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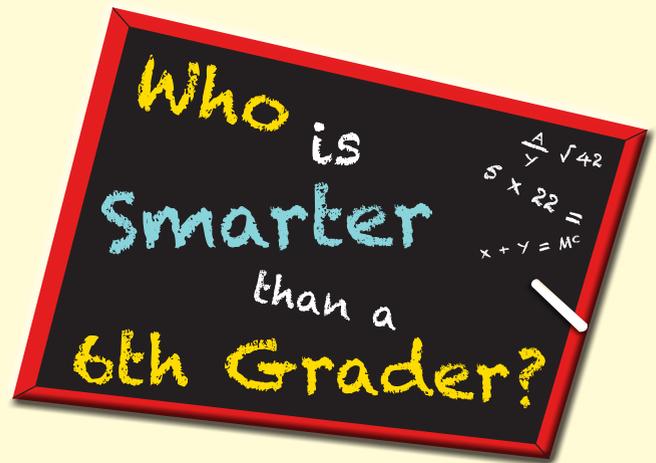
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OUR CHOICE OF PAPER

This magazine is printed entirely 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

Layla George of James Thompson, Macklan Boyd of Henderson and Brenda Keane of Brooks during a photo shoot at Max Cameron Theatre. Photo by Sean Percy

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DEVON HANLEY loves to work with words, music, and lately wool. When she isn't helping knitters find knitting books at the library, she's working on the orange sweater with hopes of wearing it before summer sets in.



BONNIE KRAKALOVICH, a long time Powell River resident, is very involved with the community, sitting on the boards of United Way, Success by Six and the Chamber of Commerce. Now that her children are grown and gone she spends all her free time with her husband and their Shih Tzu, Scooter.



MARG MCNEIL is a retiree who loves to spend time kayaking Powell River's water. She's teaching a kayaking course at ElderCollege this year.



COLLEEN SMITH is a former Powell Riverite living on Guam with her husband Les. She homeschools her children, runs a driving school, and a resource center for homeschoolers on Guam.



WENDY THOMAS is an adult educator who, after numerous hops across Canada, has found a home in Powell River with her family. She enjoys the variety of community groups the area has to offer and the warm and welcoming residents.



LINDA WEGNER is a researcher, writer and public speaker with nearly a thousand articles to her credit. Her greatest strength lies in writing business-related feature articles and survey-based reports. She is a professional member of The Word Guild and owner of Words of Worth.



LINDA WHITELEY, owner of Beyond the Bed & member of Powell River Women in Business, has been assisting her second cousin Oliver in his transition to independent living, since he moved here from North Vancouver.



*Life is like a piano...
what you get out of it
depends on how you play it.*
Author unknown



ISSN 1718-8601

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

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Volume 6, Number 2

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Powell River Living IN THIS ISSUE

Powell River keeps on learning

As you have probably figured out from the front cover, this issue is all about education. Powell River has a lot to celebrate when it comes to education. From an active Literacy Council to language tutoring to trades training to university courses, this community has a wealth of educational opportunities.

This issue celebrates some of those achievements. There's a focus on School District #47's programs, since they're the biggest education players, both in terms of variety of programs and population served. This school district leads the way in outside-the-box programming, from outdoor programs to the use of technology in the classroom. This is a big month for SD47, and not just because it's Education Month. On March 8, during an open house at Grief Point, the district will unveil plans for the new Westview Elementary school to be built at Gordon Park.

Powell River has many other players in education, too. Vancouver Island University, religious schools, Westwind Learning Center and even home schooling are considered in this issue.

Of course, learning doesn't stop when we graduate or get a certificate. And it isn't confined to textbooks or the walls of a classroom. We're continually learning. For example, Oliver Holt recently overcame a number of challenges to learn to scuba dive – read about that on Page 7.

And we can all learn a lot from Ta'Kaiya Blaney of Sliammon, who sings about the importance on environmental protection in her song and video "Shallow Waters." Read about this 10-year-old's accomplishments on Page 11.

In that article, and in some of the ads in this issue, you'll notice that there's a funny-looking box with patterns inside. It's similar to a bar-code and can be easily scanned by almost any smart phones with a camera. You simply need to down-



load a scanning app, such as Mobiletag, QR Reader, QR Scanner, BeeTagg, Code Muncher, QuickMark, or any of the dozens of other apps that will read QR codes. Then you just point your camera at the code, and it takes you to the web site, video or link directed by the code.

This not only clearly establishes me as a nerd, because I'm excited about it, but it also allows readers to interact with our stories and advertisements in a new way. Enjoy, and don't stop learning. 

Sean Percy, Associate Publisher • sean@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, faxed to 604.485.8381, or by post to *Powell River Living*, 7053E Glacier St, Powell River, BC V8A 5J7.

Dear Powell River Living:

You quoted Martin Luther King in your editorial (last month). "Faith is taking the first step even when you don't see the whole staircase."

A few paragraphs on you quote yourself. "You will never go anywhere unless you take that first step and that first step will never happen unless you have a dream!"

Well said, even Mr. King would agree.

Tom Butters

Dear Powell River Living:

Congratulations on another impressive edition of *Powell River Living*. What is great about the magazine is that it compels you to read cover to cover. Just so you know, your editorial on following your dream gave me chills. It was very inspiring to say the least and I am sure others will feel the same when reading your encouraging words.

I also wish to thank you for publishing the oyster story, I hope I can continue to be a part of the magazine!

Cheers to you and the *PR Living* team!

Darren Robinson

Executive Director, Tourism Powell River

Dear Powell River Living:

Fabulous cover on the February issue!

Tracey Ellis

COMING UP!

Dance recital

Sheridan Dance Academy senior dancers present a student led recital on Friday March 11 at 7 pm, at the Evergreen Theatre. This is a fundraiser for the New York trip that they will be embarking on the following day. Tickets are \$5 for students and \$7 for adults and can be purchased from participating dancers or at Sheridan Dance Academy. Come out and help these dancers make a big hit in The Big Apple. For more information readers can call the studio at 604 485-0023.

Oops!

In February's *Powell River Living* we said the Sunshine Gogos raised \$1,700 so far for Africa's Grandmothers to Grandmothers Campaign. They have actually raised \$17,000. Congratulations. We are sorry about the mistake. Gogo for it grannies!

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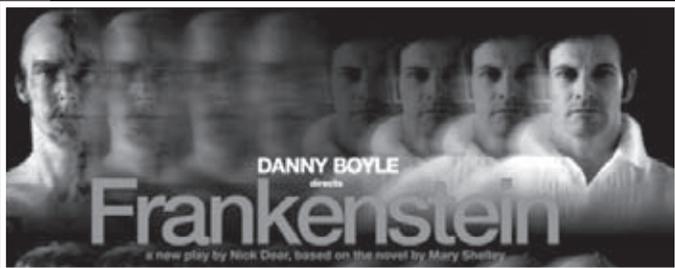
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Learning never ends

How Oliver learned to dive

By Linda Whiteley

We all love to read stories of someone achieving their dreams and goals and never giving up even when everybody says it can't be done. This is one of those "feel good" stories. Oliver Holt had dreams of one day becoming a fully qualified scuba diver and has achieved this goal despite major mental and physical challenges. He is a well-known figure around these parts as the constantly smiling and helpful customer service clerk at Save-on-Foods in Powell River, where he's worked since moving here three years ago.

Born near Liverpool, England, Oliver suffered severe medical complications in childbirth resulting in brain and motor skill damage. It also affected his optic nerves causing near blindness in the right eye. Oliver immigrated to Vancouver at the age of 10 with his parents Julie and Jon Paul Holt.

While at school in Vancouver, he worked weekends at his father's hair salon. He got to know many TV and film ce-

lebrities as well as great local musicians like Bryan Adams, Loverboy, and many other clients. This was thrilling as he loves everything about music. His father didn't let him just sit around but taught him how to serve the clients. Oliver made them tea and coffee, got them magazines and made them feel comfortable. He would make sure the salon was spotless, towels washed, and, more importantly, make the clients feel special and happy. This experience proved to be a huge advantage to him later in life making him comfortable with people in many different social environments. He had learned about "work ethic."

The Powell River Assisted Community Living (PRACL) organization has been invaluable to Oliver both in the life skills and also job assistance areas. He receives life skills assistance from PRACL for his shopping and cooking. They encouraged him to set his goals high and work hard to achieve them all.



Oliver has tried quite a few surprising sports including parachuting, parasailing, trapeze, even skiing at Whistler! So we

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He took to it like the proverbial duck to water...

were not too surprised when he mentioned he wanted to try scuba diving. He remembered a wonderful holiday he had with his family in Mexico where he tried scuba diving with his father.

We hadn't realized that he loved it so much and that he wanted to do it again. We considered all the available choices here in town, and after much discussion with his parents we signed him up with Kathy and Scott Friesen at Alpha Dive who were brave enough to give him a shot. As all divers know, this is not a sport to be taken lightly as it carries a high risk with it. You have to be fit, sharp and be able to think quickly, especially if anything goes wrong.

Oliver was so excited when he found he had been accepted to start the course but then the long road of reading and studying the diving course began. He went every Monday to Alpha Dive with his instructor Helen Whitaker and took lessons in the swimming pool. He took to it like the proverbial duck to water and moved forward with the course taking his first dive into the ocean. He did more ocean dives with Helen and Scott proving he was more than capable of handling the incredible amount of things needed to be thought about once submerged.

He worked his way through the 16-chapter course ready to take the final exam where the minimum pass mark is 80%. This didn't put him off though as he had his dream to

achieve. He failed the first time with a mark of only 58% but studied even more and took it again this time with a result of 78%, but still a fail, but he was not put off. He went back and studied even harder and took it for a third time and eventually achieved a pass of 98%! We were all so happy, proud and amazed and Oliver was ecstatic as he had received no help in answering the questions at all. It came just a week before his 40th birthday! What an achievement for a very determined young man and against all odds. I asked him what his next great wish and dream would be and what his biggest challenge is. His answer is "Friends. I'd love to meet and have some more friends, but I'd especially like to have a girlfriend one day!"...We are sure he is still working on that one and another dream he can achieve!

Congratulations Oliver! 

COMING UP!

Storytelling for adults

Powell River Library presents "Whoop-di-doo! An Evening of Storytelling for Grown-ups" with special guests Jonathan Goldstein and Howard Chackowicz at 7 pm on March 19.

Jonathan is the host of CBC's WireTap and a frequent contributor to Public Radio International's, This American Life. His writing has appeared in The Walrus, The New York Times, GQ, and The National Post. He is author of "Lenny Bruce is Dead" and "Ladies and Gentlemen, The Bible!"

Howard Chackowicz is a frequent performer on WireTap. In real life Howard is a sweetheart, a drummer, and author of the graphic novel, "Howie Action Comix." Visit www.powellriverlibrary.ca

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It takes a community

Jacob's story

By Isabelle Southcott

When Gemma and Chris Neath discovered an alternative therapy that could make a huge difference in their young son's life, they knew they had to try it despite the fact they couldn't afford it.

Jacob, now five, has a genetic syndrome. He has difficulty hearing, struggles with speech and has poor eyesight. His body was starved of oxygen when he was a baby and because of that, he has some other problems. Despite all he's been through, Jacob is a sweet, loving, little boy who is thriving in Kindergarten at Assumption School.

One year ago, Jacob was struggling and his family didn't know what to do. "Jacob was unable to communicate," says mom Gemma. "He'd have terrible meltdowns and he couldn't speak very well."

In the fall of 2009, Gemma, who teaches at Assumption, was at a staff retreat. There, she met Father Larre, a doctor, who has received the Order of Canada. From Father Larre, Gemma learned about hyperbaric oxygen therapy, a treatment



FRIENDS: Hope Franklin and Jacob Neath have fun on the playground.

