sure you get exercise every day."

Healthy diets, recovery from drug or alcohol addictions, quitting smoking and good mental health are also vitally

important factors for chronic pain management.

Drug therapies are frequently useful in treating acute pain but they are not nearly as effective in treating chronic pain. While prescription drugs will help alleviate some chronic pain conditions, according to May, a wonder drug for chronic pain has yet to be invented, despite contrary claims by some drug manufacturers.

### Find the underlying cause

Chiropractor Dr Ted Johnson said he often takes a non-traditional view of pain. He said that one of his key concepts in terms of pain is it is typically not the first sign there is a problem.

"I always try to educate people to be more focused on the function of their bodies rather than how things feel, whether it's their spine, digestive system, cardiovascular system or whatever," he said. "Practitioners often become focused on where the person is feeling the pain but where they are feeling the pain is not always where the problem is coming from. Some practitioners will chase the pain around the body and miss the underlying cause."

Johnson said in terms of prevention from a chiropractic standpoint, people typically see him with some level of pain to start off with, and then he educates them about the various levels of things he can do for pain reduction or prevention.

"What chiropractors do, by definition, is fairly simple," he said. "We find areas

in the spine that aren't functioning properly or are in the wrong position and we try to correct that function or position. As such, the body tends to feel better or heal itself more effectively. As a happy consequence, typically pain goes away."

### Natural remedies

Some choose to use natural remedies for pain relief. Kelly's Specialty Store caters to people seeking solutions to a range of health issues. "We focus on supplements, nutrition and homeopathic remedies that are as organic or chemical-free as possible," said Robin Morrison, regarding the store's many products. "That's constantly evolving."

"There are products to help with joint pain. We have a whole shelf of products that are good for treating colds."

Morrison said most people seeking herbal and natural remedies for pain or other issues are people who are typically proactive about their health.

"They typically prefer a team approach, know their bodies best, they are willing to do the research and get the maximum value out of their visits to the doctor because they have a team of practitioners. They are good at getting better and staying that way. Who wants to be in pain?"

Morrison is also practitioner of massage. She said this form of therapy can assist in alleviating pain and essentially eliminating it, depending on the person and the type of injury, trauma, or condition they have. **RL**



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# Do you dig gardening?

## Then try Seedy Saturday

By Wendy Devlin

Living in Powell River, you don't have to dig very deep, to meet a gardener. To find a few hundred gardeners, in the same room at the same time, look no further than the Arbutus Room at the Recreation Complex, March 12. That's when, as sure as robins return in the spring, gardeners flock to Seedy Saturday, Powell River's Seed Swap and Garden Fair.

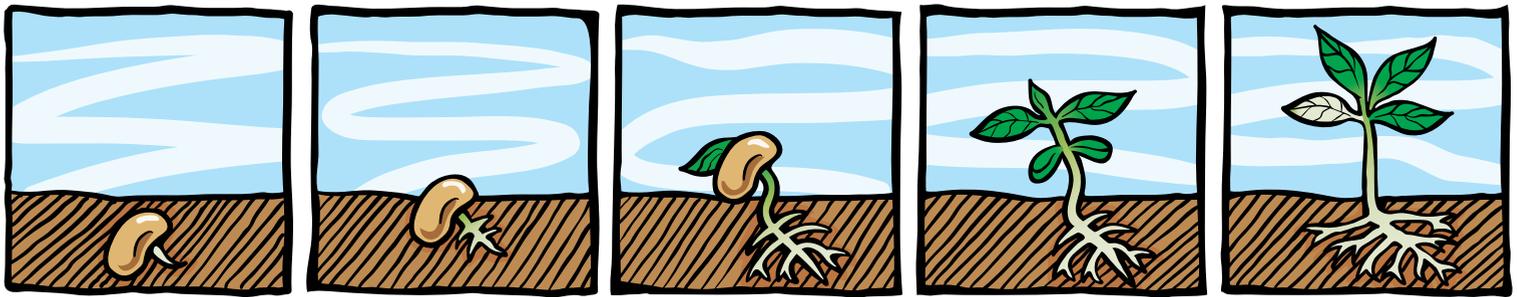
This year's community event, sponsored by the Powell River Farmers' Institute, celebrates the society's 96 years of support for local agriculture. Six years ago, the Farmers' Institute introduced

Seedy Saturday to Powell River, adding our community to the network of Canadian seed-swaps from coast to coast. In this one-day event, each community gathers to celebrate seeds and diversity among peoples and plants.

Seedy Saturday 2011 includes even more garden-related activities this coming spring. The community seed swap has expanded to books, magazines and seed catalogs, less than five years old. Combine fun, learning, spring-cleaning and recycling, in one big swoop by bringing your gently used materials to the swap.

New to the Seedy Saturday event, is the inclusion of local vendors, selling products like seeds, gardening books, organic fertilizers, Red Wiggler worms, mason bees and bee houses. Community non-profit groups have been invited to display informational tables, with memberships available and fund-raising items for sale. The Farmers' Institute will hold a silent auction, featuring a range of useful items, contributed by local businesses, to help fund the event.

The popular free workshops have returned and include timely topics like:



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**SEEDS APLENTY:** Among the dozens of varieties of seeds, including many heirloom varieties, to discover will be (from left) hot chili pepper (*capsicum annuum*); 'Harris Model' parsnip (*Pastinaca sativa*); and Tomatillo (*Physallis ixocarpa*).

organic remedies for fruit and vegetable diseases, edible landscaping, attracting garden pollinators and seed-starting and saving. Two streams of eight workshops start every hour on the half hour and run for 45 minutes with a 15-minute break before the next workshop starts.

Everyone is invited to attend Seedy Saturday whether they have seeds to swap or not. If you arrive with seeds, please pre-package them in closed, envelopes, labeled with the correct name of the plant and year collected, ready to swap. At the checking-in seed swap table, a volunteer

will record your number of seed packages and initial the number on a receipt. Your seeds get placed, alphabetically into three categories: vegetables, fruits and herbs into the seed exchange. You then browse over the hundreds of other seed packages and make your selections, swapping for the same number of packages that you brought. You can also purchase seed packages for fifty cents each, up to a 10 package limit. Even if you don't have seeds to swap, you can purchase 10 packages. The idea is to make local seeds available and affordable.

