

Powell River LIVING

Showcasing the best of Powell River

Our
Annual
Pets Issue

Puzzle Man!

New app for your phone
& a new feature for
your magazine

Watch out Garfield

Ginger the cat's in the funnies

Prawn season

A tasty economic boost

MAY 2012



FREE

Stay **COOL** this summer, **WARM** in winter,

and don't pay until next summer!

LiveSmart rebates end March 2013. Don't miss out!

There's no better time than now to act!

**Why wait?
Take 12
months to
pay!**



Installing an efficient heating & cooling system is the **green thing to do** — for the **environment** and for the long-term health of your **wallet!**

- Energy Efficient Heat Pumps
- High Efficiency Furnaces
- Ductless Heat Pumps
- Tankless Hot Water
- Regency Gas Fireplaces

Free 10-year Parts & Labour Warranty

Locally owned & operated in Powell River

tempco

Heating and Cooling Specialists

4493F Marine Ave • 604 485-5352

www.tempcohv.com

1st Annual Spirit Day

Sunday, June 3rd at Larry Gouthro Park
Come celebrate with us — there's something for everyone!

- 12th Annual Spirit Run
Registration 8:45 am
- 1st Annual Adventure Race
Registration 10:30 am
- Family Fun Events ~ 11 am - 2 pm
Games, food, fishing pond, fire truck & other Emergency Services displays, coin collection weigh-ins
- Canadian Blood Services ~ present for stem cell donor registration.

www.DennistonSociety.org

Pre-register via our website to save time and to ensure you are all set to go for the day's events. Or call or drop in for info.



The Bruce Denniston
Bone Marrow Society

We thank the many volunteers who donate their time and talents to make this event possible.

4484 Marine Ave

604 485-8488

What do we design & print?

- Business cards
- Rack cards
- Brochures
- Flyers
- Coupons
- Raffle tickets
- Reports
- Magazines
- Catalogues
- Gift certificates
- Bookmarks
- Books

What else do we do?

- Create or edit content for your brochure, website or other marketing materials
- Short run printing, in-house
- Laminating, light to very heavy

Marketing Tools

Do you need help marketing your business? We will design a custom plan that addresses and implements all your goals... within your budget!

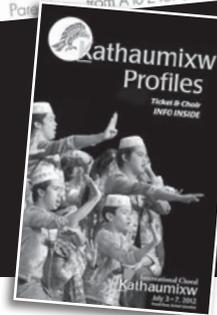
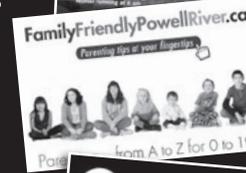
www.WorksConsulting.ca

Robert Dufour,

WORKS
consulting

Print & design that works

604.485.8381 • robert@worksconsulting.ca



Strengthening friendships and building new ones...



Our Grand Launch of programming will be on Saturday May 12, 2012

For updates please check our website www.prmos.org

Hear from TrailRider co-inventor and former Vancouver mayor Sam Sullivan!

Our programs will run mid-May through mid-September bringing volunteers and people with mobility challenges together for hikes and other activities!

Please contact us for details: info@prmos.org

TrailRiders are also available for rent year-round for a nominal fee... (\$10 per day).

KINDERGARTEN

Health Fair 2012

coming up May 31, June 1 & 4

All parents with children entering Kindergarten in September 2012 are invited to attend.

Please call 604 485-3310 to book an appointment.

Please have your child's care card number available for the receptionist to book your appointment.

Children will be offered their Diphtheria/Pertussis (**Whooping Cough**)/Tetanus/Polio booster (given in a single immunization) and their 2nd Varicella (Chickenpox) immunization.

They will also be offered hearing, dental, vision and speech & language screening.

Thursday, May 31 • Friday, June 1 • Monday, June 4

Early booking is recommended. Appointment times vary.

Please plan on being at the Health Fair for about 40 minutes.



Powell River Community Health

3rd Floor, 5000 Joyce Ave, at the back of Powell River General Hospital. Road access & parking from Kiwanis Avenue.



9



12



13

CONTENTS • MAY

- 5 In this issue**
Pets and their people
- 6 What's Up Powell River?**
Run, ride and explore upcoming events
- 8 Save the Pat gets a boost**
Credit Union scores big grant
- 9 Local cat is famous**
Ginger and Graham Harrop's cartoons
- 12 Pet tips**
Buckle up, dog park etiquette and more
- 13 Little Red Hen**
Diapers help chicken be an indoor pet
- 15 Bike to Work Week**
Celebrate each day May 28 to June 3
- 18 Our new dog**
Kids tell the story of the rescue
- 20 Second language help**
EASE program helps students integrate
- 21 Henderson House restoration**
Townsite home back to its glory
- 22 Blind dog sees again**
And remembers what it was like
- 23 Lund Shellfish Festival**
May 25 to 27
- 25 It's prawn season!**
Million-dollar industry boosts economy
- 27 Pardon My Pen**
Cleo visits the vet
- 28 A Growing Concern**
Plant the right way for success
- 29 Business Connections**
New companies and changes
- 30 Therapy Dog Program**
Good for all involved
- 30 The Right Fit**
Isabelle tries Pilates
- 31 Puzzle River**
Local puzzler brings app to your phone
- 32 Airline helps SPCA**
Transporting animals to new homes
- 34 Faces of Education**
Ken and Carol Cawley at Brooks

ON THE COVER

Alan Morgan is introducing a new app to the iPhone and a new feature to *Powell River Living* magazine.

Photo by Sean Percy

Powell River Living CONTRIBUTORS



NICHOLAS, ISABELLA & SAVERIO COLASANTO became the proud owner of a SPCA rescue puppy they have named Cagney (yes, after the TV show).



SUSAN MCCALLUM was born and raised in Powell River. When she retired after 33 years of working for the City of Powell River, she began writing short stories. Susan enjoys the outdoors as well as reading, knitting and time with her family. Holding *Red* is her daughter, Shauna.



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

I like pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals.

Winston Churchill (1874–1965)
British Prime Minister

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



ISSN 1718-8601

Volume 7, Number 4

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

Publisher & Managing Editor

Isabelle Southcott

Associate Publisher & Sales Manager

Sean Percy

Graphic Design & Production

Robert Dufour, Works Consulting

Office Manager

Bonnie Krakalovich

Sales & Marketing

Lindalu Forseth

No part of this publication may be reproduced without prior written consent of the publisher. While every effort has been made to ensure accuracy, the publisher cannot be held responsible for any errors or omissions that may occur. © 2012 Southcott Communications. We reserve the right to refuse any submission or advertisement.

Complete issues are available online at:

www.prliving.ca



Powell River Living IN THIS ISSUE

Pets and their people

Do you talk to your pet? I mean really talk to your cat, dog, horse or rabbit beyond the usual perfunctory “Come Rover,” or “Good boy?” I talk to our Nova Scotia Duck Tolling Retriever and I believe that Hunter Pumpkin understands a certain amount of what I say. Whenever someone says “puppy cookie,” “walk,” “scrumblies,” “Where’s your tennis ball?” or “Where’s Squeaky?”, his ears perk up and he’s off and running. Sadly, the same doesn’t always happen when I talk to my teenagers.

I recently read an article about Rico, a border collie who understands more than 200 words and can learn new ones as quickly as many children. Hunter isn’t as well educated as Rico but there’s no doubt in my mind that dogs are pretty darn smart.

Like people, dogs suffer from stress. Two years ago I purchased a house in the Townsite. It was riddled with rats and within days of moving in Hunter began having panic attacks. At first I thought he was having a seizure but a visit to the vet confirmed this wasn’t the case. After the house was renovated and rat proofed, Hunter’s panic attacks stopped. But then, two months ago, he developed a dishwasher phobia. Whenever it is turned on, he begins panting, shaking and gets agitated. So now Hunter goes to the office when the dishwasher is turned on!

Animals fill a special place in our lives, which is why so many of us have pets and why *Powell River Living* publishes an issue each year with a focus on pets. Businesses that provide services for pets

play an important role in our economy. We have two vets in Powell River, a number of groomers, animal feed stores and suppliers of pet and livestock needs. There’s even a new pet store that’s part of a national chain opening here soon.

Beyond that, pets help people. There’s a story on page 9 about a cat named Ginger who lives at the Olive Devaud. This pet provides joy and love to many of the folks who live there. For providing pleasure, all he asks is that he is fed, loved and cared for in return. Simple, huh?

Unfortunately it isn’t always that easy. Every year thousands of pets are abandoned. Many, but not all, of these homeless animals are rescued by the SPCA and given their forever homes like Ginger the dog. See that story on page 22.

Pets also mean exercise. When I was a teenager, I’d spend endless hours riding my horse and doing barn chores. I don’t have a horse anymore but Hunter makes sure I keep my commitment to him and there aren’t too many days that pass when I don’t take him for a walk.

This issue is not only about pets. This month, Powell River celebrates its third Bike to Work and School Week. Read the story on page 15 and register a team at www.biketowork.ca/powell-river.

Townsite Heritage Society presents its second Heritage Home Tour on May 12. If you’re thinking about doing some work on your house, checking out what others have done is a great way to get ideas and support the heritage society at the same time.

The popular Lund Shellfish Festival is back on the May 25-27 weekend. If you haven’t made it out to this yet, try to do so this year. It’s a lot of fun and tastes good too.

Until next month, happy reading! **RL**

Isabelle Southcott

Isabelle Southcott, Publisher • isabelle@prliving.ca

**Spring is here...
get outside and build!**

**Valley is now stocking
a wide variety of cedar
from rough-cut to S4S.**

Perfect for all your outdoor projects!

Valley 

Where Valley means value!

4290 Padgett Road, Powell River, BC V8A4Z2 www.valleybuildingsupplies.com 604 485-9744



What's up? POWELL RIVER

Catch the SPIRIT

Spirit Day comes on June 3 at Larry Gouthro Park, next door to the Bruce Denniston Playground on Manson Avenue. Everyone is invited to celebrate the spirit of fun with music, face painting, balloons, games for kids and food.

The annual Spirit Run will see runners participate in 5km, 10km and half marathon routes. Registration begins at 8:45 am with the relay and half marathon starting at 9:30 am. The shorter runs begin at 10:30 am.

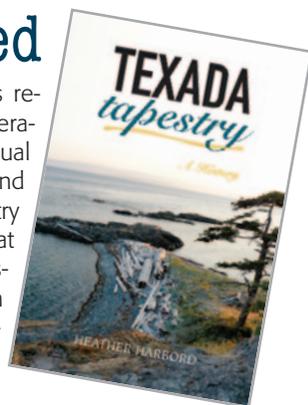
For the adventurous, form or join a team and be the first to finish a course that includes treasure hunting, geo-caching and photography scavenger hunts as you participate in the first adventure race. Registration for this is at 10:30 am with the event beginning at 11:30.

As well, Canadian Blood Services will provide information at 11 am about the need for stem cell donors. There will be live interviews with people in our community whose lives have been saved by this.

For more info email bdmarrow@uniserve.com or call 604 485-8488.

Local author recognized

Heather Harbord's book *Texada Tapestry: A History* has received an Honourable Mention in the BC Historical Federation's Competition for Historical Writing for 2011. The annual awards recognize books that feature outstanding stories and writings about British Columbia's history. *Texada Tapestry* provides an in-depth look at the people and places that have contributed to the fascinating history of the largest island in the Strait of Georgia. Heather's dedicated research includes over a hundred interviews with locals and old-timers. Well done Heather!



Thrive & shine

Celebrate Mother's Day by taking in the fourth annual **Thrive & Shine Women's Walk/Run**. The fun gets underway at 2 pm beginning at the Powell River Academy of Music. Money from the run goes to Grace House.

Organizer Gerrimae Sepkowski says the 5km and 8km walk/run is famous for the bra and bikini markers in the trees. Men's boxers mark the wrong way. "We have musicians along the trails and there are water stations with jelly beans."

Women of all ages are encouraged to participate. Men are encouraged to support the event, however only women can participate.

Early registration before May 5 is \$25 and after it is \$35. Girls 15 years and under are \$15 per child. Children under five are free. Late registrants need to register at the event at noon on event day.

Celebrating TrailRiders!

Vancouver Mayor Sam Sullivan will be in Powell River on May 12 to celebrate Powell River Mobility Opportunities Society's (PRMOS) grand launch of programming and acquisition of its own trailriders.

Sullivan is the brainchild behind the TrailRider says CC Duncan of PRMOS. She is thrilled that Powell River now has three TrailRiders and thanks the community and friends for all their support.

The event gets underway at 12:30 pm as seven TrailRiders "hike" their way down the trail from the lower parking lot of the complex to Willingdon Beach. A spectacular afternoon of entertainment begins at 2 pm at Willingdon Beach under the Rotary Stage with local sensation Neko Rei and Chopstixx. Sliammon Elder Dr. Elsie Paul will share her blessings with Sliammon First Nations Spirit Singers and Nun Kum Dancers. A community barbecue by Co-Ex will follow.



Congrats Dr Adams

Congratulations to Dr Evan Adams of Sliammon First Nation for his appointment as deputy provincial health officer for British Columbia last month. Adams, 45, is accomplished in many areas. Not only is he a physician, but he is also a playwright, an award-winning actor and a stage performer. He won a Gemini last fall for co-hosting the National Aboriginal Achievement Awards.



