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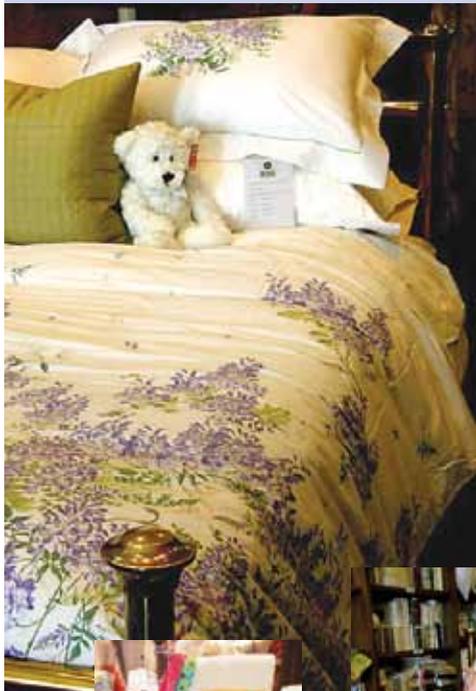
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29

CONTENTS • NOVEMBER

- 5 In this issue**
Seniors, elections and hockey
- 6 What's Up Powell River?**
Want to write for a magazine?
- 7 Golden Years**
Not so golden!
- 8 18 on the inside**
Attitude makes the difference
- 10 Myrtle Creek gets a hand**
Salmon get new gravel beds
- 13 Hockey family**
Trio of kids, coach dad and hockey mom
- 16 Operation Christmas Child**
Fill your shoebox
- 17 Pilates helps seniors**
Strength and flexibility
- 18 Festival of Trees**
PRACL fundraiser
- 19 Fit at every age**
Try keeping up with these seniors!
- 22 Explore Powell River**
Though Lisa Usher's lens
- 23 Scooter freedom**
Independence on wheels
- 24 No service by request**
Why funerals are important
- 26 Remembering the sacrifice**
Cenotaph ceremonies
- 27 Gift box memories**
Sailors, soldiers & Princess Mary
- 28 Record your story**
Memoir writing for seniors
- 29 The Music Man**
Brooks school production
- 30 Pardon My Pen**
Bath-time chaos
- 31 Growing with 4-H**
How 4-H built confidence
- 33 Walking backwards**
Steps to healing back pain
- 34 Special moments**
Embroidery and the tapestry of life
- 35 Business Connections**
What's new in local business?
- 36 Vital Signs**
Seniors growing part of population
- 38 Faces of Education**
Kelly Creek's outdoor program

OUR CHOICE OF PAPER

This magazine is printed entirely on paper made by Catalyst Paper. The cover and centre stock are PacificCote, made at Port Alberni. Most of the pages are Electrabrite, made at the Powell River mill.

ON THE COVER

Harry Thompson, 88, takes a lap on the newly opened running track at Timberlane Park.

Photo by Sean Percy

Powell River Living CONTRIBUTORS



ESTHER DYCK is a Department of Fisheries and Oceans contractor and president of the Myrtle Creek Steward Society.



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



LINDA FORSETH is a soap-maker and owns Malaspina Soap Factory. Linda returned to the Sunshine Coast three years ago and chose Powell River as her new home.



JOHN SMAIL came to Powell River in the late 1960s. Straight out of journalism school, he was hired as editor of the *Powell River News & Town Crier*. He now serves on the boards of several non-profit societies.



AUDREY LYSTER Powell River in 1987 from a farm in Alberta. She still thinks that Powell River is an ideal place to live.



SANDRA TONN is a freelance writer and speaker with a special interest in seniors. She teaches Memoir Writing for Seniors courses, is a Powell River hospice volunteer and a certified thanatologist.



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



LISA USHER moved to Powell River from the east coast in 2005. Having discovered her love of photography only recently, she is amazed by the simple beauty that surrounds us here and enjoys each photo opportunity.

*Age is strictly a case of mind over matter.
If you don't mind, it doesn't matter.*

Mark Twain (1835–1910)
American author and humorist



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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

Seniors, elections and hockey

I know you're not supposed to play favourites, but I've had so much fun working on this issue of *Powell River Living*, that it has to be one of my favourites!

I'm not sure if it is because there's a special focus on Seniors, or because we have some new writers or because I found some of the stories just so darned interesting! Maybe it's all of the above.

Seniors have lived through the time before computers, the days before TV and dishwashers. They have so much to give and are one of the greatest and most under-utilized resources we have. Just read some of their stories and I know you'll agree with me.

Seniors used to be folks 65 and older but did you know that these days you can join the Powell River Seniors Centre if you are 55? Seems like seniors are getting younger all the time!

There's a lovely story about the Golden Years—tongue in cheek—by Audrey Lyster on Page 8 where she takes a good hard look at the benefits of being older and wiser.

If you have kids in hockey you know the season is well under-way. This year we interviewed a hockey mom to see what the game looks like from her perspective. Be sure to read *Hockey Night in Powell River* on Page 13 and see what it is like to have three boys on three different teams all coached by their dad!

Our cover photo of Harry Thompson running on the new track leads into "Fit at Every Age" beginning on Page 19. In this story,

Powell River Living staff tracked down three active seniors and asked them what they do to stay in such great shape. There's a man in his mid 60s, a woman in her early 70s and world champion runner Thompson who is 88. Their stories are inspirational and with any luck they'll motivate you to get moving.

Writer Sandra Tonn tackled an interesting and difficult subject on Page 24. She explores what happens when people decide not to have a funeral and how it can rob those left behind of experiencing the usual feelings of grieving, mourning and celebrating.

We have two stories by different writers about Remembrance Day. Lindalu Forseth writes about family members killed during the war and how through the use of the Internet, she was able to track down her relatives. In *The Gift Box*, Betty Dice talks about a box given to soldiers and sailors during the First World War as a Christmas gift and how her memory of this box was triggered during a visit to her brother's house this past summer.

If you're one of those avid readers who got this magazine on the first day it's out, be sure to head down to the all-candidates forum tonight. Check out the candidates and see what they have to say at 7 pm on Tuesday, November 1 at the Evergreen Theatre. [PRL](#)

Isabelle Southcott

Isabelle Southcott, Publisher • isabelle@prliving.ca

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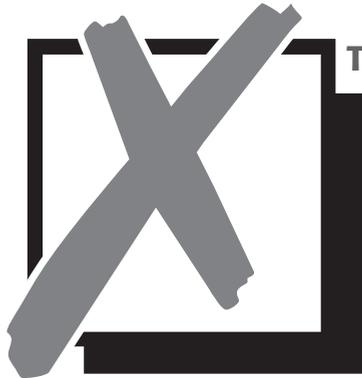
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What's up? POWELL RIVER?



The race is on!

Elections take place November 19 with Stewart Algard and Dave Formosa seeking the mayor's seat.

Councillors Debbie Dee, Maggie Hathaway, Chris McNaughton and Jim Palm are seeking re-election. Former councillors Gordon Crawford and Myrna Leishman are running again. Russell Brewer, Glenn Holstine, Bill Hopkins and Scott Lukianchuk have also entered the race.

Electoral Area B director Stan Gisborne is being challenged by Kim Barton-Bridges. Area C director and chairman Colin Palmer, Area A director Patrick Brabazon and Texada Island director Dave Murphy have been acclaimed.

School District 47's Board of Education new trustees have been acclaimed. They are Steve Formosa, Jeanette Scott, Mary James, Aaron Reid and Doug Skinner.

Vote on November 19th – It matters!

Help for salmon

Volunteer salmon restoration and regeneration projects in Powell River and Desolation Sound areas will be getting a financial boost with proceeds from last month's Gala Dinner and Auction.

In the spring of this year, two volunteer groups in the Powell River area benefitted from the Community Salmon Program. The Powell River Salmon Society and the Desolation Sound Salmon Enhancement Society received grants totalling \$33,702 to sustain Pacific salmon populations and habitats.

Thanks to all the volunteers and sponsors who helped make this possible.



Writing for magazines > **WANT TO WRITE FOR A MAGAZINE?** > There's a niche for almost any writer's style. Learn how to find it and how to give magazines just what they're looking for. Check out Vancouver Island University's Elder College course on WRITING FOR MAGAZINES presented by *Powell River Living's* Isabelle Southcott and Sean Percy. The course takes place Nov 16 & 30. Call 604 485-2878 or visit www.pr.viu.ca and click on continuing education.



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

Powell River Living at the hospital

Dear Powell River Living:

Imagine my surprise to see a Powell River Living story posted on the spinal ward bulletin board about John Dalziel. Good work!

Barb Rees

Editor's Note:

When she wrote this letter, Barb Rees was in Vancouver visiting her son Brent James, a former Powell River resident who broke his neck after being involved in a serious motor vehicle accident on September 5 in the Yukon. Brent is paralyzed from the chest down.

Family friend Margaret Brix set up an account for Brent so his family can continue to pay rent and bills. Donations can be made at any Scotiabank and the account name is: Margaret Brix in trust for Brent James.

UGLY BEDROOM makeover

You still have a few weeks to send us a photo and enter the ugly bedroom makeover contest! Simply take a pic of the bedroom that needs some TLC and email it to isabelle@prliving.ca before November 15 for a chance to win paint from Sunshine Décor (Benjamin Moore paint) and expert advice of interior designer Deb Vanderkemp.

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Matter of perspective

Debunking the Golden Years

By Audrey Lyster

As I plough my sometimes weary way through the second half of the ninth decade of my life, one question constantly comes to the forefront of my mind: "What idiot ever named these the Golden Years?"

Whoever was responsible was obviously a long way from reaching them.

The expression should be debunked, and what better place should this exposure come from than straight from the horse's mouth, or perhaps more accurately, the Old Grey Mare.

Of course we have Golden Wedding Anniversaries, and royalty enjoy their Golden Jubilees, but the former lasts only one day and the latter a year at most, while the so-called Golden Years are a life sentence with a reprieve not many of us look forward to.

Perhaps some young woman inundated with responsibilities, a full-time job, children to raise, a home to run, a husband to pacify, and hardly a moment to call her own, saw pictures of elderly people in a retirement home being waited on hand and foot and looked forward longingly if only momentarily to when she would reach those idyllic moments in time.

Dream on, Lady! There is nothing idyllic or golden about old age. It is not fun nor is it for the weak or faint of heart. It can be very sad as one by one your contemporaries take their leave, and can be personally painful, annoying, or frustrating.

It can have its funny side as when you find the teapot in the refrigerator, or yourself wearing two sets of underwear or standing in a room wondering what you are doing there, but only if you are lucky enough to have retained an active sense of humour, and can remember what you are laughing at.

Old age is a time of gradual loss: sight, hearing, memory, mobility, and one of the most annoying to me, the sense of taste.

