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A community shows its heart

Eagle eyes

**Diary of a
birdwatcher**

Ahoy there matey!

Why parents need kids aboard



SEPTEMBER 2012



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

ON THE COVER

Local photographer Wendy Pulkrabek captured one of the Marine Avenue eagles on takeoff.

Photo by Wendy Pulkrabek

Powell River Living CONTRIBUTORS



WENDY ADAMS is a teacher at Edgehill Elementary School and mother of two boys. She says raising children is like trying to nail Jell-O to a tree.



PAT BUCKNA is a local storyteller, singer-songwriter and project management consultant who has been in Powell River for three years. He has a rich history promoting performers.



EMMA LEVEZ LAROCQUE is the Literacy Outreach Coordinator for Powell River. Her job is to raise awareness about literacy in the community.



MARG MCNEIL is a retiree who loves to spend time kayaking. She is an avid supporter of lifelong learning, and ElderCollege at VIU.



KATHIE PRITCHARD is a local author who loves life and cherishes people. Her story unveils her husband's family history in Powell River over the past 100 years.



EMILY WHITE is a fledgling journalist also enjoys sailing, writing, music, dance and performing.

I wanted to change the world. But I have found that the only thing one can be sure of changing is oneself.

Aldous Leonard Huxley (1894–1963) • British author and intellectual



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

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Powell River Living IN THIS ISSUE

Fall means changes for eagles and us

When the eagles leave it is only a matter of time before other small signs of approaching autumn become visible. Like the display of back to school supplies that magically appear long before anyone is ready. Or the song of the crickets. Or the end of summer festivals. Or the cooling temperatures.

Just as a new season heralds change, the fall also means change for many of us. What are you going to change this fall? Will you take a new course? Begin a new fitness activity? Learn a new skill?

This month we have a feature story on Page 7 about the eagles of Marine Avenue, accompanied by photos by local photographer Wendy Pulkrabek. One of the things that struck me the most while putting this story together was the fact that these eagles are amazing parents. Not just good, but amazing. They care for their children's basic needs but they also teach their children new skills. When they have taught them all they can teach them, they help them move on. Not terribly different from what we do.

Not only is Edgehill school teacher Wendy Adams a special friend to Shannon Goss and her children but she is a compassionate member of this community. Shannon has Mitochondrial Myopathy, a disease for which there is no treatment or cure. This disease will eventually kill Shannon.

For the past year, Wendy led a fundraising effort to have Shannon's mobile home renovated so it is wheelchair accessible. All

Shannon wants is to spend as much time as she can with her two children. After Wendy heard Shannon give a thank you speech at Edgehill's year-end assembly last year, she took it upon herself to make sure that Shannon would be able to do so. She coordinated an enormous fundraising project and home renovation project. Be sure to read this beautiful, touching story on Page 12.

Emma Levez Larocque weighs in with a story on food literacy on Page 21. This is the second in a series of literacy stories Emma is working on.

Kathie Pritchard has written an interesting historical piece on Page 23 that celebrates her husband's family 100th anniversary in Powell River. It is accompanied by some wonderful photos but my favourite has to be the photo of great grandma shooting dinner right off the dock!

Be sure to check out the Fall Fair later this month. Although it signals the unofficial end to the season, it is one of my favourite fairs. I love taking in the sounds and sights, oohing at the wonderful vegetables, home canning, cooking and seeing what those 4-H-ers have been up to.

So enjoy this issue. We'll see you at the fair! 



Isabelle Southcott, Publisher • isabelle@priving.ca

Fall Home Event

**SATURDAY,
SEPTEMBER 22
8 AM - 5 PM**

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Annual Garage Sale
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What's up? POWELL RIVER

Picnic Time!

Summer's not over yet

It's community picnic time! Come for a free day of fun and laughter, old-fashioned games for ALL ages, and a jell-o eating contest at Willingdon Park, Saturday, Sept 15, 11-4. The Safe Harbour: Respect For All Program, a Powell River Diversity Initiative, presents an *Old Fashioned Community Picnic*. Get out your old fashioned outfit and bring along the whole family to join neighbors and friends for some wholesome fun! Kick up your feet at the *barefoot boogie* to some local musicians. Remember the good ol' days during the sing-along! Get silly in the three-legged and potato sack races BUT don't forget your picnic basket! We are proud to be a zero waste (no garbage created) event! Please use reusable containers/dishes/bottles. Call Evangelina at PRDI, 604 485-2675 or email safeharbour@prep-society.org for info or to get involved as a volunteer or musician. No food or refreshments provided at event.

This September, SPCA volunteer Roselyn Boarman will be participating in the Scotiabank & BC SPCA Paws for a Cause walk for animals to raise funds for the care and protection of animals in our community. She will be volunteering at the event, as well as taking part in the walk, at Willingdon Beach on Sunday, September 9.

paws for a cause

Registration runs from 12 to 1 pm, followed by a walk down Willingdon Beach Trail of many four-legged canines and their human companions. Food and entertainment will be available and a silent auction will be held, along with nail clipping, pet photos, and games such as the Pooper Scooper Relay and Bobbing for Wieners. There'll be Doggies Got Talent demos and contests, and prizes awarded to the top pledge collectors and most talented dogs.

This is an exciting year for the Powell River SPCA, as they have finally broken ground on their own animal shelter! While construction is now underway, they are still short of all the funds needed to build the shelter, so as their largest fundraiser this year's event is more important than ever. For those who want to join Roselyn in raising pledges, forms are available at a number of locations, including Scotiabank, Rainbow Valley Pet & Farm Supplies, Westview Vet Hospital, and the Powell River Veterinary Hospital. You can also collect pledges by registering for the event online at www.sPCA.bc.ca.



The BC SPCA is a not-for-profit organization entirely reliant upon community support. It provides emergency medical care and sheltering for animals that have been abandoned, abused, neglected, or surrendered.

Mailbag

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

Dear Powell River Living & Ariana:

Never before have I been compelled to respond to an article in any magazine, so in some small and unimportant way you both are being honoured by at least one unsophisticated casual reader out there. I was actually moved to blurred vision by Ariana Biagi's simple but beautiful article "According to my father" (June 2012).

Although I have not experienced being a father, as a son I can appreciate how a devoted father impacts his children. I watch my brothers "and sisters" and how committed and devoted they are to their kids and it gives me hope for the children of the future who will likely also be parents. Today, fathers are often "outside" of the family and all too often struggling against overwhelming odds to claim their identity as father as well as their entitlement to the love, respect and appreciation of their children.

Thank you Ariana for sharing your love for your dad. I always take a copy of *Powell River Living* home to Vancouver with me and I always find great reading in every issue.

Joe de Pape

Dear Powell River Living:

I took photos of Amy Orlando's Sugar Shack for my 'Secrets of Savary' article (August 2012) but forgot to write something. Amy has been running her candy store for two summers now. She'll be off to Africa, to continue her studies soon.

Rick Thaddeus

Puzzle River

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

Last month's answers:

- Lord of the Rings
- Spot on
- Up in Smoke



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

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

ART SHOW
Double Vision is an exhibition of paintings and drawings by Ursula Medley and Maggie Poole at the Malaspina Exhibition Centre, Vancouver Island University. Opening reception is Thursday September 6, from 7 to 9pm with artists in attendance. The showing continues until October 10.

Double Vision is an exhibition of recent paintings and drawings from the studio and from painting trips. The show represents a year of collaboration between Ursula Medley and Maggie Poole. Each pursues their own artistic vision and come to-

gether on a regular basis for studio work and occasional painting trips.

"This year we have worked on a series of paintings exploring the delights of the table. We work in different mediums, and draw inspiration from the subject in a different way. It has fascinated me to see how each still life reflects Ursula's delight in changing colour while mine reflects my pursuit of form and value. We have also included paintings and drawings from our joint trip to Bliss Landing and from separate painting holidays. Ursula traveled to Germany, while I spent some time on Cortez Island, both of us trying to capture the unique character of the landscape on paper," said Maggie.

Watching eagles

Locals care for these amazing birds

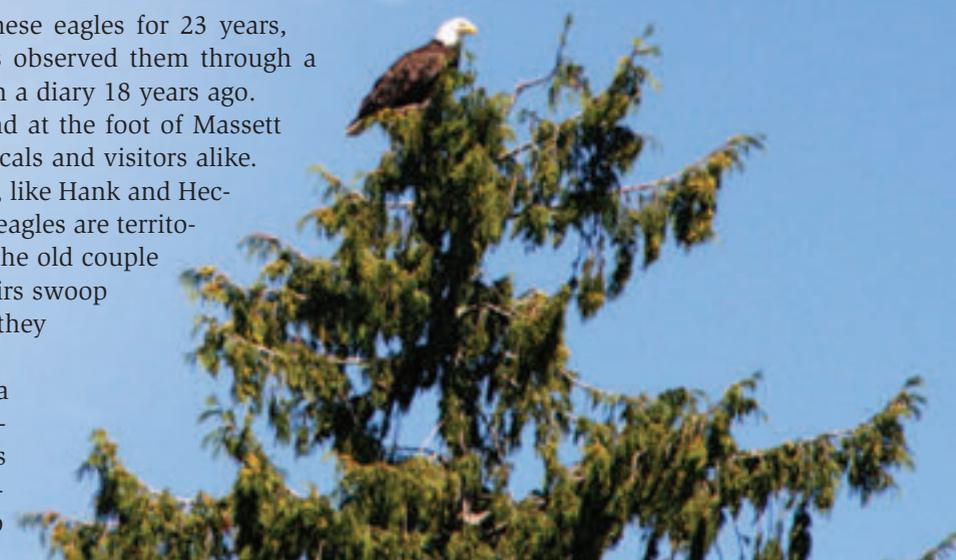
By Isabelle Southcott • isabelle@prliving.ca

Anyone who has observed the antics of the old couple over the years feels a special affinity with the pair of bald eagles that make their nest near the top a half-dead Douglas fir on the Convent's waterfront property at the foot of Quesnel Street.

