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CONTENTS • NOVEMBER

5 In this issue
Warm stories on a cold day

6 What's Up Powell River?
Linden, McLean and Shades of Grey

7 Nuns say farewell
End of an era

15 Literacy & the Economy
It means more than you think

18 100 years on the McRae farm
Agriculture landholders seek farmers

20 Reflecting
Meaning behind the art

21 Reinventing Lee
The many faces of a local artist

22 Dynamic core
Flexibility and stability for seniors

23 Anne Seale – Dog trainer
Love what you do

26 Business Connections
What's new in business

27 What's a little rain?
When you have a little soccer in your life

28 Where to recycle
The role of product stewardship

29 Building trails
International building crew visits

30 Festival of Trees & Remembrance
November events

31 Finding the right fit
Nutrition a key piece

32 Opertion Christmas Chil
How you can help

30 Faces of Education
Meet the speech language pathologist

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

Prince Don Pedro woos Hero for his friend Claudio during a rehearsal of the Brooks performance of Shakespeare's *Much Ado about Nothing*, which runs Nov 21, 23, & 24 at the Max.

Photo by Sean Percy

Powell River **Living** CONTRIBUTORS

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

TERESA RICE is a retired bookkeeper who moved to here from Nanaimo eighteen months ago. She enjoys writing and is a member of the Powell River Library Memoir Writers Group.

LEE MACKENZIE is an artist, writer, and entrepreneur. She has reinvented herself more than once. These days she works as an artist and for the RCMP.

JENNIFER SALISBURY is active in the local business community as a representative for the Powell River Economic Development Society (PRREDS).

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

Powell River Living is supported entirely by our advertisers. We encourage you to choose the businesses that you see in these pages. We do.

In any moment of decision, the best thing you can do is the right thing; the next best thing is the wrong thing; and the worst thing you can do is nothing.

Theodore Roosevelt (1858 – 1919)
26th President of the United States

Member of the Magazine Association of BC

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
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Powell River Living

IN THIS ISSUE

Stories to warm your heart on a cold day

There's more to November than gray skies, swirling leaves and howling winds.

It's a month to reflect and remember as we do each year during Remembrance Day services across the country at the 11th hour, on the 11th day, of the 11th month. This issue of *Powell River Living* features a story by artist Lee MacKenzie about a young Mountie she watched during last year's Remembrance Day service. In "Reflections" Lee talks with the officer about his thoughts as he stood still while the rain fell down and the winds blew. See Lee's story about the birth of a painting on Page 20. On the following page, there's a profile of Lee, who is the featured artist in this month's art show at Vancouver Island University.

With the harvest over and the time change on the 4th, November heralds the beginning of the cold, dark winter months. This year, it also marks the end of an era for the Sisters of Jesus of Nazareth. This order of nuns first came to Powell River in 1961 and with only Sisters Claire and Rose remaining, it is time to close the convent so they can return home to Malta. "End of an Era" begins on Page 7.

Emma Levez Larocque continues her series with a story about Literacy and the Economy on Page 15. Emma shares a story with us which illustrates just how big an impact financial literacy can have on businesses. A panel discussion will be held on Wednesday, November 21 at the noon Chamber of Commerce luncheon on this important topic. A workshop on managing credit is scheduled for the following day at the library.

Dog trainer extraordinaire Anne Seale is featured in our "Love What You Do" series beginning on page 23. Many locals know of Anne and some dog owners have attended her training classes at Dogwood Kennels as they attempt to bring up their puppy properly. But most aren't aware of how Anne dove into the ocean to save a heron and gained instant notoriety!

With a focus on seniors, a new senior writer joins *Powell River Living* this month. Teresa Rice has written "Fairweather Gran" on Page 27. She shares with us her struggle to embrace the cold, wet weather of winter and the warmth she feels when she watches her grandson play soccer. And retired teacher Marg McNeil has written about seniors fitness with a story about a dynamic core exercise class on Page 22.

So although November may be thought of as a gloomy month by some, your friends here at *Powell River Living* have been working hard to write stories that will warm you up both inside and out. If you're a skier or lover of winter, smile. You won't be glum for long. I hear there's snow falling in the mountains! PRL

Isabelle Southcott, Publisher • isabelle@prliving.ca

What's up? POWELL RIVER

See page 30 for MORE What's Up!

SIXTY SECONDS with Number 16

Former Vancouver Canucks captain Trevor Linden was in Powell River last month much to the delight of fans of all ages. Brought to us by the First Group of Companies, Linden played road hockey with kids before speaking about leadership and community building.

Powell River Living's Suzi Wiebe, a hockey player and Linden fan, attended the media scrum before the road hockey game. Here are her questions and his answers.

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PRL • *Favourite board game?*
Linden • **Monopoly**
PRL • *Do you know what town you're in?*
Linden • **Comox. No, Powell River!**

Fall BACK

Don't forget to set you clocks back an hour at 2 am Sunday, Nov 4. That's when Daylight Saving Time is replaced with Pacific Standard Time kicks in... and yes, you CAN sleep in.

Remembrance Day

Powell River residents will join people from all around the world when they pay their respects to those who sacrificed their lives and fought for our freedom. At 11 am, on November 11, the Remembrance Day service will be held at the Cenotaph in the Townsite. Wreaths will be laid and two minutes of silence will be observed. A parade will follow and events take place at Branch 164 of the Royal Canadian Legion.

Mailbag

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

Dear Powell River Living:

I just read this month's (October) edition of *Powell River Living.* The photo on the front page is fun while delivering the "drop, cover, hold on" message. The story is also excellent! And I'm glad to see on the Shake Out website that PR Living registered to participate on the 18th—so thanks for your leadership there.

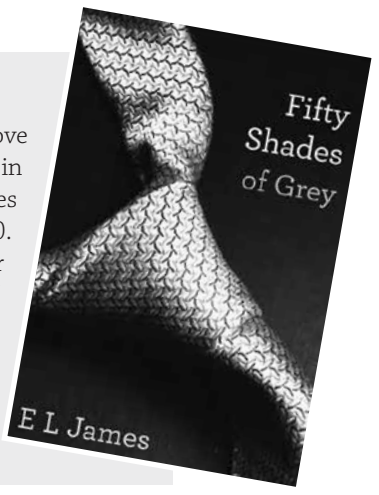
Ryan Thoms
EMERGENCY PROGRAM COORDINATOR
P.R. Regional Emergency Program

Vinyl Café back on!

Disappointed **Stuart McLean** fans will be pleased to know that the Canadian icon has rescheduled his Powell River show for early March. McLean, who was scheduled to perform in Powell River on October 13, had to cancel the show due to inclement weather. Tickets holders are asked to hold onto their tickets as McLean is determined to perform in front of his Powell River fans. For more info, contact the Recreation Complex.

Sexy paper

Powell River's mill continues to lead Catalyst Paper's move into specialty papers. The local mill made the paper used in the publication of the best-selling erotic trilogy Fifty Shades of Grey. The book was printed on 52 Electrabrite book 70. The 52 is grams per square meter and the 70 is the paper brightness. It's a thicker version of the paper this page of Powell River Living is printed on, and, like this page, it was made on Paper Machine #11. Though it was founded on newsprint production, the local mill no longer produces any newsprint — instead they are producing higher-grade papers, such as used in this magazine.



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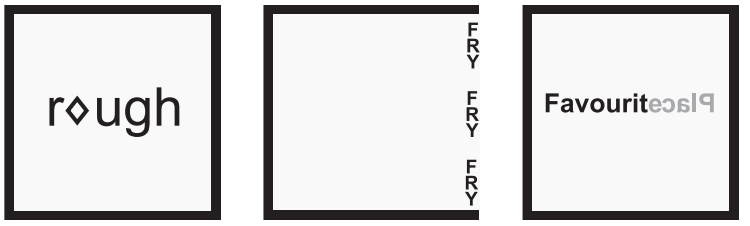

Last month's answers:
- Cyberspace
- In a pig's eye
- A man among men

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

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

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End of an era

Sisters of Jesus of Nazareth return to Malta

By Isabelle Southcott • isabelle@prliving.ca

SISTERS OF JESUS: These are the Sisters of Jesus of Nazareth. Back row: Sisters Michelina and Rose. Front row: Sisters Agostina, Petronila and Claire.

On a cold winter's day in January 1961, Father Joseph Collins faced his congregation at The Church of the Assumption and asked for help. "The school is ready but I cannot find any Sisters to teach," he said. Then he asked the congregation to pray.

Joe Formosa, a parishioner, heard Father Collins' plea that day and said: "Father, if you want Sisters, Bishop Galilea will send you Sisters."

