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- Peter Adams

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Spring Reminder for Dog Owners

All dogs living within the City of Powell River are required to **wear a current license**.



- Dogs are not permitted at **Willingdon Beach** and **Mowat Bay Park** from May 1 to September 15.
- Dog friendly parks** with clean-up bags include: Larry Gouthro Park, 3 locations on the Seawalk, entrance to Willingdon Beach Trail, Sunset Park, Lindsay Park, Old Arena Site, Henderson Park & Grief Point Park.
- Keep our parks clean for everyone. Please immediately clean-up after your dog.

**Questions or concerns regarding animal control
may be directed to City Hall at 604 485-6291**



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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

Buddy no longer has use of his hind end, but he's still loving life with Terri Beck.

Photo by Isabelle Southcott

Powell River Living CONTRIBUTORS



SAM GOODWIN has lived in Powell River for 22 years. She loves mountain biking and her new passion, running. Her motto is "Life is short, live big!"



KAARINA JOHANSON lived in Vancouver for seven years, has a degree in psychology, and a passion for dance.



EMMA LEVEZ LAROCQUE is a director of Pebble in the Pond Environmental Society, a group dedicated to bringing attention to plastic issues.



LAURI PERCY is a born and bred Powell Riverite whose best day is one that involves cooking for family and friends.



TERRI BECK teaches Pilates from her Glacier Street studio. She loves the outdoors and spending time with husband Steve and dog Buddy.



SCOOTER HAS been living with his human family, the Krakalovichs for over seven years. He loves going walkies, kids and ice cream.



KERRI CHARD is the proud mother of three amazing boys and has been living in Powell River for seven years.



LESLEY THORSELL works for the Powell River Association for Community Living. She loves being outdoors and anything to do with health and wellness.



KATHRYN FENTIMAN is a professional healer from Halfmoon Bay. She works out of the Vitality Natural Wellness clinic here each Tuesday.



ADELA TORCHIA is a member of the PR Rotary Sunrise Club, as well as working in Anglican ministry and other groups.

*You think dogs will not be in heaven?
I tell you, they will be there long before any of us.*

Robert Louis Stevenson (1850-1894)
Scottish novelist, poet and essayist

Member of the
Magazine BC

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

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Powell River Living

IN THIS ISSUE

I wish I could be half the man my dog thinks I am

Our four-year-old daughter has been begging us for a kitten for months now. She has even taken to keeping her room clean, more or less, in the hopes of convincing her parents that she's responsible enough to care for a cat. There's no denying that daddy is wrapped around her little finger, but so far, I've resisted her charming entreaties. Lately, my resolve has been wavering, and putting together this issue certainly hasn't helped.

Powell River offers a lot of support to pets, from veterinarians to spiritual healers to custom food to groomers to dog walking services. Equally important are the support networks for pet owners here. This community boasts a lot of people who really love their pets; a Sunday trip to the dog park (see Page 16) offers plenty of proof.

Pets can bring so much joy and love into a person's life. There's little that compares to a wagging tail to greet you when you come home. No matter if you're happy, sad or grumpy, a wagging tail or a purr can brighten your day. They can be the best of friends—in some ways even better than human friends because you can tell them things you'd never tell anyone, and they will never spill your secrets! They don't care what you look like, what you wear, whether you make your bed each morning, or whether the dishes are done.

We can also learn a lot from our pets, as Ralph teaches us on Page 19.

But owning a pet is a huge responsibility, as evidenced by many of the stories in the first half of this issue. So I've been putting off taking on that extra responsibility. However, this issue also shows the rewards that come with pet ownership, and that is probably what will eventually sway my decision in my daughter's favour.

If Buddy, Charlie or Ralph can't win your heart, you're cold indeed!

But this issue is not *all* about pets. We have a feature about the importance of life-long learning, news about the ever-popular Lund Shellfish Festival May 27-29 and the first-ever Spot Prawn Festival to be held in June, as well as the new Blues Festival and more. For you gardeners, Jonathan van Wiltenburg is back on Page 27 with a list of things you should be doing in the garden in May. There have been lots of changes in the business community over the past couple of months, and we summarize some of the moves in the Business Connections column on Page 26. 



Sean Percy, Associate Publisher • sean@prliving.ca

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The pictured pig BBQ is a special order item



We welcome feedback from our readers. Letters may be edited for length. Email isabelle@prliving.ca, or mail letters to PR Living, 7053E Glacier Street, Powell River, BC V8A 5J7.

Dear PR Living:

Congratulations on the excellent article you wrote regarding Catalyst and the City. I haven't read such an unbiased story about those two identities ever before. Your research, writing, and interesting account of the trials and tribulations the company had to go through to keep up in such a volatile market was well done.

It was a shot in the arm for the economic doubters in this city who worry every time there's a burp in the industry. These same fears were present when the mill reduced its employment numbers in the recession of 1982. Now that we have a robust population thanks to your story we can all take a deep breath... at least for the near future. Cheers again and thanks for carrying such an excellent story.

Gerry Gray
POWELL RIVER

Powell River Sketches

The Wildwood donkeys

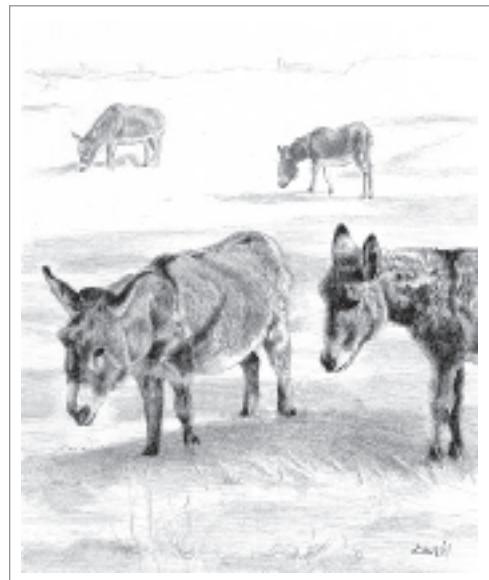
Owned by Don & Edna Carto

WHO ARE THEY?

Father Willy is the boss donkey. Calm like an angel is... Angel, the mother. Jackie, 13, is the baby of the family. She is very bossy and likes to kick her father. Jackie is spoiled. Jill, her older sister, is 14 years old and calm compared to Jackie.

ABOUT DONKEYS

- They make wonderful pets. Don and Edna have had Willy for 17 years. Donkeys have an average lifespan of 40 years.
- Parents always protect babies. No matter where they walk, the two babies are always middle. (Willy first, Angel at back, then two babies in middle.)
- Donkeys are as smart as dogs and make great watchdogs! If anybody comes in yard, they hee-haw, hee-haw.
- Don tells of one night when some thieves came by to siphon gasoline from the truck; the donkeys scared them off!
- The donkeys, like people, are very friendly, but it can depend on how they were raised.
- Donkeys like apples, carrots and attention.



THE WILDWOOD DONKEYS: Willie, Angel, Jackie & Jill are somewhat famous donkeys on Wildwood hill. Each with its distinct personality, they make quiet and efficient lawn mowers; and they love blackberry plants!

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Buddy on wheels

A story that goes beyond puppy love

By Terri Beck

Buddy is our 11-year old Nova Scotia Duck Tolling Retriever. During last year's May long weekend, he was chasing sticks and swimming. By Tuesday his hind end was paralyzed.

A ruptured disk was putting pressure on his spinal cord. After an emergency trip to Vancouver for an ultrasound and MRI, my husband Steve and I discovered that Buddy also had one indicator of a spinal cord disease which could kill him shortly after surgery, if it developed. While the odds were low, the surgeon felt that if the spinal cord disease did not develop after surgery, Buddy would have a good chance of living pain free and a 30 percent chance of walking again. We opted for the surgery and came home to wait for the surgeon's report.

Fast forward a couple of months of emotionally and physically demanding rehabilitation therapy (demanding on us) Buddy was mostly happy just to hang out once the initial healing was under way.

By August of last year, Buddy still did not have the use of his hind end, so we purchased a special set of wheels that help him get around. We soon started venturing out on longer walks again and this gave all of us a greater sense of freedom. We use a harness to lift his hind end to move him around the house and he can "scoot" himself around with his front end when we're not there. Buddy does not have complete control of his bladder and bowels so he is in diapers when indoors. Once the initial healing was underway (it took approximately six weeks) we tried to keep life as normal as possible. We went camping, starting with one night in the tent and although it was mass pandemonium to get Buddy out in time for his morning con-



HE'S OKAY: Having wheels in rear doesn't stop Buddy from doing the things he loves to do in or on the water, or with friends.

stitutional, we had some good laughs over it. We were all very happy to be in the tent again. Then we took Buddy out in the canoe for a weekend of camping on the beach and it was so fun to watch him race around the beach in his wheels! Much to our delight, we discovered that the wheels float which means that Buddy can still swim (something that is very important to a water dog). Buddy can still retrieve sticks in the water — his main obsession in life. He is also once again chasing sticks and balls on land, so he's a happy "puppy" once again. Buddy still comes most everywhere with us — we just have to pack a diaper bag now.

This has been one adventure we wouldn't have missed for the world. Every time we give Buddy a big squeeze, we are thankful that we made the decision to give him the chance

COMING UP!

Festival of Dogs

Do you have a dog you'd like to show off? Enter it in the Parade of Dogs; Party Tricks; or Musical Chairs (handlers issue basic obedience commands). Register your dog of any breed for Dogs for the Doghouse Festival of Dogs on Saturday, May 28, at 12:30 pm. The event will be held at the Therapeutic Riding indoor arena on Padgett Road. All proceeds will go to the SPCA Shelter. There will be a 50/50 draw, raffle and refreshments.

