

Powell River LIVING

Showcasing the best of Powell River

Gone fishin'

Why June is a great time for the family to wet a line

Cutting trail

Getting ready for the BIG race, and the visitors that follow

JUNE 2012

Kathaumixw

Enjoy choirs from all over the world

FREE



POWELL RIVER NEW LIBRARY FACTS

THE NEED

- Our library ranks 28th out of 73 in usage but **nearly dead last in terms of space in BC.**
- Modern technology cannot be incorporated in the current space.
- Heating, ventilation and lighting are inadequate.
- There is no adequate wheelchair access.
- **We are one of only seven libraries in BC that does not have a public meeting room.**

10,991 total cardholders in 2010

8% increase in library cards in 2010

70th of 73 libraries in BC for size per capita

Source: BC Ministry of Education, www.bced.gov.bc.ca/pls/reports.htm

LOCATION After careful analysis of 18 sites by the New Library Committee, the City Council chose **the vacant gravel lot on the corner of Marine and Abbotsford (formerly known as “The Old Arena Site”)**. This area, “Willingdon South,” is not Willingdon Beach, which is a separate area to the north.

THE COST A new Library can be paid for mostly by a combination of federal, provincial and private grants, and private/corporate fundraising. **The goal is to secure at least 2/3 of the cost from these sources to ensure that the contribution from the taxpayer is absolutely minimal.**

OPERATIONS The new Library is designed with low operating costs in mind. It is larger, but much more efficient. It can be **operated with the same number of workers that we have now and will be much more energy efficient.**

CONDOS Some people talk of condos being built to finance the new Library - BUT NOT US. The zoning of the site does not allow it. However, it *does* allow a Library. **The plans for a new Library DO NOT include ANY private development.**

CENTRAL The Library is not only for residents of Westview, it also serves everyone from Saltery Bay, to Texada, to Sliammon, to Lund. The location on Marine and Abbotsford is **highly central and accessible to everyone in our community.**

SEA FAIR Did you know Sea Fair and the Old Arena shared their waterfront space for many years? The new Library will be much SMALLER than the Old Arena, so there is room for both. **There is no reason to cancel or move Sea Fair.**

GREEN SPACE The new Library will actually increase the amount of greenspace in the area. The roof is covered in native plants - a green roof. **The unsightly gravel lot will be replaced by a planted field with a Library underneath.**

THE BUS Existing routes will be adjusted and the plan includes a new bus stop and a HandyDART stop that **will take you to the front door.**

PARKING The building has ample parking, with the possibility to add MORE along Marine Ave. **There will be the number of parking stalls required by city bylaws for a building of this size.**

REVITALIZATION

75% is the percentage of Library patrons who regularly combined trips to the Library with the purchase of goods and services from retail stores close to the Library. Source: Surrey Public Library Study, <http://www.nald.ca/library/research/dividend/dividend.pdf>

11,567 is the number of **visits per month** our current outdated Library gets. This influx of people to the Marine Avenue area can have a **massive positive impact on the current surrounding businesses and encourage new growth and development in the area.** Source: BC Ministry of Education, www.bced.gov.bc.ca/pls/reports.htm

LIBRARIES PAY Recent studies demonstrate the economic benefits of libraries. For example, in Indiana communities get \$2.38 of direct economic benefit for every library dollar spent and in Florida \$6,500 spent on libraries creates one new job. Why would Powell River be any different? **Find the links and see for yourself at <http://dpi.wi.gov/pld/econimpact.html>**

CULTURAL HUB Wouldn't it be great to have **a public gathering space for cultural, educational, and community events in the true heart of Powell River?** A place for workshops, children's events, author readings, documentary screenings and so much more? A Library that shows visitors what we value as a community and a building that we can be proud of? Yes! **Just Imagine the possibilities.**

powellriverlibrary.ca

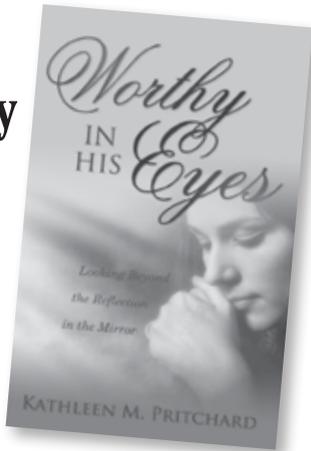
Approved by the Board of Trustees of the Powell River Public Library and paid for by donation.

New book explores life after brain injury

If you:

- have sustained a brain injury
- have suffered a stroke
- have a loved one who has undergone a brain injury or stroke
- struggle with self-esteem
- question your faith

you should read this book!



Word Alive Press is thrilled to introduce *Worthy In His Eyes*, by Powell River author **Kathleen M. Pritchard**.

In 2001, Kathleen was involved in a high-impact car crash, leaving her with a Mild Traumatic Brain Injury. In *Worthy In His Eyes*, she candidly discloses shattered dreams and the impact it has had on her life.

But the book is upbeat and positive, as she shifts her focus from overwhelming turmoil to the transforming difference a personal relationship with Jesus Christ can make. Her trust in God ultimately produced a journey filled with purpose, a heart at peace, and the realization of her worth - in God's eyes.

Worthy In His Eyes is available at Breakwater Books and Cole's in Powell River, and through Amazon, Chapters/Indigo and Barnes & Noble around the world.

Don't miss it!

AUTHOR SIGNING

Wed, June 20, from 1 - 2 pm
at Cole's in the Town Centre Mall



vs.



vs.



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ROAD SAFETY Enjoy the Working Forest

Western Forest Products builds and maintains an extensive network of industrial roads that provide access to our many recreational opportunities. WFP wants you to enjoy your travels within our active working forest this summer and there are a few key points to remember for a safe trip.

- Industrial equipment can be expected 24 hours a day and 7 days a week – **Always drive as if there is a loaded logging truck around the next corner.**
- **Call the 24 hour Road Hotline before you travel: (604) 485-3132.** This road hotline is kept up to date with all current closures and safety notices.
- If you have questions, please feel welcome to stop by our Duncan Street office for assistance.
- Drive with your **headlights** on at all times.
- Drive to road conditions – **maximum 50 km/hr.**
- Give logging traffic the right-of-way and do not park on the outside curve of any logging road.
- **Follow all safety signage.**

Our working forest is critical to our local economy and our livelihoods depend upon it. Campfires are only permitted in designated areas and please ensure they are out before you leave. Should the forests become sufficiently dry this summer, fire bans may be implemented and please respect all current fire bans and notices.



Western Forest Products Inc.
Stillwater Forest Operation



Reminder for Dog Owners



Keep our community clean for all!

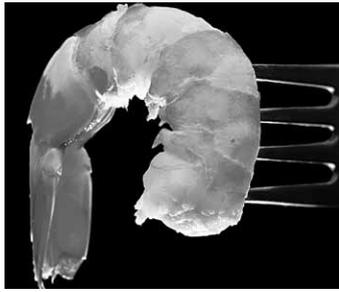
Please immediately clean up after your dog.



- All dogs living within the City of Powell River are required to wear a **current license**.
- Dogs are not permitted at **Willingdon Beach** and **Mowat Bay Park** from May 1 to September 15.
- Clean-up bags at **dog friendly parks** can be found at Larry Gouthro Park, 3 locations on the Seawalk, entrance to Willingdon Beach Trail, Sunset Park, Lindsay Park, Old Arena Site, Henderson Park & Grief Point Park.



Questions or concerns regarding animal control may be directed to City Hall at 604 485-8600



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ON THE COVER

Trail builders Wayne Brewer and Bruce Leach (on the bicycle) have spent hundreds of hours getting local cycling trails in shape.

Photo by Sean Percy

Powell River Living CONTRIBUTORS



ARIANA BIAGI graduated from Brooks in 2008 and moved to Vancouver to work in the film industry. She is completing a diploma in Journalism. This story first appeared on her blog.



DEB CALDERON is the local facilitator for Destination Conservation and coordinator of the Community Adult Literacy program.



JIM DONNELLY is a Kathaumixw volunteer who has been with the choral festival since the beginning. He says his three decades with the event have been priceless.



DAVID PARKINSON is the coordinator for the Powell River Food Security Project and is passionate about local food.



SEAN PERCY is the associate publisher of Powell River Living, and occasionally gets to write something in the magazine, too. He also enjoys diving, hiking and photography.



JENNIFER SALISBURY is the Business Retention & Expansion Coordinator for the Powell River Regional Economic Development Society.



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



LINDA WEGNER is researcher and writer with nearly a thousand articles to her credit. Her strength lies in writing business-related feature articles and survey-based reports.

The start is what stops most people.

Don Shula (1930–) • Former NFL coach

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.



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Powell River Living IN THIS ISSUE

Growing, working and living

June is a month of growth and transformation. With the school year coming to an end, students close the door on one grade and move to the next. Some will graduate and begin a whole other chapter in their lives.

Not all growth is personal, much of it is external. Just ask a parent who can't believe how short their child's hemlines have become! All around us buds are opening and lawns are growing like crazy. Animals are testing their newfound freedom by pushing the limits of their world.

Growth, be it personal growth or otherwise, is an exciting time. You never know exactly what the outcome will be or how much something will grow.

Our lead story celebrates growth in its own way. A grown up daughter looks back at the lessons her father taught her in the story "What every 13-year-old should know" on page 7.

David Parkinson, of the Powell River Food Security Project, has written a story about a couple who moved here from the lower mainland with the goal of growing more of their own food. Three years and a lot of hard work later, they have created an amazing garden that produces much of what they consume. Their success stems from their willingness to try new things and from plain old hard work! Don't miss "Backyard sustenance" on pages 16 and 17.

I received a heartwarming letter from the mother of a Japanese ESL student last month telling me what a wonderful community Powell River has been to her son Yuri, how special his Powell River family was and how she enjoyed learning about Powell River through *Powell River Living*. After meeting Yuri and his adopted family, I understood why his mother was so happy that her son had ended up studying here in Powell River.

