

# Powell River LIVING

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In the outdoor  
classroom

## Affair with a chair

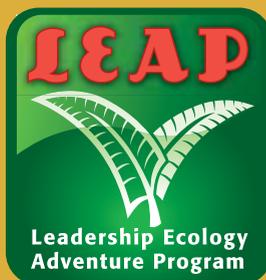
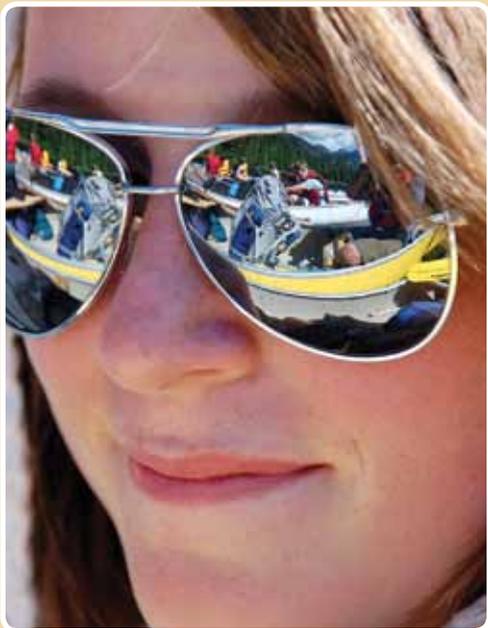
George's latest love

## Chemo U

How cancer changed me

  
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APRIL 2012



&



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*This program is awesome! It definitely accomplishes what it sets out to do, and more. My kids and their lives are permanently changed for the better.*

—Wendy Pelton, CMA Parent

*The Coast Mountain Academy has been, for me, a transformative program, and a high point of my life so far. I have grown in knowledge, understanding, and ability. My horizons have been expanded, my potential as a human and as a leader has increased, my character has developed, and my skills have multiplied. I can now look back, five months later, as a stronger, wiser, more skilled and more confident person.*

—Graham May, CMA 2010



## Why CMA?

Talk to your kids about this five-month program (Feb – June) for Grade 11 & 12 students. Get them away from the screen and into the real world! They'll come away with 24 graduation credits, a variety of outdoor and first aid certifications, and loads of skills to transfer to university, careers and citizenship on planet earth! CMA is an enriched academic program.

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## Why LEAP?

The Leadership Ecology Adventure Program (LEAP) is a nine-day summer credit course in which local students join students from all over the world and represent Powell River as they explore their own back yards. They'll learn leadership skills, wilderness skills, and maybe even how to cook! During LEAP students will hike, canoe, backpack, rock-climb and explore!

- LEAP is FREE!
- LEAP is worth 4 School Credits in Leadership Studies 11/12
- LEAP is about new ideas, new people, new places
- LEAP is about learning wilderness skills
- LEAP is about social responsibility and leading by example
- LEAP opens the door to bigger LEAPs!

**This course is open to Grade 10 to 12 students. REGISTER NOW!**





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*Brandy Peterson*

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*—Sid & Tina Graham*

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*—John Hogben*

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*—Tom Dowding & Jenny Garden*



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20



23



31

## CONTENTS • APRIL

- 5 In this issue**  
100 years of paper
- 6 What's Up Powell River?**  
Join the trash bash
- 7 The cancer battle**  
Lessons learned
- 10 Finding the right fit**  
Spin and TRX
- 12 Who's smarter than a 6th Grader?**  
Fundraiser pits kids vs celebrities
- 14 Making sailboats truly green**  
Ditch the diesel for electric
- 15 Celebrating volunteers**  
Health-Care Auxiliary workers have fun
- 18 Volunteers live longer**  
The many benefits of lending a hand
- 20 Environmental education**  
What we can learn from the outdoors
- 19 Fit at every age**  
Try keeping up with these seniors!
- 22 Explore Powell River**  
Though Romeo Styles' lens
- 23 Paper bag floor**  
And other do-it-yourself projects
- 24 Where to worship**  
Easter services
- 25 Taming the dragons**  
Volunteers take students paddling
- 26 Pardon My Pen**  
George gets personal with a chair
- 27 Bright green future**  
Powell River and the environment
- 30 Digital or dark**  
Update on Save the Pat campaign
- 31 Special Olympian curlers win**  
Winter Games fun
- 33 A Growing Concern**  
Perennial vegetables fit for Powell River
- 34 Religion or Spirituality**  
Join the discussion at Interfaith Fair
- 35 Business Connections**  
What's new in business
- 36 Faces of Education**  
Rita John and Early Learning

### ON THE COVER

Mairin Berezan reaches new heights in outdoor education. A student in the Coast Mountain Academy, she co-wrote our feature on environmental learning.

Photo by Ryan Barfoot

## Powell River Living CONTRIBUTORS



**MAIRIN BEREZAN** is currently in the Coast Mountain Academy at Brooks and is passionate about protecting the fragile ecosystems.



**LIKA OLEFIRENKO** is finishing grade 12. She has been homeschooled for the past two years and enjoys hiking, reading and cooking.



**NICOLE BODNER** works as a writer for the Centre for Addictions Research of BC. She is also a wife, mom, advocate and bone cancer survivor.



**ROMEO STYLES** has lived in Powell River for three years and now calls it home. He also has a love and appreciation for photography.



**ANNE PARKINSON** is a newly retired professional biologist (including 21 years as the Biology Coop Coordinator at UVic)... and a new grandmother.



**JONATHAN VAN WILTENBURG** is a horticulturalist and is currently gardening north of town. He writes *A Growing Concern* for *Powell River Living*.



**JEANETTE SCOTT** is a retired Anglican deacon. On April 21st she will be facilitating an open circle conversation about Karen Armstrong's *12 Steps to Compassion*.

*You make a living  
by what you get;  
you make a life by  
what you give.*

**Winston Churchill (1874–1965)**  
Prime Minister of the United Kingdom

### 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 Electrabrte, made at the Powell River mill.

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We welcome feedback from our readers. Email your comments to [isabelle@prliving.ca](mailto:isabelle@prliving.ca), or mail to Powell River Living, 7053E Glacier Street, Powell River, BC V8A 5J7 Tel 604.485.0003

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Volume 7, Number 3

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# Powell River Living IN THIS ISSUE

## Greener, brighter future ahead

**O**ne hundred years ago this month, the first rolls of paper wound their way out of the Powell River mill. A century later, the magazine you hold in your hands is printed on paper that was manufactured at Powell River's mill. Much has changed. The machine that made the paper is very different, there were fewer labourers involved in the process, and even the paper itself is a better, brighter, glossier and more environmentally friendly product than the newsprint the mill produced when it began.

What happens to the paper is very different, too. Those first rolls had ink applied by moveable lead type set in blocks by an army of nimble fingered typesetters. Today, I type this column on a computer, save the file, and the plate that will touch the paper to create your copy is "printed" on a giant machine. But the end result remains the same - you're reading what people in your community have written about your community on paper produced in your community. Some of you, it's true, may be reading this on a laptop screen, a phone, or a digital tablet. But the vast majority will have one of the 6,000 printed copies in your hand. And though I surf the web and text my colleagues on my iPhone like the next tech geek, I do not expect paper will disappear from our community in the near future.

Over the century, a city has grown up around the mill, blossoming from the original Townsite into a vibrant larger com-

munity that, while it still relies heavily on the mill, is no longer entirely dependent on it. In the unlikely event the mill stops producing paper, Powell River will go on.

Uncertainty regarding Catalyst over the past few months has made Powell River's business community justifiably nervous, but we must remember that the mill has lived through a half-dozen owners and today remains one of the company's best assets.

For those of you who have been watching your pennies carefully, we offer a do-it-yourself story on how you can renovate your home on a shoestring budget. See Page 23.

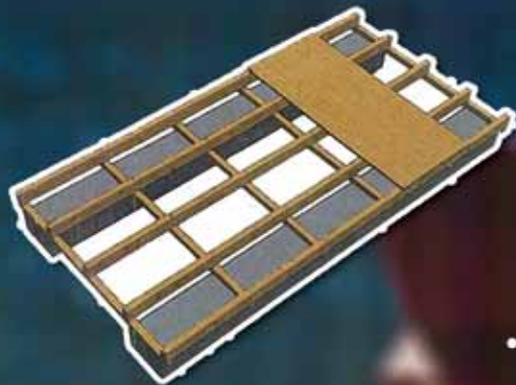
Thankfully, despite the economic uncertainty, Powell Riverites have carried on helping one another through a variety of volunteer efforts. From hockey helpers to the Health-Care Auxiliary and many more, volunteers make this community tick. You can read about a number of them in this issue. National Volunteer Week is April 15-21, so be sure to say thanks to a volunteer.

Many volunteers are working to make our planet a greener place. Anne Parkinson outlines a number of such groups she has discovered since transplanting from the city. Join her on Page 27 as she explores why the future is green and bright for Powell River's next hundred years! **PR**



Sean Percy, Associate Publisher • sean@prliving.ca

# Lake season is almost here.



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# What's up?

## POWELL RIVER

### Litter pickers wanted!



**Trash Bash** coming up April 28 at Willingdon Beach.

Reports of dump sites have already started to pile up so more volunteers are needed. Registration begins at 9:30 am and the event gets underway at 10 am. Garbage bags and maps will be handed out. All participants get lunch and their names will be entered into a prize draw. Cash prizes for youth groups.

April 23 to 30 is Pitch-In week, a national campaign to control litter and illegal dumping, of which Trash Bash is a part.

For more info and to register call, 604 483-3231 or email [trashbash@powellriverrd.bc.ca](mailto:trashbash@powellriverrd.bc.ca). Don't forget your gloves and other tools that will help you pick up trash!

### 6th Annual Walk for ALS

The sixth annual Okeover-Powell River Walk for ALS (Amyotrophic Lateral Sclerosis) takes place Saturday, April 14 and kicks off at the Laughing Oyster Restaurant at 9 am; the walk starts at 10 am.

After the walk, a special benefit lunch featuring a silent auction, draws and balloon bonanza will be held at the Laughing Oyster. Reservations are a must. Call Frankie Kellner or Susan Hanson at 604 483-2277 or email [okeoverwalk@alsbc.ca](mailto:okeoverwalk@alsbc.ca).

Proceeds go to the ALS Society of BC to fund research and provide support for those living with ALS, a fatal neuromuscular disease that affects the person's motor neurons that carry messages to the muscles.

Walk to stop ALS in its tracks. Visit: [www.walkforals.ca](http://www.walkforals.ca).



### Retiring horses

Two of Powell River Therapeutic Riding's trusty steeds are looking for a retirement home.