Tickets and registration from Mother Nature and Rainbow Valley. Adults \$10; \$5 per child or \$25 per family. For more info call Norma Smith at 604 485-4167.

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to continue living to the max. It's been a great ride, not without its ups and downs, but we have learned a lot both from Buddy and from all of the medical people and friends who have helped us. We worked with a vet on Vancouver Island for homeopathy, acupuncture and rehab exercises as well as our local vet, acupuncturist and laser therapist in the hope that Buddy would one day walk on his own again. There is still a "way outside" chance that Buddy could walk again, but as of January, we have stopped all extra treatment as we are all in a good place and Buddy is a happy, healthy, mobile dog who is no longer in pain. His condition is now a little more labour intensive for us, but we have all adjusted quite well.

People ask me, "Will he be OK?" I respond "He is OK—he just can't walk on his own." The wheels are not the end of the line, they are just the beginning of another chapter.

If you are interested in hearing more about our adventure or Buddy's wheels, feel free to email us at casabeck@uniserve.com and we will be happy to share more of our experience with you. 



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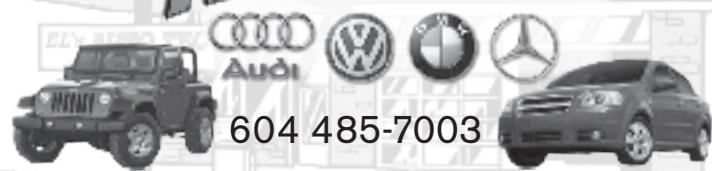


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Fat cats, pudgy pooches

Two vets weigh in on overweight pets

By Isabelle Southcott

Just like humans, pets can become obese. Sometime health problems cause the obesity; sometimes it is simply overeating. Obesity is the most common nutritional disorder of companion animals in the Western world.

Counting calories

"They can't open the fridge or cupboard and get their own food," observes Dr. Brian Barnes of Westview Veterinary Hospital, noting where the fault usually lies.

Most people do not accurately measure their pet's food, which contributes to the problem. A handful or a scoop can vary, especially if you have multiple people feeding the pet. "It's about portion control," says Barnes.

If your pet gets snacks, treats or goodies, the calories in these must be included in the overall daily calorie count.

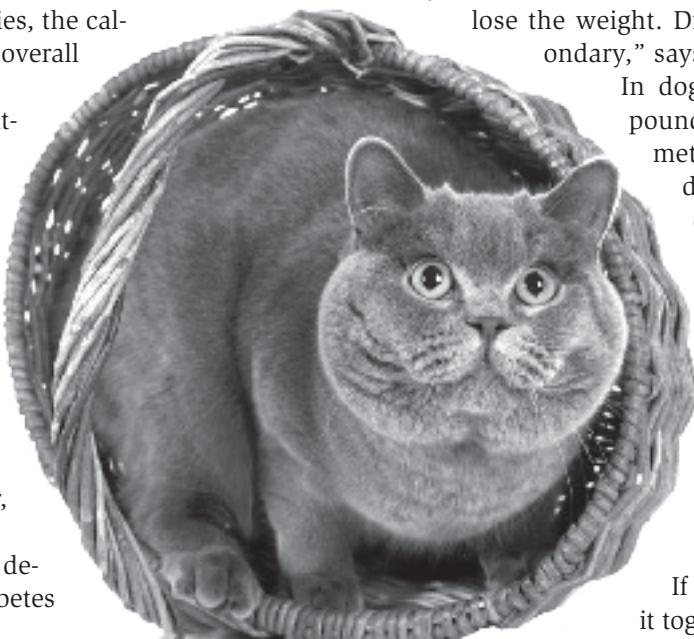
Barnes does not recommending cutting out the treats but including them in your pet's daily plan.

Higher in urban areas

Dr. Bryce Fleming of Powell River Veterinary Hospital says obesity in pets is much higher in urban centres than rural areas.

He said obesity in pets is more prevalent in Regina, where he lived before moving to Powell River last September, than it is here.

When pets are overweight they often develop other health problems such as diabetes and arthritis.



A prediabetic condition in cats called metabolic syndrome causes the fat pad in the abdomen to secrete hormones that alter the way in which the animal perceives food. "It's jokingly called Garfield syndrome but these cats have peripheral pain. Their feet hurt, they are cranky and they want to eat constantly," says Fleming.

If you have a dog that is prone to joint problems or a breed that is prone to hip dysplasia, it is even more important that you keep him slim and trim.

Efficient exercisers

Dogs exercise more efficiently than humans do. "A dog burns half the calories that we do when they go walking with us," says Barnes. "You can't run them enough in a day to lose the weight. Diet is primary, exercise is secondary," says Barnes.

In dogs, 3,500 calories equals one pound of body fat above your basic metabolic weight. If you feed your dog an extra 100 calories per day (four small milk bones) he will gain one pound in 35 days.

Interestingly enough, studies show there is a correlation between an owner's body weight and their dog's body weight.

If your dog needs to lose weight, it is possible that you too need to shed a few pounds.

If this is the case, consider doing it together! **PL**

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Pet insurance

Is it really worth it?

By Kerri Chard

After searching for a family pet on and off for several months, I made arrangements to purchase a male Labrador Retriever puppy on Vancouver Island. I met the owner in Comox on August 6, 2010. She had with her two beautiful yellow lab puppies. They basically appeared identical so I reached out and took Charlie into my arms. He was a bit chubbier than the other one. Perhaps that's what drew me to him. So cute! Charlie came with paperwork and a few months of insurance. Yes, pet insurance!

Back to Powell River I went with Charlie, our new family member. He fit right into our household and grew quickly, as puppies do. He loved our shoes as much as we loved him.

As he was now a member of our family I wanted the best for Charlie. His trial period of pet insurance was close to expiring so I began thinking about renewing it. I thought about a monthly payment of approximately \$50 over a 10-year period. That's quite a bit of money for a dog. If he did get injured or sick, maybe I would just pay cash and still come out on top? I was looking into different companies at the same time. One company, Trupanion, was recommended to us by more than one person. It seemed to fit our needs and was, in my opinion, the best option for young pets so I purchased insurance for Charlie through them.

I was training and exercising Charlie daily. On February 22, 2011, after a trip home from our walk with friends, Charlie stumbled off the back of our truck while it was parked in the driveway. He was still playful and full of energy so he bounced up and off he went. That evening, he was in quite a bit of pain, limping and crying out.

I took him in to see Dr. Bryce Fleming, who noticed a clicking sound in his rear hip and scheduled x-rays for the next morning. He paid great attention to Charlie's condition and explained several things that may be causing Charlie pain. The x-

rays revealed Dr. Fleming's suspicions were right. Charlie was diagnosed with hip dysplasia. A normal pup with healthy hips would not have been hurting after stumbling off the back of the truck. Dr. Fleming explained a few procedures that would help Charlie but the option with the most long-term results would be a total hip replacement. I went home with this information and started worrying about Charlie's well-being.

Dr. Fleming referred us to a veterinary specialist in Vancouver. The surgery would cost \$6700 for one hip. I had only made two insurance payments at that time. Thankfully I had added the extra \$7 per month to cover hip dysplasia. That was like buying the winning lottery ticket for \$7. We scheduled surgery for Charlie. I checked with my insurance company and indeed 90% of the cost would be covered.

On April 4, Charlie and I traveled to see the specialist at Can West Vet Hospital. Charlie underwent surgery on April 5. He received a titanium hip and stayed in recovery until April 9.

The surgeon was happy with the surgery and Charlie is doing well. He has very strict limitations. He cannot have any activity for two weeks and is living in a 4'x6' den in our living room. Except for turning around in his den, he is not to have any weight on his leg for one month so his bottom end must be carried using a sling, which is wrapped around his abdomen. He has many medications for pain, antibiotics

*The surgery
would cost
\$6700 for
one hip.*

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and sedatives. He is still a puppy so we have to keep him calm in order to have a successful recovery.

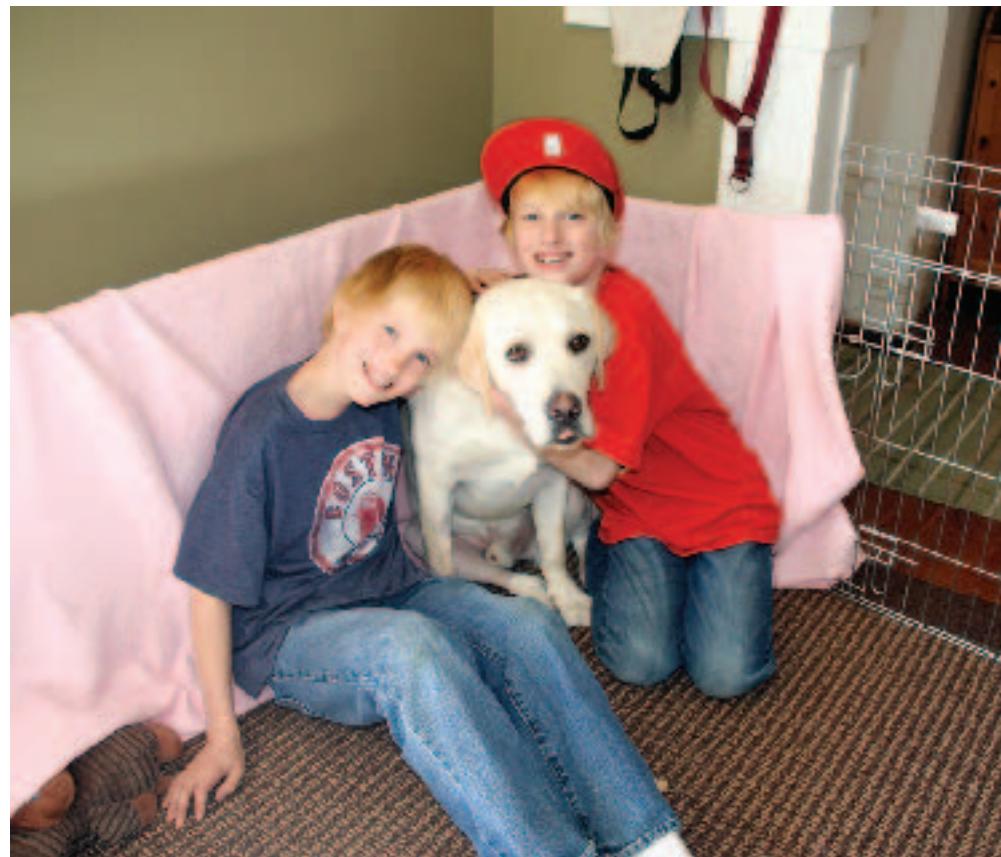
My three boys are very careful and gentle with him. My three-year-old son Rylan carried his Fisher Price medical kit out for Charlie and said, "Boo-boo be gone!"