Locals like Hank Cummings, who has been feeding these eagles for 23 years, knows them well. So does Hector Beauchesne, who has observed them through a high-powered telescope and began recording their lives in a diary 18 years ago.

Two pairs of eagles that have nested at the Convent and at the foot of Massett have been watched, photographed and talked about by locals and visitors alike. These magnificent birds are majestic and magical. Friends, like Hank and Hector, never tire of observing them and their offspring. Bald eagles are territorial. Hank lives approximately on the boundary between the old couple south of him, and the young couple to the north. Both pairs swoop down to compete for the food he offers, especially when they are feeding young.

When Hector retired in 1994 his retirement gift was a high-powered telescope. He had more time to spend observing them. "I started keeping a diary of their activities in 1996," says Hector. "In the last 17 years the old couple have had 22 young. Most years they lay one or two



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NEW

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- Pre & Post Natal Yoga
- Beauty Out of the Kitchen
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- Strengthening the Core, Posture, Balance and Proper Alignment

SKATE SPECIAL EVENTS

Skate with the Kings

- Tue, Sept 25 @ 7 – 8 pm

Public Skating Starts

- Fri, Sept 21 @ 7:30 – 9 pm

Pro-D Day Kids' Adventure Camp

- Fri, Sept 21 @ 9 am – 3 pm
- Fri, Oct 19 @ 9 am – 3 pm



LOOK FOR
THIS GUIDE!

WORKSHOPS

Let's Go Geo-caching

- Sat, Sept 15 @ 1 – 3 pm

Pet House Training

- Sat, Sept 29 @ 9:30 – 11:30 am

Picking Salal & Mushrooms

- Sat, Oct 13 @ 12:30 – 3:30 pm

Saturday, Sept 8 • 9 am – Noon

GIANT

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eggs,” says Hector. It takes a lot of food to raise young eagles, which is where Hank comes in.

Hank keeps a special freezer in his garage, full of food favored by eagles. For the last 23 years he has been feeding the eagles every day that he can, while they are here. “Years ago, when salmon were more plentiful, the eagles would dive and catch their own fish within sight of the nest. You don’t see that anymore. At times they might also take a duck.”

Bald eagles live about 55 years and reproduce for approximately 45 years. The Sisters who live at the Convent, say the eagles have been there since before 1969. “I think they are the original ones that

built the nest and they refurbish it every year,” says Hector. At the very least, the pair he’s been watching over the years are the same ones. “You get to know them after you observe them for a while. Their habits, personalities, body language and character traits.”

Hector calls the eagles the old couple. Local wildlife photographer Wendy Pulkrabek calls them Adam and Eve. Hank calls the pair who live near the convent the Catholics (Urano and Penelope) and the pair who live close to the foot of Massett Street, the Protestants (Otto and Myrtle).

Unlike the old couple, the young pair have not been quite so fortunate. Neighbors say the first female died when she

ran into a power line, so the male took another wife. The leaning fir tree that housed their nest broke and the young were forced out early. The following year the young couple built a nest in another fir at the foot of Massett, but after a few seasons, the raccoons discovered it, raided the nest and ate the eggs, damaging the nest in the process. The young couple found an alternate site on Hammond Street, but missed being by the water’s edge. In 2011, they tried to take over the old couple’s nest. “There were some dandy battles I happened to observe,” said Hector. The second incident occurred on April 2nd, when the female was sitting on eggs.” Referring to his diary, he recounts:

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“There was a great commotion in the nest. The intruder is back again today, attacking the female. She fought back, while trying to protect her eggs. When the invader saw the male diving from the sky, he made a quick exit.”

In his entry of May 23, 2011 he records another confrontation, when the mother eagle was caring for her one-month old eaglet. “The male dove from the sky straight into the back of the invader. The two eagles, locked in combat, tumbled from the nest with wings flapping, striking branches as they fell. The female came to the edge of the nest and peered down to learn the fate of her mate. The invader discovered the old couple are still pretty feisty and ended his quest for the nest.”

They old couple are wonderful parents and have been highly successful at rearing their young. An exception occurred in late July 2008, when ravens blinded their young eaglet that had already fledged. The old couple fed and cared for it in the nest for a few days after it was blinded but it didn't survive. John Schmidt told Hector's wife, Donna, how the ravens had killed it after blinding it first.



Usually, around mid August, the male eagle leaves with the oldest chick and goes north. About a week later the female leaves with the second born and also goes north. “I've been fishing up to Stuart and Sonora Islands and the trees are just lined

with mature and immature bald eagles,” says Hector. “You see the eagles swooping down to get fish. I believe it is part of survival training for the young. The adults then leave the young and continue their journey to separate destinations.



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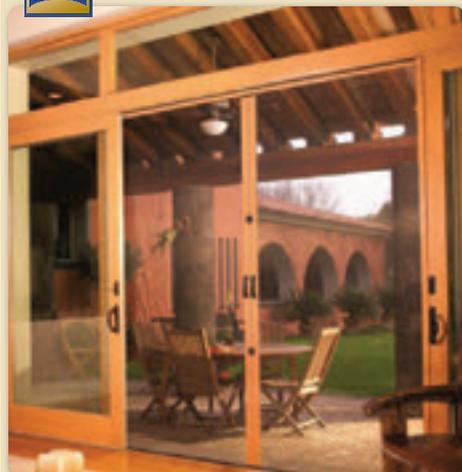
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One nesting pair from Washington State was tagged and tracked. The male went to Alaska and the female went over the mountains to Great Slave Lake.”

Barring any disaster, the eagles faithfully return to their home tree following a six or seven week vacation. The male usually comes home in late September and the female a week later.

In 1998, Mrs. Eagle (of the old couple) did not return home until October 11. “She was long overdue,” said Hector. Her mate had been home since September 16 and kept looking north and waiting for her. “You could tell he was really worried. He flew north and spent a week looking for her, without success, and returned again to the nest on October 3.”

When she finally arrived home, she looked quite bedraggled, after what must have been a difficult flight. Mr. Eagle was indignant. “He flew to a separate tree and stayed there for four or five hours, before coming back to the home tree. He then perched on the opposite side of the tree, looking askance at her over his shoulder. Within a few hours they had made up and were perched side by side.”

Hector says the eagles have their separate roles. The female is the dominant one. The male brings most of the



building material for the nest and the female places it. Some years they have had to completely rebuild it. “If he tries to place a branch in the nest she will reposition it, on principle. It has to suit her needs and she has definite ideas about where the kitchen will be and where the nursery goes in the nest!”

Another of the male’s roles is to bring food to the nest when the female is on eggs, and especially when she is feeding the hungry and fast-growing young ones. “Years ago, I would see him fly back to the nest with a live fish in his talons. The fish would still be flapping and he’d circle the nest waiting for it to

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Annual Salmon Celebration
1 pm - 4 pm Free outdoor activities
3 pm - 6 pm Silent Auction
The Powell River French Club (Club Bon Accueil) invites everyone to the **3rd Annual Salmon Celebration**. Entertainment for the whole family! Outdoor salmon bake, artistic face painting and interesting information booths.

5 pm - 11 pm
Banquet by Dave Bowes of the “Laughing Oyster” & Spirit Dancers & Buddy Holly show

Financially supported by Canadian Heritage

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5 pm - 11 pm Banquet par David Bowes du “Laughing Oyster” et “Spirit Dancers” et spectacle de Buddy Holly

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EAGLE EYES: Hector Beauchesne has been recording the lives of the old couple for 18 years.

die. Mother's job is to tear up the food and feed small pieces to the young. Once, Papa eagle dropped a fistful of live herring in the nest and watched with amusement as his mate and offspring tried to capture the elusive fish. After he has deposited food in the nest, his mate will not allow him to share in it, although he clearly would like to at times.

Hank's affair with the eagles began when he was told they were starving. He began taking food down to the beach by the eagles nest before he went to work in the mornings. As fish stocks have dwindled food has become scarcer for the eagles and survival hasn't been easy. "You could see the eagles were not getting enough," said Hank. "I'd take some fish frames

down to the beach. I thought I had to go to them but one day, I was late for work and didn't know what to do with the fish so I threw it over the bank across the street from my house and they came and got it."

The eagles don't care if their food is fresh or frozen. Hank feeds them chicken, meat and fish. "I got about 10 pounds of salmon heads and tails today," he says as we wander across Marine Avenue to feed the eagles. This year the old couple raised two babies. The last skill the young ones must master before they leave home is to soar on the breeze like an eagle. They usually leave the next day. On August 2nd this year, Hector saw the two young siblings circling together, high above the home tree. He has not seen them since. Though unusual, they appear to have left together without their parents. Only the adults have been coming to Hank for food.

By the time you read this story, the adult eagles will also have flown north for their summer vacation. We wish them a safe journey and look forward to seeing them when they return. **RL**



Dog Gone Grooming

My name is **Betsey** and I am a sixteen-month-old Havashu. I am a very active dog, and I love to run around and play with my stuffed animals. Whenever I see that my mommy or sister is busy, I have a sudden urge to play fetch, so I bark at them to let them know. Aren't I polite? My favourite time of day is during the evening, when the three of us will go for a walk. I always meet other dogs and make new friends along the way. I also love getting my hair cut by **Lou Anne** at **Dog Gone Grooming**. She is incredibly nice and I always get a new bandana. This time, I got a pink one! Plus, when I get a haircut, everyone tells me how cute I am!

