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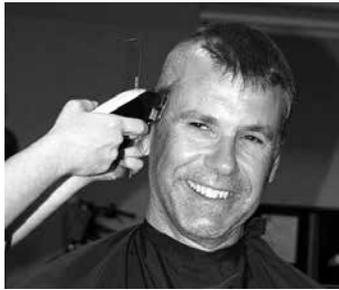
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6



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27

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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

Shake Safety: Caillie Gagnon, 12 and Isaac Percy, 8, duck beneath the table in the library of Edgehill Elementary School with Principal Kristin Brach as they practice an earthquake preparedness safety drill.

Photo by Isabelle Southcott

Powell River Living CONTRIBUTORS



CLAUDIA COTÉ was born in Powell River. She has been interested in genealogy since 1987. Claudia is the librarian for the Powell River Genealogy Group.



AARON REID is married and has two young children. She operates Banking on it Bookkeeping. She is a trustee for SD47 and plays slo-pitch.



COCO HESS is a part of the Let's Talk Trash team, Regional District's Waste Management Education Program. She is excited to talk trash in our community.



JENNIFER SALISBURY has made her place in Powell River. She is an enthusiastic member of Toastmasters where she has a role in guiding member progress.



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



YVONNE WRIGLESWORTH is a happily married mother of two. She is a teacher in the Partners in Education program with School District 47.



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

You can have anything you want if you will give up the belief that you can't have it.

Robert Anthony • Motivational author



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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Publisher & Managing Editor

Isabelle Southcott

Associate Publisher & Sales Manager

Sean Percy

Graphic Design & Production

Robert Dufour, Works Consulting

Sales & Marketing

Suzi Wiebe

Office Manager

Bonnie Krakalovich

Powell River Living IN THIS ISSUE

Loving what you do

Do you love what you do for a living or is it just a job? Is it an extension of who you are? Are you passionate about your work? If you do, then consider yourself lucky, as not everyone feels that way. Those who really love what they do say their work is a part of who they are.

Small Business Week is from October 15 to 19. In honour of that fact, *Powell River Living* is launching a series called "Love what you do, do what you love." This month, musical visionary Don James is our interviewee. Read the story about following his passion and creating the boys' choir, The Powell River Academy of Music, Kathaumixw and SOAP, accompanied by photos by Robert Colasanto beginning on Page 27.

Although Don is known as a visionary, he says it takes a motivated and inspired team to go from idea to reality. Whether your team consists of your employees or volunteers, never take them for granted. Employees and volunteers are the most important asset of any business or organization. Without Sean, Bonnie, Suzi, Robert, Lisa, George, Gerry, Kim and all the others who have contributed to the magazine over the years, there would not be a *Powell River Living*. Thank you everyone for all your hard work and help and to our advertisers for their support.

This is the third year that Powell River has participated in the Great BC ShakeOut earthquake drill. Every School District 47

school has registered to participate in the Great British Columbia ShakeOut drill this year. At 10:18 am on October 18, businesses, organizations and individuals all across BC will join thousands of people all across the province in a Drop, Cover and Hold On drill. Our great ShakeOut story begins on Page 9 and includes lots of interesting information about what happened in Powell River the last time there was an earthquake!

A touching story, "Forever the fifth of five," by teacher Yvonne Wriglesworth, goes back in time to when Yvonne was a child. She shares what happened in her family when her mother cared for a small boy whose biological parents no longer wanted him. Yvonne's story is about family, love and faith and what can happen when all three come together. Don't miss her piece on Page 26.

And finally, we have a story by associate publisher Sean Percy on telecommuting. The internet means more people don't have to commute to a central place of work. For this story, Sean interviewed a woman he knew from high school who now works for a large company headquartered in Vancouver, but lives here in Powell River. See that story on Page 35.

Happy reading!



Isabelle Southcott, Publisher • isabelle@prliving.ca



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What's up?

POWELL RIVER



Draped in medals

Powell River residents came home from the BC Senior Games draped in medals. Held in Burnaby on August 22–26, the Games proved a treasure trove for our athletes. You make us very proud!

From the left:

Nancy May Lalonde (age 75-79 group) won bronze in 25m and 100m breast stroke, 50m and 25m freestyle, and silver in 100m freestyle and 50m breast stroke in the chilly outdoor pool

John Goguen (65-69) won bronze in cycling hill climb up Burnaby Mountain

Leita Fahlman (ages 75-79) won bronze in 50m back stroke

Harry Thompson (ages 85-89) won gold in the 800m and 1500m runs plus silver in the 100m, 200m and 400m.

Not pictured is **Susan Storry** (55-59), who won bronze in the 50m and 100m breast stroke and the 100m back stroke, and gold in the 4x25 medley relay.

From StatsCan...Last month Statistics Canada released some interesting information from the 2011 census. Population in the Powell River Regional District increased 1.6% (300 people) from 2006. The number of private dwellings also rose by 1.6% to 11,000. The current regional population of nearly 20,000 is almost split evenly between males and females—and their average age is roughly 50 years.

Big CASH MOB in October

The next Powell River small business cash mob will be held on Small Business Saturday, October 20. Please put this on your calendars and plan to attend. Organizers want to make this the biggest one yet. So far, there are 124 member of the Powell River Small Business Cash Mob Facebook page. A challenge has been issued for everyone to invite one person out who has never been before.

COPS FOR CANCER

This year's *Cops for Cancer* Spaghetti Dinner was a great success with oodles of excellent silent auction items plus the fun of head/moustache/ beard shaves! Money raised goes towards pediatric cancer research and support. This year, local RCMP Staff Sergeant



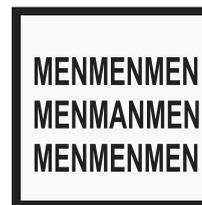
Andy Brinton cycled 900 kilometres with the *Cops for Cancer Tour de Coast*. (That's him getting the haircut.) The Powell River leg raised a total of \$17,000!



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

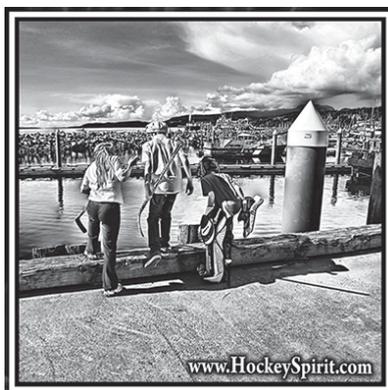
Last month's answers:

- Shot in the Arm
- Ex-wife
- Shoplifting



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

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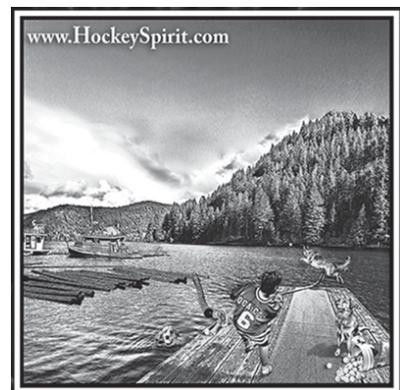


Powell River featured in Hockey Spirit Calendar

Last spring Canadian Hockey Spirit artists Brian and Elizabeth Urlacher, from Red Deer, Alberta, selected Powell River as a show case Canadian landscape for the sixth annual Hockey Spirit fundraising calendar.

The Urlachers teamed up with Powell River Regal alumni hockey player Tod English and students from Powell River Christian School for photo shoots at the Shinglemill Restaurant. There was boot hockey art action on the Old Barge Warf Terminal along Marine Avenue, and there are plans for our sea lions from McCrae Rock to be included in future editions of the Hockey Spirit calendar.

Find out more about the Hockey Spirit Fundraising program at www.HockeySpirit.com.



Helping the Holleys

When a community cares

By Aaron Reid

I still laugh to myself when I think back to the first time I met Marsha Holley. We met at a Christmas party being held at the old golf course in the Townsite and were introduced through a mutual friend. Within half an hour I knew about Marsha being widowed by her first husband, how she met Ken, how persistent he had to be to get her to date him, where they'd lived before Powell River and much more.

When I next saw Marsha it was on the ball field and I asked her why she wore a batting helmet when she was playing defence. Normally a helmet is only worn when batting or running the bases and in our local slo-pitch league, it's rarely worn at all. This was how I found out

For many weeks, it was touch-and-go whether Marsha would even make it.

that Marsha had had a stroke in the past and had to be very careful. There was concern if she took a blow to the head it could kill her.

In mid-August this concern became a reality. Marsha suffered a series of small strokes. This was complicated by a bacterial infection that has been difficult to treat due to her allergies to antibiotics. She and Ken spent a lot of time at St Paul's Hospital in Vancouver, where for many weeks, it was touch-and-go whether Marsha would even make it. She had surgery to her heart and was on ventilation and sedation for days. Days that Ken didn't know if she would be coming home with him or if he'd be coming home alone.

While there is a very long road ahead for Marsha, things are now looking up. She returned to the hospital in Powell River on September 18. The bacteria still needs to be dealt with; many trips to Vancouver are on the horizon for Marsha on her road to recovery.

Friends of the Holleys have started fundraising to help ease the burden placed on their family as expenses after a medical emergency can be overwhelming. A Day of Ball for the Holleys was held on Sunday, September 23 at Sunset Park. The support was fantastic: a total of \$4303 was raised for the family. If you would like to help, there is a Burger 'n Beer Night at the Carlson Community Club on October 13. [PR](#)

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- Jan 5, 9 am • *Les Troyens*
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- Feb 16, 10 am • *Rigoletto*
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- Feb 12 • *Ken Lavigne: The Road to Carnegie Hall*
- Mar 7 • *Cadence: 4 men, 4 microphones – an A Cappella Quartet*
- Apr 3 • *Magic Show: Ted Outerbridge*
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Preventing fires

Get educated!

Fire Prevention Week is October 7 to 13 this year. On October 13, Powell River Fire Rescue will hold an open house at the fire hall on Courtenay Street. There will be fire extinguisher demonstrations, smoke detector education sessions and tours of the fire hall. Deputy chief Terry Peters says all fire departments in the region will begin their recruiting efforts at this time. "We'll be starting our own recruiting for the 2013 class," says Peters. "We usually take a dozen people each year."

Although Powell River residents recognize the importance of having a smoke detector in their homes, maintenance of smoke detectors is becoming an issue, particularly with seniors.

Studies show that some people aren't replacing batteries in their smoke detectors while others are even disconnecting them.

Powell River Fire Rescue will be running a Facebook campaign (Powell River Fire Rescue) and contest during Fire Prevention Week. Residents are asked to submit photos of testing their smoke alarms or fire escape planning. [PR](#)



PUTTING IT OUT: John Wick from Wick's Fire Safety uses an extinguisher to demonstrate how to put out a fire as Mark Peckford of Powell River Fire Rescue keeps a close eye on the situation.

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Drop, Cover and Hold On

Learning from past earthquakes

By Isabelle Southcott • isabelle@priving.ca

On June 23, 1946 an earthquake of 7.3 magnitude could be felt in Powell River. It was 10:13 in the morning and because it was a Sunday, many people were in church or at home instead of at work or in school.

The epicenter was 50 kilometres away at Forbidden Plateau on Vancouver Island. It was the largest earthquake ever recorded on shore in Canada.

Ryan Thoms is the Emergency Program Coordinator for the Powell River Regional Emergency Program. His presentation about earthquakes brings home the reality that it is only a matter of time before there's another earthquake in Powell River.

During the quake of 1946, some 60 chimneys were damaged in Powell River. Windows and mirrors shattered. China cabinets toppled over. There were power outages, Powell Stores sustained considerable damages and phone service was severed. There were soil failures and ground



AFTERMATH: The 1946 earthquake did substantial damage in the Townsite.