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that can regrow blood capillaries in your brain, and Tomatis treatment, a listening therapy.

After doing the research and talking to others, the Neaths were hopeful that this treatment could make a huge difference in Jacob's life. They really wanted to try it but there was a hitch. It would cost approximately \$16,000 and it was not covered by the province's medical services plan or their health insurance.

"We had this opportunity to try this," says Gemma. "Even if it did not work, we had to try it; how could we not?"

When Gemma's coworkers and the parish at Assumption learned of the family's problem, they decided to help out. Pretty soon donations were coming in and a wine and cheese fundraiser was being organized.

"The kids felt invested in this. They did babysitting in the gym when we held the wine and cheese fundraiser for Jacob," said Assumption School's Grade 9 teacher Elaine Cappiello. Quality Foods donated all the food and prizes were donated for the raffle and 50/50 draw. "We raised \$4000 at the wine and cheese alone to help with Jacob's medical expenses," says Elaine. "It was pretty awesome."

Grade 9 students Braxton Leask and Austin Parise gave themselves mohawks to raise money and soon others were helping however they could. Students brought in money; people the Neaths didn't even know were sending them cards with donations tucked inside. "The support was unbelievable," says Chris.

The late Bob Hopkins, a Safeway employee, learned of Jacob's plight and donated a substantial amount of money. Bob was dying of cancer and asked that people make donations to Jacob's fund rather than buying flowers for his funeral.

Because of all the help and support received from the entire community, the Neath family were able to take Jacob to the

Bosco Centre in Coquitlam, for therapy. Beginning in March of last year, Jacob spent two months receiving treatment.

"It's made a huge difference; it's truly changed our lives," says Chris. "It gave us the opportunity to have Jacob learn and because of this he can move forward educationally and emotionally."

Before treatment, Jacob could barely talk. "He couldn't put more than three words together. He could not communicate, so he'd get very frustrated, says his mom.

Since returning from treatment at the Bosco Centre, Jacob is a changed boy. "He sang in Carols By Candlelight and has done things we never thought he'd do," says Gemma. "He takes swimming lessons and goes to choir every week with Yumi Ball, his support worker through PRACL."

Some people told Chris and Gemma don't get your hopes up but now they're saying, "Wow... I can't believe the change in one year!" says Gemma.

These days Jacob can dress himself; he can get his own cereal and brush his own teeth. "He has gross and fine motor difficulties but I still think he has a lot of talent and a lot to offer the world, we just have to find out how to get it out," adds Chris.

And as for school, Jacob loves Kindergarten. The other children have more than accepted Jacob into the fold.

"He's come such a long way at school. The Kindergarten program is a whole child program where they do a lot of physical activity including yoga and breathing techniques," says Gemma.

"Jacob is doing so well," says Assumption principal Mimi Richardson as she walks into the Kindergarten classroom. "He is such a delight. He is always so happy and enthusiastic."

His winning ways have made him a favourite with his classmates and at lunch hour, he's kept busy on the swings and playing shadow tag.

Chris grew up in Kamloops but Gemma grew up in Powell River. The couple wanted to move back home to be closer to family and since returning that's happened and more.

"It turned out that this whole community of Powell River is our family," says Chris. "This has truly changed our lives." Although it has already been said numerous times, Gemma and Chris cannot thank their family, friends and the community of Powell River enough, for all their support. **RL**



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Yoga helps weight loss

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The most obvious way yoga helps with a weight loss goal is through moving the body. The less obvious, but very important influences yoga has on body weight include hormonal balance, increased muscle mass,

enhanced awareness of self, and a 'feel good' factor.

Balanced hormones tie into efficient food metabolism and more muscle means more calorie burning. A grounded awareness of one's body, emotions and eating habits goes a long way toward transitioning to a healthful diet and lifestyle. Finally, yoga feels good and this feeling extends far beyond the yoga mat, influencing the way we live life.



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Shallow Waters

Sliammon singer makes waves with music video

Ten-year-old Ta’Kaiya Blaney has been making the rounds on Facebook with a compelling music video called *Shallow Waters*, which was a semi-finalist in the 2010 David Suzuki songwriting contest.

Ta’Kaiya’s family lives in Sliammon. Her father Delaney grew up there and although they live in North Vancouver now they still have a home in Sliammon.

Ta’Kaiya, whose name means “special water” in the Tla’amin language, is concerned about the environment, especially the preservation of marine and coastal wildlife, says her mother Anne. It was this concern coupled with a proposed oil pipeline that compelled her to write *Shallow Waters*.

Ta’Kaiya and her voice teacher Aileen De La Cruz began working on *Shallow Waters* last year to raise awareness about a proposed oil pipeline planned between the Alberta Tar Sands and Kitimat, BC.

“They were half-way through writing it when the Gulf oil spill happened,” says Anne. When the song was finished it was recorded in studio and they entered it in the David Suzuki songwriting contest. It was also entered in CBC Radio’s Playlist for the Planet songwriting contest.

The message in *Shallow Waters* is important to Ta’Kaiya because an oil spill on the northwest coast could tragically end the traditional way of life for many coastal First Nations, says Anne.

Last month, Coulter Ripley, a young videographer, finished putting together a music video of *Shallow Waters* and

posted it on YouTube. It soon began making its way around Facebook until Wendy Pulkrabek discovered it and contacted *Powell River Living*.



“She has a powerful voice and sings powerful words. I cried listening to her,” Pulkrabek said.

Images of oil spills alternate with shots of Ta’Kaiya singing in a canoe on a tribal journey. Powerful words, such as “If we do nothing it will all be gone,” act as a call to action.

Ta’Kaiya has participated in the Tribal

Journey for the last two years and sang with the Sliammon Nation during the Tribal Journey 2010. In the music video, she is pictured singing in the cedar canoe with Sliammon’s Betty Wilson. “She goes with Sliammon,” says Anne, “and at each stop on the way she sings *Amazing Grace* in Sliammon.”

Ta’Kaiya loves visiting her grandparents, aunt, uncles and cousins in Sliammon. “She loves coming here to see everybody...she never wants to leave,” says her mom.

Now she is writing a letter to the Chief of the Assembly of First Nations and sending him a video. She will also send a letter and video to the Coastal First Nations who are against the pipeline project. “Ta’Kaiya wants to get the word out about the pipeline project,” says her mom. “She loves the water and marine life and she is worried.”

Her fears come through loud and clear in her video as she sings: “Oh why do tears fall from the sky as images of sea birds drenched in oil, ocean rigs drilling for oil and heavy machinery moving petroleum products come into view. **RL**”

Readers can view Ta’Kaiya’s music video at www.youtube.com/watch?v=LkjlkuC_eWM or scan this tag with your smart phone.



Who is Brandy Peterson?

Brandy Peterson has been selling real estate since 2006, specializing in the residential market and offering a full service commitment to each and every client.

“I love my job because *I get to help people every day* with their real estate investments,” says Brandy.

Her professional advice helps a buyer find the perfect home and sellers to move to the next step. She ensures that real estate is working to build the wealth of each client. Perhaps most importantly, she

reduces the stress from each transaction to make buying or selling enjoyable.

Buying or selling real estate is a huge decision but Brandy is committed to helping every step of the way.

“At the end of the day, *my clients become my friends*; that is very rewarding!” she says.



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Family health

Healthy nutrition for children starts with parents

By Kitty Clemens

Canadian children have been experiencing weight increases. In the last 25 years the obesity rate has tripled and approximately 26% of Canadian children ages 2-17 years are currently overweight or obese.

That's not all. One-third of the normal weight 20-year-olds will become overweight within eight years and one-third of overweight 20-year-olds will become obese within eight years.

The problem is that overweight and obesity will set these children up for preventable physical problems—things like Type 2 Diabetes, high blood pressure, bone and joint problems, liver disease, earlier than normal puberty or menstruation.

Other problems these children may face include bullying, low self-esteem, feelings of social isolation, increased risk for depression, and poor social skills.

What can we do as parents? Start by taking nutrition very seriously. Since every cell of our body relies on what kind of building blocks we give it, we have to make sure we “eat to live and not live to

eat.” We cannot always control what our children do away from home, but we surely can control what happens in our home.

It is important that we offer our children foods as close to nature as possible: real fruits and vegetables, whole grains, healthy fats and oils, legumes, nuts and seeds and a good source of healthy meats, fish or fowl. These foods are powerhouses of nutrition and they have all the nutrients needed to feed their bodies well.

March is nutrition month and there is no time like the present to take a good look at your eating habits. We need to model healthy nutrition for our children. Teach to do as we do, rather than to do as we say. Ask their help with meal planning and shopping, allow them to cook with you. Keep sugary snacks out of the house; sugar is detrimental to the body. Instead have fresh cut fruits and vegetables ready for after school. Remember the difference between one 12-ounce glass of water and one 12-ounce bottle of pop each day is 15 lbs in one year.

Eating is not just the process of putting foods into our system; it is important the body gets the chance to digest this food properly. So spend time with your children at the dinner table and eat slowly as the digestive process begins with smelling the food and chewing it well. As healthy, real foods become part of their lifestyles they will learn healthy habits which will last a lifetime.

Be aware that healthy nutrition for children does not begin when they start to eat solid foods; healthy nutrition starts in the womb and with breast feeding. It is important for a mother-to-be to eat well and follow the suggestions of whole, good quality, life foods as mentioned above.

For a healthy life, combine healthy eating habits with daily physical activity.

For more on this topic visit www.childhoodobesityfoundation.ca 

Kitty Clemens, RHN NNCP, is a Holistic Nutritional Consultant and Wellness Coach and has her practice Pro-Active Nutrition at 4680 Willingdon Avenue. She can be reached at 604 489-0200 or proactif@telus.net

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Working together

English as a second language

By Wendy Thomas

Vancouver Island University's (VIU) Powell River campus and Westwind English Academy are working together with School District 47 to support the growing number of international students. For English as a second language (ESL) students interested in post secondary education, VIU offers a transition year to strengthen both academic and language skills. To enhance the wide range of student abilities, Westwind English Academy provides ESL courses, cultural activities, and community involvement. Each school has a distinct role, so international students can choose what they need.

Arlette Raaen, VIU campus principal, explains the benefits: "By increasing the diversity of students, we'll be able to provide a more vibrant learning environment. Powell River offers a safe place for learning, in a beautiful natural setting, with easy access to Vancouver and Vancouver Island. Completing a

preparation year after high school will ensure a successful experience at university."

Westwind English Academy's director Rachele Warman stresses the importance of an enriched environment: "We provide learning opportunities beyond the classroom. Students have more confidence in their communication skills. They become part of a new family at school, at their homestay, and within the community. Students feel less stress here and are more relaxed and can focus on learning English."

Brooks Secondary School has taught international students for 10 years. ESL teacher Robyn Scoville remarks: "After a few months, students are very comfortable around town, feeling independent. Students gain self-confidence in both their English and their involvement in Canadian life."

Laurie Yule, International Coordinator for School District 47, also views Powell



LIVING ENGLISH: Brooks students Kenneth Kwan and Diego Castaneda say the homestay program has vastly improve their English.

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First 10 women to book their pap will get a FREE every WOMAN Nia and Loving the Body You're In Workshop (April 16)*

Women are invited to complete this short online **Women's Health Survey** (to help us plan events): www.surveymonkey.com/s/2Q95NLN

Facebook | Powell River Womens Health Network
*Some conditions apply

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ENGLISH TEACHER: Rumi Niino is a university grad from Japan working on English skills at Westwind Learning Center.

River as an ideal location for learning. “As there are so few ‘non English’ speakers in Powell River, it is the perfect setting for absolute immersion. Students pick up English quickly when it is the only mutually available language of communication.”