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

POWELL RIVER Skating Club

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CANPOWERSKATE September Camp

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Dates: 10 sessions, Sept 10 to 20 (Mon-Fri & Sun-Thur)

Times: Group A: 6 - 8 yrs, 3:45 - 4:30 pm

Group B: 9 - 12 yrs, 4:30 - 5:15 pm

Fee: \$135 (includes membership)

For more information contact **Nicole Rumley** 604 487-0418 or rumleysk8@shaw.ca

Star Academy and Test Program also offered for more advanced figure skaters.

Mark these dates on your calendar for registration:
Thursday, Sept 6 @ 6 - 8 pm & Sunday, Sept 23 @ 1 - 3 pm
Lower level at the Recreation Complex

CANSKATE ~ Learn to Skate

The focus of the program is fun, participation and basic skill development for ages 3 and up. Earn badges as you progress at your own rate.

Dates: Mon and/or Thur, Sept 24 to Dec 6

Time: 5:30 - 6:15 pm

Fee: 1 session \$155 + \$45 membership, or 2 sessions \$200 + \$45 membership

ADULT LEARN TO SKATE

It's never too late to learn. Make this the year you become a skater.

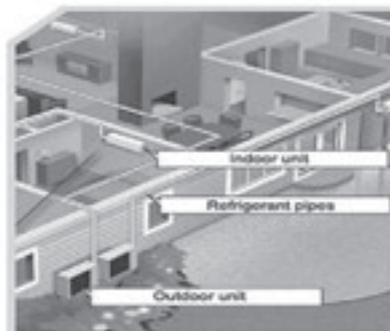
Dates: Mondays, Sept 24 to Dec 3

Time: 6:15 - 7 pm

Fee: \$155 + \$45 membership

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In the Company of Angels

How the 'Ultimate Compassion Project' found Heaven on Earth

By Wendy Adams and Shannon Goss

We sat at Shannon's kitchen table, tears streaming down our faces, as she read the four-page story she wrote while lying in bed a few nights before. It brought me back to 15 months ago, when we sat in my car, also wiping away tears. Shannon was telling me the story of her life's struggles and her only wish was to spend as much time as she could with her two children. This time was different. The tears we shared were not of pain, fear and sorrow; they were of friendship, love and sincere gratitude.

Last summer I told Shannon's story in the August 2011 *Powell River Living* magazine ("The Ultimate Compassion Project") and used a speech she had written, as her strength was so empowering and her words were so endearing. This August, I called upon Shannon again to help write the next chapter.

These are her words:

"Since early childhood, my life has had many hardships. For many years I have been left feeling alone, angry, frightened, helpless and often times, hopeless.

I had always wished I could find belonging, stability, love and a place that felt like home... a place, where my children and I could grow roots. I returned to Powell River, after many years away and I thought I felt blessed to have such a beautiful town to live in. Little did I know, Powell River has more than the comforts of familiar faces of old friends, watching sunsets and the safety of walking down any path that lays in front of us. I could fill a whole book with all the reasons to want to live here, but recently, I have found the very best asset this town has to offer... it's the people!

After falling ill with Mitochondrial Myopathy, I found myself suffering more than I ever had before. The pain that comes along with this disease is indescribable. At times there are days that I must choose between feeding myself or brushing my hair.



HOME SWEET HOME: Shannon Goss and her children in their newly-renovated wheelchair-accessible home.

Although, currently there is no treatment or cure, I am determined not to give up. People often ask me how I can smile each day, laugh or find joy.

I often respond: 'Whether you are young or old, healthy or sick, what is the point of living if you can't be happy? Life is what we choose it to be, but if you happen to be sick, Powell River is a wonderful place to live. People here don't turn away when they see suffering, they step in, they help, they care.'

The Compassion Project blossomed following a 'Thank-

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FRIENDS HELP FRIENDS: Edgehill teacher Wendy Adams has been more than a friend to Shannon Goss. She has been a lifesaver.

you' speech I gave at Edgehill School's year-end assembly. I wanted to thank the staff, parents and students for their generous support through my daughter's open-heart surgery, our financial struggles and the devastating news of my illness. I was simply wishing to convey my gratitude, but ended up with so much more. In true Powell River spirit, Wendy Adams took it upon herself to find further help for us, as the newest challenge we were facing required a renovation to my trailer to accommodate a wheelchair which would allow

me to conserve energy and remain living at home.

Through many months of fundraising and telling our story over and over again, she gathered help from churches, organizations, service groups and businesses. Close to 100 individuals have come together. What seemed to be a simple undertaking turned into a huge, and at times, an overwhelming project. In the end, I am struggling to find the words to express our appreciation.

How do I thank a whole community for helping, supporting and loving us?

How does a person describe a feeling of re-born faith in humanity and the feeling of family that I have developed for the people of Powell River?

What could I possibly say to thank everyone, many of whom we have never even met?

How do you thank heaven-sent angels when they don't want you to see their wings?

I truly believe that all of us in Powell River are living in the 'Heaven on Earth' we spend our lives looking for. Heaven is in the people who share in our lives.

Thank you to God and all those who have created the angels that live in our very special town, to the angels who gave themselves and to the angels who are too humble to show their wings. From the bottom of our hearts, we thank you!"

Shannon has often accused me of carrying 'wings' on my back. I would not have been able to do this project on my own and feel incredibly fortunate to live in the company of so many people who shared a part of themselves with us over the past year. I too, would like to express the deepest heartfelt thanks, to each person who helped us provide Shannon and her children with a place to call home.

As with most renovation projects, the Compassion Project has not been immune to unexpected expenses. We will be continuing to raise funds to cover our costs. Donations can be made to the "Shannon Goss Compassion Project" at the First Credit Union. If you are interested in helping with fundraising you can contact me at w5adams@telus.net. 



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3. Be alive on February 6th, 2012, the 60th anniversary of Her Majesty's accession to the Throne. The medal can be awarded posthumously, as long as the recipient was alive on that date.

A select committee has been established to review the nominations and choose four candidates. Nominations must be submitted no later than September 14th, 2012.

For more information and nomination forms please contact:

Kim Tournat, Constituency Assistant
Office of Nicholas Simons, MLA
Powell River-Sunshine Coast
#6-4720 Sunshine Coast Highway
Sechelt, B.C. V0N 3A0
604 741-0792

Maggie Hathaway, Constituency Assistant
Office of Nicholas Simons, MLA
Powell River-Sunshine Coast
#109-4675 Marine Avenue
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THE COMPASSION PROJECT

Thank you all!



We would like to express our deepest gratitude for making our trailer accessible and for transforming it into a beautiful home — Shannon, Quinn and Keely

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Always something new to learn

VIU's ElderCollege

By Marg McNeil

The Vancouver Island University calendar including the ElderCollege courses listed for the fall semester is available now from the college or the recreation center. If you are over fifty and buy an ElderCollege membership for \$15 you are eligible for a reduced rate of fees. Each semester there are new offerings as well as some of the old favourites such as *Introduction to Computers* and *Spanish*. Many retirees take advantage of the opportunity to exercise their minds and enjoy great learning experiences year after year.

Recently, I interviewed Lynne Toole about participating in ElderCollege.

"Over the past five to six years, even before I retired, I began taking courses at ElderCollege. It's inexpensive and a fun way to learn new things. I am impressed with the instructors who volunteer, preparing on their own time. They are infinitely patient, willing to stop and go back over what you missed. You just have to be brave enough to ask, and as you are in a class with your peers it makes it much

easier. No question is too stupid to explain. I had virtually no computer skills until I came to the college so mostly I have concentrated on that area. I've repeated courses and found it worthwhile. This past year I took: *Create a Card in*



Publisher, Creative Newsletter in Word, How to: Digital Audio, How to: Digital Video, Digital Photography for Beginners and Introduction to GPS. There are always courses I would like to take but cannot fit into my schedule. It's good that the classes are in the daytime, and I do not have to drive at night as I live out of town. I find ElderCollege is very enjoyable and appreciate being able to take advantage of it."

When I interviewed Eileen McKinnon she said she usually attends ElderCollege. She takes courses that interest her and

that are challenging with lots of discussion and interaction. It is also a chance to meet others with the same interests. She and I have attended several of the same classes including one during the 2012 spring semester in which we interviewed other seniors. We wrote the interviews up and they were collated and made into a book titled *Not All Paved Roads*.

"We, who attend ElderCollege, are a pretty exclusive group who get to go to school for fun and take classes that we are interested in. Our teachers get to teach about things they love for the fun of it; no tests, no grades, no deadlines, no stress. No wonder we enjoy ourselves," she said.

As the days of fall shorten into the gloom of winter ElderCollege is a good way to lighten the spirits. Recent research into the aging brain has reported that cerebral activity helps to keep us mentally alert. Whether we are taking or teaching a course sharing an ElderCollege classroom with other seniors is a great way to shake the season's doldrums. [PRL](#)

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Happy Birthday!

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By the mid 1960s, the mill was the highest producer of wood fibre pulp and paper newsprint in the world. In its heyday, one out of every 25 newspapers printed in the world was printed on paper from the Powell River mill.

Today, the mill still produces newsprint and paper for Catalyst Paper Corporation. *The Globe and Mail* newspaper and *Powell River Living* magazine are both printed on paper from the Powell River mill.

To celebrate 100 years of papermaking, Catalyst is holding a birthday party on September 15 from 11 am to 4 pm at the Powell River mill.

"It's a big birthday bash, kind of like a family reunion," said Tamie Pfister, executive assistant.