The hard working equines will finish their working days in the near future and will need new homes, says Dusty Reid, Volunteer Coordinator for Powell River Therapeutic Riding.

If you would like to give a horse a home, please contact Dusty at 604 485-0177.

### Canada's KNOW-IT-ALLS



For those who missed the series, Powell River's Jennifer Salisbury made it to episode seven of *Canada's Greatest Know It All* before being eliminated. Jennifer brought Wayne Skuhala of Oliver, BC to Powell River in March before airing the seventh of eight shows at the Evergreen Theatre. (Wayne made it to the last episode.)

Jennifer and Wayne also visited Grief Point School where they set up know-it-all challenges for students and some adults to try out, including Grade 6 teacher Lisa Lundell. The pair encouraged everyone to think creatively... outside the box. And they talked about teamwork.

Well done Jennifer!

### Fetal Alcohol Syndrome workshop

Nothing compares to the love between a boy and his dog but when that dog is a service dog, the bond is that much stronger.

Author and public speaker Donnie Winokur is coming to Powell River on April 16 for a day long workshop to speak about her first hand experience of parenting her own son who is af-

ected by fetal alcohol syndrome and her outreach work in the field of developmental disabilities.

Donnie's story, Wonder Dog, was featured in the *New York Times Magazine* on February 5. It shared how fetal alcohol spectrum disorders impacted their family and became the number

one researched and emailed story for the next 30 days.

Donnie's interest is based on first hand experience of parenting her own son Iyal. For more information, visit [www.4children.ca](http://www.4children.ca) or call CC Duncan at 604 483-9867.

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# Six months at Chemo U

## Life lessons worth learning

By Nicole Bodner

April is cancer awareness month. It's when canvassers go door to door fundraising for the Canadian Cancer Society and the daffodil campaign takes place. It seemed fitting for Powell River's Nicole Bodner to share her journey with cancer with our readers

If there's one thing cancer teaches you, it is to embrace change. In my case, cancer changed the way I eat, talk, smile and look in a bathing suit.

Three years ago I was diagnosed with chondroblastic osteosarcoma of the maxilla, or bone cancer in my upper jaw. My surgeons sawed my palate in half, removed the left side of my jaw, and sewed a large patch of wrist skin into my mouth to cover the gaping hole. Then they used shredded skin from my leg to patch the gaping hole in my arm.

But the changes from surgery were nothing compared to the revolutionary education I received while undergoing six months of intensive, in-patient chemotherapy. My time at "Chemo U," plus the two years or more it took me to fully recover, changed me as a human being. Indeed I see some things in a whole new way. Here's how things look today:

### My husband is a hero

Derek and I were married for only a handful of months when I was told I had cancer and likely wouldn't make it. Our newborn baby was only nine days old. I wasn't much use as a wife or mother after my surgery and during chemo, tangled as I was in tubes and bandages, leaving Derek at the helm of the house and the only able caregiver for all of our children (we have four between us). But that wasn't all. Derek also served as my battlefield nurse. He dressed



**BECAUSE OF FAMILY:** Without her family, Nicole Bodner would not be here today. Nicole and daughters, from left Jade, 10; Talah, 3; and Hannah, 13.

my wounds, gave me dozens of needles, managed all of my Cancer Agency correspondence, and laid by my side during each four-day chemo cycle. He kept me alive during one close call after another, and kept me going when I thought I couldn't take it anymore (which was almost every single day of chemo). He told me I was beautiful, even though I looked like a cousin of Kermit the Frog, and he told me over and over I was loved and needed in this world. When at last my treatments and transfusions were over and it was time to

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**POST-SURGERY:** Nicole not long after surgery to her jaw and area. Surgeons did some wonderful work to help her recover.

take out my chemo catheter, the doctors let Derek do the honour — he'd proven himself to be more than just a devoted husband but a skilled wartime nurse as well.

**Marijuana is a medicine**

Before chemo, my understanding of cannabis was confined to what I knew from my job as a drug writer. The research said cannabis was unlikely to cause dependence and was useful in relieving nausea and many other ailments, but inside my head I did what most people do when they hear the term “medical

marijuana” — I dismissed it as an excuse for people who liked pot to get high. One round of Cisplatin and Adriamycin changed that in an instant. No matter what I tried, I couldn't to stop myself from throwing up. For days. I felt relief only when I was so desperate I was willing to try anything, even cannabis. In seconds I felt better. I could sip juice. I could nibble a cracker. After that I never looked back. Medical marijuana — hash in particular — was the only reason I was able to go back to the chemo ward at the Royal Jubilee for round two (and three, four, five and six). I'm now a proud advocate for the compassion club I belong to, the Cannabis Buyers Club of Canada. Even though my nausea is long gone, I still need help from time to time for anxiety because, well, my arm is in my mouth, and my leg is on my arm. Enough said.

**Cooking is a form of art and a form of love**

During my first 40 years of life, I never cared much for the kitchen. Cooking was either boring or frustrating. In my twenties, I went for years without ever opening my oven. But when my immune system bottomed out and I had no choice but to stay at home, the kitchen became my art studio. On



**NICOLE & DEREK BODNER:** "My hero," says Nicole. Good on you, Derek!

the few days during my chemo cycle when I had the energy to get out of bed, I'd try to make stuff for the kids that I'd never dreamed of making before — blueberry crepes, orange sherbet, vegetarian quiche, chicken pot pie. I never knew what my creations tasted like — with a sore mouth and zero appetite, eating was difficult. Even the appetite stimulant my doctor gave me



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failed to make me eat. It just gave me great ideas and cata-  
 racts. But it didn't matter because I was happy just to focus  
 on making the kids happy. For a long time after chemo I  
 had no feeling in my lower limbs, but having oven mitts  
 for hands didn't stop me from baking, frying, toasting and  
 roasting. I couldn't open jars and dropped a lot of dishes,  
 but I learned how to make dishes that my girls still ask me  
 to make today.

**We're all in this together and must move faster to  
 make things better**

Dying is no fun, but it does prompt you to want to set things  
 straight in the world, sooner rather than later. I used Face-  
 book to contact and apologize to people I'd hurt in my past.  
 And now I'm passionate about reforming systems that cause  
 harm to families, especially children. I'm bent on seeing  
 an end to relationship-breaking structures like zero-toler-  
 ance drug policies in schools and the government's utterly  
 baffling Family Maintenance Enforcement Program. When  
 these go, there will be more peace in our province.

**Peace is paramount**

Studying Islam for the last six months has taught me that peace  
 in your mind and heart makes you healthier and happier. The  
 World Health Organization says the same thing in its Charter for  
 Health Promotion, putting peace at the top of its list of prereq-  
 uisites for health, along with food, shelter and other necessities.  
 Peace means people have to change their minds about how and  
 why they do things. But, if I've learned nothing else at Chemo  
 U, I've most definitely learned that change is good. 



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## Spin/TRX

By Isabelle Southcott • isabelle@prliving.ca

**M**onth three and the motivation is waning. This month I visited Coast Fitness to check out TRX and spin classes. I'd never done either before but my friend and running partner Shannon loves them both and assured me I'd love them too.

My first spin class began at 6 am. I'd never used a spinning bike before and didn't know what to expect. I chose a bike in the back row, next to another 40 something woman and behind those 20 and 30 year old keeners.

Our fearless leader, Ashleigh, aka head spinner, sits on her bike on a stage. She is all wired up with a microphone so we can hear her over the loud and energetic music. You definitely don't slip quietly into morning at Coast Fitness. It's more like a jolt of lightening where you are immediately transported into the new day.

There's something to be said about exercising in groups. When you commit to joining, you go even if you don't feel like it. There's no doubt that the music gets you in the mood. And when I looked at all the hard-core spinners, I was even more motivated.

It didn't take long to get my heart rate up. Ashleigh had us increase the tension on our bikes and stand up and then decrease the tension and sit down. At one point she said something about visualizing doing jumps on a hill and the woman next to me muttered: "Who in their right mind would do jumps on a hill?" Certainly not me but my 12 year old might.

Next, I checked out a combo spin/TRX class with Debbie Duyvesteyn, owner of Coast Fitness. Great music and energy! This time I didn't feel like the oldest in the class as Debbie's mother-in-law joined in. The combo TRX suspension class offers great variety to a morning workout, especially for those who bore easily.

In between all this, I celebrated my 50th birthday. Although they say 50 is the new 30, some days I disagree. I am enjoying the variety but still, I keep going to the gym and running with my dog. Next month, I see what Pilates is all about. **PR**

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# Who is smarter than a 6th Grader?

Fabulous fundraiser is back!

Last year Success By 6 premiered its very first *Who is Smarter Than a 6th Grader* reality show. That show was so successful that organizers are bringing it back again this year.

Kids loved it; adults loved it. Besides showcasing some of the work of Success By 6, the event is a fundraiser for the ORCA bus project.

This year, the popular show has a brand new slate of local celebrities and Grade 6 students. Six celebrities will reach back into the recesses of their

brain to see if they can outsmart our Grade 6 students.

This year's celebrities are: City Councillor Maggie Hathaway; Fitness instructor Terri Cramb; *Powell River Living's* Isabelle Southcott; Bill the Barber, aka Bill Garrett; Kings' play-by-play man, Alex Rawnsley; and Scott Mastrodonato from Investor's Group.

With such an eclectic lineup of celebrities, this year's event will be fun, fun, fun.

"Our first *Who is Smarter Than a 6th Grader?* sold out quickly and was a suc-

cess on many levels," said Dale Lawson, executive director of Powell River & District United Way. "The buzz around town following was one of great energy and everyone who shared feedback with me did so with a smile on their face as they recalled a particular moment that entertained them. My personal favourite was a comment made by a contestant after failing to answer: 'Where would you find a compass rose?' correctly. He answered: 'In the garden.' When he learned that a compass rose could be found on a



**PRETTY SMART 6th GRADERS:** Grade six students challenged our celebrities in the inaugural 2011 *Who's Smarter* competition.

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**CELEBRITY CONTESTANTS:** Bill Garrett, Alex Rawnsley, Maggie Hathaway, Scott Mastrodonato, Terri Cramb and Isabelle Southcott.

map he retorted with quick wit and said: ‘That’s where I keep my maps!’ bringing one of many rounds of laughter to the theatre.”

The action takes place on Thursday, April 19 at the Max Cameron Theatre. Doors open at 6 pm and the show gets under way at 6:45 pm. Nadine Porchetta, Success By 6 coordinator, has rounded up some amazing prizes for the silent auction.