Meanwhile, away from the seed/book/information tables, Shona of Boule Bread, will be serving up delicious beverages and food at the Seedy Cafe. A children's activity corner hosted by Family Place will make the event, a family affair.

Seedy Saturday organizers, Kevin Wilson, David Parkinson, Helena Bird, Wendy Devlin, Christine Dudgeon and Julie Thorne invite everyone to enjoy this fun-filled community event.

Doors open at 10 am and the event continues until 3 pm. Admission is \$2; children under 12 are free. [RL](#)

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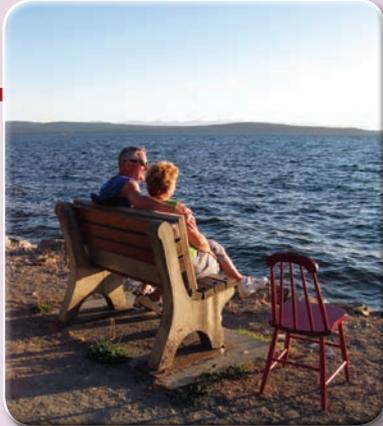
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Photos by Lilia Cardoso-Gould

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# Money matters

Improving your financial literacy makes cents

By Emma Levez Larocque

**M**oney. We might love it. We might hate it. But it's one of those things few of us can live without. When you sit down and think about it, how much do you really know about money and how to make the most of yours?

A recent survey by the Canadian Institute of Chartered Accountants (CICA) reveals that there is plenty of room for growth in the area of financial literacy for Canadians.

According to the CICA, "Many Canadians are in difficult financial circumstances or making financial decisions that threaten their long-term prosperity." But the news is not all bad. People realize there is a problem, and they are looking for solutions. And it seems that part of the answer lies with teaching young people about the merits of be-



**PRIME TIME:** Rori Davies, a recent graduate of Brooks Secondary School, knows the importance of learning about financial matters in your teenage years.

Photo by Emma Levez Larocque

ing financially literate and responsible.

For several years First Credit Union has offered financial literacy training to schools and community groups by request. "Starting this training with kids and youth helps to get people off on the right foot," says Randall Smisko, Personal Account Manager with the institution. Now the Credit Union is exploring different programs to more formally offer Financial Literacy education to the youth in the community.

"As a Credit Union, we have been going into schools for years, but up until now, we haven't been initiating it," says Kirsty Reid, Manager of the Wealth Management Department. "The Credit Union is very community-involved, and this is giving back in a

"Reading is the foundation of knowledge."  
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sense—showing that we’re about supporting members of the community.”

Smisko says it’s fun to go into the schools and interact with kids. “It’s a different experience and setting for us... and it’s good to be able to pass on some knowledge that will benefit them.” Smisko teaches everything from a basic overview of what banking is to the hows and whys of being responsible with credit, lending and saving. That’s not the only financial training kids are getting. Grade 10 students also receive 20 hours of instruction through a Ministry of Education program called Planning 10 on topics like budgeting, credit and debt, personal income tax,

the costs and sources of funding associated with various education and career options, and formulating a personal financial plan.

“When people are in control of their finances, they are more confident, and, generally, people who have good financial situations are less stressed in life, (so the effects are far-reaching),” Smisko continues. “Having a higher financial literacy can prevent people from making mistakes that could end up costing them in the long run.... It’s important for people to realize at a young age that they need to take responsibility for their own finances and that there are professionals out there who can help them.” **PR**

## Highlights from CICA Survey

- ☞ Seventy-eight percent of Canadian parents have attempted to **teach their children financial management skills**, but almost two-thirds (60 percent) believe they have not been very successful; how best to teach their children ranks second among the most sought after financial literacy skills. (Tips on minimizing taxes was the first.)
- ☞ Thirty-four percent of people surveyed reported carrying over a **monthly balance on their credit cards** and, among them, 55 percent intend to carry forward a balance over the next month.

- ☞ More than one in ten Canadians (12 percent) have borrowed to cover **day-to-day living expenses**, and half of them still owe against these loans.
- ☞ Of those 55 or older, 40 percent reported they have not saved enough for their **retirement**.
- ☞ Among those planning to retire in the next five years, 32 percent believe they have **not saved enough** to retire on.

*CICA’s Canadian Finance Study was conducted by Harris Decima via telephone during the summer of 2010 with a national random sample of 1,011 adult Canadians aged 18 years and older. It is considered accurate to within  $\pm 3.1$  percent, 19 times out of 20. A survey summary report is available online at [www.cica.ca/flsurvey2010](http://www.cica.ca/flsurvey2010).*

## How to Retire.

The face of retirement in Canada has certainly changed in the past quarter of a century. People are living longer, enjoying better health and leading more active lifestyles. At the same time, the average Canadian starts their career later due to longer schooling times, while retiring earlier than the previous generation. For these reasons, living 30 to 40 years in retirement is now a real possibility for many.

This new retirement reality has brought with it opportunities, as well as new challenges and risks. Some of those risks are:

**Health risks.** Even with medical advancement and improvements in lifestyle, the fact remains that as we age, the chance of being touched by illness or disability increases. A significant change in health can have a deep impact on your financial picture, particularly during your working and saving years.

**Market risks.** While investing in the market presents tremendous opportunities for growth and wealth creation, a market downturn can certainly damage your future income prospects. This is especially true if you are approaching or have recently just started retirement.

**Government risks.** For decades Canadians have taken for granted their government entitlements. However, as the number

of retirees increases in the next five to ten years, so too will the pressure on government pensions and programs like CPP and OAS. It is for this reason that many people question whether or not, or to what extent, these benefits will be there when they need them.

In short, as much as approaching retirement is for many of us incredibly exciting, it can cause stress or even anxiety as it presents a significant lifestyle change.

**Where do I start?** Write down, in your own words, what retirement would look like. Try to be realistic and ask yourself whether or not you are on track to achieving your goals.

**Seek advice.** Most people would agree that self diagnosing and prescribing medication would not be a good approach to caring for their physical health. Yet, so many people go about planning for their financial future without the help of a professional. A Certified Financial Planner has the tools and training to help you achieve your goals.

**Revisit and monitor.** Plans are not set in stone. Financial Planning is usually done using assumptions about the future. As we progress in life and circumstances change, our Financial Plan may need to be adjusted as well.