It's going to be a long road and it is hard to see the silver lining during some moments but I am glad my choices regarding pet insurance made it possible for Charlie to have the best care possible. Without having found this condition after Charlie's

stumble, he would have continued to wear his bones away and would have been suffering from arthritis pain within two or three years. He still may need to have his other hip replaced at a later date.

With this total hip replacement Charlie's prognosis is great. He will recover 100 per cent and live a long, pain-free and happy life with our family.

Perhaps when I reached out and chose Charlie on that first day, it was because he would need me as much as I would need him. **PL**



PUPPY LOVE: Carter and Keegan Chard, 10, are glad their yellow lab Charlie is on the road to recovery.

COMING UP!

Spirit Run

The Bruce Denniston Bone Marrow Society's Spirit Run comes up Sunday, May 15 starting at Willingdon Beach.

There will be 5km, 10km & 20km team relay and individual half-marathon events. Team relay and half-marathon start 9:30; other events at 10:30.

For details call 604 485-8488. Participants are encouraged to fundraise or there are varying registration fees.

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Therapy dogs

St. John Ambulance program arrives in Powell River

The Therapy Dog visitation program from St. John Ambulance is now in Powell River.

This community-based service has been operating successfully in other parts of BC and is now in Powell River, says Kate Heron of St. John Ambulance.

Therapy Dogs offer unconditional love and friendship to the sick, lonely and helpless. Dogs are non-judgmental and undeterred by human frailties. They calm the distressed, distract the pain-ridden and comfort the despondent.

The program is run by volunteers with limited funding. It costs approximately \$50 to set up one team, says Audrey McLeish, unit facilitator. "My goal is to see teams sponsored through a donation to cover these costs for our volunteers," she said.

On May 7, an evaluation of dogs will be held. "We have a number of applica-

tions from people with their family pet," said Heron. "When we choose, we pair the handlers up with a facility."

S. John Ambulance is a vehicle for putting these volunteers together with the facilities and vouching for them. "This is an extension of our community service mandate and is just another part of providing good service to our communities," said Heron.

At first the program will be for seniors only. "When seniors move out of their homes they often have to give away their family pet to another member of the family or give it away completely. We know they miss their pets," she says. "Even just reaching out to pat a dog is physiotherapy."

It is now a well-known fact that interaction with animals lowers blood pressure, encourages physical movement and stimulates memory.



PET THERAPY: Volunteer, Audrey McLeish is looking for volunteers for the St. John Ambulance Therapy Dog program.

All Therapy Dog volunteers are screened by criminal record check, reference checks, and are instructed in respectful handling of confidential matters. Dogs pass a nationally-standardized evaluation to assure suitable temperament for visiting with seniors. St. John insures handler/dog teams when they are on the job and in uniform. Handlers wear St. John shirt and dogs wear St. John neckerchiefs. Both these items aid seniors in recognizing the volunteer as someone "who belongs" while visiting. **PR**



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Animal healing

How we are all connected

By Kathryn Fentiman

A few weeks ago, I was enjoying some quiet time in our meditation room at the centre where I work when I heard a very loud bang against the window. As I got up, I saw feathers floating through the air. A beautiful orange and gold thrush had flown at full speed into the window. The little bird fluttered its wings feebly in an attempt to right itself on the ground.

My initial thought was, 'This bird is not going to make it.' Seeing the bundle of feathers in distress, I offered up a prayer asking what I could do to help and went to the struggling bird's aid. As I approached, I moved slowly and spoke to it in a soothing voice as to not further stress the already anxious bird. As soon as I put my hands on either side of its tiny body, I felt a surge, as if warm and tingly energy was being drawn from them. The beautiful thrush stood still, drinking in the loving healing energy flowing through me. At one point a robin flew to a nearby branch and watched. It was as though it was sensing what was taking place and had come to offer support and link in with the love. After 10 minutes, I felt the bird had received all that it needed and left to give it space to rest and settle. Not long after when I went to check on it, the lovely thrush flew from the ground to a tree and rested further before finally flying off.

This experience further confirmed what I have always known to be true—that all of life is connected, and if we open our



POWER OF LOVE: Animals are often acutely in tune with the energy around them, and can greatly benefit from a healing touch.

hearts and allow love to flow through us, miracles do happen. We have a responsibility to animals to help them in times of need. In this instance, the bird had received a severe shock, and I was fortunate enough to be there to help. Most animals are open to receiving healing and seem to recognize the loving energy straight away. As they do not possess the capacity to analyze and think, they do not let their heads get in the

way, as humans so often do; they just feel it. When you think of it, a mother offers this loving healing to her child who has fallen and banged a knee; she will pat and soothe the area and nurture the child, alleviating the pain and suffering. The same could be said about healing—it is bringing through a loving energy from, some would say, a Higher Source, to the animal, plant, or person in need.

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Brandy Peterson

Have you ever received a heartfelt smile from someone only to feel lighter and uplifted afterwards? Healing takes many forms and we all have the capacity to give and receive this love.

A professional healer, who has trained in this ancient art and science, can tune into the natural energy and transmit healing energy to the animal with gentle touch or hands slightly above the animal's body. This helps balance energy throughout the body, stimulates the immune system, repairs tissues, revitalizes an exhausted animal, calms distress, eases pain, and gives an animal a greater sense of well-being. In a way, healing is like jump-starting a car; it gives the animal's whole being a boost of energy and stimulates self-healing. Healing helps relax an animal and will often help animals to settle into their new home or environment more easily.

Domestic animals in particular benefit greatly from healing. Many dog owners have witnessed a frightened dog hiding under the table only to then find a storm is coming. It is this sensitivity that helps protect them in the face of danger but it can also be debilitating. Animals act like sponges and soak up the energies around them, which can lead to illness or mental disturbances. For instance, if the owner is going through a particularly challenging time, their animal may



exhibit behaviour not usual to its personality. The animal may be needier, or may even develop a physical. As with humans, animals are finely tuned; even the slightest change can upset the balance. Healing can help balance the animal's energies. Bringing an animal for healing can also help the owner to better connect to their animal and get a deeper sense on what is happening within and around them.

Healing is effective for almost any illness and is a holistic therapy. Often, veterinarians will refer their patients to healers, as they are aware of the profound effect it has on animals. Skin conditions, arthritis, cancer and other diseases, pain relief, digestive problems, behavioural and psychological problems, trauma such as past abuse and neglect and before and after surgery are commonly treated. Many owners who have brought their animals for healing and who have witnessed the benefits have come themselves to

receive healing or have gone on to learn, over a weekend course, how to give healing to animals themselves.

Many of us are blessed to share our lives with animals, and we receive so much from their unconditional love and devotion. By learning to tune into the healing energy ourselves, through meditation or sitting quietly in the peace, we will not only be more loving to our animal companions, but to ourselves and all of life. RL

The compassion project It's cool to be kind

By Isabelle Southcott

When I heard Brooks Secondary teacher Chris Bratseth was organizing a Compassion Project I thought, that's a cool idea!

"This started last year as a project by students to look at reducing cyber bullying and aggression in the schools and how to be a compassionate individual," said Bratseth.

The vision of the Compassion Project is to foster a deeper understanding and practice of compassion within schools and the community. "Students who cultivate compassion are less likely to bully and are more respectful, tolerant and inclusive," said Bratseth.

On May 26 the Compassion Project's

Community Challenge Day will see Powell River challenged to commit to a collective of 10,000 acts of kindness in a single day. The project will look to engage the community through art, a day of action, dialogue and a celebration.

"We're encouraging businesses to get on board and help out," said Brooks digital media teacher Darren Bennett.

The project began last year with a mini documentary, which looked at what compassion means to students. "We wanted to create a legacy project that makes kindness and compassion cool," said Bennett.

This year's Compassion Project video includes interviews with students and elders about what it means to be compassionate

and how they can prevent acts of bullying.

"Hopefully Brooks students can influence younger students at Henderson about how cool it is," he added.

Randy Phalen and his son Connor were filmed by Powell River Film School's Tony Papa for the project.

"We have been talking a lot about compassion," Grade 10 teacher Jerry Reghelein says in the video, then asks, "What does it mean to you?"

"Spreading the joy and happiness to others so they feel better about themselves," said Connor.