A letter was sent to the Bishop in Malta and plans were made for six Sisters from the Missionary Sisters of Jesus of Nazareth to come to Powell River.

Dave Formosa knows this story well. "Uncle Joe told Father Collins we could get Sisters from Malta to come and teach and arranged with the Bishop for the Sisters to come to Powell River," he said.

The original six, Sister Margherita Dalli, Sister Petronilla Attard, Sister Agostina Scicluna, Sister Giovanna Axisa, Sister Mechtilde Mifsud, and Sister Saveria Borg began making preparations. On October 4, 1961, the Sisters of Jesus of Nazareth left Malta. Joe Formosa and Father Collins were waiting to drive them to their new Convent, which was attached to the back of the school, behind the gym.

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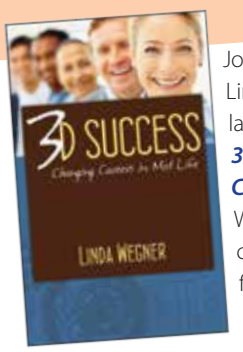

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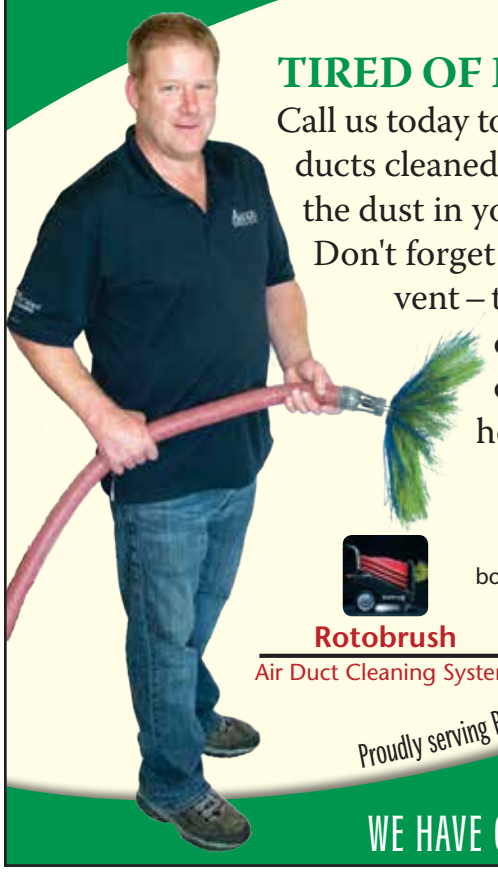

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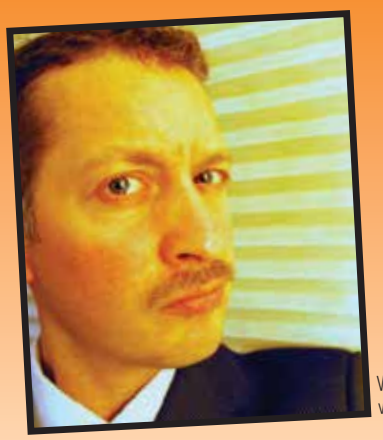

Wes Brown, Owner, with last year's Mo

WB Contracting team members are growing out their moustaches, to raise vital funds and awareness for men's health, specifically prostate cancer.

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It was hard at first, as they were away from their community and there were no other people living nearby, just the church and the SuperValu store. The rest was bush. "They gave their lives to the community, to their faith, to the parish and to the children of Assumption," said Dave. "Some of them were so young when they came and when they left they were in their seventies. It was their mission."

FINAL DAYS: Sister Clare and Sister Rose, in the chapel at the Marine Avenue convent.

Time passed and Mother Theresa came to Powell River from Malta for a Canonical visit. With her, came Sister Concetta and Sister Michelina. When she left, she was accompanied by Sister Margherita who was needed elsewhere.

Sister Claire came to Powell River in 1968 to help Sister Agostina with a Grade 1 class that was too large for one teacher. "The hardest part was telling my parents," said Sister Claire. "My dad was happy for me because I was doing God's will but my mom cried."

It was Sister Claire's first time flying and she felt she was embarking on a great adventure. She was taken with the beauty of the scenery.

Sister Claire recalls her first visit to Sliammon with Sister Petronilla to meet the First Nations People. "I had heard so much about them from Mother General and I was anxious to meet them. When we arrived she parked the car by the church and we got out. It was a lovely morning. The sun was shining on the ocean, everything was calm and peaceful, no one was outside. We walked along by the water, enjoying the beauty. All of a sudden, a door opened, and a lady came out to put her laundry on the line to dry. Her name was Mrs Irene George. As soon as she saw us, she put her laundry down on the porch and ran towards us. Mrs George

greeted Sister Petronilla. Then she looked at me and said: "This must be a new Sister." She threw her herself on me and gave me a big bear hug and welcomed me."

Sister Claire said her first winter in Powell River was very hard. "It snowed and snowed and it was too cold for me. Often the furnace did not work and Sister Petronilla would wake me up to hold open the door of the furnace room while she tried to get the furnace going."

Sister Claire remembers how they closed all the curtains at night because they were scared. "There was nothing here!"

Six young girls wished to join the congregation and this coupled with the fact that the Convent was too small and noisy when the school gym was rented for parties, made it clear that a new Convent was needed. The Congregation in Malta would send the money to purchase the new Convent on Marine Avenue.

"The day when we were to receive the keys to the new house was getting near, but the money had not arrived," said Sister Claire. "We prayed hard that the money would arrive on time as we had no money ourselves. As usual, the good Lord heard our prayers and the money arrived on the agreed day."

Sister Claire and Sister Rose are now the last two nuns remaining in Powell River.

Parishioners helped outfit the new convent. The Sisters tended the garden and began raising rabbits, hens, pigeons and ducks.

In 1970, Sister Claire began teaching Kindergarten. It was only to be for a short while, until Sister Mechtild returned from Malta. But Sister Mechtild did not return and Sister Claire remained teaching Kindergarten until she retired.

In 1974, Sister Claire went back to Malta to be with her dying mother. When she returned to Powell River she was accompanied by Sister Rose.

THEN: Sister Claire teaching kindergarten in the early 1980s with Gemma Heath looking on; she's now a teacher at Assumption.

AND NOW: Sister Claire teaches Catechism to Chelsea Leslie, 8, and Jessi Burge, 12.

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ARRIVAL: The six sisters of from Malta arrive in 1961.

Sister Claire and Sister Rose are the last two nuns remaining in Powell River. Sister Rose came to be in charge of the house and do the cooking. She also taught Catechism to children in Wildwood.

In May 1984, Sister Rose celebrated her 25th anniversary and a mass of Thanksgiving was held. In May 1987, Sister Michelina celebrated her 25th anniversary and in May, 1988, Sister Claire celebrated her 25th anniversary.

Sister Michelina was another nun who taught my children. When my son Matthew was in her class and he asked me to bring his favourite chicken, Carrot Top, to school for show and tell. It was raining that day and the chicken yard was wet and slippery. I fell chasing the chicken around the yard but I finally caught her and put her in a dog crate and drove to the school. Matthew stood proudly at the front of the class holding his chicken telling all the children that Carrot Top laid 365 eggs a year… one every single day. Sister Michelina tried to correct Matthew by saying that chickens took a break from laying and didn't lay every single day but Matthew didn't buy it. He insisted that HIS chicken was special and laid an egg every single day. He also managed to convince the class he was right. Sister Michelina shrugged her shoulders good-naturedly and let Matthew tell the story his way!

The Formosa family sent all their children to Assumption. "And I am one of those students," says Dave, who attended Assumption from Grade 1 to 7. Dave and Laurie Formosa's four children also went to Assumption.

Although Dave loved all the nuns, he particularly loved Sister Agostina and kept in touch with her until she died. "I still go to and visit the convent and the sisters whenever I go back to Malta," he says.

Mimi Richardson is the principal at Assumption now. She and long time Assumption teacher Bridget Bigold, are among the many whose lives have been

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greatly influenced by the nuns. They will be sad to see Sisters Claire and Rose leave. The convent is large and expensive to run for two aging nuns. They're looking forward to going home and being reunited with their families.