Three new Brooks international students - Kenneth and Kate Kwan from Hong Kong and Hikaru Hirotsuji from Kobe, Japan — arrived in the fall with

similar reasons for choosing Powell River.

Kenneth and Kate feel small town life improves English. Because not many people in Powell River are from China, Kate can’t use Cantonese. In her multicultural classroom, “If I want to talk to a student, I must use English.” Her brother Kenneth agrees. “In Vancouver, there are lots of Chinese people, so I came to Powell River to be more comfortable speaking English.”

Classmate Hikaru also wanted some place with less Japanese and chose Powell River because she liked the West Coast. She immediately loved the small town, describing the airport and Pacific Coastal plane as “cute.”

Kate agrees, “In Hong Kong, there are many people in the street. Here, sometimes I can’t see anybody in the street. When I am lost, there is nobody to ask!” She was surprised that everybody was so nice in Canada. “When I have any difficulty, they will help me.”

High school students Diego Castaneda from Neiva, Colombia, and Katie Park from Suwon, Korea, plan on staying. Diego has an aunt living in Canada. “Her



CLEAN CHANGE: Katie Park says the environment here is much cleaner than her Korean hometown.

husband has family here, so she knows Powell River and wants to buy a house.”



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Until his family moves closer, Diego is enjoying his homestay. "Living with an English family really improves my language learning. I use my English a lot."

Katie Park's family moved here because her uncle owns the Texada store, and they wanted to be in a better environment. Katie was in awe of how clean Canada is. "In Korea, there are many cars and people and not many trees. Sometimes it's black from pollution."

Powell River attracts not only international high school students but also world travelers looking for adventure and language learning. Outgoing Tokyo university student Rumi Niino plans on teaching English to teenagers in Japan. Rumi wants to perfect her English — particularly her pronunciation — before starting a teaching career.

Powell River is the perfect combination of language and community for Rumi with English in the morning at Westwind English Academy and afternoons with grade six students where Rumi teaches origami and Japanese numbers. Students' raising their hands impresses Rumi; Japanese students would be reluctant to freely share opinions in class.

Powell River is a delightful surprise. Rumi loves how "Everyone knows each other here!" The close-knit community feels like home. "People will say 'Hi' to me when I am out walking — people I don't even know!"

So for Kenneth, Kate, Hikaru, Diego, Katie and Rumi — and other international students - Powell River provides a breathtaking, natural setting to improve their English.

Vancouver Island University's local campus, Westwind English Academy, and School District 47 are excited to be working together, providing a university transition year, focused skill development, and fun extracurricular activities for high school ESL students and other language learners. **PR**



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Education

Tutoring, second languages and more

A variety of new and exciting educational programs are being offered at Westwind Learning Center.

Westwind changed its name from Westwind English Academy to reflect the wider range of learning opportunities at the center. Westwind Learning Center continues to offer superior ESL (English as a Second Language) programs for International students from Japan, Korea, China and South America. Westwind also offers local residents Second Language Programs in French, Spanish, Italian, and German. As well, the center provides local students (K-12) with tutoring services in all subject areas.

Rachelle Warman, School Director and teacher, has rallied a team of educational experts to provide quality tutoring and exceptional programs that are designed to meet the educational needs of our community. "I made a few calls to various retired teachers, current

teachers and highly recommended tutors and got them on board."

Knowing that times are financially tough, Westwind has tutoring and pro-



UNDER TUTELAGE: Noeleen Owton works with Aoife at Westwind Learning Center.

gram options for everyone no matter what their budget. You can choose to have private lessons or semi-private (two to three students) or small group language

classes. A new term for language classes begins in April and runs for nine weeks.

For a more in-depth study about a given topic, Westwind offers Academic Clinics (4-8 students). This past January, the school offered an "Essay Writing" clinic to help students writing their final English exam. After Spring Break, they have a "Mastering Math Basics" for primary, intermediate and middle school grades. As well, they are offering a 14-week Phonetic Awareness Clinic designed for preschool to grade 2. Students are given the skills necessary to read and write using the acclaimed "Letterland" system. Finally, in April the school will offer an "Introduction to Journalism" (ages 16+). Be sure to watch for our "Study Skills 101" clinic just before final exams.

"We have been accepting students daily since we first got the word out there and look forward to helping more and more," says Rachelle. [PRL](#)

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- Jon Jutzi, Powell River King

"Reading sends you on the best adventures."
- David Capling, Grade 6
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Survivor man teaches life skills

Jungle adventurer shares tales at Christian School

By Linda Wegner

Students in every classroom know that Math, English, Social Studies are just part of a regular school day. Parents also know and, hopefully, appreciate the dedicated teachers who fill those classrooms.

But in any classroom, there's nothing like a thrilling adventure story to light up the day — especially when the story is true. When there's an opportunity to learn how to build traps and cook food if you're lost in the jungle, it's even better. When those skills are taught by a genuine "survivor man" it's even more exciting. And if the adventure really happened to someone you know, students will sit up and pay attention to every single detail. That's exactly what happened in an elective "Exploratories" class offered at the Powell River Christian School.

"The survival class that we did at school this year was amazing! It was so exciting learning how to survive out in the wilderness," wrote Grade 7 student, Eli Hanson.

For Greg Chapple, knowing how to survive is a lesson he's learned more from experience than theory. A herpetologist by profession, he specializes in the study of reptiles and amphibians.

"I've focused my research on snake venom and enzymes. When I finished my studies in the Netherlands I began making trips to South America. I found myself going further and further and spending more time in the jungle in order to catch, identify and extract venom from snakes," he explained.

In his own words, one day things went wrong. He and an engineer embarked on a project to plan an eco-tourist lodge in the rain forest of Guyana. Through a series of mishaps in the life of the funding sponsor and a series of missteps by those entrusted with handling those funds, Chapple and his co-worker didn't receive a promised supply drop-off. They were on their own.

According to Chapple, readily available food in the jungle is a myth. Survival became a day-to-day ordeal; danger from animals ranging from ants and bees to disease-bearing armadillos and caimans, a constant threat. Finding food became their sole focus.

"My experiences in the military and previous travel meant that I had a knowledge base of what could be done but after a while we became more creative and set up to 19 traps in front of our camp. We caught some lizards. They're very aggressive but they taste good," Chapple continued.

While students were fascinated by the story from its beginning to the account of the nearly miraculous rescue, it was the trip to

Principal Matt Duggan's farm where they learned to make traps and cook food that captivated them.

"We learned how to make traps to get our food, how to create help signals, how to cook our food and what to do once you have caught your food," Cheyenne Adrian says.

Classmate Jarrett Bleaney agrees: "It was an amazing experience! I'm ready for anything life can throw at me and more!"



SHARING STORIES: Stories of Greg Chapple's adventures in the jungle captured the attention of students at the Powell River Christian School.

Chapple knows that life is about more than survival though, and he and his wife, Carla, want their children to be well equipped with spiritual values as well. They believe that enrolling their children in the Powell River Christian School is an important tool in reaching that goal.

"We consider the Christian faith as important and we chose to put our kids in a system that is faith-based, supported and taught. When we moved here in 2010 we went to the school for an interview and the thing I noticed right away was that the children were happy and that made an impression on me," he says.

Greg, Carla and their three children moved to Powell River from Haida Gwaii. Now happily settled into the community, the Powell River Reformed Church and the Powell River Christian School, they're looking forward to watching their children reach their potential as individuals and faith-filled life survivors. **RL**

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Powell River Living FAMILY MATTERS

By Isabelle Southcott

Travel if you can

Some of the most valuable lessons take place outside of the classroom.

They take place in other countries, in the company of people whose cultures are different than our own and at times when you least expect them.

As my children and I winged our way home from Mexico recently, I thought about the experiences we'd just had and what we'd just learned. We explored the Mayan ruins in Tulum beneath the hot sun and in the process I discovered my oldest son has a passion for history and archaeology. He asked the guide more questions during our tour than the rest of us put together and at the end of the trip declared the walled city of ruins was his favourite part of the holiday.

My youngest enjoyed the scuba diving lesson and exploring the coral reef most of all. They loved the colourful fish and were happy to report that there were no Tiburón (shark) sightings.

Small differences made impressions on all of us. The children liked the hotel staff's custom of saying, "It is my pleasure," instead of "Thank you."

Travel can change your life. When I travelled to Tanzania five years ago with the Canadian International Development Agency, I watched barefooted children in the poorest of villages laughing and playing with toys you'd be hard pressed to find in Canada. The body of this truck was made from a discarded four-litre plastic milk jug. The wheels were made of caps and the truck

was pulled along on a rope.

I remember thinking that happiness has nothing to do with what you have; it has to do with what you make of what you have.

When I was in my 20s I spent several months working and living in Australia. I hunted water buffalo in near Darwin, slept in a swag beneath the stars, and picked mangoes. As I picked, I learned how the juice of the mango burns your skin. At the end of my first day as a mango picker, the exposed part of my neckline was burned and pocked by the juice.

I was a Jillaroo on a cattle station for a while and, yes, I castrated and branded cattle. I also herded cattle and rode in the ute (utility vehicle) at sunset to shoot wallabies to feed the station dogs. It was in Australia that I learned about the bachelor and spinster ball, a ritual for bringing young people together that intrigued me.

Not everyone is able to travel to foreign lands, which makes School District 47's international student program even more valuable for Powell River. By bringing foreign students to our doorstep, the school district is bringing the world to us. Because of this program and others, people living in our isolated community have the opportunity to experience the flavours of foreign lands.

Travel if you can. But if you can't, then take it upon yourself to meet some amazing people who have come to Powell River from other parts of the world and let them share their world with you, and you can share yours with them. **RL**



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Swimming

Competitive or just for fun!

Something magical happens when a child learns a new skill or achieves a goal. Their confidence grows and as that happens they begin to believe that they are capable of so much more.

"I was at a (swim) meet in Campbell River when I found out I was really good at backstroke," said nine-year-old Cole Needham, a member of the Powell River Aquatic Club. At the club's end-of-the-year banquet Cole received the most outstanding swimmer award.

For 11-year-old Maddison Yule, the best part of swim club is the challenge of learning something new and being with friends. "It's so much fun," says Maddison, who joined when she was five.

Some swimmers enjoy the competitive aspect of swim club but others don't and that's okay. "It's all about your personal

goals," says Laurie Yule, president of the swim club and mother of Maddison. "You are part of a team but it is an individual sport. Your goal may be to swim one length, to have fun, to try something new, or to go to the provincials."

"It's very different than swim lessons. I had a kid who loved the water and wanted to swim a lot," says Laurie.

Children should be able to swim one length of the pool to join but if they are enthusiastic and love swimming, bring them out anyway, says Laurie.

Registration is in April for the new swimming season that begins May 1. There's a two-week free trial period and anyone considering swim club is invited to come and try it. "There's a small insurance charge but it's minimal."

Theresa Verdiel's daughters have been involved in swim club



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for six years. "My girls like the fitness aspect of swim club," says Theresa. "It provides cross training for soccer and gymnastics."