"Understanding that people look at things in different ways," answered Randy. RL



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Marine Cutz brings her cockatiel, *Mango*, to the shop. He flies about in between customers, but when Sharon works, *Mango* goes into her cage. Tracy Gurney was kind enough to let Powell River Living take a picture of **Sharon** cutting her hair while *Mango* looked on. **PRL**



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Every person, young and old, needs to be included in the 2011 Census. Please take the small amount of time to complete the census and help us serve you better!

powellriverfirefighters.ca
census2011.gc.ca

A day at the dog park

Dogs just wanna have fun

By Scooter Krakalovich

One Sunday morning, my human mother decided to take me to the new dog park in the Townsite. "The dog park?" I barked. "What's a dog park?" I panted excitedly as we got in the car and drove off.

It seemed to take forever to get to the park and since I had not had my morning constitutional yet, I was almost bursting. As soon as I got through the park gate, there was this bouncy, Husky puppy jumping at me wanting to play. Obviously he was very young and didn't realize that I am a mature dog and so above playing. I mean really! As is the case with young pups, he was soon distracted by a couple of bigger dogs running by. He started to chase them and was distracted again by a large maple leaf that blew in front of his face.

We started to walk around the "dog park" and in between sniffing all the

wonderful smells I counted 80 dogs and their owners. There were dogs of all shapes and sizes from Chihuahuas right up to a Great Dane.

As I walked around, I came across a large Newfoundland, an Airedale and other smaller dogs like me. We continued to walk and meet other dogs and owners. I was ready to go home and have a nap but my mom was busy telling people how great this dog park was and how she loved seeing all these dogs playing together. She must have said "This is really great!" about one hundred times. Yeah, it's great if you are under three years, but I'm way past that age.

I heard one lady, Gillian MacGregor, the driving force behind asking the City to create a dog park, say that this park was a great place to meet good people. Now, I have to agree with that as everyone knows that dog people are the best.



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There was even a lady there by the name of Anne Baker who said this was "such a happy, uplifting, giggly place" to bring your dog.

Brenda Clarke, certified trainer with Doggie Be Good, says she is happy that the off leash dog park is up and running. "I feel really strongly about how important off leash parks are," she said.

Well, finally my mom said it was time to go home, "About time!" I thought. On the way home I learned we are going to visit the dog park again, as my mom thinks it's "really great". So, my choices are, be a snooty Shih Tzu and pout the whole time we are at the park, or join in and have some fun. It may take me a few visits, but I think I will join in the fun!

I'll keep you posted. **PR**

Henderson Park

Powell River's off-leash dog park

When Gillian MacGregor first moved to Powell River, she went to City Hall and asked where she could find the off leash dog park. She was told there wasn't one.

"Bill Reid was very helpful with this," said Gillian. "I pestered the City every week and said move it, move it. The City was very open to having a dog park."

A possible location was discussed and then they got the fencing put up in December. And so Powell River's off leash dog park was born at Henderson Park located between Oak, Ash and Poplar in the Townsite.

Gillian and her black standard poodle *Lulu* love going to the park where they meet new dogs and people, too. "It's great for socializing people too," she said.

The dog park is open every day of the week. The children's play area is fenced off.

Baggies are provided so owners can clean up after their dogs. "There is no excuse not to pick up after your dog," said Gillian.

Sundays is an exceptionally busy day, especially around 11 am. "I've seen upwards of 80 dogs there at one time," said Gillian. The City bylaw requires dogs to be leashed in public places. **PR**



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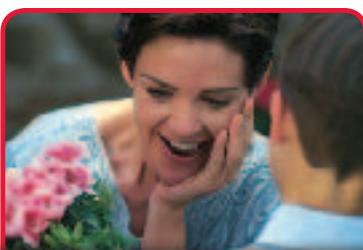


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COMING UP!

Green Transport "Roadeo"

Transition Town Powell River presents "Green Transport Roadeo" at the Pentecostal Church, Saturday, May 7, 10 am to 12 noon. Features Powell River Bus Tour to familiarize residents with the local bus service and recently expanded schedule. There will be bicycle clinics (sponsored by the PR Cycling Association) on basic maintenance and safe riding skills, along with an electric vehicle show & tell. Add in demo rides on a giant electric-assist-bicycle, a display of four-wheeled personal mobility devices, electric scooters and electric vehicles and it will be fun for everyone. Contact Owen Gaskell at 604 485-7097 or ogaskell@telus.net or visit www.transitiontownpowellriver.ca.

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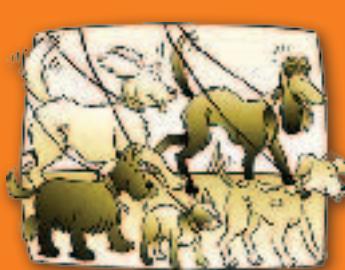
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Life lessons

What Ralph taught me

By Lauri Percy

H ave you ever had one of those days, or weeks even, when you didn't want to get out of bed, didn't want to do anything, or see anyone? You either hide away, or turn into a cranky bear. It happens to most people at some point. I know it has happened to me. Life can be stressful, hectic, and downright crazy, and at times like that, it's easy to long for escape. When I start to feel that way, I think about Ralph.

Ralph was the happiest cat you could ever meet. He was short haired, and the colour of orange marmalade, with white on all his toes. He had a loud rattly purr, and loved to rub up against you as soon as you walked outside. The thing that made him happiest in the world was being picked up and petted. I think about that cat when I'm having a bad stretch, because if anyone had reason to be cranky, it was Ralph.

One of Ralph's favourite napping places happened to be on the warm engine block of our family vehicle. He would climb in after we came home and enjoy a cozy siesta before the engine cooled down. One day, he decided to take a nap in his usual

place just when we had to leave again. Not knowing he was there, we started the Suburban, and in his efforts to escape, he went through the fan belt of the car. He took off into the bush, and though we searched, he was nowhere to be found. We were certain he wouldn't survive. About a week later, however, Ralph came home.

He'd lost part of his tail, half an ear, one eye no longer worked, and when you ran your hand down his back, it felt like you were petting a gnarled fur-covered branch. He never went near the car again.

Though Ralph recovered from his injuries, nothing worked quite the same for him after. When he jumped down from the deck railing to greet you in the morning, he usually landed on his feet, but no matter the landing he'd say hello every day. And I'm sure if he ever caught another bird, it was because it couldn't fly away for laughing. You'd see him stalk one so carefully and quietly, and then pounce, only to land about a foot left of where the bird actually was. But he never stopped trying. And even when he got older and so stiff, he never lost his patience with

our younger cat who loved to harass him. In response he would just purr more loudly. That was Ralph's philosophy right to the end of his life; no matter what happens, be happy to be alive, and just purr louder.

Now, when I get to the point where life is stressful, uncertain, hectic and even scary, I try to remember the life lessons learned from Ralph.

- 1) Accept the bumps, bruises, and pain life brings you and learn from them, because they'll make you stronger.
- 2) Even if you're not totally sure of your footing, don't be too afraid to jump.
- 3) If you miss on the first try, don't give up. You may catch it the next time around.
- 4) Don't repeat your mistakes; learn from them.
- 5) Life and youth are precious, so don't lose patience, and be thankful for them every day.

And finally the best lesson of all:

- 6) No matter what happens, be happy to be alive, and just purr louder. **PL**

COMING UP!

Thrive & Shine Walk/Run

The 3rd Annual Thrive & Shine women's walk/run takes place May 7 starting from the field behind the Music Academy. Registration at 11 am. Run starts at noon for 5km and 8km routes.

This is a day of fun, laughter, and for women of all ages to come out and enjoy the trails. The event is in support of Powell River's Grace House.

Register at River City Coffee, Limelight or the Complex. Registration is \$35 and a family rate is available. Find out more via thrivefit@hotmail.com or visit thrivefit.ca.

COMING UP!

CJMP Campaign

Powell River's non-profit community radio station, CJMP 90.1 FM (formerly 'Jump Radio') has been reinvigorated with a new sound, new programs, dozens of volunteers and a major effort to reach out via the internet by providing live streaming of the signal (cjmp.ca/listen).

The station's "Sustain Us" campaign is in full swing. Donated by Staples, a Sony MP3 player with FM receiver will go to a 'sustaining member' at their next free public gathering: Friday, June 10 at 6 pm at the Community Resource Centre (4752 Joyce Ave). Enjoy free snacks and child-minding, and tune in to 90.1 and visit www.cjmp.ca.



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Never too late to learn

Life lessons: Grow and learn

By Emma Levez Larocque

Starting a new job in a field completely unrelated to one's career is not something most people picture themselves doing in their 50s. But that's exactly what Peggy Brown did last year when she began working at Mother Nature.

"In 2007 I retired [from my job in Richmond where I worked as a coordination manager in the community services division for the City] and moved to Powell River. My kids are here and I had fallen in love with the community." For the first couple of years she tried to adjust to retirement and a slower pace of life. "But then I found I needed more," she says.

Peggy called up Mother Nature, and her timing was good. "I love plants, and I loved the atmosphere in the store. I had an instinct that I would love working there—and I do!"

In her previous job Peggy was responsible for managing budgets and people. She describes it as "busy, political, and rewarding." Her new job at Mother Nature is rewarding, but in a completely different way. Despite the fact that Peggy has been gardening since her 30s, it has always been a hobby, and she has had a steep learning curve as she strives to learn as much as she can to assist customers at the store.

"I know a lot about flowers, and that is the area I thought I would work in, but I ended up in the nursery with the shrubs and the trees, and I didn't know much about them." Luckily Peggy has a curious mind, and she was keen to learn.