Photo courtesy Powell River Historical Museum.

fissures from Westview to Townsite. Landslides roared into Powell Lake and there was an underwater landslide at Grief Point.

Liquefaction occurred on parts of Savary Island and a two-metre wave west of Texada Island was recorded.

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Ryan clicks through photos of crumbled chimneys and landslides and continues his tale of what happened during the quake of 1946.

Just after the earthquake, Allen Watson told the *Powell River News* that the water rose four feet at the narrow entrance to Hole in the Wall, near First Narrows on Powell Lake. Another witness said Goat Island was quivering and boulders the size of houses came crashing down the mountainside.

Ryan says it is lucky that the earthquake occurred on a Sunday. Because it was June and warm, people didn't have fires burning to keep their houses warm so there were no fires as a result of the earthquake.

By looking at our past, we can prepare for our future. In recent years, Powell River residents have felt some ground shaking. At 12:40 pm on September 9, 2011, an earthquake with a magnitude of 6.7 occurred on the west coast of Vancouver Island. Earthquakes like these are good reminders that we live in a seismically active region and that earthquake preparedness is important.

Terry Peters, Deputy Fire Chief, says Powell River Fire Rescue participates in Shakeout BC. "We do the drills of Drop, Cover and Hold On."

"We've had small shakes in recent years that have been warnings for us. In my view, failing to prepare is preparing to fail."

The Powell River School District is leading the way in registering for the Great British Columbia Shakeout drill with a 100 per cent participation rate. The School District's Len Crivea and Chris Young are both part of the Powell River Regional Emergency Program.

"Students at the elementary level are the most impressionable," says Chris. "They hear it and they go home and tell their parents and talk about it. They say 'Yes, this

could really affect me!'"

Having the ShakeOut drill and support is a good tool, says Young. "The school district is responsible for the largest population here. Should something happen during school hours we have over 2,000 students to look after."

The drop, cover and hold on message is simple and easy to remember. "The most dangerous thing you can do is to try to exit a building during an earthquake," says Ryan. Students are told to get under their desks.

Two earthquakes took place in Christchurch, New Zealand in February 2011 and December 2010. Brick facades from buildings crumbled, families were buried in cars but wooden buildings tended to hold up quite well. Ryan says there are lessons to be learned from other earthquakes because it is only a matter of time before a bigger earthquake hits our part of the world.

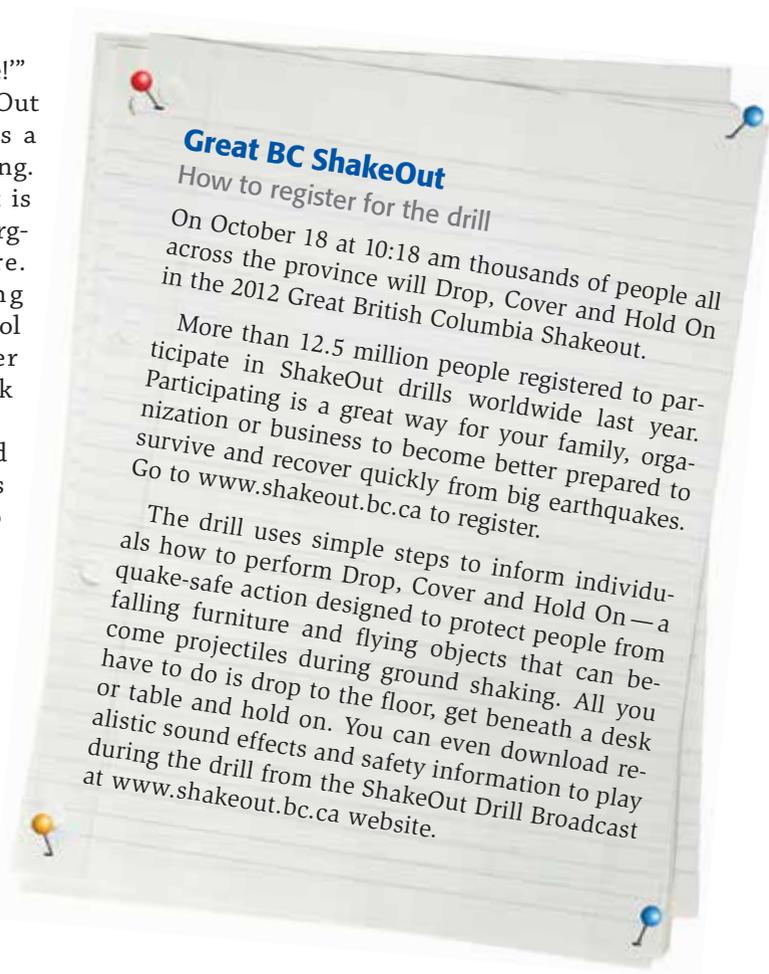
"We know it will happen and it will be big," he says. "It's all about trying to understand what to expect."

In the event of an earthquake, the fire department would move their trucks outside the hall as soon as they could. "If something of this magnitude happens and if we survive we will be overwhelmed and capped out. When things really go wrong,

the chances of us being on the doorstep of everyone who needs us all at once, are unlikely," says Terry. "Get to know your neighbour because neighbours will have to look after neighbours during an emergency."

In Powell River, St. John Ambulance will be an information centre should an earthquake occur.

People often become confused during an earthquake because it takes a while to understand exactly what is happening. "You don't have time to analyze your situation so instead of getting crushed the best thing to do is to Drop, Cover and Hold





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On," says Terry.

In the vast majority of injury-dealing earthquakes, most injuries occurred outside when people had something fall on them.

Last year, The City and The Regional District joined forces in emergency coordination. Since then, the program has improved

tremendously in terms of awareness to the community and emergency coordination.

For more information on earthquake preparedness and to register for the Great British Columbia Shakeout drill on October 20 at 10:20 am, visit www.shakeoutbc.ca. 

Have you registered?

Powell River is part of ShakeOut BC, the largest earthquake drill in Canadian history? Here is how you can participate.

BEFORE the Drill

- 1 Register as an official participant at www.ShakeOutBC.ca
- 2 Download posters and flyers from the ShakeOut Resources page to assist in promoting the drill.
- 3 Inform your team of:
 - a) The date and time of your drill.
 - b) How to correctly perform Drop, Cover, and Hold On, wherever they are.
 - c) Your expectations for their participation.
 - d) Download realistic sound effects and safety information to play during your drill by downloading recordings from the ShakeOut Drill Broadcast.

DURING the Drill

1. Announce that the earthquake drill has begun or begin playing downloaded recording and direct participants to Drop, Cover, and Hold On.

- Count seconds out loud for the duration of the quake. This will help keep people focused and calm and will help you identify how long the earthquake lasts.
 - When the shaking stops (or when the all clear sounds) count to 60 to give things a chance to settle. Suggest that while under a sturdy desk or table they look around at what might fall on them in a real earthquake.
- 2 After at least one minute or once the sound effects recording has ended, announce that the shaking is over and that everyone can stand up again.
 - 3 Encourage everyone to discuss their experiences.

AFTER the Drill

- 1 Ask for feedback on how the drill went.
- 2 Schedule the next drill for one year later (or sooner).
- 3 Share photos and stories at Share the ShakeOut.
- 4 Encourage all to prepare at home.



Brandy Peterson

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Toast to the Coast

Toastmasters can help entrepreneurs

By Jennifer Salisbury

If you'd like to improve your communication and leadership skills, check out Toast to the Coast, Powell River's brand new Toastmasters club.

You might be thinking: "I speak all the time," or "I don't do public speaking," or "I don't need Toastmasters." Really? Has anyone ever evaluated you? Do you know how to run a business meeting? Are you good at impromptu speaking or are you the kind of person who thinks of what you should have said two hours later?

Toastmasters is so much more than just public speaking. I will argue that everyone needs Toastmasters. A few of us are professional speakers, yes. But I am certain that most of us have been forced to speak in public or run a meeting from time to time. I know, too, that all of us have had to think on our feet, formulate a response, and create something brilliant and fascinating to say in

a short period of time—Toastmasters helps with all of this. Most people—if given the choice—would rather be in the casket than give the eulogy at a funeral. If you're one of these people, let Toastmasters help you.

Toastmasters is the most cost effective communications and leadership program there is. If you're an entrepreneur, Toastmasters can help you. Some clubs, like Vancouver Entrepreneurs Toastmasters Club, focus on training entrepreneurs to succeed. Toast to the Coast provides entrepreneurs with the tools they need to become better communicators and leaders and helps members improve their networking skills in a safe environment. Every week there is a business meeting so members and guests can learn parliamentary procedures and how to effectively run meetings. Future plans call for debate nights so members have the

opportunity to learn how to properly debate an issue without letting emotions get in the way.

Toastmasters is not about becoming the next Tony Robbins; it is about challenging yourself each day and learning from the results. Toastmasters is not just about speaking either. A bigger part of the challenge is the leadership, mentoring, and learning to support in ways you have never conceived. Toastmasters International has clubs all over the world. In BC, it has more than 4,800 members and 285 clubs, including two in Powell River.

If you are curious about Toastmasters, check out Toast to the Coast Toastmasters at 7 pm on Tuesday nights at Oceanview School or contact Jennifer at 604 485-0564 or Jennifer@westcoastend.com.

You can also contact Barb Rees at Sunshine Speakers Toastmasters at dreambg1@shaw.ca or 604 485-2732. [PRL](#)



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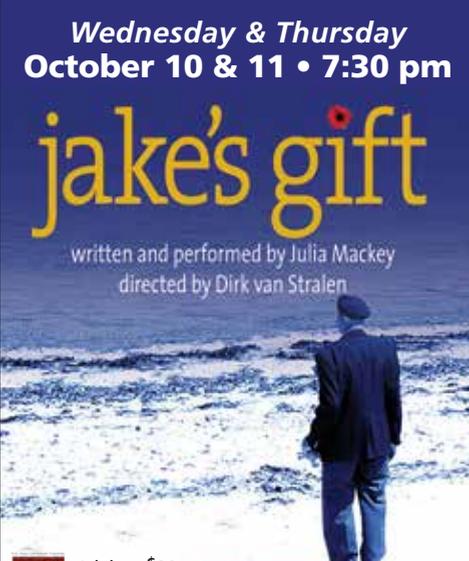
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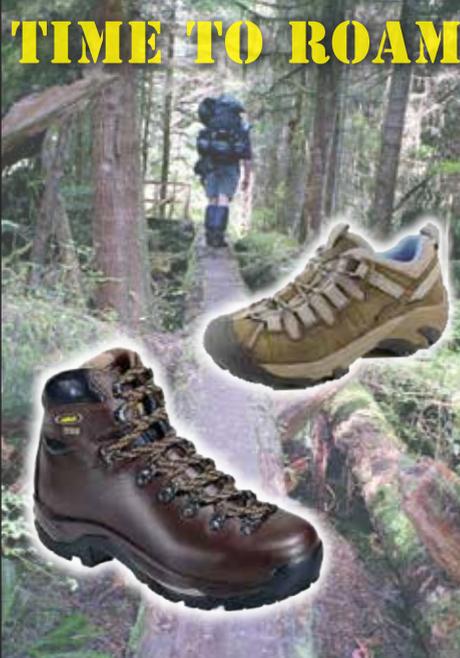


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Restaurant plans a return to the glory days

Since it opened as a restaurant in 1983, **The Shinglemill** at Powell Lake has been a destination pub and bistro - the place where locals bring their guests.

It opened in the lakeside location as a restaurant in 1983 and became the Shinglemill in 1986. "To survive in the restaurant business for all those years is a feat in itself," says **Dave Formosa**, owner of the Shinglemill.