All retirees and past employees are invited to celebrate a century at this fun-filled family event. If you are able to attend please RSVP to powellriver100@catalystpaper.com

There will be activities for kids, with Bouncerz, an obstacle course, a magician, cotton candy and snow cones. A barbecue lunch will be provided with birthday cupcakes for dessert.

Kevin Clarke, President and CEO of Catalyst, will be at the party along with other Catalyst executives. Local dignitaries and politicians have also been invited to the party.

Brian Johnston, General Manager of Catalyst Powell River Division, is looking forward to a fun-filled day of family activities, "We are hoping to see a lot of friends and former employees celebrating the mill and the community at the event."

The Clansman Pipe Band and Powell River Highland Dancers will join this celebration. The pipe band was formed in 1930 and played an important role in the mill's history. The band travelled to Vancouver to play for the visit of King George and Queen Elizabeth in 1937. At that time, the Powell River Company decided to sponsor the band,

with the members being assured of job security. The Band became 'Good Will Ambassadors' and toured North America on behalf of the Powell River Company. 





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House concerts

Powell River joins "Home Routes" circuit

By Pat Buckna

What do a world class blues and slide guitarist, a Yukon roots songwriter, a multi-instrumental labour singer, a former Wyrd Sister, a virtuoso kora (African harp) player from Uganda, a Juno award winning singer from Toronto all have in common with Powell River? This fall and winter each be performing in a living room in Westview as part of the Home Routes Salmonberry Circuit of house concerts.

On September 28, Powell River will join over 200 other hosts across Canada to present a series of six house concerts. The first performer is Mary Flower, an acoustic fingerpicking guitarist and lap steel player from Oregon, who's twice finished in the top three at the National Fingerpicking Championship and who was recently nominated for both Acoustic Artist and Acoustic Album in 2012 Blues Music Awards in Memphis.

Pat Buckna, the local host of the Home Routes house concerts in Powell River, is no stranger to roots and folk music. A professional singer-songwriter and tour-

ing musician, Pat first organized concerts in the small community of Fort Smith in the Northwest Territories, was Artistic Director of the Folk on the Rocks music festival in Yellowknife, served on the Canada Council Touring Advisory board and brought over 750 northern performers to Vancouver as part of the NWT pavillion at Expo '86. "The reality of trying to make a living as a musician these days is incredibly difficult. For audiences ticket prices have made access to many shows nearly impossible. House concerts are a win-win for everyone. As hosts and attendees we get to see great performers at a reasonable price in a relaxed and comfortable setting, share some snacks and conversation with friends and neighbours, plus the performers get enough work to make a tour economically possible."

Home Routes is a Winnipeg-based non-profit organization, co-founded by Mitch Podoluk, who created both the Winnipeg and Vancouver Folk Music Festival. Over the past six years, Home Routes has cre-

ated a linked group of over 200 community based house concerts across North America. Tim Osmond, Artistic Director of Home Routes says, "This is the first time that we have been able to include Powell River as part of a Home Routes house concert circuit. House concerts connect the performer to the audience directly, without any barriers and allows the most amount of interaction possible due to their up-close and intimate setting."

"We hope folks in Powell River will not only enjoy these concerts, but also each other as they gather for a night of music and socializing. It's a great way to get to know neighbours and if one attends the concerts on a regular basis, they will quickly find there are others that share the same passion for live music."

A passion for live music and house concerts aren't new to Powell River. Over the past several years concerts have been held in various homes throughout the upper Sunshine Coast. One challenge has been publicizing the events. Often hosts

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INTIMATE SETTING: Musician James Gordon plays to a cozy crowd at a house concert.

have relied on word of mouth and sometimes attendance has been low. As part of the Home Routes Salmonberry Circuit, the dates of all six shows, the venue, and the performers are all known in advance allowing people a chance to mark the dates in their calendars. This season's artists will tour 11 communities on Vancouver Island, the Gulf Islands, and Powell River over 13 days. Performers stay with their local hosts who also provide their home as the venue, and promote the shows. Many artists tour with CDs which can be purchased at the shows. Each concert costs \$20 and 100% of the admission fee goes to the performer.

"We have room for about 25-30 people in our home and our goal is to make certain all six concerts are sell-outs to make it financially worthwhile for the performers to make the trip," said Pat. "The variety of performers, the audience, and the setting will undoubtedly create a series of memorable evenings."

Other performers this fall and winter include: Yukon songwriter Gordie Tentrees and Roger Marin (who's toured with Fred Eaglesmith and Willie P. Bennett); Mark Ross (whose songs have been recorded by Utah Phillips); Former Wyrld Sister and songwriter Lindsay Jane from Manitoba; Kinobe from Uganda (who's toured internationally with such figures in African roots music as Toumani Diabate, Yousou N'dour, Salif Keita, Angélique Kidjo, Oliver Mtukudzi, Baaba Maal, and Ismael Lo) and Juno Award Winner David Bradstreet (who wrote Valdy's well-known song "Renaissance").

For more details, information and tickets, contact Pat at 604 485-5198 or email pat@maryhill.com. 

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Powell River Living

PARDON MY PEN

By George M Campbell

School is cool

“When I was a boy,” (so goes the story told by the father to his seven-year-old-son) “I didn’t get to ride to school in a nice car like you. Nosireebob! I had to walk to school and back. And it was five miles. Uphill. Both ways!!”

September, being ‘back-to-school’ month, I thought I might resurrect a few old school stories and maybe even come up with one or two new ones. My personal favourite ‘back to school’ story goes like this:

Mom has finally given up on hollering from downstairs, “Get out of bed and get dressed, you’ll late for school!” Now she has gone upstairs and into the bedroom to find the reluctant school-goer in the middle of the bed, curled into a ball with the covers over his head. “I don’t wanna go to school,” he mumbles from under the covers. “The teachers hate me and the kids hate me.” She replies patiently,

“There are three reasons you have to go to school: one, the teachers don’t hate you; two, the kids don’t hate you; and three, you’re the principal. Now get out of that bed and go to school!”

There is an old song called ‘Would You Like To Swing On A Star’ that talks about school. One of the verses in this song goes as follows: ‘A mule is an animal with long funny ears, who kicks up about anything he hears. His back is brawny and his brain is weak, he’s just plain stupid with a stubborn streak. But if you don’t give a hoot to go to school, you may grow up to be a mule.’ Now, we should all remember that another name for a mule is an ass, so you kids who don’t want to go back to school this month, pay attention. Oh, yeah, and that goes for you teachers, too!

My mother often told this little story about the first day of school: “When my son Tommy turned six and it came time for him to attend his first grade one class, he cried piteously that he didn’t want to go. I tried to reason with him

but he just kept wailing that there was no way he wanted to go to school. When I finally did manage to get him calmed down enough, I asked him why he didn’t want to go to school. He replied with irrefutable logic, “Mommy, there’s no use sending me to school because I can’t read or write, so how am I gonna learn anything?”

My final school story took place some years ago right here in Powell River. It was told to me by a retired school principal. Seems he had this kid in his office that had been sent there for spraying another kid directly in the face from a can of bug spray. When asked why on earth he had done such a thing, the kid replied with the same irrefutable logic: “He was bugging me, so I sprayed him.”

Let us end this little ‘back to school’ essay with a mother’s toast: “Here’s to the first week of September when the teachers go back to work and the kids go back to school. Thank goodness it is finally here!” **PRL**

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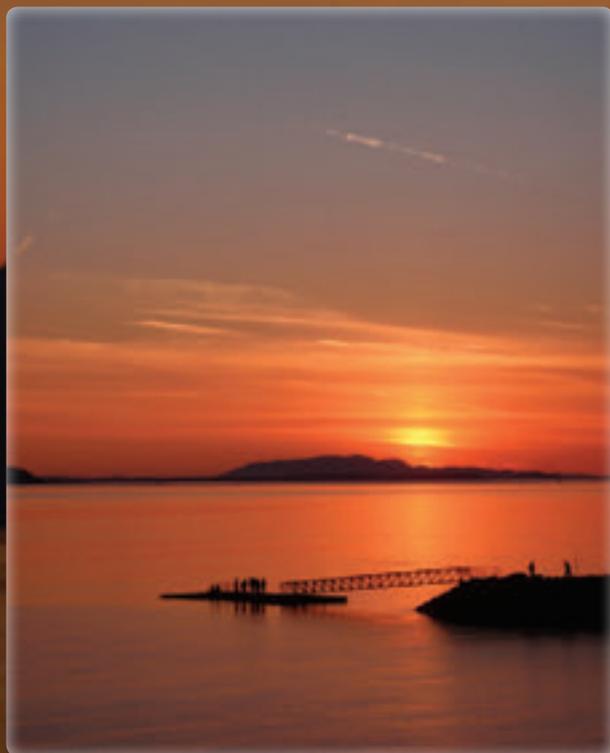
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EXPLORE Powell River

*Photos by Sean Percy
& Isabelle Soutcott*



Food for thought

Literacy: It means more than you think

By Emma Levez Larocque • literacy@prepsociety.org

How much do you know about the food you eat? Do you know who grew it, and how? Where it comes from? What it does for (or to) your body once you have consumed it? There are few things more personal and intimate than what we fuel our bodies with, but in today's fast-paced world, this knowledge is no longer as commonplace as it once was.

And so begins the second month of *Literacy: It Means More Than You Think*, as the Powell River Literacy Council partners up with the Powell River Food Security Project to increase awareness between food and literacy throughout September.