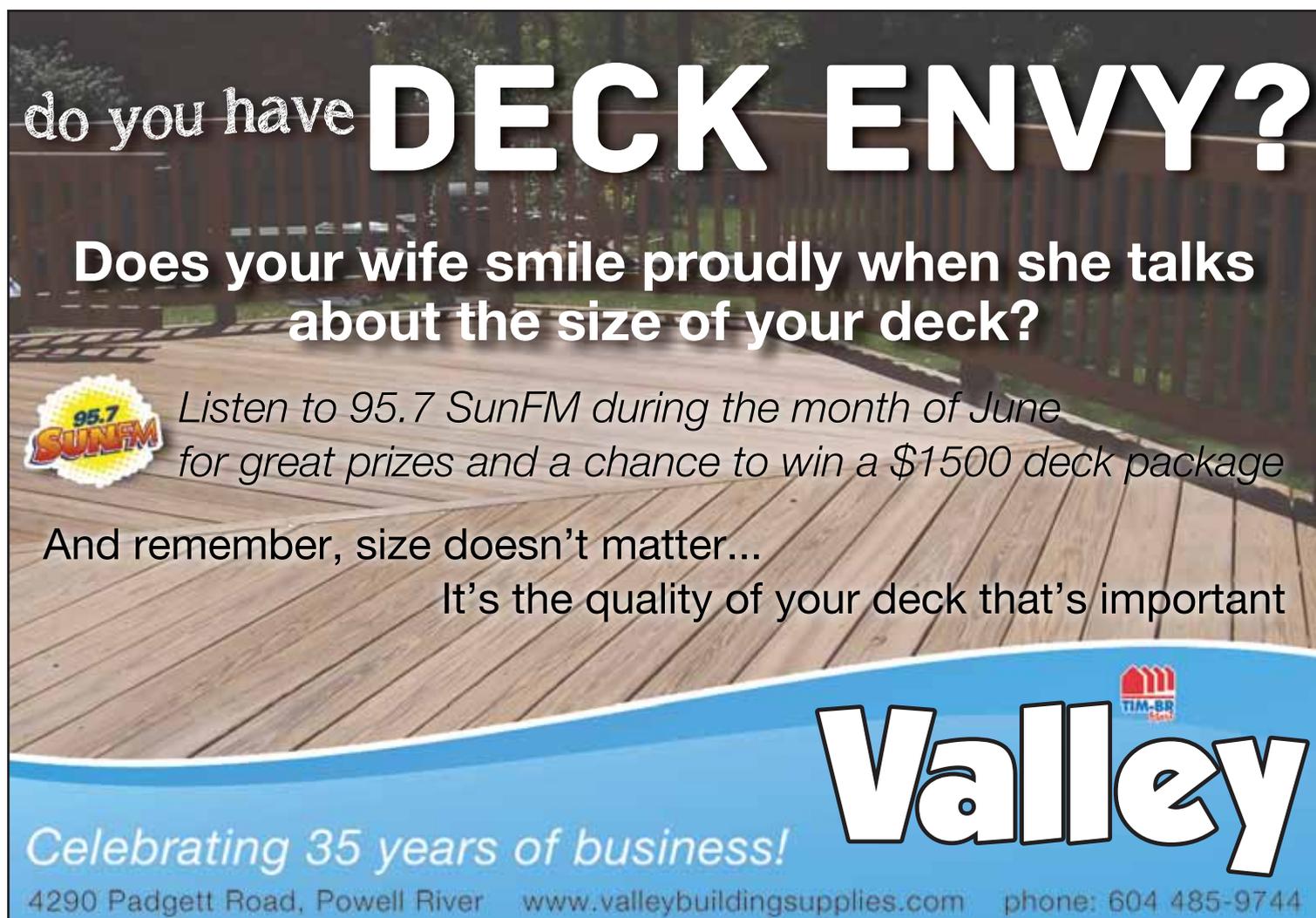
Although every June is Brain Injury Awareness Month, this year it is extra special for Powell River. Kathie Pritchard has written a book about how her life changed after a high-impact car crash and subsequent head injury. Writer Linda Wegner interviewed Kathie about her book, *Worthy In His Eyes*, where Kathie shares how she dealt with shattered dreams and the impact a mild traumatic brain injury has had on her life. See the story on Page 27.

Powell River will continue to grow as we work on *Home Grown*, our annual publication showcasing local food that comes out inside next month's issue of *Powell River Living*.

Until then, get growing! See you in the garden. 



Isabelle Southcott, Publisher • isabelle@prliving.ca



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What's up?

POWELL RIVER

Starring:

A float cabin!

A segment about float cabins and houseboats that will include Powell Lake is coming up on the Travel Channel. In May a film crew was in Powell River to film the float cabin of writer Wayne Lutz and his wife Margy. The Lutzes live in their float cabin at Hole in the Wall year-round. "Our float cabin serves as a writer's retreat for me," says Wayne. "We explored by boat and introduced the crew to the beauties of Powell Lake."

The tentative name for the upcoming Travel Channel program is "Extreme Houseboat." It is an American production but includes Canadian float cabins from Powell Lake, Yellowknife, Shuswap and Tofino. The Travel Channel is available by satellite television subscription.

Asbestos awareness

Join **Walk for Truth – Asbestos Kills** on Sunday, June 10. Sign in begins at noon at the Complex. Opening ceremonies begin at 1 pm; the walk at 1:20 pm follows a family-friendly route from the Complex. There will be raffle prizes, speakers and snacks available for participants.

Speakers include Pat Martin, MP from Winnipeg, who is fighting to keep the asbestos mines closed in Quebec and fighting to ban asbestos in Canada.

Organizer Tracy Ford grew up in Powell River. Her father, Dave Ford, died in 2008 from mesothelioma. His family created the Asbestos-related Research, Education and Advocacy (AREA) Fund to support asbestos related

research, education and advocacy initiatives. The purpose of the walk is two-fold, says Tracy. "We want to let people know that asbestos is a public health issue. Asbestos-related diseases are the number one occupational killer in BC and right across Canada." It is also a fundraising event for the AREA Fund.



The BEST drinking water!

Without question, Powell River has long had great drinking water—and now it's better than ever.

The recent Grand Opening of our new UV Drinking Water Facility is yet one more good reason to move to Powell River: so you can enjoy some of the best drinking water in the world. According to those at a ribbon cutting ceremony on May 18 for the new facility, Powell River now has the best drinking water in Canada, maybe even the world.

City Councillor Debbie Dee cut the ribbon as Councillors Maggie Hathaway, Myrna Leishman and Chris McNaughton, along with City staff looked on (above).

Our Eagle soars

On May 15, Powell River's **Eagle Walz** was honoured for his work as an outstanding environmentalist; he was presented with the John Hind-Smith Environmental Award.

Walz, who received the award at the Friends of the Sunshine Coast Conservation Association's social, has been tireless in his environmental work for the past 20 years. He was praised for his ability to inspire others and bring people together in a positive way to get things done.

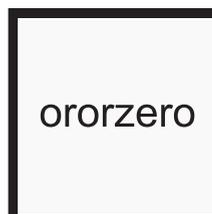
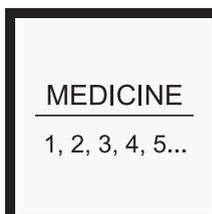
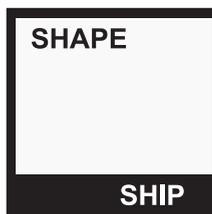
He has been key in developing and protecting the Sunshine Coast Trail, helping start the Powell River Parks & Wilderness Society, creating and protecting Millennium Park. He has also written several books and definitive local trail guides.



Guess the hidden saying, phrase or word(s) suggested by the pictures!

Last month's answers:

- Lost at Sea
- Any port in a storm
- Hideout



Solutions in next issue... or visit our website www.prliving.ca

Get the app for lots more puzzles! Search FUNLearnENG at the app store.



Scan this with your iPhone™



Launch of the Powell River dollar

In development since last September, the Powell River dollar will debut at many local businesses this summer. It will be available through several exchange points around town and at community events where the Powell River dollar has an information booth. Every Canadian dollar you change into a Powell River dollar results in a donation to your choice of local non-profit



group, so you can support community projects and activities. The test phase starting in July will feature a limited number of businesses, but once any wrinkles are ironed out the range of goods and services available will grow.

Local money does many good things for a community. It "plugs the leaks" by keeping money in town where it works harder and lets us take control of our own money. For more information visit powellrivermoney.ca.

According to my father

What every 13-year-old should know

By Ariana Biagi

Many fathers, especially my own, take their roles as protector and provider very seriously. To raise well-rounded, functioning members of society, they must equip their children with all the useful skills and knowledge required to face the big, bad world.

These are skills my father thought every 13-year-old should know:

1. HOW TO GUT AND SKIN ANIMALS

My mother still admits how creepy she found it when she'd walk into the kitchen and see all her children gathered around a boiled deer head. My brother Daniel remembers it as a central activity at one of his slumber parties. Apparently skinning animal carcasses doubles as a necessary life lesson and fun sleepover activity.

If my father had been a hunter, then teaching his (and the neighbours' children) how to skin an animal might have made sense. But he wasn't a hunter. He was an avid collector of road kill.

2. HOW TO MAKE POISONOUS DARTS

This skill would be used in combination with skinning and gutting animals. Before you can gut an animal, you need to know how to kill one.

This fulfilled a dual purpose by teaching us some of our Colombian heritage. Apparently, the best way to kill an animal in the wild is with poisonous, hand-made darts. Bring it on, grizzly!

3. HOW TO SET A SNARE

As I write this, it has become clear that Dad was convinced his children would, at some point, be stranded in the wilderness and forced to hunt and gather.

To make the most of our time in the wild, we were encouraged to set some snares that we could then come back and check after a fruitful (hopefully) poisonous-dart hunting session.

4. HOW TO HARVEST WORMS

Apart from the basic survival skills, my father wanted his children to be business savvy. He decided the best way to do this was by building us a worm farm. We were taught how to recognize pregnant worms, worm poop, and egg cases. The worst part? Marketing the worms to our friends. One way to gain an awkward reputation in kindergarten is by trying to sell 30 worms for a dollar to other six year olds. Trust me.

5. HOW TO (POTENTIALLY) KILL SOMEONE IN HAND-TO-HAND COMBAT

Elbow them in the throat.

We were taught a series of moves that would disarm a person and leave their throat exposed, so that if we were attacked, we could elbow them in the wind pipe, collapse it, and cease their breathing... forever.



LESSONS LEARNED:

Ariana Biagi with her father, Mark. She says her father has an interesting list of things children should know. [Inset]: Ariana finds dissection fascinating at an early age.