With its great view of Powell Lake, The Shinglemill is a favourite amongst locals and visitors alike, but, like many restaurants, recent years have been challenging.

"To have survived as a popular place for that many years is unique," says Dave. "Like any business, we've had our ups and downs but we are still here. The Shinglemill is like an institution."

The Shinglemill's new chef, **Naomi Salmond**, has directed kitchens in Whistler, and even taught at a chef school in Italy. But her roots and family are in Powell River, and she's excited to be part of the team hoping to return the Shinglemill to its glory in the heydays of the late 80s and early 90s. Naomi remembers from growing up here that the restaurant was *the* place to go in Powell River.

She moved back to Powell River in June to take the top job in the Shinglemill kitchen, heading up a team that also includes popular local chef **Rob Petri**. Since taking her cook training at the then-Malaspina College, she has worked for Furry Creek Golf Club, the Westin Hotel, Langara Lodge, Quattro and Il Caminetto Di Umberto, one of the premiere restaurants in Whistler. Umberto took a liking to the young chef, and asked her to teach a six-month stint at his school in Italy. She also worked for him during the Olympics. After helping friends start the Pony Espresso in Pemberton and a time in the kitchen at Blackcomb, Naomi took time to have a baby. That life-changing experience prompted her to look for a return to Powell River, where she could give her son the kind of lifestyle she wanted, with time in the garden and on the boat.

She plans to focus on dinners primarily, not necessarily switching to high-end fine dining, but bringing her career experience in that world to the casual and relaxed atmosphere of The Shinglemill.

"I was trained in French food, and I have a passion for Italian food, so I want to introduce some of that, but I'm going to start slowly, so people have faith in the quality of the food as a whole, so we can acclimatize people a bit. We're going to make sure the steak and prime rib and fish & chips and burgers are good - every time. Then people will be more inclined to try something special."

"Fine dining has been my whole career, so I think we'll see some gastro-pub style and fancier pub food, including some gluten-free and some more health conscious food - some things that are a little more interesting. We'll still serve beer and nachos for watching the game, but we want it to be that destination restaurant," says Naomi.

A recent wedding group asked for a vegan menu and were



Tricia Johanson and Naomi Salmond, along with owner Dave Formosa and manager Cindy Temple, have big plans for The Shinglemill.

"blown away" by the spread that Naomi and her team put together. "They're so neglected in the food world, but it's not hard to put a vegan meal together."

Naomi says she will also balance the need to not have the menu too long, so she can ensure that the quality is the best.

Dave also recruited someone who experienced those "glory days" in **Tricia Johanson**. She was raised in Powell River and has known Dave since they went to high school together. She has worked at the Shinglemill since opening day, with a six-year break to live in Vancouver.

On her recent return to Powell River, Dave convinced her to join the team and head up the customer service side of the operation.

"We're bringing it back to the way it used to be," says Tricia confidently.

"The atmosphere here is so nice as a mix of restaurant and beer parlour. Seniors like to sit here and play keno instead of going to Vegas, and soccer teams come in after the game. It's a really casual atmosphere," says Tricia. "The scenery is spectacular and there's always some entertainment with the boats coming and going."

"We've been through a few chefs and they've been good, but now I think we really have the right fit. We have some excitement with the food. There are good deals and good quality."

And it seems to be working. Friday nights with Sam Hurrie and Debbie Dee have been busy, and the reviews from diners have been thumbs up all summer.

Renovations are planned that will extend the deck and create a breezeway between the bistro and the pub, which Tricia hopes will make the experience and the service even better for customers.

"We're really excited," says Tricia. "We have a good team. It's a fun place to be!"



Pub 604-483-3545 www.shinglemill.ca Bistro 604-483-2001

Getting a handle on health

Literacy: It Means More Than You Think

By Emma Levez Larocque • literacy@prepsociety.org

There are many things that contribute to a person's health. Nutrition and physical activity are obvious ones, but there are other factors, like income, education, housing—and literacy—that are also very important.

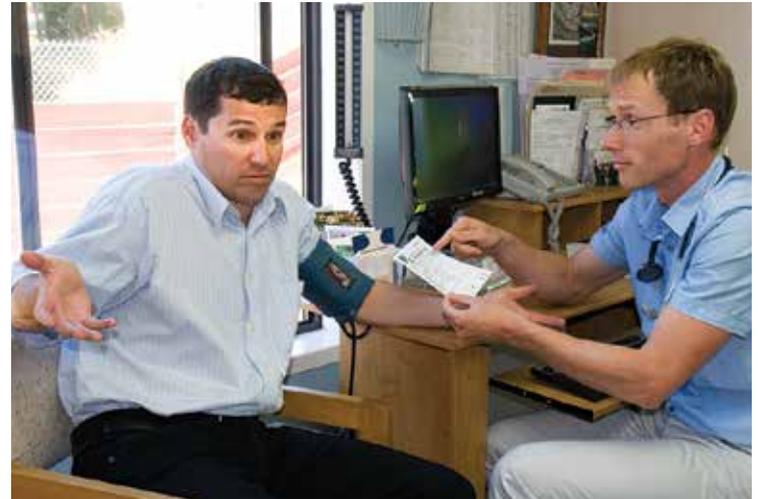
How does someone's ability to read and write affect their health? In more ways, perhaps, than one would expect. This month, in partnership with the Powell River Division of Family Practice, the Powell River Literacy Council is taking a look at the link between health and literacy.

When a person has low literacy skills their job opportunities are fewer, and often their income is low. With low income a person's ability to buy nutritious food may be compromised, and when someone is not eating nutritious food regularly their mental and physical health is affected.

According to Vancouver Coastal Health (VCH)'s website, people with low literacy skills "are more likely to work and live in unsafe or dangerous environments. There is also an increased susceptibility to a number of diseases, from diabetes to cancer and cardiovascular disease."

There are more direct impacts too. When someone has trouble reading, or understanding what they read, it is difficult for them to figure out prescription instructions, treatments, or become engaged in their own care. Low literacy skills can make people feel powerless and hesitant to ask questions of their health care professionals, so that even if they know about available services, less literate people often wait too long to seek medical help.

"Health literacy" has become a much-discussed issue in health care circles in recent years. A 2011 report from VCH states that, "the need for today's patients to be 'health literate' is greater than ever as patients are treated with an ever-increasing array of



CHRONIC DISEASE MANAGEMENT: RN Brendan Behan and Physician Chris Morwood encourage patients to ask questions when they are unsure of prescription directions or other health matters.

medications, and are undertaking more and more complicated self-care regimens."

Chris Morwood is a local physician, and a board member of the Powell River Division of Family Practice, a non-profit

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organization that includes most of the doctors in Powell River, including specialists.

“We know that—particularly with chronic conditions—people’s outcomes are much better when they are actively involved in their own care and eventually take ownership of the management of their condition with the assistance and support of their physicians and other health care providers,” Morwood says.

Compared to other places he has worked, Morwood says the rate of health literacy in Powell River is reasonable because of strong relationships between family practice providers and patients. But, he continues, there are still a lot of health inequities and challenges here that we need to work on.

“I think the easiest place to start is in the one-on-one communications in our offices. While physicians always try to communicate clearly, there are probably strategies we’re not using enough to improve collaborative decision-making. There has been a real shift in the last 10 to 15 years in medicine to involve patients more in their own care, and the cornerstone of this is clear understanding of the medical issues involved. This means simple strategies like using diagrams, asking people to teach back

what they have heard from you, using other community resources to reinforce information you’ve shared. All of these techniques can improve people’s understanding of their health needs.

“Also, I think on a community level, as physicians we could do a better job of helping other community partners educate people so they can stay well, rather than just treating people when they get sick. That would apply to exercise, nutrition, time spent outdoors, and other social issues and lifestyle choices that affect our health and wellness.”

But the onus falls to each of us, to become more health literate, and get involved in our own health. How to do that? Most importantly, Morwood says, don’t be afraid to ask questions of your doctor and other health-care providers. “If you get sick or injured, make sure you understand

three things: first, what the problem is, second, what you can do to improve [your situation], and third, what are the risks of treatment and no treatment. If you are healthy, ask about what you can do to stay that way.”

For more information on the links between health and literacy, please visit www.powellriverliteracy.ca or www.facebook.com/PRLiteracyCouncil. **RL**

Finding Solutions

The Powell River Division of Family Practice is a two-year-old organization that seeks to improve patient, physician and community health. Looking specifically at local needs, the organization works with government, Vancouver Coastal Health and community partners to generate solutions together. It is work physicians are doing in addition to their clinical practices, investing in Powell River and the overall health of its citizens.



Literacy & Health

How does your literacy level affect your health and the health of your family?

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Coming home

Came for a visit, bought an inn

By Isabelle Southcott • isabelle@prliving.ca

This is a dream,” says JP Brosseau as he shows off The Old Courthouse Inn that he and partner Kelly Belanger recently purchased. “I wake up every day and can’t believe this is my business and new home.”

JP was born and raised in Powell River. He had been living in Cold Lake, Alberta with Kelly for the last four years and came to Powell River at the end of July for a visit. “Kelly picked up *The Georgia Straight* and saw an ad in there that said The Old Courthouse Inn was for sale.”

Meanwhile, JP was busy making dates and trying to visit all his friends. “Kelly pointed to the ad and I said we’re having coffee there tomorrow. Lilia and Ian are friends of mine.”

Kelly has always loved antiques and heritage homes. “Ever since he was a little boy he’s wanted to own a Tudor style house,” says JP. “He always had the idea of owning a B&B someday. We had planned to open one in Mexico in a few years and I was supposed to be going there in September for six months to see if I could handle the heat and humidity.”

JP and Kelly came for coffee at The Old Courthouse Inn and Lilia Cardoso Gould gave them a tour.

Located in a National Historic District in the Historic Townsite, The Old Courthouse Inn once housed the courts, jail, police station and all other provincial government services.

In 1997, the Old Courthouse was purchased by Ian Gould and



PROUD OWNERS: Innkeepers Kelly Belanger (left) and JP Brosseau are thrilled with their new business.

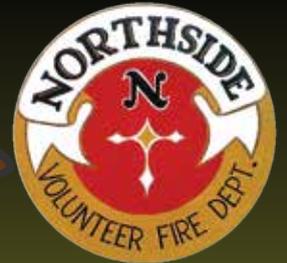


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Lilia Cardoso Gould. They did a huge amount of work restoring this beautiful building, keeping in mind the integrity of the structure and respecting the history of the building while updating to modern standards of comfort and convenience.

"We added six bathrooms, painted the building inside and out and did a complete reno. We replaced all the furniture over time," says Lilia, who visited antique auctions and estate sales where she purchased antiques and collectables for the building.

I wake up every day and can't believe this is my business and new home.

JP points out that the basement, an area of 3,000 square feet, is totally undeveloped space. "It was where the jail used to be," he said.

After finishing coffee with Lilia, JP and Kelly went to see realtor Jason Zroback about purchasing the inn. They got their financing in place. "In less than one week our offer was accepted and everything was in order," says JP. "It was ours."

They packed up their house in Cold Lake, put it on the market and took possession of The Old Courthouse Inn on September 1. Meanwhile Lilia and her family have embarked on a new adventure after purchasing a farm in the Paradise Valley.

"This place is such an amazing local iconic building," says JP. "Everyone used to come here to get their wedding licenses, drivers licenses, and sign papers. Lots of people have stories about spending the night in jail," he laughs.

Despite the fact that The Old Courthouse Inn was once the

provincial courthouse, there are some locals who've lived here a long time who have never set foot inside the place. So that everyone can see the historic building, JP and Kelly will be offering tours for locals and tourists alike during Sundays in November.