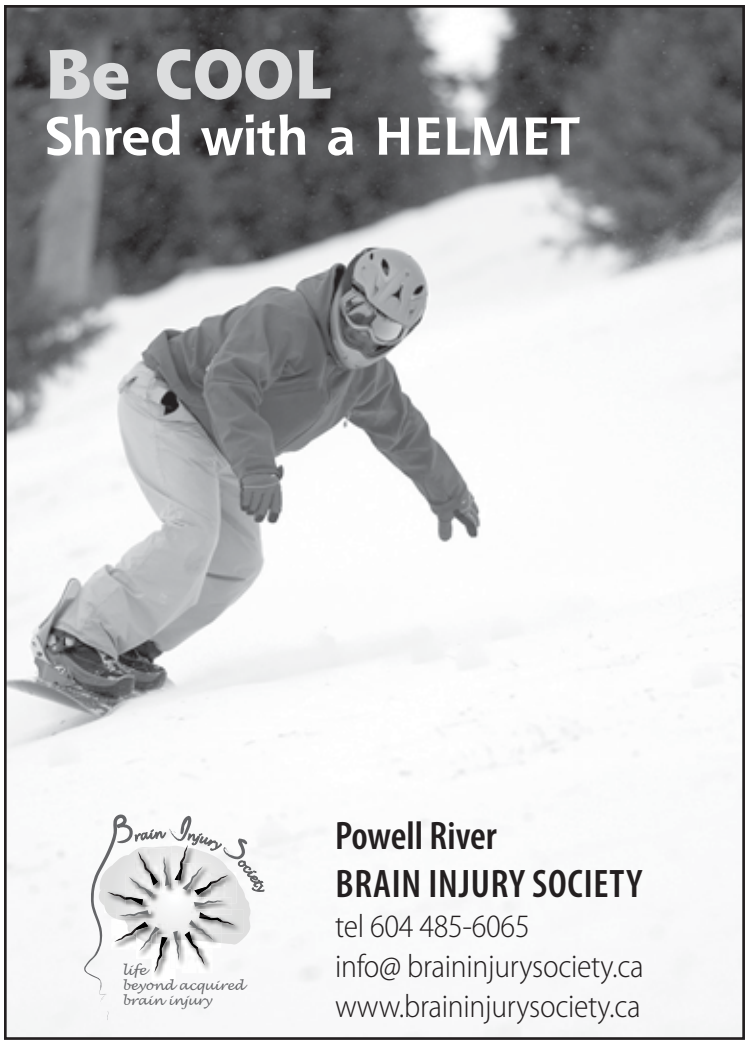
"I was married in the chapel at the convent in December 1983," says Mimi. It was so beautiful with all the poinsettias." Both her children were baptized there. "We always had staff Christmas parties and staff parties there."

Bridget was the chair of Assumption's education committee. She originally hired Mimi as a learning assistance teacher and to teach physical education. Bridget taught for several years at Gordon Park and Henderson but when her children were born she took a break. When she was ready to return, Mimi hired her as Assumption's Grade 6 teacher. That was 19 years ago and Bridget is still teaching Grade 6.

Both Mimi and Bridget remember playing pranks on the sisters. "We'd hang potatoes and cans from the back of their car that said Just Married. And there was the time when we put a sign outside the convent that said 'Old stewing hens for sale,'" said Mimi.

Then there's the story about the Flying Nuns. On the last day of school, several teachers went to Mary Lou Vella's house. Mrs Vella, the school secretary, lived on the corner of Jasper and Joyce. "Sister Petronilla was driving and Sister Michelina was in the back seat holding a rose bush she'd been given," recalls Mimi. "Sister Petronilla stopped to tell Mary Lou something but didn't put the car in park. There was Sister Michelina holding this rose bush when Sister Petronilla saw the car start to roll. She screamed and ran after the car and we watched the car roll down Jasper through Marine and careen over the blocks. No one was hurt but they were

MEMORIES: At a service held at the Church of the Assumption with their students.



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Community Futures is seeking new Board Directors. If you would like to know more please join us at our open house.

Community Futures Powell River

EARLY DAYS: At first, life was quite an adjustment for the sisters.

nicknamed the Flying Nuns after that."

Sister Michelina passed away in 2007, just months after she retired. Sister Claire was the last nun to retire. She taught for 40 years and retired in 2008.

Sister Claire recalls the many gifts she was given when she retired but how one special gift touched her deeply. "I was waiting to go for lunch when a car stopped and little Vienna came out. I thought she had forgotten something but her Mom and Dad passed a beautiful paddle to her, which she then presented to me. It was from Chief Walter Paul and all the people of Sliammon. I did not know what to say and tears of joy came to my eyes," says Sister Claire.

"All the teachers who have been here at Assumption a long time have been hugely influenced by the lives of the sisters," says Mimi. "For them, the school and parish have become their home and their families."

In April 2009, Sister Rose celebrated her 50th anniversary. A celebration was held at the church in her honour but Sister Agostina was sick and couldn't get out of bed. The following month, Sister Agostina passed away.

Even though both Sister Claire and Sister Rose are retired they have continued to help others.

"Our prayer life is very rewarding," says Sister Claire.

The nuns have prayed for those who need their prayers and even those who don't know they need them. They'd sit up with a parent whose child was sick, provide lunches for children who came to school without lunch and do what they could to make this world a better place.

One friend said the nuns remind us of what is important in this world. "Whenever we hear an ambulance a prayer is said. Whenever we see a police car going somewhere we say a prayer," says Sister

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Claire. “We learned to pray for people who need our prayers no matter who they are or where they are in the world.”

This friend told me she remembers one time when she was in Vancouver hurrying to make the ferry back to Powell River. “There was this traffic accident and traffic was backed up. I kept looking at my watch wishing they’d get it cleared up so traffic could get moving again. All I could think about was if I was going to make the ferry.”

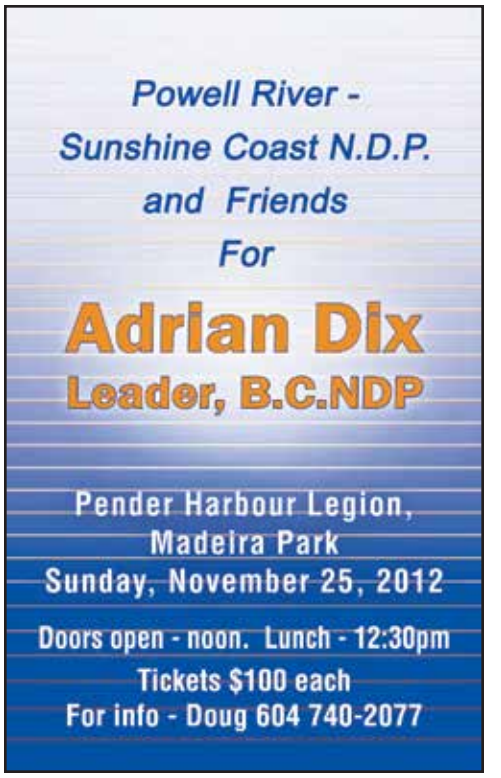
The sisters will be missed, but they will not be forgotten.

Then she glanced in her rear view mirror and saw the Powell River nuns in the vehicle behind her. They were crossing themselves and praying. Immediately her thoughts shifted from her own life to those involved in the motor vehicle accident and she too began to pray that no one was killed or injured.

Former mayor Stewart Alsgard visited the Sisters recently. The convent was built by his grandfather and another carpenter for Dr Henderson who gave it to his daughter as a wedding gift. “I looked around and saw the inlay of hardwood floor and everything else from that era that reflected the style of Townsite homes that were built so beautifully,” says Stewart. “There was and is a very strong Catholic community in Powell River,” he says.

Many people have memories of the Sisters of Nazareth. The sisters will be missed, but they will not be forgotten.

A Celebration Weekend will be held before they leave, but at deadline their departure date had not yet been set.



Literacy & the economy

It means more than you think

By Emma Levez Larocque • literacy@prepsociety.org

Picture this: You're running late for a meeting, and you stop at a local business to pick up a last-minute necessity for that meeting. After waiting in line for several minutes you reach the checkout. You are getting more and more annoyed, continuously glancing at your watch, aware of the minutes ticking by. Finally all your items have been rung through, and your total comes to $17.34. You hand the cashier a $20 bill. The cashier, perhaps flustered by your impatience, enters the wrong amount into the register. Your irritation builds as the cashier struggles to delete the entry and start again. Aware that the meeting is now starting, you say: "Can't you just give me the change and figure out the mistake later?" The cashier looks at you uncertainly, and stumbles and struggles, flushed and embarrassed. You realize, a bit shocked, that that's the problem — the cashier doesn't know how much change to give you. "It's $2.66," you say, exasperated. You leave the business angry, vowing not to go to that business again.