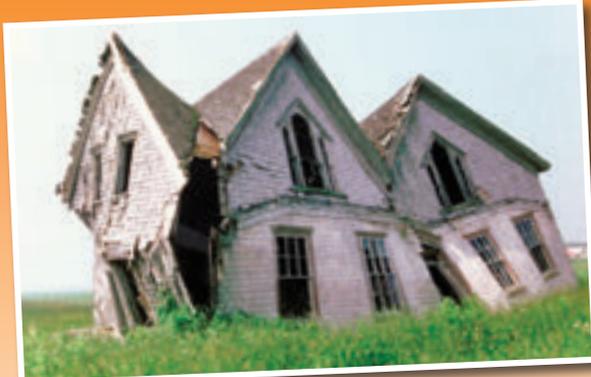
What is Food Literacy?

“Being ‘food literate’ means knowing where your food comes from, what to do to prepare it, store it, and preserve it. It means knowing what to eat, and what not to eat, to maintain good health. And it’s closely related to food security,”



LOCAL FOOD: Theresa Toms delights in the produce that grows locally. She enjoys doing food-related activities—like picking blackberries—with her daughters, Rebecca, 10, and Elizabeth, 9.

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says David Parkinson, coordinator of the Food Security Project (FSP).

“Food security occurs when people have access to healthy food in appropriate amounts,” David says. “It’s having the food you want, when you want it, and knowing what to do with it when you have it. In other words, there are no barriers between you and healthy, delicious food.”

The number one issue in food security is poverty. “There are a lot of people who don’t have the means to eat good quality food — either because they don’t have the money, or they don’t have the time.”

When people have difficulty making ends meet, inexpensive, processed foods may seem like the only option. This is a community issue that several groups, including the FSP, are working on. However, some people who can afford better quality food still do not eat well.

“It may be personal taste,” David says. “But I can’t help feeling that if people knew more about food, and how amazing different foods can be, they would be more interested in it. In many cases, I think it’s a lack of exposure to thinking about food, and not just taking food for granted. When you learn how to bake bread, for example, and understand what really goes into that process, you gain a whole new level of respect.”

Luckily, there is support available;

10 WAYS TO GET IN TOUCH WITH YOUR FOOD

- 1 **Visit the Open Air Market**—lots of local, fresh produce is available now.
- 2 **Check out local farm gates** where some farmers sell their produce in boxes—a great way to get fresh foods daily.
- 3 **Talk to farmers and gardeners** about what they are growing.
- 4 **Visit the Public Library** for a good selection of books about growing food, food preservation (canning, dehydrating and more) and for cookbooks, too.
- 5 **Join a Community Garden** effort.
- 6 **Sign up to be on the Food Security Project’s email list** to be kept informed of all local food-related activities (fsp@prepsociety.org).
- 7 **Join the Powell River Garden Club** (see powellrivergardendclubblog.blogspot.ca).
- 8 **Check out the 2012 Home Grown supplement** to Powell River Living (see prliving.ca).
- 9 **Ask questions**—at restaurants, grocery stores, anywhere you get your food—whenever you’re curious about how food gets to our tables.
- 10 **Check out the Literacy Council’s Facebook page** (www.facebook.com/PRLiteracy) and website (www.powellriverliteracy.ca).

there are many ways to learn about food and how to procure and prepare it without spending a lot.

“I definitely see awareness of food issues growing,” David continues. “There are many groups working on this, and many individuals are learning, and then sharing their knowledge informally. A lot of people are passionate about food, and they are very generous with their time and knowledge.”

Theresa Toms is the mother of two young girls: Elizabeth, 9, and Rebecca, 10. They all moved to Powell River two years ago from Winnipeg, and it didn’t take Theresa long to get involved in the local food movement.

“I volunteer for the Good Food Box, and I have taken workshops on fermenting foods and canning foods,” Theresa says. “There is an abundance of fruits and vegetables here in the summer. Lots of people here have excess food, and they are willing to share.”

It is important to Theresa that her daughters know where their food comes from. “I want them to be able to make things from scratch. There is too much fast food out there today.” And Rebecca agrees.

“The more you cook, the more stuff you learn about food,” she says. “I like helping my mom make perogies, jams and applesauce.” **PR**



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ONE HUNDRED years

Century-old treasure chest contains family history

By Kathie Pritchard

As storms blasted their fury this past winter, my husband Ken (Kip) rummaged through the family treasure chest, which some may refer to as the basement. Boxes shrouded with thick dust held treasures of enormous importance to him. Each treasure uncovered became an important marker for tracing his family's arrival to Powell River one hundred years ago.

Covered in dust himself, with treasures in hand, he would surface for tea at four in the afternoon. Stormy days with restless seas created the perfect atmosphere for unearthing these personal gems of family history.

Plunging through a sea of papers, we discovered that his grandmother, Frances (Irene) Trovinger, arrived with her family from Oregon City in 1912. Her father, Frank, had been hired by the Powell River Paper Company and they settled comfort-

ably into this energetic township.

Kip's grandfather, Albert (Bert) Frank Pritchard, arrived from Ocean Falls, BC on April 25, 1914. He was hired by the Powell River Paper Company as the Chief Electrical Operator. Bert quickly developed an underlying eagerness for payday which was not financially related. On the other side of the payroll counter was a charming, and witty young woman whom he was most interested in. Two years later, on April 22, 1916, Bert (Pop) and Irene (Nana) were married and the Pritchard home on Maple Avenue was established.

Developing a wonderful group of close friends, parties and dances were the pulse of their social life. Nana loved these elegant occasions, but there was another side to her which I believe captivated Pop. As much as she loved to dress up for special gatherings, she also enjoyed being outdoors. They cherished times spent at



THE ROCK: Carol and Ken Pritchard by the family's Douglas Bay property.

their houseboat (float cabin), which was tucked away in the well-known Hole in the Wall on Powell Lake. Photos of Nana driving the boat and swimming in the lake in those lovely swim-suits of yesteryear, exhibited her love for fun times and nature. There was one photo in particular which Kip and I deliberated over for a few moments. Were we seeing what we thought we were seeing? Yes, Nana was standing on the deck of the float cabin, arms poised, with a rifle in hand! There were other folks around her, so Kip mused that Nana had invited folks for dinner, and she was going to make sure it was fresh!

Exploring through yellowed papers, Kip found a copy of *The Powell River Digester*, dated August 1925. Inside was an article stating that Bert Pritchard was walking around town "with a chest like a pouter pigeon." Indeed he was, for he and Nana had become the proud parents of Kenneth Albert Pritchard on August 4, 1925.

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Five years later, construction on the Stillwater Powerhouse was in full swing. Upon completion, Pop had the honour of throwing the switch to start up the new generator. Travelling from the main mill to the Stillwater Powerhouse in the mid 1930's, stirred Nana and Pop to purchase a piece of property south of town, in beautiful Douglas Bay.

One day, Kip came upstairs with something I consider to be the most precious jewel nestled among the collection of memorabilia: *A Five Year Diary*, penned by Nana. The journal entries in this musty, well-used book held us captive for hours. I'm sure she never dreamed how much her handwritten notes would speak to us today. Camp, as Nana fondly called their Douglas Bay property, was a place she loved dearly. Every time Pop drove out to Stillwater, Nana rode along, eager to spend the day at Camp. She wrote of gardening, working outdoors and the beauty of nature.

She was sharp-minded, and many entries revealed her thoughts on worldwide affairs as they occurred, particularly when rumours of war were beginning to rumble. In these entries, her tone became more sombre. On March 17, 1939 she penned: "Heard Chamberlain's speech from England. Afraid war is near. Wonder what the future has in store for us." She wrote of other speeches and announcements heard by way of broadband radio.

Despite war's gloomy shroud, this family embraced life with passion. Music was an integral part of their lives. Nana's instrument of choice was the mandolin, and Bert's was the ukulele. One treasure Kip found in a large, square box was an



NANA'S GOT A GUN: Nana (Irene) Prichard looks like she wants to make sure dinner is fresh.

old Thomas Edison tube record on which Bert Prichard was singing with some other fellows!

Their son Ken followed suit musically. Playing by ear, he was a self-taught master of the piano who made music come alive at Brooks High School noon-hour dances and at "hops" held at the Golf Club. In 1943 he composed the words and music for a song Brooks High School immediately embraced as their school song: *The Thunderbird*.

Nana and Pop enjoyed their son! She recorded dances, going to "the show," first dates, friends, his first "real" job at Burg & Johnson's and his love for Camp. An entry on October 3, 1939 notes: "Ken has

the airplane bug now." It was a simple observation on her part, perhaps because he enjoyed Air Cadets, yet it became an indicator of the future for him. Graduating from Brooks High School in 1943, he journeyed to Tulsa, Oklahoma after being accepted at Spartan College of Aeronautical Engineering. Coming home each spring, he enjoyed snowshoeing past the head of Powell Lake, to do the Annual Snow Survey for the Water Board in Victoria.

Ken graduated with his Aeronautical Engineering Degree in 1949. He also had a sweetheart, Carol Jean Cotton, and he was eager to bring her home to meet his folks. On October 18, 1950 they exchanged wedding vows in Tulsa, Oklahoma. Although he

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UP THE LAKE: Bert and Irene Pritchard loved going up to their cabin at Hole in the Wall.

had an Aeronautical Engineering Degree, his first engineering job was with an oil company in the United States. In 1952 he accepted a promotional transfer to Calgary, Alberta where the oil and gas bug bit hard. Settling in, they began to establish a life of their own.

Nana and Pop were thrilled. Their treasure chest was overflowing with gems of priceless worth. They adored Carol and each one of the three grandchildren who arrived during the 1950's. Summers in Douglas Bay took on new meaning as little ones wove into the fabric of their lives. In 1960, shortly after retiring as Assistant Electrical Superintendent of the mill, Pop and Nana finally built their dream home.