"I know when I go to a nursery I expect the people working there to know about what they're selling." So she has been doing her homework. Learning from books, the internet, her



IN THE GARDEN: Peggy Brown is making the most of her retirement by heading back to work to learn something new—in the garden!

you have stress, fatigue, physical problems—all of those things take a toll on the way the brain works."

Nevertheless, it's worth the effort.

"One of the biggest rewards is that every time I learn something, it makes it easier to learn the next thing. And it's exciting! When you've tracked down information that's hard to find, it's like you've conquered something."

Peggy is not only busy mastering trees and shrubs, she is learning how to play the piano, has joined the dragonboat team, and she's learning how to fix things around her home.

But perhaps the biggest learning curve of all comes from her two grandsons, two-and-a-half years and 14-months old. "As a grandparent you think you know it all because you've done this before, but they never stop, and they are constantly teaching me!" **RL**

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Funded by the Ministry of Regional Economic and Skills Development

Never Too Late To Learn is a literacy awareness campaign sponsored by the Powell River Literacy Council and Powell River Living. If you know of an adult that would be a great feature, contact Emma at emma@powellriverliteracy.ca.



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Talk doesn't cook rice

When it comes to the environment

Ever get the feeling everyone's talking about the same thing but things aren't happening fast enough? In the past few years, discussions have been heating up in Powell River about the need to improve our quality of life. There are many community groups dedicated to protecting our environment, diversifying our economy, providing support for those who need it, and becoming more locally self-sufficient. But how do we bring it to a boil? The ideas are out there—but many of these ideas need a critical mass to really work. If you've been watching gas, electricity, food and ferry fares rise, you know we don't have time to wait. What does it take to move forward faster?

Maybe you have already been recycling, you've already started a garden, you have bought a bus pass and are shopping locally and now you are asking yourself—is this it?

There are many steps that individuals and communities can take to start transformational changes without having to wait for governments to lead them—we just need two ingredients:

1. Cooking Instructions. We may need local or outside experts to show us how. Or we might need to do some research to help make particular solutions work for our community.
2. A fire under the pot. A lot could be accomplished if we focused the interest and energy of the broader community and agreed to channel it into identified projects and systems that could be completed or set up in a shorter period of time.

If you are interested in less talk and more ACTION—don't miss a forum on May 24 from 6:30 to 9 pm at the Max Cameron Theatre to see how we can help grow the progress already made. Find out how we can stop talking and start cooking!

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Congratulations to the winners of the Influential Women in Business Award



Melissa Call

WINNER • Business

Melissa is a leader in the environmental movement, something that carries through to her businesses, Sunshine Organics & Ecosystems. Congratulations Melissa.

RUNNERS UP: Leanne Rebantad • Terri Beck • Sheona Scott • Robyn Harris • Christien Kaaij



Jan Padgett

WINNER • Non-Profit

Jan has been a driving force for the Powell River Film Festival, now in its 10th year. A film professional in her own right, Jan has credits as producer and director on many films.

Runners up: Barb Haagenson (Community Resource Centre) • Kim Miller (Chamber of Commerce) • Monica Peckford (Beta Sigma Phi) • Jean McKenzie (Family Place) • Lorraine Hansen (Hospital Auxiliary)

Powell River
LIVING

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May
27-29

Lund Shellfish Festival

Tours, demos, seafood, music & more. Fun for the whole family!

For all the details and schedule, visit www.lundbc.ca



Once again Festival participants will enjoy local musicians, sightseeing boat tours, fresh cooked seafood, shellfish cooking demonstrations, presentations, live shellfish sales, kids' activities and special menu items at the restaurants — there are activities for everyone! Special rates are offered by Lund's accommodation providers and bus service to Lund is provided from Powell River for only \$2 per person.

Friday, May 27

Chowder Challenge

Lund Community Hall

6 pm–9 pm

\$15/person

A community kick-off to the Shellfish Festival. Sample the seafood chowders and vote for your favourite, enjoy nibbles, local musicians, beverages, silent auction, and a really great time. Everyone welcome! Call Tourism Powell River at 604 483-4000 for advance ticket. No ticket sales at the door.

Saturday, May 28

Busters Tour

10 am–2 pm

George's Coastal Backroads Adventures

\$50/person; approx 4 hrs

The area has hundreds of kilometres of old logging roads which offer mild to extreme 4-wheeling. The second growth forests, crystal lakes and spectacular views are some of the rewards of 4-wheeling here. You can experience the thrills, sites and smells of 4-wheeling in the comfort and safety of this guided tour. Meet at Nancy's Bakery by 9:45 am. Reservations: 604 483-1855 or email locker1962@shaw.ca.



Music

Noon–5 pm

Local musicians playing for your entertainment all day.

Food Kiosks

Noon–4 pm

Local shellfish growers dish up culinary delights. Enjoy a different fresh-cooked seafood at each booth for only \$5 per plate.

Artisan Booths

Noon–5 pm

Located along the harbour-front, local artists and talented crafters will display their handiwork for sale.

Restaurant Specials

All day!

Try a special seafood meal at one of the restaurants in Lund.

Clam Digging Tour

Noon–2:30 pm

\$18 adult | \$10 child 6 yrs and under
For the experienced and the novice, dig clams and cockles on this guided trip to Savary Island. Wear beach shoes, sunscreen and bring a bucket, garden trowel, drinking water & snack. Must have a valid Tidal Water Sport Fishing License. Not interested in digging? Come along for a walk on the beach. Reservations required: call Ron at 604 483-9220 or email cochrane.ron@gmail.com.

Kids Zone

Noon–5 pm

Let the kids play supervised games and have their faces painted while you explore the Festival. By donation.

Live Shellfish Sales

Noon–5 pm

Local shellfish growers sell their fresh harvest right off the truck. Great prices!

Junior Marine Biologist Adventure

12:30 pm–2:30 pm

TerraCentric Coastal Adventures

\$11/individual or \$33/family of 4

For kids 6 years and up! Guided hands-on intertidal exploration culminating in a game of Marine Jeopardy. Pre-registration required. Call 604 483-7900 or email fun@terracentricadventures.com.

Cooking Demonstration

12:30 pm–1 pm

A local chef will delight your culinary senses & prepare a unique recipe.

Marine Park Sampler Zodiac Tour

12:30 pm–2:30 pm

TerraCentric Coastal Adventures

\$59/person

See the beautiful Copeland Islands Marine Park then peak into beautiful Desolation Sound while your guide shares some of the unique history of the area. Pre-registration required. Call 604 483-7900 or email fun@terracentricadventures.com.

Harbour Kayak Tour

1 pm–3 pm

Footprint Nature Explorations

\$39 adult | \$25 child 16 yrs and under
Enjoy a guided paddle around the sheltered waters of Lund Harbour in a small group (maximum 4 kayaks). Includes kayak, paddling gear, and a famous Nancy's Bakery snack. Beginners welcome! Wear water-friendly footwear and meet at the Tours Table at 12:45 pm. Reservations required: call 604 414-6884 or email info@footprint-natureexplorations.ca.



Marine Classroom Open House

1 pm–4 pm

TerraCentric Coastal Adventures

FREE

Visit a local landmark, see our Local Critters Aquarium and Touch Pool. Follow the old boardwalk toward the restaurant, go up a couple of steps, turn to the right and follow the signs. No reservations required.

Sunny Savary Seaplane Joyrides

2 pm–5 pm

Van City Seaplanes

\$50/person

Take off from Lund Harbour and enjoy a 20-minute bird's eye view of sunny, sandy Savary Island. A truly unique experience. Reservations required: call 604 716-0536 or email info@vancityseaplanes.com.

Cooking Demonstration

2:30 pm–3 pm

Watch another local chef prepare one of their favourite shellfish recipes.

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Marine Park Sampler Zodiac Tour

3:30 pm–5:30 pm

TerraCentric Coastal Adventures

\$59/person

See the beautiful Copeland Islands Marine Park then peak into beautiful Desolation Sound while your guide shares some of the unique history of the area. Pre-registration required. Call 604 483-7900 or email fun@terracentricadventures.com.

Bunsters Sunset Tour

5 pm–9 pm

George's Coastal Backroads Adventures

\$50/person; approx 4 hrs

The area has hundreds of kilometres of old logging roads which offer mild to extreme 4-wheeling. The second growth forests, crystal lakes and spectacular views are some of the rewards of 4-wheeling here. You can experience the thrills, sights and smells of 4-wheeling in the comfort and safety of this guided tour. Meet at Nancy's Bakery by 9:45 am. To reserve, call 604 483-1855 or email locker1962@shaw.ca.

Shellfish Sampler Cruise

6:30 pm–9:30 pm

Swan Spirit Cruises

\$75/person

Enjoy a delicious sampling of various shellfish and a complimentary beverage as you cruise aboard the Swan Spirit. The 58-foot catamaran features an open-top observation deck, glassed-in lower deck, cash bar, and washrooms facilities. Watch for seals, sea lions, porpoises, eagles and the occasional bear foraging on shore. Reservations required: call 604 414-7474 or email info@lundhotel.com.

Sunday, May 30

Pancake Breakfast

9 am–11 am

The Northside Volunteer Fire Department will once again serve up fresh pancakes with sausages, coffee, tea, juice and fruit on the deck of the Boardwalk Restaurant. Only \$5 per plate.

Bunsters Tour

10 am–2 pm

George's Coastal Backroads Adventures

\$50/person for approximately 4 hours

Another terrific four-wheel tour (see above for details). Meet at Nancy's Bakery by 9:45 am. Reserve call 604 483-1855 or email locker1962@shaw.ca.