Shakespeare, wise in so many ways, knew what he was talking about when he described the final years as, "sans teeth, sans eyes, sans taste, sans everything." Trying to combat my taste problem, I resorted to the maxim of use

it or lose it and ate everything in sight, but that did nothing to improve the problem, only enlarged my waistline. Of course it all came much earlier in Shakespeare's time. Now we have our physical aids, medications, and treatments that ward off the results of aging or at least push them further down the years.

And it is not only a longer life that some look forward to preserving, it is the sweet fountain of youth that some worship with their Botox and plastic surgeries.

I can hear my late husband's voice saying, "Isn't it a bit late for that?" if I had pondered a face-lift.

I know when I get up in the morning and look in the bathroom mirror I see someone reminiscent of one of the Three Stooges, and not always the same one!

However it is up to each one of us to make the best of our senior years and I can only echo the words of the French singer and actor Maurice Chevalier when asked how it felt to have reached the age of 80. He replied, "Very good, considering the alternative."

And now it is time to return to our fictional young woman, with all the weight of responsibility on her shoulders and say, "Look around you, at your children, your husband, the life you are leading and be aware. These are the Golden Years, and they are fleeting. Cherish them while you can. [RL](#)

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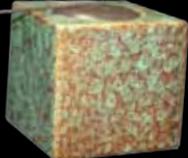
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18 on the inside

Attitude to aging makes a difference

By Dorothy Robinson

Where have all the years gone? This is a question we hear so many seniors reflectively ask. Except for a few that were particularly challenging or for some reason special, they tend to blend together. Time has moved forward and carried us along with it; and all too suddenly we find we are living the golden years. As one senior said "If I'd have known I was going to live this long, I would have looked after myself better!"

Arriving at the senior years is interesting and challenging to say the least. Comedian Art Linkletter once coined a phrase which epitomizes the aging process. He said: "Getting old isn't for sissies." Although humorous, this statement says volumes about attitude and how you cope with the changes that inevitably come with aging. Keeping oneself in the game of life takes tenacity, courage, and being open to change. Topping this list is staying young at heart or as the French say it best la joie de vivre! The joy of life. Attitude and an appreciative heart can make such a difference.

A few years ago my mother-in-law Belle explained to me how it felt to be 94 years of age. She had just relented and finally agreed to a homemaker coming in to help her out in her apartment. She was still making her own bread and cookies, kept her nails manicured, and enjoyed a drink of rye and Seven Up at 4 o'clock in the afternoon. She explained to me there was still a young 18 year old

inside; in fact there were all the stages of life tucked away, because she had lived them all. When I took her shopping for a new dress, she emphatically made it clear, "Now dear remember, I don't want to be looking at old ladies' dresses!" Now that's what I call young at heart. Being content in her circumstances was very evident too.

In keeping with that theme, this is not about cold statistical facts on seniors. It's not about why people are supposedly living longer, or what medication works best for certain ailments. What it is though are some heartfelt reflections from different people who are there, how they feel about what's important and what isn't. It's mostly about expressing appreciation for the things in their lives things they're grateful for.

Here are a few quotes I like:

"It makes me feel good when my kids respect me and that I have some wisdom to share with them."

"I don't live by the clock so much anymore; but I try to make the days count."

"My coffee break with my wife now goes from 9 am to 11."

"I appreciate my friends who put up with me, so I try not to be critical of others."

"I have been with both smart people and kind ones, but I prefer being around kind people. If some don't like me it's none of my business."

"It's a good thing the future comes to us just one day at a time, that's about all we can handle."

"I come from a time when your handshake was your word. I still feel that way."

"Yes, being a senior is certainly a very interesting time of life. With appreciation and gratitude, we can make our days into more pleasant ones, not only for ourselves but others too." **PR**

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Myrtle Creek gets a helping hand

Sea Cadets help

By Esther Dyck

During our rainy season Myrtle Creek—a small, gentle, unique salmon creek—can become a wild water way.

Extreme weather and ongoing neighbourhood development cause more run-off water and silt to fill the creek each year. This water comes from highway ditches, tributaries and paved areas and runs into the creek resulting in swift high water levels. The creek rages, the streambed is heavily scoured and spawning gravel washes away.

To help stop this from happening and to mitigate existing damage, the Myrtle Creek Stewards sold raffle tickets all summer to raise money for large boulders and new spawning gravel. The Department of Fisheries and Oceans biologists sanctioned the project and provided the time frame for completing the work in order to cause the least disruption to aquatic life. The biologists also prescribed the correct mixture for the spawning gravel.

Once again the Malaspina chapter of the Powell River Sea Cadets volunteered to do the hard labour. They shovelled gravel into tubs, which were then guided down the ravine, emptied and raked into spawning areas. Rocks and huge boulders were sorted and moved into place. These create pools, protect the spawning gravel and provide easier access for the returning salmon.

Regional District Chair Colin Palmer, Area B Director Stan Gisborne and Mayor Stewart Alsgard visited the site, picked up



GIVING A HAND: Powell River Sea Cadets helped out with the Myrtle Creek restoration project.

shovels and worked alongside the Sea Cadets. Dan Stephens of Select Sand and Gravel and Bruce Robertson of Quality Foods also supported this project.

Today it is easy to become cynical and depressed when we hear of so many negative global problems and issues. These problems seem very far away when you witness the spirit and strength of our hard-working Malaspina Sea Cadets. They gave their all to help restore the habitat of this small precious run of wild salmon. **RL**

Church and volunteers made Thanksgiving Food Drive a success

More than 7,600 pounds of food went to help needy families in Powell River as part of the BC Thanksgiving Food Drive.

This was due in a large part not only to the volunteers and the community who donated the food, which was given to the Powell River and District Food Bank, the Seventh Day Adventist Church and the Salvation Army, but also to Powell River Safeway and Powell River RONA.

The Church of Jesus Christ of Latter Day Saints (LDS) congregation in Powell River gathered 53 volunteers who performed over 325 hours of service to their community. These volunteers were able to visit more than 3,000 doorsteps, where they collected 7,600 pounds of donated food. The effort also had the support of RONA and Safeway.

"This should not be considered as anything other than a tremendous success," said Andrew Rolfsen, Director of the BC Thanksgiving Food Drive.

Some 60 LDS congregations helped

with the 2011 BC Thanksgiving Food Drive. Andrew said the volunteers have given a much-needed gift of service. "They are to be commended in every way."

Province-wide, over 4,000 people came forward to lend a hand to this



Dave Tessman, manager of Powell River Safeway, helped ensure the success of the Thanksgiving Food Drive.

project. LDS congregations partnered with more than 35 other denominations, businesses, and community groups; in total, some 500 participants from outside of the Church helped.

Volunteers collected 250,000 pounds of food during the 2011 BC Thanksgiving Food Drive; the value of these donations, combined with the financial and material contributions, totalled more than \$690,000.

The BCTFD is a non-denominational project and is open to all interested individuals, community groups, religious organizations, businesses or others who wish to join in helping attend to the needs of the hungry in our province.

"A need was identified and we felt strongly that these principles are the foundation of prosperous and secure communities," said local volunteer Pat Hull.

"We thank all the volunteers, churches and donors who opened their hearts and made this food drive a success."

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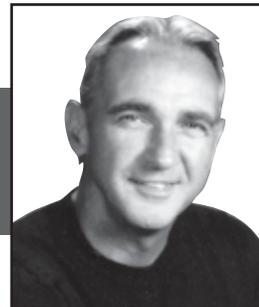
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**CITY OF POWELL RIVER
NOTICE OF ELECTION BY VOTING**

PUBLIC NOTICE IS HEREBY given to the electors of the City of Powell River that an election by voting is necessary to elect a Mayor, and six Councillors for a three-year term commencing December 2011, and that the persons nominated as candidates and for whom votes will be received are:

MAYOR – One (1) to be elected

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FORMOSA	Dave	3307 Hernando Avenue, Powell River, BC

COUNCILLOR – Six (6) to be elected

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CRAWFORD	Gordon (Beaver)	6992 Duncan Street, Powell River, BC
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LUKIANCHUK	Scott	#3 – 5580 Manson Avenue, Powell River, BC
MCNAUGHTON	Chris	7425 Sturt Road, Powell River, BC
PALM	Jim	7127 Ladner Street, Powell River, BC

VOTING DATES AND LOCATIONS

GENERAL VOTING will be open to qualified electors of the City of Powell River on: Saturday, November 19, 2011 between the hours of 8:00 am and 8:00 pm at the following locations:

Voting Division 1 • Westview

Powell River Recreation Complex, 5001 Joyce Avenue

Voting Division 2 • Townsite

Henderson Elementary School, 5506 Willow Avenue

Voting Division 3 • Cranberry Lake

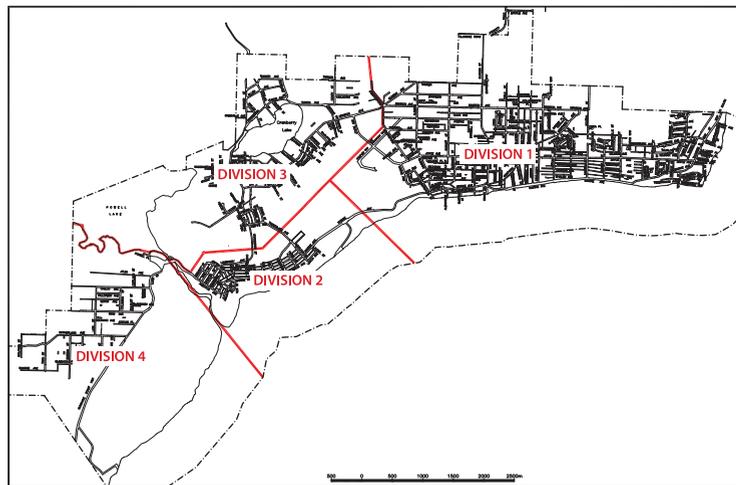
Cranberry Centre, 6792 Cranberry Street

Voting Division 4 • Wildwood

James Thompson School, 6388 Sutherland Avenue

Voting Divisions

Qualified electors are only entitled to vote at the voting place within the Voting Division in which they reside or qualify as a non-resident property elector. The Voting Divisions in use for this election are outlined on the map below. If you need assistance determining your Voting Division, please contact the Chief Election Officer at (604) 485-8603.