I wish I had known Pop. He passed away in 1982. Everything I've learned about him makes me realize what a wonderful man he was. I did have the privilege of meeting Nana, only but once,

on my first visit to Powell River. That short visit in Olive Devaud in 1984, enabled her to see, and hold, two of her great grandchildren: our daughter, Krystal (1-1/2 years) and our son, Kris (2 months) before she passed away in February 1985. It also stamped a memory of her eyes and her giggle into my head.

Thirty one years later, Ken and Carol moved to Douglas Bay. Carpenter ants are nasty tenants, so Ken carefully dismantled his parent's dream home. Once completed, Ken and Carol began construction on their own dream home. In September 1993, they hosted a BBQ at their new home in Douglas Bay, for Ken's 50th High School Reunion. Lawn bowling, senior's groups, and church activities added to the contentment of being "home." Ken was also vice-president of the Powell River Hospital Foundation in 1994 and remained a member of the Foundation until Parkinson's Disease took precedence approximately three years later. In June 1996, however, he accepted an invitation to play his Thunderbird Song at the grand re-opening of Brooks High School. He still mastered the keyboard. Ken passed away at home February 19, 2002, on the property he loved since he was a young boy.

For years, Kip and I found it difficult to return to the city after each summer spent at Douglas Bay. I had fallen in love with its beauty and family heritage as well, particularly since that memorable meeting with Nana. Moving our family to Powell River in 1990, we became actively involved in this special community as well. I have embraced this treasured heritage alongside of Kip. A couple of years ago, I presented him with a painting which

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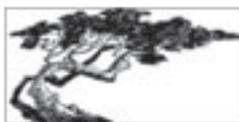
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• **MILL TIES:** Bert and Irene Pritchard came to Powell River because of the mill. Bert retired in 1960 as assistant electrical superintendent. Here he stands with a new generator installed at Stillwater to power the No. 8 paper machine.

showcased three important objects: the original pump-house (now the fishing shed), the well his dad dug at fifteen years of age, and the stainless steel sink, purchased from the old hospital where his dad was born and representative of his dad's role with the Hospital Foundation.

One hundred years ago, our story in Powell River began. Our treasure chest may smell musty, and the contents may be

dishevelled, but that only entices us to gently polish the gems which remained dormant for decades. Doing so this past winter has changed us. Given this legacy upon which to build, we ponder, "What will our treasure chest hold one hundred years from now?"

Perhaps there is a musty, dust-covered treasure chest waiting for you to open. Winter is coming. Put the tea kettle on. **PR**



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Track and field star

Local wins bronze medal in Octathlon at nationals



Seventeen-year-old Cale Hernandez brought home the bronze medal in Octathlon at the National Track & Field championships held in Charlottetown, PEI last month.

The first event was the 100-metre dash where Cale ran close to his personal best yet a very fast group left him in fifth place. The second event was long jump. Here, Cale had a personal best with a jump of 6.51 metres — he placed first. The shot put followed with a good throw of 12.21 metres, placing Cale second in that event. He finished up the first day with the 400m race where he placed third with a time of 52.41. “It was an excellent start which put him in first place in points going into the second day,” said father Alan who is also the president of the Powell River Breakers track club.

The second day started poorly for Cale in hurdles. After hitting the first two, he managed a 7th place in the race. This allowed four other competitors to pass him in points. Cale's personal best in



high jump at 1.71 metres moved him up into fourth place. Javelin was next. Though Cale did not throw as far as he would have liked to, his 38.06 metre toss into a strong headwind was enough to move him into third position in the competition.

With two other athletes well in the lead in points, the battle was for third between Cale and another competitor.

The final event, a 1200m race, decided

it all. Both Cale and his nearest competitor went out very fast. After two laps their early speed began to take its toll as both runners started to run out of steam. In the final straight, two other runners passed them. Cale placed fourth after his nearest competitor, but Cale still had a personal best and finished close enough to retain his third place position for the Bronze medal in the Octathlon at the Canadian Youth Championships. **RL**

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Back to school

Help Stock the Locker

For the fifth year, Powell River Staples has implemented its Stock the Locker program. Knowing that some families struggle with the cost of buying school supplies, this program provides notebooks, pens and other supplies for those who need help.

“Stock the Locker is part of a countrywide program run by Staples,” says Sue Pezzutto, store manager. “The school supplies are given to students in need.”

Customers are asked to donate money or school supplies to the program. “We convert all these donations into school supplies,” she added.

All supplies go to the students who need them. All the money raised in Powell River stays in Powell River. This year local organizers would like to raise \$5,000. Businesses, residents and

organizations are asked to support this program so that all students have the school supplies they need.

Cathy Bartfai, Powell River Staples divisional sales manager, is in charge of Stock the Locker again this year. She will be asking local businesses and organizations if they can help until September 15. There will also be a silent auction running for customers to bid on great gifts provided by local businesses.

“Partnered with local schools and charities, Staples goal is to ensure that all children heading back to school will go back with the essential supplies they need. It doesn’t matter how big or small the donation is as every bit counts,” says Cathy.

If you are able to support this program financially or by donating school supplies, please contact Cathy at Staples or drop by the store. [PRL](#)

Fall Fair

Agriculture, animals and fun!

Ever thought of entering a jar of your yummy jam, that one of a kind photo or a uniquely shaped vegetable in the Fall Fair? With our newly added classes in almost every section of the exhibit hall, there could be a category for you. Entry forms are available from Rainbow Valley Feed, Texada Inn, Open Air Market info booth and Agricultural Assoc booth.

On Saturday, September September 22 and Sunday, Septem-

ber 23, be sure to visit the Powell River Exhibition grounds and take in the Fall Fair. From farm animals to entertainment to exhibits, food, a miniature train and music, there is something for everyone. There are contests to enter, raffles to win and games to play. Check our website and Facebook page.

Park at the north end of the Town Centre Mall and take the free shuttle bus to the fair grounds and get dropped off right in the middle of the action. Our Scarecrow will greet you on the bus to collect your admission to the fair. More scheduling information coming soon.

Volunteers are always welcome. Sign up now at booth 35 at the Market. Admission is \$3 for adult, children under 12 are free. Gates open from noon to 5 pm each day. [PRL](#)



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A growing concern

By Jonathan van Wiltenburg • edenhort@gmail.com



Gardening: From one to ten

One of my recommend chores for September is to sow a winter cover crop. This is a crop sown not for harvest but for the beneficial effects it has on the soil. Typically they are sown in the late fall and then permitted to grow until it is tilled back into the soil in the spring. The benefits of cover cropping are many, and in my opinion it is an essential garden practice.

The premise behind winter cover cropping is nutrient storage. Winter months especially on the coast can be very wet, making soils extremely prone to nutrient leaching and loss. Cover cropping is the gardeners' answer to this problem.

Here is how it works: Before the rains arrive a winter crop is intentionally sown to collect and store as much of the nutrients in the form of roots and leaves. Then as the temperatures rise in spring and the soil is no longer prone to leaching, the crop is tilled back into the soil. Once tilled, the crop dies and begins to decay conveniently returning the stored nutrients back into the soil which then is available for the new seasons crops. Sounds pretty efficient doesn't it?

Not only do the nutrients get added back into the soil, but the decaying plant matter adds bits of organic matter as well. This beefs up the soil structure, promotes proper water percolation, and enhances moisture retention in the soil. Furthermore, many of the cover crops are prolific growers that can actually out compete many weeds that may become a problem if left unchecked. Cover cropping also inhibits soil erosion, prevents soil compaction, and can also be used to supply a net increase of nitrogen to the soil depending on what crop species is used.

There is a slight cost in purchasing the

seed and using cover crops is labour-intensive. The process of sowing your own cover crop is straightforward: lightly cultivate (don't get too carried away), spread your seed (roughly 1g/sq ft), and then rake over sown areas.

Don't wait too late in the season to sow your crop or the weather will be too cool to germinate the seed. It would be much better to give your cover crop some warm weather just to be on the safe side. Ten degrees Celsius during the day should be warm enough for the crop to germinate and put on some bulk growth before winter. Signs of germination should be present within a couple weeks depending on the temperature.

Recommended winter cover crops: Winter pea, hairy vetch, winter wheat, fall rye, or combinations thereof. Here's how to do it.

- 1 Keep up with your watering if the weather is dry. Remember to water deeply less often. If you are unsure if you watered your plants enough, dig a little test hole to see how far the water penetrated.
- 2 Harvest. Keep on picking to stimulate more production. If you have too much for fresh consumption think about canning, freezing, and drying. Otherwise pass your bounty on to others who can use it.
- 3 Sow your winter cover crops. This is ideal for the areas that are no longer in use, but can also be sown under existing plantings. A fall rye, winter wheat, and winter pea mix is a well-balanced mix that should be available at your local nursery or farm supply store. See below for a more in-depth explanation.
- 4 Keep an eye out for tomato late blight. Unless the plants are covered by some kind of shelter it will only be a mat-

ter of time when the plants become infected with blight. If covering them is not an option, watch the weather and if it looks like it is going to be wet for long period, harvest all the green tomatoes and store them inside. Use them as they turn red.