MARKET OPEN

The Open Air Farmers' Market is now open Saturdays from 10:30 am to 2:30 pm and Sundays from 12:30 to 2:30 at the Paradise Valley Exhibition Grounds.

The market gives people a chance to buy locally grown food at its freshest. The Market is open until October.



7 Heritage Homes

Don't miss the second Heritage Home Tour of seven fabulous Townsite homes on Saturday, May 12 from

10 am to 4 pm. If you are curious what these charming old homes look like inside, here's your chance to view homes that were not on the previous tour. Get your tickets from the Townsite Heritage Society office at 6211 Walnut, the Patricia Theatre or Breakwater Books. Tickets include photos of each house plus their history written by Karen Southern. Call 604 483-3901 for more info or the-townsite@shaw.ca.

Oops!

Members from both PR dragon boat clubs volunteered their time to introduce Grief Point

Elementary students to dragon boating.

In the April issue of *Powell River Living* we did not mention that members from the Powell River Dragon Boat and Paddling Club also volunteered their time. This club has a mixed team (Pearl Warriors—men and women paddlers of all ages) and a senior team (Silver Dragons—men and women age 55 plus).

For more information about dragon boating or to find out how to get involved, visit powellriverpaddling.ca.



Brothers of the Beard

Members of **Steamplant Hockey Club** are growing their beards for six months to raise money for BC Children's Hospital. You may have spotted the Beard Brothers around town. They are holding monthly dinner fundraisers, selling t-shirts and firewood, and are collecting pledges. Since January 1st they have raised more than \$9,500. The next Beard Bash is Saturday May 26th.



Kitty Clemens RHN

Board Certified in
Practical Holistic Nutrition &
Certified Breast Cancer Coach

10 WEEKS TO **WOW!** Group Programs Available



Want to lose weight before summer? There is still time. To find out what this program can do for you, and for a **FREE Health Assessment**, call today.

4585 Marine Ave • 604 489-0200 • pro_active1@gmail.com



Perfect Fit

Sewing & Alterations

Guadalupe Dufour
lupitad@telus.net
604 483 1800



I approached Guadalupe with only a bunch of clippings and crazy ideas in my mind for my wedding dress. She exercised her 'magic' with smiles and expert advice. A few weeks and fittings later, I was exactly what every bride-to-be dreams of: a beautiful Princess!

—Nadyne Thibeault

Girls, get dirty!

Wednesday, May 16 at 7 pm

presented by

**Powell River
Women in Business**

"Women empowering women in business."

Do you work all day then come home to more work? Wish you could go back in time and just sit and play in the dirt all day? Join Women in Business for an evening of getting your hand dirty at **Mother Nature**. Call Bonnie at **604-485-0003** or email bonnie@prliving.ca to reserve your spot in the dirt pile.

Patricia Rescue Concerts continue

First Credit Union gets 10 GRAND for theatre

First Credit Union has secured a \$10,000 grant on behalf of the Friends of the Historic Patricia Theatre to support the theatre's digital conversion project. This conversion is necessary if The Patricia is to continue to operate. The grant, one of 18 offered by Credit Union partner Concentra Financial, is an 'Empower your Communities' grant.

"The community has really demonstrated their support of this initiative," said First Credit Union CEO, Dave Craigen, "so we knew that as a credit union, we would find a way to help. We're committed to supporting this project and making sure that we reach the fundraising goal."

This latest injection puts the fundraising total at over \$68,000. With several fundraising events planned for coming months, the momentum continues to grow and First Credit Union is pledging its support of this community-endorsed initiative. "As a cooperative financial institution, it has always been our mission to work together to support the community, and we'll continue to find ways to do that with Friends of the Patricia," said Craigen.

Nancy Hollmann is one of the organizers behind the Patricia Rescue Concert series. Like others, she has many fond movie memories. Nancy can remember watching her first movie as a child. "It was the original version of *Snow White and the Seven Dwarves* and I went there with my mother."

Next Patricia fundraising concert

Music for Mother's Day

Sunday, May 13 @ 2:30 pm

Memories of movie theatres are important to those who grew up taking them for granted. "The theatre was the best place to catch up on gossip or to become better acquainted with your friends...or that special friend," said Nancy.

The Patricia Theatre is filled with memories. "It was designed as a vaudeville theatre. It invites people in for a unique experience," she said.

Nancy and others are doing what they can to make sure The Patricia doesn't be-

come just a memory. They want to make sure enough money is raised so the theatre can switch to digital.

"Since it has a sloped floor every seat is a good one for watching not only movies but live concerts and plays."

Nancy's rescue concert is Music for Mother's Day. This recital, which takes place at 2:30 pm on May 13, will share what's been accomplished in the past year. All donations will go to The Patricia rescue fund.

"It will be a kind of revue featuring Kyle Auclair, Shannon Thompson, Megan Roberts, Zoe Pelton, Alexander Hollmann, Carol Stokes, a newly formed BarberShop Quartet and a 13-voice women's singing group called the EnsemBelles," she said. The music will range from serious to silly; from solo to groups and feature some string accompaniments plus a wild piano duet.

Other rescue concerts include: Sunshine and Sand on May 26, The Community Band Spring Concert on June 10 and Vaudeville and Burlesque for Adults on June 23. [PRL](#)

STUDENT WORKS PAINTING

Our team of hard-working, well-trained students would love to help you with any interior or exterior painting you want done this year. Allow us to drop by and give you a **free** comprehensive estimate. There is no obligation to book!

- WCB certified
- \$5 million liability insurance
- Full 3-year warranty
- Locally owned & operated

Call DAN SLADE at (604) 344-0222



Multiple Sclerosis Society of Canada
National Partner
MS Walk

Apply now for Fall 2012 & Spring 2013 UNIVERSITY COURSES

- English
- Psychology
- First Nations Studies
- Global Studies
- Liberal Studies
- History
- Criminology
- Creative Writing



Trades Programs

- Automotive Service Technician
- Carpentry Level 1
- Culinary Level 1 & 2
- Hairdressing
- Welding Level C

Support our hairdressing students • 604 485 2709



VANCOUVER ISLAND UNIVERSITY

www.pr.viu.ca

POWELL RIVER

604.485.2878

ElderCollege
Health
Online
Trades
University
Upgrading
Human Services
and much more

Watch out Garfield!

Our famous cat has his own cartoon series

By Isabelle Southcott • isabelle@prliving.ca

Vancouver Sun cartoonist Graham Harrop was visiting his mother at the Olive Devaud Residence a couple of years ago when he was introduced to a large, ginger cat.

Graham quickly learned that Ginger wasn't an ordinary cat. Not only is Ginger extraordinarily handsome, but Ginger thinks he runs the Olive Devaud. After all, the orange counter at the nursing station must have been installed because that colour sets off his orange fur quite nicely.

When Ginger isn't sleeping he can usually be found cuddling up with someone, begging for food or holding court with the residents.

"He's just so lovable," said Graham.

Whenever Graham would visit his mother, he'd hear tales about Ginger doing this or Ginger doing that. One time Graham was told about Ginger hopping on someone's walker and going for a ride.

When Graham heard these tales images began forming in his head. "Having a cartoon-type mind, I would have cartoons about Ginger forming in my head before I knew it." Graham, a Max Cameron Secondary School graduate, cut his cartoon teeth at the Powell River News under Publisher Al Alsgard. "Al Alsgard published my first cartoons. I remember him fondly and with gratitude."



PURRFECT: Ginger, the cat, thinks he runs the Olive Devaud. The large orange cat is much loved by residents and staff alike. In this picture he is shown with one of his favourites, Evelyn Reeves.

What's the **difference**?

YOU share in the profits!

We're **different**.

We share profits with our **member-owners!**

First Credit Union is proud to announce that in April 2012 **\$330,000** was shared with member-owners in the form of patronage and dividends. Based on 2011 profits, all member-owners were paid a 2% profit-share rebate on loan interest paid, 2% rebate on deposit interest paid and 2% rebate on service charges. This means that the average member with a Chequing Account, Loan or mortgage **and** Term Deposit earned over \$100 in profit-share!

From community investment to member rewards, it really makes a difference to bank with your local credit union!



Visit www.firstcu.ca for all the details.

Feel Valued. Be Rewarded.

Graham went home to Vancouver and created a Ginger cartoon for the nurses at the Olive Devaud. The next time he visited he gave it to them. "They just loved it."

Every time Graham would visit he'd hear more and more about the adventures of Ginger. Before long, Ginger had his own wall of cartoons at the Olive Devaud. Although Ginger thinks he is purrfect, not all the cartoons portray him as such. "At one point Ginger threatened to sue," said Graham. "I got a nasty call in the middle of the night..." he smiled, unable to keep a straight face any longer.

Graham even created the Ginger Christmas Story last year. He's not sure if Ginger liked it. "I waited for the call but it never came," said Graham shrugging his shoulders. "I'm assuming that is a negative review."

I love the cartoon that shows the RCMP answering the phone. "It's the Olive Devaud," says the officer. "Ginger's hijacked a walker and is heading to Lund."

To say that Ginger is a lot of fun is putting it mildly. Not every care residence has a celebrity cat living in its midst.

Not only is Graham's mother fond of Ginger but so are many others who know him. Ginger walks in and visits residents in their rooms and when he finds a nice spot to have a nap he does just that. "He manages everything," says activity worker Laurie Norman. He rides the elevator, knows how to manage the system, hitchhikes rides on people's walkers, can open the front door and used to ride the old floor polisher!

Ginger came to the Olive Devaud as a kitten. He is now 12 years old according to his file. "Ginger knows if people are ill.



GINGER



All I'm saying is: If you're going to be on switchboard, you'll need to answer with more than 'MEOW!'



I believe we have to take a vote first, Ginger !

He goes in and sits with them and comforts them," says activity worker Joan Bieber.

Ginger knows he is special. "He climbs in the back of the display case and sleeps

in the cabinet so he is on display in the case," says Laurie.

Although Ginger is fond of many people, he is particularly fond of those who feed him treats. He has a special list of people

In your Safeway Floral shop, you'll discover an array of beautiful **bouquets**, fresh-cut **flowers** and potted **plants**... perfect for Mom! We have all your **Ingredients for Life**.

OPEN 7 AM - 9 PM 7 DAYS A WEEK
604 485-1233 • 7040 Barnet Street • Powell River

Your family. Your home. Your health. Your safety.
Your decision.
Talk to the **professionals**.

agius builders Ltd
Unit 3, 7045 Field St V8A 0A1
604 485-6212
www.agiusbuilders.ca

Build it right the first time. Hire a licensed contractor.

he visits regularly because he knows they have a stash of cat goodies tucked away. One of Ginger's favourites is Evelyn Reeves. She always has time to visit and keeps her treat drawer stocked. In return, Ginger likes to ride around in the basket of her walker.

To say that Ginger runs the show is an understatement. How many cats (and Garfield, you don't count) have their own cartoon series? How many cats have won the Cat of the Year award and have their own poster on the wall at the Olive Devaud to prove it?

"PURR-fect," says Ginger waking up from a nap. "PURR-fect," he purrs again,

repeating his favourite word.

If you visit the Olive Devaud, ask staff to show you Ginger's wall of fame. There you will find a wonderful assortment of Graham's cartoons about the most amazing cat ever to set a paw in Powell River. **PR**

GINGER



**WHO BOUGHT GINGER
PAINTS FOR CHRISTMAS?**



**Well, until we GET a paw sanitizer,
if you want to visit Ginger, you'll
have to use the one for hands!**



Ten Cats, online

For all you cat lovers, check out Graham Harrop's brand new series TEN CATS. Look for this new comic strip at **GoComics.com** — it's delivered daily to your inbox for free.

Topper graphic from Ten Cats on GoComics.com

TRANSMISSION SPECIALIST and so much more!

- Full mechanical repairs
- Nation-wide guarantee
- Pick-up & drop-off service
- Diagnostic equipment to save you time & money



**TOWNSITE
BREWING**

A crisp, refreshing pale ale brewed on the shores of the Salish Sea and only available on tap in the fine pubs and restaurants of BC's Sunshine Coast.

Plan your visit today!!

**Suncoast
PALE ALE**

Brewery now open for tastings and tours in Powell River's historic Townsite. Call for times.

5824 ASH AVE, POWELL RIVER 604.483.2111 www.townsitebrewing.com
follow us! townsitebrewing Townsite Brewing

CULTURE, LANGUAGE, ADVENTURE PROGRAM

The Best of Germany

THE BEST OF GERMANY PACKAGE INCLUDES:

Cultural Cooking Program
May 8 - June 26 (12 hours)

Intensive Language Class
Sept. 4 - 20 (12 hours)

Adventure Trip to Germany
Sept. 27 - Oct. 7 (11 days)

Package Cost: \$4,500*

Powell River **Cruise + Travel** (BC Registration Number 31746) **WESTWIND Learning Center**

TRAFALGAR see the world from the inside

*For more information contact:
Phone: 604-485-5090
Email: info@westwindenglish.com

westwindlearningcenter.com
Immerse Yourself... Culture... Language... Adventure!

First
CREDIT UNION

Qtrade
Asset Management

Ask Scott

with Scott Kovacs, B.Mgt, CFP

Get your financial questions answered by a Certified Financial Planner. Visit Scott at www.youtube.com/FirstCUGroup.