For the last several months we have been talking about literacy and how it affects areas, like family, food, and health. This month, with partners Powell River Chamber of Commerce and First Credit Union, the Powell River Literacy Council swings in another direction: economy. You may be thinking, what could literacy possibly have to do with the economy? As you may have guessed from the opening scenario, the answer is plenty.

"Most people think about literacy as reading or writing, but in actual fact it's more than that," says Sandra McDowell, VP Communications & Culture at First Credit Union. "It's about numbers and concepts that surround numbers. Financial literacy is what helps people make good decisions in their everyday lives in order to get ahead." Why is this so important?

"Well, literacy and numeracy skills are one of the key determinates of economic equality or inequality in communities such as ours," McDowell continues. "Research has shown a direct correlation between literacy levels and poverty. Just as it's essential to be able to read and write, in today's economy it's important to understand numbers."

How can you get involved, or learn more?

On Wednesday, November 21 at noon, join us at the Chamber Luncheon for a panel and audience discussion on the topic of Literacy & Economy. Chamber of Commerce Manager, Kim Miller, is excited to be part of the planning for Literacy & Economy month. "It's a great opportunity to bring attention to a very important topic that touches each and every one of us," she says. "We're looking forward to engaging the business community in this topic, as they are a crucial part of the discussion."

On Thursday, November 22, join us for the first in a series of financial literacy workshops hosted by First Credit Union, the Powell River Public Library and the Powell River Literacy Council. The topic of this first workshop will be Managing Credit. Call 604-485-8664 to register.

Become part of the conversation by visiting www.powellriverliteracy.ca or joining us on Facebook at www.facebook.com/PRLiteracyCouncil.

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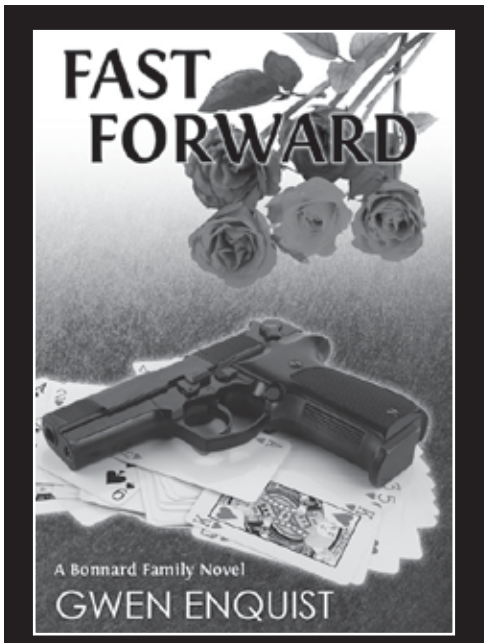

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If someone has low literacy skills, particularly a difficult time understanding and working with numbers, it's easy to see how that might affect their own life. They may have difficulty managing their personal financial situation, or they may be held back by their lack of literacy at work; low literacy prevents people from working to their full capacity.

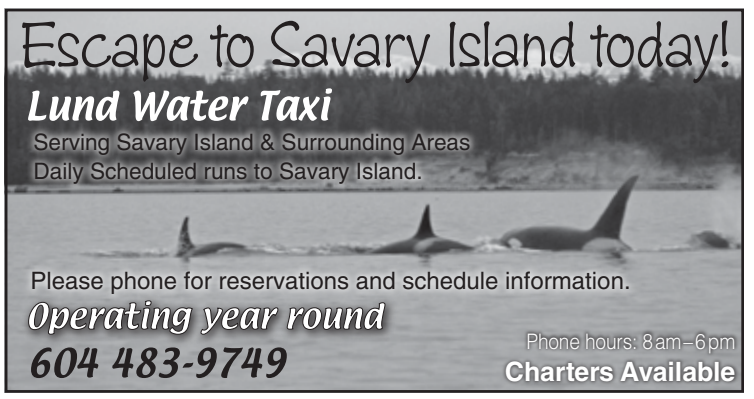
But it's not only the individual's life that is affected. Low literacy skills of individuals also affect the community as a whole.

Sean Percy is a member of the Literacy Council, and Sales Manager and Associate Publisher at *Powell River Living* magazine. Literacy is something business owners should be paying attention to, he says. Because when literacy mistakes are made in business, sales are lost, he told a recent forum on literacy and the economy.

"The employee who can't count well, the employee who can't write well — they're costing their employers money," Percy says. "If your workforce is more literate, they make fewer mistakes. Mistakes cost money. If your workforce is more literate they have fewer accidents. Your workplace is safer — and accidents, as employers know, cost money. The more literate your workforce is, the faster they accept new technology, and that's going to make you — or perhaps save you — money. The more literate your workforce is, the lower the turnover rates are. And statistically, the lower your staff turnover rates are, the lower your customer turnover rates are, which, of course, makes you money."

Literacy affects business, but it also affects other parts of the economy and community. Poor youth literacy is related to high school drop-out rates, long term unemployment, and higher crime rates. Poor literacy amongst immigrants severely restricts the ability of many to integrate into Canadian society and the economy." What are the solutions? That's what we'll be talking about during this month of *Literacy: It Means More Than You Think.* PRL

MONEY, MONEY: Managing your personal finances is just one way literacy affects the economy. The consequences of low literacy are embedded in individual lives, and the community.



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Dr Vidushi Mittra Melrose, MD MSc CCFP

is closing permanently

We regret to inform you that the Namastay Medical Clinic will be closing permanently as of **January 1, 2013.** We encourage you to begin searching for other physicians that may be able to take over your care. If unable to find a physician, the Emergency department at the Powell River General Hospital would be able to provide urgent/emergent care.

The office phone (604 485-9500) and fax (604 485-9533) will be functional on a part-time basis until June 30, 2013 for chart transfers or for further information. Or you may email namastayclinic@gmail.com after this time.

We sincerely apologize for the inconvenience and regret this decision was necessary. Dr Vidushi Mittra Melrose, Rejeanne (office manager) and Jacqueline (assistant) have enjoyed working with all our patients. We appreciate your allowing us to participate in your care. We wish you all health and happiness.

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100 years

Sharing a century-old farm

By Jennifer Salisbury

When Jackie McRae went to her mail box a few weeks ago, she was intrigued by a letter from Powell River Regional Economic Development Society (PRREDS). She opened the letter and found an agriculture land inventory questionnaire, and began thinking of the possibilities. McRae, a long-time farmer, has been thinking of succession planning for a while now. She has been living and working on the property south of town currently known as "Maude Bay Ranch & Retreat" since her father's death in 1989. In 1994 the farm was awarded the BC Ministry of Agriculture's Century Farm award for 100 years of continuous family ownership and operation. McRae's grandfather was beached on the property in 1886 and immediately saw the potential. In 1888 he homesteaded the property and shortly after he purchased the property from "Maude" and kept the name.

In 1924, with the assistance of his mother, Jackie's father, Fraser, at 9 years old, took over the farm operations when his dad died. Fraser took charge and built the farm as he grew up, and continued its operation and development until his passing. Since that time, Jackie has operated the farm as her father and grandfather did for decades. The farm has several pasture areas dedicated to raising beef cattle.

McRae's property is over 250 acres. Much of it could be converted for pasture land or growing crops; the rest could be developed into other agriculture operations, some of it with little effort. With the infrastructure in place and existing farm operation, an agriculture expansion through a leasing program could be an easy succession, thinks McRae. She is one of over a dozen property owners who are open to having commercial agriculture on their property through leasehold. In fact, McRae is interested in mentoring someone to take over the farm operation on her property as a part of the leasing program.

The leasing program is one of several projects to expand the agriculture sector in the Powell River region. The Powell River Economic Development Plan for Agriculture (2009) details several action items to achieve this goal. The work is funded by the Powell River Regional District in partnership with PRREDS. One of the supported projects includes the Full Circle Farm business plan development for the Powell River Society for the Advancment of Local Sustainable Agriculture (known

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as SALSA). SALSA is a non-profit society interested in making local farming, economically, socially, and environmentally feasible.

The Powell River Farmer's Institute recently conducted a market survey, and revealed there is high demand for local food. McRae agrees, stating that she gets several calls a week asking for local beef from her farm. Full Circle Farm will strive to increase the local food products in Powell River with its organic cow and goat dairies, abattoir, market garden, and retail store. Another project is supporting the farmers and food producers on Texada with assistance in establishing a food processing facility.