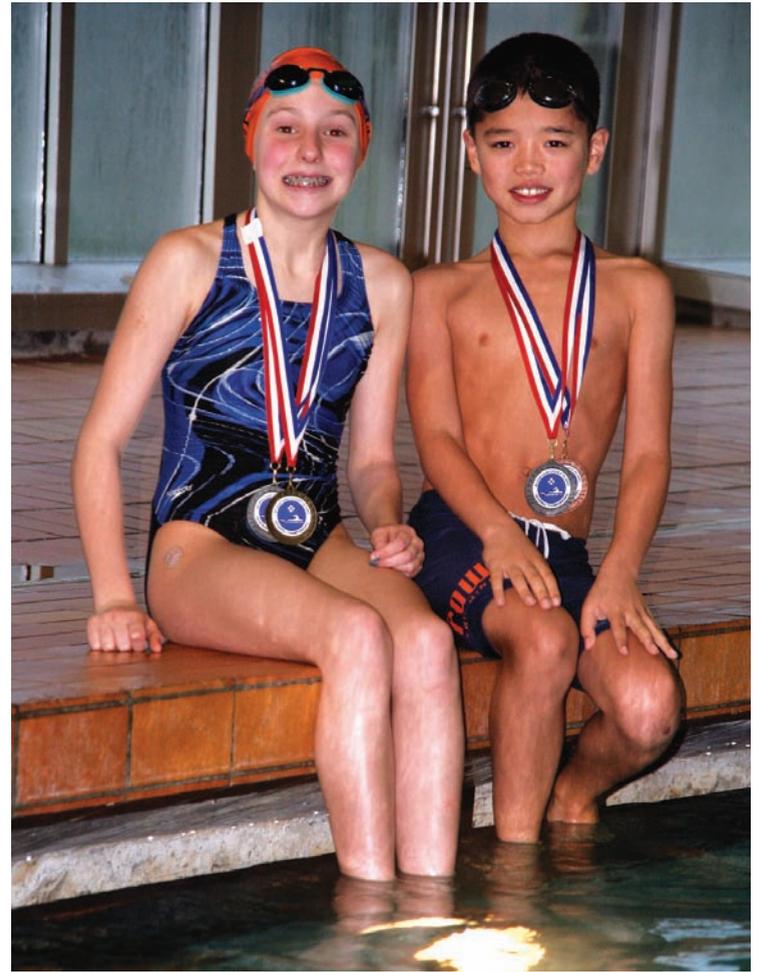
The amount of time swim club takes up depends entirely on the individual. "One concern people have is that their entire summer will be consumed with swim meets and practices," says Laurie. "But it doesn't have to be."

For a reduced price, kids can join for May and June only and be free to pursue other activities over the summer. The keeners who wish to continue or compete can join from May to September. "Because this is an individual sport, there is no late registration... you are not letting the team down by registering on June 15," says Laurie.

Ben Lynskey will return again as head coach for the second year. Ben, who grew up in Powell River, swam from a young age and was successful at the provincial level.

Swim club is very social, says Laurie. "We have barbecues and baseball games, we've gone for bike rides and have movie nights."

Registration for swim club is April 2 and 10 in the lower lobby of the complex. For more info visit www.bcssa.bc.ca/vi/pow/ or call Laurie at 604 489-0223. 



PERSONAL GOALS: Swim club members Maddison Yule and Cole Needham enjoy challenging their personal best at meets and competitions.

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THINKING BEYOND!



POWELL RIVER SCHOOL DISTRICT

THINKS BEYOND

Don Fairbairn ❖ Director of Instruction, School District 47

EACH YEAR the British Columbia Ministry of Education dedicates one week in March to celebrating the educational endeavours and accomplishments of all the School Districts throughout the province.

This year, the Powell River schools would like to share with you some of the ways that they are adapting and modifying the way that they do business to better address the present and future needs of their students.

In the past it was clearly recognized that the prime function of schools was to teach students the core skills of reading writing and mathematics. This continues to be an important facet of education but a rapidly changing world means that education must extend far beyond that. The stage must be set for our graduates to be prepared to be lifelong learners.

The speed of technological change and the projected needs of the workplace dictate a need to use the new technologies as a standard part of how and what students learn. The new skill set requires workers to have high levels of personal organization and the ability to work creatively and collaboratively as part of a team.

Common ethics about how we treat each other, how we treat the environment as well as a firm understanding of global and local cross cultural relationships are important to properly function in society.

The following articles from the Powell River District 47 Schools will give you a better understanding of how our District is thinking of our students' needs beyond the present and into the future. ❖

CONTACT US ❖ SCHOOL DISTRICT #47, 4351 ONTARIO AVE, POWELL RIVER, BC V8A 1V3 ❖ 604 485-6271



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By Kathy Rothwell ❖ Principal

IN THIS ever-changing world, schools are working diligently to prepare kids to meet the challenges of a dynamic new environment.

At Brooks, the delivery and type of courses offered has never been under more scrutiny, and we are excited about the multitude of differentiated learning opportunities this provides for our students!

With updated wireless technology we are now equipped to support personal laptops as students bring their own devices into classrooms. Further, next fall, all Grade 10 planning students will take their planning online as independent learners with a designated teacher.

Apart from the online experience in this subject it also gives them a chance to choose an additional elective. In the Math department, one of the Grade 10 level courses will be offered in a Math lab by a team of two teachers supported by some online delivery. A similar approach will be used in one of our Socials Studies sections. The PE department has developed an individualized course at Grade 10 which will give students the opportunity to develop their own physical fitness; a significant advance in the 'personalized learning' direction. This is in addition to the existing course now running at Grade 10.

Brooks has also been accepted into a pilot project where four teachers will examine online teaching material that will supplement and perhaps replace textbooks in the future. Work on that project is underway. These changes, in combination with existing programs at Brooks, make this school an innovator in the education world.

As always, our teachers are dedicated to guiding our students as they strive for excellence.

What we know about learning is that all students learn in different ways and at different rates so we will continue to concentrate on how best to serve the needs of all students while maintaining rigor and offering the widest variety of quality course possible. ❖



OCEANVIEW MIDDLE SCHOOL

By Frank Radcliffe ❖ Principal

IN THE middle is Where It All Happens. The staff at Oceanview enjoys the variety and excitement of teaching in a school where students experience such incredible growth. One type of student growth is easily noticeable. Often students are significantly taller when they leave Oceanview than when they first stepped in the doors. That kind of growth is easy to see and measure. However, students at this age are also making the same kinds of growth in other areas. These areas include intellectual, social and emotional growth. All students grow at different rates in different areas and that just makes Oceanview a really interesting place to be.

The road to becoming young adults is not an easy one and there are many bumps along the way. The staff at Oceanview believes that these bumps are nothing more than learning opportunities and they consider themselves lucky to have so many of those. They take pride in the fact they are available to share in the hard times, the fun times and the triumphs.

The teachers at Oceanview are committed to differentiated instruction. With a population of students maturing at such different rates, it only makes sense. One of the ways teachers are able to accomplish this is with the aid of technology. The program they are most proud of is a web-based reading program called Reading Plus. In this program, student reading levels are determined and learning activities are assigned based on their reading level. This program focuses on improving comprehension, vocabulary, memory and silent reading speed. Standardized tests point to significant gains, but more than that, teachers and students are noticing improvement. When asked if Reading Plus had helped them in school, one student wrote, "I can actually read a book and do a book report on it. This year was the first time I have done that on my own. My parents are so proud of me." ❖



JAMES THOMSON ELEMENTARY

By Tawnie Gaudreau ❖ Principal

AT JAMES Thomson, we are committed to 'thinking beyond' the classroom to ensure that all students feel success and a sense of belonging to our school. Teachers and staff work hard to provide opportunities for all children to experience a strong sense of community and to value and appreciate diversity and cultural identity. Our job is not just to teach for today, but to prepare our children for tomorrow as well.

Fifty percent of the James Thomson school population is of First Nations heritage and this year, we are fortunate to have the Elementary First Nations Coordinator, Gail Blaney, based in our school. Working in conjunction with the other First Nations workers, she is helping all of our students experience and appreciate the richness and depth of Powell River's First Nations culture and traditions. A steadily expanding core of cultural activities sees our students experiencing the culture through beading, carving, drumming, singing, and Klahahmen language courses and storytelling as well as a school wide initiative to carve and paint paddles for each class.

This past year has also seen the introduction of a K/1 Eco-Immersion Program at James Thomson. The program incorporates experiential, nature-based learning with a strong focus on French language acquisition. The teacher also makes it a priority to accentuate French culture as part of the program. As Eco-Immersion expands and grows, children will be provided with multiple opportunities for inquiry-based learning set in our natural environment. These activities serve to foster an awareness and respect for our environment and help children explore our human relationship with nature.

It is our belief that these programs provide opportunities for lifelong learning skills that extend far beyond the classroom walls and transcend cultural boundaries. ❖



GRIEF POINT ELEMENTARY

By Jamie Burt ❖ Principal

THIS IS an exciting time for our Grief Point community, as the new school is quickly becoming a reality. The planning, discussion and anticipation of the new facility is serving as a focal point for innovative thinking in examining new approaches, strategies and structures to better facilitate student learning in our school. It is felt that the rich discussions that have occurred with our stakeholder groups will result in even further development of innovations that benefit our students.

Grief Point has a tradition of providing students with a strong academic core while also providing excellent opportunities in music, the arts and athletics. Moving forward, we want to maintain these solid traditions while expanding the skill set to include improved critical thinking, problem solving, creativity, communication, collaboration and technological literacy.

Recent Grief Point innovations include:

- Full Day Kindergarten – an overwhelming success with obvious improvement to student achievement in year one of formalized education.
- Technological tools to enhance student learning. Computer programs such as Abracadabra that help students develop phonological awareness and early reading skills.
- Project-based learning where students collaborate to create and problem solve. Recent projects include: design, create and present an invention that makes a common household chore easier; create your own playable board game based around the theme of a novel; design a container that will protect a raw egg from cracking after it is launched from a catapult.
- Environmental education and sustainability continue to be a major focus. Our team of intermediate student leaders helps staff educate others as we decrease our school's carbon footprint through recycling, heat and water consumption awareness, and the everyday impact we have on our environment.

We are very proud of the strong educational foundation that has been laid at Grief Point and we are excited about the challenges and opportunities that lay ahead in meeting the learning needs of our students. ❖



HENDERSON ELEMENTARY SCHOOL

By Scott Fisher ❖ Principal

EDUCATION AT Henderson is the shared responsibility of home, school and community. We are a community school moving into the 21st century where education is now more than just the reading, writing and arithmetic of old. We are working together to prepare our students to be productive, creative citizens and workers in the new global economy. We continue to build a respectful, welcoming and caring school environment. Our *Breakfast for Learning* program, run by community volunteers, ensures every student can have their nutritional needs met so that they can work to their potential. Every second week the *BC School Fruit & Vegetable Nutritional Program* offers our students fresh fruit or vegetables, helping them to learn the value of good nutrition.

The *After-School Club*, run by local volunteers, helps our students establish connections to their community. Locally created curriculum focusing on our Townsite helps strengthen our Henderson community. Events such as our *Terry Fox Run*, *Carolling for Cans*, and *Food Bank Hamper* collection bring our school and community closer together. Our *Destination Conservation* leadership group, the *Water Saving Seven* has valuable conservation and sustainability messages for our school and community. Our school community is further strengthened by the *Caring Kids* program, which rewards students who are looking out for their school and classmates. The student-created *Lunch Club* program offers students a chance to participate in organized activities for the benefits of exercise and friendship.

As we move into the 21st century, new skills are needed to meet the challenges of our complex and connected world. Henderson will continue to increase the utilization of strategies such as project-based learning combining technology, problem solving, interpersonal and social-responsibility skills to create productive and creative citizens and workers needed. A new fibre optic network has been installed and all classrooms are equipped with digital projectors. Most classes have interactive whiteboards and we have a pod of laptop computers. At Henderson, we look after each other, our community and ourselves. ❖



KELLY CREEK COMMUNITY SCHOOL

By Bill Bailey ❖ Principal

THIS YEAR at Kelly Creek Community School, we've put a special emphasis on science in all of our classrooms.

At our first assembly, we introduced a simple format of the scientific method and made a commitment to begin by practicing real-life observations at the Lang Creek Salmon Hatchery. Later in October, the whole school visited the creek, made observations and posted their results throughout the school.