Councillor Maggie Hathaway is a bit nervous about being on the show. She’s hoping that co-emcees Dan Devita and Jamie Burt go easy on her and don’t dig too deeply into her old report cards.

“I’m excited about participating at the sixth grade level because I think I did that grade *before* they added the alphabet to arithmetic,” she says.

Bill Garrett is well-known for his hair cutting abilities but how well did he do in elementary school?

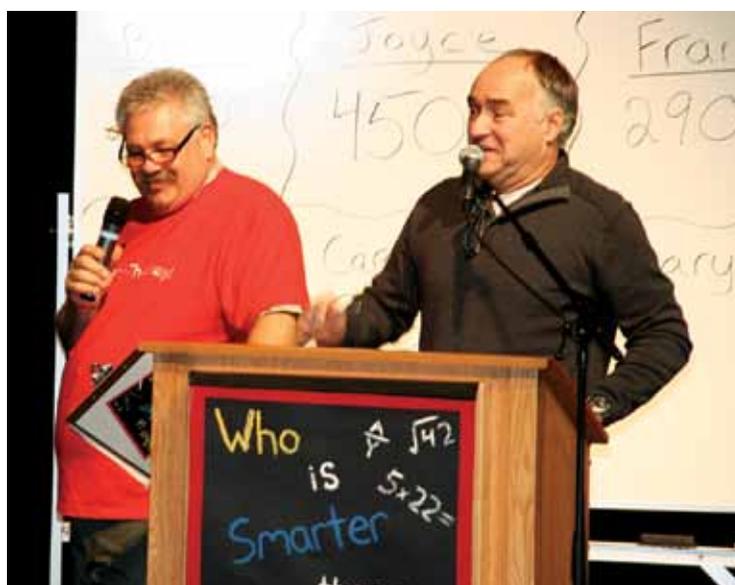
“I was in JP Dallos School in Grade 6 and was in a 5/6 class taught by two teachers. Mr. Pugh taught the academics and Ms. Augustinson did the arts and music type stuff. I was a bit of a punk with an attitude that made Mr. Pugh’s face go red in frustration quite a few times. But staying after class always seemed to keep me outta trouble for a week or two. The most memorable moment would have to be when Marla Lapp and I lit up the dance floor at the yearly sock hop by simply adding a twirl to the standard side to side zombie dance moves of the age group.”

And what about Isabelle Southcott? When Jennifer Salisbury was unable to do it, Isabelle volunteered. “I was the most logical replacement,” says Isabelle, who came up with this idea as a fundraiser for Success By 6 two years ago. Isabelle grew up

in Nova Scotia and rumour has it math was her worst subject. Someone close to her told *Who is Smarter* organizers that Isabelle even had to attend summer school for math.

Don’t miss this side-splitting event where the best and brightest Grade 6ers in Powell River have fun with local celebrities.

Tickets are available at both First Credit Union and Breakwater Books. In order to avoid disappointment, be sure to get them early as last year’s event was sold out! [RL](#)



**HOST & CONTESTANT:** Dan Devita at left, host of the 2011 event, waits patiently as Gary Dietrich digs deep for an answer.

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# GREEN on the water

## From diesel to electric

By Isabelle Southcott • isabelle@prliving.ca

**W**hen Ken Starr realized the diesel engine he uses to power his 35-foot Ericson sailboat needed a lot of work, he decided to look at greener options.

Diesel engines are noisy in sailboats and the smell from their exhaust isn't pleasant. As well, their emissions impact the environment. Because of this, Ken was interested in learning more about electric motors and having one installed in his boat.

After talking to Darryl Carriere of Carriere Enterprises, Ken and his partner Pat Allan, decided to convert the diesel engine in their boat, *Red Pepper*, to an electric motor.

Ken met Darryl in Lund and talked with him at length about what was involved. "Darryl is a diesel mechanic and he was the catalyst for this," said Ken. "He convinced me that this is the way of the future."

Darryl, who works out of Jack's Boatyard, is a mobile mechanic and sells solar equipment. In the spring of 2011, he took on the dealership for selling electric motor kits for boats. "It's mostly for sailboats," he says.

Darryl learned about electric motors when he was at a boat show. "I talked to the inventor of the system for a few hours and asked him if he was looking for a dealer up here and he said he was."

The 48-volt brushless DC motor on *Red Pepper* runs off eight, six-volt deep cycle batteries. There are two, 210-watt solar panels, on the sailboat. The battery recharges when the boat is under sail and the propeller turns.

"It will take you around the world for nothing as long as the sun is shining and there's wind for your sails," says Ken cheerfully.

Besides the green factor, the cost associated with repairing diesel engines was another reason Ken switched over.

During the summer months, three broken boats limp their way into the Lund harbour each week. "It's mostly because there's something wrong with their engines," says Darryl.



**GREEN BOAT:** Pat Allan and Ken Starr on board *Red Pepper* with her new electric motor.

To convert Ken's engine from diesel to electric, Darryl had to remove the old diesel engine and the fuel tank. Once he got that all cleaned up, he repainted the space and installed the batteries and the electric motor.

Ken was interested in the whole conversion process and so he helped Darryl with it. "It's nice when I have owner participation because they can see what the whole system is like," said Darryl.

Ken is more than happy with his new electric motor.

Right now, he thinks that he has the only sailboat on the coast with an electric motor, but knows that will change in the near future!

Darryl says it is unusual for a diesel mechanic to sell electric engines. "I guess I'm working myself out of a job," he says. "I'll retire once everyone converts."

Besides feeling good that he no longer has a diesel engine on board, Ken likes the fact that the new electric motor is very quiet and there is no smell to it. **RL**

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# Celebrating Health-Care Auxiliary volunteers

## What goes around, comes around

By Isabelle Southcott • isabelle@prliving.ca

You can't help but be impressed by the camaraderie of the volunteers at the Powell River Health-Care Auxiliary's economy shop. They laugh, swap recipes, talk about their lives, and help customers all while contributing to a greater cause—one that gives them purpose and helps the community of Powell River.

Lorraine Hansen is president of the Health-Care Auxiliary. "I was born in Powell River and grew up here but moved away for a number of years," she told *Powell River Living*. "My children don't live here so when I moved back here in 2000, I had been away for a long time and I did not have many friends left. I wanted to get to know people again; I'm a people person."

With a background in the hospitality industry, Lorraine wanted to volunteer for an organization where she would meet people and make a positive difference in the community. When she discovered the Health-Care Auxiliary in 2006, it was just what she was looking for.

"Volunteers are happier and healthier. It's good for your social life too," says Lorraine. "I've made lots of friends and look what we are doing for our community. This is a great cause."

Lorraine began by sorting and pricing items in the economy shop. Then she became a cashier. "I ran the shop for two years as the general convener and now I am the president."



**HANGING UP:** Pera Agius (left), Verna Filewich and Patricia Seale get clothes ready to sell.



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**SERVICE WITH A SMILE:** Lorraine Hansen and Bonnie Stephen work the front counter at the Health-Care Auxiliary Economy Shop.

More and more, the government relies on auxiliaries to purchase equipment and contribute to health care, says Lorraine. In January, the health-care auxiliary donated \$204,058 to the Powell River General Hospital, Extended Care Unit, Olive Devaud Residence, home care nursing and public health. “We also buy the ear buds for the TVs in the hospital and the TVs are free for the patients to use because the auxiliary purchased them.”

Powell River has the third highest number of members of all the health-care auxiliaries in British Columbia and the store here is the third largest in the province. “We have 250 members,” said Lorraine proudly. “Our youngest is a woman in her 30s and we have women volunteering up till their 90s still volunteering.”

Although many health-care auxiliaries are women, men also volunteer. “We could not function without our men,” says Lorraine.

Jim Willoughby is one of those men. Every Tuesday he volunteers at the economy shop and every Tuesday he comes prepared with a joke to tell the ladies during their coffee break. And if he doesn’t have a joke ready....watch out! There would be a bunch of disappointed ladies. “I love it here,” says Jim.

Phyllis Jacobsen moved to Powell River from Alberta and began volunteering at the economy shop a year and a half ago.

“It’s a great way to meet people. I look forward to coming here,” she says.

Everyone who works at the auxiliary volunteers their time and every single cent that is made is pumped right back into Powell River. “We have a lot of fun,” says Lorraine. “It’s important to have fun when you come here because you are volunteering.”

The health-care auxiliary has an agreement with the hospital that states no piece of equipment the auxiliary purchases will be sent out of Powell River to another community, says Lorraine.

It is certainly a case of what goes around, comes around when it comes to the health-care auxiliary. Donations of clothing, household items, jewellery, shoes, linens, curtains, purses, belts, books and toys, that are no longer needed by one individual or family, are dropped off at the auxiliary. The volunteers sort through the items, clean them up and make sure they are in working order before pricing them and putting them out to sell. Anyone who has shopped at the economy shop knows there are great bargains to be had! There is always a wonderful selection of children’s clothing, which is particularly helpful for those with growing families and tight budgets.

“Without the generosity of the Powell River community, we would have nothing for the economy shop,” says Lorraine. “We are very grateful to everyone who supports us because we rely upon donations from the local community to raise money for health care.”

Most Powell Riverites are familiar with the economy shop, which is run by the Powell River Health-Care Auxiliary (formerly

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the hospital auxiliary). The auxiliary was founded in 1945 by a small group of woman including Evelyn Black, who passed away on March 5 at the age of 100. In 1995, Evelyn received the Governor General's Caring Canadian Award and in 2001 she received a United Nations International Year of the Volunteer Truly Outstanding and Deserving Volunteer Award.

"Evelyn worked in the shop until she was 97," says Lorraine.

Besides the economy shop, auxiliary volunteers run the gift shop at the hospital, the Red Cross equipment cupboard, and the Candy Strippers program. "We have 15 Candy Strippers and we gave out five scholarships totaling \$10,000 to young ladies who are continuing their education in the medical field."

They also supply cookies to Extended Care, oncology care packs for cancer patients, emergency room packs for people who end up in emergency unexpectedly, and run the library cart at the hospital. Every Thursday morning, handcrafters meet at the hospital to make crafts, quilts and toys.

"The health-care auxiliary is run 100 per cent by volunteers and it all goes back to the community," says Lorraine. "They are dedicated, you can trust and count of them. They put in many, many hours. We even have people who knit at home for our fall bazaar which raises about \$10,000 a year."

As president, Lorraine is no stranger to volunteer hours. She spends about 30 hours a week volunteering her time.

Volunteers, like Lorraine, don't begrudge what they do. "It's good for others but it's good for me too. I really believe in what we are doing."