The agriculture land inventory is the latest round of action items stemming from the Economic Development Plan for Agriculture (see www.prreds.com). The land inventory included letters to property owners in the regional district with 15 acres or more on at least one parcel of land, and in the City of Powell River, property owners with five acres or more on at least one parcel of land also received a letter. Jackie received one of those letters. She, among many others in the region, is interested in leasing part of their property for the purpose of commercial agriculture. McRae voiced some concerns about the "right person" chosen for the lease — which is why this process will take time. The agriculture leasing program must be the right fit for both the property owner and the person leasing the land. Other property owners, from both the City and Regional District, have contacted PRREDS interested in offering their land for growing crops and animal feed, and raising livestock.

The next step of the inventory is to create a list of people who are potentially interested in commercially farming on the land available in Powell River, including leasehold land. If you are interested in leasing part of the Maude Bay Ranch & Retreat Farm for this purpose, or are interested in pursuing food production on land available in the Powell River Region, contact Jennifer Salisbury at PRREDS at 604 485-0325 x226 or email jsalisbury@prreds.com.

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Reflecting

The art of remembering

By Lee Mackenzie

On November 11, 2011 a young member of the Powell River RCMP stood for the first time at the cenotaph in the Townsite. He will remain anonymous because, he explains, he served not for himself, but on behalf of many.

"I was the new guy at the detachment," he says with a smile. "And they needed somebody." He joined in training with the sheriff and the cadets who would also stand that day. "A nice bunch of kids, the cadets," he says. "Without them I wouldn't have gotten the hang of it at all."

Before joining the RCMP, he'd been in the army. "So I've done drill before," he says. "But never as the only one in that uniform. I've always been with other guys, one of six, one of 30, or of hundreds. But this time I was the only one in red serge."

He also had never drilled with the rifle he carried that day—a Lee-Enfield 303 British.

"I kind of obsessed over that rifle," he says. "It was a cadet training rifle and was a bit beat up. It even had duct tape on it. I spent hours on it." He pauses. "I have to say, though, that I found polishing kind of therapeutic. Relaxing."

On the morning of Remembrance Day, the weather was blustery and wet. Rain poured down on the four immobile figures. "The way we stand, the foot and hand positions, are designed to be reasonably comfortable," he explains. "Obviously, over the years, they've figured it out."

Still, it takes focus to stay completely still. "It was wet and cold," he says. "Rain was dripping off my nose. I was afraid my hands would be so cold that I might drop the rifle. I didn't want to move and look disrespectful. I was thinking of the veterans there. They know. They've stood there. They know what it's like to stand and pay respect."

He found a way to concentrate. "The wind had blown all the leaves away and I found myself staring at a leaf that had stuck in a crack in the pavement. And then I realized I really was reflecting on the meaning of the day."

"I found myself thinking of my friend Chris. Chris and I had been in the army together, in the First Battalion, Princess Patricia's Canadian Light Infantry." He pauses. "He was killed on his first tour in Afghanistan when the vehicle he was in hit a mine. He was my friend."

"It was weird because usually if I find myself reflecting on deep thoughts, I just move, go do something, distract myself. But not this time."

Seeing the painting of himself takes him back to the day, and what he took away from the experience. "I think the title *Reflecting* is appropriate because the guy in the painting was forced to reflect. I realized that you so easily get caught up in solving problems. Big problems. Little problems. But while I was standing there my mind didn't go there. Instead, I looked at the veterans. I thought about who they were. What they did. Who they killed. And who got killed next to them. All that they went through.

"I was reflecting. And I was grateful."

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Reinventing Lee

Secretary, TV journalist, painter...

Lee MacKenzie has reinvented herself more than once.

When the girl from North Oyster, Vancouver Island, graduated from high school she wanted a career that would be challenging, adventurous and fun but she didn't know what to do so she enrolled in an executive secretarial course at Malaspina College. There she learned to type 80 wpm and take shorthand at 110 wpm. While working as a secretary she became a CBC fan and fell in love with *Current Affairs*. One day she stumbled across a Broadcast Journalism course listed in the BCIT course calendar. She envisioned herself working behind the scenes at CBC radio.

When Lee graduated everyone in her BCIT class was interviewed for a job at CBC. "I knew they'd never hire me." She thought she wasn't smart enough or pretty enough so she wasn't nervous during the interview.

CBC's recruiters liked Lee and invited her back for a second interview. "They handed me a script to read then the guy grabbed the script away and told me to talk for two minutes."

Lee looked at the camera and talked in detail about the intricacies of steam locomotives, a subject she was well versed in, thanks to her steam locomotive-loving engineer father. "A week later I was on my way to Toronto."

Lee spent the next 20 years working as a television journalist and anchor for CBC and BCTV.

"Then it was time to reinvent Lee."

She opened a fabric business in Victoria with a friend. For the next seven years she designed fabrics, which were manufactured in Bali.

In 2006, she and her husband moved to Powell River and it was time to reinvent herself… again. After writing for *The Peak* she was hired as a court liaison with the RCMP.

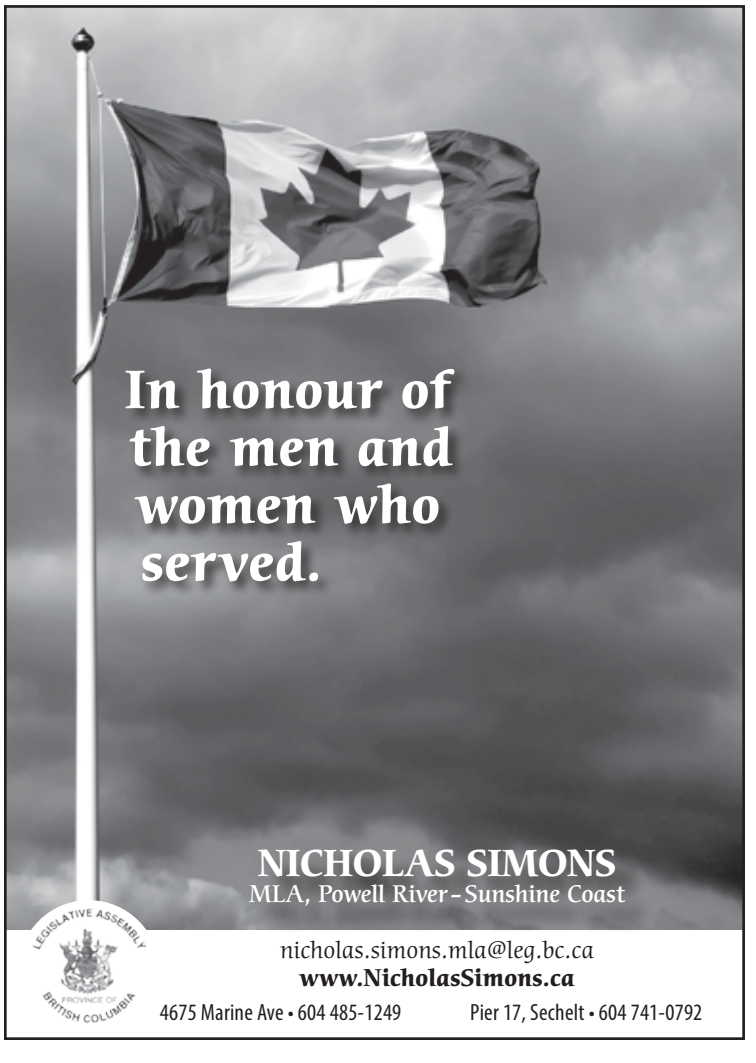
Through it all, she continued to paint.

Fifteen years earlier she'd visited an art gallery in Hawaii and was overcome with a sudden urge to paint. She tried to ignore it but it wouldn't go away. She bought paint, paper and brushes just to prove she couldn't do it. She dipped her brush in a pot of beautiful marigold yellow paint and painted a big swoosh across the page. "A thrill ran right through me. I was hooked."

The writer and artist come together with Lee's paintings. "I try to tell a story with every painting."

Lee's painting, *Reflecting*, tells the story about the 2011 Remembrance Day ceremony she attended. "It was cold and wet. As I looked at the four figures standing around the cenotaph I wondered what they were thinking while they were standing there. They were so quiet and still. They looked so beautiful in their red serge and the pavement was wet and reflecting."

Lee recorded the evolution of *Reflecting* on her Facebook page beginning with a sketch on a blank canvas. "Like a writer you are alone when you work. Every once in a while, if someone peeks over your shoulder and just encourages you, that is huge." PRL



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By Marg McNeil

"Lift. Lower. Lift. Lower."