Oyster Judging Contest

Noon–2:30 pm

Shellfish farmers from all regions of the province will submit their best oysters in a contest to find the Top Oyster in BC. Five judges will be rating the oysters. Later, the public will also be able to sample then vote for the Public's Choice.

Music

Noon–5 pm

Starting with Powell River's Clansman Pipe Band; and various local musicians.

Food Kiosks

Noon–4pm

Local shellfish growers are dishing up culinary delights. Enjoy a different selection of fresh-cooked seafood at each booth for only \$5 per plate.

Artisan Booths

Noon–5 pm

Located along the harbour-front, local artists and talented crafters will display their handiwork for sale.

Restaurant specials

All day

Try a fresh seafood meal at one of the restaurants in Lund.

Kids Zone

Noon–5 pm

Let the kids play supervised games and have their faces painted while you explore the Festival. By donation.

Live Shellfish Sales

Noon–5 pm

Local shellfish growers will be selling their fresh harvest right off the truck. Great prices!

Whale Singing Contest

12:15 pm–12:30 pm

A first of its kind. Contestants will have up to 15 seconds at the microphone to sing like a whale. Yes, there is a prize. Sign up at the Tours Table all day Saturday or between noon and 12:15 pm on Sunday. No charge.

Oyster Shucking Demonstration

12:30 pm–1 pm

A seasoned shucker, Bob Paquin's hand is faster than the eye and he will demonstrate his lightning-fast oyster shucking technique. Demonstration takes place on the deck at the Boardwalk Restaurant.

Marine Classroom Open House

1 pm–4 pm

TerraCentric Coastal Adventures

FREE

Visit a local landmark, see our Local Critters Aquarium and Touch Pool. Follow the old boardwalk toward the restaurant, go up a couple of steps, turn to the right and follow the signs. No reservations. Meet at the Tours Table.



Sunny Savary Seaplane Joyrides

2 pm–5 pm

\$50/person

Take off from Lund Harbour and enjoy a 20-minute bird's eye view of sunny, sandy Savary Island. A truly unique experience. Reservations required: call 604 716-0536 or email info@vancity-seaplanes.com.

Marine Park Sampler Zodiac Tour

3:30 pm–5:30 pm

TerraCentric Coastal Adventures

\$59/person

See the beautiful Copeland Islands Marine Park then peak into beautiful Desolation Sound while your guide shares some of the unique history of the area. Pre-registration required. Call 604 483-7900 or email fun@terracentricadventures.com.

Cooking Demonstration

3:30 pm–4 pm

A local chef will cook up one of their mouth-watering recipes while you watch their techniques.

Bunsters Sunset Tour

5 pm–9 pm

George's Coastal Backroads Adventures

\$50/person; approx 4 hrs

(See above for details). Meet at Nancy's Bakery by 9:45 am. To reserve: 604 483-1855 or locker1962@shaw.ca.

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Tug-guhm... "sun" in coastal Salish, is also the name of Debra Bevaart's studio gallery. A showcase for more than 40 local artists with Debra's stone sculptures brought to life on-site, strong coastal imagery is the theme of this gallery.

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Farmer's market

New season under way

From now until October you can enjoy shopping at the Open Air Farmer's Market from 10:30 am to 12:30 pm on Saturdays and 12:30 pm to 2:30 pm on Sundays. As always, there will be a wide variety of in-season produce, prepared foods, cold/hot drinks, arts and crafts, pony rides and activities for all ages to enjoy.

The Open Air Market helps maintain strong social ties in the community by bringing consumers and farmers together in a mutually rewarding exchange.

There are a number of new vendors who have joined the market community this year, including a vast array of organic produce, meat/meat pies, fresh pasta, preserves and Thai food. The market is also hosting "kids market days" on the second Sunday of each month this year. (Rain date is always the following Sunday.) Children are invited to bring a blanket to display items that they would like to trade or sell and they may bring arts/crafts, games, books, trading cards, or toys, but no food items.

There will also be a number of special event days hosted by the market this year. For more information contact market manger Jesse Black at 604 344-0021 or email JesseBlack@gmail.com. **RL**

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Dragon Boat & Paddling Club

Tryouts in May

Local dragon boat paddlers have a new boat, and there may be a space in it for you.

In 2004, the Powell River Dragon Boat and Paddling Club was formed. The club purchased its first boat in 2006 and it served well for a number of seasons but as the club grew, and a second paddling team was added, so did the need for a second boat.

A second boat also meant the club could reach out and develop a school program. Through membership fees, and member loans, a second-hand boat was purchased for \$10,000. The new boat arrived on April 8th, and is now secure at its moorage on Powell Lake. Two teams, two boats.

The club will be offering tryout dates for interested individuals over a two-week period, for a total of four sessions. These dates are May 3, 5, 10 and 12. There is a fee of \$20 for the four sessions, and will be deducted from the annual club fee if the individual wishes to paddle for the season. Our club is comprised of men and women of various ages, all with a love of outdoor activity and physical challenges. For more information visit www.prpaddling.ca. **RL**

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Bike to Work Week

Leave your car at home

By Sam Goodwin

Bike to Work Week (BTWW) in Powell River is from May 30 to June 5.



All schools and teachers are invited to participate and this year, we'd like to challenge local businesses and organizations to record their kilometres.

In its inaugural BTWW in 2010, Powell River had 11 registered teams, 39 cyclists, 25 new cyclists and rolled in a total of 1013.3 kilometres. Let's see if we can start a "chain reaction" and beat last year's record!

This year, we are organizing *Celebration Stations* to help everyone celebrate the multitude of personal benefits that go along with regular cycling: health, wellness and fun.

Municipal plans are underway to increase the number and quality of bike lanes on Powell River roadways.

If you would like to get involved as a sponsor, participant or volunteer, please contact Russell Brewer, President of Powell River Cycling Association (PRCA) at 604 414-8310 or russellbrewer@shaw.ca. You can also visit the PRCA website at www.bikepowellriver.ca where you'll find information about various cycling clubs in Powell River as well as information about upcoming biking events. For any women interested in mountain biking, the Wild Women Cycling Club will be starting their beginner sessions mid May—please check out the PRCA website for the riding schedules or email wwcc@bikepowellriver.ca for more information. For more information about how to register for BTWW go to www.biketowork.ca. **RL**

1st Annual Blues Festival

Expect it to be outstanding

Organizers of the first Powell River Blues Festival have been working hard to get everything ready for the inaugural three-day event on June 3 to 5.

The festival will be held at the Beach Gardens Resort with an outdoor stage and vendor area including food, crafts, a beer/wine garden, an interactive art show and many free giveaways. There's an impressive lineup of visiting award-winning guest artists including the Powder Blues Band, Monkey Junk, The Twisters, Tom Holland and the Shuffle Kings, James Harman and The Lloyd Jones Struggle. Local blues players Sam Hurrie, Ron Campbell and Debbie Dee will open the show each day.

Volunteers are a big part of the festival and there is a volun-

Sunrise Rotary

New morning club

By Adela Torchia

Mid the Tuesday morning hubbub of "rush-hour" in Powell River can be seen an eager-beaver new service club gathering at 7:30 am at the Marine Inn. The Rotary Club of Powell River Sunrise was recently chartered as a new member-club of Rotary International.

The main motto of Rotary is *Service Above Self* and members are asked to always apply the four-way test of all that we think, say or do:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

The new club has an excellent role model to follow in Powell River's first Rotary Club, which was established in 1955. Initially the primary focus of the new club will be on developing local projects, although all clubs are members of Rotary International (RI), which has been doing tremendous humanitarian work around the world for over 100 years. RI has been the main force behind the global eradication of polio—an immense project now nearing completion. And they sponsor many international water, literacy, peace and other programs.

Local projects currently being considered or implemented include those with a focus on youth, music, nature, tourism, and highways. Visit our website at powellriversunriserotary.com or for membership information, email helenzmail@gmail.com.

Rotary clubs typically include members drawn from a wide range of community and business leaders, and the Sunrise club is no exception. One of the many benefits of Rotary is that people who ordinarily might not be collaborating together on community projects find themselves happily focused on important common concerns.

It is a sign of Powell River's positive and thriving culture that there is room here now for two Rotary clubs, offering different meeting times and the opportunity to work on a variety of projects to make our community and our world a better place. **RL**

teer application on the website. There is also a page for planning your day. Bring your lawn chair and blanket. In case of rain there will be tents to sit under and enjoy the show. For information on what you can and cannot bring to the event visit www.powellriverblues2011.com.

There will be no access to parking on site but there will be a free shuttle bus running several times daily from the Town Centre Mall with stops along Joyce Avenue.

Tickets for the three-day event are \$120 and available through ticketweb on the website. Single day tickets are also available at various prices. Wristbands will be available for purchase at the Brain Injury Society office on Marine Avenue. **RL**



Powell River Living BUSINESS Connections

By Kim Miller

Donna Manderson, former manager of Fields, is excited to announce the opening of her store—Intimate Secret Boutique—at 4566B Marine Ave. “I’ve worked in retail for a long time, and wanted to try working for myself, so when opportunity knocked, I decided now was the time for me.” Intimate Secret Boutique carries a wide range of bra styles in sizes A to K, as well as loungewear, intimate apparel, stockings, men’s underwear, and adult accessories. She also offers bra fitting services.

Dawn Norman is the lucky new owner of **Pacific Breeze Tanning Salon**. Why do we say lucky? Not only has Dawn purchased the salon from Brian and Rhonda Bonnici, thereby inheriting an experienced staff, Dawn also won a new tanning bed during her first tanning expo. It’s now installed, bringing the salon’s count to four lie-down beds, one stand-up unit and an infrared sauna, along with accessories and sunglasses. Dawn, a nurse’s aide at Olive Devaud, bought the business January 1. She was already a salon customer and was looking to buy a small business. “It was the perfect fit.” Cream and Sugar remains in the spot behind Pacific Breeze on Duncan St.