**Plan for the unexpected.** Even if you have a plan, unexpected things happen. Don’t let an illness, a death, or a disability ruin the financial future of your family.

### The Job of a Financial Planner.

A Certified Financial Planner is a trained and experienced professional that will work with you to achieve your goals. Some of the things a Certified Financial Planner can do for you include:

- Letting you know if you’re currently on track towards achieving your goals.
- Quantify how much savings you need to make your goals happen.
- Identify the most efficient way to save for your goals.
- Recommend an investment strategy that appropriately matches your personality and circumstances.
- Propose innovative and highly personalized ways to achieve your goals – in less time, or with less money.
- Help you plan to pass your legacy onto the next generation as smoothly as possible.
- Recommend an insurance protection strategy in case something goes wrong.
- Be your Financial Coach – keeping you motivated, diligent, informed, and ultimately always on track.

**Scott Kovacs, B.Mgt, CPCA** is a Certified Financial Planner with Qtrade Asset Management, working at First Credit Union. [Scott.Kovacs@firstcu.ca](mailto:Scott.Kovacs@firstcu.ca) (604) 483-8684



Financial planning services and mutual funds are offered through Qtrade Asset Management Inc., member MFDA.



# Powell River Living BUSINESS Connections

By Kim Miller

**R**oberto Ius, formerly of Technicool Refrigeration, has joined the **Tempco** team. Roberto has been in the field for 11 years and was born and raised in Powell River. Owner Tye Leishman is also happy to have Powell River's David McKenzie, a fourth year electrician, doing his apprenticeship with Tempco.

Debbie Duyvesteyn has opened a group fitness studio called **Coast Fitness** at #101-7383 Duncan Street. Debbie and her BCRPA certified trainers are specializing in TRX Suspension Training and spin classes for men and women. TRX uses a unique training harness that hangs from the ceiling and develops strength, balance, flexibility and core stability. "We have 20 TRXs and 15 spinning bikes," says Debbie, who, with certified instructors Terri Cramb, Jan Del Mistro, and Natalie Friesen, teaches classes like Yoga TRX, Yoga Spin and fit drills. Visit [coastfitness.ca](http://coastfitness.ca) or call 604 414-5390.

**Lordco Auto Parts** has announced it is opening a store in Powell River in the former SAAN Store beside Liquidation World. The company currently has over 90 locations across BC.

After 25 years, Edgehill Store has closed. Owner **Jane Boulanger** is now in training to be the deli manager at Quality Foods.

Dirk de Villers, former Safeway pharmacist, has opened **The Medicine Shoppe** franchise in Gibson's Crossing on Marine Avenue. The store held a grand opening last month.

Linda Fonseca at the Rodmay Liquor Store has branched out with a new shop across the hall from the liquor store. The aptly named **Wee**

**Shop Across the Hall** carries jewellery, clothing and some items that used to be carried in the liquor store. It's open noon to 5 Thursday to Sunday in the Rodmay Heritage Hotel.

Organic farmers Gary and Ellen de Casmaker have moved here from Quebec. They've been in the organic market and seeds business for 12 years and want to partner with local gardeners to preserve heirloom varieties and market the seed across Canada. **Eternal Seed Garden Center** is on Zilinsky Road at Highway 101.

**Creative Rift Studio and Gallery** opened February 1. It's at 4471-2 Marine Avenue, below Decibels and Rocky Mountain Pizza. It will be home to art and pottery by Jill McPhail (Funktidfyd Creations), art, photography and soap by Mischa Brooks-Thoma (Kissing Fish Studio and Powell River Natural Soap Lady) and other local art.

Local music teacher **Ted Durnin** is constantly expanding his repertoire. Now he's looking for new students and is accepting students with disabilities for music lessons. He customizes programs depending on the needs of the student. Ted teaches voice, saxophone, piano and clarinet. He has worked with people with disabilities for five years and is studying for his School and Community Support Worker Certificate from VIU.

The CBC TV show, **The Dragon's Den**, is considering Powell River as a location for auditions this year. The Chamber of Commerce, Tourism PR, and Economic Development are collaborating on the project. **PR**

*with files from Powell River Living staff*



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# Powell River Living FAMILY MATTERS

By Isabelle Southcott

## Hair today, and hopefully tomorrow

**H**air. It's 91 per cent protein and grows about half an inch a month. There are more hair cutters, stylists, beauty salons and places to buy dyes, sprays and gels than there are gas stations and probably even restaurants. Although hair is a living organism the part we cut, the bit above our scalp is dead. Quite dead.

We spend hundreds of dollars a year beautifying dead cells.

I began thinking about hair the other day when I took my boys for a haircut. It seemed a good thing to think about in a beauty salon. I began to think about my own near hair experiences while my kids were getting trimmed.

When I was 13, we went on a class trip to Graves Island. A few of my friends were going to "lighten" their hair and I decided that I would too. My friend Joanne, a beautiful blonde, had with her a bottle of hydrogen peroxide which she assured me would bring out my hair's natural highlights.

My first mistake was to believe that my 13-year-old friend was an expert on all things hair related; my second was not to question what this stuff would do on someone with brown hair.

I applied the hydrogen peroxide generously before spending the rest of that glorious June day running about and basking in the sun. By the end of the day I had my highlights—if that's what you

call them. Lots of them. But they weren't beautiful blonde highlights sprinkled sparingly through my hair. No, I had none of that. What I had more resembled a solid circle of violent orange on top of my head. It was not a pretty sight.

I think my sister used the word ugly. And it was. So ugly that the very next day my mom took me to the hair salon where she asked them if they could "fix" this mess.

Yes, she was told. They could.

A couple hours later, my hair was brown again. And my mother's wallet was lighter because of my experiment.

By now, my 11-year-old was finished. I saw he had a new "do." Instead of the standard kid cut, his new style allowed him to flip up the bangs should he choose. And today, he chose, but before he could, he needed gel, 'product' as he called it.

"I think we have some of that stuff in the bottom drawer," I said brightly. "No Mom. That's not the right kind; we need this," he said handing me a bottle of 'real' men's product.