The steady sound of Roché Rossouw's voice to the beat of the music has quit. That doesn't mean I can stop doing leg lifts on my exercise mat. I continue to remind myself to pull my shoulders down into my shoulder blades, activate my core, and exhale on exertion while maintaining my form. I give an inward sigh. I know the class is in for a long session of this exercise because Roché is circulating around helping individuals do this movement perfectly. I keep monitoring myself and will quit when I feel my back pulling away from the mat. Roché has taught me well over the years. I glance to my left at Ann, another senior in the class, who said: "I come to Dynamic Core to keep myself limber, to keep me from seizing up with arthritis and to help my bad back. I can cope better with my life by taking this class. I like the friendly atmosphere and I like Roché and her exercise program. Even though I can't do all the movements I try my best."

Every Tuesday and Thursday morning at the Powell River Complex from September to June at 8 am an enthusiastic group, lots of them seniors, wait for Roché Rossouw to start the warm-up to the Dynamic Core exercise class. What has kept these seniors coming back year after year is seeing results in better posture, improved fitness and better hip and shoulder mobility.

When Roché moved to Powell River from South Africa 10 years ago she developed a different kind of exercise class with movements she knew people needed to do as they aged in order to stay independent for as long as possible. There was no bouncing around to loud music. Her emphasis was on good control during foundational stability, and isolated and integrated core movements of the body. She includes some Pilates principles such as good spinal alignment and shoulder stability, but she also works on strength exercises (lunges, squats, modified push-ups) and mobility work. According to her, flexibility without the ability to control that flexibility around a joint is useless. In South Africa Roché started going to fitness classes on the recommendation of an orthopaedic surgeon because of a congenital back problem. She soon realized that some exercises were hurting her back so she decided to learn how to move with proper form.

Dynamic Core became popular very quickly. Exercisers found it rewarding on a different level unlike classes emphasising cardio. Alignment of the body is stressed as the deep, inner muscles are worked. Every session includes at least one set of balancing exercises, which I assumed would be super easy. I was in good shape but had lost my ability (the "use it or lose it" principal) to hold a position steadily on one leg without serious wobbling. With practice, class members have improved but it has taken time to gain the necessary concentration and hip and core strength to hold the balance and then include movement as well. In Roché's classes chances of an injury are minimal because she gives very clear instructions for progressions. She also makes sure to modify movements for people with limitations. Doing an exercise with the correct muscle and not compensating with another muscle is a long unlearning process. Roché also uses small balls or stretchy bands adding at least one new twist to the exercise routine every session just to keep things interesting.

"It worries me that people wait way too long before they try to regain strength. Being preventive is much easier. People with good hip strength who invest in their own fitness keep their independence longer. Muscles do not age and can regain strength at any age, but it is much harder when you wait until your have lost your ability to do certain things. This class inspires me to keep teaching and be a student of how the body moves. They also keep me humble when I hear about their life adventures such as kayaking in the North Pole, or the canoe route or hiking up and down mountains for days!" says Roché.

"I admire Roché as she keeps up-to-date with the latest research," Holly says. "She is truly interested in teaching and in her students. My body has benefited from this class and so has my life."

A beginner's course starts on January 29 as a registered course and will give people a good educational base even if they want to join other fitness classes. The class is open to men and women. A Core Training registered course in the afternoons will also be offered starting January 28.

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Love what you do

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

Anne Seale, dog trainer

Doing what she was meant to do

By Isabelle Southcott • isabelle@prliving.ca

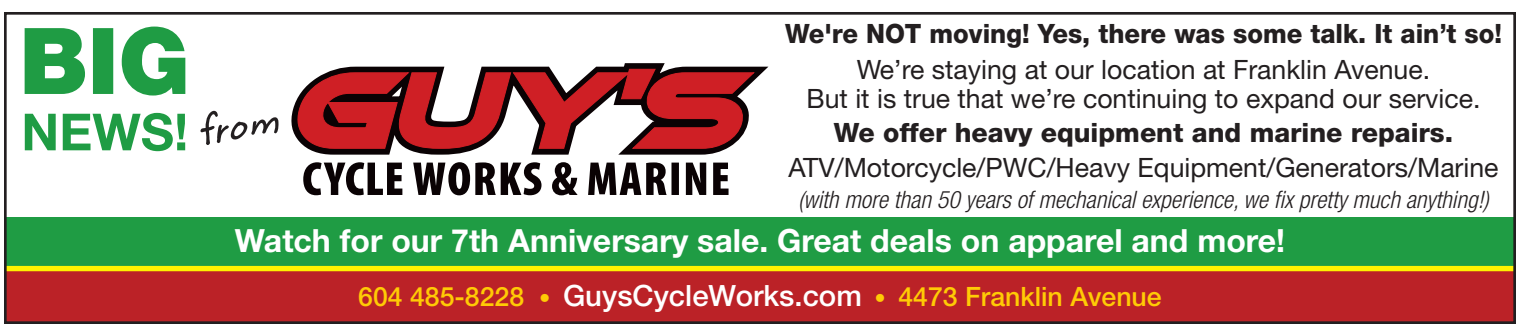
"You have to follow your destiny," Anne Seale told me one sunny October afternoon as she absently stroked grand dog Trixie's head. "I tried to leave a number of times and do other things but I always come back to the dogs. I can't escape it. It's not a career; it's a lifestyle. I live and breathe dogs."

Anne has trained thousands of dogs since she took her first dog training class at the age of 15 with a police dog trainer. As a professional trainer, she's trained house pets, problem dogs, unmanageable dogs, as well as service and assist dogs.

But the funny thing is, Anne didn't mean to spend her whole life training dogs. In fact, she tried to get away from it more than once but somehow, she always went back to it.

Ever since she can remember, Anne has always loved animals. She grew up in England, the daughter of a policeman/detective father and schoolteacher mother. The police kennels were located just outside her backyard and her father was always bringing dogs home.

At the age of 10, Anne got a part time job on a farm mucking out pens and getting milk jugs ready. She'd walk greyhounds and because she lived in a village where there was a greyhound track there were plenty to walk. "Every house had a greyhound."



The local grocer had a horse and cart and Anne would borrow his horse and go riding in the moors whenever she could. "The gypsies taught me to ride. I was a wild kid. I always rode bareback."

When she turned 13, Anne was sent to agricultural school. Her parents separated and so she went to live with her father who'd opened a photographic shop. "He'd spend half his time building bird cages for me," recalls Anne. "I was breeding canaries and budgies by now and showing them all over Britain."

When Anne was 15, she got her first dog. "Lass" was a rough haired collie. "I trained and showed her. I was doing dog shows, Search and Rescue and learning how to do security work." To balance everything out, she spent 10 years doing acrobatics and musical comedy and long distance swimming!

"When I look back at everything I did, it was all useful for dog training," says Anne matter-of-factly.

Anne's father had a huge influence on her life. "My father got me into psychology. We'd talk about Carl Yeung till the early hours of the morning and that was really useful."

As soon as she was old enough, Anne applied to the police force but because she was half an inch too short, she wasn't accepted. So she became a nurse.

"When I was packing to come to Canada in 1962, I decided I wouldn't have anything more to do with animals. I applied for a job at the Children's Hospital in Vancouver and was accepted but then my husband got a job at the mill in Powell River so we moved here."

Shortly after Anne, her husband and their three children, Rachel, Lindy and 10-month Marie moved to Powell River, Anne went for a beach walk with her mother and the children. "I saw this heron stuck on a rock with a broken wing," Anne recalls. "I handed the baby (Marie) to Mom and fully clothed, I dove in to get the heron. It seemed like the logical thing to do."

TOP DOG: Mamba, a highly trained assist dog can fetch a lot more than a stick.

The *Powell River News* and The SPCA got wind of this and before Anne knew it, she was involved with the SPCA. "I was given a kennel to run south of town. They needed someone to take over the doing the vet work and because of my nursing background, I was chosen."

Anne and her family, which by now had grown to include another child, moved to the kennel. At the time there were only six dogs vaccinated in Powell River. "I could pinpoint on a map all the distemper outbreaks. My first job was to educate the children."

Back then, many people would put an animal down rather than fix it. "If a cat had ringworm, they'd put it down. If an animal was in an accident, they'd put it down," recalled Anne.

Anne made arrangements at the old Powell River hospital to have dogs x-rayed. "We'd sneak dogs in the back door with socks on their feet and get them x-rayed. We got the lab techs on side and did lab work and the medical doctors would write prescriptions for me. Pacific Western Airlines would fly animals to the vet in Richmond and every once in a while, I'd fly down to pick up drugs and learn new procedures."