Main photo by Samantha Chisari

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6. HOW TO GET OUT OF AN ATTACK, WITHOUT KILLING SOMEONE

Gouge their eyes out.

If the situation didn't call for the other person to die (i.e. kill or be killed), then a simple eye gouge would do.

"Stick your thumbs into their eyes," he would say. "If stuff isn't squishing out of their sockets and running down your arms, you're not pushing hard enough."

7. HOW TO KNIFE FIGHT

Everyone knows suspicious activities can sometimes take place at high school: experimenting with drugs, drinking in the bathroom, schoolyard run-ins, but... knife fighting?

When I started going to the high school for a few classes each week, it occurred to my dad that I might be challenged to a knife fight by some angst-filled teenager.

At this point in her marriage, my mother didn't even blink when she walked into the living room and saw father and daughter positioned in a mock knife battle.

8. HOW TO GET RID OF THE HICCUPS

This one actually works 100 per cent of the time. Sadly, my friends will never allow me to use this miracle hiccup cure on them because it basically involves choking them.

Oh, and sometimes you pass out.

This fail-proof way of getting rid of the hiccups involves having someone push their thumbs into your throat — cutting off part of your airflow — as you take deep, slow breaths. Providing you don't push too hard, the hiccups are cured after a few minutes and no one loses consciousness.

As well as knowing how hard to push, other precautions must be taken. For example, don't do it in public: especially if, like my father, you look like a criminal.

On one occasion, I fainted from this procedure while in a

crowded movie theatre. Luckily for my dad, no one happened to notice him choking a six-year-old and then shaking her awake.

For some stubborn Colombians, though, life lessons are only learned when people think you're trying to murder your wife. Once, at a pub, my mother allowed my father to perform this cure in the hall, where someone caught him with his hands squeezed around her throat.

The man who stumbled into the potential murder scene tried to "save" my mother by telling my dad: "It isn't worth it."

9. HOW TO SALSA DANCE

No matter how Canadian we all are, we were born in Colombia. And every self-respecting Colombian can salsa.

I'm sure other teens would have been embarrassed to see their slightly over-weight fathers shimmying and gyrating in the direction of uncomfortable, Canadian senior citizens. For me, it was always a source of pride to see my parents own the dance floor.

What isn't a source of pride for me is how my middle-aged father is a better dancer than I am.

10. HOW TO CARE FOR YOUR FAMILY

We all know there is nothing my father wouldn't do for his family. If there is one thing we were taught, it's that we can always turn to our parents for help when needed.

And, when the time comes when we can't, my dad made sure we can turn to each other.

So whenever my father goes off on another long-winded explanation on how to heal wounds with maggots (they eat the rotten flesh), we just sit and listen dutifully.

Because there isn't much we wouldn't do for him either. 

Father's Day is Sunday, June 17. Although Ariana Biagi is no longer 13 years-old, and no longer lives at home, she will never forget the life lessons that her father Mark taught her.



Grab a quick **lunch** for the **lake!** Safeway has more than a dozen **sandwich** choices, made **fresh** to order in the Signature Deli. We have all your **Ingredients for Life.**

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Spot Prawn Festival



Looking for a fun time for the whole family and a way to treat Dad for Father's Day weekend? This year Amy Sharp is excited about having the second annual Spot Prawn Festival at the Wharf at Westview on June 16 from 1 to 11 pm. There will be prawns for sale off the dock to bring right up to the festival's own boiling pot. Learn from prawners why this area produces some of the best prawns in the whole world. Understand how prawning is not only sustainable but a solid part of the local food movement.

There will be farm produce, artisan booths and tasty food vendors. The much loved 'Black Box' competition with a celebrity guest chef is back. There's Town-site Brewing in the Beer Garden from 3 pm on.

There will be lots of local entertainment on the stage throughout the day.

The Clansman Pipe Band will ring in the event at 1 pm. Street percussion band Chopstixx will be performing too.

Come view a sea-life display of local critters from right here in our pristine waters with local naturalist/interpreter Anne Parkinson. And keep your eyes peeled as

there may even be a "real" mermaid visible from the dock.

"Help support this fun event by dropping a dad in the Dunk-a-Dad tank" says Amy "and visit

all the other PAC kid activity booths."

Go to Discover Powell River (discoverpowellriver.com) for details on submitting your entry to the ocean-theme photo contest. The winning entries will be displayed for the day.

"Visit our photo booth where YOU can let your inner prawn out to be trapped and photo-documented for later laughs!" says Amy.

Rocco, Stanley the Saver, the First Credit Union Eagle, Pedro the Prawn, Gumby and a few others friends all have a treat in store for you.

Get the kids in their own prawn costume up on stage and see who is

the crowd favorite.

Round out the day watching the sun set behind Vancouver Island as you enjoy the music of the dock party. It will be a fun and entertaining time for everyone. [PR](#)





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Triakers at Willingdon

One of the best coastal layovers!

With electricity, Wi-Fi, laundry facilities and the nicest caretakers you can imagine, Matt White and Skye Marchesi say that Willingdon Beach campground is one of the best campgrounds on the west coast.

The two, who live in Maui, left Olympia, Washington on April 15 on a five-month journey in two *Triaks* to raise money for YMCA Camp Orkila.

"I attended this camp when I was a kid. I kind of grew up there," said Matt. "One in six kids who attend can't afford it and are subsidized."

The pair spent a couple of days in Powell River camping at Willingdon before embarking on the next leg of their trip to Glacier Bay, Alaska. They will travel 1,300 miles following the route outlined

in Robert Miller's book, *Kayaking the Inside Passage*.

A triak is a trimaran sailing kayak. When they pull up to the shore they are often met by people curious about the boats they're in. "We have met so many great people; they're so hospitable," said Skye.

Powell River is the gateway to Desolation Sound and the stepping-stone to a wild and scenic portion of the young couple's journey. They chose triaks for their adventure because "they have sails," said Skye. They also have outriggers and a keel and are pretty stable and safe. "We have gone up to nine knots in these," said Matt.

For more information about Matt and Skye's journey, or to make a donation, visit triakfororkila.com. 



AWESOME STAY: Skye Marchesi and Matt White say that Willingdon Beach campground is one of the best campgrounds on the west coast!

Celebrating a culture of compassion

A new network will attempt to formalize what Powell River does so well: helping others and being hospitable.

From Kathaumixw hosts to service organizations, people are coming together to show they care. Regular citizens,

along with representatives from business, local government and service organizations, will formalize their commitment to a culture of caring through the formation of the Powell River Compassion Network. An inaugural event is scheduled for June 23 at the Max Cameron Theatre. 

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In July, *Powell River Living* will publish the third annual edition of

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DEADLINE IS JUNE 8

BC Bike Race bigger than ever

Trails even better than last year!

By Sean Percy • sean@prliving.ca

The BC Bike Race comes to Powell River on July 3. The seven-day mountain bike stage race from Vancouver to Whistler takes place June 30 to July 7 with the Powell River stage coming about midway through the event.

"The beauty of the BC Bike Race is that they've got an all-star crew that works year long to put together seen days of epic west coast BC single-track ready for your shredding pleasure," says Drew Rohde, of *Decline* magazine.

In Powell River, the head of our "all-star crew" is course director Wayne Brewer. He is the father of City Councillor and avid cyclist Russell Brewer who had entered the race this year but had to withdraw after sustaining an injury tobogganing in the Knuckleheads. Russell, Ron Diprose and Hugo Sloos head a team of local trail experts that have spent more than a thousand hours building trail this year—mostly on the BC Bike Race course.

"We focus on those trails because they're going to be the trails people will come back to race. We're getting people coming from around the world to race our trails after the BC Bike Race," says Wayne.

"There's a real trickle-down effect for the town's economy and tourism and long-term development," he says.

Last year, Powell River got lots of coverage in mountain bike media in the days following the visit, and lots of visitors from around the world in the summer following the race.

This year, local spectators will get to see probably the biggest mass bike race start they're likely to see. The 525 racers repre-

sent more than 30 different countries.

Along with them, come about 130 staff and volunteers.

"It's quite the road show," says Wayne. More than 50 local volunteers will also help out.

Adding to the spectacle are the 325 tents set up at Willingdon Beach, where the race starts and finishes.

At 1 pm, the races begins at Willingdon Beach, with a police escort leading racers down Marine Avenue, up Duncan Street, and down Manson Avenue to Abbotsford Street near Edgehill School, where the riders head into the bush and onto some of local riders' favourite trails, including Suicide Creek and trails in the Duck Lake Protected Area.

The W8 Trail is the newest and loamiest piece of singletrack on the entire Sunshine Coast, and it ends with a long sweet descent. The trails alternate between early 20th century logging rail beds and fast, twisting, singletrack through a forest of old growth Western Red Cedar, Douglas Fir and Sitka Spruce. Riders will cross several salmon-spawning creeks on hand-built wooden bridges that were built by the local BOMB Squad, leading towards the new Ho Chi Minh Trail. This trail incorporates a challenging classic West Coast rock slab drop down into Frog Alley and onto a meandering, elevated boardwalk ride of several hundred metres through a sea of Labrador Tea, towards the newest and longest BOMB Squad bridge, the beautiful Squirrel Crossing.

Maps of the course will be posted around town and can be viewed and downloaded at www.bikepowellriver.ca.

The first racers will likely cross the Willingdon Beach finish line around 3 pm, with larger waves of racers between 4 and 5 pm.

Because the Bike Race coincides with this year's Kathaumixw opening ceremonies, the dinner will be at Dwight Hall, and the awards ceremony will likely take place at the Willingdon Stage. **PR**

*We're getting people coming
from around the world to
race our trails after the
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Kathaumixw!

Concerts, culture, friends and new experiences

By Jim Donnelly

It was one morning in the spring of 1984 when Dal Matterson approached me—I had no idea what he was getting me into. Dal spoke enthusiastically about a Choral Festival to take place that July and asked me if I would like to help. He then asked my wife Sandra and, after succumbing to his salesmanship, we began a 28-year journey that has become a major part of our lives.

In the beginning we had little idea of what we were getting into. I had no concept of what a Choral Festival was all about. That quickly changed, and Sandra began to work with Judy Cutler on arranging the accommodations and meals for the visiting choirs. I was assigned the transportation portfolio, and began figuring out the logistics of getting people into, out of, and around Powell River.