JP and Kelly will live in the Innkeepers suite, a three-bedroom, two-bathroom, apartment. The Old Courthouse Inn has eight guest rooms and is furnished with antiques and collectables, but the beds are modern and super comfy. "I've had five repeat guests so far because of the beds!" says JP. And maybe because of the super hospitality guests can expect.

Although tourists enjoy this heritage hotel, locals do too. "People will stay here for weddings that are held at Dwight Hall. It's a great place to stay if you are looking for something funky or different for the holidays, or any time of year," says JP.

JP's family can trace its roots in Powell River back to the early 1900s. "My great-grandpa came here as a young man with his family. Olson's Landing is named after my Grandpa's family," he said. "I'm related to Andy and Clarabelle Anderson."

JP's childhood knowledge of Powell River is handy when it comes to helping guests. "I know lots of great places to send locals," he says.

Another local born and bred Powell Riverite, Carmen Bryce, will work at The Old Courthouse Inn as the assistant manager, helping out with all aspects of running the inn.

Already, JP and Kelly have plans to use the huge upper parking lot behind the old Courthouse. They'd like to turn it into a garden and use the produce in the restaurant they plan to open in the near future, with a gazebo for functions surrounded by trees, shrubs and flowers, inviting guests to relax and enjoy their stay in a place full of heritage—a reminder of a time when life's pace was slower and less hectic. **RL**




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I have a love-hate relationship with my stair stepper.

When I first got it, it lived in front of the TV in the basement. But after tripping over it for a month I decided to move it upstairs to my bedroom.

My oldest son grumbled a lot when he helped me carry it up three flights of stairs. "Don't ever ask me to move it again," he warned. "Because I won't."

I laughed as I was confident that I would never want to move it again. I had great plans. I would wake up every morning, roll out of bed and jump onto my stair stepper and watch the morning news. I positioned the fan in front of it so I'd be able to feel the cool breeze blowing on my face. I envisioned myself smiling as I stepped up and down, up and down. I saw the pounds melting off my body. In no time flat, I'd be trim and toned.

That vision lasted all of three days.

Pretty soon, my stair stepper was shoved against the wall. I kept looking at it and feeling guilty. It was a good stair stepper and it was a great deal. I bought it at a garage sale for \$30! It probably cost \$500 new but the woman I bought it from was happy just to get rid of it. Said she'd been using it as a clothes rack for the last couple of years and wanted it out of the house.

My stair stepper sat unused for a year. Then, a month ago, I begged and pleaded with my son to move the stair stepper downstairs and onto the covered front porch. He finally agreed with the caveat of never again.

Again I'd had a vision. My new vision saw me return from my early morning walk with the dog and jump onto my stair stepper. Yes, I would enjoy the early morning view of Maple Avenue from my front porch. I would breathe in the cool fall air.

One month passed. I had to dust my stair stepper off and as I did, I felt incredibly guilty. I went upstairs and put on my exercise clothes and set the timer. Fifteen minutes of hard time. Sweat time. Clock-watching time. But I did it.

It's now September and after taking the summer off, my clothes are too tight (again). I am doing a core fitness class with Roché Rossouw at the Recreation Complex and just completed my first week of a 10-week weight loss program with Kitty Clemens of Pro-Active Nutrition. I am also taking a cardio-kickboxing class with Frank Clayton at Canadian Martial Arts Academy.

So why am I doing all this when I have a perfectly good stair stepper?

Well, Roché keeps telling me that you can't out-train a poor diet. And while I have been sweating away on my \$30 stair stepper I have decided that there may be some truth to that.

I remember my reaction when the vet told me last year that my dog Hunter was overweight. The vet pointed out that Hunter can't open the cupboard and get his own food and that made me think about me too. Chubby dog. Chubby dog owner.

There may be a commonality there.

As we age, it becomes harder to maintain a reasonable weight. Most of us can't eat and drink the same way we could when we were younger.

So for now, I will work on my stair stepper (again), participate in Roché's core fitness class and Kitty's weightloss program and see what happens. **PR**



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At The Medicine Shoppe, customers are often pleasantly surprised that their pharmacist is willing to recommend non-traditional solutions or suggest lifestyle changes.

On top of that, traditional medicines come in an unusual variety of shapes and flavours. Dirk is a compounding pharmacist for both human and pet medicines.

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Dirk manufactures these specialized medications in the lab in the back of the pharmacy at Gibson's Crossing. Even medicines that are no longer available, or hard to get because of drug shortages, can be manufactured on site. Dirk did his honours in pharmaceutical manufacturing and an extensive compounding course in Alabama. *For me, that was a love from the beginning.*

It was also a perfect fit with the Medicine Shoppe franchise, which has a Custom-Meds program. *It was a good fit for my philosophy. It's the roots of pharmacy. I like the image of Medicine Shoppe, too. It's not your regular retail pharmacy. It's*



more like a professional practice. It's a comfortable, friendly and professional setting.

We have a huge focus on education, says Dirk. He enjoys educating his customers about their total health care needs so they can achieve ultimate health goals and live a healthy life style. Dirk does this by providing individualized, personal, one-on-one care to every one of his customers.

Many people are in bad health because they don't have knowledge. Knowledge means power. Medicines should be considered toxins and our aim should be to first do no harm. Many drugs do harm, and we weigh that against the bigger risk. But if there is an option that's not harmful, that's the first thing we should do.

It's a paradigm shift, he says.

A big part of Dirk's business is filling prescriptions. He believes many problems we take drugs for, or side-effects of drugs, could be alleviated with nutrition, lifestyle changes, and the right supplementation.

Westerners consume the most drugs in the world. We should be the healthiest, given the amount we spend on health care. But we have the most illness, says Dirk. Education can change that. Dr. Weston A. Price's last words: You teach, you teach, you teach!

Dirk offers a distinct personal touch to The Medicine Shoppe with expert personal advice. He greets nearly every customer by name. He has only one staffer – pharmacy assistant Charlie Akins – who takes care of some of the technical work so Dirk can spend more time with clients.

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Bringing history to life

Jake's Gift

By Isabelle Southcott • isabelle@prliving.ca

I can't remember the last time I cried while writing a story. But this morning, when I watched a promo clip for Jake's Gift, an amazing play about a World War II veteran's search for the grave of his eldest brother who was killed during the Battle of Normandy, I cried.

I now understand why Max Cameron Theatre manager Jacquie Dawson is so passionate about this play. Ever since she first saw the live performance four years ago, she has wanted to bring it to Powell River.

"One of the most beautiful aspects of this play, for me, is that one actress performs both the young girl and the elderly veteran in a show that is very much about overcoming gaps in generation and culture. It's a show that is meaningful and accessible to people of any age, and it's something I wanted to be able to share with this community. I believe there is a tremendous benefit to keeping younger generations aware of the sacrifices and stories of our veterans, many of who live in their own community.



Not only is it an excellent piece of theatre, it's an excellent reminder of our common history," says Dawson.

The play opens with 10-year-old Isa-

belle, a local girl who tends the gravesites of the fallen soldiers.

Playwright/performer Julia Mackey travels seamlessly from the character of

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Isabelle to that of the veteran Jake.

Mackey says she never tires of performing Jake's gift and sharing the story. "It's something I care so deeply about," she says. "I feel really excited every time I tell it."

She describes this play as a love letter to veterans that thanks them for their service. "The best audiences are those that are multi-generational."

Jake's gift is more important now than ever because this generation of veterans are leaving us, she says.

The heart of this story is about loss and forgiveness and how asking for forgiveness can help someone deal with loss.

When Jake returns to Normandy, France for the 60th anniversary of D-Day to find the grave of his eldest brother Chester, he meets Isabelle on the beach. Isabelle challenges him to deal with the loss of Chester, something he has never dealt with all these years.

This powerful drama is not without humour. There's the part where Isabelle describes her relationship with Jake, explaining how he is her friend and a boy but not her boyfriend because he is too old to be her boyfriend and besides she already has a boyfriend but he just doesn't know it yet.

One of the greatest compliments the play



was given came from a reviewer in Winnipeg. The reviewer said it felt like an ensemble piece to her because of how quickly the character transitions took place.

Mackey would like to meet with com-

munity members after each Powell River show to hear their stories and share stories from others she's spoken to. Pipe Major Ian Richmond will attend the beginning of both performances to set the mood and take us to the time and place in Canada's history.

"It's no accident that the performance takes place one month, to the day, before Remembrance Day," adds Dawson.

In 2004, Julia Mackey travelled to Normandy for the 60th anniversary of D-Day. She interviewed dozens of Canadian, British and American veterans who had returned for the ceremonies. The stories they shared helped inspire this play.

In 2008, Jake's Gift received five-star reviews at the Saskatoon, Edmonton and Victoria Fringes and was part of the Best of The Fest 2008 holdover at The Edmonton International Fringe Festival. Jake's Gift won Best Drama, Best Solo Show and Best Female Performer at the Victoria Fringe Festival in 2007 and 2008.

On August 27, 2012 Mackey received a 2012 Betty Mitchell Award for Outstanding Performance by an Actress in a Drama at the 15th Annual Betty Mitchell Theatre Awards in Calgary, Alberta. Jake's Gift was also nominated for Outstanding Production. [PR](#)

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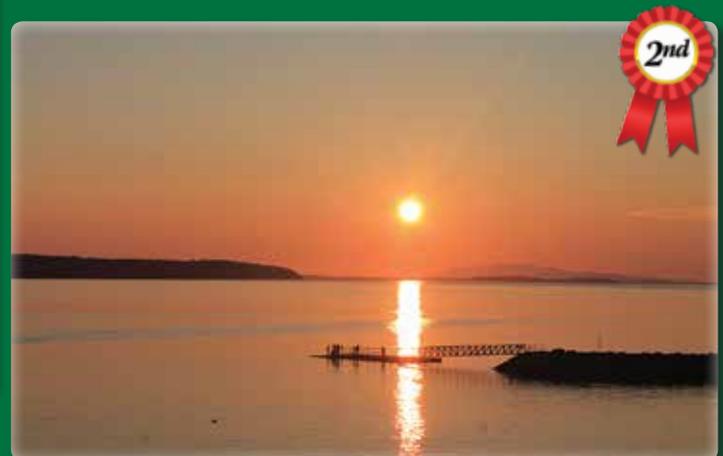
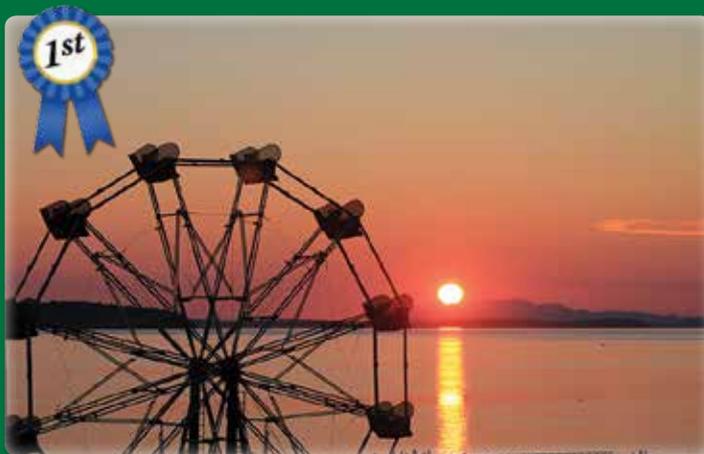
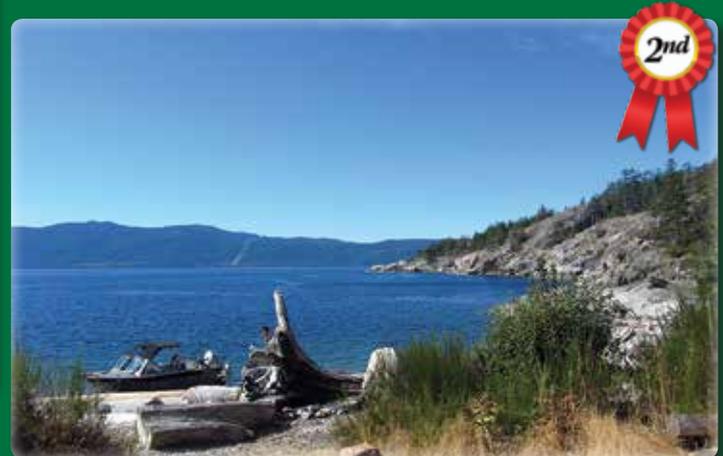
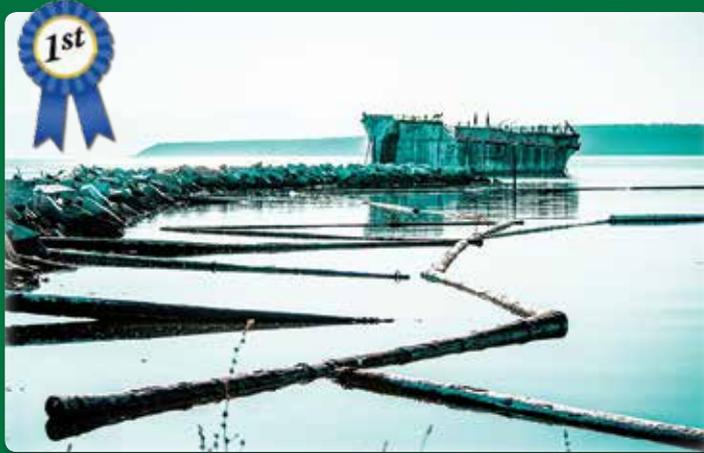
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CHANGING HABITS