It wasn't until the early 1970s that Powell River got a fulltime vet. "People didn't want to pay for a vet. It was hard enough to get a vet here once a month. I'd line up all the animals to be spayed and neutered and the surgeries. "

Anne's father purchased the Dogwood Kennel property in 1965 when he moved to Canada. In 1967, the kennel was built with veterinarian Dr Bob Hylton in mind but he died before it could be used as vet hospital. "We built a surgery, recovery and kennels. We took in injured eagles, deer and raccoons," said Anne.

Then Anne got involved in horses. "My husband took a horseshoeing course and became a farrier. Our kids were raised with horses. At one time, we had 16 horses on the property."

Between dogs, horses and children, Anne's life was full. She remembers the first dog training class she taught in Powell River. It was offered through the SPCA on the old Max Cameron School Grounds. "There were 45 in that class," she shudders. "Then we started dividing them up and teaching dog training through Malaspina College in the malls, the museum, at Timberlane Park and the Trail Rider Club. Wherever they put me and I had a classroom, I'd teach."

Meanwhile, back at Dogwood, Anne's children were busy at the barn with the horses. "A whole pile of kids always congregated at the stables." Before long, Anne met the late Pauline Galinski through the Trail Riders Club and the two became lifelong friends. "Pauline's daughter and my four were all into horses. A number of

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TRAINING: Anne Seale says dog training is always a partnership.

kids would all hang around and Lindy would play her guitar while the other kids would be polishing their saddles."

In the early 1980s the recession hit Powell River. "The whole town was a disaster. People were losing their homes and businesses. My husband and I had split up in 1979 and I'd started a feed business."

By this time, daughter Marie had married Rupert, who was in the shake block business. He was looking for a timber cruiser so Anne hired someone to manage the kennels and went off to work as a timber cruiser first and then as a camp cook to make ends meet. "I worked up and down the coast as a camp cook and first aider until I wrecked my arm."

Anne returned to Powell River. She used her disability insurance money to add the training ring and schoolroom to the kennels and began focusing on dog training. Soon, the Powell River Therapy Dog Club was born. "I could see the potential here," she said, "of dogs helping people. It was new in those days."

Anne decided that individuals could just as easily train an assist dog in Powell River as schools in Vancouver could. She believed that if individual animals could meet provincial standards and pass tests it didn't matter whether they were trained at an Assist Dog School in Vancouver or by a dog handler in Powell River. This proposal wasn't greeted warmly by all in the industry and Anne found herself busy trying to break the monopoly and convince politicians that her ideas made sense.

In 1991, West Coast ACCESS (Animals for Community Care and Emotional Support Society) was born. The society integrates humans and animals for the physical and emotional well being of people with special needs through its programs.

Part of Anne's campaign to convince politicians saw her take her dog Mamba to the 13th floor of the Hotel Vancouver to demonstrate the role of an assist dog. "She was a basket of nerves from riding the elevator so I put her to work. She handed a pen to everyone in the room and then demonstrated the pre requisites an assist dog should have to be allowed into public places," recalled Anne.

Although health issues have slowed her down somewhat, Anne is still teaching six days a week, ten classes a week. "Dogs are easy," she says. "It's the owners I have to train."

She maintains that dog training should be fun. "I try to get people to relax and praise their dogs. Many people are over anxious and trigger-happy. They are trying to control their dogs. I tell people that the more control you think you have the less you actually have. It's a partnership."

Anne is one of those people who will work as long as she can. When she was in the hospital, the future of the kennel seemed uncertain until granddaughter Kate, who was managing a jewellery store on Vancouver Island, said: "What about me managing the kennel?"

And so she returned.

Even when she is receiving dialysis three mornings a week, Anne is available to help. "I have a cell phone now so people can call me with their training problems so I can nip it in the bud!"

The love of dogs runs in the family. Two of Anne's children, Lindy and Marie, are groomers. Lindy has her own shop on Vancouver Island and Marie works at Dogwood Kennels. Anne's granddaughters Kate and Jodi were raised in the ACCESS youth group. Great granddaughter Annika, 2, is being raised with a Nova Scotia Duck Toller. Her first word? "A growl," said Anne. "It was a growl." PRL

Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

Townsite Brewing won two gold medals at the 2012 BC Beer Awards for their PowTown Porter and Blackberry FestivAle. The event pitted 212 of BC's finest brews against each other in 14 categories. One of the newest breweries to join the BC craft beer scene, Townsite's first kegs were officially tapped March 24, 2012 and in just seven months, their Brewer Engineer Cedric Dauchot has released three seasonal brews and a one-off Belgian triple in addition to four year-round brews: Zunga Golden Blonde Ale, Tin Hat IPA, Suncoast Pale Ale, and the award-winning Pow Town Porter. Cedric has two more seasonal brews in the offing for the winter: a Belgian IPA called Shiny Penny, and a yet-to-be-named Christmas beer.

Leanne Rebantad is moving her Notary Public office from Barnet Street to the former Osca Jewellers location in Crossroads Village, next door to Huckleberry Hutch.

The Powell River Academy of Music and the International Choral Kathaumixw festival have announced successors to founder Don James. **Walter Martella** has been appointed music director for the Academy, effective January 2013. **Paul Cummings** took over the festival as artistic director of Kathaumixw in September. Martella is a founding member of the Powell River Boys Choir and one of the first members of the faculty of the Academy. He's a pianist, trumpeter, accordionist and conductor. Jim Donnelly, chairman of the Academy of Music, says, "Walter has the knowledge, experience, education, and most of all, the spirit, to carry on our legacy." Paul Cummings also grew up through the Powell River music scene and was a founding member of the Powell River Youth Choir, a group he now conducts. "Paul's international contacts were a deciding factor in his appointment as artistic director of Kathaumixw," says Don.

The Academy of Music has suspended the 2013 season for the **Symphony Orchestra of the Pacific** (SOAP). It was a good plan under the political and economic realities of the day. Each year the event has grown in its artistic success, and has been an economic boon to Powell River. However, the project has cost the Academy in increasing losses each year. "We are not going to put the School at continued financial risk," says Academy chairman Jim Donelly. The first priority of the Academy is the musical, cultural, and educational experiences for Powell River students and citizens. The Board has established an interim committee to review submissions from groups who are interested in developing SOAP projects as well as other projects that would be financially viable."

Joe Caldarone has launched **Caldarone Conditioning.** Joe, who is a member of the Regals hockey team and an instructor with Factory Hockey, works out of Avid Fitness. He offers one-on-one personal training. Regardless of age or athletic background, everyone is training for something, and Joe wants to help you achieve those fitness goals. You can reach him at 604 414-7636.

Dr Rahim of **AJR Healthy Living** is now offering classes in posturing for seniors. Good posture helps people manage pain. Courses will be offered out of his AJR Healthy Living location on Willingdon Avenue. He will also offer classes in self-defense, osteoporosis and self-healing seminars. Dr Rahim has a black belt in Kenpo Karate. AJR Healthy Living has also opened up a coffee shop on the Marine Avenue side of the building. The coffee shop will serve as a gallery for local artists to display and sell their work. Dr Rahim says he will be creating themes every month to ensure opportunities for everyone's works to be seen by the public. The theme "Moonlight" will start in early November. Artists interested in displaying their work can contact freemanagorista@yahoo.ca.

Leah Rourke has opened **Relish Interiors,** a home decor store and design studio at 4670 Marine Avenue, next to The Knack. But you'll have to move fast – the store will only be there until Christmas. Owner operator Leah was raised in Powell River and moved away to attend university and obtain extensive experience as a professional interior designer. She offers the full scope of interior design and decorating services. You can see her at the Gibson's Crossing shop Wednesday through Saturday for home decor, furniture, window coverings, fabrics, wallpapers, accessories and interior design services. She is currently offering those services from her home office, and will continue to do that after Christmas when the pop-up store closes. You can check out her portfolio and services at www.relishinteriors.com

Powell River Chamber of Commerce president **Jack Barr** has been named to the Sunshine Coast Tourism board of directors.

In last month's issue, we erroneously reported the name of the new photocopy store operated by Cris Pavel in the Georgia Centre. The correct name is **CrisP Office Solutions.** We apologize for the error.

On November 21, the Chamber of Commerce will host a luncheon presentation entitled ***Literacy and Our Local Economy.*** PRL

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Raindrops are falling on my head

Reflections of a soccer gran

By Teresa Rice

It's a grey and misty Saturday morning, leaves are twisting and turning on the wet grass, and rain is falling in a steady stream. I can see a few sparrows huddling with ruffled feathers on the fence and, in the words of a popular song, baby its cold outside!