Volunteering provides a meaningful way to contribute to your community. It is also a vehicle to discover something you are really good at and develop new skills! People volunteer for many different reasons. Some volunteer when the move to a new com-

## Powell River Sketches

### Bald Eagle

Ink drawing by Lowell Morris • www.LowellMorris.com

We are blessed to regularly see these birds soaring on the air currents with their huge wingspans.



munity in order to connect with others and make new friends. Some volunteer for sports teams and service groups. Others volunteer later in life, when they have the time to give back. When you volunteer, you give your skills and time freely. You have chosen to volunteer free from pressure to act from others because you want to help.

There are many volunteer opportunities in Powell River that are looking for enthusiastic and willing people. April 15 to 21 is National Volunteer Week. Figure out what you are interested in and see how you can help! 



## Keeping your money and donations in Powell River

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# Volunteering

## Live longer, help others, have fun

**D**id you know that volunteering helps you live longer? Using data from approximately 10,000 adults tracked over 50 years, scientists discovered that volunteering can save your life! People who gave their time because they wanted to help others outlived those who didn't volunteer at all.

There are 12.5 million volunteers dedicating their time all across Canada. They are involved in everything from community health care to sports to recreation and heritage, to arts and environment protection. National Volunteer Week pays tribute to the millions of Canadian volunteers who donate their time and energy. This year, National Volunteer Week takes place from April 15 to 21.



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Here in Powell River, volunteers at the Powell River Brain Injury Society know all about the benefits of volunteering. "It's been a great asset having these volunteers," says staff member Donna Newell. "We find their contribution to be invaluable. The clients enjoy their presence and the many talents they bring with them."

Volunteers help others at the Brain Injury Society in areas such as art by teaching various techniques and mediums. "Our clients look forward to art day, many of them never before attempting to do any kind of art and producing amazing pieces with the encouragement of staff and volunteers."

Volunteers also help with the fitness program under the direction of a qualified trainer and have helped process income tax for clients. The Brain Injury Society has had volunteers from VIU and Canada World Youth. "We enjoyed hearing about the cultures, language and customs from these countries," said Donna.

They also had a Professor of Geology come in and do a workshop on rocks. She brought in a collection of rocks from all over the world and explained the structure of these. Clients brought in their own rocks, which she examined and explained what they were. "We appreciate and value the time we spend with our volunteers," said Donna.

Kim Barrows is an experienced volunteer. Last year, she volunteered at the inaugural Powell River Blues Festival. "Not only were we thanked individually but multiples times through out the day Debbie Dee, organizer, and various bands, would announce thanks from the stage. It really made us feel appreciated."

Kim enjoys meeting new people and learning new skills. "A small amount of your time can lead to a new friendship, education and sometimes even a job," she said. **PR**

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# Environmental education

## What we can learn from the outdoors

By Mairin Berezan & Lika Olfer



The natural world sustains the whole human population, but why is it that with every passing year, people become more and more detached from the outdoors? Our food, water, and energy supply are all derived from the environment, yet few people realize this. With every passing year our natural resources are depleting because we misuse them, and in this time when our resources are becoming fewer and fewer, it is our duty to educate the public in order to maintain environmental health, and our own well being. That is where environmental education comes in.

So what is environmental education? It is the study of the relationships and interactions between dynamics of natural and human systems. Students have the opportunity to engage with the outdoors, and build awareness of their surroundings. Study can take place in a number of settings, from urban to rural, as well as outdoor and indoor. A few examples of possible activities could be exploring local parks and forests to learn about the importance of local wildlife, or perhaps to examine the fragile relationship between aquatic and terrestrial ecosystems surrounding different water bodies, and our role in its preservation. Not only does outdoor education promote learning from direct personal experience, but is also an exciting and engaging way to learn.



At Brooks Secondary School, there were a number of students that were looking for an alternative way to learn, one

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that would be challenging and exciting. Each student happened to stumble upon a program available only in Powell River called Coast Mountain Academy (CMA). This unique and intriguing program offers students a wide assortment of exciting opportunities and certifications in the outdoors while still providing school credits.

CMA offers students more scope than a typical class does not. Because all 14 students are together all day, every day, we quickly learn how to effectively work with others, and develop our leadership skills. We are also encouraged to expand our comfort zones in a safe way. With the support of the group everyone feels safe to challenge him or herself. Another unique aspect to CMA is that we are always physically active outside. This promotes physical well being which creates more receptive learners. CMA's outdoor

education has benefitted us in more ways than we have come to realize. On one especially distinctive and profound field trip we learned more about native culture and traditions than we ever would have by simply reading about it in a textbook. We attended to a sweat lodge, which is a sacred, native ritual. The sweat lodge is similar to what we now refer to as a sauna, yet it is built in a circular shape, and the interior is completely dark. It is believed that through prayer, music, and burning sweet grass, past troubles are released.

The past seven weeks have been a life

changing adventure. From wilderness first aid to skiing, many of us would not have had the chance, or funds to acquaint ourselves with these experiences without the program. Since environmental education connects classroom learning with the real world, research has shown that when integrated into a regular curriculum, it noticeably improves student achievement. This learning style builds skills, increases knowledge and most importantly it creates the capacity for stewardship and good citizenship concerning the environment, which we depend on for life support. [PR](#)



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# EXPLORE Powell River

*Photos by Romeo Styles*



# DO IT YOURSELF

## Paper bag floors and other projects

By Isabelle Southcott • isabelle@prliving.ca

When Claude LaFrance told his wife Kira that he wanted to build a paper bag floor in the living room of their Wildwood home she said, “No!”

“I was a bit incredulous myself,” said Claude. “I’d never heard of paper bag floors before I came across it on Google.”

Kira had the same reaction as everyone else, but when Claude showed her a picture she warmed up a bit. “She said, ‘This is interesting.’”

Claude used his powers of persuasion and said: “Let me show it to you.”

He did a piece on a sample board. She wasn’t too keen on his first attempt as it was too busy, but then he purchased a roll of kraft paper and cut it in lengths, the way a plank floor is laid in strips.

Kira looked at it and said: “Okay, I’ll let you do it but only provisionally until we can save up to buy a new floor.”

So Claude set to work on his paper bag floor. “It blew our expectations. We didn’t think it would look that good.”

It took four days to do the living room from start to finish. “I

could probably go faster now I know how to do it.”

Claude says it is dead easy to do. “If you graduated from Kindergarten you can do this floor. All that is involved is cutting, laying it and applying polyurethane.

The result is amazing. “It looks like a wood floor,” he says.

And it is durable too. The LaFrances have four children, a dog and a cat. Claude laid the floor two years ago and it is still going strong. “What I love about this floor is if you get a scratch all you have to do is put on another piece of paper and reapply.”

The paper bag floor is completely waterproof and strong. It can be stained any colour. “The paper bag takes the stain,” says Claude.

After experiencing success with the paper bag floor, Claude continued in the faux look mode and moved on to his kitchen where he installed a faux granite counter. “Our kitchen was a 70s dream kitchen. I Googled “faux granite” and picked out a slab of granite we liked. I bought all the colours and dabbed it on with a sea sponge. Again, there’s no way you can make a mistake.”

From the faux counter, Claude moved to the faux backsplash, which he created by using painter tape and drywall mud. “To do the lines, put on the tape and then put on a layer of drywall mud. When it is wet, you carefully pull off the tape.”

Claude is now renovating an upstairs bathroom using the paper bag technique on the top part of the wall and also on the floor. “It is so easy to update your home this way,” he says. And the bonus is, it costs very little to do. **RL**



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*Dog-Gone Groom of the Month...* 6758 Cranberry St ✦ 604 483-2293

# Easter worship

Easter is the most important day in the Christian calendar. Some people gather together for a sunrise service while

others attend an Easter Sunday service at their church. These are some of the services being held in our community.

## ST DAVID & ST PAUL ANGLICAN CHURCH

6310 Sycamore Street † 604 483-4230

- April 1 † 10 am **Palm/Passion Sunday** with procession
- April 5 † 7:30 pm **Maundy Thursday service** with foot and hand washing
- April 6 † 10 am **Good Friday Prayer service**
- April 7 † 8 pm Full **Easter Vigil Service**
- April 8 † 10 am **Easter Sunday** of the Resurrection



## Westview Baptist Church

3676 Joyce Avenue, Powell River  
604 485-5040 or 604 485-9607

**INTERDENOMINATIONAL GOOD FRIDAY SERVICE** at Evangel Church @ 7 pm

**EASTER SUNDAY SERVICE**  
@ Westview Baptist Church, 9 am & 11 am  
with muffin & coffee hour 10-11 am



## Faith Lutheran Church

At the corner of Alberni & Ontario Streets • 604 485-2000

- Palm/Passion Sunday Worship** † April 1, 10 am  
with Holy Communion
- Maundy Thursday Worship** † April 5, 7 pm  
with Holy Communion
- Good Friday Worship** † April 6, 10 am
- Easter Breakfast** † April 8, 9 am
- Easter Sunday Worship** † April 8, 9 am  
with Holy Communion



## Salvation Army Church & Community Services

*Serving with our hearts to God and our hands to the people of Powell River*

**Everyone  
Welcome**

### Community Good Friday Service

**Friday, April 6 at 7 pm** @ Evangel Pentecostal Church  
presented by Common Ground Youth. All welcome.

### Easter Sunday Sunrise Service

**April 8 at 7 am** at Marine Avenue lookout

### Easter Resurrection Celebration Service

**10:30 am** at the Salvation Army, 4500 Joyce Ave

604.485.6067  
4500 Joyce Ave

## Evangel Pentecostal Church

*Love ~ Grow ~ Serve*

### Special Service

Tuesday April 10 ~ 7 pm  
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Svein-Magne Pedersen,  
President of  
Jesus Heals Ministries  
from Norway.  
Prayer for the sick.



### EASTER SERVICES

April 6 ~ Good Friday ~ 7 pm  
*Community Service*

April 8 ~ Easter Sunday ~ 10 am  
*Pastor Ken Speaking "Because He Lives"*

Regular Sunday Services: 10 am

5139 Manson Ave ~ 604.483.4283 ~ [www.evangelpc.com](http://www.evangelpc.com)

## Powell River United Church

REV. MAXINE PIRIE • 6932 CROFTON ST • 604 485-5724

**Good Friday Service** † 10:30 am

**Easter Sunday Sunrise Service** † 6:30 am, *Valentine Mtn*

*Meet at the parking lot at 6 am. Takes about 15 minutes to climb to top of mountain  
After Service coffee & muffins at the United Church Trinity Hall*

**Easter Service** † 10:30 am

## Have you volunteered lately?

Volunteers make our community a great place to live.