Meanwhile, another enthusiastic group of volunteers was working with Dieter von Holst getting things ready at the Evergreen Theatre, moving pianos, stringing lights, and generally getting things prepared.

As a newcomer to Powell River 30 years ago, I was amazed with how readily people responded to the call for help. Hundreds of families opened their homes to visitors. Hundreds of people jumped in to volunteer and organize the festival.

The entire original organizing group, except the late Ruth Windsor and Dieter von Holst, are still active in various roles today. The experience over the years has helped all of us feel

more a part of our community every year. All of us are older, and some of us have had to bring in more volunteers to help us carry on. And with the passing of the years, more will need to step forward.

For the first festival, in 1984, Dick Hibberd had invited and arranged for a group from Uganda, the Nyonza Singers of Kampala, to attend as a featured group. Dick spent many hours on telephone calls and telexes to fix the arrangements. On July 1, the day before the festival was to open, Dick got a panicked call from the choir who were stranded in London. They had assumed that as members of the Commonwealth they would not need visas to come to Canada. At Heathrow, they found that assumption was wrong. Dick and Dal got on the phone and finally contacted the Canadian Consul in London. As it was July 1, they were fully involved in receptions and celebrations of Canada Day. Together, Dick and Dal were able to persuade the Consular staff to take time out from the party, and issue Visas to the Ugandan singers.

They had missed their scheduled flight, but again Dick and Dal came through and talked Air Canada into putting the group onto a number of alternate flights. By the time they all arrived, it was too late in the day on July 2 for them to travel by bus to Powell River. In another amazing show of community solidarity and support, the Westview Flying Club jumped in, mill manager



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EARLY KATHAUMIX STARS: The Nyonza Singers (left) from Kampala, Uganda were a tremendous hit in the inaugural Choral Kathaumixw. In 1988 the Ellerhein Choir from Tallinn, Estonia, were but one timely phone call from not getting here at all.

John Manuel got his hands on the Macmillan Bloedel Goose Amphibians, and the group arrived in waves of planes at our airport. I was amazed with this immediate mobilization from our community, but not nearly as amazed as were those exhausted travellers from Africa.

We bundled them onto a couple of waiting school buses, and took them directly to Evergreen Theatre, where the opening concert was under way. People who were at that concert will never forget their reaction when that group took the stage.

From the beginning, School District 47 has been aboard helping by providing bus-

ses and other supports. And local unions have supported the festival too. Businesses, big and small, were generous with cash and in-kind support. Churches and service groups worked together to provide home-stay accommodation for hundreds of overseas guests and volunteers.

Another highlight for us came with a 3 am phone call just before the opening of the 1988 festival. A lady from Helsinki was on the line, and she explained that the Ellerhein Choir of Tallinn, Estonia was due to board the train to Moscow later that afternoon and they still had not received their Canadian Visas to al-

low them to board Aeroflot to Montreal. Sandra immediately said she understood there was a problem with the staff at the Canadian Embassy in Moscow, and that a spying issue had caused the Embassy to have to discharge all their Russian support staff. At her urging I got on the phone. I didn't know where to begin so she suggested I just dial Operator and explain my problem.

In those days when you dialed "0" for Operator, you immediately got in touch with a person. The operator was happy to help and said: "You need to speak to Montreal Overseas, but unfortunately



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What an incredible day! The POWELL RIVER MOBILITY OPPORTUNITIES SOCIETY would like to thank everyone who contributed to and participated in it's Grand Launch of Programming on Saturday, May 12, 2012. Its success could only be attributed to the support and volunteerism of many individuals and organizations.

THANK YOU TO EVERYONE WHO MADE THIS DAY SPECIAL including:

- Sam Sullivan (former Mayor of Vancouver & co-inventor of the TrailRider), Stephen Hunter & David Ostro (BCMOS) for coming from Vancouver to share this day with us; special guest Elder Dr. Elsie Paul (Sliammon First Nations); Colin Palmer (Regional District); Jim Palm (Acting Mayor).
- Letters read by Roberta Pearson from John Weston MP and "Man in Motion" Rick Hansen. Regrets sent by Nicholas Simons MLA.
- **HIKERS** - Sam Sullivan, Ron Como, Aaron & Kaden Gustafson, Darlene Sundin, Lisa Hansen, Connie Thurber, Jody Copley, Lita Biron and Brin Wilson for sharing the adventure of riding the Millenium Trail in the TrailRiders.
- **SHERPAS** - Todd Cross; Bob Black; Christina Bagan; B. Collene Crain; David Gustafson; Carol Hamilton; Valda Smith; Loni O'Keefe; Les Schramm; Annabelle Tully-Barr; Tobias Ulrich; Milo Bookout; Chuck Grain; Johnny DeGorter, Ann Trousdel; PR Fire Fighters: Bill Grantham, Kelvin Culos, Kevin Cote; Camber College Students: Kota Mori, Kazuko Miyakawa, Yuki Ota, Natsuka Takasago, Hui Sang Yang and everyone who joined the hike.
- Thank you *Mr Powell River*, Bill Hopkins (MC); Bill Reid (Parks & Rec); Lorna Houle & Joy Aguinaldo; Photo/videographer Cory Wiebe.
- Thank you local musical sensations: Neko Rei, Chopstixx Drummers and SLAM!
- And THANK YOU to the many other volunteers and participants who helped make this day very special and please accept our apologies if you're not named here.
- THANK YOU for contributions from Tim Hortons, Quality Foods, Save-On-Foods, Safeway, Wal-Mart and Island Farms that made the free BBQ a huge success.
- Thanks to Co-Ex Heating & Sheet Metal for use of the Community BBQ and First Credit Union for use of their tents.

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they are on strike.” After a number of abortive tries, the operator connected with a supervisor in the Montreal station and explained our plight. The supervisor immediately jumped into action, and connected with an operator in Moscow. Speaking Russian, she then apparently convinced the operator there to put us through to the Canadian Embassy. It was incredibly lucky that since there was no staff in the Embassy, the Consul answered the phone himself. He was manning the switchboard. When I began to explain my problem, he interrupted me and said: “How are the Blue-back running this year.” And then he laughed and explained he was from Comox! From then on things went smoothly. The Consul asked me to stay on the line and went and found the stack of files on a desk in the empty office. After a quick examination he said: “No problem, tell the Choir to get on the train in Tallinn, and I will meet them at the Airport in Moscow with their Visas.”

I called Mrs Lehtimaki back in Helsinki, and gave her the news. She was overjoyed and gave me the phone number of “General Toy” in Montreal. By now it was 7am in Montreal so I decided to phone. An authoritative elderly voice answered: “Toy here.” I explained the situation to General Toy, and he asked me: “Are they Russian?” When I assured him that this was Heino Kaljuste’s group of Estonian children, he responded: “Good. All will be arranged, goodbye.”

All was arranged. The Choir, the first Estonian group allowed to travel, by direct dispensation from Premier Gorbachev, were met by a jubilant delegation of

Estonian Canadians at Montreal. From there they were wrapped in the arms of the Canadian Estonian community.

Volunteering has other unexpected rewards. Like the amazing two week trip that Dal and I took in 1993 to Kiev, Tashkent, and Samarkand. Apart from our air-

A Global Gathering

The International Choral Kathaumixw is a five-day global gathering and choral festival that takes place from July 3 to 7 in Powell River.

Kathaumixw features international concerts, choral and vocal solo competitions, common song, conductors round tables, concert tours, social events, workshops and seminars. Choirs from around the world participate with soloists, guest conductors and the orchestra in residence, Symphony Orchestra of the Pacific.

There are a number of free performances as well as ticketed concerts and performances. Be sure to order your tickets early to avoid disappointment. To order please contact the Academy of Music at 604 485-9633.

fares, everything was provided for us. In Kiev we stayed with a lovely family, while Dal worked to convince Olga Tereschenko to come to Canada to teach piano at the Academy of Music.

The biggest reward of volunteering with Kathaumixw has been our “grandchild” Hanna, in Stockholm. Hanna comes from Bogota, Colombia, where her Mummy and Daddy went from Stockholm to adopt her. Christina came with

Fred Sjöberg’s Orebro Chamber Choir in 2000. Sandra and I immediately decided we wanted to keep her. She didn’t stay, but we stayed in touch, and a couple of years later we shared a wonderful holiday in a beautiful villa on the Mediterranean, along with some friends from Powell River, Christina and my Swedish cousins. When Christina met Markus, we went to Sweden to take part in their wedding, and so when they announced Hanna’s birth in Bogota, we and many friends in Powell River followed their six-week stay in Bogota while her adoption was formalized and her Swedish passport issued. Sandra and I visited with Hanna and her parents in Stockholm last summer, and we have regular Skype visits with her. Hanna is planning to visit Powell River next summer.

For Sandra and me, volunteering with Kathaumixw for the past 28 years has been a major part of our lives. Every Wednesday, a group of now-old men get together at the Academy of Music, and under the direction of volunteer Facilities Director Mel Low, we take care of the building.

We are now 30 years older, some of us have gone, and we really want more people to join us. For the festival to continue, we will have to start passing on our responsibilities. Please join us for a life-changing experience. The rewards are much better than any paycheque, and the delight that the whole community experiences? Priceless! 

*To learn more about the early days of Kathaumixw, pick up a copy of the book **Many Voices: Music & the Arts in Powell River.***




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Backyard sustenance

From a city lot, to a lot of food

By David Parkinson

The idea of self-sufficiency is certainly in the air these days. More and more people are starting to look seriously at how they can feed themselves and their families; workshops on growing, preserving, and preparing food are becoming more popular; and the so-called 'locavore' movement keeps gathering momentum. Here in Powell River, where isolation has always been a reality, these traditional skills have never really gone away. And in fact, they seem to be staging a comeback, with many younger people actually considering farming as a way of life and many older people learning (or relearning) how to plant, harvest, and preserve the bounty.

Back in May 2009, Barry McLaren and Karen Munro moved from Langley to a double lot in the centre of Powell River. They had both dabbled in growing food in Langley, but suddenly found themselves the owners of a large sun-drenched plot of land mostly covered in grass with numerous fruit trees. Hav-

ing always wanted to grow more of their own food, they immediately set to work, creating eight 5-by-20-foot raised beds, planting new fruit trees and berry bushes, and starting the endless task of learning what works and what doesn't.