Financial Planning and Mutual Funds are offered through Qtrade Asset Management Inc., member MFDA.

Doggie do-s and don'ts

Dog park etiquette

Planning to take your dog to Henderson's dog park to run free with the other canines? Sunday morning around 11 am is a good time because that's when there are dogs everywhere having a ball.

The best way to get the most out of the experience of letting your dog play with others in an enclosed area is to follow a few dog park tips.

Pick up doggie doo: If your dog goes to bathroom it is your duty to clean up after him. Baggies are supplied at the park so you can pick up after your pet.

Don't bring a sick dog: If your dog isn't feeling well he might be grumpy and act aggressively towards other dogs. He also might pass something on to others. The same rules that apply to people apply to dogs: if your dog is sick, keep him home. And keep your pet's vaccinations up to date.

Control your dog: Before you visit the dog park your dog should know the basic commands. You need to be able to control your dog when he is loose in a social setting. He needs to be able to come when called to avoid bothering other dogs.

Don't bring dogs in heat: This is just common sense! Aside from the potential of an unwanted pregnancy, a female in heat can make a normally well-behaved male behave very badly.



Don't bring small children when it's busy: A busy dog park is no place for toddlers and babies unless they are inside the play area. Small children get excited and run about. Dogs, even well behaved ones, will instinctively chase them. This often results in tears and scared children and no one wants that to happen. The best thing to do is avoid this situation. **PR**

Get ready, Set...!

Kids Carnival & Soap Box Derby

May 26 & 27 • Sunset Park in Wildwood

SATURDAY, MAY 26

Noon • Start of trial runs

SUNDAY, MAY 27

8 am • Pancake Breakfast

10 am • Carnival begins... Games, concessions, fish pond & more

Races start at NOON!

GET YOUR CART READY NOW!

Pick up details & racing forms at Quality Foods.

(Ages 7 to adult)

All funds stay locally!

Proceeds to Kiwanis Club of Powell River

Volunteers needed • 604 487-9332



Harness your pet

Keeping your dog safe in a pickup

Would you leave an infant locked up in a car on a hot day? Then why would you leave a dog in the same situation?

"We want to keep pets safe," says Audrey Hill, SPCA volunteer branch manager.

If you see a dog loose travelling in the back of a pickup truck, write down the plate number and call the RCMP. "A loose dog in the back of a pickup is basically the same as an unsafe load. A dog can become a projectile and end up flying through your windshield," says Audrey.

Some people like to drive with their dog on their lap. Again, this is dangerous. If your vehicle is hit or if you have to stop suddenly the dog becomes a projectile. **PR**



BUCKLE UP: Mo Foulds belts up her black Labrador retriever Mez whenever she rides in the car.



Brandy Peterson

is happy to let her clients to speak for her...



"Thank you so much Brandy for all the hard work you put into selling my dad's trailer! You went that extra mile, it was muchly appreciated :) I will highly recommend you!" – Christine Forrest



Let's talk! 604 485-4231 office • 604 344-1234 direct • 1-877-485-4231 toll free • coastrealty.com • brandypeterson@shaw.ca • 4766 Joyce Ave

Rescue of the little red hen

The chicken from Cranberry Lake

By Susan McCallum

One morning last October, 13-year-old Shauna McCallum went out to the chicken coop to discover her flock had been attacked during the night.

Shauna cares for the family chickens and loves animals. The night raiders had torn a hole in the side of the coop and killed the family's laying hens. All but one was dead. Red was still alive and in the coop.

Two young bears had been seen in the backyard of the family's Cranberry home recently. Shauna thought they were probably responsible for the death of her chickens.

A backyard chicken coop is in a very handy location for raccoons and bears to terrorize its occupants. It is situated about halfway down the long backyard, which backs onto a densely wooded area. Sometimes the commotion wakes up the whole family but other times, they sleep through the nighttime raids. The chickens are very enticing prey to hungry predators.

The attack on the chickens was understandably very disturbing to Shauna and her family. How was Red going to survive the long, cold winter nights out in the coop without the other chickens to huddle up with for warmth and company?

"It was too cold to leave Red outside on her own," said Shauna. "Chickens do not do well on their own."

Red was moved inside the house and was given Molly, the dog's, kennel. Shauna wanted her chicken to be able to walk



CHICKEN IN DIAPERS: Red, the chicken, is shown modelling her red diaper with owner Shauna McCallum.

PAWS & CLAWS
Pet Food • Supplies • Grooming

COMING SOON!

4730 Joyce Ave.
Between Staples and Mark's

Proudly Canadian Join our team: hr@pncstores.com
www.pncstores.com

Bike to Work week

GET ON YOUR BIKE!

Powell River
May 28 - June 3, 2012

BRITISH COLUMBIA
The Best Place on Earth

Visit our website and register your team today!

"Biking to work each day gives me the energy I need to kick-start my work day"

find us on Facebook

Bike to Work
www.biketowork.ca/powell-river

around the house like a cat or dog. But there was one problem. Chickens poop. A lot. And Red was not housetrained.

Shauna and her mom Alice, who are both avid sewers, discussed the situation and came up with the idea of a diaper for Red. Shauna had seen a similar idea on line of a chicken in diapers so she and her mother created a pattern for Red's diapers.

The diaper Red wears attaches to her with straps for easy removal and clean-

ing. It collects any droppings and eggs! Shauna lines the diaper with a tissue, which is thrown away when used.

Red doesn't seem to mind wearing her diaper, which is red of course. "She has a little bit of a what are you doing attitude about it," says Shauna. "But she doesn't peck and has always been very tame."

Although Molly lost her kennel to Red, she has no hard feelings. "She curls up and sleeps with Molly," says Shauna.

Red is a sociable chicken. Shauna has a

little harness and a leash for her and she takes her out on walks. The little red hen is a showstopper wherever she goes.

Red also has her own Facebook Page. "The Adventures of Red the Chicken," contains little stories about Shauna giving her chicken pedicures, adventures she has in the backyard and some of the looks Shauna gets while walking her around town.

But Red doesn't mind. The life of a chicken in diapers is pretty darn good. 



Savary Island Real Estate

1542 Savary Island Road • \$475,000
Immaculate, contemporary, ocean view home on double lot.

www.savary.ca

"Anything You Need To Know About Savary Island"
Rick Thaddeus • 604 483-3218 • rick@savary.ca



How do Chiropractors Know Where to Adjust?

Sometimes a patient will notice that their particular spinal complaint is in one area of their spine, but I don't adjust there. Instead, I adjust a different part of their spine. How come?

It's tempting to think of the spine as various parts or regions. Instead, we see it as an integrated whole. Since your spine is designed to help you deal with gravity, a problem in one area is often offset by a problem in another. We call these compensation reactions.

For example, someone complaining of low back pain can often have an even more profound problem in their upper neck. But it hasn't produced symptoms. Yet. Their head misalignment is producing the problem in their lower spine. As we adjust their neck (where there are no symptoms) it can better support the weight of the body and the low back pain resolves! Or vice-versa.

So, while chiropractic adjustments are specific and targeted, our focus is on the integrity of your entire spine, not just the area exhibiting symptoms. One more reason why you should be proactive and have your spine checked.



604.485.7907
Dr Ted Johnson

If you would like more information visit our website at www.powellriverchiro.ca or call us to attend one of our FREE "Health Talks."

We've got your back!

AARON SERVICE & SUPPLY

604 485-5611 • 4703 Marine Ave
trevor@aaronservice.com

The air in my house could be making me SICK?



In today's air-tight homes, Indoor Air Quality is a growing concern. Most household dust contains dust mites, mold, mildew, pollen and animal dander. Many of these contaminants are circulated through the central air system in modern homes and can aggravate asthma and allergies.

Free Video INSPECTION

Seniors' and Moms' discounts available. Please call to book your appointment today.

7 PM
May 23
Max Cameron Theatre

ACADEMY AWARD® WINNER CHRISTOPHER PLUMMER IN BARRYMORE

Award-winning Christopher Plummer does justice to John Barrymore's final year. This is a must-see not only for Christopher Plummer fans, but also for lovers of fine theatre.

Tickets • Adult \$18 | Senior \$16 | Youth \$10

Academy of Music, Breakwater Books, at the door



Celebrating Bike to Work Week

May 28 to June 3

Chris Morwood got his first bike when he was five. Back then his bike offered up fun, social opportunities, and exercise. Today, several decades later, it still does.

“When I moved to Vancouver at age 17, my bike was my primary source of transportation,” says Chris. “Cycling was inexpensive, it was on my schedule, and it kept me fit. The biggest challenges were the occasional close call with an inattentive (or, rarely, aggressive) driver and the need for a shower after a particularly long or rainy ride. Unlike most of the country, only rarely did freezing temperatures or rough weather make my daily bike commute impossible.”

Chris moved to Powell River seven years ago. “These days I try to ride to work two to three times per week. On biking days I almost always feel stronger and less stressed, and I sleep better. Now that I have kids I don’t ride when it is dark.”

Chris is a board member with the Powell River Cycling Association. Along with Russell Brewer, a city councillor and president of the cycling association, they are preparing to celebrate the third annual Bike To Work Week (BTWW) in Powell River from May 28 to June 3.

The cycling association has been discussing the creation of a Community Cycling Network. “The benefits of safe cycling infrastructure are obvious — helping the city meet CO₂ emission targets, increasing tourism, making our region an even more attractive place to live, and improving the health of our citizens. We’ve made some tentative first steps towards making our community more bike-friendly, but we can do a whole lot more,” says Chris.

Russell wants to get as many people involved as possible. “This fits well with what the bike club is all about and the Transition Town Powell River theme too. Biking is an alternative form of transportation,” says Russell.



SAVE ON GAS, RIDE YOUR BIKE: Adults and children, like Russell Brewer and his son Zevier, will participate in this year’s Bike to Work week in Powell River. Motorists are asked to drive carefully particularly in areas where there are narrow or no shoulders for bikes.

HERITAGE HOME TOUR
7 Historic Homes
Fabulous Townsite Homes

Curious about those charming old homes in Townsite?
Come explore their secrets with us.

Saturday, May 12
10 am – 4 pm
Tickets \$15
Children under 18 FREE when with a paid adult

Take this opportunity to view these historic Townsite homes. Bring your spouse, a friend or your whole family! Enjoy the day while helping to support the Townsite Heritage Society

Info **604 483-3901** or thetownsite@shaw.ca
Tickets available from the Townsite Heritage Office at 6211 Walnut St, Patricia Theatre and Breakwater Books


CUNNINGHAM, D CUSTOM ROOFING
604.223.0302
Rod Cunningham

We've Got YOU Covered!
Fast
Efficient &
Affordable Rates
604.223.0302

Duroid • Metal • Torch-On
New roofs, Re-roofing,
Maintenance & Repairs

High Quality Products
Professional Service
Fully Insured

locally owned and operated

UNSTABLE KNEES?
RISK OF FALLING?

*Book an assessment at
our Powell River clinic to
see how we may help.*

1-888-754-1441 or 250-339-2262
Visit www.mitchellpando.com for
more information. Achieve the comfort
and function you deserve.



B.D. MITCHELL
PROSTHETIC & ORTHOTIC
SERVICES LTD.

It is important to get children on board. "If the kids get used to biking to school it becomes a habit they will carry with them throughout life," says Russell.

The whole idea is to create awareness that there are people out there riding their bikes and that more infrastructure is needed to help these people ride safely, says Russell.

Russell's father Wayne recently challenged city councillors and staff to bike to work during BTWW. "All you have to do is register a team and participate," says Russell. He is hoping that businesses challenge each other and that more join in this year.

Sign your team up online at
www.biketowork.ca/powell-river

"It's a catch-22," he explains. "There is not enough infrastructure for people to ride safely in Powell River and Powell River has one of the highest per capita greenhouse gas emissions in Canada."

He points to problem areas such as the backside of Cranberry Lake and The Cut.

"Most people who ride regularly have been run off the road at one time or another," he says.

Russell bikes to work about half the time. "In my workplace there are three or four fellows who commute on their bikes all the time." **RL**

Home Town Service, Worldwide Presence

RE/MAX®
POWELL RIVER
Independently Owned and Operated



View current listings any time by scanning the QR code with your smart phone.

4545 Marine Avenue • 1.877.485.2742 • 604.485.2741
www.remax-powellriver-bc.com • remax-powellriverbc@shaw.ca



I belong.

LES SCHRAMM
Cultural Calories Pedicab
Member since 2011

tel 604 485-4051 • office@powellriverchamber.com

Mitchell Brothers

Your hometown grocery store

Serving Powell River since 1946

5687 Manson Avenue

604 483-4011



BTTW Schedule of Events

The 3rd Annual Bike to Work Week (BTWW) will soon be upon us. And the Bike to Work Week committee is proud to have put together a dynamite schedule to raise awareness about the benefits of biking in order to create more bikers in Powell River.