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# Dragon boaters

## Volunteers get new experiences

Last fall, Grade 6 and 7 students from Grief Point Elementary School enjoyed an introduction to dragon boating followed by a barbecue at Mowat Bay.

"They had two dragon boats out and they went twice," said Grade 6 teacher Lisa Lundell. "Sixty-six Grade 6 students and 47 Grade 7 students went out on two separate occasions. I was very impressed."

After dragon boating, students were served hamburgers, hot-dogs and hot chocolate with marshmallows!

This whole adventure was made possible because of volunteers from groups like Rotary, Paddling for Life and Citizens on Patrol.

Barry Kosturos and Louise Williams were the volunteers who masterminded this outing. "Barry's always wanted to get young kids involved in dragon boating," said Louise. "He was involved in organizing the Rio Tinto Dragon Boat Festival in Vancouver for years. He's always loved the sport because it brings in teamwork. Dragon boating is a sport everybody can do. It's all about teamwork and kids finding a place to belong."

After Louise moved back to Powell River from the Lower Mainland with Barry, she got hooked up with the Paddling for Life group and had a trailer built. "Barry talked to Lisa (Lundell) at the Music Festival last summer and she was enthusias-



**VOLUNTEER CREW:** A massive team of volunteers turned out to guide over a hundred students trying out dragon boating.

tic about doing this. Then I talked to Ed Oldfield and he said let's get the ball rolling!"

Barry began organizing the event and put a call out for volunteers. "We had 21 volunteers help out who had no association with Grief Point School," said Louise. Besides the adults helping out with the dragon boats, they had three powerboats manned (and womanned) by volunteers, plus a whole crew doing lunch.

Louise, a mortgage expert who operates Dominion Lending, and Barry, who just opened Priority One Heating and Cooling, bought all the food.

"With Barry, it's all about the food," said Louise. "He's a professional chef."

Barry was also in charge of security at the Sunshine Music Festival last year. He thanked his volunteers by holding a big barbecue and inviting them all to attend.

"It's hugely important for us to give back," said Louise. "We love to volunteer and we love to put smiles on people's faces." **RL**

## Your floor, your window coverings, your home

When Wes Brown purchased Personal Touch Floor and Window Fashions this past winter, he wanted to be able to offer customers something more than just flooring and window coverings.

He wanted to offer them expertise.

### The synergies

For Wes, taking over Personal Touch was a natural extension of the work he does as president and general manager of WB Contracting.

"I have been building and renovating custom homes in Powell River for 18 years and this was an opportunity to expand on what we offer our clients. It's another service we could provide," says Wes.

He's also hoping that his family's experience in the realities of building projects will attract other builders to get their flooring and window coverings from Personal Touch.

"We realize the importance of scheduling in the construction industry. So we pride ourselves on getting products to our clients on time."

The Marine Avenue location offered office space for Wes' brother Chris, who handles much of the paperwork for WB Contracting, as well as a place to meet clients.

### Family team

Chris has been working with his brother Wes for more than a decade. With hands-on experience doing installations or helping clients make flooring and other design decisions, he was a natural fit to manage Personal Touch.

"Having gone through the experience with people from start to finish and knowing some of the challenges they will face helps me give them a sense of what they might want to consider on a project," says Chris.



Chris Brown

Despite all that experience, "I'm constantly learning," says Chris, "because there are new products all the time. Products change so quickly, we're constantly researching to find what's best for our customers."

The WB Contracting team of carpenters does some of the flooring installations and all the window covering installations, but they also call on the expertise of long-time Powell River flooring installer Blair Lawry.

Some customers want to do their own installation, and Chris offers all the advice he can.

On the window fashions side, another member of the family brings her expertise. Wes' wife Tania is a certified Interior Decorator, who has four years of experience helping people choose window coverings.



Tania Brown

While she can show you samples from many of the new displays at Personal Touch, you'll benefit most from Tania's skills when she comes to your home. She helps to define a style and

choose products suited for each client.

"With a wide range of colour and fabric samples, we have many options available to choose from," she says, pointing to a new display in the store.

It's a real family affair at Personal Touch. Chris' wife Melanie, who is usually behind the scenes keeping the books balanced for both companies, can often be seen in the store on weekends, helping with paperwork and serving customers.

### You're invited!

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## Powell River Living PARDON MY PEN

By George Campbell

### The chair and I

I had passed by it many times when walking along in the local mall without giving it a second glance. There it stood, a big, black, overstuffed, comfortable-looking chair, with a place to insert a coin. One of those therapeutical massage devices, guaranteed to soothe your aching muscles and relieve tensions. I had never seen anyone sitting in it. In retrospect I should have paid more attention to that fact.

At the time of this writing, that chair and I are on a first name basis. We have to be. After what we have shared together it would be impossible to call each other Mister or Missis whatever. Here is how it happened.

One day not so long ago, I dropped into the pharmacy at the mall to get a prescription filled. The druggist told me it would be ready in half an hour. An awkward time, really, in that it was too short to drive all the way home and back again, and yet too long to spend wandering around the store admiring the medications and medical supplies on display. I decided to take a leisurely stroll through the mall. As I stepped through the door of the pharmacy and into the mall itself, the first thing that met my eyes, was the chair.

There it stood, in all its innocence, silently begging me to give it a try.

"Well, why not?" I thought. If nothing else it would help kill some time while I was waiting for my prescription to be filled. I looked over the directions printed by the coin slot. It operated

on loonies and toonies, the latter giving a four-minute session. I searched through my pockets and was in luck. I had one toonie. Sitting down carefully in the chair, I inserted my coin, pushed the start button, and the infernal machine went into action.

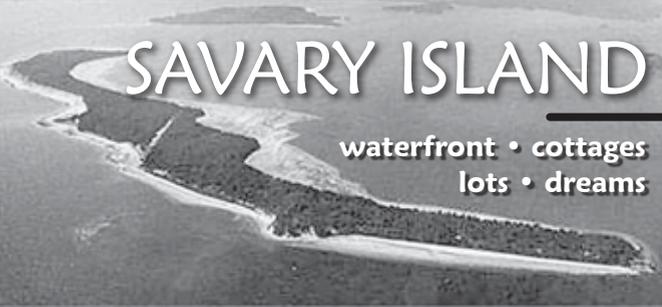
It began by vibrating gently in the upper back, around my neck and shoulders. It was a very nice feeling at first, and I closed my eyes with pleasure. Then it began vibrating lower down, and up and down, and from left to right across my back. It was totally and thoroughly delightful and I smiled in anticipation of another several minutes of the same. Then the machine became more vigorous, pounding and punching my back here and there with surprising strength, but it still felt wonderful and I kept my eyes closed and began to grin with happiness at how great it all felt. It was at this point that the chair went crazy.

Suddenly it seized both my legs firmly between the knees and the ankles. I couldn't get up. I couldn't escape. It had me in its grasp. The chair began pounding me with renewed vigour up and down my back, and each time it went down, it went lower. Then it began speeding up, faster and faster, and each time getting lower and lower. It began pounding me in the buttocks, and then... WHAM! It goosed me! Three times!

The chair stopped and released me. It was then that I opened my eyes and saw that I had an audience. Two men and a woman stood before me, all with amused looks on their faces. The two men walked away with a knowing smirk. The woman smiled sweetly and said, "It looks like you're having fun." And then, holding her hand over her mouth to keep from bursting into laughter, she too, walked away.

I leapt from the chair and turned and glared at the thing. Who would have known? But I have to admit the truth. If that chair could have cooked and cleaned house, I'd have taken it home with me right then and there. As it is, I am already planning my next trip to the mall and will go just as soon as I've collected the necessary number of toonies. **RL**

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<p><b>Lots from \$47,000. For tales and a tour, contact Rick.</b></p>	

# A bright green future

Right here in Powell River

By Anne Parkinson

**U**prooted. Transplanted. There's nothing like a move to give a person a fresh perspective. So far, 10 months here in my new home and I'm seeing lots of green in Powell River.

It's not just the abundant trees that cover the many parks and surround the city, although what a welcome view after living in high density, sprawling areas of Victoria. It's not just the fresh water, endlessly falling down the slopes of town into the sea, and flowing from every tap for free. The real green of Powell River comes from the many groups of people dedicated to reducing the footprint of the city now and in the future.

Arriving in mid-summer, my first low footprint event was the farmer's market, in full swing with local, organic produce every week. Fruits, vegetables, honey, meats, baked goods, homemade clothing and crafts all well within a 50 km radius, and often only 5 km.

As a newcomer and volunteer at the fall fair, I met interesting people—farm-



**GREEN TRANSPORTATION:** It's getting easier to get around with a low-carbon footprint.

ers, old timers, crafts people, prolific gardeners—and learned a lot about food production. Add the wild harvest available—shellfish, mushrooms, grapes, blackberries—and the feeling of food security gets better and better. Did I mention blackberries? I have never seen so many blackberries! The growing season culminates in the Blackberry Festival where everyone in town is cooking up a

storm from cheesecake to pies to muffins to jam, and Marine Avenue turns into a sea of people enjoying blackberries, music and crafts.

Within the first month of moving in, I strolled the sea walk and realized I could do my shopping in town by foot. Excellent 'walkability'! My next green step took me to the recycling and bottle depots, busy with a steady stream of dedicated recyclers. Then as fall set in, I discovered the plethora of groups working to reduce the human footprint, some of which I have joined (see sidebar 1). Scanning the City Hall website, I can read about Council's efforts to map bike lanes, begin composting, revisit the liquid waste process, and with VIU, draft a Sustainability Charter. The Regional District manages issues surrounding parks, green spaces and the community plan. Little touches add to shades of green such as 'No Idling' signs and wildlife-proof garbage bins. Power generation is certainly clean in Powell River. The main industry, Catalyst Power,

## Addicted to chiropractic adjustments?

We've all heard that once you go to a chiropractor, you have to go for the rest of your life. Fearing that you'll get addicted to adjustments, or become dependent upon them has stopped many people from benefiting from chiropractic. But it all depends upon what you want.

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**Prevention & Wellness** • Many of us choose to continue our chiropractic care on a periodic basis. Our objective is to stay well after we get well. This way we can better deal with life's stresses before they become full blown problems. It's similar to having periodic eye or dental exams.

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runs on electricity generated from dams on Powell and Lois Lakes. And Powell River Living is printed on paper stock from both Powell River and Port Alberni Catalyst mills. New 'run-of-river' operations are being introduced and monitored to ensure low impact.