Barry lost 30 pounds in those first few months of digging and clearing and they still haven't come back. But in those three growing seasons, he and Karen have come a long way towards household self-sufficiency; and they have done so by trial and error, using thrifty methods, and by embracing experiments and new technologies in small-scale food production.

An example of trial and error is their test patches of beans. In the beginning, they planted up to 15 varieties of bean plants. Some didn't germinate successfully, some were eaten immediately by birds, and others simply didn't thrive and produce well. Now, although they continue to experiment, they have learned which varieties grow well and are



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the best for eating (Orca and Black Cherokee are two of their favourites).

Barry and Karen are absolute whizzes at gardening on the cheap. Rather than spend a lot of money on wood for raised beds, they very cleverly dug up the sod where the beds were going to go and piled it up to make the sides. And to save on fertilizers and amendments, they make their own compost: besides compost bins in the backyard — sod-sided, of course! — they have no fewer than six worm bins in their basement, continually converting kitchen scraps to wonderful mineral-rich compost.

A visitor to their garden will see many examples of their willingness to try new techniques and tools. One of their favourites is a water-filled frost protector for tomato plants, which absorbs the heat of the sun during the day and keeps the delicate plants warm at night — just enough extra heat to make a huge difference in our climate where the temperature can really plunge at night. And they are constantly experi-

menting with new types of food plants, such as grains, sweet potatoes, and exotic berries like haskap (edible honeysuckle).

Of course, the more food you produce in your garden, the more you need to think about preserving that food so you can eat it throughout the year. And that adds a whole other layer of hard work during the spring, summer, and fall. Karen and Barry have had to learn how to can, juice, freeze, and dehydrate fruits and vegetables, and which techniques work best for which foods. Karen wouldn't do without her steam-juicer, which she says does the best job at turning blackberries into juice and jellies.

As Barry says, "It's a constant learning curve." He and Karen are happy that there are so many supportive resources in the region to help people acquire the knowledge and the skills they need to become more self-reliant. They are keen members of the Powell River Garden Club, regular users of the public library's extensive collection of books about gardening, and find it easy to connect with local farmers and other experts to help them navigate the world of backyard self-sufficiency. They point out that self-sufficiency is a full-time job, and although there are areas where it would be next to impossible to achieve true self-sufficiency, for example, grains, they are getting closer every year. All it takes is thrift, creativity, innovation... and hard work! [PR](#)

ONE FAMILY'S HOME GARDEN: (L-R) Sod-sided raised herb bed; sod-sided raised beds; wall-o-water on tomatoes; squash grown in sod-sided compost 'bin'; bean cages and tree branch teepees.



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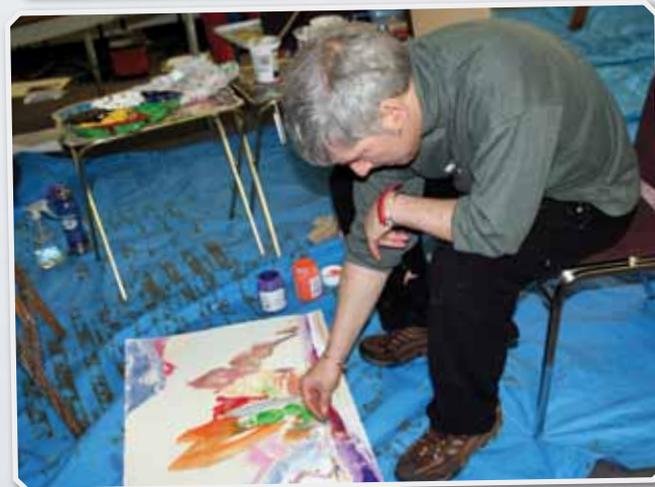
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EXPLORE Powell River



Artist **David Alexander** of Kelowna spent a weekend

in Powell River visiting, teaching & mentoring local painters.

Exchange

Friendships, family and culture

Yuri Yamamoto was only 12 years old when he came to Powell River from Shiga, Japan. "It was March 27, 2007," says Yuri. "I remember the date."

Much has happened in the five years since he first set foot on the west coast of British Columbia.

For one, he's still living in Powell River and attending school at Brooks Secondary. That in itself is unique. "Usually people stay here for a year at the most three years," said Yuri "but I had planned to stay until graduation. My mom always wanted me to go to school in another country."

Yuri's mother, Mitsuyo Yamamoto, attended university in the United States. Not long ago, she sent a letter to Powell River Living saying how much her son is enjoying his homestay experience and his adopted city.

When Yuri first came to Powell River, his mother travelled with him and she, along with his grandmother, have been back to visit since.

Yuri says his life in Canada is different than his life in Japan. His homestay family, Nina and Robert Falls, live on a beautiful beach south of town. This means he doesn't just get up and walk to places after school or bike everywhere or take trains like he would if he still lived in Japan.

Yuri is in Grade 11. He likes science and biology. Although he is good at math he is not particularly fond of it. He likes

reading and reads anything from fantasy to instructional books in English and in Japanese.

"I play ice hockey with Powell River Minor Hockey," he says. "Goalie," he adds.

Yuri didn't know anything about hockey when he first arrived in Powell River. "Hockey was a new sport. I'd played soccer a bit and swam in Japan."

He enjoys going to concerts with his Canadian family and is singing in the jazz choir at school.

Living with the Falls family is a good fit for Yuri. It's also a good fit for the Falls. They have a son Nathan who is the same age as Yuri and the two boys are good friends.

Yuri has been camping and done tons of outdoors stuff in Powell River. "I like the fact that there are a lot of lakes where we camp for free," he says. He also likes fishing.

Besides his family, there is one thing Yuri misses about Japan and that is a Japanese noodle dish.

Nina refers to Yuri and her own son as the boys. "I tell everyone I still have two boys at home," she says. Her other two children have already left.

"Nate would have been on his own," says Nina. "It worked out perfectly to have someone who wanted to come long term. It has been great."

It's a real family affair. Yuri joins the family on all their holidays. In 2010 they



FRIENDS: Yuri Yamamoto and his homestay 'brother' Nathan Falls.

went on a cruise from Los Angeles to Mexico and then to Disneyland. Nate and Yuri bicycled from Jasper to Banff in 2009 and Yuri went to Germany for three weeks on an exchange trip. "We go to Tofino often and Yuri likes to surf," says Nina.

Although they've settled into a comfortable groove it wasn't always this easy. The first six months were tough. "He didn't know any English and he had to learn about our culture and the family rules," said Nina. But he learned. And they learned.

These days everyone is happy including Yuri's mom who says in her letter: "Yuri loves to spend time with his family in Powell River. I'm missing him a lot and I wish it was possible to live with him in Powell River."

In the meantime Mitsuyo reads all about Powell River in Powell River Living Magazine. "Your Powell River Living is my best way to know the things around Yuri," she says. **RL**

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Powell River Living PARDON MY PEN

By George Campbell

The Sandbox University

Once read an essay by Robert Fulghum entitled *All I Really Needed To Know I Learned In Kindergarten*. He learned to share, to play fair, not to hit people, to put things back, to say “sorry” when he hurt someone, and to have a nap every afternoon. Now that’s very nice, but unlike little Bobby Fulghum I never went to kindergarten. I went to Sandbox U instead. And I too, learned a few things while playing in the sandbox.

One of my first lessons occurred when I was three. I took a toy truck away from my playmate Roger, who lived next door. Roger was two years older and 20 pounds heavier than I was, but he didn’t say much when he saw I had his truck, he just took it back and pushed my face into the sand. I learned two things from this—never take anything away from someone who is bigger than you are, and sand tastes terrible.

The next time I wanted a toy that some other kid was playing with, I made sure the kid was smaller than I was. I took a ball away from Roseanne who was trying to hit it with one of those plastic bats. Although Roseanne was smaller than I was, and although she couldn’t hit the ball worth a darn with that bat, she almost beat me to death with it before I could get away. The lesson here is: never take anything away from a person carrying a big stick. At least not while they are looking.

Another time while I was playing alone in the sandbox I came across several large sticky lumps lying just below the surface of the sand. That’s when I learned that although the sandbox was

a source of education to me, to the neighbour’s cat it was just another public restroom. So went lesson number four.

Then there was the goosey gander episode. This took place when I was five, while we were living in the country. We had one of those outdoor loos, the ones with the crescent moon cut out of the door, and I was using it when I heard this strange noise outside. I stood up and pushed open the door to be confronted by a large gray duck with a long neck and two beady, mean-looking, little eyes. Leaving my pants around my ankles, I shuffled out to have a closer look. “Nice ducky,” I said, reaching out to pat its snake-like head. “Hiss-ss-s,” said the nice ducky, and swarmed all over me.

I tried to run but was impeded by the location of my pants, and the goose had a fine time of it, striking at me with its bill and beating me blind with its wings. Eventually my frightened screams brought my grandfather who chased the goose away. I had learned lessons number five and six: you can’t run far with your pants down... and never pet a goose.

All these valuable lessons I learned in the sandbox university before I was six years old, and along with the lessons that Bobby Fulghum learned in Kindergarten they make for a pretty fair education. I can think of only one lesson that should be added to the curriculum: “Laugh at least once a day for a healthy and happy life.” And don’t be concerned if the laughter is at your own expense, for it is wise to remember that those who take themselves too seriously often end up taking pills the same way. **PR**

I learned two things from this: never take anything away from someone who is bigger than you are, and sand tastes terrible.

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11 MONTHS FINDING THE RIGHT FIT

Kickboxing

By Isabelle Southcott • isabelle@priving.ca

Cardio kickboxing with Frank Clayton of the Canadian Martial Arts Academy was month five on my schedule for sampling my way through Powell River's fitness modalities. I have to admit I was a little scared at the thought of putting on a pair of gloves and doing a bunch of punching and kicking.

Okay, I was more than just a little scared. My knees were shaking. After all, Frank Clayton isn't just ANY fitness instructor. This guy is a karate expert. He has multiple black belts and has won a world and national championships!

Everyone knew that I missed the first class. My neighbour, who takes cardio kickboxing asked me where I was. I admitted I was feeling a bit intimidated and she told me not to be.

"It's lots of fun," she said. She'd had a baby a year ago and looked fabulous. If she can do it, so can I, I thought as I headed out the door one May evening.