What a ten percent shift can do

If everyone in Powell River shifted their shopping habits by just ten percent, that shift would result in a stronger local economy.

Small Business Week in BC runs from October 15 to 19. It is a time when the Powell River Chamber of Commerce celebrates small businesses. It is also a time when opportunities that strengthen local economies are highlighted.

On October 25, the Powell River Chamber of Commerce has booked the Ten Percent Shift team for a luncheon, said Chamber of Commerce manager Kim Miller. She's excited about this campaign and delighted that the Ten Percent Shift team will be here to explain it.

The Ten Percent Shift movement began when Barry O'Neill, CUPE-BC President, realized how tough economic times were affecting towns. He began focussing on the shopping local first and the Ten Percent Shift idea. The union became involved because it has 85,000 members in BC who live and work here, said Clay Suddaby, Canadian Union of Public Employees Communications officer. "They are just as committed to these communities as anyone else and they see this as a really important issue and wanted to take it on."

The ten percent shift is all about shifting just ten percent of your spending and shopping to a local level. When money

Reasons for shifting local

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- Better selection for you: Local business tries harder to meet your particular needs; they don't rely on a national sales plan.
- More local ownership and jobs: Study after study shows that local small business is the greatest source of job creation.
- Support community groups: Did you know non-profits receive an average of 350% more support from local businesses than they do from non-locally owned businesses.
- Better use of community space: Big boxes can be attractive but... Wouldn't it be better to have more local businesses that can make use of existing empty space in a heritage building downtown?
- Better public services: More local businesses mean a stronger tax base, and that pays for better public services.
- These are your friends and neighbours: They live, work and are invested in your community, just like you!

Visit www.tenpercentshift.ca to learn more about how this can work for Powell River.

leaves towns and communities and is spent at out of town businesses or corporate headquarters, it has a huge effect on the local economy.

"The longer a dollar can circulate in a community the more jobs it will generate," said Suddaby. "We encourage people to think local first."

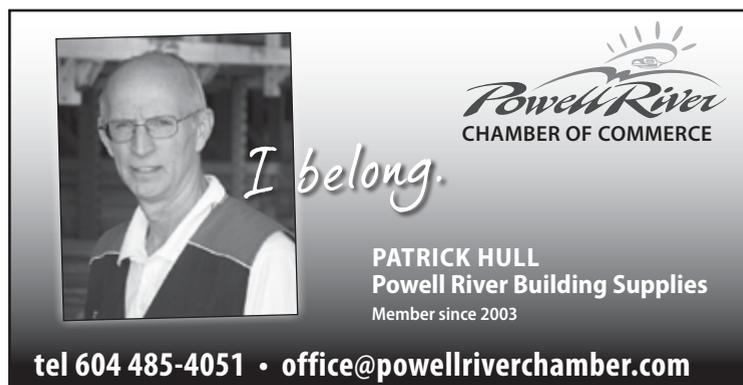
The campaign asks people to shift ten per cent of their household spending. "We don't say you have to buy everything from our own community, just shift ten per cent. It's about a new way of thinking," he said. "We recognize there are times that you can't get what you want locally."

Local business owners have the opportunity to make their customers experience a pleasant one. "There is a difference between buying a pair of shoes at a local store versus a big box store," he pointed out.

The impact of a ten per cent shift in spending can be huge. "There is an enormous impact to the local community if enough people just shift their spending by ten per cent," says Suddaby. This shift can be felt in terms of job creation and additional economic activity that wouldn't happen otherwise.

Just imagine, he said, if local governments, Crown Corporations and agencies start increasing their local procurements by ten per cent. "I'm sure the local merchants could accommodate them."

In many ways, the ten per cent shift is about stepping back 30 to 40 years in time. "People used to buy more at home," he said. "Our economy is really driven by small independent businesses." **RL**



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Genealogy

The work of an armchair detective

By Claudia Côté

I first started trying to research my dad's family after he passed away in January 1997. I really wish I had started when he was still alive, but this is the case with quite a few people, they start after a family member has passed away.

My dad was born in Winnipeg and his mom died when he was only two years old. His dad remarried and around the same time he joined the Forces for WWI. His mother's family had a great influence on him growing up and I had heard many stories about his aunts and his stepmother. I later found out through doing research that they were in fact his GREAT aunts. One of them even paid for him to have piano lessons, and from the way he played the lessons were well worth the investment.

Soon after he started working he moved to Vancouver and worked at many jobs on the coast and lost contact with his family. Another genealogist in the group by the name of Moyra Palm had this local history book of Carnduff, Saskatchewan and recognized one of the names I was searching for and thought maybe they might be related to me. It took me all of two minutes of reading to know they were, and the rest is just history, as they say. I would never have known they lived in Saskatchewan as I was always told that they live in Manitoba. I found the addresses of the three sisters that gave the information for the book and sent off three letters. One of the sisters answered and we've been friends for the last 25 years.

It turns out that she is actually a first cousin, twice removed, and we share the same great grandparents and they farmed in Saskatchewan in the summer and wintered in Winnipeg. She is now 98 years old and still pretty sharp. Over the years I connected with quite a few relatives on my dad's side including his half sister who is now 88 years old. I also am in contact with my dad's last remaining half-sister who is also 88. I have found that longevity runs in the family on both sides. I also keep a

close watch on who dies of what, with the hopes that if there is a pattern it could help save lives. I've found a lot of information over the years: That I'm half-British and the rest is Scotch and Irish. My dad's side of the family has only been in Canada since 1851 but my husband's side of the family came to what is now known as Canada in 1635.

I am having trouble on my Irish side with my Great, Great Grandmother Ellen Coleman who came to Canada in 1851, as I can't find out from where in Ireland. I think she sees this as a challenge from above!

I joined the Powell River Genealogy Group in 1988 because I really wasn't getting anywhere with my research. In those days you really had to have patience waiting for the mail to come, as that was the only way to do research. Oh, you could borrow films from the National Archives, Libraries, or a University that might have the film you wanted but you were still at the mercy of the mail. The worldwide web had changed a lot of that. You have to be careful when doing research on the Internet because not all information is correct; you have to learn to weed out fact from fiction, spelling

Learn more about the Powell River Genealogy Group by contacting Shirley Lee at leejs@shaw.ca or 604 485-4781 or visit www.rootsweb.ancestry.com/~bcprog/workshop.

errors or transcription errors. I refer to the information on the web as the iceberg analogy. What you see above the water is on the net and what is below the water is what is still held in repositories, archives, museums that you have to do by going there, requesting information from the staff or just paying another researcher.

When you join the Powell River Genealogy Group you'll find there's always someone willing to help you by giving you an idea on where to search next, how to break down a brick wall, or they'll put you touch with maybe someone else that can help. They also have a library of genealogical related articles, books, magazines and journals from other societies. All this helps you find your roots. If you are a member, these can be taken out on loan for a month. Groups meet regularly and often have guest speakers.

The Powell River Genealogy Group is holding a workshop on October 28 with speaker Dave Obee, a journalist and genealogical researcher from Victoria. 



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Zero waste

Are you ready
to take the challenge?

By Coco Hess

This October, the **Let's Talk Trash** team, Powell River Regional District's Waste Management Education Program, is launching the Powell River Regional District Zero Waste Challenge.

This community Zero Waste Challenge is timed to coordinate with Canada's national Waste Reduction Week from October 15–21. Waste Reduction Week in Canada is intended to raise public consciousness about waste and its environmental and social ramifications with a theme of "Too Good to Waste". The ultimate goal is to engage, educate and empower Canadians to reduce waste through provision of access to relevant information, opportunities and options.

At the beginning of the month, the Let's Talk Trash team will conduct a Commercial Waste Audit to study the waste produced by various local businesses around town. The goal of this waste composition study is to assess waste disposal patterns and identify opportunities for waste diversion. The results of this audit will be analyzed and a report released during the Challenge to encourage participation in waste diversion activities.

At the end of the month, a Zero Waste Conference will be held at the Max Cameron Theatre to get the community 'talking trash' and discussing waste reduction alternatives. During Waste Reduction Week and at the Conference, residents and businesses will be encouraged to sign-up online for the Powell River Regional District Zero Waste Challenge. Participants will be asked to complete an online survey of their current waste habits and recycling patterns and their willingness to weigh and measure their weekly or monthly waste output for the remainder of the year.



Each month, participants in the challenge will receive reminder emails, encouraging waste reduction ideas, and links to online reporting mechanisms to track and monitor the amount of recyclables, refundables and waste going to landfill.

Throughout the coming holiday season, the Let's Talk Trash team will be promoting a "Create Memories, Not Garbage" marketing campaign, with the hopes to decrease the holiday waste that is usually created during this time of year.

The Powell River Regional District Zero Waste Challenge is an opportunity for individuals to get involved by making an impact in reducing household and commercial waste.

This month the Malaspina Art Society is curating the second annual Trash Mask contest at the Malaspina Exhibition Centre at Vancouver Island University. The purpose of this contest is to encourage the community to have fun, let imaginations fly and to recycle trash into a work of art. Entries can be submitted until October 10 and will be featured at the opening reception on October 11th from 7–9 pm with the exhibit on display until November 6.



TRASH TALKIN': Ronnie Uhlmann works the Zero Waste Station at the Fall Fair as a volunteer with the Let's Talk Trash team.

For more information and to sign up for the upcoming Powell River Regional District Zero Waste Challenge, check out the Let's Talk Trash team website, www.letstalktrashpr.com or call (604) 414-0647.

You can also sign up for the Zero Waste Challenge at the website, and find out more about the Zero Waste Conference happening at the Max Cameron Theatre on October 29.

To find out more about country-wide efforts, visit www.wrwcanada.com. 



Take the Zero Waste Challenge!