ADVANCE VOTING will be available to qualified electors as follows: Wednesday, November 9, 2011 and Wednesday, November 16, 2011 between the hours of 8:00 am and 8:00 pm in the Poplar Room, Powell River Recreation Complex, 5001 Joyce Avenue

A SPECIAL VOTING OPPORTUNITY will be available to qualified electors who are health-care facility patients or who reside in seniors facilities on Monday, November 14, 2011, as follows:

Olive Devaud Residence	7105 Kemano Street	9:00-10:30 am
Centennial Building	4156 Westview Avenue (Residents of Centennial Building, MacGregor Place & Leishman Building)	10:45-12:00 noon
Kiwanis Garden Manor	4923 Kiwanis Avenue (Residents of Kiwanis Garden Manor and Kiwanis Village)	1:00-3:00 pm
Evergreen Extended Care	4970 Joyce Avenue	3:15-4:00 pm
Powell River General Hospital	5000 Joyce Avenue	4:15-5:00 pm

ELECTOR REGISTRATION

There is no need to pre-register to vote as the registration of all electors for this election will take place at the time of voting. You will be required to make a declaration that you meet the following requirements:

- 18 years of age or older
- Canadian citizen
- resident of BC for at least 6 months immediately preceding voting day
- resident of OR registered owner of real property in the City of Powell River for at least 30 days immediately preceding voting day, and
- not otherwise disqualified by law from voting.

Resident electors will also be required to produce 2 pieces of identification (at least one with a signature). Picture identification is not necessary. The identification must prove both residency and identity.

Non-resident property electors must produce 2 pieces of identification (at least one with a signature) to prove identity, proof that they are entitled to register in relation to the property, and, if applicable, written consent from the majority of the property owners.

MAIL BALLOT VOTING

A person wishing to vote by mail ballot shall apply to the Chief Election Officer during the period commencing November 1, 2011 and ending at 4:00 pm on Thursday, November 17, 2011. The following information must be submitted:

1. Full name
2. Residential address
3. Address of the property in relation to which you are voting (for non-resident property electors), and
4. Method of delivery of your mail ballot package:
 - (a) Pick up at City Hall (Administration office), or
 - (b) Regular letter mail through Canada Post to residential address, or
 - (c) Regular mail through Canada Post to an alternate address that you provide when requesting the ballot package.

The only electors who may vote by mail ballot are:

- (a) Persons who have a physical disability, illness, or injury that affects their ability to vote at another voting opportunity; or
- (b) Persons who expect to be absent from the City of Powell River on general voting day and at the times of all advance voting opportunities.

The Chief Election Officer will send out mail ballot packages commencing on or about November 1, 2011. To be counted, your mail ballot must be received by the Chief Election Officer no later than 8:00 pm on Saturday, November 19, 2011.

If you have any questions or require further information concerning the election process, please contact the Chief Election Officer at (604) 485-8603 or the Deputy Chief Election Officer at (604) 485-8601 • **MARIE CLAXTON, Chief Election Officer**

Hockey night in Powell River

Chernoffs on ice

By Isabelle Southcott • isabelle@prliving.ca

Tara Chernoff never dreamed she would be a hockey mom. She didn't think she'd be sitting at the rink watching her three sons play hockey while her husband Bill coached. She didn't think her life would revolve around hockey, hockey, and more hockey.

"I grew up in a family of girls," says Tara. "I knew nothing about hockey."

But then along came Jeffrey. At eight, he's the youngest of the three Chernoff boys but no one could ever say that the youngest is a follower in their family. When it comes to hockey, the youngest definitely took the lead role.

"He played hockey first and then his brothers followed," says Tara. "Ever since he was little he always talked about hockey and watched hockey."

Jeffrey has been playing for five years. He plays for TAWS in the Novice III division. So far this year, he's played goalie twice, which is his favourite position. "I also like forward," he says.

At 10, Chris is in Atom and plays for RONA. "This is my third year," he says explaining that he usually plays left defence.

Twelve-year-old Josh is the oldest of the three. He plays Pee-wee and is on the First Credit Union's team. "This will be my fourth year," he says. Like his brother, he also plays left defence.

The boys' father Bill coaches on all three of his son's teams. "I started playing hockey when the kids did," says Bill. Although



CHERNOFFS ON ICE: Bill and Tara Chernoff and their hockey-mad children. From left Jeffrey, Chris and Josh.

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he skated as a child growing up in Stewart, BC, he never played the game before his own children developed an interest. "I'd watched it but had never played it," he says.

Every team needs a support staff and in the Chernoff family that role belongs to Tara. She gets the boys to games and helps

with three children of different ages in different leagues, she is at the rink six to eight times a week. "And we go to all the Kings Games and watch the Canucks."

While Jeffrey likes Montreal, Chris likes Edmonton and Josh likes Calgary or Winnipeg; Mom and Dad like the Canucks.

You can't walk far in our house without seeing a roll of hockey tape or a hockey stick somewhere

with time keeping and score clocks.

"You can't walk far in our house without seeing a roll of hockey tape or a hockey stick somewhere," says Bill. A hockey stick is even used to prop up a plant!

"I never thought we'd have a hockey family," says Tara. But

After receiving a crash course in hockey from her sons, Tara decided she'd better join them so she took adult skating lessons at the recreation complex last year. Although she has hockey skates she says she doesn't play hockey. At least, not just yet. **RL**

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RE-ELECT Mayor Stewart Alsgard

VISION > LEADERSHIP > COMMITMENT > INTEGRITY

"I work for you. If re-elected I will make sure voters will make the decision on the issue of a partnering agreement for co-treatment. It is part of the democratic process. It is voters who will ultimately pay."

When it comes to leadership, Stewart Alsgard has a proven track record. *Since first becoming mayor, many positive initiatives have been realized. If re-elected, I will continue the momentum in:*

- > Economic Development
- > Sustainability for a clean, green Powell River
- > Fiscal Responsibility — realistic budgets and practical solutions
- > Core Services: maintain our safe and superior water quality.
- > Transit: Extended daytime and nighttime service
- > Affordable Housing
- > Accessibility Planning: The Seawalk is now accessible. Working on Council Chamber Access.
- > BC Ferries: Our highways, our right
- > Cultural Capital of Canada: Continued support and development of the Arts
- > Signing of the First Nations Accord and Protocol on Culture, Heritage and Economic Relations for future development and growth
- > Partnerships with VIU, SD47 and SD93, labour and business, to provide training and jobs for our youth
- > Waterfront development and Millennium Park

Stewart Alsgard is a leader with a vision. He provided leadership to council during volatile economic times and because of this Powell River has done well compared to other cities of similar size in similar locations. *"I will continue to ask, listen and work with council and taxpayer citizens. I am seeking one last term in order to complete a sound fiscal plan that will not unfairly burden taxpayers and will put Powell River on a strong financial footing."*

"As your full-time mayor, I am able to devote time to meeting the wide variety of commitments and obligations of this office." Stewart Alsgard respects the significant role the mayor has inside and outside Powell River. *"The symbolism of the People's Chain is one example of respect that is shared by mayors all across Canada."*

With your support we will continue to build this great city
where you live, work and raise your family.

Maintain the momentum!

On Saturday, November 19, re-elect **Mayor Stewart Alsgard** for one last term.

If you wish to donate time or money to Stewart's campaign please call Clark Banks at 604 485-2377

Operation Christmas Child

Sixth year in Powell River

By Anna Woewoda

When Operation Christmas Child (OCC) delivers shoeboxes filled with personal hygiene items, school supplies and toys to children in developing countries smiles of joy light up their faces.

Operation Christmas Child, an annual project of Samaritan's Purse, an international humanitarian aid organization, has delivered more than 80 million smiles to children in 138 countries.

Samaritan's Purse focuses on providing basic needs such as clean water, medical care, educational assistance, and disaster relief around the world. Canada is one of 11 countries that participate in collecting shoeboxes. Last year Powell River residents generously donated 689 boxes.

Powell River's Trudy Anderson and Jill Buckley, travelled to Uruguay to hand out shoeboxes and see first hand how OCC meets the changing needs of the people.

Shoeboxes are available at Your Dollar Store with More in Crossroads Village,

Liquidation World, and at Valley Building Supplies in the Paradise Valley — as well as churches throughout the community.



Eve Camenzind, owner/operator of Your Dollar Store with More, says: "We

are thrilled to be a part of this project again for the sixth year running and to offer customers discounted shoebox items such as toothbrushes, soap, notepads, pencils, and the usual toys that light up a child's face."

Spreading the joy of Christmas OCC style is simple: Pick-up a shoebox; choose the age of either a boy or girl to receive the shoebox; fill it with items that you think they could use—a list of suggested items is available at www.samaritanpurse.org. Also, be sure to include \$7 to cover shipping costs. Shoeboxes can be dropped off at Your Dollar Store with More, Valley Building Supplies, or participating churches.

The deadline for dropping off shoeboxes is Nov. 12 at the stores and Nov. 20 for the churches. Thanks to Texada Transfer for taking the boxes to Comox.

For more information call Trudy Anderson at 604.485-5345 or Jill Buckley at 604-483-3796. [PRL](#)

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Pilates for seniors

For strength and flexibility

Did you know that Pilates benefits both the mind and body? It also helps with balance and develops deep joint muscles while encouraging correct body alignment.

Terri Beck, a certified Pilates Instructor, teaches many seniors at the Pilates and Fitness Studio on Glacier Street. Some, like Dagmar McKenzie, who has been coming for nine years, say Pilates helps them stay healthy and fit. "I used to have hip problems," says Dagmar. "Pilates helps me age comfortably."

"Pilates uses a specific form of deep breathing to help focus the mind and engage the deep abdominal and back muscles to stabilize and control the spine throughout the movements," says Terri.

Dagmar says she has become more aware of her posture and breathing because of Pilates and finds herself correcting her own posture when she's walking and drops her shoulders.

"I'll be turning 70 this year," says Sheila Hodgson. "Although I haven't been able to move like I used to after falling and breaking my hip, I look forward to Pilates every week. It is great class."

Jan Rodonets started doing Pilates eight years ago and says it is the only exercise class she's ever stuck with. "I go because I enjoy it so much. I'm always more energized when our hour is up than when I got there even though we've had a good workout."

Laurie Heron says Pilates is good for her memory. "I like the one-on-one aspect in a group setting. It makes sense to work the muscles to support your creaky old bones."

Sid Riley is 83 years old. He began doing Pilates this year and says it is good exercise. "It's good for the areas I want to work on and it gets me involved with other people."



STRETCH AND BREATHE: Pilates incorporates deep breathing to engage muscles and the spine.

Lynette Mangan says she is more aware of her body positioning because of Pilates. "Being conscious of lengthening the spine while sitting at my computer and driving and using core strength with shoulders down while lifting and carrying heavy items has made a big difference to how I manage with osteoarthritis."

Val Keddy says Pilates has helped her with neck issues. "I have arthritis and tend to retain tension. I have found the exercises to be very beneficial helping relax the muscles in my neck."

Although students work hard in Terri's classes they also enjoy what they do. "Terri makes it fun so we forget that we are pulling and stretching," says Kerry Ellis.