As of April 1st, **Laura Kew** is the proud new owner of **Squatter’s Creek Wines**, located in Crossroads Village behind Quality Foods. After working in the store part time for five years, Laura is excited to be able to take on the store and make it her own. With a new website, www.SquattersCreekWines.com, a monthly newsletter, new gift ideas, and wine accessories, big changes are happening for Squatter’s Creek. Drop by the shop and say hello, or check them out at the Spring Home Expo May 13-15.

The Brick has returned to its original location across the street from Modern Windows at 4330 Franklin Avenue in the old United Furniture building. They are already open for business so stop by and check out the new old digs and find some great deals.

Save-On Foods has a new manager. Craig Lee transferred here

from Prince George and has been at the store since March 14. His wife, Moira, and his 9-year-old daughter Maddie are still in Prince George and are hoping to move here soon. He and his wife were raised on Vancouver Island, so he jumped at the opportunity to be closer to family. Former Powell River store manager, Richard Bulen, transferred to a store in Prince George.

After five years of running her thriving bed and bath store, Linda Whiteley has decided to put **Beyond the Bed** up for sale. “The store is doing great, but it’s time for me to take some time for me,” says Linda. Beyond the Bed is well organized with a great client base, and is ready for a new owner to step in and make it their own. Along with the sale of the business Linda is also offering two weeks of her time to help the new owner settle in.

Colleen Erwin has been lured out of retirement to bring her experience to the role of general manager of the **Savoury Bight** Seaside Restaurant and Pub and the Beach Gardens catering department. It’s a full-circle move for Colleen, who started at the Beach Gardens in 1987 in the dining room with David Bowes, before moving to the Town Centre Hotel for 10 years and then the Lund Hotel, before retiring in October. Working with Chef Darcy Radu, Colleen introduced a new menu April 1 with fresh seasonal ingredients, including Lois Lake steelhead and Fanny Bay oysters.

Galena Bay Novelty Fabrics has moved to 7217 Glacier Street from Wildwood. **Lainey Wilkins’** house has a full walk-in basement for the fabric store that used to be located in just one room of her modular home. The extra space allows her to expand her stock, from zippers and buttons to miles of fabric selection. “Our customers are totally happy that we have finally moved to a bigger location with extended store hours to come,” said Lainey. The new telephone number is 604 485-4898. **PL**

With files from Powell River Living staff

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SPRING SCHEDULE

Heather Tours

May 4	One Day Casino Trip - Nanaimo
May 9-12	Okanagan Casino Trail with Malaspina Coach Lines
May 23-26	4-Day Casino Trip - Lower Mainland
June 1	One Day Casino Trip - Nanaimo
June 6-9	Victoria in the Spring! - Train & Gardens
June 11-14	4-Day Casino Trip - Lower Mainland
June 18	Desolation Sound - Day Trip
June 22-23	Fiddler on the Roof, Chemainus Theatre and Milner Gardens - Qualicum Beach

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Time to plant

By Jonathan van Wiltenburg



Container Plants

With the increased popularity of container gardens and patio living I thought it would be pertinent to discuss some tips for planting patio containers. These days many people enjoy having not only summer annuals on their patio but also larger more permanent pot plantings of trees and shrubs. Some of the most popular are corkscrew willow, Japanese maples, conifers, and ornamental grasses, which provide privacy, architectural value, colour and contrast to your landscape. Although it is not hard to maintain container plants, there are some tips that will go a long way in helping to keep your larger container plantings healthy and happy.

The first and best thing I can recommend is never to plant directly into the heavy ceramic pots that you have picked out to match your décor. Usually these pots are heavy enough without a small tree in them, and they can easily become a real hassle to manoeuvre around the yard. Furthermore, the design of the pot can make taking the tree/shrub out of the pots very difficult. Many of the pots widen out beyond the opening of the pot, and as the plant grows it becomes impossible to get it out.

Find a large plastic pot that fits perfectly into your ceramic pot (one that cannot be

seen). You may have to prop it up underneath with a few bricks or wood pieces so it sits at the right level. This will allow you to easily lift out the larger plant when it needs to be moved, and will allow you to easily slide the plastic pot off when it is time to do your maintenance.

When planting out your containers use a planting medium that is ideal for container planting. Most potting soil mixes available at your local garden store are good.

Don't plant right up to the lip on your pot. Keep your soil level a couple of inches below the lip so when watering your plants the water has a place to sit and work its way down into the roots. When planting trees and shrubs avoid burying the crown. It is essential that you keep this at the soil level.

Plants in pots do not have the same options to gather nutrients and moisture that a plant in the ground would. It is crucial to feed and water them on a regular basis. For containers, I recommend a water-soluble fertilizer. Depending on the species a monthly feeding should be plenty.

Watering will depend on the size of pot, species of plant, and the weather. Remember to water deeply. Just because you see the water running out the bottom doesn't always mean you have given them enough water. Check the soil with your fingers and see if the water penetrated into the root zone.

As the plant grows it will undoubtedly fill the pot. Every spring check the root zone for signs of crowding. Take off no more than a third of the root zone at a time. **PL**

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

Priorities for May

- May is the month that frosty nights are behind us! The general rule is that it is safe to plant out frost tender plants on the May long weekend.
- When the danger of frost has definitely passed, plant out all the hot crops: Beans, tomatoes, peppers, eggplant, soybeans, ground cherries, squash, melons, peanuts, etc. Your summer annuals, hanging baskets, and planters can also go out, geraniums, angelonia, marigolds, petunia, calceolaria, alyssum, etc, can all be planted out.
- Finish deadheading all your spring bulbs. Don't cut the foliage back until it has died back and turned yellow.
- May is when insects and weeds ramp up their efforts. Watch out for pests on the fruit trees, summer annuals, and vegetables.
- Begin staking and tying up your perennial border. Plants that are top heavy like delphinium, peony, aconitum, sedum, phlox and lupine all need support to look good.
- Keep an eye on your roses. Look for aphids, black spot, rust and powdery mildew. Treat if necessary. Homemade fungicide: mix 8-10 grams of baking soda and 4 drops of Safers Soap to 1L of water.
- Watch that greenhouse temperature. When the sun is shining, ensure your greenhouse sufficiently ventilated. Try to keep the temperature below 30°C.



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Spot Prawn Festival

Celebration with World Oceans Day

Powell River will celebrate the bounty of the sea on June 11 during the first Spot Prawn Festival, in combination with World Oceans Day.

The event gets underway at 11 am and continues until 11 pm at Willingdon Beach, say organizers Amy Sharp and Michelle Zutz. Admission is free.

"This is going to be so much fun," said Sharp.

The City is providing free shuttle service from the mall to the beach.

World Oceans Day is a global celebration of the ocean, and Sharp is anticipating that the Vancouver Aquarium will send a dive team to bring up all sorts of local marine life and which will be displayed in touch tanks on site.

"This is a great family event. We'll have face painting, fire dancing, and a colouring contest supplied through the schools," said Sharp.

There will be a best ocean photo contest display with people's choice awards in different categories including under water, nature only, boating and more.

There will be kayak demonstrations from Powell River Sea Kayak. You can also catch beach volleyball action! The Powell River Yacht Club will show off their new sailing dinghies right on the beach, with a chance to win a stainless steel prawn trap.

Sliammon First Nation has also been asked to be part of the festival.

There will be a friendly competition amongst chefs. "Local restaurants have been asked to enter their favourite prawn recipe and have their chef demonstrate it," said Sharp. People will also be able to buy live prawns right off the boat. Local restaurants will be invited to offer spot prawn specials during the week of the festival.

Vendors on site will offer prawns and other non-seafood items for sale.

If you are interested in vending, contact Amy Sharp at info@manzanita.ca or 604-483-2228.

Live music will be provided by The Sam Hurrie Trio and other musicians.

There will also be a beer garden.

A Prawn Race will determine just

who can get into and out of their prawn fishing gear the fastest!

"The whole idea for a festival came about because the prawners want people to know how sustainable their industry is and to educate them about the quality of spot prawns," said Sharp. Members of the Powell River Prawn Association have been the driving force behind the festival along with Doug Mavin, Ivan Askgaard, Dan Vincent and Brian Buckley.

Zutz is excited about the festival because she says it will let people who are new to Powell River know where to go to purchase spot prawns, something she found difficult when she moved here four years ago.

"As a restaurant owner I can say with confidence that local prawners and fishermen provide some of the very best quality of seafood available today," said Amy.

Powell River's fresh spot prawns harvested in the Georgia Strait are considered by the David Suzuki Foundation to be a good sustainable choice. 



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Powell River Living COMMUNITY Calendar

MAY 2011

May 3: Powell River Dragon Boat & Paddling Club - Dragon Boat "Try It" sessions/lessons. 4 sessions for \$20 on Tuesdays and Thursdays starting May 3. Men and women of all ages are welcome. Enjoy a summer of fun and fitness. For info contact Helen at hrobinson13@shaw.ca or phone 604 485-5888.

May 4, 5, 6, 7: Welcome to the Funhouse, a musical by CaroleAnn Leishman performed by Far Off Broadway at the Evergreen Theatre.

May 5: Art show by D'arcy Treadwell. Opening reception 7 - 9 pm at Malaspina Art Society exhibition space, located at Vancouver Island University, 3960 Selkirk Avenue. Art show runs to June 1. For more info: 604 485-0330 or visit www.artpowellriver.ca.