Sign up online at www.letstalktrashpr.com

Attend the **Zero Waste Conference** Oct 29
at the Max Cameron Theatre



Forever, the fifth of five

When there's room for one more

By Vyonne Wriglesworth

This story was first presented as a speech at Sunshine Speakers Toastmasters. Those who heard it were so moved by it that Vyonne agreed to share it with Powell River Living so more people have the opportunity to read it.

The day was bright, birds were chirping, the air felt light. Excitement was brewing, escalating as the gift came nearer to realization. My little sister was spinning in the bright, orange chair not totally sure about the gift to come. I raced next door to my best friend's house; I ran across the street and then hurried up the block and talked to people out in their

ing or talking. He spent a lot of time with Mom so "Mommy" and "cookie" were the first words he learned to speak.

Mom fell in love with this little boy. He was ready with a constant smile anytime Mom passed by.

Mom had been told the boy's parents did not want him anymore. That couldn't be true, she thought. Although the little boy was the eighth of nine children—his parents did not want him.

Mom had fallen for this little one... she had conversations with Dad about her wish to adopt this brown-eyed boy. Dad replied: "We can't even afford the four we have."

Mom said she knew it wasn't possible

September 10th was upon us. I made sure that all of the neighbors knew that he would soon be here. Finally, the little boy arrived. He was not quite four but he was walking now, coming into the house, timidly, with Mom and Dad. His brown eyes were big as he looked at us while we sat and stared at him. Eventually, my big brother tossed a ball. They sat with legs apart and rolled the ball back and forth to each other, big sister and I stood shyly by.

Six weeks after his arrival things were finally arranged with the lawyer at the exorbitant cost of \$95 for the private adoption. We went to the lawyer's office—all of us kids sat in the car, including the little

"We can't even afford the four we have."

yard. "My new brother is here. You've got to come and see!"

It began three weeks earlier—Mom had been working on the children's ward in the local hospital. One curly-haired, brown-eyed little boy came in for investigation. "They" said he was dangerous because he ate his buttons off his pajamas. He even had blisters on the tops of his toes from spending all his time in the crib, much like a caged animal. He was ignored because he was "bad." He was a few months short of turning four, weighed 19 pounds and was not walk-

ing to help every child but maybe our family could do our small part with this one?

So Dad visited at the hospital. The little boy fell into Dad's arms as soon as he saw him and Dad was hooked. Mom and Dad asked us what we thought of having a new brother?

Our answer was a unanimous, "Yes!"

On the QT, Mom met with the little boy's parents. If they still wanted to give away their little boy, she said, we wanted to have him. Were they interested? Oh, yes, of course, they said. Just like he was an old couch they wanted to get rid of.

brown-eyed boy, and waited. Mom and Dad, along with the little boy's parents came together to sign the papers. When they were finished, everyone came out of the office and walked down the sidewalk. The little boy's parents were first—they walked right past our car. They did not look in, they did not say good-bye, they just kept walking.

What a celebration we had. We all got ice cream cones! The little boy asked: "Me too, Daddy?" That day David, the little brown-eyed boy, became forever, the fifth child of five. **RL**

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Powell River Living

Love what you do

This is the first in a series about Powell River people who are passionate about what they do for a living.

Don James CM



Photos courtesy of Robert Colasanto

Vision makes it possible

Love what you do, do what you love

By Isabelle Southcott • isabelle@prliving.ca

If Don James were a brand he would score high in the recognition category in Powell River. His name is well known both inside and outside music circles.

You make a living by what you get, but you make a life by what you give.

— Author Unknown

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If you don't know him, you've probably heard of him or had something to do with one of his creations.

Don is a musical visionary. He's the founder and artistic director of the Powell River Academy of Music, Kathaumixw, the Symphony Orchestra Academy of the Pacific (SOAP), and countless choirs. He's also had a tremendous impact on many musicians whose lives have been changed because of his influence.

Music has always been a part of Don. "It started at home. I was one of nine children," he told *Powell River Living* during a recent interview.

Born in Enderby, BC, Don's parents valued music and enrolled all their children in music lessons. Don's father was a minister and the family formed its own choir. The older children studied piano while the four youngest were allowed to branch out with other instruments.

"We were all driven," says Don. "Five of us have music degrees."

Don remembers when they lived in Summerland and the family entered a choir competition put on by a TV station. "We won a year's supply of milk," says Don.

When Don was a teenager, he began skipping piano lessons. "One of my teachers kicked me out," he recalls. The

family moved to Victoria and Don was recommended to Stanley Shale, a retired piano professor from the Royal School of Music in London who had taught many famous people.

four hours a day without being asked to practice. My music skills improved and I started winning awards at festivals." Don achieved his ARTC with the Royal Conservatory of Toronto with Distinction.



CIRCLE OF MUSIC: Don James at the center of his award-winning Academy Chamber Choir.

"The revelation came with this teacher," says Don. "I'd play for him and he'd play for me what I was learning. Stanley was an inspiration. I ended up practicing

This was all due to Stanley, says Don. Don went to Seattle Pacific University where he earned his Bachelor of Music. While there, he branched out to work on

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pipe organs as well as piano. “I graduated summa cum laude and I applied for a spot at the University of Washington as a student of orchestral conducting. I got in on a full scholarship.”

There, Don did his Master’s and Doctoral studies in orchestral conducting. “There were 30,000 students and they had a dedicated orchestra for conducting. They rehearsed this orchestra twice a week. I never wanted to leave there—it was a dream situation—but I had a family to support and had to go to work.”

“My doctoral program was conducting a full length, fully staged opera. It was one of the pinnacles for me.”

Back in Canada after completing his graduate studies, Don and his family moved in with Don’s parents in New Westminster. He was a finalist for a job with Malaspina College when he saw an ad for an orchestral conductor with School District 47. “I got here but there was no orchestra.” Still, Don decided to accept the job and stay for one year.

“I was attached to JC Hill my first year here,” he says looking around his Powell River Academy of Music office located in the building originally used as JC Hill School. “I had no idea that someday we’d actually buy it!”

Don was not trained as a teacher but he taught music education to several grades at several different schools in the district. That same year, there was a shortage of teachers and the school district hired 40 new teachers.

“That year the province introduced a program to allow people who were teaching to get their teaching certificate by attending summer school for two summers.” Don took advantage of the program. “After the first year of teaching I was bored,” Don admits.

Then he learned that he was one of 20 young conductors selected by the Canada Council to study with Sir David Willcocks in Halifax. On the same trip, he stopped in London, Ontario at

the International Society for Music Education. “I’d been a fan of men’s and boys’ choirs for a long time and when I heard a children’s choir from Iceland, it just knocked my socks off.”

When Don returned to Powell River he started a boys’ choir here. He had a five-year plan for it.

“My whole philosophy is everybody has musical potential when they are born. It is just a matter of how it is harnessed and trained.”

In 1974, they had auditions for the Powell River Boys’ Choir. “There were three of us working on it.” Harold Carson and a new music teacher Ken Peterson, and Don.

At the end of the five years the boys’ choir won the CBC National Competition in two categories and was a finalist in the BBC’s *Let the People Sing* Competition in Europe.

“We proved you could take a raw group of kids and make them world class,” says Don.

Tobin Stokes, Walter Martella, Tom Carson, Roy Carson, Bernard Muller, and Sam Nelles were some of the members of that first boys’ choir. “They got the bug and continued on.”

Then some parents complained because there wasn’t a girls’ choir so they started one. “Then the girls got older and the boys voices started to change so we started a youth choir,” says Don. Then the youth got too old for the youth choir so they started a chamber choir.

“We rehearsed in my basement at first,” recalls Don.

Parents started fundraising for trips. “They said the girls’ choir didn’t get as many trips as the boys’ choir so at a meeting of the choir committees in Judy Cutler’s home, I suggested we form an Academy of Music. We created a non-profit society in order to offer lessons and apply for government funding,” says Don. The new Academy met at Oceanview for a while then at St. David’s church

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where Don was the organist. When David Low had joined the choir, his parents Mel and Romi started the ball rolling for the Academy to lease the building the defunct Kinsmen Club had once occupied. “We leased the building in Timberlane in 1984.”

The youth choir reroofed the place and redid the walls. They bought a grand piano and hired their first teachers, Walter Martella and Moira Hopfe.

It was exciting times for the new Academy.

The Academy grew in its new building. “We had a bus that picked children up after school and drove them to music lessons. In 1996, we learned that School District 47 was closing JC Hill, so we leased the building for seven years with the option to buy.”

The Academy shared it with the École Côte du Soleil at first and made a lot of improvements. “In 2004 we bought the building. That was a huge step and yes, it was scary,” admits Don.

While all this was happening, the City approached the Academy with the idea of becoming a cultural capital.

For the next four months, Don, Mike Heron and their team worked tirelessly on the application. “We had to dream up 20 projects and we had to do a cultural assessment of what we had here and what could be added to this town.”

The symphony school and festival was born because of this. “It was always a dream of mine to create a symphony summer school that would bring people here,” says Don.

The International Festival Kathaumixw is another one of Don’s creations. “When the boys’ choir won the CBC competition they were invited to be Canada’s representative at the International Society for Music Education Conference in Warsaw, Poland in 1980. That was a pivotal part of how Kathaumixw came about,” he says. “The next year, the boys decided to take another tour to Llangollen, Wales where there is a huge choral festival. When we came back, Dal Matterson (whose son was on the trip) and I went hiking up to above the snow level. We could see right over Texada. I said this place is more beautiful than Llangollen. We could create a music festival here,” recalls Don. At that point, Don turned to Dal and said: “Would you be my chairman?” Dal responded by saying: “Would you be my music director?”

Then Don said: “Let’s do it!”

The men came down the mountain, got their committee together and planned the first Kathaumixw for 1984. It was held at the Evergreen Theatre and there were nine choirs.

Tobin Stokes, one of the original boys’ choir members who

is now a famous composer, has created new works for Kathaumixw. “Commissioning new pieces has always been a part of it,” says Don. “Kathaumixw has inspired the creation of similar festivals around the world.”

By 1988, Kathaumixw had grown in leaps and bounds. “The only solution was to move it to the arena. Volunteers built a stage for us that they took apart and put back together every two years,” says Don.

Because of Kathaumixw and the many other projects Don has worked on, he’s met many wonderful people.

“It’s a life,” he says simply. “You would never do it from 9 to 5 or for the money. It’s just a passion to see things happen.”

Looking back, Don isn’t sure whether he was naïve or just had a lot of balls to do what he did. He’d call people he’d never met but knew by reputation and ask them to come to Kathaumixw. One of those was educator, choral conductor Fred Sjöberg of Sweden.

“I didn’t know him, I just called him out of the blue and he came as an adjudicator then he came back with his choir and he has been coming back ever since.”

According to Fred, of the many choral festivals he attends, Kathaumixw is by far the best!

Don’s musical influence is far reaching. Last month he received an email from Bernard Muller, an original member of the Powell River Boys’ Choir.

Bernard is now a teacher in Ladysmith. “Dear Don,” says the email. “I just wanted to say thank you for all the time you spent showing me how to love music. Today I found myself talking to a group of 40 children about my early choir days and felt very grateful for all the hours and rich experiences you gave to us boys over the years. Then I flipped through the music textbook and accompanied them on the piano for a while as they sang some of their favourites from music class last year. Bless ya! Bern.”

Don has been recognized beyond musical circles. In 1990 he was awarded the Order of Canada, the nation’s highest civilian honour in recognition of his national and international work.

Don’s work hasn’t been without its challenges but it has been rewarding. He’s had lots of opportunities to leave but this view of the ocean and mountains has kept him here.

“I’ve had lots of opportunities to take over big name boys choirs but I’ve never been enticed enough to leave here. This place is so beautiful.”

By following his passion, Don has made his life his work. “It is all about taking the step off the bridge and doing it and hoping for the best and having the right people around you.” 