The women also say they've taken what Terri taught them about breathing to calm them at night so they sleep better. "It's a tool for menopause," says one student. **RL**



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re-elect**

Chris McNaughton

to council

I've worked hard to get the job done:

- Negotiated agreement for \$24 million replacement of Olive Devaud residence
- Chaired waterfront committee through \$17 million harbour projects
- Negotiated with Catalyst - direct and indirect jobs have been kept and hiring has begun
- Chaired Sustainability Charter to completion

And there's more to do:

- Address ferry fares and bring the ferry to home port in Powell River
- Find new revenue sources to reduce the burden on business and residential taxpayers
- Create economic opportunities for families to work and stay in Powell River

"We need a vision that goes beyond tomorrow and reaches for the next generation."

I am interested in hearing your ideas: 604.483.9597 • chris.mcnaughton@shaw.ca

"I will continue to help build the health and vitality of our community."

The Squeaky Wheel Gets the Grease

We all recognize this old saying, and it's never truer than when it comes to our health. If we shut down the awareness to our body's own cries for change, our body cries louder. **And Louder. AND LOUDER!** Until we finally listen and take the action to make some important changes. That's often what we see when new patients begin care in our practice with an obvious ache or pain.

First, they often just try to grin and bear it, hoping the problem will go away all by itself. When the problem doesn't self-resolve, they often up the ante, suppressing the pain with over-the-counter medications. While this may seem convenient, it merely prolongs the day when the underlying cause must inevitably be addressed. Just as Einstein observed that problems are never solved at the same level that created them, they call us. Wise move.

Funny how so many people claim they don't have the time for healthy habits and preventative measures, but when they lose their health, they somehow find it!

Be proactive and have your spine and nerve system checked now before the wheel starts to squeak!



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To attend one of our "Health Talks" or book your chiropractic assessment, call us.

Celebrating Christmas

with the Festival of Trees

The tradition of Christmas continues with PRACL's (Powell River Association for Community Living) 15th annual Festival of Trees. Opening ceremonies take place at 7 pm Monday, November 21 with the lighting of trees at the Town Centre Hotel. Viewings of the beautifully decorated trees are all week between 11 am and 8 pm with the closing ceremonies, live and silent auctions taking place on Saturday, November 26. For those who wish to be involved but don't want to decorate a tree, you can decorate a wreath and drop it off on November 20. To donate, volunteer or purchase tickets for gala closing event contact PRACL's festival hotline at 604 414-9880. Tickets are also available at the PRACL office on Marine Avenue. [PR](http://www.pracl.ca)



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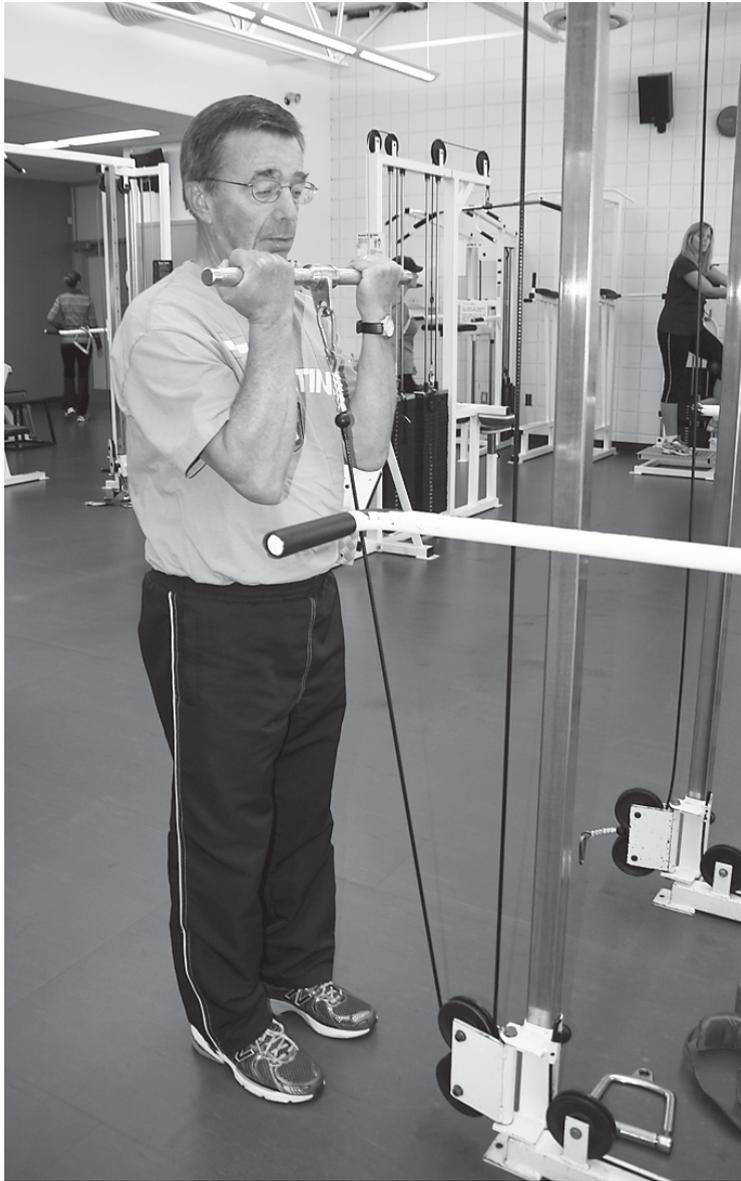
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Fit at every age

A life-long journey

By Isabelle Southcott and Sean Percy



Whoever said that age is just a number on your driver's license must have met Grant Franzen, Christine Masters and Harry Thompson.

FITNESS IN HIS SIXTIES

Grant Franzen turned 66 on November 1 but he's fitter than many men years younger.

His secret?

"The best way to stay young is to play with and against young people," he said.

Grant plays badminton Wednesday and Thursday nights at Brooks and Oceanview. He works out in the gym three days a week and plays soccer on Sundays at Brooks.

And that's just his winter schedule. During the summer he throws in the mix tennis three times a week.

Although the soccer league where he plays calls itself the Oldtimers League, don't be fooled by the name. "It's a good workout," says Grant. "We have anywhere up to 20 people there every week."

It's often one's children who introduce them to a sport and that's exactly what happened with Grant and soccer. "I got into soccer because I had two boys who played soccer. I never played soccer until I was 31. I bought a book and at that time the Oldtimers League was being formed and I joined."

Because soccer is a hard and fast game, Grant has had his fair share of injuries over the years. "My wife Lorraine always has the ice bag ready," he said.

But Grant feels pretty good when he hears other guys say: "I didn't think an old man could run like that!" **RL**

Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.

—Samuel Ullman



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FITNESS IN HER SEVENTIES

Christine Masters used to run everywhere when she was a child.

She found walking boring. Besides, it took too much time. “I’ve always enjoyed movement,” says Christine. She still can’t believe that she recently celebrated her 70th birthday. “I feel like I am 40!”

Christine is the most senior of the fitness instructors at the recreation complex with more than 25 years under her belt. She teaches two back-to-back classes every Monday and Friday, and one Saturday class every month.

On Christine’s 65th birthday she had hip replacement surgery. “I thought that fitness as I knew it would be over so I took a course in pole walking which teaches you how to use your upper body very effectively with poles.” Pole walking became Christine’s recovery exercise. It emphasized proper alignment and helped her build up her muscles again. Eight weeks after surgery, Christine was back at the complex teaching!

Christine is a high-energy person who loves to exercise. “I enjoy moving to music. I always have. My father was a violin maker; he had a music store and we listened to many different styles of music.” When Christine hears music she has to move!

“Fitness to me is the body, mind and spirit. I know who I am. I do not rely on the physical part alone.”

Christine encourages everyone to do what they can and not compare themselves to anyone else. “Everyone can do fitness. It might look different and you don’t have to do everything everyone else does.”

Christine admires anyone who doesn’t particularly enjoy exercising but who does it anyway. She knows the most difficult part can be just showing up and so she makes everyone feel welcome. “We’ve had people come to Ease Fit with canes and after one season some were able to walk more upright without their canes!”

This past summer Christine set a new goal for herself and joined 10 other women climbing over 6,000 feet in five days. “It was another challenge for me,” she said simply. **RL**

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FITNESS IN HIS EIGHTIES

Harry Thompson is probably Powell River's most decorated athlete.

He has more than 200 medals to his name, including 140 gold. Of course, he's been at it longer than most people, too!

This past spring, Harry teamed up with a trio of younger runners to set a world record in the 4x400m relay for octogenarians. The race was run on the indoor track at the world championships in March in Kamloops. At 88, he was the oldest runner of the bunch, and says he was honoured to be asked to join the team, which was made up of a pair of 81-year-olds and an 80-year-old whippersnapper.

"It was a highlight for me," said Harry. "I'd never been involved in a world record before."

Another highlight was being asked to be a torchbearer at the BC Seniors' Games.

Harry was the first to run on the newly opened Timberlane track in a ceremonial 4x100m, and there were more than a few hushed "wow" comments from the audience as Harry sped around the track. At 88, he's still running fast.

"One of my secrets is to outlive my competition," Harry says with a broad grin.

That, and a training regime that would put many athletes to shame.

He can be seen every other day running along Marine Avenue or the seawalk close to his home in Grief Point. On off days, he works out on a stationary bike at home. Now, with the track open at Timberlane, he'll make the trip to the Townsite for training.

As he tests the rubber on the new track, and looks out over the spectacular ocean view from the new facility, he says, "I'll probably practice here twice a week for sprint training. On the Seawalk it's hard to sprint because it's not all even."

Sprint training? That's right. At 88, he still competes in both sprints and long-distance track events.

For our photo shoot, he sprints past the camera again and again, flashing his toothy smile each time he runs past. The



photographer tires before Harry does.

The indoor track and field season starts in January or February, with meets in Richmond and Kamloops, leading up to both the BC and Canadian Indoor Championships, and Harry plans to be there, again. [PRL](#)

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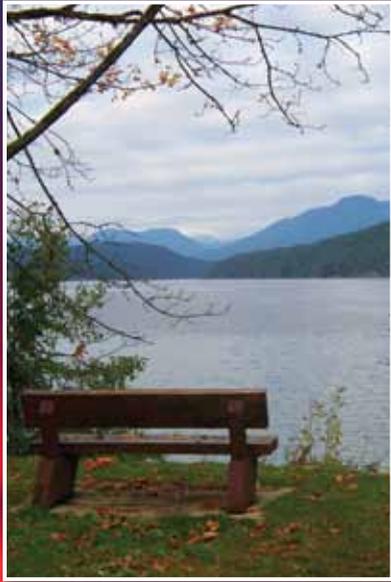
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EXPLORE Powell River

Photos by Lisa Usher



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Scooter, cane and able

Independent once again

By Isabelle Southcott • isabelle@prliving.ca

Remember what it was like when you got your first set of wheels as a kid? First a tricycle, then a bicycle with training wheels and finally those training wheels came off and you were on your way. Later you may have started driving and experienced the freedom of being able to put your key in the ignition and drive wherever you pleased. But one day, old age, failing eyesight or a medical condition caught up with you and you had to hand in your driver's license.