- 5 If your garden is looking a little drab in the colour department, add some fall colour by planting some mums or other late annuals that should be available at your local nursery.
- 6 If you have the right conditions for overwintering plants (i.e. heated greenhouse or bright garage) think about pulling out some of your star performing annuals and storing them over the winter. Annuals such as geranium, canna lily, lantana, heliotrope and many others can be stored over winter with little difficulty.
- 7 For all the lawn buffs out there September is usually a perfect month to rejuvenate your lawn. Remember a mean temp of 15 degrees accompanied by moisture is the perfect conditions for germinating grass seed.
- 8 If your garden is in need of some editing now is the time to make your plan of action. It is sometimes difficult to remember what needed doing later on, so take some pictures to catalogue the season.
- 9 Plant out your winter greens ASAP. Kale, corn salad, spinach and arugula are all wonderful planting to have into the late fall.
- 10 Extend the season. Put out your row cover, cold frames, and hoop houses over the plants that need that extra boost of warmth to keep producing. You can plant up your season extenders with more hardy species to last you throughout the winter. [RL](#)

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All persons over 18 must be accompanied by a child

A sailing story

By Emily White

Many of us are familiar with the basic rules of safe boating. You always wear a lifejacket while aboard and you should always know the waters that you are boating in. There is one rule that should be added to this list. I have my reasons for it, and I am prepared to offer examples that have occurred when this rule has been ignored. The mistakes that are tossed around and chortled at are from when my parents take out the sailboat with no child to supervise them. Therefore, I think rule number one should be: All persons over 18 must be accompanied by a child.

I understand that it is fun to sail even when you are not on a sailboat. So sailing with kayaks would be fun. That is exactly what my parents decided to do the year before they got married. It is all fun and games until someone gets hurt. Or thinks you are hurt. What they decided to do was sail by holding each end of my dad's jacket between them and it worked. They started to sail back home. The only problem was that the jacket was red. And looked like a flag to the ship passing by.



JUST ADD KIDS: Children must always accompany adults on a sailing adventure, according to Emily White. She says they will keep parents on an even keel.

The ship instantly turned and started to head towards them to see what was wrong. I am guessing the hard part was

explaining to the people on the ship that they did not realize that the coat was red. But I would not know, because I was not

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there, and neither was any other child.

How do you have a good laugh while on a sailboat with your friends? You could make your partner's morning coffee with seawater. Or you could forget to empty the holding tank, which is located beneath one of the beds. When my dad was on the boat with his friends for the weekend, he insisted that his brother-in-law sleep on the largest and comfiest bed, the bed that was above the holding tank. When you believe the tank is getting full, you are supposed to empty it. If not it will overflow. They forgot to empty the tank and kept on using the head (bathroom) as if the tank had been emptied. In the night, it started to overflow.

Most kids know how to help prevent seasickness. You get fresh air, look at the horizon and make sure you are not being lazy. The same brother-in-law that had the adventure with the holding tank was having some troubles with seasickness on a sailing trip with my dad and some other men to Lasqueti Island. He spent most of the trip vomiting, or wanting to vomit. Within minutes of anchoring, my dad thought he should call my mom and tell her that they made it safely and mentioned that my uncle had been throwing-up quite a bit. By the time he had hung

up and passed the phone over to his brother-in-law, the news had spread from the coast of British Columbia to Alberta where he lived. When my uncle called his house, his son answered by saying, "Heard you Ralphed, Dad!" Prevention is better than cure.

British Columbia has such a beautiful ocean that it is hard to resist going swimming. This was why my grandpa decided to go for a swim while the sailboat was becalmed. Living in Powell River, we know how quickly the weather can change. Only minutes after my grandpa started to swim, the wind picked up and the sailboat gathered speed and started to swiftly sail away. It took my parents a minute or two to look back into the water and see that he was quite far behind.

My parents have shared other stories too, like how they once took their dog on land to go pee at night, and she came back with a dead fish aroma. There was also a time when the sink got plugged with noodles and they spent an hour taking apart the drainpipe, unclogging the noodles and then putting it back together. Once a friend caught a "large" (so I was told) fish off our boat and while placing it cautiously on the bar-

becue, it slid off the rack and back into the ocean. All of these incidents could have been prevented if a child was there to supervise.

So after many observances, I stand by my new rule: All persons over 18 must be accompanied by a child! 

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Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

Former Powell River King Derek Jantz (1997-98) opened **Two Wheel Tech** in the former VIU mechanics shop behind the Thunder Bay Store. Dean graduated here, left and has now returned after spending a decade in the city where he got his motorcycle mechanic's apprenticeship at a five-star dealership. After moving back to Powell River, he started working on bikes, but quickly outgrew his back yard, so he took on the 2300-square-foot shop. Derek works on everything from Harleys to dirt bikes to ATVs to scooters and even personal watercraft. You can reach Derek at 604 223-2440 or twowheeltechpr@gmail.com.

Sheridan Dance Academy is being joined by two new teachers. Rachael Barton-Bridges will be taking over Junior, Elementary, and Boys Hip Hop, as well as assisting select classes. Rachael is a Grade 11 student at Brooks and has been dancing with Sheridan since 2009. Mike Clansey will be teaching the new ZumbAtomic to children ages 7-12 years. Mike has become well known around town teaching Zumba through the Complex and at Sheridan Dance Academy. Owner Mariah Sheridan hopes that ZumbAtomic will encourage new dancers to come out and get moving. Reach Mariah at 604 485-0233 (daytime/home) 604 485-0023 (evenings/studio) www.SheridanDanceAcademy.ca

Powell River Kings has a new assistant coach. Derek Bachynski was born and raised in Windsor, Ontario and comes to the Kings with a resume full of experience both as a coach and as a player. He played NCAA Division 1 hockey for Wayne State University from 2004-2008 where he also earned his Bachelor of Business Administration. After completing his undergrad, he moved to Europe to play hockey in the Holland Premiere Division for the Groningen Grizzlies for a year.

SunLife Financial has moved to a new location at 7053E Franklin Avenue. Don Allan says he and his administrative assistant, Sara Bowman, will be operating out of their new office

as of September 1. The phone number remains the same at 604 485-2261 as does Don's email at Donald.allan@sunlife.com. "We are happy to help you with all your financial planning needs in our new location," says Don. As well as managing the Chamber of Commerce's group insurance plan, Don handles mutual funds, annuities, GIC's, life and health insurance, and retirement planning.

Westwind Learning Center is moving to Oceanview School at 7105 Nootka Street as of Sept 1. Their phone number remains the same at 604 485-5090. School Director Rachelle Warman says there will be a short lag in communication during this time. If you have an urgent matter, please contact Rachelle at 604 414-7750. Westwind's regular tutoring programs will resume the week of Sept 17.

Need to make a business presentation? Does public speaking make you weak in the knees? Conquer your public speaking fears by attending: **Speak for Business** on Sept 28 or Public Speaking for the Terrified Sept 29 at Oceanview School. Presented by the PR Educational Services Society. Call 604 414-2616 or mmurray@pressbc.com for more info.

Mac Fraser has been hired as the City's new **Chief Administrative Officer**, replacing Stan Westby who accepted a new job in Whitehorse. Fraser's early experience was with the Canadian Forces from which he retired. He then moved into local government. For the last 18 months he was employed by the Powell River Regional District as their Chief Administrative Officer; he starts toward the end of September.

Servicexcel is a heating and cooling company that specializes in heat pumps in every size and shape. The owner of the company lives in Nanaimo. His son Tristan Pope married a local girl and moved here. He and local resident Nathan Collins, service the area. **PRL**



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Powell River Living COMMUNITY Calendar SEPTEMBER

Sept 6: Powell River's 4th Annual Registration Fair, 6-8 pm. Groups \$10/table and families are welcome to attend free of charge. Take care of all your fall registrations in one place! Call 604 485-0233 for more info.

Sept 10: Pasta Night, from 4:30-6 pm (except holiday Mondays), at the United Church on the corner of Duncan and Michigan. Everyone welcome.

Sept 15: The Safe Harbor: Respect For All Program, a Powell River Diversity Initiative presents an Old Fashioned Community Picnic, 11 am-4 pm at Willingdon Beach Park. Come for a free day of fun and laughter, games for all ages, and a jell-o eating contest. For more info, or to get involved as a volunteer or musician, call Evangeline at 604 485-2675 or email safeharbour@prepsociety.org. No food or refreshments provided.

Sept 16: The 32nd Terry Fox Run begins at the Recreation Complex lower level starting at 10 am. Registration begins at 8:30. Run, walk, skate or cycle! A pancake breakfast will be available after the run for participants and volunteers. For more information call the Rodonets at 604 485-9238 or Butulas 604 485-4325

Sept 22 & 23: Fall Fair & Horse Show. Traditional country fair with entries for home canning, gardening, baked goods, crafts, art, wine and eggs. Exhibition of livestock, poultry, honey bees. Opportunity for community groups to have information tables and displays. Children's play area, auctions, live music, entertainment, farmer's market. At the Paradise Valley exhibition grounds.

Sept 23: Join the 17th annual Loon Lake Run. It's a 7k or 13k trail run/walk start and finish at Inland Lake. The 13k walk starts at 10 am. The 7k and 13k runs start at 11 am. Please pre-register at www.avidfitness.ca events, in person at Avid Fitness, or sign up the morning of the run, which opens at 9:30 am. All proceeds to be donated to the Powell River Special Olympics. Call Avid at 604 485-9580 for more info.

Sept 28: Speak for Business. Learn how to promote your business with Joe Griffiths. Hosted by the Powell River Educational Services Society. 9-3 at Oceanview. Only 20 seats per workshop. Reserve your seat by contacting Michelle Murray at 604 414-2616 or mmurray@pressbc.com

Sept 29: Public Speaking for the Terrified. Conquer your public speaking fears with Joe Griffiths. If the thought

of taking this class makes you woozy, this is for you! Hosted by the PRESS. 9-3 at Oceanview. Only 20 seats per workshop. Reserve your seat by contacting Michelle Murray at Powell River Educational Services Society at 604 414-2616 or mmurray@pressbc.com

Sept 29: Sports Nutrition Discussion & Workshop. 6:30 pm at Sarah Hooff's Nutrition Consulting Office (4680 Willingdon Ave). Cost is \$25 and includes meal. Reserve your spot - livenutrition@live.ca or 604 485-4807.