Monday, May 28

BTWW kick off with Celebration Station at City Hall • 7:30-10 am

Tuesday, May 29 – Celebration Stations

First Credit Union • 7:30-9 am

Massive Graphic • 7:30-9 am (#102, 7385 Duncan St)

Visitor Info Center • 3-5 pm (4760 Joyce Ave)

Wednesday, May 30 – Celebration Stations

First Credit Union • 7:30 to 9 am

Catalyst • 6 to 8 am

Massive Graphic • 7:30 to 9 am

Thursday, May 31 – Celebration Stations

First Credit Union • 7:30 to 9 am

Massive Graphic • 7:30 to 9 am

Coast Realty • 3 to 5 pm (4766 Joyce Ave)

Friday, June 1 – Celebration Station & Pancake Breakfast

First Credit Union • 7:30 to 9:30 am

Sunday, June 3

Community Bike ride followed by a BBQ/Picnic at Willingdon Beach. Event starts at LW Parking lot at NOON.

Celebration Stations will all have free coffee and snacks available for cyclists. Frank Chrinko from Suncoast Cycles will be setting up at a different Celebration Station each morning to do bike checks. There will be a draw box at each station where cyclists can enter their name in a draw for prizes at the Sunday picnic.

The BTWW website is open for 2012 team registration. Team organizers can go to www.biketowork.ca/powell-river to sign up their teams. There is also a Facebook page set up 'Bike to Work Week Powell River' where all things BTWW are regularly updated.

POWELL RIVER ACADEMY OF MUSIC

2011 & 2012
Concert Series

**ACADEMY CHAMBER CHOIR,
 CHOR MUSICA MEN'S CHOIR &
 POWELL RIVER YOUTH CHOIR**
 Tuesday, May 15 at 7:30 pm
 Academy Hall • \$17

ACADEMY GLEE
 Wednesday, June 13 at 7:30 pm
 Academy Hall
 \$10 for adults, \$5 for 18 & under

TICKETS Academy Box Office
 7280 Kemano St • 604 485-9633
 Mon - Thur • 9:30 am - 4:30 pm
www.powellriveracademy.org

Learn more about where your water comes from, where it goes when you're finished, and what you can do to protect it.



WATER WISE TIPS

- Take a *sailor shower*... turn off the water while soaping and shampooing, then rinse off quickly.
- To find out if your lawn has been watered enough, put an empty tuna can on the grass. When it's full, your lawn has all the water it needs.
- Never put fats, oils or grease down the drain. These substances can clog pipes and deplete oxygen in our rivers, lakes and oceans.
- Fix that leaky toilet—a toilet that continues to run after flushing can waste up to 200,000 litres of water in a single year!*
- Don't toss unused medications in the trash or put them down the drain. Instead, take your medications to the pharmacy for proper disposal.

*Environment Canada

Take the Challenge & WIN on drinkingwaterweek.org and at the Home Show May 11-13 to get a button and free water bottle!

MAY 13 - 19, 2012

DRINKING WATER WEEK

GET TO KNOW YOUR H₂O
drinkingwaterweek.org

Colouring Contest Students!
Go to drinkingwaterweek.org/resources City Hall or the Recreation Complex for a water journey colouring sheet. Submit it with your name, phone number and age to City Hall Reception by Tuesday, May 15th at 4:30 pm.

Group Tours of the new **Drinking Water UV Facility** on Haslam St
May 18th
8 am to noon
Call 604 485-8604 for an appointment.

Grand Opening Ceremony
May 18th
1 pm to 4 pm at UV Facility including BBQ Noon-2pm with 95.7 Sun FM live on location.
Contest winners to be announced!

Did you know... that the average British Columbian uses 426 litres of water per day?*
That's THREE full bathtubs!
*BC Ministry of Environment

Proud Supporters of



GET TO KNOW YOUR H₂O
drinkingwaterweek.org



POWELL RIVER REGIONAL DISTRICT

BCWWA
BC WATER & WASTE ASSOCIATION

Our new dog

Colasanto kids to the rescue!

By Saverio, Nicolas and Isabella Colasanto

We got a dog for Christmas, actually three weeks earlier because she was a rescue dog from Alabama and they wanted to place her as soon as she arrived. Her name is Cagney.

Our parents told us to make a movie showing how much we wanted a dog. What we didn't know was that it was to send to the shelter because they couldn't come to do a home inspection, because they were in Victoria and we are in Powell River. A few days later was a Carols by Candlelight rehearsal when our Papa went to get her. He spent the whole day to get her as she was in Victoria. We thought he was getting the car serviced.

When Papa came home we all went nuts! We were all wondering if she was a rental. We couldn't believe it; we finally had a dog! It was amazing!

We went through many different names, her first name was Cookie, when we got her it was Cupid, then for the next week we went through lots of names, which were: Cocoa, Zoey, Sanibel and many others, then it was finally Cagney. One reason we chose it was because she has a dog friend named Lacey (Cagney and Lacey were two cops on a TV show).

We take Cagney to the dog park in Townsite a lot. She has lots of friends there. She also likes to go to the Willingdon trail and the beach by the Hulks. If we take her out

for exercise she is always nice and cuddly past around 2:30, and she is always nice and playful in the morning.

Cagney doesn't eat her food very fast, she moves her legs and whines when she's sleeping, she sleeps by the woodstove and

she tries to bite the air the hair dryer blows out. She looks so cute in the towel, and afterwards she takes a little nap.

She's pretty easy to train. So far she can sit, stay, and lie down. We are working on "paw" and "hide". She will come as long



ALWAYS SOMETHING TO DO: Three kids, a dog and a big stick—you know there is always fun to be had.

looks out the window. She's extremely cute. She seems like she is a Basenji and Lab mix, but we don't know exactly because she is a rescue dog.

When we give Cagney a bath she doesn't mind it. It's really funny when

as there are no distractions, so we have to keep working on that.

We are so happy we got a dog! It's everything we expected, and even a little more. We hope she lives a very long life, because we love our dog. [PRL](#)



604.485.7529
6812 Alberni St.
Parking In Back
outdooradventurestore.ca




Your Outdoor Adventure Store In Powell River

Clothing - Gear - Sales - Rentals

Mini Sirloin Twins

LIMITED TIME OFFER



2 for \$3.49



Sunday to Thursday • 6 am – 11 pm
Friday & Saturday • 6 am – midnite
4696 Joyce Ave • 604 485-6277



IT'S ALL A BIG, NEW ADVENTURE: Saverio, Isabella and Nicolas Colasanto love their new dog Cagney.



Brandy Peterson

Reliable answers to your real estate questions



604 485-4231 office
604 344-1234 direct
1-877-485-4231 toll free
powellriverrealestate.net
brandypeterson@shaw.ca
4766 Joyce Ave

Dog Gone Grooming



Lemoges Sir Nicholas Masters (Nicky) is a purebred toy poodle, born February 18, 2003. He has been coming to see Lou-Anne since he was less than three months old; he's now nine years old. When you mention Lou Anne to him, he starts jumping to go... and has lots of love and kisses for her.

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



Wes Brown, Owner

**Thinking about building?
Call today for a free design consultation.**



What does WB do?
Project management
Project design
New Custom homes
Foundations & Framing
Renos (large or small)
Interior Decorating

3577 MacKenzie Avenue

(604) 485-6656

wes@wbcontracting.com

www.wbcontracting.ca



**Get your yard and garden ready.
Book now to avoid delays.**

Free Estimates • Seniors' Discounts

Call us! We can Help

Office • 604 483-8265

Cell • 604 414-5455

EASE Celebration Lunch

Celebrating the achievements of second language learners

By Wendy Thomas

Vancouver Island University (VIU) held a celebratory luncheon for some of the international students at Brooks, local English as a Second Language (ESL) students from the Powell River campus and current international students studying at Westwind Learning Center. The spring lunch celebration at Brooks' Future Chef Café marked two VIU Powell River milestones: starting September 2012, the campus is offering a transition year for advanced ESL students interested in university studies, and VIU is now recognized as an official test site for the Canadian Academic English Language (CAEL) test, a university entrance test for English language assessment. These two new opportunities will help local and international English as a Second Language students reach their educational goals.

VIU's transition year gives ESL university-bound students the chance to choose from a variety of courses, geared

The EASE package prepares students by focusing on the skills needed to be successful at university.

to ease them into their post secondary studies. The English Academic Skills Education (EASE) year in Powell River means that international and domestic ESL students can take a combination of three types of VIU courses according to their needs, goals and skills. First



INTERNATIONAL LUNCH: Powell River's international students sampled wonderful food at a celebratory luncheon recently. From left is: Artine Hu; Maoye (Marcus) Ran; Tomoko Tamura, Rachele Warman, and Powell River Living's Sean Percy.

year university courses and upgrading courses can be taken with the EASE core academic skill courses: advanced writing, university preparation listening and speaking, university research essays, and advanced reading with study skills. The core academic courses, coupled with the EASE support components — writing centre sessions, tutors, and study buddies — strengthen the students' language skills to help ensure university success.

Most graduating Brooks Secondary international students plan on continuing their English education and look to BC universities and colleges to further their studies. In order to be successful, ESL students must have solid academic lan-

guage skills. The EASE package prepares students by focusing on the skills needed to be successful at university with the added benefit of preparing them to write the CAEL assessment. CAEL test scores decide which Universities in Canada, the US and other countries a student can enter. (In the past, international students in Powell River had to go to Vancouver to write an English language proficiency test). VIU's Powell River campus is one of three CAEL test sites in BC.

Anyone wanting to learn more about EASE or CAEL assessment, can check the websites www.viu.ca/ease and www.cael.ca, contact Wendy.Thomas@viu.ca or call 604.485.2878 (ext 8134) for more information. [PRL](http://www.prliving.ca)

MAGPIE'S
=DINER=



Food that makes you feel good!
Eat in or take out
At the Rodmay Hotel in Historic Townsite - just above the mill!
Open 7 days 7 am - 8:30 pm 604 483-9114

DOGGIE BE GOOD



Obedience Training
Positive, fun & effective training, including socialization & playtime.

Doggie Day Care
Puppy home alone? It's more fun to be with doggie friends! I'll pick up your dog at your home, run in the woods and deliver home.



In-home Boarding
Take the stress out of leaving your dog when you go away.

Brenda Clarke
CERTIFIED TRAINER
604 487-9448
doggiebegood@shaw.ca

A labour of love, and hard work

Henderson House restoration

If you haven't set foot inside or outside Henderson House lately you really should.

An army of volunteers has been busy restoring the old home to its former glory. The house, which now houses the office of the Townsite Heritage Society, will be one of the homes featured on the Heritage Home Tour on Saturday May 12.

Dr Andrew Henderson was the company doctor for the Powell River Company. He, his wife Edith and their two children moved to Powell River from Scanlon, Minnesota in 1910.

Rebecca Vincent, President of the Townsite Heritage Society says: "Dr Henderson's house is one of Powell River's most historically important buildings, not only because it was the first house built in the company-owned town but because a remarkable pioneer lived in the house."

One of the first things Dr Henderson did upon arriving in Powell River was institute the first medical plan in BC. One dollar a month was deducted from every workman's salary, which paid for his (but not his family's) medical needs.

After that, Dr Henderson went about having his own house built. It was the first home to be built in the Townsite by the Powell River Company. He also set up the town's first hospital, which consisted of a tent and a converted bunkhouse. This opened June 29, 1910. It could accommodate 11 patients and had facilities for surgery.

Building of Henderson House got underway in 1910. The house was designed with a bell-cast roof, exposed rafters and lovely pillars on the front verandah. It is a wonderful example of American Craftsman architecture, a movement that honours local materials and workmanship.

The Powell River Company built many other houses for their employees in this same fashion. These houses still stand in



THE PHASES OF HENDERSON HOUSE:

From construction in 1910 to completion; decrepit just a few years ago when the Townsite Heritage Society took possession... and today, you just have to see it!

the Townsite and are a testament to the workmanship that went into building them. The style of the house was graded according to trade.

Dr Anderson Henderson's house represents an upper-middle class home of the early 20th century. That theme will be followed throughout the Dr Andrew J Henderson Interpretive Centre and Living Museum.

Renovation work has been challenging as no blueprints exist for the main structure although there are blueprints for the office addition. As well, there no interior period photographs. Period furniture has been donated and includes the Henderson's sleigh bed, which was donated by Kenneth McMillan, his great grandson.

Destination on the tour

Henderson House (6211 Walnut Street, just above the mill, is one of the destinations for the upcoming Townsite Heritage Home Tour on Saturday, May 12. Tickets are available at the Townsite Heritage office (Henderson House), the Patricia and Breakwater Books.

This will be on display at a later date. A desk that belonged to Dr Dwight Brooks, one of the Powell River Company's founders, will be on display.

For decades, Henderson House sat in a state of disrepair. It was due to be demolished in 2001 when the Townsite Heritage Society stepped in and purchased it from Catalyst Paper.

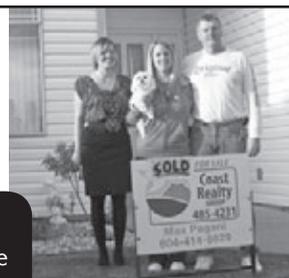
Although Henderson House is not yet finished, what has been done so far shows what is possible when a group of dedicated volunteers dare to dream of possibilities! **PR**



Brandy Peterson
is happy to let her clients to speak for her...



"You are a wonderful, extremely helpful person."
– Guy Arrowsmith & Samantha Jolie



Let's talk! 604 485-4231 office • 604 344-1234 direct • 1-877-485-4231 toll free • coastrealty.com • brandypeterson@shaw.ca • 4766 Joyce Ave

She didn't forget

The miracle of sight

Dorothy Adams says her dog Ginger is a very lucky animal. Born in Grand Forks in 2003, the whippet cross was a SPCA rescue dog. In January of the following year, a lady from Powell River drove to the Grand Forks SPCA to adopt another dog. She ended up bringing home four extra dogs in the back of her van. One of them was Ginger.