Guess what? My neighbour was right. Frank's classes are FUN! He tells everyone if they're not having fun, don't come. He also says that what you get out of each class depends on what you put into it.

Frank knows how to motivate people. He's studied the greats like Og Mandino and Brian Tracy and, like me, is a collector of quotes.

The music is cranked as we wait for class to begin. Monica Peckford, an avid cardio kickboxing participant, (who regularly promotes Frank's class on Facebook) greeted me warmly. I was happy to see I wasn't the oldest one in the class; there were ladies from 20 to 60-something.

Cardio kickboxing is an amazing workout. Ten minutes into the class, I'd already used my sweat towel a few times and sipped my water.

I must have looked very serious as I concentrated on the moves to follow the class. "Why don't you come in at 5 on Wednesday and I'll teach you on your own," said Frank, noticing my furrowed brow. That really helped me. Frank explained that he's done the same for others to catch them up to the class and now they're up to snuff.

Guess what? I love cardio kickboxing! I like the fact that it is a group activity. I like the music (it makes me happy), and I like the moves! I never thought I'd like punching but I do. "Put a face on it," Frank joked.

I've always felt hopeless in aerobics classes as I have no sense of rhythm and stumble through the moves but cardio kickboxing is different. There are moves—you're going side to side and tapping your toes while your butt aches and moving backwards and forwards as you punch—but it is different. Even the uncoordinated can do it! I'm living proof.

In between cardio kickboxing, I'm running and going to the gym. My ideal week includes two runs with my dog Hunter (about 5 km each), two cardio kickboxing classes, and two workouts at the gym. Unfortunately, not every week works out like that, but that would be an ideal week for me.

In the meantime, I've discovered that mixing up my exercise program is good. Too much of the same thing is boring and when you get bored, you tend to stop doing something. Variety, in food and exercise, is the spice of life. **RL**



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Arlette Raaen • Vancouver Island University

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Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

Ronda Tremblay has opened **TnT Mobile Catering** opened at 7173 Thunder Bay Street, across from the Marland Motel. The concession trailer is open from noon to 9 pm, with fish and chips, burgers, fries, hot dogs, poutine and more. It's a take away service, although several picnic tables with umbrellas have also been set up.

La Casita has reopened as **Costa del Sol Latin Restaurant** after Delores de la Torre sold the business, but not the building, to a young couple from Vancouver. Mike is a chef, and Sarah's background is as a restaurant manager. They're open for lunch and dinner every day but Tuesday. Visit 4578 Marine Avenue or call the restaurant at 604 414-7463.

Paris Pedorthics has moved into **On Track Physiotherapy**, along with sports medicine doctor David Mann. The move came with the closure of the Westview Physiotherapy office on Joyce Avenue, which now houses Studio 101 Hair & Body salon. The move creates a multi-disciplinary centre at On Track. Paris Pedorthics was started in Powell River in 2008 by Martha Paris who had fallen in love with Powell River and now owns a home here and is a part-time resident. She works at Paris

Orthotics (a family owned company) in Vancouver when not in Powell River, and has for the last 22 years. A pedorthist is a medical professional trained in the assessment of lower limb anatomy and muscle and joint function. "We specialize in the provision of orthotics, bracing & footwear to help alleviate pain, abnormalities and debilitating conditions of the lower limbs and feet," said Martha.

Kirsty Reid, Manager of Wealth Management at First Credit Union, won the National Young Leader Award for the Canadian Credit Union system. Kirsty was awarded this prestigious honor in front of an audience of 800 at the Canadian Credit Union's national executive conference in Vancouver last month along with a scholarship cheque for \$10,000 to be used for the educational pursuit of her choice. To earn this honor was no easy task. The apprentice style competition included an individual interview with a panel of five judges where they asked tough questions that challenged her on her perspectives and ideas about the Credit Union system, as well as a speech that she did in conjunction with the other four finalists. Congratulations Kirsty!

Tired of carrying all those store loyalty cards in your wallet? **Andra Gillen** is helping introduce YOURKARD to Powell River. The card is a normal sized loyalty card, but has room to put five store cards (bar codes) on it. You can also put ten lines of text on the card (any text you wish such as a medical number, blood type to your library card.) You add bar codes like Quality Foods, Safeway, Save-On and your Air Miles card. The card has worked at all the local stores with no issues, reports Andra. Check out the website at www.yourkard.com, like it on facebook at "simplekard" or call Andra at 604 485-6661. **RL**

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Exploring opportunities

Touring the Gibsons recycling depot

By Jennifer Salisbury

The pursuit of solutions for business owners frustrated by the current recycling situation in Powell River drove me to ask the question: Why not? As more and more business owners are interviewed as a part of the Business Retention & Expansion (BR&E) Program, more people are asking about recycling in Powell River. When PRREDS learned that Gibson's Recycling Center has a glass pulverizer in operation, they realized the business owner's questions may have a solution.

Last month, Scott Randolph and Jennifer Salisbury from PRREDS, Coco Hess from the Powell River Regional District, and others visited the Gibson's Recycling Depot.

The Gibson's Recycling Depot was clean, plainly laid out, and full of supportive, safety-vested staff. Just past the attendant assisted areas was a station for glass. Customers sorted glass into three bins: clear, green, and brown. The glass pulverizer towered in the background.

Our personal tour allowed us special access to watch the glass pulverizer in action. Owner Buddy Boyd explained that most glass products come in clean, but dirty ones are soaked and cleaned before pulverized. Some bottles are bare and label-free; the pulverizer removed the labels. The end product is a sand-like product that is clean and free of debris.

How did this visit relate to the BR&E Program interviews? The goal of the site visit was threefold:

- see if a glass pulverizer could work for Powell River;
- gain insight to the costs and potential revenues of a glass pulverizing operation in Powell River; and
- seek ideas about who and where potential end users of the pulverized glass product in Powell River are. The goals were accomplished, and solutions continue to materialize.

The idea of bringing a glass pulverizer to Powell River stems around the end

user — the person who will buy and use the pulverized sand-like glass product once it is produced. Ideas of end users are: artisans who can create glass products, landscapers for filling around bushes, concrete filler (instead of sand), and gardeners to use as a bedding material with top soil covering it. PRREDS has learned of vineyards that have had great success putting the pulverized glass at the base of the vines due to the material's reflective properties.

PRREDS will be meeting with the Regional District to sketch out a potential budget for glass pulverizing operations in Powell River. From there, PRREDS will seek out potential business owners, not-for-profit organizations or potential new business owners to take on the glass pulverizing operations. [PR](http://www.prreds.com)

For more information about the Business Retention & Expansion Program see www.prreds.com.

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Affordable travel

Club reduces costs

By Deb Calderon

I arrive in Qualicum Beach in the afternoon and meet my hosts. Their house is a small cottage, neat as a pin cottage and sunny and bright. They show me to my room, a lovely guest room, with its own full bathroom. I settle into the living room for a cup of tea and a chat. We talk about Qualicum Beach, why I am visiting, places they have travelled and much more.

Then I explore Qualicum Beach. It's after 7 pm when I return. My hosts and I chat a bit more while I admire the garden and then I am off to my room to read. I sleep well in the comfy bed and the birds in the garden wake me in the morning.

The lady of the house has breakfast ready and I have a fresh fruit cup and scones right out of the oven with homemade jam. Lots of hot coffee. I thank my hosts and I am on my way. Before I leave I give my hosts \$15 and then I am gone.

Welcome to the Affordable Travel Club. This is a club for people over 40 who enjoy travelling and hosting.

How does it work? Here is the official version.

As a host member, you offer that extra bedroom, breakfast (continental or full), and an hour of your time to acquaint the fellow member with your area. Your guests give you a gratuity to help you defray your costs. When you travel, you do the same. If you travel as many times as you host, you travel free! The number of times per year a host member has guests is at the host's discretion. Most hosts do not get more than three requests a year. This is a private club. You are not

running a "Bed & Breakfast." You are offering your hospitality to other club members. As a guest or host, you share experiences with people like yourself who have a diversity of interests and are well-travelled. You will belong to an extended family of travelers.

Where can you go? My brother spent all his time on the East Coast of the States staying with members of the club. A friend of mine spent two weeks on the Oregon Coast. Going to The Affordable Travel Club website, I click on the world map to see where I can stay. I find homes in England, France, Spain, Russia, Costa Rica, Mexico, US and many more countries. With over 2,400 host homes in 50 countries you can travel the world.

If you like meeting people and getting affordable lodgings, try the Affordable Travel Club (www.affordabletravelclub.net). When you join you get access to the club directory, club newsletters and opportunities for house and pet sitting. You can even get recipes for great breakfast dishes. There is an annual fee you pay to become a member.

Staying in other people's homes makes sense for those of us living in Powell River and locked into an expensive ferry system. My husband and I can go to Comox and visit friends. We can enjoy dinner and a show in Courtenay and a decent breakfast before heading back to Powell River for a \$20 accommodation fee!

Right now there are only two homes hosting in Powell River, but I encourage you to visit the website to see if this is right for you. And now, if you will excuse me, I have to plan my next European jaunt. [PRL](#)



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A growing concern

By Jonathan van Wiltenburg • edenhort@gmail.com



I am sure you have heard it before, “When using mulch, don’t use western red cedar as it will kill your garden.” I got thinking, is this actually true? Is cedar really the A-bomb of the gardening world? It seemed to me that although it is a bit of light and water hog in its natural setting, it does manage to have neighbourly relations with many other forest plants. Furthermore, cedar is a common garden building material and growing plants in cedar raised beds seems to grow quite well with unseen effects on plants.

So I did some digging around and have come up with a conclusion that may surprise you. Of course, when scouring the Internet, it can be hard to find legitimate information. I stumbled across countless rants about how cedar is terrible thing for your garden but none had any real proof. Then I remembered from my university studies a professor Dr. Linda Chalker-Scott from Washington State University. She writes an interesting column that debunks many horticultural myths breaking them down in logical facts and figures.