As fall shifted towards winter, I toured streams from Lang Bay to Willingdon Park to Lund witnessing the incredible returns of salmon, which decades earlier had nearly vanished. The long road back was paved by the hard work of volunteer groups who planned, fought, and laboured towards today's successes. Can't get much greener than that!

This coming summer, I am looking forward to joining new groups, keeping up with planning initiatives from Council, and savouring the wonderful produce from the weekend market.

So far, in my view, Powell River really stacks up. Greenest city in Canada? Hard to measure (see sidebar) but suffice



**MARKET GREENS:** Local food from the Open Air Market contributes to our food security.

to say progress is being made and that's what really counts.

Whatever the future brings as a result of climate change, Powell River is on its

way to adapting. A city that is healthy, free of toxins and waste, with sustainable shelter, food and water, is a city well positioned to survive the changing environ-



**Ian Fleming** B.A., LL.B. General Practice  
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## Protecting our environment

These are some of the community groups dedicated to preserving and protecting the environment in Powell River, Texada Island and Savary Island.

- Alpine Club
- Junior Forest Wardens
- Myrtle Creek Stewards
- Pebble in the Pond
- Salmon Society
- Texada Stickleback Group
- Transition Town Powell River
- Willingdon Creek Habitat Restoration
- Malaspina Land Conservancy Society
- Community Advisory Group (Forests)
- Malaspina Communities for Public Power
- Backcountry Horsemen
- Malaspina Naturalist Club
- Parks & Wilderness Society
- Rod and Gun Club
- Savary Island Land Trust
- Young Naturalist Club

ment of rising sea levels, temperature increase, weather pattern shifts and plant and animal migration.

There's a garden full of ideas still to grow—green shoots popping up everywhere. The future of Powell River is bright... green. **RL**

## Measuring footprints

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# Digital or Dark!

## Save "The Pat" update

The Patricia Theatre must convert to digital projection technology, or cease to exist as a film theatre.

Thanks to the generosity of supporters, Friends of the Patricia Theatre Society's campaign to bring the theatre into the digital age is off to a healthy start. Friends president Amy Sharp says digital projection will become industry standard this summer.

"It will take \$90,000 by June and \$45,000 of that by mid-April to make the needed upgrades," said Amy. On March 25, contributions stood at \$32,434.

The Patricia Theatre is the longest continuously running cinema in Canada. If the Dwight Hall, another historic building, had to support itself off revenue generated by its business alone (banquets and rentals), it is unlikely that it could remain viable. In its present state, the Patricia with a weary roof, an archaic heating system (costing \$75 a day in winter) and a tired electrical system, has many projects waiting in the wings.

Ann Nelson and her son Brian Nelson operate The Patricia Entertainment Company Ltd to support and protect the actual building (First Credit Union holds the mortgage).

"When the Patricia goes digital, we'll be able to get first run films sooner with better sound and the 3D ones, too," says Amy. "We'll be able to watch things like the Grey Cup, the Oscars, the Canucks and even UFC events LIVE at the Patricia."

A YouTube video made by Tony Papa and film school students ([www.youtube.com/watch?v=0Sele5ZMcFQ](http://www.youtube.com/watch?v=0Sele5ZMcFQ)) '1000 people @ \$90' suggests that 1000 people donate \$90 each to raise the money. Donations can be made at First Credit Union.

Sheona Scott from Bliss created a 'Pass to Fabulous.' For a \$90 donation you can experience a new stylist and other great offers.

The save the Pat campaign is about making necessary technical (going digital) changes or there will be no movies. The Pat will go dark.



**PATTY'S ANGELS:** Friends of the Patricia Theatre, Amy Sharp, Chloe Smith and Michelle Zutz, are working to Save the Patricia.

### Upcoming fundraisers include:

**April 14:** Quality Foods-sponsored barbecue

**April 29 at 2 pm:** Powell River's own singers/songwriters concert *For The Love of The Patricia*. There's a great lineup including Evan Ehgoetz, Pat Buckna, Nancy Tyler, Dan Minard, Cindy Koppen, Geoff Allan, Randy Pinchbeck, Shaun Coburn, Chris King, Gino Cosentino, Devon Hanley, Phil Williams, Trent Oliver and Joel Benson.

**Saturday, June 23 at 9:30 pm:** A night of Vaudeville and Burlesque!

**Donation cans** at local businesses

Should fundraising efforts be unsuccessful, donations will be held for another project and made available for donor requests. [PRL](#)



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**What to Do if You Get Sunburned**

If you ever develop a sunburn it is important to realize that aloe vera is one of the best remedies to help repair your skin as it is loaded with powerful glyconutrients that accelerate healing. Ideally, it is best to use the gel from a fresh plant, but there are commercial products available that have active aloe in them. Ideally you would never need it because you are using these safe tanning guidelines, but accidents do happen and it is important to have contingency plans for them.

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# Curling champions

Bring home the bling

By Janet May

**W**hen Lance Barker went to training camp this summer he drew a picture on his dormitory door's white-board. It was a picture of four players on a curling rink, and over to the side he drew some medals. "I didn't know then what medals they could be," he says. "I didn't know that we would win, but I was right, and we did."

On February 27, the Powell River Special Olympics Curling team travelled to the 2012 Special Olympics Canada Winter Games in St. Albert, Alberta. Team members Dale Eckert, Richard Lang, Peter Cossarin, and Lance were seen off at the Powell River airport by Jackie Milson, Special Olympics (SO) coordinator. At the Vancouver Airport, they were joined by Joanne Seefried from Kelowna, who completed the five-member team. They travelled with their coach, Cameron Reid, their manager, Susan Storry, and family fans. The four Powell River members were the 2011 BC Champions, having won both divisional and provincial rounds. They have had years of practicing and competing together.

When they arrived in St. Albert, Richard noticed lots of snow. "It was too cold, and I remember potholes on a school-bus." They were one of nineteen curling teams at the competition. Sharing the village were competitors in skating, snowshoe, and skiing events, which resulted in a noisy and busy dining hall. "We saw people from Saskatchewan, Nova Scotia, Prince Edward Island, and other places." Dale appreciated the enthusiasm he felt from people there and also the fine food. "We were fed like kings," Lance agrees, "and there were lots of friendly people."

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Dale was able to see some of the snowshoe and hockey events, but other members of the team fell to a bad cold that swept through the Special Olympic village. Despite that, the team played four solid games over three days, ending up against Ontario, North Bay for the finals.

"It was a nail-biter," recalls Coach Cameron "We were one up, coming home with the last rock." Skip Richard's decision to not throw his final rock sealed the medal for the Powell River, and BC. The team won bronze for their division.

Lance couldn't stop grinning when they won. He smiles as he remembers, "It felt good." Even for Dale, who enjoyed the travel and the camaraderie, "the best thing was getting the medals."



**HURRY HARD:** Sweeper Lance Barker runs after skip Dale Eckert's rock.

The whole team is rightly proud of their accomplishments.

Back home, Lance appreciates the new roof on the Powell River Curling Club. "It makes a difference; the sheet is much smoother. It was harder to read the rock before." Lance plans to continue with curling. "It is a game to me," he says "I

am following in my grandfather's footsteps." He has been playing for three years and is also a strong swimmer. All of the team members are also involved in other sports.

The Thursday Ladies League shares their ice time with the "Special O's", and enjoys playing against them; but they don't let them win. The team has to earn every point fair and square.

Special Olympics is about gaining confidence and achieving together in sports. The players can get frustrated, and they have to work through those feelings in order to play on. The medals are a fine symbol, but the true prizes are participation, friendships, and positive self esteem. Cameron sums it up, "Having fun is the goal for the team, winning is a bonus." **PR**

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or phone 604.483.3231

please include for registration:

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- if you have an extra seat for carpooling (some participants don't have garbage hauling transportation)

site reporting:

- provide a detailed location
- description of refuse
- estimate of the amount (ex. 1 truck load)

**April 28  
10am**  
Registration at Willingdon Beach begins at 9:30am

MANTANTA on the coast will be providing free food for the participants, serving up Lois Lake Steelhead! Draw prizes will be as amazing as always.

**POWELL RIVER REGIONAL DISTRICT**



# A growing concern

By Jonathan van Wiltenburg • edenhort@gmail.com



**A**s the asparagus and rhubarb patch starts to produce, I thought it would be pertinent to recommend a few (possibly unknown) perennial vegetables for our region. Perennial vegetables are some of the most easy, carefree vegetable you can grow. If you treat them right they will produce year after year with not much fuss.

## Asparagus—*Asparagus Officinalis*

Certainly not unknown, asparagus is an easy, delicious, must have in every garden. Plant asparagus in a sunny, deep, well-drained location. I have seen rogue plants completely ignored produce well. So it is a perfect plant for even the beginner. You need to let the young crowns establish for three years before you harvest it. The spears usually pop out of the ground sometime in April and at that point you can begin to harvest for the next six weeks. Do not to get too greedy, you must leave some spears behind so the plant can sustain and bulk up for next year. Once the plant is established you can divide it and spread it around the garden. One of the best cultivars “Guelph Millennium” is promised to sustain production long after other cultivars begin to diminish.

## Globe Artichoke—*Cynara cardunculus var. scolymus*

Definitely one of the most decadent vegetables we can grow on the west coast. There is nothing more regal than slowly eating a fresh, steamed artichoke from the garden. With large fleshy silvery green leaves and bulbous blue spiked flowers, they are an interesting addition to the vegetable garden or perennial border.

The plants reach a metre tall and produce large fleshy looking flowers on the top of the growing tip. The flowers are the part we eat, so it is important to encourage growth aimed to flower production. A sunny well-drained location, with possible shelter from the wind and rain is best. Artichokes can handle being on the drier side, so water less frequently than other vegetables. They are easily grown from seed, and can produce flowers in the first year. They are prone to getting black aphids, but they are easily dealt with by spraying with a garden hose.

## Perennial Arugula—*Diplotaxis tenuifolia*

This arugula is fantastic. A gentleman living in Okeover introduced it to me, and since then it has become a hit in the garden, and a staple in the salad bowl. Most types of available arugula are annual, but this type just keeps coming back fuller than years previous. The leaves are thin and jagged, and have a superb hot nutty flavour, combined with a great texture that surpasses that of the common annual types. It is easy to care for, hardy, with no disease or pest problems.