May 5: At Nightfall, a Family Series show at the Max Theatre at 7:30 pm.

May 6: Art show by D'arcy Treadwell, opening reception 7-9pm at Malaspina Art Society exhibition space, located at Vancouver Island University, 3960 Selkirk Ave. Art show runs to June 1. For more info: 604 485-0330, or visit www.artpowellriver.ca

May 7: Faith Lutheran Church Boot Sale. 9 am - 12 noon, In the church parking lot (4811 Ontario Avenue). All proceeds to the Church.

May 7: Transition Town Powell River presents "Green Transport Roadeo", Pentecostal Church, 10 am to 12 noon. Automobile alternative transportation Show and Tell. For more information contact Owen Gaskell 604 485-7097.

May 7: Jon Bone Trio & Karuna Vibes at 8 pm at the future home of the Townsite Brewery on Ash Street, just down from the theatre. Tickets are \$13 presale or \$15 at the door. Call 604 483-2228 or email info@manzanita.ca for info or get tickets at Rcosentials, Rodmay Liquor Store, River City Coffee or The Fry Guy.

May 8: Open Air Market Celebrates Mother's Day from 12:30-2:30 pm.

May 10: Opera Insights with John Silver 6-8 pm in the Future Chef's Cafe at Brooks. Extensive DVD and/or CD excerpts. \$6.

May 14: Giant Indoor Garage Sale & Used Bike Sale, 9 am - 12 noon at the Complex. Book your table now. Lots of room for large items - Bring it & sell it. Free entrance day of event & lots of parking.

May 14: Wagner's Die Walküre at 9 am at the Max Theatre.

May 14: Academy Chamber Choir & Chor Musica Men's Choir & Powell River Youth Choir perform at the Academy Hall at 8 pm. Tickets \$15 at the Academy.

May 15: Bruce Denniston Bone Marrow Society 2011 Spirit Run beginning at 9 am. Starts and finishes at Willingdon Beach. For more info call 604 485-8488.

May 18, 19, 20: Brooks acting class production of Village Idiot, a comedy and love story based in a poor Jewish shetl in rural Poland circa 1912. Tickets are \$5 for children and students and \$10 for adults, at the Max Cameron Theatre.

May 27-29: Lund Shellfish Festival. Tours, demos, seafood, music and more. See Page 22 or lundbc.ca for more info.

May 27-29: Money Mastery Level I Workshop with Jaden Sterling. Visit thewealthquest.com for more info or to register.

May 31: Richard Margison, tenor, performs at the Max Cameron Theatre at 8 pm. Tickets are \$30.

June 3: Public meeting to create the Powell River Mutual Fund at Town Center Hotel's Harwood Room 7 p.m. Everyone welcome. Looking for volunteers to form a steering committee to drive the idea through the maze of legalities.

June 3-5: Powell River Blues Festival at the Beach Gardens. Tickets at powellriverblues2011.com or wristbands at the Brain Injury Society.

June 9: PR PAWS AGM 6:30 pm at the Recreation Complex. Yearly memberships and donation are also payable online at sunshinecoast-trail.com.

June 11: Spot Prawn Festival and World Oceans Day at Willingdon Beach from noon to 11 pm. Free admission. Touch pools, food vendors, prawn sales, music and much more.

June 14, 16, 17, 18, 19: Good Timber performance at the Max Cameron Theatre. Songs and photos from the logging history of the coast.

June 15: Academy Glee at the Evergreen Theatre at 7:30 pm. Tickets \$10 or \$5 for 18&under.

June 19: Open Air Market Celebrates Mother's Day from 12:30 - 2:30 pm.

June 24 - 26: Faith Lutheran Church celebrates its 40th Anniversary with a meet and greet on Friday evening, Potluck Dinner on Saturday and special service on Sunday morning. For more information contact Elisabeth at 6014 485-4767.

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 cinch-game.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 604-48506396 or Rhonda Ellwyn at 604 483-3304 for more information.

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

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

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

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

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

Thursdays: River City Slims, a self-help weight loss group meets 5:30-7:30 pm at the Lighthouse Community Church at the corner of Burnaby and Michigan. For more info call 604 483-3074.

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

Fridays: Ravens Wheelchair basketball team practice from 4-6 pm at Oceanview School. For more info contact Lindsay at 604 485-2688.

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 12 noon to 2 pm. 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.

Sundays: Powell River Horseshoe Pitching Club at Complex, weather permitting. 9:30am-12:30pm. Open to all ages. Drop-in fee is \$2 per day. Contact Jim Hoffman 604 483-4853 or Lorraine Hubick 604 485-5589.

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Think sports... think Miss Lundell

Lisa Lundell is just a big kid who likes to play.

Luckily for her, she chose a career that lets her combine her love of sports and spending time with children.

Lisa runs the sports program at Grief Point Elementary and looks after the school's computers. "I look after the equipment and interschool sports teams and I help run intramurals," she said.

Miss Lundell, as she is called by her students, (despite the fact that she married two years ago and is actually Mrs. Lewis) moved to Powell River in 1991. "Matthew, my son, was just 14 months old then," she said. "I was hired at Oceanview Junior High for the girls physical education and for Social Studies 9 and 10."

Lisa taught physical education and moved into counselling at Oceanview. "I spent 14 years at Oceanview. I taught Grade 6 and 7 there and for a little while taught Grade 8 before moving to Grief Point six years ago.

Lisa has always loved sports.

"I grew up in Vancouver and went to the University of British Columbia. Field hockey was my main sport. I played on the varsity team at UBC and we won three national titles in the five years I was there. We travelled to Europe during my last year there. I missed my practicum because I was in Europe and so I went back to school the next year and did my practicum and played field hockey for another year."

She coached and played field hockey at the BC Summer Games but still found time to swim competitively and play soccer, softball and basketball.

"I've played just about every sport there is," she said.

Playing sports was a lifesaver for Lisa when she was a young girl. "I struggled as a youth," she said. "When I was 12, I found the gym. I really connected with the phys ed teacher at the time and I became a gym rat. If I hadn't had that connection I think I could have gone the wrong way," she said.

Lisa recalled how that gym teacher always respected her students and how her students always respected her. This re-

lationship laid the foundation for where Lisa was to travel in her own life.

"I go watch my students at their hockey and soccer games," she said. She attended two performances of the recent Willy Wonka play at the Powell River Academy of Music because she had students performing in both casts and she didn't want to miss them.

"They are like my own kids. I am interested in what they do outside the school. They have my cell phone number and my home phone number and they know that they can call me if they are ever stuck."

It's interesting how the years pass and old students become parents of new students. "I'm now teaching the kids of parents I once taught," Lisa mused. "I brought some old Oceanview annuals over and showed the kids pictures of their parents when they were in school."

Lisa enjoys teaching Grades 5 and 6 the best. "That's probably my favourite age group. They want to be here. They still have a love of learning."



GOOD SPORT: Lisa Lundell is a popular Grade 5 and 6 teacher and a sports leader at Grief Point Elementary school.

When asked what she likes best about teaching, Lisa paused, then said, "I just love teaching. I love the kids and I love being here."

She likes the fact that she can still tease these kids. "You can have fun with them. You can tease them a bit and joke with them."

In her classroom there is a Survivor Pool and a Hockey Pool for the playoffs. "The kids watch Survivor on Wednesday nights and we talk about who got voted off and why. It gets the kids talking about things like backstabbing and they learn without really knowing they are talking about it."

Lisa also likes the curriculum for Grades 5 and 6. "You can do neat things with it.

Her students know that Miss Lundell's favourite phrase "I'm not competitive" is not really true.

"I always tell them I'm not competitive," she smiled.

Grief Point students have the opportunity to try many different sports and activities. Lisa coached both the Grief Point boys' volleyball and boys' basketball teams to winning the District Championships." As well, the girls' volleyball team won the championship in November and the girls' basketball team in March. "We've done well this year. We have a good group of kids," said Lisa.

Now that soccer is under way Lisa is busy coaching boys and girls soccer. "We had 40 kids out for soccer. I keep busy," she laughed.

When Lisa's own son Matthew was young she coached his soccer and volleyball teams to first and third place in the provincials.

"He's now 20 and just finished his third year at Queen's in Kingston. He's doing business and math—dual degrees. He's also involved in sports and I coached teams he was on and helped out," she said.

"I think I have been on every sports executive in town except hockey."

These days she is playing ladies hockey or, as she puts it, "I'm making an attempt at it."

Whatever sport she does we know Miss Lundell will do her best because after all, she is not competitive. **PL**

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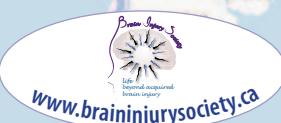
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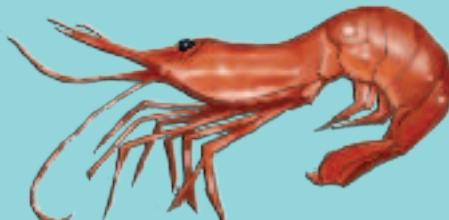
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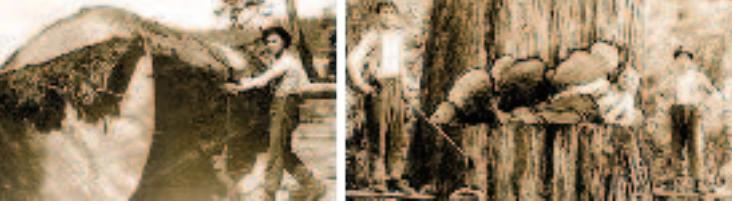
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