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PARDON MY PEN

By George M. Campbell

My kitchen bulletin board

I have this fabulous bulletin board in my kitchen where the items are held in place by small magnets. There are current Lotto tickets up there waiting hopefully for the next draw, a church calendar for this month, and a list of grocery items for me to pick up on my next trip to the supermarket. But by far the most items on my bulletin board are the drawings, schoolwork, and photographs of my great grandchildren. There are so many of these that recently I had to go out and buy more magnets to hold them in place. Probably the most marvellous thing about my kitchen bulletin board is the fact that it swings open on hinges and I can reach inside and get a cold beer.

I notice similar bulletin boards in most kitchens I visit these days. Great expanses of white or eggshell on which are fastened the same kind of items that mine holds—drawings, if not by great grandchildren then by grandkids, sons or daughters. It all depends on the age of the person who owns the bulletin board. I often compare the quality of the drawings on my friends' bulletin boards with those hanging from mine. Most of the time mine are better. But then my great grandkids are not only clever and gifted, they are cute, too.

The chances are pretty good that you have just such a bulletin board in your kitchen along with yesterday's leftovers, milk, eggs, and a tray of ice cubes stored snugly inside. If you are over fifty you will likely have a few special items hanging on the front of it such as, "GRANDPA, BE MY VALENTINE-AND THANK YOU FOR THE CANDY. XXXOOO." Or else a single sheet of paper with several math questions on it, all marked correct and a gold star in the upper left hand corner. Across the bottom the teacher will have written, "GOOD WORK."

I find it kind of pleasant going into folks' kitchens and seeing their refrigerator doors festooned with such bulletins. It gives me a sense of—"Why that looks just like my refrigerator!" There is an aura of togetherness about such things that is warm and good. On the rare occasions that I go into someone's kitchen

and I see no little kid's handiwork or photos posted there, I feel like loaning them some of mine. Their fridge looks so bare. Such a refrigerator has probably never been snuck into by a small boy or girl and pillaged of ice cream or pie.

Some refrigerators, of course, are used as bulletin boards by adults who have no second or third generation offspring. Such bulletin boards often sport signs to remind those struggling with a weight problem to stay on their diets. Signs like, "Today we pig out—tomorrow, we diet," alongside the picture of an overweight porker. "If you are on a diet, do not raid this refrigerator!" Such warnings seldom do much good and they are not nearly so much fun as a five-year-old's effort at drawing a rainbow over a tree full of purple apples with a green sun in the background.

Yes, these magnetic bulletin boards that double as refrigerators are a wonderful kitchen accessory. No home should be without one. And if you are lucky enough to have several grandchildren or great grandchildren who send you their works of art, you may even have to buy two of them to adequately display the incredibly clever work of your second and third generation offspring. Every grandchild should have the right to display his handiwork on the refrigerator of his grandparents. It is for just such freedoms that their grandpas fought the last war. [PRL](#)

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Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

For the first time in recent memory, Powell River has its own photocopy sales and repair service. **CrisP Business Solutions** is a certified partner of Konica Minolta, and will be selling and servicing the brand. Cris Pavel worked for Konica Minolta as a field technician for a decade. After moving to Powell River and discovering there was no local service here, he decided to fill that void. He has opened in the Georgia Centre on Franklin Avenue, in the space vacated by Curves. He hopes to grow the company to have several technicians and sales staff, but in the meantime, he's doing the tech work and his daughter Romina, who also works for Konica Minolta in Vancouver, will handle most sales inquiries. In addition to selling and servicing copiers and printers, CrisP will sell business-grade shredders and specialty papers. Contact Cris at 604 344-2075 or sales@crisoffice.com.

Creative Rift Studio & Gallery will be moving across the street this month to 4480 Marine Ave. Mischa Brooks-Thoma (Kissing Fish Studio & Powell River Natural Soap Lady) and Jillian McPhail (Funktifyd Creations) co-operate the store and share a working studio and display creations from 50 other local artists. The studio is open 10 am – 5:30 pm Monday through Friday and you can call 604 483-5283 or 604 344-001.

Joining them at the new location is **Jennifer Dodd Photography**, who is expanding her professional lifestyle and wedding portraiture business to include an in-studio Atelier, offering affordable studio portraits. Clients will be able to book both in-studio and outdoor sessions by appointment. Email info@jenniferdoddphotography.com or call her at 604 414-5580.

Kimberley Murphy has opened **Powell River Business and Event Services** at 4687 Marine Avenue, the former home of Eclips Salon, which has moved to a home-based business. Kimberley says she'll offer basic secretarial services, from typing and editing to database creation and scanning. She also pro-

vides basic services to contractors and small businesses, such as basic business cards, simple websites and billing services. The back part of the office space will house Extraordinary Events, her party and event planning service for everything from date nights to weddings to fund raisers. You can reach Kimberley at 604 485-2245 or at prbs@shaw.ca.

After 20 years in the security industry, working everything from the 2010 Olympics to heavy equipment machinery watch, Steve Ford has formed his own company, **GIANT Mobile Security Services**. Giant is licensed and insured and guards are licensed through the Security Programs and Police Technology Division of the Ministry of Public Safety. Steve says some of the jobs his team might take on include guarding construction sites or equipment, or watching gates or running foot patrols at special events. Call GIANT at 604 578-8418 or gmss.sf@gmail.com.

Shaun Gloslee Excavating has relocated to 7490 Duncan Street in the building by the airport. His wife Raeann says the business outgrew the home office and it needed its own space. He still offers excavating, land clearing, trucking, retaining walls, drainage systems and more. You can reach Raeann at the office at 604 485-5458 or call Shaun's cell at 604 414-5455.

Ardith Beynon's **Jin Shin Do Acupressure & Reflexology** practice has moved to her new home-based clinic in Cranberry. Call 604 223-0690 or 604 483-3984 for an appointment. House calls are also available.

Lori Alexander is the new dining room supervisor at VIU Culinary Arts and Brooks Secondary School's **Future Chef Café**. "I look forward to the year ahead of us. The students have been working and training very hard to meet the expectations required to perform in this industry." The Future Chefs will open on October 2nd from 12:30 pm to 1:30 pm Tuesday through Friday. For more information call 604 483-7967. [PRL](#)

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SUMMER IN SEPTEMBER: The warm weather continued through September this year. Locals took advantage of the higher temperatures and spent as much time as possible outdoors. These two young children were photographed while enjoying a bicycle ride down a back alley in the Historic Townsite while others could be found at the tennis courts or the lawn bowling club, also in the Townsite.



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My name is Henry, I'm a four-year-old English Springer Spaniel from Williams Lake. I love my donkey brothers, dog sister, my cat, nine ducks and my horse. I have unusual markings, I'm ambidextrous in the hand shaking department, and would love to be a lap dog but happy just to sit on your feet. I love Jessica at Dog Gone Grooming because she makes me the most handsome man on our farm.

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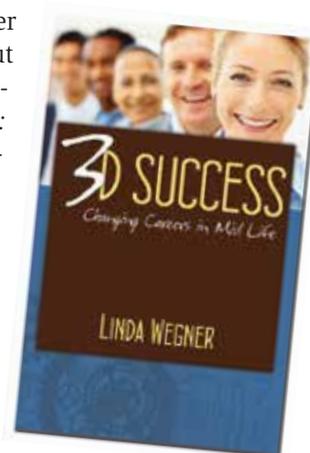
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New book coming

Local writer and business owner Linda Wegner's new book about mid-life career changes will be released in mid October. *3D Success: Changing Careers in Mid Life* chronicles the author's journey from pastor's wife to entrepreneur. Linda Wegner shares the principles of Discover, Determine and Defend. The book was written to cheer on others making career change decisions in mid life. For more information, email wordsofworth@gmail.com or call Linda at 604 483-9210. [PR](#)



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Decorating disaster

Sell the house! (Not)

By Isabelle Southcott • isabelle@prliving.ca

For two years, I lived with a paint colour I couldn't stand. Every time I walked into the upstairs bathroom I thought: "I really don't like that colour."

A few weeks ago I decided to repaint the bathroom.

I had some paint left over from when I painted the downstairs bathroom in a colour I loved, so my plan was to use the leftovers in the upstairs bathroom. What could go wrong? It was bathroom paint and I really liked the colour.

I painted a little strip on the wall and squinted. It looked different upstairs. York Harbour Yellow (kind of a nice mustard-gold colour) didn't blend in with bathroom tiles that had orange undertones and hues of pink. "Honestly," said my friend Deb surveying the test patch. "I think you'll hate it just as much as you hate the colour there now and just repaint in a year."

Nonsense, I thought. It will look fine.

It didn't take long to do the first coat in the small bathroom. I kept looking at

it thinking it would get better and that I'd like it more once I got used to it. But I didn't like it any more on Wednesday than I did on Saturday. Maybe I needed a different colour. Maybe my leftover paint wasn't such a great deal after all.

I needed advice and I needed it fast. We were having a party on the weekend and I wanted my bathroom back together. I took a photo of my decorating disaster and posted it on Facebook.

"Help," I posted.... "Decorating disaster looking for input."

More than 50 people weighed in. Some said leave it, others said consider bright accent towels, others said change it to a more neutral colour like gray. Realtor Ross Cooper probably had the funniest suggestion: "I think you should leave it. List it and buy another house!"

I headed off to Sunshine Décor with a photo. With lots of help, I finally settled



on a soft shade of gray. It is neutral and instead of competing with the tile that is already there, it just blends in. Now when I sit in my soaker tub I don't feel my heart race and my blood pressure rise but rather, I feel peaceful and serene as I survey the gray painted walls. [PRL](#)

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Telecommuting

Living in Powell River, working anywhere

By Sean Percy • sean@prliving.ca

There are probably as many reasons for living in Powell River as there are people living here. With cheap housing, a relatively low cost of living and unmatched scenery, what's not to love?

For many residents and a raft of would-be residents of Powell River, the thing about this community that's not so lovable is the job market. However, with continuing advances in technology, the physical location of your workplace is becoming less and less important.

I recently bumped into the woman who was the editor of the school newspaper when we went to the now-demolished Max Cameron Senior Secondary. After living in Toronto, California and Vancouver, Juhli Jobi was delighted to be back in Powell River, filling her grocery basket at Mitchell Brothers.

She moved "home" to Powell River this summer, and now works for the same company she spent the last four years with in Vancouver. She spent the last

year looking for the ideal job within the corporation that would allow her to telecommute. With a Masters degree in Information Systems Management, the technology required was no stumbling block. In fact, during a recent month-long trip to California, "nobody knew I wasn't in BC or even in Canada."

Still, making the move to be a full-time telecommuter was not a decision taken lightly.

"There are people doing my job going to the office every day." Juhli admits that she misses the office environment, where people stopped by her cubicle to chat about projects or socialize. She also misses the team dynamic that "you just don't get over the phone."

"I preferred my work environment in Vancouver. But I prefer my free time in Powell River. I had to choose."

In many ways, she says, her workday is more intense as a telecommuter, because there are no office distractions. Unlike the

stereotypical telecommuter, Juhli does not work in her pajamas. "I usually get dressed, have a shower and have breakfast. I want to be ready to face the day, whatever it may bring." That discipline keeps her evenings and weekends free, though she does work late some evenings, just as she did at the office.

Telecommuting is not for everyone, she says. "It's not for someone who is easily distracted."

(Author's note: She's got that right. I'm telecommuting while writing this story, and it has taken me hours longer than usual. Email interrupts me, typing on the iPad is slower than my office keyboard, and, oh look, a squirrel!)

The benefits of telecommuting are not solely reaped by the worker. The company benefits financially by reducing its real estate needs and even on things such as no longer buying Juhli's workday coffee.