I was about to argue but then I remembered my own interest in hair around his age and decided not to. After all, a bottle of "product" is less costly than many other hair experiments young people have. [PRL](#)

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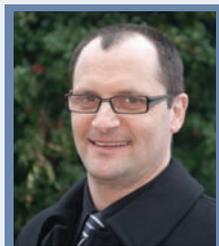
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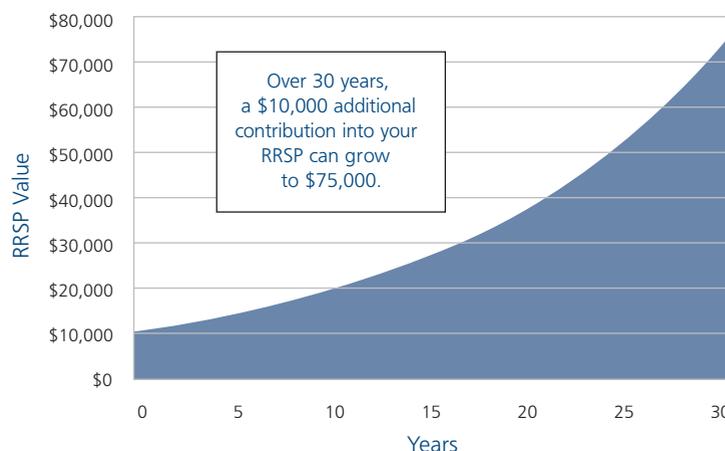
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**Powell River Living**  
**PARDON MY PEN**

*By George Campbell*

## How I lost my soul

**W**hen I was ten, my best friend, Walter, who lived next door explained to me about my soul. "It lives inside you," he said. "In the middle of your body, right behind your belly button. That's the last part of your body to close up after you get born, and just before it snaps shut God stuffs in your soul." I had to believe him because not only did his father sing in the church choir; his mother was a Sunday school teacher. When it came to things spiritual, Walter was an expert.

It wasn't long before we conjured up a plan to get my soul out of there so we could have a look at it. The idea was to sneak my Mom's vacuum cleaner out to the garage, turn it on, place the nozzle over my navel, and 'Voila!' out would come my soul. Then all we'd have to do was open the vacuum, shake out the bag, and there it would be.

I recall there was some discussion as to whether it would be my soul or his we would have a go at, until Walter explained that it had to be mine because mine was the smallest and would be the easiest to get out. Something about his soul being just naturally bigger because of his parents' church activities.

I managed to sneak the vacuum cleaner out to the garage okay, and we plugged it in and placed the end of the hose over my navel. After a couple of minutes I told Walter I felt something go out of me, so we turned off the cleaner and prepared to have a look. The first thing we noticed was this red ring around my navel where the vacuum cleaner hose had been placed on my belly. It looked like a small round cookie with a little decoration in the middle. Walter scrutinized this phenomenon very carefully, then allowed as to how it looked like my soul had come out, all right. So we opened up the vacuum and emptied out the bag.

We had left the garage door open and before we had a chance to look closely at the little pile of dust on the floor, a gust of wind blew it down the lane. "There it goes," cried Walter gaily. "There goes your soul. I saw it."

That's how I lost my soul, and the thing I remember most about it is my Mom coming out of the house to hang clothes on the line right about then, and asking what I was doing with the vacuum cleaner. Well, of course I couldn't tell her I'd used it to suck out my soul and then lost the darn thing, so I said I wanted to vacuum out the garage. My mother was a bit surprised at this strange offer to do a household chore coming from a kid that seldom cleaned up his room and never made his bed. In fact, I remember she was so startled she nearly fell off the back porch with the clothesbasket.

The next day at school Walter told all the kids how I'd lost my soul, and little Patsy Higginbotham, on whom I had this giant crush, was so impressed she let me sit next to her during lunch hour. I was doing great until this kid named Wayne came along and showed Patsy a dried rattlesnake skin complete with rattles. She left me for Wayne before lunch hour was even over.

Well, that was enough of that, and I decided I wanted my soul back. I asked Walter what I should do. "It'll come back on its own," said the spiritual expert. "It'll soon get tired of running around out there by itself, and it'll get lonely for you and come back. Probably when you least expect it."

Walter was right. My soul did come back when I least expected it. But that's another story for another time. **RL**

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2. What is your association with the nominee?
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### Category A • Influential Business Woman Award

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#### Award Criteria

- Has been in business/workforce for at least two years
- Has demonstrated professional integrity
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- Has proven to be valuable to the community

### Category B • Influential Woman Award

For non-profit community organizations  
Include with your submission the following information about the nominee: Name, organization, title or role, telephone and email address.

#### Award Criteria

- The organization is a not-for-profit organization.
- The organization has existed for at least two years.
- The services or programs meet a community need and make a significant contribution to Powell River.
- Programs are innovative, sustainable and measurable.

#### Submit nominations to:

Influential Women Awards, Attn: Bonnie  
7053-E Glacier Street, Powell River BC, V8A 5J7  
or email to [bonnie@prliving.ca](mailto:bonnie@prliving.ca)

Completed nominations must be received not later than 5 pm, March 31, 2011

**Sponsored by Powell River Living Magazine**

## Psychology month

What to expect when you visit a psychologist

*By Lisa Strickland-Clark*

There is a Bob Newhart sketch where he plays a therapist counselling a young woman. She walks into his office and nervously begins to explain why she has come to see him. She is anxious about being in small spaces and she doesn't like the effect this is having on her life. She pauses and waits for his response.

"So, you're claustrophobic," he says.

"Yes," she answers. "Well," says Bob, "I'm going to say two words of advice and I want you to listen very carefully to those two words. Are you ready?"

"Yes," she says.

"Stop it!" he says. "Stop it now."

It sounds sensible, doesn't it? Unfortunately, it's not that easy. If it were none of us would need a psychologist at all.

You will be relieved to know that going to see a psychologist is nothing like the sketch. Unlike Bob, they will understand that you might feel uncomfortable coming for your first session so they'll spend some time helping you feel at ease and learning about you before they plan your therapy. And you are probably not short of advice in your life, so psychologists rarely focus on giving advice.

In your first session, psychologists assess whether they have the skills and experience to work with your particular concerns. They'll talk to you about confidentiality and explain the code of ethics that they follow. They'll spend time getting to know you so they can determine what psychological service might work best for you. It's not one size fits all.

You may be asked to complete questionnaires. These provide detailed information and guide how to structure your therapy.