In November and December, all classes conducted experiments to find out which of five identified brands of paper towels was the most absorbent and strongest.

We kicked off 2011 with a Balloon-Car Challenge when students were challenged to create a vehicle powered only by a balloon. Challenge Day in the gym was pretty exciting as students cheered for their favorite vehicles and compared notes on design strategies. In February we challenged students to create a device that will deliver a raw egg from the roof of the school in a free fall to the blacktop below without breaking it. At the time of writing this article there was even more "buzz" around the school about design strategies for the egg drop than there was for the balloon cars! We'll be ending the year with a science fair for all students.

Our goal is to promote scientific thinking and have some fun doing it. So far there has been a lot of fun and, we believe, quite a bit of thinking too. We're looking forward to seeing a lot of creativity and scientific thought going into our culminating science fair in May. ❖



EDGEHILL ELEMENTARY SCHOOL

By Kristen Brach ❖ Principal

AT EDGEHILL School, we pride ourselves on staying up to date with current research on how best to meet the needs of all of our students. With the rapid changes in our world today, students need to be prepared with a different set of skills than schools provided in the past. We have many staff members involved in school district and provincial committees that are working together on ways to embrace these changes in a positive way.

Equipping our classrooms with technology that helps assist with instruction has been a focus this year. Most classes have ceiling mounted projectors, some have interactive whiteboards, and we have several classrooms with pods of computers in addition to our full size computer lab. Software such as PLATO, Kurzweil, and Abracadabra are in the learning centre and classrooms to help students who learn in different ways.

The environment continues to be an important issue in our world and in our school. We have a committed group of parents, teachers, and students who consistently address environmental issues in our school. We have a team for Destination Conservation which created a "Lights Out Campaign" to encourage people to reduce energy use by turning out the lights when they aren't needed. Top energy conserving classes are recognized at each assembly.

Along with our emphasis on academic success, we also believe that it is important to have a welcoming school for all students and parents. This involves their inclusion in a variety of activities throughout the year including Math Olympics, Literacy Day, Read for the Top, Destination Imagination, Roots of Empathy, inter-school sports, author visits, performances, and special fun days.

Our staff and students follow our school code of honour: "We take care of ourselves, we take care of others, and we take care of our place".

With our continued emphasis on meeting the needs of each individual child by building on their strengths, interests, and emotional well being, our school continues to expand on its goal of building success for every child. ❖



TEXADA ELEMENTARY SCHOOL

By Carol Brown ❖ Principal

TEXADA ELEMENTARY has had yet another interesting year. As a small rural school we have a family type environment and, to meet the needs of all our student family, our goal is to explore and implement as many and as varied technologies as we can in order to provide a quality education for our students.

The size of our population enables and encourages us to involve community members in our learning. The First Credit Union under the direction of Ms. Glenda Nikirk is doing a series of lessons on banking and money, and the children have the opportunity to set up their own bank accounts in the school.

TQL sponsored a Forestry Day at their new park and provided our students with the opportunity to construct bird feeders, tour the park, learn about Forestry and plant a tree for themselves.

Our entire student population enjoyed a series of Karate lessons from the Canadian Martial Arts Academy with Mr. Frank Clayton.

At Christmas we invited all our school community to join us in a family evening of gingerbread creations, cocoa, cookies and Carols. We had over 90 people to share the spirit of the season.

Ms. Rhonda Johnston instructs our junior class (K-3) in pottery classes and our senior class (4-7) did a pottery workshop with Skylight Studio. Our kiln has been refurbished and we are ready to "fire" our masterpieces.

Recently the Chamber of Commerce met to discuss the future of the school. As a result the Chamber is sponsoring an open house March 3 to explore and to encourage a wide range of activities for both the students and for the wider community.

We are embarking upon a new model of learning at Texada, one that embraces all ages and interests from pre-school to seniors, one where community plays an active part in learning and teaching. We may continue to be small but we will also continue to be "A Whale of a School!"



SPECIAL SERVICES

SUPPORTING STUDENTS INTO THE FUTURE

By Stephanie Keane, *Speech Therapist*

TECHNOLOGY PLAYS an ever-expanding role in Special Services' main function of supporting all District students with learning challenges.

Kurzweil is a software program that assists students with reading or writing processing problems. It has the ability to scan textbooks, worksheets, tests and other written documents and read them aloud to the student. The Kurzweil program also comes with many electronic tools to help students study and prepare for exams. The evolution of speech-to-text tools helps those students who have written output difficulties. The availability, and now the affordability, of these programs allows more students to experience academic success.

Classroom Sound Field Systems are utilized in many elementary classrooms throughout the district. Teachers can wear a body pack and microphone which transmits to a single speaker in the classroom. Because the teacher's voice is amplified, students receive an optimal auditory signal in all classroom sections. This enhanced auditory signal is especially important for younger students because auditory skills do not fully mature until students are approximately 12 years old.

For students who have an identified hearing loss, personal FM systems are made available. **Personal FM Systems** are similar to classroom sound field systems except the amplified signal is transmitted from the teacher to an individual student.

PARTNERS IN EDUCATION (PIE)

By Stephanie Hall ❖ Program Coordinator

THE TIMES they are a-changing and our District along with them. Schools that used to be called Correspondence or Distance Education Schools are now called Distributed Learning (DL) Schools. Powell River's version of these schools, which is relatively new, is called Partners in Education or PIE for short.

The basic difference between PIE and the other Powell River Schools is that students work at home rather than in a regular school.

Communication with the teachers is largely by e-mail and telephone with some limited home visits for assessment and instruction. Courses are frequently on-line, particularly for the higher grades. Our 160 PIE students are scattered throughout the province but are mostly from Vancouver Island or Powell River. Full time DL students in British Columbia have grown from 7,800 in 2001 to 22,000 in 2009-10. BC students in Grades 10 to 12 can now cross-enrol for some of their courses to be done on-line while others continue in a regular school. At the end of last year there were more than 56,000 students in the province doing at least part of their program through DL Schools such as PIE.

The quality of on-line programs continues to improve and the PIE staff spends a great deal of time making sure we remain current with new materials. A problem unique to DL

Voice Output Communication Aids (VOCA) are used by some individuals with verbal communication processing disabilities as an alternative way of talking. These devices provide synthetic speech to help students interact with others and enable them to express their wishes, develop independence, exercise more control over their lives, and become productive, active members of their community.

The educational applications of technology will continue to grow and we will ensure that we remain on the cutting edge of its application for our students with special needs. ❖



Grade 12 student **Aaron Gustafson** communicates with others and learns new skills with help from a Vanguard voice output device and **Margaret Peters**, a Support Service Assistant. Aaron combines icons to create messages that help him communicate and to help others understand him during conversational speech.



schools is the need to provide social activities for students who are working in a home setting. A year-end whole-school camping trip, numerous mini-courses, science fairs and pure social celebrations such as the Winter Wonderland skate serve to fulfill this role for now.

PIE's DL program has continued to grow and in fact at a rate double that of the province. Along with that growth comes the responsibility of ensuring delivery of quality programs to our students. That is a challenge that PIE has and will continue to take very seriously. ❖

CONTACT US ❖ SCHOOL DISTRICT #47, 4351 ONTARIO AVE, POWELL RIVER, BC V8A 1V3 ❖ 604 485-6271

Home made education

Why more families are home schooling

By Tracey Ellis

Kira LaFrance home schools her four children, Etienne, 9; Marieve, 7; Joseph, 4, and Thérèse, 2.

According to Kira the choice to home school your children is a deeply personal one that involves strengthening family ties as you explore the world around you through the joy of learning.

"It's one of those things that develops when you are pregnant," Kira relates. "I read a book on the topic and thought to myself, what a beautiful idea, to be able to stay home with my kids."

The Fraser Institute reports home schooling is on the rise with a steady progression from what was once considered an extreme form of education to a mainstream alternative. In 1979, 2,000 children in Canada were being home schooled but by 1996 this number had risen to 17,523. In the United States similar trends were noted with numbers jumping from 50,000 home schooled students in 1985 to an es-

timated 850,000 in 1999 and an estimated 1.9 million in 2010 according to the US Department of Education.

In Powell River, Don Fairbairn, Director of Instruction with the Partners in Education program for School District 47, reports current enrollment has grown from 23 in 2003 to the current number of 160.

According to Fairbairn, the Partners in Education program was started in 2003 to meet the needs of a small group of Powell River students, whose parents had elected for a variety of reasons, to involve their children in a number of divergent home school programs throughout the province.

"The parent group felt that a Powell River-based distributed learning program might be able to meet student needs more effectively than some of the Distance Education programs in which they had been enrolled," Fairbairn said. "At this point, we do not actively recruit

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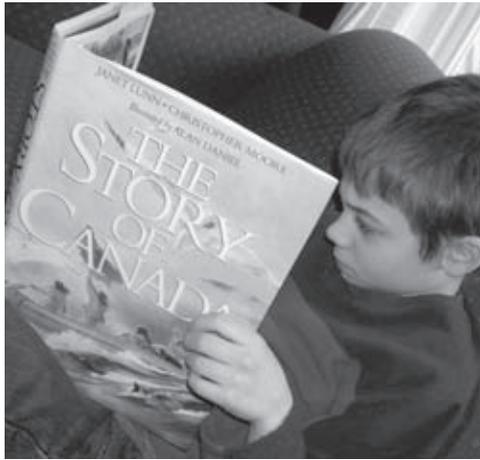
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WISH LIST ADDS UP: Marieve displays her math homework, a math collage of wish list items she needs to add up.

students, but are still growing slowly via word of mouth.” Three teachers in



COMFORT OF HOME: Etienne studies the story of Canada from the comfort of his home classroom—his sofa.

Powell River and four on Vancouver Island provide parents with the support they need.

When it came time to enroll her son in school Kira asked her husband, who is a teacher, for an outline of the curriculum. “I quickly realized that I could do this!” Kira and her children have never looked back and Kira hopes to be able to home

Why homeschool?

Some benefits of home schooling in the eyes of the parents, according to the Fraser Institute report, are:

- Opportunity to instill a particular set of morals and values in their child.
- A higher academic achievement level and one-on-one instruction.
- Stronger parent-child relationships.
- High quality interaction with peer groups and adults.
- Escape from the negative effects of peer pressure.
- A physically safer environment.

school her children through to Grade 12.

“Some students come to home schooling and stay right through to graduation,” Fairbairn said. “Others stay until 9 or 10 and then return to regular school. About two-thirds of our students I would expect to stick with home schooling until grad. We also tend to pick up quite a number of part-time students at the

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MATH TIME: Etienne and Joseph check Marieve's math.

secondary level who take a partial load with us—one or two courses, but take the rest in a regular school.”

Class begins at the LaFrance house-

hold at 9 am weekdays and ends at noon, although some assignments can take until 2 pm to complete as the children work at their own pace. How does

she keep her children focused? She keeps the television turned off during the week. “It’s too distracting.” Kira concentrates on keeping things fun and works the curriculum around current interests. Her oldest son’s interest in reading about Greek mythology translates easily into a creative writing assignment on creating his own hero written in the style of *The Iliad*. Her daughter’s interest in big cats becomes a research project into Siberian Tigers for another assignment. “When we read about flowers, we might go outside and look at some flowers,” she says. “We keep things fascinating by doing and talking and research.”

By choosing to educate her children at home, Kira has given her children a precious gift—they are learning to love to learn. [PRL](#)

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From Powell River to Guam

Our Homeschooling Journey

By Colleen Smith

Former Powell Riverite Colleen Smith and her husband Les began homeschooling in 1991. The family moved to Guam in 1995 and have homeschooled all of their four children. Here they share their homeschooling story.

In 1991 we began homeschooling our oldest son Kevin. By then, he had already spent two years in the public system.