According to Dr. Chalker-Scott cedar produces two chemical compounds that could potentially concern us as gardeners. The first is Thujaplicin. This is a molecule produced by the tree to ward off potential infection from pathogens like fungi and bacteria. Ultimately, this

Priorities for June

1. Prune back your winter flowering heather.
2. Weed, weed and weed some more. Competition from weeds is most detrimental to young plants.
3. Be mindful of your greenhouse temperature. If it is getting above 35 degrees fully vented, think about putting a whitewash or shade cloth over it.
4. Pinch back your chrysanthemum to encourage bushy plants.
5. It is hedge trimming time. Get out there, and remember that most hedges need some green leaves left behind to grow back. Laurels and Yew are the main exceptions.
6. Watch out for floppy plants in the perennial border. Keep staking the peonies, delphiniums, phlox, aconitum, sedum, rudbeckia, and all those other fast growing perennials.
7. Prune back your earlier flowering shrubs once they have finished flowering. Things like forsythia, Kerria, some viburnums, lilac, winter jasmine, can all use a haircut at this time. Try to prune naturally and avoid creating balls and squares out of them.

In the Food Garden

8. If you have not already done so, plant out all your heat-loving plant such as beans, tomatoes, peppers, eggplant, summer flowering annuals, etc.
9. Keep sowing your seeds to secure your supply of tender young veggies all summer long.
10. In the potato patch, hill up the plants as they grow. This will encourage production.
11. The tomatoes plants should be tied up or supported. Also pinch off the side shoots that are growing in the crotches of the side leaves and main stem.

is what gives the cedar the rot resistance capabilities and according to the professor, “There is, however, no evidence that this substance harms plant tissues.”

The second is Thujone: a molecule found in the foliage of cedar giving it that characteristic fragrance. Again, according to the Dr. Chalker-Scott, it is “best known for its ability to repel clothes moths.” She concludes that the compound is not water-soluble and is unlikely to impact the growth of plants or contaminate waterways.

So is there anything to worry about? Well, chemically it would seem to be benign. However, any wood chip mulch will use nitrogen to break down. David Whiting from the Colorado State University recommends not incorporating the mulch into the soil. Rather, leave it to sit on top. This should minimize the effects of nitrogen loss. Also mulch in general will have an impact on the germination of seedlings. This is great for blocking weeds, but not so great if you want all your biennials to self-seed. Furthermore, it can affect the development of younger plants as it can physically interrupt growth. [PRL](#)



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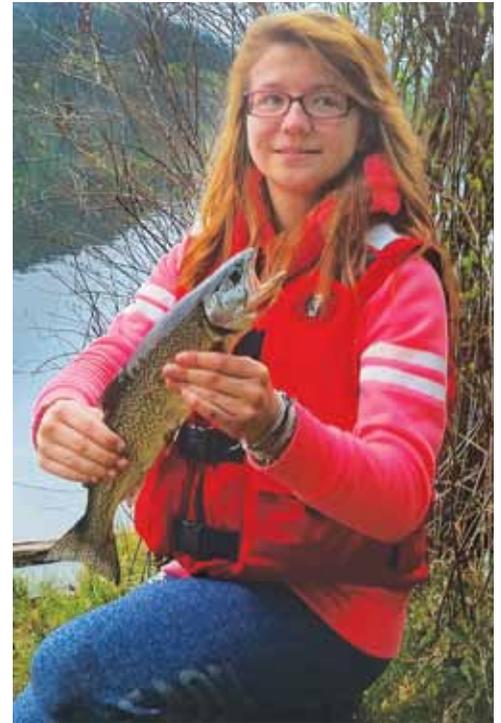
Do you like to fish? Would you like a chance to win an all-inclusive fishing trip to the world famous Langara Fishing Adventures Lodge?

Then come to Inland Lake Provincial Park on Sunday, June 17 between 10 am and 2 pm and join the family fishing weekend. In 2011 there were more than 80 children and adults. There are lots of great prizes donated by Powell River Outdoors and great A&W burgers, and for the first 20 kids, free fishing rods and tackle boxes!

"Inland Lake is well known for wild cutthroat trout," says local Conservation Officer Andrew Anaka. He encourages everyone to enjoy a great, fun, free day with the family. "No boat? No problem! Fish off the pier. No rod or tackle? We'll find you some! No angling licence needed. For more info, see our Facebook page at BCFFW."

The Inland Lake event is part of BC's Family Fishing Weekend, a celebration of the great sport of fishing and getting outdoors. This year marks the 13th annual event weekend.

British Columbians are invited to try fishing on June 15-17, 2012, Father's Day Weekend, anywhere in the province or get reacquainted with a great sport. Freshwater fishing is FREE during the Family Fishing Weekend. [PRL](#)



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Worthy In His Eyes

Timely new book for Brain Injury Month

By Linda Wegner • wordssofworth.ca@gmail.com

November 7, 2001 is permanently etched in the memory of Ken Pritchard and on the brain of his wife, Kathie. As she prepared for the day, looking at herself in the mirror that morning, she could not have known that within hours nothing and everything would change.

On that life-altering day the couple was travelling in separate vehicles. After stopping in order to make a left hand turn off the highway, Kathie's auto was rear-ended, "throwing my vehicle across the highway as if it had been catapulted from a slingshot," she said.

Just seconds behind her, Ken (or Kip, as Kathie calls him) watched in horror. A speeding driver had just passed his vehicle on a curve in the highway and Ken instinctively knew where Kathie's car would be.

Although she suffered minimal physical injury that has left her with some chronic pain, soon to be discovered permanent brain damage altered the course of their lives. As she writes in her newly released book, *Worthy In His Eyes*, the only thing that didn't change in their world was her outward appearance; inside her brain, a medically diagnosed Mild Traumatic Brain Injury (MTBI) would forever affect every thought and decision of their lives.

The Pritchards are well known in Powell River as the former owners of Ken's Personal Touch, a successful floor and window covering boutique. Prior to joining Ken in the business she'd worked in retail, administrative and business management roles for a number of years. At the time of the accident she was just forty-one years of age, in a long-term and deeply satisfying marriage to Kip and enjoying the benefits of their family, business and social day-to-day lives. It was those relationships that have been an important part of Kathie's journey to acceptance and adaptation.



The effects of the accident were immediate, confusing and terrifying: memory loss, mental and physical fatigue, nausea, the inability to decipher conversation and most terrifying, the music she once loved had morphed into an "incessant irritant."

Guilt was another huge challenge for Kathie. In her reluctance to disclose the extent of the effects of MTBI, she wrestled with a deteriorating sense of self-worth.

"I struggled with tremendous guilt over my inability to participate in common everyday events with people I cherished... the need to place boundaries sometimes induces disappointment, and declining an invitation can be viewed as uncaring or selfish. When we do not take newly acquired limitations into consideration, customary expectations can become unrealistic. Since I was unable to meet those expectations, the heartache of regret manifested itself in the form of unwarranted guilt."

In frequent conversations with me, Kathie shared the emotional ups and downs that accompany MTBI. Unpredictability becomes the new "normal" even as seemingly effective adaptations cease to be effective. Medications require constant monitoring and adjustment. After much counsel and prayer, she says, she is discovering the importance of taking care of herself and of respecting her new boundaries, for her own sake, for the sake of Kip and for the sake of those she loves.

While, she says, trying to go beyond those newly acquired limitations weakens her in every part of her being, accepting and embracing the permanent changes in her life enables her to move forward with confidence. She's learned that while the consequences of November 7, 2001 are lasting, they no longer dictate the essence of who she is or of what she is becoming.

In her journey to a new kind of "ordinary," both Kathie and Kip have drawn heavily upon their spiritual reserves. They are committed Christians, strengthened by their mutual faith and deeply in love. That, MTBI has not taken. **RL**

June is Brain Injury Awareness Month. If you wish to understand how acquired brain injury effects people, pick up a copy of Kathie's new book, Worthy In His Eyes, at Breakwater Books or Coles in Powell River.



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RCMP provide opportunities for youth

Recently, three Brooks Secondary School students attended the RCMP Youth Academy in Gold River on Vancouver Island. John Kutz, Brady Casparie and Kyler Williams experienced “a shortened version of what an RCMP training academy would be like,” said RCMP Staff Sergeant Andy Brinton.

Students experienced a variety of training exercises including sessions in self-defense, law and technical training. Days were long and often went from 5:30 am to 10 pm. Special RCMP support services such as the dog section and air section made presentations which gave students the opportunity to know what some of the specialized units do, said Brinton.

“It’s big on leadership and they really stress working as a team,” he added.

Brinton attended the graduation ceremonies and hopes that next year more students from Powell River will have the opportunity to participate in this excellent program. [PRL](#)



A TASTE OF THE TRAINING: Brooks Secondary students honed their leadership and team-building skills while participating in the RCMP Youth Academy. From left: Kathy Rothwell, Brooks principal, students John Kutz, Brady Casparie and Kyler Williams, along with local RCMP Staff Sergeant Andy Brinton.

Artist joins Enbridge project

Local artist, Megan Dulcie Dill, will join a group of fifty BC artists in June for an artist expedition project to the Great Bear Rainforest to bring attention to the Northern Gateway pipeline.

“Artists for Tanker-Free Shores” will bring attention to the dramatic beauty and ecological diversity of the remote portions of the BC coast. “If the Enbridge Northern Gateway Pipeline project is approved, this whole region will be under threat,” says Megan. “Three to four huge oil tankers per week would travel in and out of the hazardous waters at the entrance of Douglas Channel to reach the Port of Kitimat. A major accident is likely.”

The artists will showcase this wilderness area and their work will be published by the Raincoast Conservation Foundation in a 160-page coffee table book. [PRL](#)

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It's refreshing to be in a class where some students are teens and others are adults. I feel just so lucky that I have a second chance at school. I am thrilled to have the place and tools to complete my goals. — Tania Jalbert, 2011/12 VIU Culinary Arts Graduate

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Powell River Living COMMUNITY Calendar

JUNE

June 1: 2nd Annual Powell River Blues Festival at the Beach Gardens Resort & Marina. A stellar lineup of local talent, as well as world famous headliners, that will be sure to "Rock the River" for 3 solid days of Blues music. Call 1 888 222-6608 or visit www.powellriverblues2012.com for info.

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: 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 & under free.

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.areafund.ca.

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

June 13: Spring Concert - Glee - with the Academy Singers & Apprentice Choir, PR Girls & Boys Choirs. Tickets: Adults \$10, Students \$5. The award-winning Academy Choirs present an entertaining evening of songs and movement.

June 13: Kale Force & Transition Town Meetup at the Community Resource Centre from 6 - 9 pm. Kale Force potluck 6 pm, Transition Town Powell River "Transition 2.0: The Movie" 7pm. For more information contact Kevin at 604 483-9052 or email transitionpowellriver@gmail.com.