Once you have made a plan and have started coming for sessions, the psychologist tracks how well you're doing. Some issues take longer, but you should start to feel somewhat better by around the third session. If you don't, they will reassess what is happening and change the the plan if necessary. Research has found that therapy with a goal is more effective than having sessions without a focus, so they'll help you stay on track, reviewing your goals to keep the therapy as effective as possible.

These days there is a wide variety of valuable therapies for consumers to draw upon. What distinguishes psychology as a profession is the range and depth of the training. Psychology is a research-based discipline and psychologists approach their work as scientists. As providers of psychological services they are required to use therapies that have been proven to be effective.

Throughout history people have turned to others to talk through their concerns or to find guidance at times when the world seems overwhelming. From early times when the village elders would give their wisdom, to more recent times when people call on priests and doctors, it's never been a strange thing to do. The difference now is that we can draw on not only the wisdom and compassion of personal experience but also on science to help us understand what is the most effective way forward.

February is psychology month in Canada. For more information on psychologists visit, [www.cpa.ca](http://www.cpa.ca), [www.psychologists.bc.ca](http://www.psychologists.bc.ca) or [www.psychologyinpowellriver.com](http://www.psychologyinpowellriver.com). 

# One wild journey

Powell River education, film, culture and sea lions

By Jonathan Willcocks

I am an experiential educator, facilitator, coach, speaker, adventurer and serial entrepreneur. I also love to travel to different communities and do things slightly differently

One of my goals has been to share my beliefs, inspirations and experiences on learning, leadership, life, and what really matters, to audiences through live multi-media. However, for the past few years I have been digitally recording most of my speaking work and then have it transcribed for future written use, but I am now committed to the next step - using film as the medium to convey my message — and so far, it's been one wild journey!

It started a few months ago when I received a call from a professional speaking organization to do a pretty exciting speaking gig for the Vancouver Island Leadership Conference at VIU. My topic was "Adventures in Leadership" where I shared real-life snippets and stories of my

life as an entrepreneur, business leader, educator and adventurer.

I thought, "Great! This is it. I want to finally have myself filmed so I can update my speaking PR portfolio with film footage to present to and impact larger audiences with my philosophy on empowering people to reach their innate creative potential."

But I knew I needed the technical expertise and direction to make it happen. So I called Tony Papa in Powell River, a renowned film-maker (and film teacher), whom I met a few years ago at a party in West Vancouver. He had done some filming with me at a summer adventure-learning camp for youth that I was leading and I thought he might just be the right guy to



**THUMBS UP:** Tony Papa, left, with Jonathan Willcocks are pleased with the new film.

take on my project (and ultimately to combine some footage from the camp into the film too). Tony was up for the challenge!

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6:30 pm A DRUMMER'S DREAM  
with ROUND THE POINT

8:00 pm Reception

8:45 pm FATHERS & SONS

**Saturday, 19th • Evergreen Theatre**

10:00 am WASTE LAND

12:30 pm FORCE OF NATURE

1:45 pm Reception

2:30 pm DEFINING DIVERSITY, CREATING  
COMMUNITY with THE ROAD FORWARD

4:30 pm 5 Minute Film Contest Winners

7:00 pm Gala Closing

8:00 pm MADE IN DAGENHAM with Top contest winners

**Saturday, 19th • Patricia Theatre**

1:00 pm Film Camp Presents

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**RESTING, PLAYING AND SUNNING:** Sea lions take over another log boom in the Catalyst log pond. This shot is one of many you will see in the new film from Jonathan Willcocks.

So Tony came over to VIU in Nanaimo to shoot my keynote; then the next day — on a cold and misty morning — we drove around for two hours scouting for the best spot in nature to interview me. We found what we thought would be a good spot — a quiet farm that sold free range eggs. We knocked on the door. The farmer came out and showed us to his backyard where there was a small stream and a very frisky curious horse (that is another story). It was at this location, next to the stream by the reeds

that Tony began setting up his camera equipment and where he interviewed me about my views on life, learning, leadership, sustainability education and the future of our youth.

For the final cut, I went to the beautiful city of Powell River to Tony's home and spent three days with him immersed in his incredible world of creativity, filming, and editing. Between editing sessions, we went for walks, shared stories and dreams, and checked out the barking mating sea-lions down by the break water on the log booms (their bark was my

waking call each morning at 7 am, just like roosters on a farm.)

Jay Yule, Superintendent of School District 47, was even able to sneak in a last minute meeting with me. We shared our visions and views on education and discussed alternative means to earning school credits for the more creative, hands-on experiential youth to help them pursue post-secondary education. Within minutes I realized Jay is not only grounded but also open to new ideas and an inspired visionary — a unique breath of fresh air in the pro-



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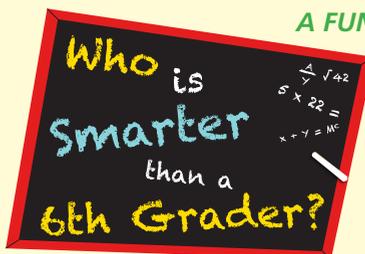


*Brandy Peterson*

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**COMING SOON!**  
**POWELL RIVER'S OWN**  
**WHO IS SMARTER THAN**  
**A SIXTH GRADER?**

Thur, April 7 • 6:30–9:00 pm  
 Max Cameron Theatre



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**Are we smarter than our sixth graders?**  
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This fundraiser for Success by 6 is presented by School District 47 and the Powell River & District United Way.

fessional realm of higher education for youth and young adults.

Of course it couldn't be a true visit to Powell River without the cultural education, so Tony introduced me to many of the wonderful local characters in the town, the shops and businesses, evening music festivities, and the local food, wine and beer (and I may have even checked out some real estate). What a great guy and a beautiful place.

And when it was time to get back to work—it was 100% focus: I was in awe as we/he so naturally went through hours of interview and film footage to create our final masterpiece.