Sept 29: Third Annual Salmon Festival, 1 pm at Club Bon Accueil. Family fun. Banquet Dinner 6 pm, live entertainment to follow. Contact: Linda Cosentino at 604 483-3966, email admin@clubbonaccueil.com or visit www.clubbonaccueil.com

Sept 29: Second Annual Celebration of Cultural Diversity. A celebration of ethnic cultures from 10 am-4 pm at the Recreation Complex. Enjoy a variety of music, participate in mini-workshops, and enjoy exploring cultures from around the world at the diverse exhibits, demonstrations, food vendors and arts and crafts. Admission is free. For more info contact Sara Blum at 604 485-2675 or prdi@prepsociety.org or Kelli Henderson, 604 485-2004 or eslsap@prepsociety.org.

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 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: 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: Mom's Group. Tea and snacks and it's FREE. 12:30-3 pm at Sarah Hooff's Nutrition Consulting office (4680 Willingdon Ave). Kids are welcome. A supportive place for moms to discuss health and nutrition.

Mondays, Tuesdays & Wednesdays: Garage Sale, 4476 Cumberland Place, 9 am-3 pm. Proceeds to funding job skills training program for people with mental illness. Info: call Sasha at 604 485-0087.

Second Monday: at Family Place: "Multiples," a group for parents with twins and more! 10-11:30 am.

Last Monday: La Leche League, breastfeeding support, 10 am at Family Place. Call Lynne at 604 487-4418 for info.

Tuesdays: PR Stroke Recovery Club meets in the Lower Legion Hall from 10 am-1 pm. Contact Trudy Simpson at 604 485-06396 or Sandy Graham at 604 489-0024 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: Toast to the Coast Toastmaster group meets from 7-8:30 pm at Oceanview School. For more information call Gerry at 604 483-9229 or Jennifer at 604 485-0564 or email jennifer@planinumbusinessdevelopment.com.

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.

First & Third Thursday: Sunshine Speakers Toastmasters group meets from noon-1 pm at the School Board. For more info call Barb at 604 485-2732.

Second & Fourth Thursday: Sunshine Speakers Toastmasters group meets from 7-9 pm at the School Board. For more info call Barb at 604 485-2732.

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 1 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@priving.ca by the 20th of each month



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Powell River Living FACES of EDUCATION

Welcome back!

As students and teachers head back to school, motorists are reminded to drive carefully and slow down through school zones.

“We waited a long while for summer to arrive this year so it is not surprising that most of us are reluctant to set aside the fun in the sun activities and return to familiar day-to-day routines,” says Jeanette Scott, Board Chair for School District 47’s Board of Education. “Yet, the beginning of a new school year is always a very exciting time for students and for teachers. It is hoped that everyone had a pleasant and refreshing time away and that the coming year will be filled with new adventures, new opportunities, new challenges.”

School Supplies

Jay Yule, School District 47’s Superintendent of Schools, reminds parents not to go overboard on school supplies. “We supply everything you need for school for free,” he says. “We carry all the essentials at the schools.”

As well, there are programs to help students who need help with school supplies. Staples is doing its Stock the Lockers program and Telus its Kits for Kids program.

Tips for a successful year

BC’s Ministry of Education has provided the following tips to help ensure that students have a successful year and get the most out of their study time.

Parents of Primary Students

- Let your children see you read, and set aside time each day for family reading.
- Ask your children to read to you while you prepare a meal.
- Get your children excited about reading by taking turns reading or acting out characters.
- Talk to your children about what they read. Ask questions that require them to think about what they have just read.
- Help your children get a library card and take trips with them to the library.

Parents of Intermediate/Middle School Students

- Set up a daily homework routine. Designate a homework area away from distractions.
- Let your children read comic books in their spare time because comics can

encourage positive reading habits and play a role in improving literacy.

- Make yourself available to answer questions and offer help, but do not do your children’s homework for them.
- Ask your children questions about what they have just read or studied.
- Keep an assignment calendar on the fridge for quick reference of due dates and exams.
- Talk to your children about appropriate school behaviour, and remind them what to do and whom to talk to if they encounter bullying, including online bullying.
- Help your children understand how to safely use the Internet and protect their privacy.

Parents of Secondary Students

- Continue with an established homework routine
- Encourage your teenagers to take 20 minutes each night to read over their notes from that day or rewrite them.
- Have your children take regular breaks while studying.
- Encourage your teenagers to explore magazines or appropriate websites on subjects that interest them.
- Keep an assignment calendar on the fridge for quick reference of due dates and exams.

Around the School District

Not everyone has been on holidays during the summer. School District 47’s maintenance crew has been busy painting, cleaning, building and renovating schools.

Maintenance and upgrades

Upgrades, renovations and maintenance work has been taking place during the summer. All the playground equipment in the district has been painted.

The inside of Edgehill School has been painted and new floors have been installed. The portables were painted inside and out.

Brooks Secondary and Kelly Creek Schools also have new floors.

James Thomson Elementary School has been painted on the outside. As well, the school has a new garden and natural play area.

Oceanview Middle School

The biggest change is taking place at Oceanview Middle School which shut its doors as a middle school at the end of June and reopened as a Community Education Centre in September. Yule says the school

has been repurposed into a community hub of education with non-profits and service providers to youth now located there.

There are several trades programs including a new hair salon which is open



NEW SCHOOL: Jeanette Scott, Board Chair for School District 47, in front of the new Westview Elementary School scheduled to open later this year.

to the public, the PIE (Partners in Education) program, the Brooks Offsite Program, the Powell River Boxing Club, Westwind Learning Centre and its tutoring program now call Oceanview home.

Westview Elementary School

Construction is progressing nicely at the new elementary school and it is expected to open late in 2012. The school will include space in support of the community including an expanded gym, an outdoor hockey court, and a perimeter walkway around the school.

Haywire Bay Wilderness Camp is nearing completion and a grand opening is planned for this fall. This camp is a partnership between the Powell River Educational Services Society and the Model Community with funding from Island Coast Economic Trust. Located in the Regional District Park known as Haywire Bay, this wilderness camp is accessible for students and persons with disabilities. It will become the permanent home to the many experiential activities traditionally offered to the students of School District 47. [PRL](#)



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12480 SCOTCH FIR POINT
\$245,000 MLS® #9653

Gorgeous, bright and sunny, 1730 sq. ft. rancher, 3 bdrms, 2 baths, skylights, beautifully remodelled head to toe, new roof, floors, baths, decks, 1.3 acres, 1/2 blk to beach, RV hook-up, community water, private setting w/forest backdrop.



LOT 6 YEW KWUM PLACE
\$199,000 MLS® #9608

Rare, 1 acre ocean view lot in outstanding Toba/Grief Point neighborhood, no thru street, forest backdrop, walk to trails, sunny south exposure for gardens, orchard or grapes, gently sloped property for any style of home you can dream of.



10401 PATRICK RD
\$885,000

Stunning waterfront home, 2710 sq. ft custom design on 1.11 acres, 3 bdrms, 3 baths, deluxe 768 sq. ft. wkshop w/wdstove, walk on beach, easy care landscaping, sprinklers, great deck w/hot tub, community water, quiet Brew Bay location.



6461 HILLCREST AVE
\$184,900 MLS® #9804

Best value in town for large, family home w/ocean view, 2480 sq. ft., 5 bdrms, 2 baths, level entry to main plus walk-out bsm't, nice deck overlooks Wildwood to ocean & Vancouver Island, 59 x 124 lot, must see inside to appreciate value.



8429 HWY 101
\$599,000 MLS® #9574

Stunning semi-waterfront property w/romantic & beautifully updated 2013 sq. ft. split level home, 5 bdrms, 2 baths, gorgeous ocean view, lge workshop, circle drive, separate 1 bdrm cottage w/loft, 1.83 "garden tour" acres, sep. RV hook-up.



1948 ROBERTS RD
\$223,900 MLS® #9922

Solid value, pretty panabode home, glows w/warmth of wood, post & beam w/vaulted ceilings, 3 bdrms, 2 baths, bleached oak kitchen, wrap around decks, 1.29 acres in peaceful rural setting, 20 mins to town, fruit trees & gardens.



#209-7575 DUNCAN ST.
\$106,000 MLS® #9889

Beautifully cared for, bright & sunny home, 938 sq. ft., 2 bdrms (split front & back,) 2 baths, vaulted ceilings, neat as a pin, located in desirable Blue Mt Estates, quiet location against forest, 55+ age, lovely clubhouse w/guest ste,



4307 ONTARIO AVE
\$527,900 MLS® #9858

4252 sq. ft. custom dream home w/sensational ocean views from both floors, travertine, cherry wood floors, spa enste, level entry, walk out bsm't, 9' ceilings both floors, 6 bdrms, office, 4 baths, in-law ste, lovely area, heart of town.



4454 WILLINGDON AVE
\$498,000 MLS® #9575

Business, home or both! Great opportunity in high visibility downtown location across from ferry terminal, 3000 sq. ft., 22 bed guest house, beautiful ocean views across to Island, leased restaurant, room for expansion, walk to everything.



4375 ONTARIO AVE
\$425,000 MLS® #9615

Panoramic 180 degree views, luxurious 2 yr old, 2643 sq. ft. home, 3 bdrms, 3 baths, level entry main, gorgeous walk-out bsm't, show home condition, oodles of storage, beautiful covered deck & patio, fenced yd, pond w/waterfall, heart of town.



5918 FRASER ST
\$459,900 MLS® #9594

1.3 acre working farm, 3100 sq. ft. character home w/sensational updates, spa bath, in-law ste dn plus 2 rental cottages, lovely landscaping, waterfall, barns, chickens, full fenced, subdividable, quiet no-thru street, 35 years organic.

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