Kevin was a bright, inquisitive child who taught himself to read by age three. By the time he entered Kindergarten, he was working his way through The Chronicles of Narnia.

He came home from that first day of school in a very foul mood. No one in his class could even read! How I wish I had known about homeschooling at that time.

The summer before Kevin entered Grade 2, I found out about the homeschooling laws in BC, and registered him as a homeschooled student. By then his younger brother joined our little one-room "home" school out at Lang Bay. When our third child was born in 1994, we decided to give school another try and enrolled the boys in public school. It was a good year for Kevin, but not so good for Adam. Adam was quiet and sensitive and had issues with noise and touch. School was too loud and disruptive for him and he'd often be found hiding under his desk trying to get away from the overload of sensory input.

In the spring of 1995, my husband got a call from his father to move to Guam and help his friend run a driving school there. He took our oldest son with him to scope out the job and within

two months he called me and said, "Sell everything, we're moving to Guam."

It took me a few months to wrap up everything in Powell River and by July, I was on an airplane heading half way across the world with a six year old and nine month old in tow. Upon arrival in Guam, one of the first things we did was to look at the local school system. All one had to do was read the local



FROM POWELL RIVER TO GUAM: The Smith children are homeschooled in Guam. Stephanie, 16, Eric, 11, and Cassie, 8, take a break from their studies.

newspaper to see that there was a lot of trouble. Schools were overcrowded and underfunded.

So, I searched out the homeschool association and found out about homeschooling laws on Guam. The law was simple -



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And so our homeschooling in Guam adventure began. It's now been 15 years since we moved here and we've added two more children to our family. We have gone from working for a driving school to owning our own driving school business. In between both Les and I spent several years working at a private Christian School in both paid and voluntary positions as teachers, librarian, bookkeeper, secretary — whatever was needed. Our children benefited from our relationship with this school and Kevin graduated from Guam International Christian Academy. He spent a few years working as an IT tech for a local tourist company and then joined the US Air Force and is now stationed in California. Adam has written over seven CD's worth of music that we are currently working on getting published. Our children have been actively involved in all our various business ventures — snack shop, web design business, driving school and now our newest venture — a dive shop.

Our philosophy of homeschooling has changed over the years. Over time we have realized that schools do not teach to the individual, but to the masses. Our children are each unique and talented in their own way, and homeschooling has allowed them to flourish in their natural talents. Adam has his music. Stephanie, our 16 year old, is a writer and artist and we estimate she writes over 2000 words a day (in between working full time at our dive shop). Eric, 11, we hope will some day be a famous comic book writer. And Cassie, 8, is an artist as well. We encourage our children to pursue their artistic talents to their heart's content. And they learn the basics as well — reading, 'riting and 'rithmetic. They have learned about Canada through our trip back home last summer.

My mother still lives in Powell River and sends me clippings from *Powell River Living* to keep me in touch with old friends and their lives. We enjoy the warm weather of Guam and the opportunities that are here for us, but our hearts are still back in BC and our dream is to someday own a home in both parts of the world.

Homeschooling my kids has enabled me give them the best education possible while on the other side of the Pacific. **RL**

Spring break fun

What to do when there is no school

Spring break gives students and families time to slow down and reconnect. Some will go away for a winter holiday while others will remain in Powell River.

For those who stay, be sure to check out some of these fun Spring Break activities.

At the Complex

The schedule at the Powell River Recreation Complex as they have added extra swimming and skating times. For more on this call the complex at 604 485-2891.

The complex is offering Harry Potter fans a movie marathon during the week of March 14. Dress up as your favourite Hogwarts character and make plans to attend the Harry Potter Movie Marathon. Activities and prizes will be awarded and there is a different film for each session. Those who pre purchase their tickets will save money! The fun gets underway on Monday March 14 at the Evergreen Theatre. Movies are from 1:30 to 4 pm and from 6:30 to 9 pm. There are more Harry Potter movies scheduled for Tuesday March 15 and Thursday, March 17 in the complex arena. The last film will be shown on Thursday, March 15 from 1:30 to 4 pm.

At Westwind Learning Center

Westwind Learning Center is running a Spring Break Camp that is both fun and educational. It's for ages 6-12, but if there's enough need, preschoolers can be accommodated, says school director Rachelle Warman.

The camp runs from 9 am to 4 pm. Students are dropped off at Westwind Learning Center and picked up at the complex.

It will include Arts & Crafts, Outdoor Activities, Second Language Learning, and swimming at the complex daily.

Call 604 485-5090 to register or for more information email info@westwindenglish.com or visit Westwind Learning Center's facebook page.

At the MAX

The Max Cameron Theatre stage will light up with *Darwin the Dinosaur* on March 16. This creative show glows onstage at 7:30 pm.

This is a heart-rending tale of the dinosaur discovering the true meaning of love. This innovative group uses glowing crayon like creatures in a darkened theatre where anything is possible!

Audience members are invited to meet with the cast and puppets onstage following the show.

Check www.maxcamerontheatre.ca for more info.

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Knitting up a storm

"Great Balls of Wool" inspires a comeback

By Devon Hanley

Sitting high up on my bedroom closet shelf is a fluffy pink and grey mohair cardigan that I breezily designed and knit when I was in my late 20s. Every so often I take it down, look at it and wonder how on earth I did it. But knit it I did, and so, last November I decided my birthday present to myself would be a sweater. I had been itching to knit again, and it was time to stage an all out knitting comeback!

At this point I will have to admit my inspiration to return to knitting was fuelled not only by my passion for all things woolen, but also by the timely opening of a yarn shop, Great Balls of Wool, at the north end of Marine Avenue. Anyone who stops in their tracks when they see handmade woolen objects knows a shop full of gorgeously spun yarn in every shade and hue cannot be ignored. Those yarns beckon to be worked into something useable or wearable, immediately.

This explains how I came to find myself hopelessly seduced by buttery soft, burnt orange Peruvian Highland wool at Great Balls of Wool. Avid knitter, owner and proprietor, Roisin (pronounced Ro-Sheen) Sheehy-Culhane, as well as several of the visitors to the store that day, encouraged me to go for it. Armed with silky smooth bamboo needles, ten balls of wool and the phone number of one of the expert knitters I met at the store, my sweater project was underway.

But as I knit and purl my way through a raglan sweater and a silk mohair blend hat, I realize it's not just about the end result. It's also about connecting with other knitters and meeting Powell River's wool and yarn artists, an incredibly creative and enthusiastic group who are more than willing to go out of their way to share their expertise and help others get started.

A cozy and welcoming little shop brimming with imported and local hand spun art yarns, Roisin's Great Balls of Wool is fast becoming a yarn lover's hub. While knitting (and learning) my way through raglan decreases on the big couch by the store front window, I have met pattern makers, local yarn artists and knitters of every level. Roisin, an excellent knitter and knitwear designer herself, is happy to help with knitting questions and true to her Irish background, genuinely enjoys the stories and conversations that wrap themselves around the clicking needles.

Speaking of needles, Great Balls of Wool carries a full selection of bamboo needles, Canadian made wood buttons and shawl pins and a wide variety of patterns and pattern books and other knitting necessities. Roisin is pleased to feature exquisite art yarns by Danika and Katrina, two local yarn artists pushing



KNIT ONE: Devon Hanley gets tips from Roisin Sheehy-Culhane at Great Balls of Wool on Marine Avenue.

fibre combinations, spinning and dye techniques to new limits.

Great Balls of Wool also offers group knitting lessons with some of Powell River's finest knitters and on Saturdays from noon to four Roisin provides space for knitters to come together to work on their projects.

"I enjoy the aspect of bringing people together to knit or cro-

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Joyce Ave at Field Street in the former Max Cameron Gym

chet and share their ideas and their expertise,” explains Roisin. “The really skilled knitters, women who many decades ago were knitting to clothe their families, are now experiencing keen appreciation and respect from the new vanguard of young knitters who are totally inspired by their expertise — it’s a great exchange.”

Roisin goes on to say how inspiring it is to meet so many of the region’s creative talent. “Actually, I am in awe. Something that women have been doing for centuries is now emerging as an art form. I have one customer who has learned how to do an ancient form of Norse, one-needle knitting; he learned on line and now he’s in the store sourcing wool for his projects.”

The wonderful thing about knitting is there are as many projects as there are people; you can always find something that suits your skill level, available hours for knitting and your budget. Powell River Library has a large selection of books on knitting and crocheting; everything from knitted toys to home accessories and sophisticated knitwear. Breakwater Books is another good source for yarn project books. And you can’t beat YouTube for knitting instructions from the basics to ultra complex.

I am quite sure my burnt orange Peruvian Highland wool



sweater with the fuchsia and lime peel coloured ribbing will be a fashion statement in the very near future. In the meantime I am enjoying the process: knitting by the wood-burning stove on rainy afternoons; knitting while waiting for ferries or for hockey practice to wind up; and the camaraderie, laughs and enjoyment I have derived from getting to know some of this region’s lovers of all things to do with yarn. [PR](#)

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Powell River

WOMEN IN BUSINESS Network

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Influential Woman of the Year

awards to recognize the contributions of women as business and organizational leaders in Powell River.

Nominate a woman you admire!

Awards Luncheon • Wednesday, April 20

Two Powell River (region) women will be recognized with awards as influential women in business or community. Judging will be done by a panel of local business and community members.

TO NOMINATE A WOMAN YOU ADMIRE:

1. Tell us in 500 words or less why she should be considered for the award.
2. What is your association with the nominee?
3. Include your contact information: name, email and daytime phone.

Category A • Influential Business Woman Award

Include with your submission the following information about the nominee: Name, company, job title, telephone and email address.

Award Criteria

- Has been in business/workforce for at least two years
- Has demonstrated professional integrity
- Has provided exceptional customer service
- 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

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

Sponsored by Powell River Living Magazine

What is wellness?

Explore different therapies at fair

When you hear the word “wellness,” what do you think of? This word has become such common language to describe such a variety of things—everything from healthcare to spa treatments - that most of us do not even stop to think about what this word really means. When most of us think of wellness, we might think of words such as “healthy,” “fit” or “well-being,” yet wellness is more than just a lack of disease or even just a “state of well-being.” It is an ongoing process that affects every aspect of our lives.

You can learn more about wellness and the different therapies available at the Spirit of Wellness Fair between 9:30 am and 5:30 pm on April 2 at the Carlson Community Club.

There, you will have the opportunity discover more about wellness and the process of becoming aware of, and making choices towards, a better/richer/balanced quality of life. Wellness encompasses not only physical wellbeing, but mental, emotional and spiritual. Our personal wellness is affected by our environmental wellness (our physical environment), as well as our social, work and financial environment.

Because wellness is an active process, continually learning and making changes to enhance your state of wellness, to reinstate or find your balance are parts of the process.

Taking stock of where we are now and seeking information and/or experiences that affect us positively often means adopting a proactive approach to healthcare that emphasizes the prevention and prolonging of life, rather than a reactive approach that emphasizes treatment. **RL**



FOR: **New Students or In-District Transfers**
KINDERGARTEN to GRADE 7

For the 2011/2012 School Year

DEADLINE: **March 31, 2011**

Kindergarten Students ✦ Please bring proof of age (child must be 5 by December 31, 2011). A birth certificate is preferred. (The Ministry of Education stipulates that parents may defer the enrollment of their child for not more than one year.) Register at your school of choice by March 31, 2011. (*After March 31, 2011, register centrally at the School Board Office.**) All School District 47 schools will have full day Kindergarten programs.

French Immersion (K-1) ✦ Register at James Thomson Elementary school.