Torger Johnson is one of those people who had to give up his license. "I stopped driving at 75," says the retired fire chief. He was diagnosed as having a problem with eyes and his vision became blurry.

It was difficult as Torger had driven for years. He used to drive the big fire trucks around town and in later years, he had a little truck of his own. After giving up his license, his wife Jean would drive him around but then two years ago she passed away.

"I was trying to walk down Duncan Street but had trouble walking up because of my knees. So one of the girls from City Hall suggested I check with Blue Cross to see what they had to say."

Turns out Torger was eligible for a scooter. And with that he was independent again.

These days Torger scoots just about everywhere. His scooter has a basket on it and he built a special cover for it that keeps out the rain and wind. "I can do what I want when I want. I can go to the complex to watch a Kings game and it only takes me 23 minutes to get there. I use it all the

time for shopping and going wherever I want to go."

Torger can't imagine life without his scooter. "It gives me freedom. I can do what I want to do,"

Torger says common sense must prevail when driving a scooter. Each scooter comes with a manual that outlines scooter safety. He'd like to form a scooter club so people could get together and discuss scooter concerns or issues. **RL**



FREEDOM: Having a scooter has given Torger Johnson back his independence.

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No service by request

Why a funeral is important

By Sandra Tonn

Had there not been a funeral for Powell Riverite Carol Denner last summer, I would have no idea that the lupines blooming at the sides of the Upper Levels highway above Vancouver bloom because of her.

Carol's daughter, Pam, told funeral attendees that as a child she and her brother were made to help their mom pick lupin seeds from the wild at the bottom of Cypress Mountain. Then, on the drive home, Pam flung the seeds out their car window scattering them across the empty open spaces that bordered the highway for miles. Lupines still bloom there each summer.

I met Carol only a few months before she died, when she attended a workshop I held about death and dying. Carol knew she was dying and seemed open about it so when I asked if I could do some interviews with her she happily agreed. She liked the idea of her words and experiences living beyond her and perhaps helping others. Carol was such a giving person that I never left one of our interviews together without some sort of gift. The last time I saw her, she had nothing on hand for me, so she grabbed a mango from her fruit bowl and placed it in my hands as if it were a golden egg. We laughed, and she said she really wanted me to have it.

Her final gift for me, however, was not the mango but the opportunity to attend her funeral.

A growing "no service by request" trend has fewer of us attending the funerals, memorials or other types of services that allow for an official sharing of memories, good byes and good old-fashioned grief.

A testament to the increased numbers of people forgoing a funeral is a business in the lower mainland that offers only "no service by request" services. The basic package has a body transferred, legally documented, cremated and government certified for under \$800 substantially less than the cost of a traditional funeral.

But when I speak to funeral directors, religious leaders and spiritual advisors, most agree that the shift to no service has little to do with money. It has more to do with personal philosophy, lack of religious faith, the trend toward cremation, our death denying society, and because those dying feel it would be easier on those left behind.

Not always, but most often, it's the dying person who requests no service. This makes no sense according to the funeral professionals I've spoken with...they say a service is not for the person who died — it's for their family and friends. The Encyclopedia of Death

and the Human Experience (SAGE Publications, 2009) agrees, describing the funeral as having evolved from "a rite of passage" to benefit the deceased's transition to the afterlife to what is primarily "a social ritual," understood as being for the benefit of the bereaved."

One of my brothers died a few years ago and the decision maker in my family decided against a service. Opting for a very brief, immediate-family-only get together in a park. It didn't cut it for me. I wanted to officially recognize the loss and his life. I would like to have heard how he touched other people's lives. I felt that stage of the grieving process, which can bring much support and comfort, was skipped.

Studies conclude that funeral attendance and participating in the planning of a funeral are healthy and helpful parts of the grief process.

I recently spoke with David Howells, a former Anglican priest and currently coordinator of spiritual and religious care at Victoria Hospice. He said, "We're losing something without even knowing entirely what we're losing," and refers to the many of us, myself included, who have never experienced the consistent rituals and benefits of funerals. He described a sense of regret, something missing and

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an emptiness that results. I can relate to that, and I know many others who can as well.

Howells believes that our organized religions have not met our spiritual needs and said that's why people have walked away from funerals. "What about celebrations of life?" I asked him, since I've been to some beautiful and inspiring celebrations where many stories and legacies were revealed and passed on. He admitted they're better than nothing, but also said, "They usually lack the permission to allow ourselves to sit and embrace the numbness and pain and confusion of a great loss."

I hope "no service" is just a natural part of our transition to a new-fashioned funeral—an adjustment to our current times. I hope we can soon go back to asking, "When is the service?" instead of, "Will there be a service?"

Carol Denner's strong Catholic faith allowed her to not only assume the existence of a funeral after her death, but plan for it herself—she even chose the style of her rented casket. I can still see her bright and mischievous smile when she said, "It was weird, but I just did it." Planning her funeral brought her some acceptance about her death. Carol's daughter added some special, modern touches to the service and in this way bravely helped herself along the path of grief.

The funeral was not only a gift for me, but allowed me to bring a final gift for Carol and her loved ones. I really appreciated that opportunity. Today, whenever I see the beautiful ocean-side church in Sliammon where Carol's funeral was held, I smile and I think of Carol and the lupines and the many other gifts she left behind.

Whenever I see a "no service by request" in the paper I can't help but wonder—with no judgment, but just sincere concern—what is being lost in addition to a member of our community? [PR](#)



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Formosa for Mayor

Remember the sacrifice

The family that didn't forget

By Linda Forseth • lindalu@prliving.ca

Here we are, November 2011. We were raised to "Never Forget" as we lost two men from our family to World War II, one at Dieppe (William Daniel Sawers) and Arthur Thomas Sawers returning from Antwerp to open the river where it meets with the sea in Holland. So every year, we remember their sacrifice and our loss.

This is not their story; this is the story of what happened after we lost them. Arthur Thomas Sawers met and married the love of his life in Aldershot, England, May Sawers. They had two children Bobby and Sandra, with Sandra being born just months before his death. It is our understanding he was able to meet his daughter before he died.

When Art died his mother and step-father tried to sponsor May, Bobby and Sandra to immigrate to Canada. Unfortunately they were a very poor family with five other children to support so they didn't qualify for sponsorship. His family was devastated because they so wanted to do this last thing for their son. Over time contact between England and Canada was lost.

Let's move forward to 2011, I joined Ancestry.ca to continue genealogy research on my family never dreaming I would find the lost English family members when I received a note through the site. My Uncle Art's family had found us! His granddaughter-in-law had been working on trying to find information on my uncle when she started poking around this web-site and we popped up.

May is still alive and turning 90. Whenever she would talk about my Uncle Art she would start crying, he was her love as well. May had remarried, after all she had two children to raise which in the 1940s was not an easy thing to do as a widow, and had four more children.

There are only three children left from the original seven of which Art was one. He has a living sister who remembers his older brother



WE REMEMBER: William (left) and Arthur Sawers.

well, another younger sister who remembers him, but remembers better the loss of him and a brother that was born after Art's death. The two sisters are ecstatic with the eldest in tears that the missing members of the family had been found. Contact has been established and the sisters are emailing their niece in England and May knows we never forgot her or her children.

Lest we forget—these three words mean so much more to us this year. We didn't forget and through the miracle of the internet a family is reunited even if it is only through emails. Not only is it important to remember those that went before, but let us also remember those left behind and the empty spot in their heart and lives. They too must be remembered. Lest we forget. **RL**

At the 11th hour, on the 11th day of the 11th month, Powell River will join people from all around the world remembering those who sacrificed their lives and fought for our freedom. We gather at the Cenotaph by Dwight Hall in the Townsite where wreaths are laid and our two minutes of silence is observed. People begin to gather at 10 am, the last post will be played at 10:58 am and will be followed by two minutes of silence at 11 am. A parade will follow and events will take place at Branch 164 of the Royal Canadian Legion on Alexander Street.

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Memories

Princess Mary gift box

This past summer Betty Dice was visiting her brother Richard in New Liskeard, Ontario, and a memory of long ago was triggered. "Richard pulled out a box and when I saw the picture with Princess Mary's face on it, I vaguely remembered it, in the back of my mind. My dad must have shown it to us."

The box Betty saw was a Princess Mary Gift Box. It was given to sailors and soldiers during the First World War. Betty's father Milton Johnston, who was fighting in France when the boxes were delivered in December 1914, was one of the recipients.

In October 1914, it was apparent that the troops would not be home by Christmas.

People were invited to make financial contributions to a Sailors and Soldiers Christmas Fund so that everyone serving in the armed forces overseas could be given a Christmas gift from the nation.

An embossed brass gift box was designed with an image of Princess Mary, the 17-year-old daughter of King George V and Queen Mary, on the lid. Some boxes contained pipes, lighters, tobacco or cigarettes. Others contained a sterling silver pencil in the shape of a bullet and a package of sweets while others contained sweets and spices and chocolates. All gift boxes contained a Christmas greeting card and a photograph of the princess.

"My dad was in France at the time," said Betty. "Apparently they brought them to the trenches."

By the time the fund closed in 1920, almost £200,000 had been donated and more than two and a half million gift boxes distributed.

Since seeing her father's gift box, Betty has been wondering if there are any of these boxes around in Powell River. "It was really interesting seeing that box," said Betty. "It's just a bit of history, about what happened and the appreciation from the Commonwealth for all the countries that supported them." 



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Memoir writing for seniors

Record YOUR story

Want to write your stories? The Powell River Public Library is inspiring our senior community to remember, value, write and share their memories.

The seven-week course runs two hours each week to help participants access and explore memories in a fun, supportive and respectful way, and also aims to get seniors writing. Memoir writing is a wonderful way to gain perspective on a lifetime of experiences, leave a legacy for one's children and

grandchildren, or just plain be creative and share good stories in the senior chapters of life.

Course participant Joanna Dunbar says, "Joining together with strangers to find my own personal memories sounds counterintuitive. Yet, I found it to be totally effective and also quietly transforming. I acquired a keener appreciation for words-used- vividly and loved having a captive audience! Having a talented teacher who could keep us focused was essential."

The course instructor is Library Assistant Sandra Tonn, who has 20 years of non-fiction writing and editing experience. She is on faculty with the Canadian Initiative for Elder Planning Studies and is a member of the Association of Personal Historians.

To read some of the seniors' stories visit the library website: www.powellriverlibrary.ca. If you would like to join or learn more about an upcoming course call the library at 604 485-4796. 



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The Music Man

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Don't miss Brooks Secondary School's production of the popular musical *The Music Man!* coming up November 18-19, 23-24-25 at the Max Cameron Theatre.