## Culantro—*Eryngium foetidum*

No, it is not misspelled. As the name Culantro implies, this plant is an alternative to cilantro (*Coriandrum Sativum*). Common cilantro can be a pain to grow, and it almost needs continuous seeding to provide a good crop. Not so with culantro. Culantro is a herbaceous perennial herb that is very similar in taste to cilantro (some say better), with longer slightly tougher leaves. The true bonus is it is hardy to Zone 8! Culantro grows in a rosette form, and can be grown in sun to part shade. It is prone to bolting when the heat arrives and days get long, so planting in partial shade may diminish this effect. This is the first year I managed to find seeds for culantro, and it is sure to be a wonderful addition to the culinary garden. **PR**

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May 7-10	<b>Okanagan Casino Trail • with Malaspina Coach Lines</b>	
May 11-13	<b>'Brigadoon', Victoria Operatic Society • &amp; Victoria Garden Tour</b>	
May 19-22	<b>4-Day Casino Trip • Lower Mainland</b>	
May 28-30	<b>Explore Northern Vancouver Island</b>	

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## Volunteers needed!

We would like to invite you all to apply for this year's event. Applications are now available on our website under festival information. Last year's volunteers, please fill out our new form.

This year's event is June 1st, 2nd & 3rd at the Beach Gardens Resort & Marina. Check website for more details... [www.powellriverblues2012.com](http://www.powellriverblues2012.com)

# Religion vs spirituality

## Tsunami or gentle tide of change?

By Jeanette Scott

When I asked *Yahoo* if there is a difference between religion and spirituality, I was immediately provided with 321,000,000 results; *Google* offered a mere 23,500,000. Needless to say, I was not all that surprised when the first site that I accessed informed me that presently this is the most often asked question on the internet.

So it would seem timely indeed that those planning the Interfaith Fair scheduled for April 21 at Dwight Hall chose to host an open panel discussion to consider how religion, faith and spirituality differ from one another.

If one simply considers the etymology of the terms, the differences are abundantly clear but it would seem that it is in the way in which an individual sees, or fails to see, relationships among these concepts that the discussion becomes interesting.

The word spirit is rooted in the Latin *spirare* — to breathe. The term bears strong connections to those used in other languages to describe the life force. Faith is rooted in the Latin *fidere* which means to trust. For the most part, then, faith and spirituality are interconnected since spirituality is the path by which the individual chooses to live out his or her faith in whatever he or she determines to be the life-giving force.

There is some disagreement as to whether the word religion is rooted in the Latin *relegere* which means to read again or *relig-*

*are*, meaning to bind fast. In fact, both words reflect something of those shared systems through which individuals practice their faith since all religions embrace sacred texts and rituals that provide a discipline within which faith is nurtured.

What seems to be at issue presently is a growing disillusionment with the institutions representing specific religions. Some step away from the faith of their parents because they are bored or feel constrained by the dogma and what they see as outdated rituals; others have suffered abuse of one sort or another and still others are concerned that more resources are being devoted to the maintenance of buildings and bureaucracies than they are to supporting the stewardship of creation and helping the marginalized of society. At the same time, some who remain within the institution, consider those who have stepped out on their own to be flaky and, in other cases, downright sinful.

Diana Butler Bass shed some interesting light on this debate through her most recent publication, *Christianity After Religion: The End of Church and the Birth of a New Spiritual Awakening*. According to Bass, there has been a significant shift over the past couple of decades between those who consider themselves “religious but not spiritual” and those who claim to be “spiritual but not religious.” Yet she remains positive in suggesting that the current disillusionment with organized religion is “only the beginning of a new Great Awakening.”

As we consider the various points of view being expressed, we may well be led to ask “Is what we are seeing a tsunami or simply a gentle tide of change?” Perhaps it is both.

If you would like to wade into this debate or merely dip your tippy toe in the conversation, be sure to attend the Interfaith Fair on April 21 from 9:30 am to 4:30 pm at Dwight Hall. [PR](#)



### FREE *sherpa* TRAINING

April 1, 14, 21 & 22

Training sessions are coming to the Complex for volunteer “sherpas.” Learn what’s involved being a “sherpa” from the perspective of the pulling (front) and guiding (rear) positions and experience what it feels like to be a rider. Please join us in the Complex lower parking area at the entrance to the Willingdon Beach Trail • Time: 2 – 3 pm

You need only attend one session (unless you’d like to do more) in readiness for volunteer opportunities during our upcoming programming which will run starting in mid-May.

For more info, contact  
**CC** or **Raymond** at PRMOS  
 604 483-9867 or [info@prmos.org](mailto:info@prmos.org).

The PREP Society & Powell River Diversity Initiative present

# Interfaith Fair

## BELIEVE IT OR NOT...

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**Saturday, April 21, 9:30 – 4:30**  
**Dwight Hall, 274 Walnut St, Townsite**



Open Panel Discussion      Interactive performances and entertainment all day  
 Children’s Corner, Youth Area & activities all day  
 Free entry, free snacks & refreshments, free transportation

Register for “12 Steps to Compassion” workshop

To get involved or for information, please contact  
 Evangeline MacDonald, Coordinator or Lana Zral, Event Assistant  
 Powell River Diversity Initiative • 604 485-2675 • [interfaith@prepsociety.org](mailto:interfaith@prepsociety.org)



## Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

**A** new spoil-yourself opportunity has arrived. **Tereza's Day Spa** is now open in her beautiful Marine Avenue home. Tereza has moved here from West Vancouver where she had a successful day spa business. She brings with her 25 years expertise in this industry. Originally from Germany, she and her husband moved here to semi-retire. You'll find the spa at 3470 Marine Ave in the Grief Point area, where she has created a warm inviting space to treat you to a relaxing session. Tereza invites you to enjoy her new relaxing atmosphere and benefit from her extensive knowledge in skin care, featuring remarkable results for mature skin, pigmentation disorders, acne/skin impurities, stretch marks, age spots, UV damaged skin and much more. Tereza offers facials, pedicures, massage, light therapy, waxing, and other special body treatments. Find out more at [www.terezadayspa.com](http://www.terezadayspa.com) or call 604 485-8265.

Jeff Rowley of Iguana's Mexican Grill opened **Coasters and Frisbees Records** at 7053F Glacier Street on April 1. "My main focus is on vinyl," said Jeff. "Buying, selling and trading records." If you have old records sitting in your basement gathering dust, bring them into Coasters and let Jeff look at them and tell you what they are worth. He is particularly looking for punk and metal records, but is interested in any genre. For more info, call 604 485-7967 or visit his Facebook page. Coasters is open Tuesday to Saturday from noon to 5 pm. Some people say records are making a comeback. "Records hold their value better than CDs do." Coasters will also buy and sell used CDs, and carry vinyl art, body jewellery, turntables and needles.

Roberto Ius and Barry Kosturos opened **Priority One Heating & Cooling** on February 15. Roberto is a long-time Powell Riverite and respected tradesperson. Barry recently moved to Powell River with his wife, Louise Williams, also a long-time

Powell River resident. Priority One services and installs heat pumps and gas furnaces and tankless hot water heaters. Their slogan is: "We're the good guys your friends told you about." To contact Roberto or Barry, call 604 485-4677.

**Connect Hearing** (formerly Island Hearing) has a new Registered Hearing Instrument Practitioner (RHIP). Born and raised in Powell River, Shannin Wagemans has been with Connect Hearing since 2005 first as an Audiometric Technician and now as a practitioner after recently graduating from university after completing her diploma program. Island Hearing was recently rebranded in 2010 to "Connect Hearing" to reflect the growth of the company across Canada. The company has been in Powell River for over 15 years and started out as a single clinic in Victoria, BC in 1978. "From one clinic in Victoria we have grown to over 110 clinics across Canada, hence the need to re-brand," Shannin says. "We have also expanded our operating hours to full-time, Monday thru Friday 9-5pm. We offer complimentary hearing tests, hearing aid evaluations, hearing aid repairs, custom noise protection, assisted listening devices and more." It's located at 6935 Harvie Street at the corner of Harvie and Joyce Avenue across from Quality Foods, in the same medical building that houses Dr. Hobson, Dr. Marantette & Dr. Makarwicz. Call receptionist/aud tech Lisa at 604 485-3028.

In our recent welcome to **Ferns to Firs Tree Care**, we neglected to include their phone number. You can reach John Meilleur at 604 483-7774. **RL**

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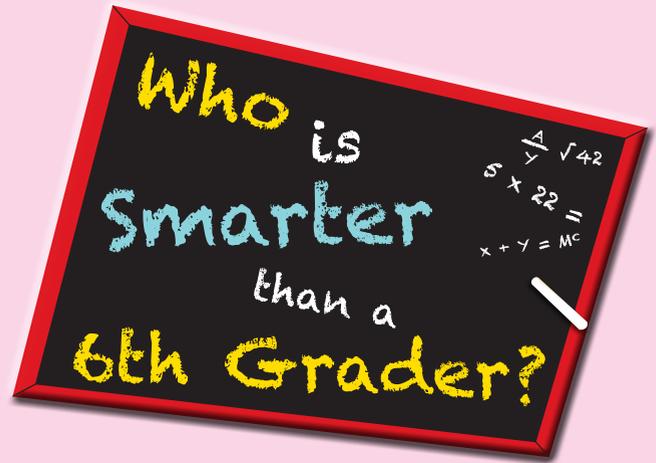
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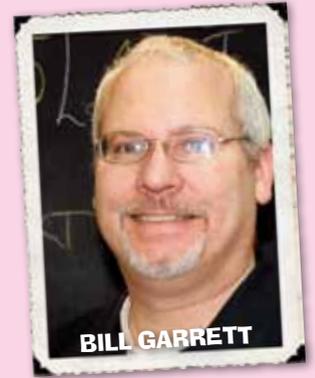
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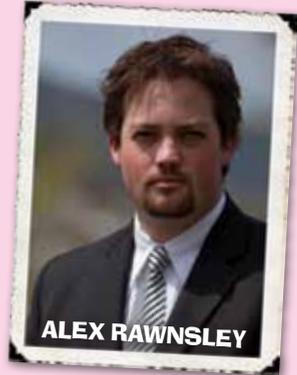
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Doors 6 pm • Show 6:45 pm  
Max Cameron Theatre at Brooks



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# Powell River Living COMMUNITY Calendar

## APRIL

**April 1:** Free TrailRider sherpa training. Learn how to pull or guide a TrailRider, and experience what it feels like to be a rider. Recreation Complex lower parking lot from 2-3 pm. Info at 604 483-9867 or info@prmos.org.

**April 4:** She Stoops to Conquer - National Theatre broadcast, 7 pm at Max Cameron Theatre. Tickets \$20/adult, \$18/Senior, \$10/Youth. www.nationaltheatre.org.uk.