Grade 1 to 7 students new to Powell River or students wishing to transfer to a school outside of their catchment area must register at their school of choice by March 31, 2011. (*After March 31, 2011, register centrally at the School Board Office*.*)

Elementary Students registering after March 31, 2011 are not guaranteed enrolment in their home catchment area or at their school of choice as registration is on a first-come, first-served basis.

*The **School Board Office** is located at
4351 Ontario Avenue, Powell River, BC V8A 1V3

Calling all songwriters

Compilation CD to benefit charity

A unique project is underway in Powell River – a compilation CD of Powell River's local musical talent. "We are calling it *Powell River: For the Record*," says Tom Dowding, sound engineer and owner of The Music Room. The CD is designed to be a project that showcases talented local singers and songwriters and will be in the production phase over the next several months. "We have plans to launch the finished CD at the Blackberry Fest street party, and perhaps even have a stage where the artists can show off their stuff," says Jenny Garden, who handles the business and marketing end of The Music Room.

"We got the idea from an article we read in *BC Musician Magazine* that talked about a recording studio in Prince Rupert making a compilation CD of local musicians," says Jenny.

"But we decided to add our own spin and make the whole project benefit charity," she says.

"It didn't feel right to try and make money from it," adds Tom. "In the end we just want as many musicians as possible to come and use our studio and hopefully spread the word to their friends."

The benefiting charity has not yet been selected because it will be up to the artists on the CD to choose which charity they would like to support. The Music Room also has plans to promote the songs to local radio and perhaps even CBC.

"I would love to have some artists on the album who have never put their songs out there before," says Tom. "I am blown away sometimes by the people who come to our studio and play the songs they have written; some of it is really great."

Stephanie Formosa is one such young singer/songwriter who has written several songs of her own. "Stephanie and I did some demo recordings of her stuff a while back and I really think her songs have a lot of potential," says Tom. "We actually approached her to see if she would be willing to come to our new studio and record one of her songs for the CD; she was more than happy to."

Cameron Twyford is another singer/songwriter who has a collection of his own music. "When Tom told me about this project I was immediately interested in submitting some of my stuff," says Cameron. "I think it is a fun opportunity for any songwriter."

The Music Room is encouraging anyone who is interested in appearing on the CD to contact them at (604) 485-1220.

"People need not be intimidated; in the end this is a community project that is meant to be a lot of fun," says Jenny.

Chosen songs will be produced by The Music Room production staff at no cost to the artists.

When completed, CDs will be sold for \$15 each both in hard copy and by digital download from The Music Room's web site at www.music-room.ca. 



MAKING MUSIC: Cam Twyford works on a tune with sound engineer Tom Dowding of the Music Room. They're still taking submissions for a Powell River compilation CD.

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Heather Tours

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| Mar 9 | One-Day Casino Trip • Nanaimo |
| Mar 19-21 | Weekend Casino • Lower Mainland |
| Apr 2-3 | Tommy Hunter, The Last Tour • Nanaimo |
| Apr 6 | One Day Casino Trip • Nanaimo |
| Apr 9-16 | 8-Day Reno Tour with Malaspina Coach Holidays |
| Apr 28-29 | Steel Magnolias • Chemainus Theatre |

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Powell River Sketches

Each month in recent issues, we have presented readers with one of these detailed, intricate sketches featuring something "Powell River."

Created by Lowell Morris, these pencil sketches are created from photos he collects and works from. The detailed artwork brings to life objects and locations we have all seen, likely many, many times. But have we noticed? Perhaps not.

For example, this month's image is of a piece of historic logging equipment from the days of the Powell River Company. Many of us regularly walk past this historic piece. But have you really *seen* it?

You will find more of Lowell's imagery on his website at www.LowellMorris.com.



WILLINGDON BEACH TRAIL: Once a rail bed used to haul logs to the Powell River company mill, this popular trail has various pieces of historic logging equipment stationed along it. Pencil sketch by Lowell Morris (www.LowellMorris.com).

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Time to plant

By Jonathan van Wiltenburg



Cost of seeds aren't peanuts anymore

Has anybody else noticed the price of seed has been steadily increasing in the past few years? The gap between cheap seed and the designer seeds is “growing” every year. I am starting to wonder what the difference is between these products. Is it worth spending \$3.99 compared to a \$1.89 on a packet of seeds? I made a few phone calls to some of the different seed houses here in BC to understand the business behind it all.

Generally there are two types of seed houses present in the BC market. The first is large seed houses that supply seed that is grown 100% by others. These companies shop around on a global market and supply smaller distributors down the chain. Mostly supply is limited to hybrids and conventional seed, however following consumer demand many recently have moved into the organic and heirloom markets. Typically these are the products you see available at supermarkets, dollar stores, or home supply stores.

The second type is the niche market small-scale supplier. Classically, companies in this category grow and distribute their own product with only a fraction (if any) coming from outside the “local” area. The niche market types work to provide high quality “local” product that is best suited for a specific growing area. Usually the niche market specializes in organic or heirloom seeds. West-coast Seed (out of Ladner, BC) leans more to a niche market as they source 90% of all their seed from west of the Cascades. In the seed supply world this is still considered fairly regional. Other companies such as Stellar Seeds (out of Kaslo, BC), grow and distribute 100% BC grown open pollinated with the lion's share coming from their own organic farm.

So why is the price up? Well, unfortunately, comparing the two different product models is like comparing apples to oranges.

For both players the price is up due to common reasons. Agriculture is suffering everywhere. Currently there are increasing costs for labour, fuel, shipping, and fertility, and it is all coupled with increased demand.



Jonathan van Wiltenburg has a degree in horticulture and runs Eden Horticulture Services. You can reach him at edenhort@gmail.com.

Top tasks for March

- Secure and apply compost, well-rotted manure, or seaweed to enhance your nutrient and organic matter content of your soil. 5-10 cm top dress would be great.
- As soon as soil can be worked (ie not too wet) begin turning over the garden. Mix in the compost and add an appropriate organic fertilizer to things that need an extra boost.
- Tune-up all your necessary tools, machines. This includes sharpening, cleaning, oiling, and purging of the useless.
- Jot down some larger garden chores that should be completed this year. Commit to tackling as least one of them. Decide what needs to be moved, split, pruned or removed, and get moving.
- Construct a seed-sowing schedule. Sketch out your garden plot and plan your rotation. Figure out what needs to be planted when and how often. This info can be found on the seed package, in books, or on the web.
- Sow your heat lovers: tomatoes, peppers, cucumbers—the sooner the better! Outdoors: When the soil is workable consider sowing greens, peas, lettuces, spinach, summer cabbages, parsnips, carrots, beets, potatoes and chard.

The main reason the larger seed companies are able to supply so much cheaper is because they are able to buy large quantities from a worldwide market. They are able to use their economies of scale and are ultimately less concerned with how the seeds are produced. Cost is everything. The common large company motto is to supply the best quality seed for the lowest possible price.

Conversely the niche local markets are not basing their business on cost alone; rather they are adhering to a model that provides high quality product with specific ideological traits (either local or organic, etc). These principles translate in more significant cost and it trickles down to the price on the packet. Almost all of these businesses are run by hard working individuals and I don't think any of them are getting rich off the seed business. All of them do it out of a labour of love at about 10 cents an hour.

So is it worth it? Well that is up to you.

From my perspective, you get what you pay for.

St John Ambulance

Celebrating 100 years in Powell River

This year St. John Ambulance celebrates its 100th anniversary in Powell River. A grand celebration will be held in June but in the intervening months Powell River Living will publish articles to show what an impact this organization has had on our community.

Did you know that the first St. John Ambulance class in first aid was held in 1911 with Robert “Bobby” Scanlon as chairman, JA Clapp as secretary-treasurer and George Clapp as lecturer? Dr. Andrew Henderson, the founder of Powell River’s first hospital was the examiner.

For years the faithful few continued their winter classes to increase their knowledge needed in this pioneer settlement. And the need was indeed great.

The following true incidents, from *Powell River’s First 50 Years*, illustrate how badly the community needed St. John Ambulance and its first aid training.

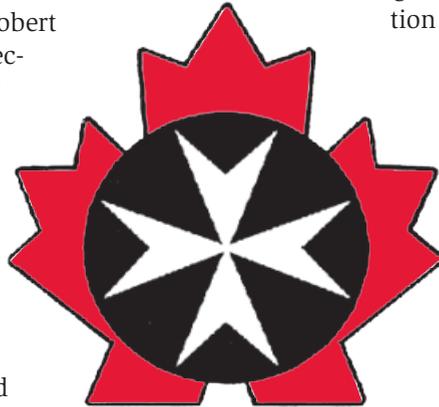
One day a man broke his leg on the wharf. He was picked up with a fireman’s lift which compounded his fracture.

Another man, John Dunlop, suffered a severe chest crush

when he was working with the loading crew in the hold of a ship. Dunlop was dazed and confused by his injury that was later discovered to be fractured ribs. Despite this, he was allowed to climb a vertical ladder with no assistance from the depths of the ship to the hold!

Beginning in 1933, the mill started using the 38th edition of the St. John Ambulance manual of first aid.

That same year a revival of interest in first aid took place at the mill. It became a requirement at the mill that knowledge of first aid was necessary for promotion to foreman. **RL**



A true story:

Before SJA was established in Powell River: One day a man broke his leg on the wharf. He was picked up with a fireman’s lift which compounded his fracture.

ANNOUNCING

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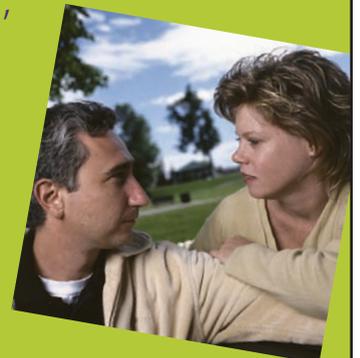
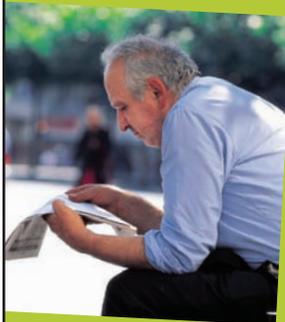
This course offers information concerning:
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Powell River General Hospital Board Room • 7–9 PM



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Powell River Living COMMUNITY Calendar MARCH 2011

March 2 & 30: ORCA (On the Road with Children's Activities) bus 9:30-11:30 am will be in the Townsite by the Old Court House Inn. For info call 604 485-2132.

March 3: ORCA bus, 12:00-2:00 pm will be parked at Gillies Bay Community Hall on Texada.

March 4: World Day of Prayer. Service at 1 pm at the Powell River Reformed Church (4372 Padgett Road). Everyone Welcome. Info call Faye Perry at 604 485-0132.

March 5: Clinton Fearon Acoustic Tour 2011, 8 pm in the Rainbow Room at the Rodmay Hotel. Tickets \$13 advance and \$15 at the door. Tickets available at Ecosentials, Manzanita and Rodmay liquor store.

March 7: Dementia Education Series. 9 am - noon at Olive Devaud (7105 Kemano St). To register or for info call 1 866 984-8348 or email ksutherland@alzheimercbc.org.

March 7 & 28: ORCA bus, 9:30-11:30 am will be parked at the Lund Community Hall.

March 8: ORCA bus, 12:30-2:30 pm will be parked at the beach in front of the church in Sliammon. (If weather is inclement bus will be at Ahms Tah Ow).

March 9: ORCA bus, 9:30-11:30 am will be parked at Lang Bay Hall. For more info call 604 485-2132.

March 10: ORCA bus, 9:30-11:30 am will be parked on Alberta Street (by Assumption School).

March 11: CJMP 90.1 FM: Powell River Community Radio invites you to a Public Gathering. "Sustained Memberships" at 5:30 pm at the Community Resource Centre (4752 Joyce Avenue). info: www.cjmp.ca

March 11: ORCA bus, 9:30-11:30 am will be parked at the Senior's Center in Cranberry. Info call 604 485-2132.