"When we saw her we fell in love with her," said Ginger's owner Dorothy Adams. "This little pup was cowering on the ground. We gave Ginger her forever home."

Ginger turned out to be gentle, friendly and loving. Life was perfect.

But on Labour Day 2011 Ginger suddenly went blind in both eyes. "The local vet diagnosed it as two detached retinas. He said there was nothing he could do but there was a specialist in New Westminster who might be able to help."



SEEING-EYE DOG: A stay at the kennel demonstrated that compassion can be found in unexpected places.

Bright and early the next morning Dorothy and her husband Glenn packed Ginger in their car and drove to the city. "Dr Ford was skeptical as she had only had one success story with this problem before," said Dorothy.

But Dr Ford treated Ginger with antibiotic eye drops and steroids. "Within four days Ginger's retinas were reattaching. Within a month she had all her vision back and didn't have to continue on steroids."

Ginger was her old self again and apparently no worse for wear. But Ginger, as it turns out, didn't forget her experience.

Over the Christmas holidays the Adams boarded Ginger at a local kennel. "The owner told us there was something he didn't understand. He said there was a blind dog there at the kennels and every time the blind dog got up to go somewhere Ginger got up and walked alongside her, guiding her. When we told him that Ginger had been totally blind herself he said that would explain it!" 

Powell River Sketches

Black bear

Pencil drawing for *Powell River Living* by Lowell Morris
www.LowellMorris.com

It's spring, and folks in Powell River are reporting bear sightings around town. Bear cubs are usually born between January and February, during hibernation. In spring bears eat skunk cabbage and other early seasonal plants, insects, and whatever is available to support their omnivorous diet.



The **POWELL RIVER VOCAL SUMMIT** committee would like to thank the following individual, corporate partners, donors and volunteers for helping to make Vocal Summit XVII so successful. **Thank you for supporting music in our town.**

CORPORATE PARTNERS

City of Powell River • Powell River Regional District
Powell River Council for Arts, Culture & Heritage • School District #47

DONORS • PLATINUM

The Peak
Herondell B & B
Heather Tours

DONORS • GOLD

Royal Canadian Legion
Branch 164
Town Centre Hotel
First Credit Union
Dave Formosa Holdings Ltd
Drs McDonald & Bonsor Inc.
Starbucks
Powell River Cruise & Travel
Quality Foods
Safeway
Save-On-Foods
Mitchell Brothers

DONORS • SILVER

Dan Dyble
Alex & Nancy Hollmann
Harold and Alice Carson
Kathy Bowes
Chopping Block
Tim Hortons

DONORS • BRONZE

Aaron Vending
Brookfield Renewable Power
Hindles
Staples

ADVERTISING DONATIONS

Pacific Coastal
SplitEndz Salon
The PR Wood Works Ltd
The Music Room
First Credit Union
Paperworks Gift Gallery
Underwriters Insurance
Capone's Cellar
The Shinglemill

SUPPLIES & SERVICES

Ministry of Forests, Lands & Natural Resource Operations
Evangel Pentecostal Church
West Coast Jazz & Blues Society
Staples
Westview U-Vin U-Brew Ltd
Your Dollar Store with More
Brooks Secondary School
Mark's Work Warehouse
Rocky Mountain Pizza
Flowers by Cori-Lynn
Benjamin Moore Paints
Heather Tours
Canadian Tire
Max Cameron Theatre:
Jacquie Dawson & Jason Leane
Ed Bartfai
Taw's Cycle & Sport

VOLUNTEERS

Cathy Bartfai
Carma Sacree
Annabelle Tully-Barr
Crystal Clarke
Brittany Panek
Andrew Parker
Bev Roberts
Karen Whyard
Claire Bonsor
Malcolm McDonald
Mike Sanford
Nick White
Ray Sacree
Paul Cummings
Doug Engram
Stuart Isto
Janice Olfert
Brooks Student Volunteers
Jan Grants
Dave and Julie Howes



May

Lund Shellfish Festival



25-27

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

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

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

Friday, May 25

Chowder Challenge

Lund Community Hall
6 pm–9 pm
\$15/person

A community kick-off to the Shellfish Festival. Sample the seafood chowders and vote for your favourite, enjoy nibbles, local musicians, beverages, silent auction, and a really great time. Everyone welcome! Call Tourism Powell River at 604 485-4701 for advance ticket. No ticket sales at the door.

Saturday, May 26

Bunsters Tour

10 am–2 pm
George's Coastal Backroads Adventures
\$50/person; approx 4 hrs

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



Music

11 am–5 pm
Local musicians playing for your entertainment all day.

Food Kiosks

noon–4 pm
Local shellfish growers dish up culinary delights. Enjoy a different fresh-cooked seafood at each booth for only \$5 per plate.

Artisan Booths

11 am–5 pm
Located along the harbour-front, local artists and talented crafters will display their handiwork for sale.

Restaurant Specials

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

Kids Zone

11 am–5 pm
Let the kids play supervised games and have their faces painted while you explore the Festival. By donation.

Live Shellfish Sales

Noon–4 pm
Local shellfish growers sell their fresh harvest right off the truck. Great prices!

Cooking Demonstration

12:30 pm–1 pm
A local chef will delight your culinary senses & prepare a unique recipe at the patio at Nancy's Bakery.

Harbour Kayak Tour

1 pm–3 pm
Footprint Nature Explorations
\$39 adult | \$25 child 16 yrs and under
Enjoy a guided paddle around the sheltered waters of Lund Harbour in a small group (maximum 4 kayaks). Includes

kayak, paddling gear, and a famous Nancy's Bakery snack. Beginners welcome! Wear water-friendly footwear and meet at the Tours Table at 12:45 pm. Reservations required: call 604 414-6884 or email info@footprint-natureexplorations.ca.

Cooking Demonstration

2:30 pm–3 pm
Watch another local chef prepare one of their favourite shellfish recipes at the patio at Nancy's Bakery.

Marine Park Sampler Zodiac Tour

3:30 pm–5:30 pm
TerraCentric Coastal Adventures
\$59/person
See the beautiful Copeland Islands Marine Park then peak into beautiful Desolation Sound while your guide shares some of the unique history of the area. Pre-registration required. Call 604 483-7900 or email fun@terracentricadventures.com.

Sunset Soirée

5 pm–7 pm
Sip a Lund-famous "Topsy Prawn" and savour baked oysters on the half-shell, enjoy easy-listening music on the deck and watch the sun set. Reservations highly recommended. Call 604 483-2201 or visit theboardwalkrestaurant.ca

Bunsters Sunset Tour

5 pm–9 pm
George's Coastal Backroads Adventures
\$50/person; approx 4 hrs
The area has hundreds of kilometres of old logging roads which offer mild to extreme 4-wheeling. The second growth forests, crystal lakes and spectacular views are some of the rewards of 4-wheeling here. You can experience

the thrills, sights and smells of 4-wheeling in the comfort and safety of this guided tour. Meet at Nancy's Bakery by 9:45 am. To reserve, call 604 483-1855 or email locker1962@shaw.ca.



Shellfish Sampler Cruise

6:30 pm–9:30 pm
Swan Spirit Cruises
\$75/person

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

**Don't miss a minute of the festival
– stay the weekend at 15% off!**

THE HISTORIC LUND HOTEL
CIRCA 1915

*Minimum two-night stay. Subject to availability.
Call the hotel at (604) 414-0474 for reservations • www.lundhotel.com

CRUISE DESOLATION SOUND
with
Beyond the Road
ADVENTURES

Leave your cares behind

5-hour Lunch Cruises
Custom & extended excursions
Group discounts

www.BeyondtheRoad.com 604 483-8128



Sunday, May 27

Pancake Breakfast

9 am–11 am

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

Bunsters Tour

10 am–2 pm

George's Coastal Backroads Adventures
\$50/person for approximately 4 hours
Another terrific four-wheel tour (see above for details). Meet at Nancy's Bakery by 9:45 am. Reserve call 604 483-1855 or email locker1962@shaw.ca.

Oyster Judging Contest

Noon–2:30 pm

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

Music

Noon–5 pm

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

Food Kiosks

Noon–4pm

Local shellfish growers are dishing

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

Artisan Booths

Noon–5 pm

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



Restaurant specials

All day

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

Live Shellfish Sales

Noon–4 pm

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

Whale Singing Contest

12:15 pm–12:30 pm

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

Oyster Shucking Demonstration

2 pm–2:15 pm

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

Junior Marine Biologist Adventure

12:30 pm–2:30 pm

TerraCentric Coastal Adventures

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

For kids 6 years and up! Pre-registra-

1 pm–3 pm

Footprint Nature Explorations

\$39 adult | \$25 child 16 yrs and under
Another guided paddle (see details above). Meet at the Tours Table at 12:45 pm. Reservations required: call 604 414-6884 or email info@footprint-natureexplorations.ca.

Raven Calling Contest

2:15 pm–2:30 pm

Contestants have up to 14 seconds at the microphone to call like a raven for a chance to win a prize. Sign up at the Tours Table all day Saturday, or between noon and 12:15 Sunday.

Marine Park Sampler Zodiac Tour

3:30 pm–5:30 pm

TerraCentric Coastal Adventures

\$59/person

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

Cooking Demonstration

2:30 pm–3 pm

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

Prawn Peeling Contest

4 pm–4:15 pm

An experienced prawn peeler will show you various ways to peel a prawn, then six lucky contestants will be given one minute to peel a bucket of prawns. The contestant who peels the most prawns wins their prawns and bragging rights.

Bunsters Sunset Tour

5 pm–9 pm

George's Coastal Backroads Adventures

\$50/person; approx 4 hrs

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

Jack's BOAT YARD

Dry Land Boat Storage
Lund, BC

- 30-ton boat lift
- DIY Boat Yard
- Boat Storage
- Onsite marine supply store

604 483-3566
www.jacksboatyard.ca

Why go electric on your boat?

**Clean. Green. Quiet.
Instant on. Power.**

Find out more by contacting us.

See Carriere Enterprises for...

Yacht repairs

Electric or diesel/electric hybrid propulsion systems

Hybrid or Solar systems

Diesel engine repairs

Batteries, Inverters, and more...



Carriere Enterprises Ltd

Call Darryl at 604 578-8919

Licensed diesel mechanic

carriereenttd@gmail.com

Conveniently located at Jack's Boat Yard in Lund

STORAGE
Safe, secure, reliable

- Moving
- Box Sales
- Sharpening
- Upholstery Shop
- Furniture Restoration
- Professional Piano Moving

Leave your possessions in good hands, and enjoy peace of mind!

TMS
Moving, Storage & Restorations
tms1@shaw.ca 7339 Duncan St
tmsmoving.ca
604-414-0441

Powell River spot prawns

Arguably the best in the world!

There's nothing like fresh prawns right out of the Georgia Strait.

If you live on the coast, you are lucky. If you live in Powell River, you are even luckier because you can wander down to the docks during prawn season and buy fresh spot prawns right off the boats.

History

The spot prawn is the West Coast's answer to the East Coast lobster. However, unlike the 400-year-old lobster fishery, the prawn fishery's history is young. "In 1980, there were only two boats fishing prawns out of Powell River," said Ivan Askgaard, owner of Pebble Beach Prawns. "It's a relatively young fishery in Powell River."

With 25 boats, Powell River has the largest concentration of prawn boats on the coast. There are only 250 licenses on the coast.

Prawn season gets underway May 3 and continues for approximately 60 days.

It is dynamically managed and based on the spawner index. "In a good year, it can last longer," says Askgaard.

Some years are better than others. "It's cyclical."

Prawns are pretty resilient. They begin their life as a male and after two years become females for the remainder of their four-year life cycle.

Askgaard has two boats. He's been captain of a prawn boat since 1980. "I began fishing at 14," he says.

Dan Vincent has been prawning for 15 years. He fishes a boat for another owner.

Prawns and the economy

The prawn industry injects millions of dollars into this community. "There are 25 boats based out of Powell River with the average crew of three people per boat," said Askgaard. "That's 75 people. There are two fish plants here, one in Lund, and the other at the Beach Gardens. They each employ approximately

30 people. Then there's truck driving, gear and supplies."

Sunset Coast Marine, a Powell River company located near the Beach Gardens, manufactures prawn traps.

"In an average year, the 25 boats would pump about four million dollars into the economy," says Askgaard.

"There's a huge spin-off from this," says Vincent. "And a lot of it gets spent locally."

Coast wide, 500,000 pounds of prawns are exported annually. Ninety-five per cent of Powell River's prawns are exported to Japan to be eaten raw as sushi. The other five per cent go to local and Chinese live markets all across Canada.

They ARE different

"Our prawns are arguably the best in the world," says Askgaard. "They are a cold-water prawn. This is a wild, organic product."



Pollen Sweaters Inc
Established in 1986

Made with no-itch wool that loves to be machine-washed and dried!

Made in Lund, BC

604 483-4401 • order online at pollensweaters.com
Above Nancy's Bakery • Open daily in Lund 9 am-5 pm

Perfect for oyster picking and clamming - or a night on the town!