This classic show pokes fun at rural North American heritage with timeless messages about people taking advantage of others, bias and gossip that are universal. Some characters show signs of ignorance and simplicity as they live in a world trying to "resist sin and corruption." River City has fallen into the hands of a smooth talking, lady-dazzling travelling salesman who is still able to make a positive difference in a town that is stuck in the tough, unyielding morality of 1912 Middle America. "Class distinction lends humour to the play and our young actors are

having fun with the suave young beau from the wrong side of town who has the charm and audacity to woo the mayor's daughter," says Brenda Laycock, director and producer.

"Most of the parts are solo cast but we have double cast a couple of roles. We also have several elementary and middle school students filling out the cast," she added.

This high school musical is truly a community affair with Roy Carson as music director and Grade 12 student Sarah Barton-Bridges as the choreographer. Gary Huculak designed the sets which were built by VIU Level I Carpentry Foundations class and decorated by volunteers and local artists. Posters were designed by Kyle Auclair. [PR](#)

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Powell River Living
PARDON MY PEN

By George Campbell

Grandfather and the babies

The older I get, the more memories I build. This is one from way back in 1987. It concerns a time when I was helping out by babysitting my grandchildren. I'd like to share this memory with you.

The little boy was three and a half, his sister just over two. Their mother was at the hospital awaiting the imminent arrival of number three and I was helping out at home. And the job was to bathe my grandchildren, then put them to bed. The task appeared simple enough, but as Robbie Burns so aptly remarked years ago: "The best laid plans of mice and men gang oft agley."

The water was in the tub, the temperature had been checked and the subjects were stripped and ready for immersion. Well, almost. My granddaughter got in the tub before I could get her socks off.

It was while I was removing and wringing out her wet socks that my grandson made his big objection. "I don't want to get in the tub with her because she blows bubbles."

I couldn't see why this should bother him so I said kiddingly, "That's okay, it's her mouth that will get soap in it, not yours."

He looked at me seriously. "Grandpa, she doesn't blow them with her mouth."

I looked at my granddaughter — pink as a pale rose and three times as lovely — a bright mop of curly blond hair over a pair of the biggest blue eyes I have ever been privileged to look into. She had the face of an angel. No one as pretty as this would do a thing like that. Two minutes later she proved me wrong.

"I told you!she blows bubbles," said my grandson accusingly. He began to climb out of the tub. I grabbed his soap-slippery little body and between some gentle pushing and fast-talking, managed to get him settled down and back in the tub.

"It was an accident," I said, "She won't do it again, will you, Honey?"

She shook her head, but a few seconds later she blew another bubble, even bigger than the first. This time my grandson clambered out before I could stop him.

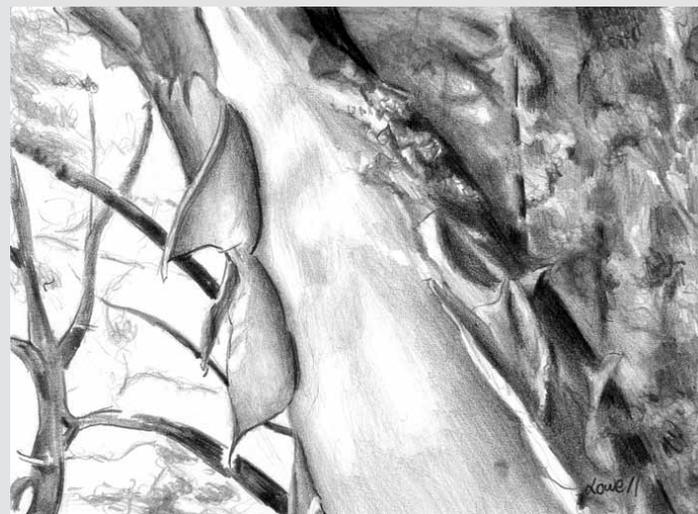
I got him back in, but the tub was filled with so many toys I kept losing the soap. My granddaughter slipped under twice, but came up laughing each time. She was a wonder, that one. She not only blew bubbles, she tried to eat the soap. My grandson kept climbing out until there was as much water on the floor as there was in the tub. He got soap in his eye; his finger stuck in the overflow drain, and banged his head on the tap. Each of

Powell River Sketches

Arbutus tree with peeling bark

Drawing by Lowell Morris • www.LowellMorris.com

The peeling, reddish papery bark of the arbutus tree is a distinctive feature on the shorelines around Powell River. The arbutus tree sheds its bark yearly. The drier portion of the South Coast; the exotic arbutus seems reminiscent of warmer Mediterranean climates.



these incidents was accompanied by loud howls. He pulled the plug twice.

Now, for an adult a warm bath before going to bed results in total relaxation plus a pleasant drowsiness guaranteed to send one off to sleep within minutes. With my grandchildren the reaction was just the opposite. By the time I got them out of the tub and into their pajamas they were as full of energy as a couple of wound up toys. It took three stories, two glasses of water and a cookie each to get them calmed down and under the covers. Then came the inevitable demands made by small children everywhere when they are determined to put off sleep until the last possible moment.

"Grandpa, you forgot to listen to our prayers."

"Grandpa, leave the door open and the hall light on."

"Grandpa, I think I left my tricycle out, I better bring it in."

An hour later I peeked into their bedroom to find them fast asleep. I looked into their innocent little faces scarcely able to believe these were the same two wild ones I had just finished bathing and putting to bed. But they were. They had to be. The little girl was wearing a pair of wet socks and my grandson was still clutching the drain plug. Gently removing these items from the hands and feet of my grandchildren, I kissed each tiny face tenderly and tiptoed out of the room.

All of this happened almost a quarter of a century ago. Today that little boy is all grown up and has a daughter of his own. **RL**

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Learning with 4-H

From shy child to confident young woman

Alycia Venables' affair with 4-H began at the Powell River Fall Fair when she was nine years old. "My Mum and I were looking at the entries in the Exhibit Hall, and the 4-H sewing club had a display. My Mum asked what it was all about and how to sign up."

Her first project was a placemat. By the time she graduated from high school, she was working with advanced fabrics and sewed her own grad dress. One year as a self-directed project, she made an Asian quilt, designed around a panel of a woman carrying water buckets.

During the time Alycia was in 4-H, she went from being an extremely shy nine-year-old to a confident 19-year-old. "Besides the project work, which later included crafts, foods and photography, I participated in the program work of education board competitions and judging. There was also public speaking, and although I was never able to get up and actually do my speech the practice helped me a lot."

The years that Alycia went to the regional competition, she made a lot of new friends. "I attended 4-H camps starting with junior camp for 9 to 12-year-olds and then a camp for 13 to 15-year-olds that concentrated on outdoor skills and working with others. Surviving the Challenge (the camp for 13-15-year-olds) was my favourite camp... maybe because that's where I met my future husband when we were both 13! That led me to volunteer as a facilitator for the camp."

Alycia is now attending school in the lower mainland where she recently passed her licensing exams to become a Licensed Practical Nurse. "I feel the camaraderie, discipline, and fun environment of my 4-H Club helped make me the confident person I am today."

The 4-H program has been going for over 95 years (36 years in Powell River). Participants develop community awareness, leadership abilities, and other skills. There are four age groups begin-

ning with six year olds and going right up to 19 year olds. 4-H also offers special projects for 20- to 21-year-olds.

Now that Alycia is too old to participate as a young person, she is thinking about becoming a leader. "This will bring things full circle, as my Mum (Maureen Venables) has been the A-Leader of the Powell River 4-H Community Club for many years. Maureen said she slowly became more and more involved with 4-H over the years. "It does require some extra hours for preparation and paper work but all in all, I count it in as my hobby hours. As a 4-H leader you are required to be on the District Board. I have been president, vice president and am currently secretary. I'm also one of the regional representatives."

The Powell River 4-H Sewing and Crafts club changed its name to the Powell River 4-H Community Club so that more projects could be offered. Anyone 9-19 years old can join a 4-H Project/Club. New members can enrol any time as long as there is the recommended number of days to be able to achieve in that project. Re-enrolling members must register by March 1st.

The other 4-H club in town is the Jingle'n Spurs 4-H Horse Club. For more information stop by Rainbow Valley Feed.

If you are interested in 4-H, please contact Maureen Venables at 604 485-4534. 



GRAD DRESS: Alycia sewed here own for graduation.

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The PRRD is revising the Community Plan and must decide what, if any, zoning is needed. Small residential suburban lots need protection from inappropriate land use. Larger rural lots need to be allowed to construct a second dwelling or start a business to provide needed employment and services.

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Walking backwards

For back pain and more

By John Smail

I started walking backwards as an addition to my regular walking regimen to relieve sciatic pain. I'd been regularly walking the Willingdon Trail forward fashion for the past few years. And then a few months ago I was hit by a bad attack of sciatica, the worst I had ever experienced.

I'd first experienced sciatic pain on Myrtle Point Golf Course about six years earlier. The damaged nerve was above my right hip. Pills to relieve the pain were prescribed, but the sciatic pain recurred from time to time.

When it hit hard, I continued with my regular walking style and bought extra-strength Ibuprofen. It didn't do much.

Then I remembered some exercises I had done in the army. One exercise was backwards walking and jogging.

The Willingdon Trail wasn't suitable for backwards walking: too much pedestrian and bicycle traffic coming the other way, so I moved my new walking regimen to the Marine Avenue waterfront stroll; when the new track opened last month, I moved there.

Traffic is much lighter on Marine and there are also fewer twists and turns than on the Willingdon Trail. So I started into my backwards walking regimen on the Marine waterfront. I would move forward, and when the coast was clear, turn and get in 50 backwards paces. When I hit a straight patch and the road was clear, I'd extend the backwards movement to 100 and then 200 paces. After completing my first backward walking round the sciatic pain was gone.

I've now been doing the same round of forwards and backwards walking for five months and the sciatic pain has not recurred.

I am writing this because I have seen no one else in Powell River practicing the same exercise, and I know there are other people in town with sciatica and back and knee injuries that could be helped by the same exercise.

The benefits seem legend: Junji Takano, Japanese health researcher, tells how his grandparents and his parents all practiced the exercise, and lived well into their late 90s. Retro exercising, as he calls it, is good for the hips, trunk and legs. Seeing behind yourself (or is that in front?) is the drawback. I still have to keep turning to check to see who might be coming. He suggests that in exercise equivalency 100 steps backwards are equal to 1000 forward. It rehabilitates the lower extremities, and may be of help to a patient undergoing rehabilitation after knee surgery.

If you want to know more, Google "jogging and walking backwards."

Meanwhile, I'll keep working at it because I do feel I'm gaining in other physical directions. 