All-in-all, it was an incredible trip to Powell River. And out of three films I want to develop, the first one is now complete. It combines my interview

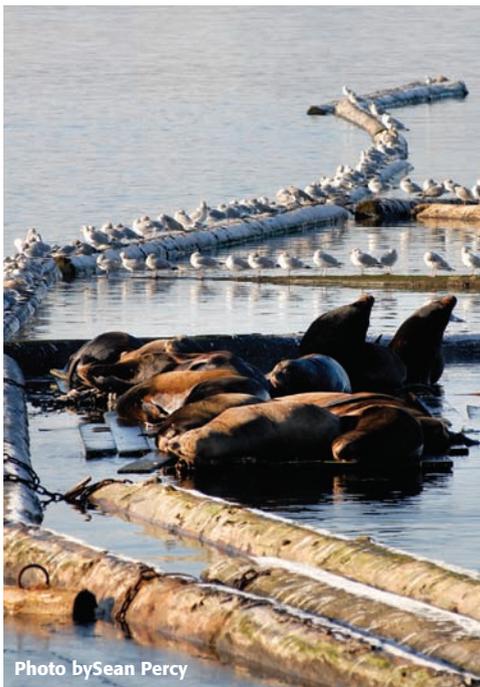


Photo by Sean Percy

commentary by the stream at the farm with live footage from one of our unique nature-based summer camps. It is titled "Teen Journey—a unique learning, self-inquiry, and transformational experience for teenagers." It is a short promo film that briefly highlights how positive learning, growth, and community building can happen with youth when they are given the right kind of environment to express themselves, be creative; where they can journey into their own heart and embrace the unknown; a place where they are truly seen and recognized for who they are and encouraged to share and celebrate their natural strengths and gifts.

Thank you Tony. Thank you Jay. Thank you sea lions. Thank you Powell River! 



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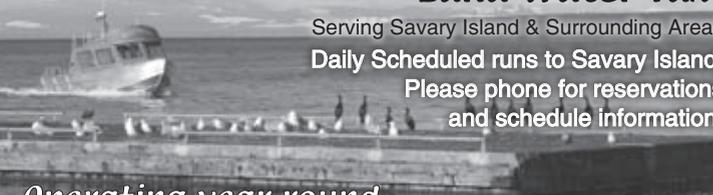


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# Soapmaking

Where art and science meet

By Tracey Ellis

Stopping by the Malaspina Soap Factory is to take in an olfactory extravaganza while you ‘ooh and ahh’ over a luxurious buffet of bath products. Lindalu Forseth is the not-so-mad scientist behind the creations on offer, from soaps and lotions to bath salts, bath melts and bath bombs along with a full line of men’s shaving soaps.

Handcrafted soap is a combination of art and science that requires the scientific knowledge of over 150 years of soapmaking along with the eye of a dedicated and constantly creative artisan. Lindalu prides herself on making soap in its pure and true form using vegetable or animal fats, water and lye. Combined correctly, you have saponification — the making of soap.

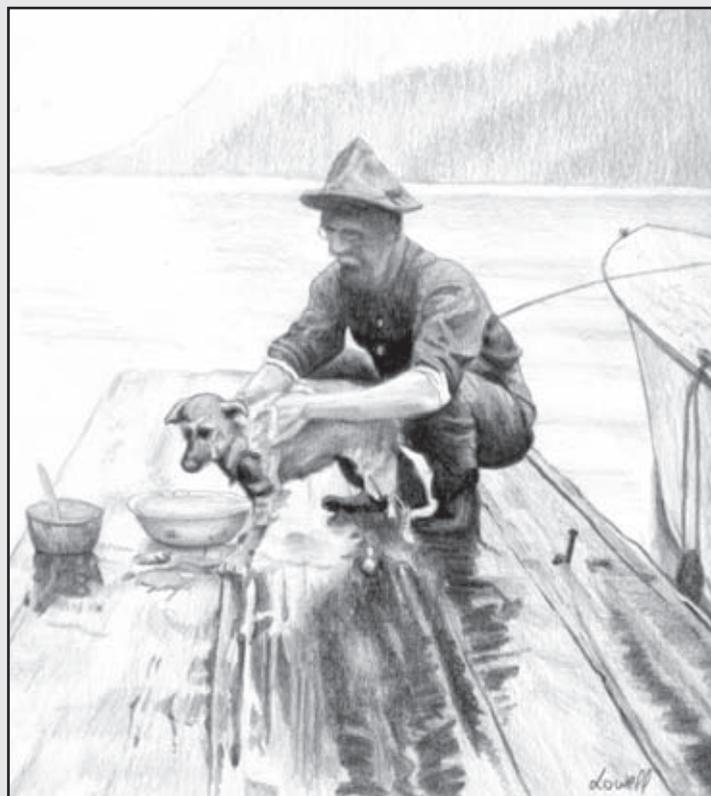
While it was my husband’s allergies led me to Lindalu, it was her own skin allergies that led her to the soapmaking craft.

“I would get blisters and hives from commercial soaps,” she said. “My great grandparents were homesteaders and made their own soap, and I dabbled for a while in the melt and pour soapmaking as a hobby,” she adds. She says she finally worked up the courage to get into the more serious side of soapmaking and hasn’t looked back since. From small beginnings working out of her house and selling her product at the Town Centre Mall, Lindalu now manufactures and sells her product from her store front on Alberni Street to her customers, both home and abroad — with orders coming from as far away as Australia.

Recently certified in aromatherapy, Lindalu can now add those skills to the art and science of soapmaking.

With six solid recipes she has developed over time, Lindalu is constantly re-inventing new soaps. In full production, she mixes up batch after batch of bathing and pampering heaven, producing up to 50 pounds of soap a day. Being able to offer a fresh product to her customers allows her to pre-sell batches of soap as they are in the three-week curing stage. Those connected to Malaspina Soap Factory through Facebook are quick to snap up

## Powell River Sketches



**DR HENDERSON WASHING THE DOG ON POWELL LAKE:** Powell River’s first medical doctor, Andrew Henderson, is the namesake of both Henderson Elementary school and Henderson House in the Townsite, where he lived. (Drawn from a photo provided by Powell River Historical Museum.) Pencil sketch by Lowell Morris ([www.LowellMorris.com](http://www.LowellMorris.com)).

their favourites as she posts what is on offer, usually with photos. While Lindalu crafts her soaps from shea butter, cocoa butter, mango butter, sweet almond oil, jojoba oil, coconut oil, olive oil, and grapeseed oil among others, she admits her weakness is for the milk soaps, declaring them, “to die for.” With such heavenly scents and luxurious bath products awaiting visitors to the Malaspina Soap Factory, I can think of worse ways to go. **PR**

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# COMING UP!