Juhli says she also benefits financially from the arrangement. In Vancouver, she



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spent \$900 a month on a 400 square foot apartment. Here, she spends less than that on a 900-square-foot place in the Townsite with a spectacular view over Algerine Passage and she still makes a big-city wage while working for a large corporation.

There are also fewer daily expenses at home. "Living in Vancouver, I would buy a muffin and coffee on the way to work, and go to lunch with someone probably three days a week, then out for drinks Thursday and Friday evenings."

Here, her activities outside work are less expensive and more rewarding, she says.

She likes spending evenings and weekends in Powell River with friends, kayaking, fishing, exploring or camping.

"My closest and dearest friends live here and my Mom is here and we're very close. I'm not married and don't have

kids, so it's important to be closer to people I care about and their kids."

She likes being "closer to the land." While specialty food items may be pricier in Powell River and there's less selection, here she can buy locally-made jam at Mitchell Brothers and eggs from chickens that roam free in Wildwood.

"Here I went huckleberry picking and picked wild blackberries—the tiny ones—and salal berries. (In the cities) I missed huckleberry picking and blackberries that tasted like blackberries."

"Nature is just more accessible here."

Juhli enjoys the isolation created by the ferries, in part because it's one of the things that keeps Powell River the gem that it is.

"I don't recommend it for anyone else," she says, with a wink. If the secret gets out, Powell River could be swamped with telecommuters.

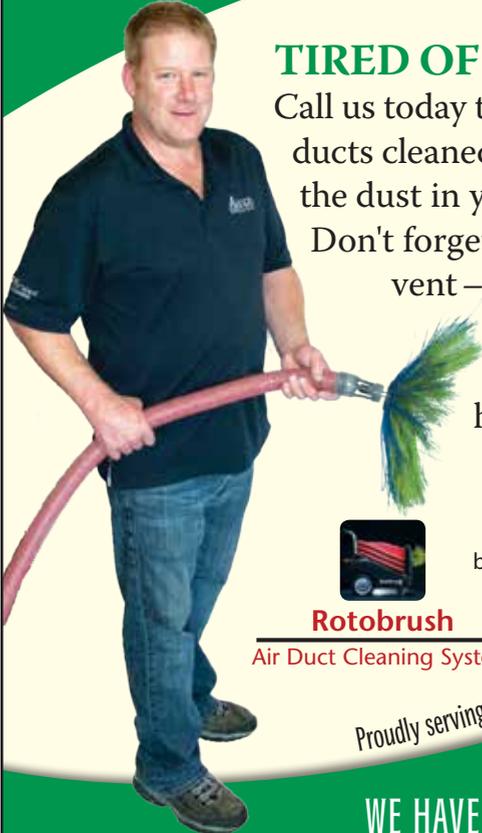
In the long run, Juhli will probably telecommute while exploring the continent in her travel trailer, but Powell River will always be home base. For now, she plans to stay close to home.

"Powell River has so much to offer. I could easily spend a year here, camping at a different place every weekend. Maybe one day I'll get a high-tech wireless mobile and work from the campsites. All I need is a laptop, an IP phone and a headset." **RL**



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Powell River Living COMMUNITY Calendar **OCTOBER**

October 11: Come to the museum! Powell River Historical Museum and Archives celebrates 50 years. 5-7 pm at the museum, 4798 Marine Ave. Call 604 485-2222 for more info.

October 14: Eva's Garden Party. The second annual breast cancer fund raiser. 5:30-10pm at Four Square Gospel Church Hall 4640 Manson Avenue. \$5 at the door. Sweets, music and '50s fashions. For more info visit www.evasgarden-party.jimdo.com.

October 16: "Building a Stronger Board: How to make board work less work", \$50 for Volunteer Powell River members, \$100 for non-members, 6 pm at the Cranberry Seniors Centre. For more info call 604 485-2132 or email admin@unitedwayof-powellriver.ca.

October 23: "Building a Stronger Board: How to make board work less work", \$50 for Volunteer Powell River members, \$100 for non-members, 6 pm at the Cranberry Seniors Centre. For more info call 604 485-2132 or email admin@unitedwayof-powellriver.ca.

October 26 & 27: Henderson Elementary School is hosting "Haunted Holidays". Doors open at 6:30 and all monies raised will go back in to Henderson School for programs, equipment, etc. More info call 604 414-0401 or email djnvivens@hotmail.com.

October 30: "Building a Stronger Board: How to make board work less work", \$50 for Volunteer Powell River members, \$100 for non-members, 6 pm at the Cranberry Seniors Centre. For more info call 604 485-2132 or email admin@unitedwayof-powellriver.ca.

November 6: "Marketing on a Shoestring: Strategies for community based organizations," \$25 for Volunteer Powell River Members, \$35 for non-members, 7 pm at the Cranberry Seniors Centre. For more info call 604 485-2132 or email admin@unitedwayof-powellriver.ca.

November 13: "Strategies for Personal Leadership Growth and Building a Leadership Legacy, \$25 for Volunteer Powell River Members, \$35 for non-members, 7 pm at the Cranberry Seniors Centre. For more info call 604 485-2132 or email admin@unitedwayof-powellriver.ca.

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

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

Mondays: Breast Cancer Exercise Group. Fun, relaxed atmosphere, led by a certified personal trainer. Open to all fitness levels. 4 pm at the Pilates and Fitness Studio at 7053-B Glacier Street. Contact Terri Beck at 604 485-5876 for more info.

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 (behind Massullo Motors), 9 am-3 pm. Proceeds to funding job skills training program for people with mental illness. Info: call Sasha at 604 485-0087.

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

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

Tuesdays: 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 Ocean view School. For more information call Gerry at 604 483-9229 or Jennifer at 604 485-0564 or email jennifer@planinum-businessdevelopment.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 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-1pm at the School Board. For more info: Barb at 604 485-2732.

Second and Fourth Tuesday: 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. 4-6 pm in the Oceanview School Gym. For 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@prliving.ca by the 20th of each month

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Powell River Living FACES of EDUCATION

Supporting teachers to implement new media

How did a guy with a Bachelor of Arts Spanish education end up working for School District 47 as their computer guy?

“It’s a long story”, says Matthew Hull, whose proper title is Digital Literacy Support for School District 47. “I originally planned to work towards my PhD in Spanish literature and teach Spanish at a university level but this is where life has taken me.”

Matt moved to Powell River with his family when he was in Grade 7. He graduated from Brooks and went to Brigham Young University in 2003. After graduating from university, he and his wife Ashley moved to Powell River to be near Matt’s family as they were expecting their first child.

After working for some time as a teacher on call, he was hired and taught Spanish and infoTech for a year at Oceanview Middle School. “Then a position came up at the District office to work with the electronic student information system and as a computer technician, so I applied,” he says.

Matt’s first introduction to Educational Technology was when he received a certificate in Ed Tech from Boise State University while completing his undergraduate work. These days he is completing graduate work on a Masters in Educational Technology degree through UBC.

Currently Matt works with the district to help implement new technology. He helps find new ways for technology to be used in the classroom and supports teachers using new media.

iPads are one way the district is enriching classrooms with technology. “iPads present new ways of doing things that were not possible before.”

For instance, there are now digital microscopes, and iPads can be used in physics classrooms to show simulations that were difficult to provide before.

“Technology does not replace teaching,” he says, “but rather can be used to support and enrich classroom activities.”

Matt also works on the school district’s websites. “We have two different types of websites. One is a public-facing website that tells the public who we are, what we do, our calendar, events and programs. The district has a central public site as does each school. The second type is internal. It houses documents, resources for teachers, and all of our classroom websites. Again, the district has a central portal as do each individual school.”

The classroom websites are available for teachers so they can allow online discussions, blogs, links, postings and daily assignments. “Students can also submit assignments electronically,” says Matt.

At the end of October, the school district will be upgrading their websites to more easily facilitate the classroom websites. All images posted on classroom sites are housed locally and behind user names and passwords to meet the specifications of the *Freedom of Information Protection and Privacy Act*.

Students will also have the opportunity to have their own personal web space where they can store pictures and documents.

“Our new website will be password protected and not public facing. If a teacher is interested it will allow each student to have their own blog. It has been long understood that if you

want a to improve a student’s writing they have to write more. If you want to improve their reading they have to read more.”

The School District also runs a YouTube channel and has a Twitter feed. “All our elementary school principals have Twitter accounts. They are using Twitter to inform parents and keep in touch.”

For instance, if it is snowing Matt can tweet that it is a snow day and say what schools are closed. The schools can then retweet this information.



NICE iPads: But, explains Matt Hull, they are being used to enrich lessons, not (for technology) to become the lesson.

The YouTube channel houses videos created by school district employees, such as a presentation Matt did for parents last June about the use of Personal Technology. “I believe we need to educate parents and help them learn about technology so they know what their kids are doing.”

Another district initiative has been to enable students to bring internet enabled devices from home to use on school district networks. Some parents worry that their children will spend most of their online school time on Facebook or YouTube but Matt says the web traffic proof shows otherwise. “The highest is use is for research.”

School District 47’s elementary schools have recently purchased a small number of iPads to support their primary grades. These iPads are loaded with learning apps for literacy and numeracy. “They’re not gaming machines,” Matt points out. “Our focus is for the technology to enrich the lesson instead of (technology) being the lesson,” he says.

“Future plans include having each school maintain a list of apps that they are using on their school website to help parents find great apps for their kids. We are also encouraging schools to have their own tech blog to keep parents in touch with what we are doing in our schools.”

The district is optimistic about the future of technology in the Powell River educational system. “We have some very keen teachers who are looking at ways to bring students and classrooms in line with 21st century learning and we are excited to support them in this transition.” **PR**

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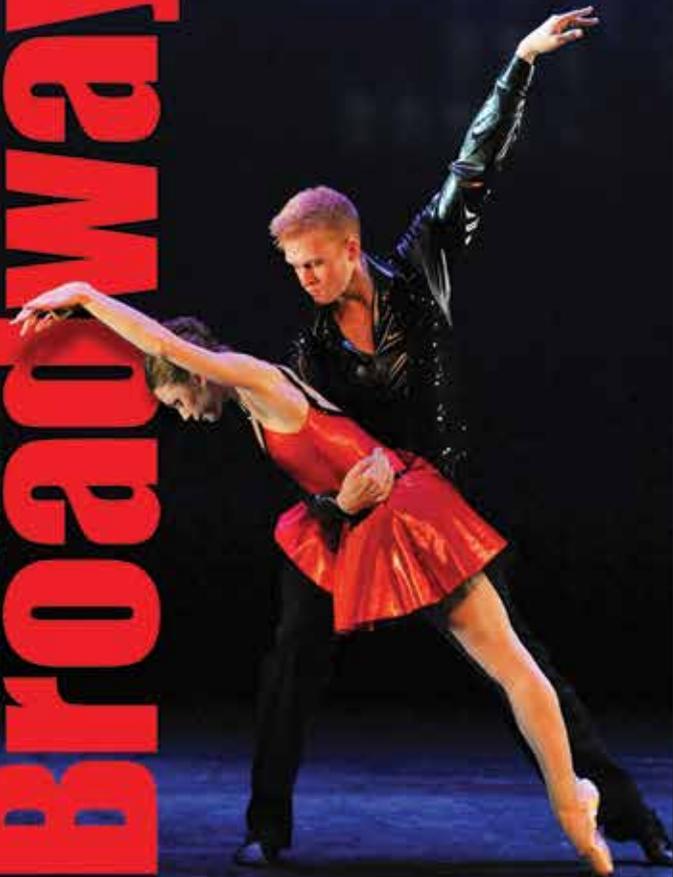
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