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POWELL RIVER REGIONAL DISTRICT DECLARATION OF ELECTION BY ACCLAMATION

Electoral Area "A" – Patrick Brabazon

Electoral Area "C" – Colin S. Palmer

Electoral Area "D" – Dave Murphy

ELECTION BY VOTING

PUBLIC NOTICE is given to the electors of **Electoral Area B** in the Powell River Regional District that an election by voting is necessary to elect one Director for a three-year term commencing December, 2011 and continuing until December, 2014. The persons nominated as candidates and for whom votes will be received are:

SURNAME	USUAL NAME	JURISDICTION OF RESIDENCE
GISBORNE	Stan	Padgett Road – Electoral Area "B"
BARTON-BRIDGES	Kim	Bradford Road – Electoral Area "B"

VOTING AREA – Electors eligible to vote in this election are all those who meet the qualifications for elector registration and who reside or own property in the jurisdiction for which voting is taking place, as described below:

Electoral Area B • East from the City boundary to the west side of Whalen Road. It includes all of Paradise Valley; the properties bordering the City along Claridge Rd., Nootka St., Covey and Tanner Streets as well as Water and land lots on the eastern half of Powell Lake to Dago Point.

ELECTOR REGISTRATION

The registration of all electors for this election will take place at the time of voting. You will be required to make a declaration that on voting day, you meet the following requirements:

- You are 18 years of age or older, a Canadian citizen and have been a resident of BC for at least 6 months,
- You have been a resident OR registered owner of real property of the jurisdiction for which voting is taking place for at least 30 days immediately preceding voting day, and you are not otherwise disqualified by law from voting.

VOTER IDENTIFICATION At the time of voting, **ALL VOTERS** must present two pieces of identification (at least one with a signature). Picture identification is not necessary. The identification must prove both residency and identity. Examples: driver's license, medical/care card, passport, utility bill, tax notice, letter, etc.

Non-resident property electors must produce 2 pieces of identification (at least one with a signature) to prove identity; proof that they are entitled to register in relation to the property; and if applicable, written consent from the majority of the property owners. Consent forms are available from the PRRD office, or on our website. No corporation is entitled to vote. Sections 51, 57 and 58 of the Local Government Act govern the registration and voting of non-resident property electors.

VOTING OPPORTUNITIES

GENERAL VOTING: 8 am–8 pm on Saturday, November 19, 2011 at:

Electoral Area "B" • Therapeutic Riding Club House, 4356 Myrtle Avenue, Powell River

ADVANCE VOTING: 8 am–8 pm on Wednesday, November 9, 2011 at:

Electoral Areas "B" • Regional District Office, 5776 Marine Avenue, Powell River

MAIL BALLOT VOTING is available for an elector who:

- have a physical disability, illness or injury that affects their ability to vote at another voting opportunity; or
- expect to be absent from the regional district on general voting day and at the times of all advance voting opportunities; or
- regularly reside in any electoral area where their only access from their residence to a voting place is by boat or aircraft.

Mail ballot packages must be requested in person, by mail, fax or email. Phone requests will not be accepted. Requests must contain the following, printed information:

- Your full name & mailing address
- Your property address (to ensure you get the correct ballot)
- Method by which you wish to receive your mail ballot package: pick up at the Regional District office; regular letter mail to your mailing address; regular letter mail through Canada Post to an alternate address that you provide when requesting your mail ballot package.

Requests must be submitted to: Pat Christie, Chief Election Officer.

The last day to request a mail ballot is Friday, Nov. 18, 2011 at 4 p.m.

Requests must be submitted to: Pat Christie, Chief Election Officer, Powell River Regional District, 5776 Marine Avenue, Powell River, B.C. V8A 2M4, Fax: 604-483-2229 and Email: vote@powellriverrd.bc.ca

Electors, candidates and candidate representatives may look at the list of persons who have requested a mail ballot.

Voters are responsible for returning their mail ballot to the Regional District office no later than 8:00 pm on November 19th.

QUESTIONS: Check our new website at www.powellriverrd.bc.ca or contact the Regional

District office at vote@powellriverrd.bc.ca or phone us at

604-483-3231

Pat Christie, Chief Election Officer, October 24, 2011

Special moments

From the embroidery bag of life

By Dorothy Robinson

Special moments in life often appear to happen by chance. In an unobtrusive way they suddenly appear, and often only later does one realize how memorable that moment was. We tuck them away for future recounting or reminiscing in the archives of our mind. This one is filed under “special moments.”

Recently while visiting my granddaughter and great grandchildren in Powell River one of those moments occurred. As grandparents it is always special to visit with grandkids, and especially is this so when you don't get to be with them very often. So usually I make tea when they arrive home from school and we sit and visit for as long as possible. This particular day the sun was shining, the tea was ready and we sat

in the backyard. My great granddaughter Fairah brought out her bag of embroidery projects and proceeded to show me her work. I was thrilled to see her take such an interest in this. Her other grandmother Bev, had helped her get started in taking up this very ancient craft. I was pleased to be able to show her a few different stitches too, including French knots and the satin stitch. When I was younger, embroidered things were an integral part of decorating our home. Pillow cases, tea towels, and tablecloths were usually decorated with one's own handiwork.

I thought, too, of the generations of women that are part of the fabric or tapestry of who we are. Interestingly, sometime a particular talent will pop up, and give pause to think about this.

These granddaughters have a legacy of strong Polish women who sold linens on the Silk Road that runs through southern Poland. Included too is a great great, great French Canadian grandmother who owned the first Singer sewing machine in the province of Manitoba. Her name is mentioned in the Red River museum there. Added too, is an incredibly rich history from England, Norway and the Métis nation from her Grandmother Beverly.

Yes, it seems that something has been lost in this fast way of life we live today. So many moments pass us by. So thank you Fairah, for bringing out your embroidery bag that sunny afternoon, and giving your grandmother this “special moment” to remember. [PRL](#)



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Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

Last month **Massive Graphics** moved in with **Impact Signs** in a new location at #102, 7385 Duncan Street, across from the airport. “We complement each other,” says designer Nancy de Brouwer. Both businesses were home based until now. “It’s good to have a one-stop graphics centre in Powell River.” Kristine Hollinshead, who took over Impact Signs two years ago, said she wanted to expand and is adding new equipment and technology. “Now we can create bigger, more complex projects,” said Massive multi-media expert Han Kaptein. “And we can offer the complete package for a start-up business: signs, logo, website.” Their phone numbers remain unchanged: Massive Graphics is at 604 485-3091, and Impact Signs, 485-9108.

Terri Cramb is moving into her own studio. After working out of the Recreation Complex, Canadian Martial Arts Academy, the Yoga Garden, and her own outdoor boot camps, she’s taking the plunge and opening a 1,800 square foot studio on January 3. The studio will occupy the space between Simply Bronze and Investor’s Group upstairs at Crossroads Village. T-Fit will offer all the current classes and more like fitness kick-boxing, boxercise, dance fitness, sculpting and toning, yoga and boot camps. Watch for membership and launch info at www.t-fit.ca

Sound Attraction is growing! Owner Mike Zanchetta just opened a new store in Sechelt. “We did a lot of research, and it’s a great community with a lot of energy. And for the size, they don’t have many electronics options,” said Mike. “It’s exciting. Powell River has been great and now it’s time to step it up.” Mike plans to split his time between the Powell River and Sechelt stores, and is keeping his home here. For Powell River customers, the expansion means Sound Attraction has more buying power, bringing even better prices and more availability.

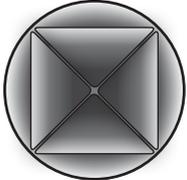
Westcoast Furniture is moving from its former location on Alberni Street to Crossroads Village — the former home of

The Brick. Drop in and check out their selection of furniture.

RapidEdge, often known as the Mac Store, has re-opened on Marine Avenue, after closing its store in the Town Centre Mall. Corey Matsumoto will manage operations, while continuing with his CMG Printing business in shared space at 4691 Marine Avenue. Dave Allen is no longer with the company, and RapidEdge in Sechelt is now managed by David Barbarash. Visit rapidedge.ca or call 604 485-2563.

Beyond the Bed has moved from Gibson’s Crossing on Marine Avenue into the Town Centre Mall, right next to Sunrise Gallery. There is an entrance from the Wal-Mart parking area. In keeping with mall hours, Beyond the Bed will be open seven days a week! Owner Linda Whiteley has hired a new staff member to help Lori Peters and herself. Terri Glen brings a wealth of interior design knowledge from her own design business. Linda says she is excited to have a designer on staff. “We welcome anyone to come and ask us their interior decor questions. Just because we are growing doesn’t mean our very personal service will suffer. Our number one philosophy is to provide old-fashioned warm and friendly customer service.” Watch for Beyond the Bed’s grand opening around the first week of December, once Linda and her team get accustomed to their new digs. Linda can still be contacted at 604 485-6422 or her website at www.beyondthebed.com.

There’s a new management team at **River City Auto Sales**. Phil Russell is pleased to welcome his new business partner Larry Akins. Larry is a long time Powell River resident who along with Phil and the rest of the team will continue to provide great deals on cars and trucks at their full service automotive shop. As well, River City is now leasing industrial equipment. “Everything from tractors to cranes,” said Phil. “We also offer in-house financing on approved credit and are an authorized Lubrico dealer so we can provide used car warranty.” **RL**



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Vital Signs

Did you know?

Powell River seniors have a lower rate of poverty than the BC average, according to the Powell River Community Foundation's recently released Vital Signs 2011-2012 report. The report is one of 21 undertaken by Community Foundations all across Canada. It includes research data on how Powell River is doing in 12 key areas.

"Powell River is growing older faster than national and provincial averages. The proportion of seniors grew from 16.1% in 2001 to 21.6% in 2010. By comparison, in 2010 seniors only made up 14.1% of the population across Canada and 15.0% of the population of British Columbia," states the Vital Signs report. The full report is available online at www.prvs.ca. **RL**

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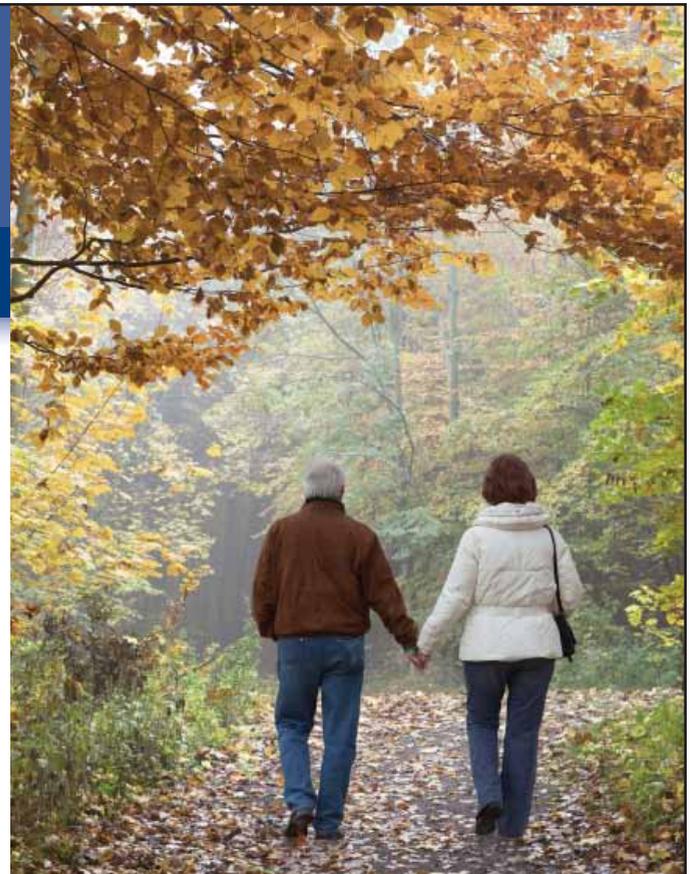
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Powell River Living COMMUNITY Calendar NOVEMBER

Nov 3: Canadian Root Fiddler and Stepdancer April Verch at the Max Cameron Theatre at 7:30 pm. With special guest Ceilish. Tickets \$26/Adult, \$24/Senior, \$12 Youth.