**April 12:** Art show by Caroline Jobe. Opening reception 7-9 pm at Malaspina Art Society exhibition space located at Vancouver Island University. Show runs to May 8. For more info visit www.artpowellriver.ca

**April 12:** LocalMotion - celebrating Powell Riverites in the Outdoors - James Thomson's 2nd annual slideshow fundraiser. 6-9 pm in the Max Cameron Theatre. Family event featuring stories and images about Arctic kayaking, Desolation Sound, mountain biking and lots more. Admission by donation. Refreshments and snacks for sale. Proceed go to JT's DIGS schoolyard enhancement project. For more info email morchailo4@yahoo.ca.

**April 13:** Free Community Dinner at Westview Baptist Church (3676 Joyce Ave, on Bus route #2), from 4:30 - 6:00 pm. For more information contact admin@westviewbaptistchurch.com or call 604 485-9607.

**April 14:** Beyond Scrabble, hosted by Powell River Sunshine Gogos, 1-4 pm in the United Church Trinity Hall (6932 Crofton Street). Admission by donation. Come on your own or make up a team. Door prizes, auction, light lunch and refreshments available. Gogo totes and more for sale. Proceeds go to the Stephen Lewis Foundation to support the Grandmothers to Grandmothers Campaign. This program assists African grannies who care for children orphaned by AIDS to pay for school fees, uniforms and food.

**April 14:** RCMP Regimental Ball at Dwight Hall.

**April 14:** Powell River Writers Conference hosts a Writer's Social in the foyer of the Baptist Church. Bring you writing and receive tips from experienced authors. Book fair, refreshments, open mic, admission by donation. Contact Barb at 604 485-2732 or email dreambg1@shaw.ca for info.

**April 14:** Sixth Annual Okeover/Powell River ALS Walk and Benefit lunch. Registration begins at 9 am at the Laughing Oyster Restaurant. Call 604483-2277 or 604414-0318 for further info, pledge forms and lunch reservations.

**April 21:** Interfaith Fair, 9:30 - 4:30 at Dwight Hall. Over 20 different belief groups will be represented. If you are curious about what who believes what, this is the place to ask

questions and be entertained! This is a free event and includes info booths, entertainment, panel discussion, prize basket complimentary snacks and refreshments. For more info or to volunteer, contact Evangeline or Lana at 604 485-2675 or interfaith@prepsociety.org.

**April 27:** Ages and Stages event from 9:30 am-1 pm. A free, fun day for 2-5 year olds, where you can learn about your child's development. Complex Upper Level.

**April 27:** Second Annual Memoir Masala - Memoirs, music and munchies. Free event with readings of short selections from graduates of the Memoir Writing for Seniors course. 6:30-8 pm in the Complex Elm Room. For info call Sandra at 604 485-4796 or email stonn@powellriverlibrary.ca.

**April 27:** Top country musician and songwriter Ron Irving, who hails from Powell River, will be performing a dinner show at Eagles Landing Bistro. Seating is limited and reservations are recommended. Call 604487-1050.

**April 28:** Ron Irving, of the top Bootleg Canadian Country group, will perform at St David & St Paul Anglican Church and will include some inspirational songs. He will be joined by local musician and friend Ron Campbell, along with The EnsemBelles. Tickets available at Rockit Music and the Anglican Church.

**April 29:** PRPAWS Annual Marathon Shuffle. Meet at the Shinglemill parking lot at 7:30 am for sign-in and car pooling to the start. Finish at the Shinglemill Pub - Lower dining room available for group. Children welcome.

**May 6:** PR Garden Club pant sale at the Curling Club. For more info call Ellen at 604 487-1304 or email edecas@travel-net.com.

**May 7:** ALS Support Group, 2-4 pm Conference Rooms 2 & 3 on the First floor of Powell River General Hospital. Contact co-ordinator Danielle Lessor at 604 485-0201.

**Call for Artists:** The annual Powell River Studio Tour is issuing an open call for artists wishing to participate in this year's event. Now in its 8th year, the popular self guided tour showcases local artists and their studios in locations from Saltery Bay to Lund. This year's event will take place Aug 25 & 26th, 10-5 PM. For more information and artist signup, please visit www.powellriverartists.com.

**ORCA:** (On the Road with Children's Activities) programs run Monday to Friday. For full schedule info visit www.succesby6powellriver.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.

**Sundays:** Powell River Horseshoe Pitching Club, drop in of all ages 6-96 years young, takes place from 9:30 am - 12:30 pm, at the Complex, April to September. Anyone can join. Shoes are available. For more info contact Jim Hoffman at 604 483-4853 or Lorraine Hubick at 604 485-5589.

**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.

**Mondays:** Cinch card games at RC Legion #164, 7 pm. Newcomers welcome.

**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:** 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 604485-06396 or Rhonda Ellwyn at 604 483-3304 for info.

**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:** Parkinson Support Group (Jan-June &

Sept-Nov), 1:30 pm, Trinity Hall of the United Church. For more info call 604 485-9129.

**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 from 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:** 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 info.

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

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

**Thursdays:** West Coast Swing dancing and lessons. Beginners or advanced welcome. Single or with a partner. 7-9 pm at the Carlson Community Club. \$2 drop-in.

**Thursdays:** Crib Club at Lang Bay Hall, 7 pm. 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 info about "Rhythm Circle Time" & "Bi-lingual Playgroup".

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

**Saturdays:** Ham radio enthusiasts meet at 10 am at A&W. Everyone welcome.

**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.

Please submit calendar items to  
bonnie@prliving.ca by the 20th of each month

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**METROPOLITAN OPERA**  
LIVE IN HIGH-DEFINITION

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**MANON**

4 HRS ENGLISH SUBTITLES

**Saturday**  
**April 7**  
**9 am**

Opera Insights  
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for discussion of  
**MANON**  
Tues, April 3, 6-8 pm  
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**LA TRAVIATA**

3 HRS ENGLISH SUBTITLES

**Saturday**  
**April 14**  
**9:55 am**

Opera Insights  
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for discussion of  
**LA TRAVIATA**  
Tues, April 10, 6-8 pm  
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## Powell River Living FACES of EDUCATION

# Education opens doors

**W**hen Rita John was studying nursing at UBC she never dreamed that one day she'd be sharing information about human sexuality with school students. Come to think of it, she didn't think she'd be School District 47's Early Learning Coordinator either.

Rita smiles as she explains how her life's journey has unfolded and opportunities she'd never considered presented themselves all because of her education and interests.

"I have a ying and yang world," she says, balanced between academia and creativity.

Rita grew up in Powell River and graduated from Max Cameron in 1978. She took a year off after high school and travelled to Denmark where her relatives live. It was there that she learned traditional fibre arts. "I went to a school in Denmark that is intent to keep the culture and tradition alive by teaching these skills to young people," said Rita. At this school, Rita learned how to make bobbin lace, weave, spin and create things with fabric. "I even made a pair of shoes."

That experience and the skills she learned in Denmark have provided Rita with a lifetime of pleasure and when she is not at work she spends time weaving, spinning and making bobbin lace. "I have three looms, two spinning wheels and a sewing machine," she says "but I mostly weave now."

When Rita returned to Canada she went to UBC where she studied nursing and specialized in pediatrics. After graduation, Rita worked in an intensive care nursery at the Children's Hospital. The work was demanding and intense but Rita loved it. But then she and her husband Eirian began their own family and decided they didn't want to raise their family in Vancouver so they moved back to Powell River. Rita worked casually on the pediatrics ward at the Powell River General and then for the health unit teaching prenatal classes. "By now I had my little boy and was pregnant with my daughter."

Around this time, public health was looking at starting the BOND (Babies Open New Doors) program and Rita was involved in setting it up.

Not long after, Vancouver Island University (then Malaspina College) asked Rita to put together a nutrition, health and safety program for family daycares. "This was my first connection with the early childhood educators of Powell River," said Rita.

In 1995, Rita began working for the school district. "At that time we had a high teen pregnancy rate. Not everyone is comfortable talking about human sexuality and so the school district decided to put together a program that would offer teachers' help if they wanted it."

With her education and background, Rita was a perfect fit. "There was real fear at first," Rita recalled. "There was a lot of concern in the community about how the information would be presented and that Powell River would have its own curriculum."

For the next ten years, Rita delivered the human sexuality program for the school district. "It was a fantastic job. I wanted kids to have the opportunity to find out the real information about what was happening to their body and to increase their comfort level talking about things that concerned them."

Rita was amazed by the questions the students asked. She also enjoyed seeing how students became more comfortable talking about human sexuality as the years progressed. She began visiting classes in Grade 4 and continued right up until Grade 10.

"In the last class we had together every student had to submit a piece of paper with either a question on it or something they learned or something they wished they learned.

I'd go through all of these in class, answer the questions, and discuss the comments made."

In 2007, Rita switched jobs to become the school district's Early Learning Coordinator. "There was a change in the Ministry's focus in 2006 and school boards expanded their focus to include pre-kindergarten."

As the connection between the Ministry of Education and Powell River for early learning, Rita's job includes overseeing the four Strong Start programs. There is a Strong Start program at Henderson, James Thomson, and Kelly Creek Schools and an outreach Strong Start program on the ORCA bus.

The ORCA bus is unique in its role. Because the ORCA bus is mobile, it can go to the children instead of having the children come to it. "The School District and Success By 6 have worked very hard to make sure we provide a program that works for families who live remotely, she said.

Rita also coordinates all the Ready, Set, Learn programs that are part of the school district's readiness for students. Another part of her job that Rita loves is the Roots of Empathy program that she coordinates. "Roots of Empathy trained instructors follow a curriculum that invites families with a young baby to visit a kindergarten classroom in Powell River. It's an anti-bullying program that focuses on a young baby in the context of its relationship with the mother and the rest of the family."

Rita chairs the BOND steering committee and is the chairperson of the Board at Powell River Child, Youth and Family Services Society. **RL**





# FamilyFriendlyPowellRiver.ca

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**and we all need help from time to time.**

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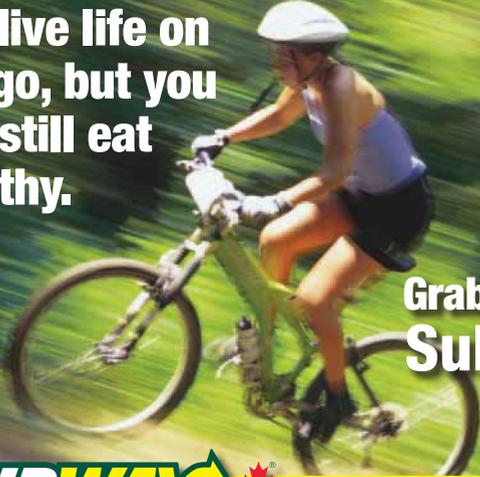
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