## Film Festival

As part of the BC Spirit Festival celebrations, the 10th anniversary of the Powell River Film Festival, Feb 17-20, will be a feast of arts and culture. A great line-up of films celebrates our community and the richness of the lives of others around the world.

"It's a big three-day party!" said Jan Padgett, festival director.

The Malaspina Art Society will display 70 art pieces, Tla'Amin First Nation will have a cultural display and the Timberlane Quilters Guild will hang some of their quilts.

Local musicians will perform and community groups will be on hand. Tickets and passes are available on-line, as well as at Breakwater Books, Coast Realty, Armitage Men's Wear and the Film Festival office. For more information call 604 485 0325, ext 224, or visit [www.prfilmfestival.ca](http://www.prfilmfestival.ca).

## Chocolate. And more chocolate!

Don't miss the Chocolate Festival & Art Show in the Rainbow Room at the Rodmay Heritage Hotel in the Historic Townsite from 8 to 10 pm on February 14. There's no better way for chocolate lovers to celebrate Valentine's

Day than by tasting your favourite treats and desserts. Don't miss this spectacular chocolate tasting with silent auction, live music, door prizes and a cash bar. Over 50 pieces of art on display.

Only 50 tickets available. This is a fundraiser for Family Place in the Town Centre Mall where you can buy tickets.

## Artists on display

The Malaspina Art Society, working with Ursula Medley and the Powell River Film Festival, will present works from 27 local artists at the 10th annual Film Festival. Art will be on display in the lobby and in the Poplar room at the Complex Feb 17, 18 & 19 from noon on Thursday until the close of the festival Saturday evening. This is an opportunity for people to view local some fine art. All items will be for sale; artists will be on hand to assist and inform.



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# Powell River Living COMMUNITY Calendar FEBRUARY

**Look for the ORCA Bus:** Around town on different days and times. Check the website at [successby6powellriver.ca](http://successby6powellriver.ca) for a schedule or call 604 485-2132.

**Feb 2:** Historic Patricia Art Film Series, 7 pm.

**Feb 3:** King Lear at Max Cameron Theatre, 7 pm.

**Feb 3:** Historic Patricia Art Film Series, 1:30 & 7 pm.

**Feb 5:** Horizon Business Awards presented by the Powell River Chamber of Commerce together with PR Community Futures and the Peak Newspaper recognize the accomplishments of local businesses. Tickets from Chamber, 604 485-4051.

**Feb 8:** Pacific Baroque Orchestra & Academy Chamber Choir led by internationally renowned violinist Marc Destrubé, 8 pm at the PR Academy of Music. Tickets \$20, Academy Box Office, or at the door. Students, 18 & under, free with voucher.

**Feb 10:** Opera Insights with special guest Tom Wright of the Vancouver Opera Company. Discuss Adams' *Nixon in China*, 6 pm at the Max.

**Feb 11-13:** Storytelling Workshop with Ivan Coyote. Registration \$75. Tickets available at the Library. Only 12 spots available.

**Feb 12:** Met Live broadcast of the opera *Nixon in China*, 10 am at the Max.

**Feb 12:** Whoop-Di-Do storytelling for grown-ups with Ivan Coyote, 7 pm at the Max Cameron Theatre. Call 604 485-4796. Free admission. Donations accepted.

**Feb 13:** 15th Annual Tour de Trail. 5km or 10km of fun walking or running. Start/end at Avid Fitness on Duncan St at 10:30 am. Registration at 9:30 or pre-register at Avid. Entry fee \$10 or \$20 for a family. Proceeds to the Action Food Bank. Call 604 485-9580 for more info.

**Feb 14:** Powell River Chocolate Festival, 8 pm in the Rainbow Room at the Rodmay Heritage Hotel. Contact Amy Heather at [prchocolate@shaw.ca](mailto:prchocolate@shaw.ca) or call 604 485-2706.

**Feb 16:** Ballet Jørgen's Coppélia at the Max Cameron Theatre, 7:30 pm.

**Feb 17-20:** PR Film Festival, Evergreen Theatre in the Complex. Call or email Michelle Hignall at 604 485-0325 or [michelle@prfilmfestival.ca](mailto:michelle@prfilmfestival.ca). Visit their website at [www.prfilmfestival.ca](http://www.prfilmfestival.ca).

**Feb 21:** Dementia Education Series, 9 am-noon, Olive Devaud. Registration or info, 1 866 984-8348 or email [ksutherland@alzheimercbc.org](mailto:ksutherland@alzheimercbc.org).

**Feb 21 - March 9:** PR Festival of the Performing Arts.

**Feb 22:** Opera Insights with John Silver at 6 pm.

**Feb 26:** Met Live Broadcast of *Iphigénie en Tauride* at the Max at 10 am.

**Feb 28:** Deadline to submit songs for Music Room's compilation CD for charity. Chosen artists receive a fully-produced track. See ad in this issue.

**Feb 28:** Dementia Education Series, 9 am-noon, Olive Devaud. Registration or info, 1 866 984-8348 or email [ksutherland@alzheimercbc.org](mailto:ksutherland@alzheimercbc.org).

**Sunshine Speakers Toastmasters:** Meets 2nd & 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, United Church basement; Saturdays at Hospital Boardroom; Sundays at Alano Club. Call 604 414-0944, 604 485-5346, 604 483-9736. Texada 604 486-0117.

**Sundays:** Faith Lutheran Church Services & Sunday School, 10 am.

**Mondays:** Breast Cancer Exercise Group. Fun, relaxed atmosphere. Open to all fitness levels. 4 pm at the PR Gymnastics Studio, 4360 Joyce. 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. Information via [cinchgame.net](http://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 Ave.

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

**Mondays, Tuesdays & Wednesdays:** The Source Club Garage Sale, 4476 Cumberland Place (behind Massullo motors), 9 am-3 pm. All proceeds go to fund job skills training program for people with mental illness. Call Sasha 604 485-0087.

**2nd Monday:** at Family Place: "Multiples", a group for parents with twins and more! 10-11:30 am.

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

**Tuesdays:** Carpet Bowling, 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.

**Tuesdays:** PR Stroke Recovery Club meets, lower Legion Hall 10 am-1 pm. Contact Rhonda Ellwyn at 604 483-3304 for more information.