Nov 4: Martinis for a Good Cause, 8 pm at River City Coffee is sold out! Leave your number with The Knack in case someone can't come and wants to sell their tickets! This year proceeds will go to the Bruce Denniston Bone Marrow Society and the Joseph Agius Hospice Suite.

Nov 7: Dr. Gabor Maté presents at the Evergreen Theatre "In the Realm of Hungry Ghosts: Trauma, Addictions & Healing". 4children.ca presents this full day workshop, including lunch. Registration @ www.4children.ca.

Nov 10: Art show by Lowell Morris. Opening reception, 7-9 pm, at Malaspina Art Society exhibition space (Vancouver Island University). Show runs to December 6. For more info visit www.lowellmorris.com or call 604 483-7982.

Nov 12: Powell River Community Radio Society (CJMP 90.1 FM) AGM, 7pm at PR Community Resource Centre. Current members may attend and run for election or vote for the new board of PRCS. For more info email admin@cjmp.ca or phone 604 485-0088.

Nov 12: United Church Women's Bazaar. 12noon - 3 pm. Christmas cakes, shortbread, baking, Granny's Treasures sandwiches/sweets plate Tea.

Nov 19: Municipal and Regional District Area B election.

Nov 19: Order of Eastern Star Bazaar, 11:30 - 1:30 pm. Baking, Books, Attic Treasures, raffles, soup and bunwich lunch.

Nov 25-27: Fine Arts Association Christmas Sale and Raffle at 5795 Timberlane. Friday 2-8, Saturday 10-3 and Sunday 10-3.

Dec 3: Opera at the Max Cameron Theatre. Handel's Rodelinda begins at 9:30 am. Renée Fleming reprises the title role. Live in HD from the Met.

Dec 9: Carols By Candlelight with Ellen Wang, organ at 7:30 pm Dwight Hall. Tickets \$17.

Dec 10: Carols By Candlelight with Ellen Wang, organ at 1:30 & 7:30 pm Dwight Hall. Tickets \$17.

ORCA: (On the Road with Children's Activities) Programs run Monday to Friday. For full schedule info visit www.successby6powellriver.ca or call Sheila at 604 485-2132.

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.

Mondays: Pasta Night, from 4:30 - 6 pm (except holiday Mondays), at the United Church on the corner of Duncan and Michigan. Everyone is welcome

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

Mondays, Tuesdays & Wednesdays: Garage Sale, 4476 Cumberland Place (behind Massullo Motors), 9 am-3 pm. Proceeds to funding job skills training program for people with mental illness. 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: La Leche League, breastfeeding support, 10 am at Family Place. Call Lynne at 604 487-4418 for info.

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-1 pm. Contact Trudy Simpson at 604 485-06396 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 & 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

First & 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 7:15 pm (September through June). Meetings are held at the Cranberry Senior's Centre at the corner of Manson and Cranberry. All are welcome for an evening of informative and entertaining gardening.

First Wednesday: Fibromyalgia Self Help group meets 1-3 pm at the Senior's Centre in Cranberry.

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

Second Wednesday: SPCA meets at Quality Foods Boardroom at 7 pm. Everyone Welcome.

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

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

Thursdays: River City Slims, a self help weight loss group. 5:30 - 7:30 pm at the Lighthouse Community Church (corner of Burnaby and Michigan). New members welcome.

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

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

Fridays: Ravens Wheelchair Basketball, drop-in, everyone welcome, chairs provided. 4:00-6:00 pm in the Oceanview School Gym. For more info call 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".

Saturdays: Knitting Group meets from 11-4 at Great Balls of Wool (4722 Marine Avenue). For more information, contact Roisin at 604 485-4859.

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.

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SCHOOL DISTRICT 47

Learning outside the classroom

Andrew Shostak thinks he's pretty lucky to teach at a school that has beaches within walking distance and hiking trails around back. It's Kelly Creek Community School's close proximity to the natural elements that made Andrew think of offering an outdoor adventure program to students in Grades 6 and 7. He wanted to take them out of the classroom and into the outdoors where they could experience their lessons rather than read about them or look at pictures.

"We are so privileged to live where we do and our school is in such an amazing place that we can go outside and experience things first hand," says Andrew.

This fall the Kelly Creek Outdoor Adventure Program was launched. "It's the first year," said Andrew enthusiastically. "It's an idea I've been working on for three or four years now that I wanted to bring in at an elementary school level."

Andrew has been teaching at Kelly Creek for seven years. "I attended the University of Victoria and during my university days I



PADDLE PREPARATION: Students from Kelly Creek Community School prepare for a kayak adventure.

used to guide hiking trips on the West Coast Trail and sea kayaking trips for kids."

In fact, it was Andrew's love of the outdoors and passion for working with kids that led him to work for the YMCA's Camp Thunderbird as a teenager leading rock climbing expeditions and sea kayaking adventures. Later, he worked for an outdoor adventure company guiding sea kayak trips out of Port McNeil and Prince Rupert where he eventually became their lead guide and operations manager. "I also competed in whitewater freestyle kayaking just for fun," he said with a grin.

After graduating with his teaching degree, Andrew and his wife Sarah, who teaches at James Thomson, decided to move to Powell River. "The teaching opportunities were excellent here," said Andrew. "I'd kayaked out of Skookumchuk and thought Powell River would be a great place to live."

In 2003, the Shostaks made the move.

Andrew tested the waters for the elementary school's outdoor adventure program with a mountain bike club and then a sea kayak program as extra curricular activities. "We have done so many things outside that I really wanted to formalize a program and bring it inside the timetable. Kelly Creek Community School Association has been wonderfully supportive since day one," said Andrew. "They purchased a number of mountain bikes and a small fleet of kayaks and other equipment."

Jay Yule, School District 47's Superintendent, took Andrew's proposal to the board. "They were very supportive of everything."

Once curriculum was created that matched the provincial curriculum, the program was launched. Kelly Creek's Outdoor Adventure Program is optional within Andrew's Grade 6/7 classroom. "There are kids who are involved in the program and kids who are not involved in the program," he said.

Students are not pressured to participate in the program and those who choose not to still have lots of time to spend with their peers. This year 16 out of 21 students signed up for the program. Some of the things they will do include overnight sea kayaking trips, mountain biking, overnight camping trips, winter travel adventures to Mount Washington, and great hikes.



STARTING YOUNG: Andrew Shostak takes one of his young children for a paddle. The Kelly Creek teacher loves outdoors learning.

"We will do some sections of the Sunshine Coast Trail this year. A hike to Fairview Bay from Saltery Bay is planned for the spring. They will take Wilderness First Aid and a St. John Ambulance First Aid course. Students will also take their Paddle Canada Certification for sea kayaking and Sprockids Certification for mountain biking," said Andrew.

They are looking forward to the completion of the Haywire Bay Outdoor Centre. "It will be great to take students there to stay overnight and take advantage of this great location!"

In keeping with the local Coastal Mountain Academy Outdoor Adventure Program, which is for high school students, the Kelly Creek Program is all about experiential learning. "It's about getting the kids out there and doing stuff. It's about learning through doing and seeing and feeling instead of learning through pictures," he said. "We do lessons at the beach and learn in the place where it happens instead of through textbooks." **PRL**

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Beer & Winemaking Supplies, Liqueur Extracts

Natural Factor's Sale Extra Special

CoQ10 60 mg
60 caps... \$12.83

CoQ10 soft gels 100mg
60 caps... \$17.28, or
120 caps... \$32.80



If you wish to continue to have access to the natural health products which have been available to our customers for over 30 years, contact your MP regarding the horrific seizure of these products under the guise of a "drug raid" details of which are available online/Twitter THENHFCANADA.COM or come into Kelly's to get a copy of what is happening to your freedom of choice.

4706C Marine Avenue (beside Golden Gate Variety)
Tel 604.485.5550 Fax 604.485 0347

There's more to shop for at the Town Centre Mall

OPEN to 11 pm Nov 25

Moonlight MADNESS

ALL DAY Friday, Nov 25

Hourly **specials** plus
sale prices & deals all
over the Mall



OPEN until 11 pm!



Powell River
Town Centre Mall

Mall Office • 604 485 4681

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Find all the best holiday shopping at the Town Centre Mall!

Drop by the Administration Office or call 604.485.4681 to order GIFT CERTIFICATES – Values of \$5, \$10, \$25 or \$50.



Eye Examinations Available

Dr. Pratil Lal and Dr. Karen Eddy, *Optometrists* provide complete eye health and vision examinations at IRIS in Powell River.

Book online at iris.ca/exam



Experience better vision.



iris.ca
Town Centre Mall, 604.485.9737

Sportzone

604 485-2080

Licensed authentic hockey jerseys at the best prices in town! WHITECAP hats & jerseys, too!




SPLITENDZ SALON

in the Town Centre Mall

More than hair!
Visit us for:

- Hand-made local jewellery
- Candles
- Feather earrings
- Nail polish
- Stocking stuffers...



Foils Cut & Style
SPECIAL \$89 + tax
HELD OVER for Nov. ONLY!

604 485-6670

And don't forget, Gift Certificates make great stocking stuffers!

Armitage mens wear

604 485.9493



Snowboard jackets from **O'Neill & Arson** are now in!

Breakfast is as easy as



\$1³⁹ **\$2** **\$3**





Muffin English Muffin Coffee & English Muffin

See more breakfast options in store.
Offer available until Nov 25, 2011



Mon-Fri 7-9:30 | Sat & Sun 8-9:30
Town Centre Mall | 604.489.0099
4296C Joyce Ave | 604.485.4855

westview

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Affordable mini-storage

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Powell River
Town Centre Mall

Welcome to our newest merchant,
Beyond the Bed (see ad on page 2)