March 14 & 15: Harry Potter Marathon at the Evergreen Theatre, Recreation Complex, 1:30 - 4 pm and 6:30 - 9pm. Come dressed as your favourite Hogwarts character. Activities and Prizes awarded. Different film each session. Pre-purchase tickets for each session and save.

March 17: Harry Potter Marathon continues in the Arena, 1:30 - 4 pm. Come dressed as your favourite Hogwarts character. Activities and Prizes awarded.

March 18 - 20: 4th annual "Expose Yourself - an exhibition for exhibitionists" at the Townsite Brewing (5824 Ash Street). Over 20 artists including spoken word, visual art, fashion, musical guests, multi-media, aphrodisiac chocolate bar, Okeover oyster bar and the Eroticize That Object Project super raffle with proceeds going to Pebble In the Pond. For info caitlin@groundswell.ca.

March 19: A Celebration of Quilts, 10 am - 8 pm at Dwight Hall. Over 200 quilts, sales boutique, vendors, raffles and door prizes. Admission \$5; 12 and under free. Handicapped accessible. Coffee, tea and lunch available. Contact Shawn Bailey at mslibra@shaw.ca

March 20: Celebration of Quilts continues at the Dwight Hall from 10 am - 4 pm. Contact Shawn Bailey at mslibra@shaw.ca

March 26: Powell River Sunshine Gogos present "Beyond Scrabble", 1 - 4 pm at the Cranberry Senior's Centre (6792 Cranberry Street). Admission by donation - come on your own or make up a team. Net proceeds to the Stephen Lewis Foundation Grandmothers to Grandmothers Campaign. For more information call Faye Perry 604 485-0132.

March 31: Orca bus, noon-2 pm will be parked at Texa-

da School in Van Anda. Call 604 485-2132.

April 2: Spirit of Wellness Fair 2011, 9:30 - 5:30 at the Carson Community Club, 4463 Joyce Avenue.

April 2: Fool Hardy Party, starting at 7 pm at the Townsite Brewery in the old Post Office on Ash Street.

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

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

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

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

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

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

Mondays: Bike ride at Suncoast Cycle, 6 pm

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

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

Mondays, Tuesdays & Wednesdays: The Source Club Garage Sale, 4476 Cumberland Place (behind Massullo motors), 9 am-3 pm. All proceeds go towards funding our job skills training program for people with mental illness. For more info call Sasha at 604 485-0087.

Second 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 at the Lang Bay Hall, 2 pm. Contact 604 487-9332.

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

Tuesdays: PR Stroke Recovery Club meets in the Lower Legion Hall from 10 am to 1 pm. Contact Trudy Simpson at 604-485-6396 or Rhonda Ellwyn at 604 483-3304 for more information.

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

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

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

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

First and Second Tuesday: Food Bank, 6812-D Alberni Street, 10 am-2 pm. Call 604 485-9166.

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

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

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

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

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

First and Second Wednesday: Food Bank, 6812-D Alberni Street, 10 am-2 pm. For more info call 604 485-9166.

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, 10:30am-4:30 pm. Please contact the Parent-Child Mother Goose program coordinator at mothergoose@prepsociety.org for more information.

First and Second Thursday: Food Bank, 6812-D Alberni Street, 10 am-2 pm. Call 604 485-9166.

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

Fridays: Ravens Wheelchair Basketball, everyone welcome, 4-6pm at Oceanview School. For more info contact Lindsay Peake at 604 485-2688 or www.prdsc.org, or become a fan on Facebook!

Second & Fourth Saturday: Faith Lutheran Food Cupboard is open 10 am to 12 noon. 4811 Ontario Street (corner of Alberni). Call 604 485-2000.

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

Volunteer Unit Facilitator Needed Therapy Dog Program

St John Ambulance Therapy Dog Program is seeking a local Unit Facilitator. Do you love dogs and work well with people? Are you organized, altruistic and available for a few hours a week?



Contact Regional Coordinator
Kate Heron • 250 339-4061
or Kate.Heron@bc.sja.ca



Powell River Living BUSINESS Connections

By Kim Miller

AJR Healthy Living Natural Food Market is now open at 4730 Willingdon Ave., right around the corner from The Chopping Block. Owned By Dr. Haroon Rahim, they offer a full organic line of homeopathic remedies, supplements, vitamins, minerals, and cosmetics, as well as kosher meats and organic foods. AJR will be open Monday to Saturday 9:30 to 5:30 and have a full and qualified staff to answer your questions and help you find what you need.

Forced to vacate Max Cameron during renovations, **Terri Beck** is moving her Pilates and fitness classes to a new permanent location on Glacier Street beside Sheridan Dance Academy and Magpie's Diner above the Powell River Living office. For class times and further info, email Terri at casabeck@uniserve.com.

Airport Market is under new ownership. Julie and Eric Darveau took over on October 1, 2010 and are taking a new direction with the business, expanding

the café aspect of the operation. It will now be known as **Julie's Airport Market** and offer a delicious breakfast and lunch menu. It will be undergoing renovations over the next couple of months.

Krystal and Kyle DeWolfe bought a home in Powell River in 2007 and moved here from Sherwood Park in 2010 with their two children. They have now opened **The Salty Paw Grooming Studio** on Duncan Street between Relay Rentals and Dan's Auto Performance. "I full out love dogs and have a crazy passion for what I do. I am also a hair and make up artist, so I like to think I bring some glamour to the grooming table," says Krystal. All natural shampoos and conditioners are used, with hand fluff drying. Unless otherwise requested, scissors are usually used instead of clippers. Kyle also does personalized dog obedience training. Call The Salty Paw at 604 578-8163 or visit www.thesaltypaw.ca.

Have you been in to **Great Balls of**

Wool yet? If not, drop by at 4722 Marine Ave and check out the amazing selection that Roisin Sheehy-Culhane has in stock. The store is open Tuesday through Saturday 11 am to 4 pm. Want to learn how to knit? Classes are being offered 3 days a week for all skill levels. Call 604 485-4859 to book your lessons. And if you like to knit with friends, drop by the store on Saturday with your latest project and join the knitting circle. It meets throughout the day and is free of charge.

Local fashion designer **Blaire Hobbs** has turned his attention from fabric to jewellery. Now operating as **YH Beader's Jewellery**, Blair is producing hand-beaded earrings, bracelets, necklaces and gift sets. Check out his Facebook page facebook.com/blairehobbs or look at either of his websites www.yhbeader.com or purchase from www.yhbeader.goods.of-ficelive.com. He has over 200 pieces, including the most popular, "liyis" earrings done in Swarovski crystals. Other designs

Thanks

to the Powell River business community for supporting the Chamber of Commerce Horizon Business Awards and Dinner. Special thanks to these sponsors:



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include Chocolate & Bordeaux, Lemon & Lime and Thinking of Africa. He also re-designs treasured jewellery into modern design with a 20 or 30's twist.

Prism Contracting (formerly Technicool) is now a Chamber member. John Cato and his team are an industrial, commercial, residential construction company, offering project management, safety,

civil, mechanical, sheet metal, electrical, refrigeration and much more. Contact Prism at 604 414-0101.

John's Bee Goods, owned and operated by John Akre in Gillies Bay, makes all-natural, organic body products, aroma therapeutic balms, medicinal salves, as well as hand milled soaps, shampoos and oils. John also presses herbs, vegetables

and fruits. Visit www.beegoods.org or call 604 414-4387.

The Chamber of Commerce annual general meeting will be held March 31 at the Town Centre Hotel. The call is out for a new board of directors. Call 604 485-4051 if you're interested in serving.

With files from Powell River Living staff.

Horizon Business Award Winners

The following winners were announced on February 5 at the Powell River Chamber of Commerce's 16th annual Horizon Business Awards.

Customer Service Retail

Winner • Westview Pharmacy
 Runner-up • Sound Attraction
 2nd Runner-up • Mother Nature

Customer Service Hospitality

Winner • Alchemist Restaurant
 Runner-up • Rocky Mountain Pizza & Bakery
 2nd Runner-up • Thaidal Zone Restaurant

Small Business of the Year

Winner • Tempco Refrigeration & Air Conditioning Ltd.
 Runner-up • Aaron Service & Supplies
 2nd Runner-up • Westview Pharmacy

Entrepreneur of the Year

Winner • Tye Leishman, Tempco Refrigeration & Air Conditioning Ltd.
 Runner-up • Isabelle Southcott, *Powell River Living Magazine*
 2nd Runner-up • Frank Clayton, Canadian Martial Arts Academy

Home-Based Business

Winner • The Music Room
 Runner-up • Impact Signs
 2nd Runner-up • Kennedy Fotografik

Manufacturer of the Year

Winner • Country Woodworks Ltd
 Runner-up • Theden Forest Products

Beautification Award

Winner • Phoenix Plaza
 Runner-up • Monks on Marine, English Enterprises

Professional Services

Winner • Del Mistro Dunn & Beck

Runner-up • Villani & Company, Robert Villani

New Business of the Year

Winner • Select Sand & Gravel

Large Business of the Year

Winner • Pacific Coastal Airlines
 Runner-up • First Credit Union
 2nd Runner-up • Quality Foods

Employer of the Year

Winner • Andra & Bill Garrett, Split Endz Salon
 Runner-up • Marv Deans, Oceanview Helicopters Ltd
 2nd Runner-up • Dave Craigen, FCU

Community Impact

Winner • Quality Foods
 Runner-up • First Credit Union

Business of the Year

Winner • Westview Pharmacy

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www.MaxCameronTheatre.ca

Quilting Queens

Quilter's Guild celebrates March 19 & 20

By Bonnie Krakalovich

I remember my grandmother quilting with all the neighbourhood ladies. In those days they did everything by hand. They would get boxes of wool, sit with two brushes that had metal tines and "card the wool." This entailed taking a handful of wool and brushing it between the two brushes to clean it. It was then spread evenly between the layers of fabric to make the quilt. The ladies would spend days doing the top stitching which produced the quilted effect.

Today it is a lot easier, but no less time consuming, as some of the quilts I have seen have the most intricate designs and the smallest of pieces, that when put together create a masterpiece.

Carol Waldorf got into quilting for two reasons. One, because she overheard her mother, at age 60, telling a friend that there were so many things that she had wanted to try in her life and just never made the time. And, two, she wanted a quilt and couldn't find anyone to make one for her. Her friend, Barb McCormack, told her she should really

try quilting herself, so she set out to learn the art of quilting. She is now hooked. The quilting (top stitching) can be done in one of several ways. There is the original way of hand quilting every stitch. Today there are machines that make quilting a lot easier. Quilting can be done on a regular sewing machine or with one of the mid or long-arm machines. Shawn Bailey has a mid-arm machine and hand guides the fabric to make her quilting designs. She has quilted most of Carol's quilts and when you look at the stitching you realize what an artistic eye she has. There are now computerized machines that automatically stitch out designs that are programmed into them. This has made a huge difference in the way quilting shows are adjudicated.

Barb McCormack became a quilter because of her love of sewing. She started by making quilts for her children. She loves fabric and although she has tried other crafts she has always come back to the sewing machine. Barb joined the Timberlane Quil-



ters Guild, which celebrated its 24th anniversary in February. Barb has made quilts for every member of her family right down to great nieces and nephews. She does her own quilting on her sewing machine or on a friend's quilting machine. "Quilting is part of my life," says Barb.

The Timberlane Quilters Guild "Celebration of Quilts" takes place at the Dwight Hall on March 19 from 10 am to 8 pm and March 20 from 10 am to 4 pm. Admission is \$5, children 12 and under free. For more info call Gail at 604 485-2034. [PRL](#)



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