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

**1st & 3rd Tuesday:** Kiwanis Club of PR, 7:30 pm at the Annex on Kiwanis Avenue. 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.

**2nd 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.

**2nd Tuesday:** Parkinson Support Group, 1:30 pm, Trinity Hall of the United Church. For more info call 604 485-5973.

**4th Tuesday:** Garden Club meets at the Cranberry Senior's Center in Cranberry. Doors open at 7 pm. everyone welcome.

**1st Wednesday:** at Family Place: "Stone Soup" cooperative lunch and "Open Space" planning, 12:30-2:30 pm.

**2nd Wednesday:** Powell River SPCA meets at VIU 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.

**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, 10:30 am-4:30 pm.

**Fridays:** Ravens Wheelchair basketball team practice from 4-6 pm at Oceanview School. Contact Lindsay at 604 485-2688 or [www.prdsc.org](http://www.prdsc.org).

**Fridays:** Anglican Church Community Lunch, 12-1.

**Fridays:** Family Place, parent child drop in, 12:30-4:30 pm, everyone welcome.

**2nd & 4th Saturday:** Faith Lutheran Food Cupboard 10 am-noon. 4811 Ontario St. Call 604 485-2000.

**3rd Saturday:** Senior's Center in Cranberry: an afternoon of cards, games and scrabble, 1 pm. Register in advance by calling 604 485-9562 or 604 485-2153. Everyone is welcome.

**Look ahead to April: Who's smarter than a 6th grader?** coming up on April 7 at the Max Cameron Theatre. Fundraiser for Success by 6, presented by School District 47 and the Powell River & District United Way.

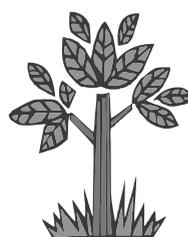
## Yoga is heart healthy

Heart disease is very much a condition of modern times and the leading cause of death among men and women. Stress and a sedentary lifestyle are considered to be two major contributing factors.

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immune system and enhance cognitive ability.

Overall, the practise of yoga helps to reduce chronic stress and establish a greater sense of well being. For these reasons, cardiologists universally recommend yoga to their heart patients both as a preventative form of exercise and as part of a rehabilitation program for those in recovery.



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## Powell River Living FACES of EDUCATION

# It all adds up for new math program

**P**amela Ellis loves her job. Her face lights up when she talks about working with numbers and teaching students new math concepts.

This year, Pamela is teaching a new course called Apprenticeship and Workplace Math 10. "It's a brand new course that just started in September."

The course covers a lot of ground. "We talked about wages and salaries and how that works. They learned how they could calculate their gross income, their net pay, how to read Canada Pension, EI, Federal and Provincial tax deduction tables."

The course includes practical information such as the different ways a person can get paid. "They learned about contract work, and how tips are actually a form of salary when it is tax time. They learned about health insurance, union dues, double time, time and a half and statutory holidays."

Part of what is covered in this course will prepare students for the future so they will have a good understanding of money and taxes. "They learn that they have to pay taxes, that paying taxes is part of getting a job and how taxes benefit society," said Pamela.

Apprenticeship and Workplace Math also delves into the world of currency exchange, something students will find useful when they travel. "They learn how to estimate a currency exchange so they can do quick estimations and proper calculations," said Pamela.

Students also learned how to compare bulk prices to unit prices—a skill they will find useful in later years—particularly when shopping for groceries.

She paused, "We make them think about things and ask questions like: 'Do I really need 25 pounds of potatoes? Will I use them before they go bad?'"

Numbers are important but so are quality, warranties and sales prices. All of this is considered.

Apprenticeship and Workplace Math is a new curriculum developed by the Ministry of Education over the last couple of years. "This is the first time our students have written the Provincial exam for it," said Pamela. "It is quite a change; there's a lot of good material to cover."

Although she has just finished her first term of teaching Apprenticeship and Workplace Math 10, she has already decided she likes it. "It is very relevant," she says.

By the time students reach Grade 10 they're faced with big decisions. "Are they heading towards an Arts or Science degree or are they looking at Trades?" They then choose courses that will be more relevant to their future degree.

"They are learning skills they can use for life," said Pamela enthusiastically. "They learn how to learn."

Coming this Fall, Apprenticeship and Workplace Math 11 will be offered for the first time. A Grade 12 component will be offered in the fall of 2012.

Pamela is excited about the new program. "I've always taught the academic stream, the university stream," she said.

The first semester of students just completed the Math 10 course. By the end of the 2010/2011 school year, about 60 students will have completed the Apprenticeship and Workplace Math 10 course, which replaced Math 10 Essentials.

Next year, Grade 11 students will create their own personal budget. "This year they start with a little bit of financial literacy. They have to figure out best buy and unit prices. Next year they will look at understanding compound interest, what's it for and actually doing calculations on compound interest and simple interest," said Pamela. Students will get to look at real life scenarios. "We look at various financial institutions and the services they offer and their credit options which includes credit cards and loans and service charges. It's really interesting," said Pamela, who obviously enjoys sharing her knowledge and love of math with others. "We talk about payday loans and store credit cards. I like to remind them that they have choices and that a financial institution often has better interest rates and they will help them just as much and often in a better way."

Sales promotions are another aspect the course touches on. It looks at promotions that include "No interest! No payments for 12 months!" and what that means. "Students are given a safe environment to ask lots of questions and not feel dumb."

"We try to educate them about credit cards and phone agreements before they leave home." It gets them better prepared to ask questions about the things offered to them so that hopefully they will look around and do more research and look for a better deal... and not just take something because their friend has it."

Pamela grew up in Powell River. She attended The Okanagan University College where she received a Bachelor of Science before obtaining her teaching degree at the University of Victoria. She moved back to Pow-



ell River in 2002 with her husband Graham Welp-Ellis. "I found a job here right away. It was really awesome!"

The couple have two children Abigail, 5, and Danielle, 2, and an energetic young dog.

"I've taught socials, science and ESL but mostly I teach math. That is where my focus lies. I like math. I like correct answers; either it's right or it's wrong. I love it when I get an 'Aha!' moment out of students and they say 'I got it!'"

Pamela realizes that math scares some people. "It's a very step by step process. You have to work from a base and you have to get them to the next level they need. Half the time I have to get them past the emotional insecurity they have about math and then they can move forward." **RL**

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