SunLund By-The-Sea
RV Sites • Cabins • Tent Sites

FREE WiFi

- Located right in Lund.
- Full hook-ups at every site, clean washrooms, showers and laundromat

Call • 604 483-9229 Visit • www.SunLund.ca



The Boardwalk Restaurant in Lund
MOTHER'S DAY special
New York Steak and Lobster Tail for May 13th
with Wild Rice Veggies and Salad with our Blackberry Vinaigrette... \$25

Open for the May long weekend • Come visit us during the Lund Shellfish Festival where there's lots of FUN... and try our "Taste of Lund" or a "Topsy Prawn"

Book the restaurant for Special Events
Find us on 

PLEASE reserve by May 9th

HOURS • Daily 11 am - 9 pm (1 hr past sunset) 604 483-2201 • theboardwalkrestaurant.ca

TUG-GUHM GALLERY



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

OPEN EVERY DAY FROM 10 AM TO 5 PM

1436 101 Hwy, in the Historic Lund Hotel
604 414-0474 aartcreations@shaw.ca

"A UNIQUE STOP AT THE END OF THE ROAD"



ALL THE TRAPPINGS: This is what Dan Vincent's boat, with 300 prawn traps aboard, looks like before heading out.

The prawns you find in the freezer section of the local grocery store are not local prawns. They are not even the same variety. "The majority of what you see at the grocery store are all farm raised in the tropics and Asian countries. The highest antibiotic contest is found in farm-raised prawns in Asia that are sold at your local grocery store. This is done so they can survive in filthy conditions," says Askgard.

It's ironic. "We are shipping all our highest quality prawns in the world to Asia and in return they are shipping all their chemical laden poor quality prawns to us."

Local prawners would like to see their prawns served in local restaurants and more eaten locally. "It's a price thing. We can't compete with Asian farm-raised products," they say.

The difference in taste between farm-raised prawns and fresh local spot prawns

is huge. It is like comparing fresh tomatoes and broccoli right out of the garden with cello wrapped tomatoes and wilted or frozen broccoli.

Although local prawns do cost more they taste so much better. "The people who do buy off the dock are happy to do so," says Vincent.

Last year, dock prices were \$7 or \$8 a pound in Powell River and \$12 a pound at the public market in Vancouver.

"Our prawns are good value," says Vincent.

Askgard sells prawns locally. He has live prawns in season and frozen ones after the season is over. Last year, the first Prawn Festival was held at Willingdon Beach to educate and introduce people to local prawns. This year, the festival will be held on June 16.

The prawn fishery is completely self-supporting. "We pay for our own data collection and monitoring of our fishery which allows DFO to un-



derstand and manage the prawn fishery," says Vincent.

As well, they try to determine how long the fishery can run and sustain the species.

Like any business, it is competitive. "You have to go where the prawns are," says Askgard. Those involved in the fishery say it is important that their fishery remains managed close to the way it is. "We have an existing industry. We'd like to see it continue," says Askgard. **PR**

Where to buy fresh prawns
 If you want prawns as fresh as they get, short of eating them on the boat, just head down to the Westview dock or the Lund dock 2-5 pm during prawn season. Don't see anyone around? No problem: just ask around. Prawnners are a very approachable bunch, and they want to sell their prawns locally!



Powell River's 2nd Annual Spot Prawn Festival
Saturday, June 16
 Fun for the whole family, celebrating our local delicacy. It's sustainable, delicious and a great reason for a party! Come and "get trapped" at the Prawn Fest!

Escape to Savary Island today!
Lund Water Taxi
 Serving Savary Island & Surrounding Areas
 Daily Scheduled runs to Savary Island.

Please phone for reservations and schedule information.
Operating year round Phone hours: Low season 8am-6pm
 High season 8am-8pm
604 483-9749 Charters Available

Volunteer Literacy & ESL Tutors
Thanks
 for your hard work and dedication.
 You have made a real difference.

Deb and Kelli
 at The Learning Centre
 604 485-2004

PR Living apologizes for the proofreading error in last month's ad



PARDON MY PEN

By George M. Campbell

Cleo sees the doctor

Cleo, the cat, who is named for Cleopatra the Queen of Egypt, and who very kindly allows me to live here with her and provide her with food, shelter and entertainment, recently received a letter in the mail. No kidding! It was addressed to “CLEO, c/o George Campbell, #2-7624 Duncan St, Powell River, BC.”

“Now, who could possibly be writing to a cat?” I wondered as I looked at the letter. It turned out to be the veterinarian. Apparently he writes to cats and dogs all the time, to remind them to come in and get their shots. Whether or not any of the cats (or dogs) write back, I don’t know, but somehow I doubt it. In this age of high technology they’d be more likely to reply via email or text the vet a message on their iPhone.

In any case, it seemed that Cleo was due for a booster vaccination shot, so I contacted the vet and made an appointment to bring her in. I didn’t tell Cleo about it, figuring it would only give her something to worry about, and hey, who wants a worried cat moping around the house? It’s hard enough living with one who doesn’t have a worry in the world. So I didn’t tell her—but somehow she found out anyway.

It was probably the pet carrier that tipped her off. I had to go out and purchase something to carry her to the vet’s in, so I brought home this classy looking cat carrier a few days before her appointment. Cleo got edgy the moment she saw it—and when I tried to put her in it, she popped out quicker than the forked tongue out of a snake’s mouth. And just as angry. First, she glared at me, and then she haughtily stalked to the front door and asked to be let out. Obviously, she didn’t think much of the pet carrier, and her opinion of me at that particular moment wasn’t too high, either.

Her appointment was for 9:45 am on a Saturday so I decided to keep her in the house on Friday night to be sure she would be on hand at the required time. This did not go over well with Cleo. She is used to going out during the night to

hunt for moles, voles, and mice, as well as check out her kingdom. (My yard and the neighbour’s on either side of me). I ended up having to lock her in the bathroom as she was running around the house at full gallop, knocking over plants and knick-knacks and in between leaping from the dresser to land on top of me in the bed.

On Saturday morning I managed to get her into the pet carrier okay and everything went well until I put the carrier in the car and started driving to the vet’s. Cleo began to sing. I don’t know how else to describe the tuneless wailing that issued forth from her. It was unsettling to say the least and I was thankful that it was only a five-minute ride to the clinic. She kept it up the whole time we were at the clinic getting her shot, and both the vet and I agreed it was a melody that would never amount to much CD-wise.

The trip home was quieter. Cleo was happy to have her shot done with and I was silently anguishing over the dismal fact that after paying for the pet carrier and the vaccination medicine, my beer budget for the month was shot.

Next time Cleo gets a letter, I think I’ll mark it “Address unknown—return to sender.” 



Top Dog Walks

Dog walking
Home visit pet care
One-on-one attention

604.414.4038 Paige Nahornoff www.topdogwalks.ca



FLEMING & ASSOCIATES
BARRISTERS & SOLICITORS

Ian Fleming B.A., LL.B. General Practice
Katya S. Buck B.A., M.S.W., J.D.
Laura A. Berezan B.A., LL.B.

We’re the legal solution you’re looking for.

- Corporate Law
- Family Law
- ICBC & Personal Injury claims
- Wills & Estate Planning

604 485-2771 • 4571 Marine Avenue

Dog & cat toys, beds, food and everything else they may need!

Plus all the organic fertilizer, lawn & pasture seed and farming supplies you need this spring.



Rainbow Valley
PET • FEED • GARDEN • FARM

Great New Buys Arriving Every Day!

4480 Manson Avenue
(corner of Duncan & Manson)
604 485-2244



A growing concern

By Jonathan van Wiltenburg • edenhort@gmail.com



More often than you might imagine, I see plants incorrectly planted and it is a recipe for failure. You can get away with planting perennials, bulbs, and annuals with less consideration, however, taking the time to plant a woody tree or shrub correctly will give your new specimen greater success in becoming an integral part of your garden.

Firstly, choose your plants carefully. Buy your plant stock from a reputable seller and look for signs of health and vigor. Many gardeners are bad for buying plants they don't actually have need or have a plan for. Do yourself a favour and come up with a game plan before you purchase the whole store.

Secondly, choose your location. This is the biggest and arguably the most important factor. It is essential to start off with the proper growing conditions to ensure success. If you purchase plants from the nursery the tag will give you some idea of the size and preferred growing conditions. Nevertheless, it is always good practice to consult staff member, an enthusiastic neighbourhood gardener, or a plant encyclopedia to get the best information possible on what conditions your new plant requires. Think about the soil is it wet or dry? How much sunlight hits that particular spot? What is the competition like? Keep in mind that the plants will grow. Give them the space they need to be at their best.

Priorities for May

- Frosty nights are behind us, which means it is safe to plant out frost tender plants on the May long weekend.
- When the danger of frost has definitely passed, plant out all the hot crops; your summer annuals, hanging baskets, and planters can also go out.
- Finish deadheading all your spring bulbs. Don't cut the foliage back until it has died back and turned yellow.
- Remember to keep sowing small amounts of all the other vegetables that you want throughout the season. Every two-three weeks is best.
- This is also the time when the insects and weeds ramp up their efforts. Watch out for pests on the fruit trees, summer annuals and vegetables.
- Go around and fertilize anything that can use a boost. Use a well-balanced organic fertilizer or compost tea.
- Begin staking and tying up your perennial border. Plants that are top heavy like delphinium, peony, aconitum, lupine to name a few.
- Keep an eye on you roses. Look for aphids, black spot, rust and powdery mildew. Treat if necessary. A Brian Minter solution is a homemade fungicide consisting of 8-10 grams of baking soda and four drops of Safers Soap to one litre of water.

to place the dug out soil into a wheelbarrow. Place your plant in the newly dug hole and test the depth. The top of the soil in the pot should be at the same level as the soil in the garden bed. It is crucial not to plant too deep, or too shallow. The crown of the tree must be level with the soil.

Next, add some bone meal and half the hole's worth of compost to the pile of soil in your wheelbarrow. Mix them together and begin backfilling your plant with the soil mixture. If the plant is wrapped in burlap, back fill half way and then remove all the string holding the burlap in place. Next loosen off the burlap that is wrapped around the trunk, and tuck it into the hole. Cover it with the remainder of the soil. The burlap will break down over time. To help initially anchor your plant in the soil press firmly around the entire base of the plant with your foot.

Lastly, cover with a bit of mulch being careful not to bring it right up to the trunk. Water it in well and always check to see if your watering actually penetrated deeply. If it is a large tree or shrub, you may want to stake it up for the first few years, or until the roots have it well anchored into the ground.

Follow these common-sense steps and your newly planted trees and shrubs will be off to fantastic start. Happy gardening. [PRL](#)



Mother Nature
WE HAVE EVERYTHING FOR YOUR GARDEN AND PET

7050 Duncan Street
604 485-9878

www.mother-nature.ca



NEW! 1800 sq ft under our canopy
Now filled with baskets, bedding plants, treasures and more!

Chip on your shoulder? See a psychiatrist. Chip on your windshield? See us.

604.485.7676
4487 Franklin Avenue
pinetreeauto@shaw.ca



**PINETREE
AUTOBODY
LTD.**





Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

Canadian-owned pet specialty retailer, **Paws & Claws**, opens in June between Staples and Mark's. "We are extremely excited to be part of the Powell River community," said regional vice-president Suzanne Murdoch. "Every Paws & Claws store is clean, bright, spacious, and friendly, and we are located in premier plazas where we offer pet food, pet supplies, and grooming. We support animals in our communities through donations to local animal charities, organizing adoption clinics in our stores, and fighting against the mistreatment of our furry friends. We believe that pets are family members who deserve the best quality foods and products. We have a consulting veterinarian on staff to keep us apprised of all new and relevant nutritional trends and each staff member undergoes training at our facilities to learn about pet nutrition, and the products that we offer, to ensure they are educated, passionate and knowledgeable about animals."

Sisters Lisa and Dawn Holmen have teamed up to form **Sunny Coast Yard Maintenance**, a company specializing in landscaping and lawn care. Lisa has six years of experience in the field, most recently with GCS. "The opportunity arose to start our own business," said Lisa, "and we grabbed it!" Sunny Coast offers mowing, edging, weeding, fertilizing, pruning, planting, hedge trimming, leaf clean-up, irrigation systems, thatching, aeration, mulching, flower bed design, sod replacement, lawn installation and seeding. Call 604 414-4981 or 604 414-3964 or email sunnycoast12@gmail.com.

April 24 marked the second annual profit-share payout for member-owners of **First Credit Union**. The organization says \$330,000 is going back to member-owners. Since 1939 First Credit Union has been actively sharing profits with their community through sponsorships, dividends and relationship pricing, and now for the second consecutive year, member-owners

are being rewarded with profit-sharing. "This is one of the many differences that First Credit Union is proud of," says CEO Dave Craigen. The profit sharing rebate has been calculated as 2% of loan interest paid, 2% of service charges paid and 2% of deposit interest earned. First Credit Union is the longest-running credit union in BC.

Coupon company **Friendssave.ca** has been sold by its former owners, brothers Dylan and Garrett Parsons, but it's staying in the family. Their aunt Kim Kiss has purchased the company. Kim was born and raised in Powell River, left town for about 10 years but returned to raise her son here. She says the business will keep the same format. Kim says she is excited to be taking over the business and she plans to continue offering Powell Riverites discounts at local businesses. Check out this online resource for specials such as 2-for-1 and half-off deals. Contact Kim at 604 414-9645.