June 14: Storyteller Auditions. Looking for stories 5-10 minutes in length, on any subject you wish. Contact Jomichele Seidl to schedule your audition and receive further details. Call 604 485-8664 or jseidl@powellriverlibrary.ca.

June 15: French Family Movie Night at James Thomson Elementary School Gym at 6 pm. JT's Eco-immersion program & Canadian Parents for French present Luc Jacquet's "le Renard L'Enfant", part fairytale, part nature documentary. Food & drink for sale. Bring your bankey/lawn chair.

June 15: Bruce Denniston Bone Marrow Society presents a Pub/Club night from 8 pm - 1 am, at the Carlson Community Club, Pub games, appetizers, dancing and live music by "Stage 2". Tickets are \$20 and are available at Bruce Denniston Bone Marrow Society office, the Knack and the Carlson Community Club.

June 16: Zumba @ Sheridan Dance Academy. Start your Saturday morning right with ZUMBA! Sheridan Dance Academy hosts Zumba every weekend from 9 - 10 am. with a 20 minute stretch class to follow. 10 class punch pass is \$70, drop in fee is \$8. This class is great for beginners - bring a friend and move it, move it! for more info go to www.SheridanDanceAcademy.ca

June 16: Spot Prawn Festival at the wharf at Westview from 1 - 11 pm. Free admission - lots of activities for families. More prawns to eat more ways, chef demonstrations, sea life display and lots of local entertainment on stage throughout the day. Beer Garden from 3 - 11 pm. For more info call Amy at 604 483-2228 or email Info@manzanital.ca.

June 20: Kathleen Pritchard, author of Worthy in His Eyes, will autograph copies of her book at Cole's bookstore in the Town Centre Mall from 1 - 2 pm.

June 20: Worms Work workshop at Compost Education center (behind the Community Resource Center). Master composter Carol Ingram will demonstrate how to set up a worm bin and discuss worm culture using kitchen leftovers. Learn how you can decrease your curbside garbage by 30% and increase the health of your soil.

June 20: Sam Hurrie - Open Mic at Eagles Landing Bistro from 6:30 - 9:30 pm. For more info contact Janis Carter at 604 487-1050 or Janis@eagleslandingbistro.ca.

June 21: Annual Digital Film School Grad Screening at the Max Cameron Theatre from 7-9 pm. For more info contact Tony Papa at 604 414-0733 or tpapa@sd47.bc.ca.

June 22: Faculty Concert - Symphony Orchestra Academy

of the Pacific at the Evergreen Theatre at 7:30 pm. Tickets available at the Academy Box Office (7280 Kemano St). For info Terry Sabine at 604 485-9633 or tsabine@prambc.ca.

June 23: Powell River Compassion Network official launch at the Max Cameron Theatre at 1 pm. Everyone is welcome to join this celebration. For more information contact Jeanette Scott at bandj@shaw.ca

June 23: St. Jean-Baptiste & National Aboriginal Day Celebrations at the Club Bon Accueil, in collaboration with the Powell River Metis Society. Everyone Welcome! Family fun day with games, music, traditional dance workshops and show, BBQ dinner, live entertainment and bonfire. For more info contact Linda Cosentino, 604 483-3966 or admin@clubbonaccueil.com

June 23: Symphony Orchestra of the Pacific Concert at the Evergreen Theatre (Recreation Complex), 7:30 pm. Tickets available at the Academy Box Office (7280 Kemano Street). For more info contact Terry Sabine at 604 485-9633 or tsabine@prambc.ca.

June 28: Concert - Symphony Orchestra Academy of the Pacific at the Evergreen Theatre at 7:30 pm. Tickets available at the Academy Box Office (7280 Kemano St). For info contact Terry Sabine at 604 485-9633 or tsabine@prambc.ca.

June 29: Concert - Symphony Orchestra Academy of the Pacific at the Evergreen Theatre (Recreation Complex) at 7:30 pm. Tickets available at the Academy Box Office (7280 Kemano Street). For more info contact Terry Sabine at 604 485-9633 or tsabine@prambc.ca.

June 30: Whoop-di-do-it-anyway! 7 - 9:30 pm at the Rainbow Room - Rodmay Heritage Hotel. An evening of storytelling for grownups. Enjoy stories, refreshments and the company of friends and neighbors. Donations gratefully accepted. This event is sponsored by the Powell River Public Library, Powell River Literacy Council, and the River City Storytellers. For more info contact Jomichele Seidl at 604 485-9664 or j.seidl.powellriverlibrary@gmail.com

July 1: Canada Day at Willingdon Beach, 6 - 10 pm. Entertainment, family activities, food vendors, birthday cake decorating and a bonfire to end the evening. For more info contact Patti Coburn at 604 485-8902 or pcoburn@cdpr.bc.ca.

July 2: Texada Annual Fly-In at the Gillies Bay Airport. Starts with a pancake breakfast and continues throughout the day with over fifty aircraft flying in to participate in this fun filled family event. Aircraft displays, aviation displays and vendors, games for the kids and live music. For more info contact Doby Dobrostanski at dgart@telus.net or visit www.texada.org.

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.

July 3: BC Bike Race, starting at Willingdon Beach at 1 pm.

July 3-7: Kathaumixw festival. www.kathaumixw.org

July 19: Sea Fair Kickoff Dance featuring 1006 Celtic Band at the Marine in Pub, tickets \$30 each. Doors open at 6 pm, band plays from 7 - 11 pm. Join us for a great evening of dancing, sing-along, clap and cheer. For more info call 604 414-0574. Brought to you by the Powell River Yacht Club, celebrating 45 years of fun on the water.

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

ORCA: (On the Road with Children's Activities) programs run Monday to Friday. For full schedule info visit www.succesby6powellriver.ca or call Sheila at 604 485-2132.

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

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

Mondays: Pasta Night, from 4:30-6pm (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. Newcomers 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 Sandy Graham at 604 489-0024 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 5:30-7:30 pm at Lighthouse Community Church (Burnaby and Michigan). New members welcome.

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

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

Fridays: Ravens Wheelchair Basketball, drop-in, everyone welcome, chairs provided. 4:00 - 6:00 pm in the Oceanview School Gym. For more info call 604 485-2688.

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

Second Friday: CrossRoads Neighborhood 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*



Powell River Living FACES of EDUCATION

Retiring from best job in the world

Being a teacher-librarian gave Barb Richards the opportunity to combine her love of teaching, reading and organizing into a single profession.

Barb is retiring in June. She started teaching in 1975 in Quesnel and moved to Powell River in 1980.

“I was born and raised in Port Alberni but when I was in high school my mother moved to Powell River so I would come here for the summer,” she says. That’s how she met her husband Bill, a Powell River native.



After finishing high school, Barb worked for the Powell River recreation department where she helped run playground activities and worked with kids.

“Then I went to UVic where I got my undergraduate degree in Canadian history,” she said. After receiving her diploma of education she continued her studies for another year and took her school library courses.

While doing teacher training she took a children’s literature course with a professor who was in charge of the school library program. “He let me realize I could do all the things I loved to do if I became a teacher-librarian!”

“I was a reader; I loved to read. I loved writing on blackboards, working with kids and organizing books!”

Being a teacher-librarian has been more than a job for Barb for the last 30 plus years. “It’s been hard to decide to retire because I am still enjoying what I do.”

Barb didn’t always work full time as a teacher-librarian. Over the years she has taught English 9-10; Socials 9-10; Junior and Senior Drama and Senior Planning. She also sponsored the yearbook club for many years.

Although Barb loves reading, she also loves the research component of her job. “It’s easy to find information, especially now with the internet, but we have to teach the kids what to do with the information they find. Is that information legitimate or not?”

She teaches Grades 9 and 10 students how to locate and evaluate information, how to take notes and how to cite information. “Plagiarism is a big problem with cutting and pasting information from the internet.”

These days, the school buys little in the way of non-fiction books because most information is available on the internet. The Canadian Encyclopedia and World Book Encyclopedia are online through the school. Although the school has scaled back their magazine collection the school district subscribes to Ebsco – an online database with educational magazine and newspaper articles and reference materials. “This is something I teach them to use and I have been teaching how to use EasyBib (the bibliography creator).”

She has seen many changes over the years and most have to do with technology, such as the change from paper books to e-readers and the switch to researching projects with computers instead of using books.

“But it doesn’t really matter,” says Barb. “Because they are still reading. The number of kids who are reading for pleasure has not changed; in fact it might have increased.”

Some students come in with an e-reader in one hand and a book in the other hand.

When Barb started her first job, “they still had the old Gestetner machine and now everything is computerized.”

She remembers the old card catalogues with the index cards. If you spilled a tray of index cards—which were all in alphabetical order—they all had to be put back. “And that was a disaster!”

Disasters can still happen, though. “Our computer crashed two years ago and we lost almost three months of new records and circulation information. It was never to be seen again.”

One of the highlights of Barb’s careers was being involved in developing the self-paced program at Oceanview. “That was exciting. It was a precursor to on-line learning where kids work at their own pace on modules. It was very satisfying to help students with what they needed—something specific to them and not the entire group.” Programs such as “Continuous Progress” offered at Brooks, can trace their roots back to the early work of Barb and her partners, Steve Formosa and Gordie Switzer.

“This way of teaching has been described as ‘not sage on the stage but the guide at your side.’”

Stocking the new library at Brooks when it opened in 1996 was challenging. The new Brooks was meant to be a replacement school for the old Brooks which closed in June 1993. Max Cameron (renamed Brooks, Marine Avenue campus) closed its doors in June 2005.

“This meant we did not get funding for new materials in our library. When we started this library we had 5,000 books—all begged, borrowed or stolen from Max and Oceanview. We held book drives and between that and the regular budget we now have about 15,000 books.”

As Barb’s days in her beloved library wind down, she looks forward to spending more time travelling. In the last five years she chaperoned students in the International Student Travel Program on trips to England, Paris, Italy and Greece. “It was fantastic to be able to travel with teenagers and see the world through their eyes.”

She still remembers sitting next to a student at Olympia in Greece and having that student look around and say: “All classrooms should be like this.”

But before she takes any big trips she plans on spending time up the coast with her husband on their boat. “And I’ll probably read a few books too,” she adds. **RL**

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