The Music Room is hosting a concert at the **Carlson Community Club** each Friday in May. Doors open at 8 pm for the all ages shows. Tickets are \$15. Local bands are opening for visiting bands during the Friday Night Live events. For more info, see www.facebook.com/fridaynightlive.pr.

The **Chamber of Commerce** added two new directors during its annual general meeting March 29. New to the board are directors Katrin Roth von Szepesbela of Villani & Company Law and Isabelle Southcott of Powell River Living. They join president Jack Barr, Town Centre Hotel/Mall; vice-president Linda Young, Westview Agencies; 2nd vice-president Pam Krompocker, Community Futures; treasurer Cory Carr, Investors Group; and past president Dave Formosa, Mayor. Other directors are Mark Hassett, Three Leaf Contracting; Dan Agius, Modern Windows; Pat Hull, Rona; and Stew Gibson, Catalyst.

Powell River **Women in Business** held their AGM on March 28. Chosen for two year terms were: President, Linda Whiteley; Vice President, Terri Beck; Event Coordinator, Karen Andrews; Secretary-Treasurer, Bonnie Krakalovich; and directors at large, Laura Kew, Eve Camenzind and Isabelle Southcott. For more info on WIB, email bonnie@prliving.ca.

Last month we mentioned a new business called **Tereza's Day Spa** and that Tereza and her husband were from Germany. Not that there's anything wrong with being from Germany but they are actually from Romania. They can be reached at 604 485-8265.

PHANTOM
SCREENS

RETRACTABLE Screen Solutions
for doors & windows, outdoor
living spaces and more...

Dave Antle • 485-3040
Russ & Winifred McKinnon
www.PhantomScreen.ca

VLATKA
Sewing

Tailoring
Alterations
Repairs
Marine

604 485-3913 6818 Alberni St

It's Mother's Day
at
The Factory

Malaspina
Soap Factory
DIVA ON A DIME

Town Centre
Mall
May 10 - 12th

Therapy dog program

St John Ambulance dogs visit

When volunteers from the St John Ambulance Therapy Dog program visit the Olive Devaud and Extended Care Residences, smiles light up the faces of residents as they pat and chat with the dogs and their handlers. The program has grown from two to 16 active teams of volunteers and their dogs in just one year.

Volunteers visit the Olive Devaud, Evergreen Extended Care, Kiwanis, and the Powell River General Hospital. "We will be expanding our program to include Paws for Stories, a literacy program for beginning and struggling readers who have a unique opportunity to read to a dog and make a friend," says Audrey McLeish, program coordinator. St John Ambulance Therapy Dogs must be in the adult program for one year and go through an additional child evaluation to ensure they are suitable for this program. "We always are looking for ways in which our program can benefit our community," she said. [PRL](#)



Learning German

Then visit Germany to practice

If you love German food, enjoy travelling and like learning new languages, you'll love a new travel package called The Best of Germany.

Westwind Learning Centre has teamed up with Powell River Cruise and Travel, Powell River Parks, Recreation & Leisure and Trafalgar Tours to create a partnership that combines culture, language and adventure.

Rachelle Warman, Westwind's director, says the culture cooking component of the package will launch first and it will be held at the Recreation Complex. "It focuses on the areas that they will be travelling during their 11-day trip," she says.

This will be followed by an intensive language class where students will learn conversational German.

And finally, everyone will travel to Germany for an adventure!

For more info please contact Rachelle at 604 485-5090 or email info@westwindenglish.com. [PRL](#)

**JUNE 2012
TOUR SCHEDULE**

Heather Tours

June 5 & 6 **Nanaimo Casino • Day Trip**
June 11-13 **Butchart & Abkhazi Gardens & Oak Bay Beach Hotel • Victoria**
June 15-18 **4-Day Casino Trip • Lower Mainland**
June 23 **Desolation Sound • Day Trip**
June 27-28 **'Joseph & the Amazing Technicolor Dreamcoat' • Chemainus Theatre**

You cannot build a reputation on the things you are going to do.

tel: 604.483.3345 We would love to have you join us!
cell: 604.483.1408 www.heathertours.com BC Reg. No. 30400

GIFT CERTIFICATES AVAILABLE

11 MONTHS FINDING THE RIGHT FIT

Pilates

By Isabelle Southcott • isabelle@prliving.ca

Despite the fact that I just spent the last month doing an introduction to Pilates with Terri Beck, I am still not as tall, slender, graceful as she is. I wonder if that means I need to repeat this session again? Hmmmm....

In April, I signed up for Pilates. I'd never done it before, but it was time to try it.

I must admit the convenience of Terri's studio appealed to me—less than a minute away from the *Powell River Living* office—but I really had no idea what Pilates was.

We learned about the history of Pilates and Joseph Pilates, the man who invented and promoted the Pilates method. I had never really understood what Pilates was about before. I thought it was just a bunch of exercises, kind of like I had thought yoga was a bunch of stretching to serene music.

After attending Terri's first class I realized the more you learn, the more you realize you don't know!

Pilates is a method of exercising, not an exercise in itself. You can apply the Pilates method to many different exercises. It is a way of doing exercises that incorporates deep breathing to help you focus and engage the deep abdominal and back muscles to stabilize and control the spine throughout the movements.

Pilates helps with balance and develops deep joint muscles while encouraging correct body alignment.

That's what Pilates is. What it is not, is an aerobic workout. You won't get your heart rate up and you won't get a good sweat happening. For that you need to do something else.

There were six of us taking the Pilates intro class. Terri's positive energy helped us as we awkwardly flopped our way through our first couple of sessions. At first I thought I'd never be able to do the moves and breathe at the same time. Terri helped us understand the three different positions used in Pilates but getting your mind and body to do what you want at the same time it is another thing altogether.

Getting the connections to work doesn't happen overnight, I kept reminding myself. Adults can be impatient when it comes to learning new tasks and when we don't get something easily we sometimes give up. I liked when I had an inkling of getting it right. Terri got us to visualize the area below the belly button as a trampoline—that really helped me.

I didn't make it out to the gym much this month. I do have a list of excuses a mile long, but let's just say April wasn't my best month. But May, now that's another story just waiting to be written. Watch out Frank Clayton of the Canadian Martial Arts Studio, May is your month! [PRL](#)

EL'S AUTO TEC LTD.
Certified

604 485-7003

Complete Auto Repair Any Make & Model
7050 Alberni St Powell River, BC V8A 2C3

Puzzle River

Playing outside the box

By Isabelle Southcott • isabelle@prliving.ca

Alan Morgan loves puzzles. He likes doing them but he loves creating them even more.

Alan, who recently moved to Powell River, launched Outside The Box Puzzles in 2002 from his home in Surrey after stumbling across a book of Rebus puzzles. "I read the book over the Christmas holidays and I was quite taken with it. At the end of the book the author challenged you to write your own puzzles so I did."

Over the next two years Alan created several hundred puzzles until finally, he decided it was time to publish his own puzzle book.

Rebus type puzzles are visual puzzles that are all jumbled up. "And you have to decode them."

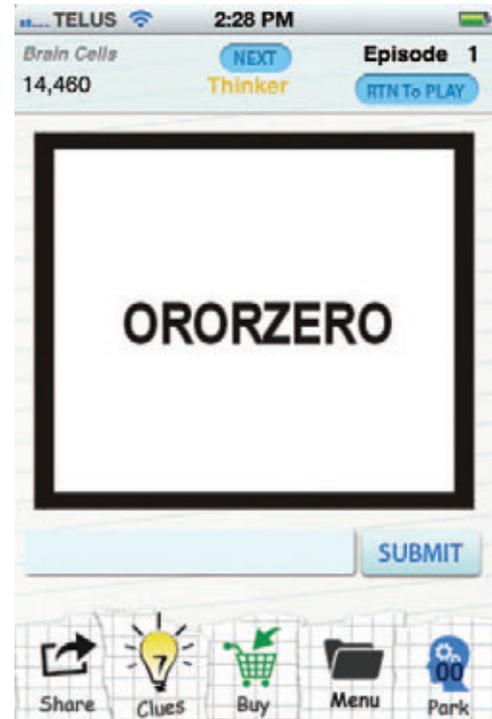
His puzzles are published worldwide. "I sell puzzles to Australian newspapers. The Epoch Times, a global newspaper that is one of the largest in the world, publishes my puzzles in 10 cities world-



PUZZLE MAN: Alan Morgan shows off his iPhone app—download it for your phone. At right, a screen shot of the app in action.

wide, and the puzzles support Free The Children."

Canadian Snowbirds Association News has been publishing Alan's puzzles for six years and Tribute Entertainment pub-



Did you know...

Because of our efficient method of moving freight, our carbon footprint is reduced by 1 100 tonnes annually over other trucking companies our size.

- ◆ Daily overnight freight services
- ◆ Specializing in the transportation of dangerous goods



CITY TRANSFER

Call 310-CITY
for all your freight needs

The Medicine Shoppe
PHARMACY



Canadian Mental Health Association
Mental health for all

Association canadienne pour la santé mentale
La santé mentale pour tous

mental health for all

Celebrating Mental Health Week | May 7th - 13th, 2012

Are you or a loved one dealing with
anxiety, bi-polar disorder, depression, insomnia, mood disorders
or other mental health conditions?

WE CAN HELP

The Canadian Mental Health Association along with The Medicine Shoppe Pharmacy have partnered together to improve the mental health of all Canadians.

As your pharmacist, I will help you manage your medication treatment and provide helpful information that can improve your mental health.

Please call or visit the pharmacy today to get started on the path to feeling better!

(604) 485-5530
www.medicineshoppe.ca

Unit E - 4670 Marine Avenue
Powell River, BC
V8A 2L1

0512CMHA_MS309



Dirk de Villiers
B.Sc. Pharm.
Pharmacist / Owner

Hours of Operation
Monday to Friday: 9:00 am - 5:00 pm
Weekends and Holidays: Closed



FREE Prescription Delivery

Accu-Pak™ Bubble Packaging

Health Events & Screenings

FREE Medication Reviews

lishes his puzzles, too. "Tribute Entertainment says they have dramatically increased the number of online readers who make the effort to scroll all the way through to get to the puzzle at the bottom," said Alan.

Yellow Cedar, a First Nation Education Society in Chilliwack, includes Alan's puzzles in their training manuals. "I also did a series of puzzles with the automotive and education theme and they made flash cards and built it into their apprenticeship training program."

Alan will custom design puzzles for his customers. He will be designing puzzles especially for Powell River Living magazine beginning with this issue. "I want to make Puzzle River a unique Powell River experience," he said with a smile.

As Alan expanded his market, he learned that his puzzles can be used for different objectives. While visiting his son in Korea last year, he realized his puzzles could be used as an ESL enhancement tool. "They can be a fun tool you use on your iPhone," he said.

Alan had an app written for his puzzles that has a multilingual component for the worldwide ESL market. "It is an educational app designed along an ESL theme and is called FUNlearnENG," he said.

Although much of Alan's time is spent figuring out puzzles, he is not puzzled by Powell River.

"I'm in love with this place," he said enthusiastically. "I recognized right away the quality of life I'd have when I moved here. And the view is just spectacular!"

Not long after moving here, he landed a job with TMS Moving and started a driftwood business. He's found a great place to live and does some yard work.

From the looks of it, all the pieces of the puzzles in Alan's life are coming together. **PR**

Pacific Coastal helping

The drive to save lives

Did you know that Pacific Coastal Airlines plays a big role in the SPCA's Drive to Save Lives program?

The SPCA transports strays animals from northern BC to the lower mainland and beyond.

"If I saw Darryl Smith of Pacific Coastal on the street I'd probably be arrested for assault because I'd want to kiss him on the cheek for everything his airline has done for the SPCA," says Audrey Hill, SPCA volunteer branch manager. "That airline has saved so many lives; it is wonderful."

There are many unwanted pets up north and in the interior waiting for homes. The SPCA brings animals to the lower mainland and elsewhere so they can be adopted.

Pacific Coastal has flown cats, dogs, rabbits and even goats to new homes for the SPCA. **PR**

Powell River Living COMMUNITY Calendar **MAY 2012**

May 3: Andrew Shostak's Powell River Premiere of "Strength in Numbers", Max Cameron Theatre, 7 pm. Doors open at 6:15, tickets at the door, Adults \$10, students \$8. Funds raised go to the Kelly Creek Outdoor Adventure Program.

May 4: Friday Night Live! at the Carlson Club (4463 Joyce Avenue), The June Fiasco with guests Superjuice. \$15, Doors open at 8 pm. Win free tickets! Like us on Facebook at www.facebook.com/fridaynightlive.pr.

May 6: PR Garden Club plant sale at the Curling Club. For info call Ellen at 604487-1304 or email edecas@travel-net.com.

Mat 6: Island Cup - Vancouver Island Mountain Bike Race Series. Starts at 1 pm at the Farmer's Market. Entry \$10/\$5 for under 18 plus \$10 for insurance if you don't have a Cycling BC race license.

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

May 7 - 11: Hunger Awareness Week Campaign "Give It Up for Hunger". Make a positive impact on the issue of hunger in our community by giving up a staple or lunch for a week and donating it to the food bank. For more information contact the food bank at 604485-9166.

May 9, 11, 14 & 16: Powell River Dragon Boat and Paddling club will host "TRY-IT" session for men and women of all ages. 6:30-8pm \$20 for 4 sessions. Must pre-register. More info 604485-5478 or www.powellriverpaddling.ca.

May 10: Art show by PR Brain Injury Society; Creative Expressions Brain Art Studio. Opening reception, 7-9pm at Malaspina Art Society exhibition space, at Vancouver Island University. Art show runs to June 5. For more info call 604 485-6065 or visit www.braininjuriesociety.ca

May 11: Friday Night Live! at the Carlson Club (4463 Joyce Ave), HELLOSEPTEMER with guests No Realitee and Potential Union. \$15, Doors open at 8pm. Win free tickets! Like us on Facebook at www.facebook.com/fridaynightlive.pr.

May 11: 'Local Libations' by United Way and the Kings at the TC Hotel. Sample BC wines, cider, local beer, with tasty treats & local art. Tickets at Capone's and Breakwater Books.

May 12: Cookies By The Pound, Powell River United Church, Trinity Hall, 11 am - 2 pm. Lunch and plant sale.

May 12: Former Vancouver Mayor Sam Sullivan joins the festivities launching the TrailRiders program in Powell River. Begins at 12:30 with TrailRiders "hiking" from complex to Willingdon Beach. Music and ceremonies at the beach.

May 13: Thrive and Shine Women's Walk/Run. \$25 for early registration and \$35 after May 5th. 15 years and under \$15 per child. Children under 5 are free, but do not receive a t-shirt. All monies raised go toward Grace House and Freeset. For more info contact Gerrimaes Sepkowski at gerrimaes@gmail.com.

May 18: Dave Lang & The Black Squirrels with guests The Abbie Hoffman Society at Carlson Club. \$15, Doors open at 8 pm. Win tickets at www.facebook.com/fridaynightlive.pr.

May 18: Free Community Dinner at Westview Baptist Church, 3676 Joyce Ave (Bus route #2), 5-7pm. Donations accepted. For info Hans DeJong at has53@telus.net or 604485-9114.

May 24 - 26: Rock Island Players present Kiss the Moon, Kiss the Sun, a play by Norm Foster at Texada Community Hall, Gillies Bay, 7 pm (doors open at 6:30). Tickets at the door \$10 for adults, seniors/students \$7. This "wonderfully sad and beautifully happy play" is a blend of comedy and drama, an amazing story about real people and an unlikely friendship. Some adult content. Powell River patrons can take the 5:40 pm ferry and return on the 10:10 sailing. Call 604 487-7670.

May 25: Friday Night Live! at the Carlson Club (4463 Joyce Avenue), West My Friend, Old Growth Fold Weeds and Shania Edwardson. \$15, Doors open at 8 pm. Win free tickets! Like us on Facebook at www.facebook.com/fridaynightlive.pr.

May 26: Tri-service Cadets Annual Ceremonial Review (ACR) on May 26 at the Complex. Rear Admiral (and former Powell Riverite) Nigel Greenwood, Commanding Officer Pacific Maritime Forces, will be the Reviewing Officer this year.

May 27: Soap Box Derby/Carnival for Kids, Sunset Park in Wildwood. Pancake breakfast at 8 am, Carnival at 10 am and

Races at noon. For info contact Kathy at kmait@hotmail.com.

May 28: Bike to Work Week kicks off with a Celebration Station at City Hall from 7:30-10am. For more info see Page 16 or go to www.biketowork.ca/powell-river.

May 29 - June 1: Bike to Work Week Celebration Stations morning and afternoon. See Page 16 for details.

June 3: Community Bike ride starting at noon at LW Store. Followed by a BBQ/Picnic at Willingdon Beach in conclusion of Bike to Work Week.

June 4: Municipal Pension Retirees Association meeting, Cranberry Seniors Centre 1 pm. All retired Municipal Pension recipients welcome. For info call Sue 604 487-4156.

June 10: The Powell River Community Band offers an afternoon of music at the Patricia Theatre from 2 to 4 pm. Proceeds shared with SAVE THE PAT. \$10, children 12 and under free.

Jul 2 - 6: First week of Youth Sailing Training Program For more info or to download registration forms go to www.powellriveryachtclub.ca or contact Gerard Nachtegaele at powellriveryachtclub@gmail.com or 604414-0574 after 7 pm.

June 9 - 10: First weekend of a five-day sailing training course for adult beginner dinghy sailors. For more info or to download registration forms go to www.powellriveryachtclub.ca or Gerard at 604414-0574 after 7 pm.

June 10: Walk for Truth-Asbestos Kills. Starts at the recreation complex. For more info go to www.areasfund.ca.

June 13: Dancing Through the Decades, Sheridan Dance Academy's year-end performance. 6 pm at Evergreen Theatre. For info call 604485-0233 daytime, 604485-0023 evenings.

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.successby6powellriver.ca or call Sheila at 604 485-2132.

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

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 4:30-6pm (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. New-comers welcome.

Mondays: Bike ride at Suncoast Cycle, 6 pm

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

Mondays, Tuesdays & Wednesdays: Garage Sale, 4476 Cumberland Place (behind Massullo Motors), 9am-3pm. 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 10am-1pm. 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 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, 5:30-7:30pm 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".

Second Friday: CrossRoads Neighbourhood Café, Kelly Creek Community Church, 2380 Zillinsky Road, 7 - 9 pm. Open mike, free refreshments. Everyone Welcome! Bring the whole family! For more info contact Catherine Morris at 604 578-8555 or cate.morris@gmail.com.

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. Register 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

Max Cameron Theatre presents
METROPOLITAN OPERA
LIVE IN HIGH-DEFINITION

The Enchanted Island
ENGLISH SUBTITLES

Season
Finale



3:40 HRS
**Saturday
May 26
10 am**

RESERVED SEATING
ADULTS \$25 • SENIOR \$22 • YOUTH \$15
Academy of Music • 604 485-9633
Day of show tickets • Max Cameron Theatre at Brooks

www.MaxCameronTheatre.ca



Powell River Living FACES of EDUCATION

Husband and wife team love their jobs

Brooks shop teacher Ken Cawley and his wife Carol, a home economics teacher at the same school, both knew in high school the career paths they wanted to follow.

“I liked building and I liked teaching. I’d never really considered anything else,” says Ken who teaches woodwork, metalwork and drafting.

“I always knew from high school what I wanted to do,” says Carol. “I loved textile courses and my mother was an excellent cook. We were always making things and had projects on the go. My clothes were handmade and I did a lot of sewing for friends.”

When Ken looks back he can trace his decision back to the wonderful relationships he had with his teachers.

“I had an awesome relationship with my Grade 9 woodwork teacher. That was my first inkling of my future career path. Then I had a really good relationship with one of my senior secondary teachers and that is a relationship I maintain to this day,” he says.

His part time jobs in high school and university were teaching so when it came time for him to decide on a career, there was no searching for him.

These days, Carol teaches senior foods, junior and senior textiles, sewing, textile arts and crafts, family studies and planning at Brooks. “I’ve taught all the subjects up to junior high but home economics is my specialty.”

The couple met at the Canada Games Pool in New Westminster where they were both lifeguards and instructors. “I got a job as a lifeguard instructor in Grade 11 and that put me through five years of university with no student loans,” says Carol.

She attended UBC where she obtained a Bachelor of Home Economics before receiving her teaching certificate. Ken has a Bachelor of Education specializing in Technology Education.

Ken and Carol had common days off while working at the pool. One day Ken asked Carol to go sailing with him in a fiberglass sailboat that Ken had built while taking a shop course at school.

The two dated through the rest of university, married and moved to the Kootenays. Ken’s first job was to outfit a metal and woodworking shop at a brand new school in Elkford. Given that he is a tool junkie, it was no hardship to be given thousands and thousands of dollars to spend outfitting a shop with tools.

The Cawleys are do-it-yourself people. They fix things that are broken instead of throwing them away. They also make things last as long as possible. This is something that may have driven their two children Krista and Erica, crazy they say, but they learned a lot.

“My dad always had a workbench and tools in the basement,” says Ken. “He built us all bicycles out of old parts and we had to keep our bikes repaired.” Although Ken’s dad wasn’t a great handyman, he did what he could and the opportunity was always there for Ken to do projects.

The couple moved to Powell River in 1989 when Ken was hired to teach welding at Max Cameron and Carol to teach home

economics at Brooks Junior.

The Cawleys like being able to teach students the basics of sewing, cooking, woodworking and metal work.

“It’s basic life skills,” says Carol. “Everybody is going to have something that needs fixing.”

They teach about values through their courses. “Making something for yourself has never changed. It is rewarding,” says Carol.

Grade 9 students take exploratories and many sign up for sewing. During this course they learn how to make boxer shorts. Carol knows how proud her students are of their boxer shorts by their feedback. “I will see the Grade 12 students in the hall and they’ll say: “Mrs Cawley, I still have my boxer shorts!”



Students learn how to problem solve and become independent when they learn how to make and do things for themselves.

As well, people who have fix-it skills and attitudes, save money!

When asked what he likes best about his job, Ken is quick to answer: “The relationship I form with kids.”

He sees woodwork as his avenue to connect with kids.

“I like it when I hire an electrician that I have taught and he says ‘Hi Mr C,’ or if I take my car in to get fixed and a former student works on it.”

Carol likes seeing students learning values, changing attitudes and increasing their work ethic. For her it is about personal growth and thinking about the bigger picture. She teaches them to finish what they start and why this is important.

“They improve their work habits and become accountable. They learn that if they try their best they will succeed. All this is built into our courses.”

At Brooks, Grade 9 students are offered a sampling of the different courses available. This program includes five weeks each of seven different categories. When students are in grade 10, they sign up for an entire semester, 80 minutes a day, of a particular course so it is important they like the course they choose.

Although thirty years has passed since Ken first began teaching, he still loves his job. “I’m still having fun!” Carol nods in agreement. It’s the perfect career for her. **RL**



Try this for a great night "in" with friends!

Parenting Pizza Parties

...and the pizza's on us!

Here's how it works:

- 1 Organize a group of friends and choose a topic that interests the group.
- 2 Call us to book a Parenting Educator who will come to your home to facilitate a great discussion AND bring the pizza!

- Talking to your teen?
- Finding fun family time?
- Improving Communication?
- Help – they've got homework!
- Anxiety and Your Child?
- Bringing Baby Home?
- Reducing Bedtime Battles?
- Understanding Child Development?
- Too Many Computer Games?
- Dealing With Bullying
- Anger Management
- Excessive Screen Time
- Sleep Issues, Tantrums...

A Parenting Education Facilitator will come to your home to facilitate the discussion, and bring pizza!
Contact Colleen Mudry at Powell River Child, Youth & Family Services, 604 485-3090. This service is FREE.



Parenting Group Sessions

for parents of children ages 2-5 years

Sleep Strategies

Supporting your child's bedtime routine

Friday, May 4, 10–11:30 am Call today to book a spot

At Family Place in the Mall • Pre-registration required

Contact Colleen • 604 485-3090

Friends for Life

Workshop for Parents of Children 5-15

Supporting Children With Anxiety

Did you know...

1 in 5 children experience more than normal anxiety?

In 2 two-hour sessions parents will learn:

- What is normal anxiety?
- Relaxation techniques.
- How to change negative thinking.
- Solving problems independently.

Preregistration is required, space is limited.

For more info or to find out dates, contact:

Colleen Mudry at 604-485-3090

Parent-Teen Mediation Program

The Parent-Teen Mediation Program provides a process for resolving conflict between parents and youth in a voluntary, non-adversarial setting. The mediator works with families to help them negotiate specific issues and attempt to develop mutually agreeable solutions, while teaching communication, anger management, and problem-solving skills.

The program is open to families with youth aged 11-19 years.

Call 604 485-3090 today to start finding solutions.

www.prcyfss.com

Because all parents want to be better parents.

More to shop for...

Find gifts for Mom at the Mall!

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

Beyond the Bed
604 485-6422

Let some new designs blossom this spring!

We can provide inspiration & ideas. Great gifts for Mother's Day, and don't forget our wedding registry!



www.beyondthebed.com

SPLITENDZ SALON

Signature Pedicure & Manicure

CALL NOW! **\$69!**

ONLY UNTIL JUNE 30

Taxes not included. No other discount applies.

Pssst... Mom would love a gift certificate from Split Endz!

604 485-6670
Call to make an appointment

Armitage mens wear
604 485.9493

Attack the waves in DC boardshorts!



Looking for a more versatile short that works on the golf course or at the beach? Come see us!



Win a Gift Basket for Mother's Day!

Enter at participating Mall merchants.

DRAW ON MAY 12

westview MINI-STORAGE

Various sizes available starting at \$95 (and ASK ABOUT our limited-time special offer!)

COMPLETELY SECURE & HEATED

- Newly-built, clean storage units
- EASY ACCESS, open daily!



Centrally located at Town Centre Court
4675 Ontario Ave (behind TC Mall)
604.485.4681 store.it@prtowncentre.com

MALL HOURS

MON – THUR & SAT • 9:30 am – 5:30 PM
FRI • 9:30 am – 9 pm SUN • 11 am – 4 pm

7100 Alberni St, Powell River 604 485-4681

www.prtowncentre.com