Clutching a cup of steaming tea, I ponder, should I or shouldn't I venture out today? Do I really want to stand in the rain watching a group of small boys chasing a ball around a muddy soccer field? It's not as if I haven't done it all before with my son, spending hours in all weathers doing that very thing. It wasn't a chore back then, I loved every minute. Watching my husband Bill coach the team and my son Tony play was the highlight of Saturday mornings. Today Tony is the coach and my grandson Will the player.

The tea cup is almost empty as I remind myself that I moved to Powell River to be with my family and see more of Will, and if that means defying the cold and the rain, so be it.

Tossing a long scarf around my neck, I run to the car. The rain has eased off a little, a rainbow is cutting through the mist over the horizon, and the day seems brighter already. The roads are quiet, not a soul around except for a solitary jogger splashing through the puddles.

Sounds of children playing break the silence as I approach the field with umbrella at the ready. I hurry to join the onlookers on the sidelines. My glasses are dotted with rain; I wonder why no one has invented clip-on wipers for spectacles.

My attention is soon focused on the game; eyes tracking Will as he runs up and down the field with the rest of the team. Parents,

grandparents and siblings are caught up in the moment, calling out words of encouragement to the players: "Good pass." "Nice save." "Shoot." The boys play on, seemingly impervious to the weather.

Time passes quickly until the referee blows a long blast on her whistle signaling the end of the game; it's all over for another week! Now we are all conscious of cold feet, dripping hair and (in my case) the need for a large mug of hot chocolate! The players shake hands with the opposing team, and then run over to the sidelines. "Did you see my goal"? asks Will excitedly. We hug, and at that moment I am glad I braved this winter day.

Not being a great fan of winter, whether in Powell River or anywhere else, I would be more inclined to escape than enjoy it. Still, I'm sure I'll survive because Will always brings his own sunshine whatever the weather.

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What happens when you're done with it?

The role of product stewardship

Many products we use daily can be harmful to the environment when they reach their end-of-life. Items such as batteries, light bulbs, tires, motor oil, and electronics are hazardous to dispose of in the landfill. A battery may start to leak acidic fluid and release noxious gases into the air as it begins to break down and electronics can leach heavy metals that endanger water tables and cause lifetimes of ecological damage. Determining what to do with many simple household items can be a complex decision, especially when armed with the knowledge that these products have harmful effects on the environment after they're no longer useful. Many product steward programs have evolved over the years to assist with this decision making process and now the challenge is up to us to ensure that we take time to dispose of these items properly.

Product Stewardship programs require producers of designated products to take Extended Producer Responsibility (EPR) or the life cycle management of their products. One of the benefits of the EPR programs is the shift in responsibility upstream to the producer and away from municipalities and consumers to manage the end-of-life of products. Incentives to take environmental considerations into the design of the product are created and industry is mandated to change the manufacturing and distribution channels in order to effectively reduce costs of EPR programs.

BC's Product Stewards are committed to recycle their products safely and responsibly. When consumers bring products to appropriate collection sites they are taking steps to ensure safe and responsible recycling and disposal. By diverting recyclable materials from the landfill we can reduce the need to develop new landfills or incinerators while the diverted materials can be reused, repurposed, or up-cycled, saving the energy and resources needed to produce new products from raw materials.

The choice to properly recycle consumer goods depends on consumers. Our role in this product lifecycle is to ensure that the products we use find their end of life responsibly; either by being repurposed creatively in our homes or by being brought to the designated collection site once the product no longer serves us.

Augusta Recyclers, Big-O Tires, Black Point Auto Salvage, Canadian Tire, RONA, Staples, Suncoast Cycles, Sunset Coast Bottle Depot and your local pharmacy are among the local depots that accept products for safe disposal or recycling.

What and where to recycle

Augusta Recyclers • Residential-use lights, paint, oil, antifreeze, coolant & containers, electronics, smoke & CO2 alarms, used tires, pesticides, flammable liquids & gasoline

Big-O/Coast Auto • Used tires

Black Point Auto Salvage • Outdoor electrical power equipment

Canadian Tire • Used tires, oil, antifreeze, coolant & containers, residential-use lights & batteries

Gibson Recyclers • Styrofoam, glass, electronics

RONA • Used paints & containers, residential-use lights, & batteries

Staples • Ink & toner cartridges, cell phones, rechargeable batteries

Suncoast Cycles • Used bike tires & tubes

Sunset Coast Bottle Depot • Milk & milk substitute containers, refundable containers, small electrical appliances, electronics & computers

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Building trails

A hands-on workshop

A trail building crew from the International Mountain Bike Association (IMBA) will be in Powell River on December 1 for a workshop on how to build trails.

While they are here, trail builders will work on a new one-kilometre trail. The proposed route is on the other side of the Blackwater Trail looking at Blackwater Creek, said Ron Diprose, a director with the Knuckleheads Winter Outdoor Recreation area and the Powell River Cycling Association. The trail would connect Kelly Falls to Blackwater Creek Trail, one of the most popular trails in the area.

The Community Forest Board approved this application but it is still waiting for provincial government approval. "If we do not get approval before the end of the month we might have to look at a different trail," said Wayne Brewer, a director with the Powell River Cycling Association.

The trail building workshop is open to anyone who builds trails. Part of the workshop will be held in the classroom and part of it will be outside on the trail.

In the past, trails have just been built anywhere. "There are a lot of unauthorized trails out there," said Ron.

"Even though it is the Powell River Cycling Association applying for it and we will be responsible for maintaining it, it will be shared," says Wayne. "Groups like PR PAWS, the Bomb Squad, the ATV Club, the bike club and the logging community are working together to maintain the trails."

Trail Building Clinic

The clinic will be held on Sat, Dec 1st with the International Mountain Bike Association's trail crew. Part of the day will be spent in the classroom and part of the day will be spent outside working on a trail. A ride will be held on Sunday. If you are interested in attending, please email trails@bikepowellriver.ca.

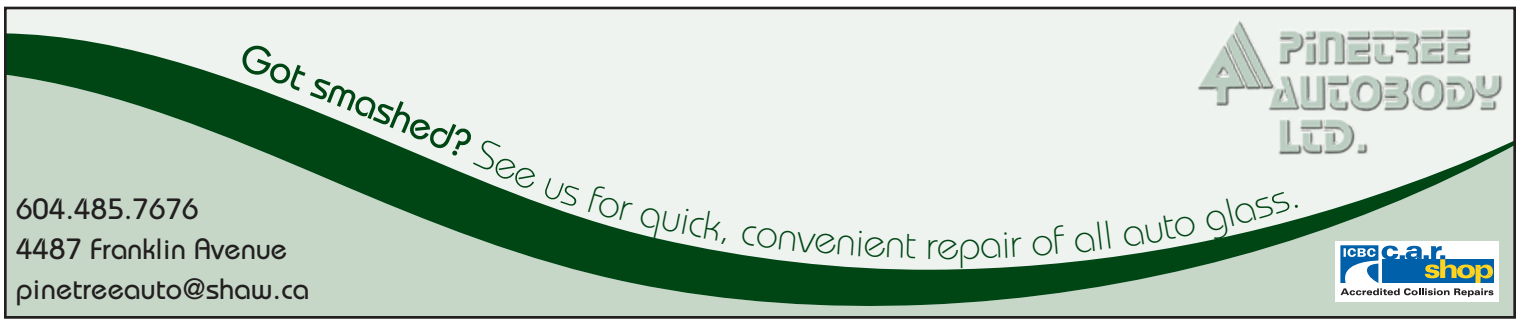
Trail builders are working on a trail strategy. Over 400 kilometres worth of trails have been mapped and recorded with a GPS. A well-mapped and well-maintained trail system has a number of benefits. One of them is tourism. Mountain biking is the fastest growing segment of backcountry tourism, said Wayne.

The Island Cup has been here for two years and the BC Bike Race for three. "I think the BC Bike Race has had a huge impact on our community in terms of tourism and economic development," said Wayne.

But lack of mapping is an issue in Powell River. Even Search and Rescue crews who combed the trails last month for a missing mushroom picker were wishing for better maps.

"We don't have good maps to give people," says Wayne. "I'm surprised that more tourists aren't getting lost."

Part of the trail strategy is to give each trail only one name. "Right now, people all have different names for different trails," says Wayne. "It is very confusing." As well, trails will be graded according to level of difficulty, much like a ski hill. There will be green for easy, blue for intermediate, black diamond for challenging and double black diamonds for experts.



More...

What's up? POWELL RIVER

Newest NHL referee

Powell River's Trent Knorr will be refereeing in the National Hockey League (NHL) if and when the season gets underway.

Knorr grew up in Powell River and is a product of Powell River Minor Hockey and our local officiating program.

In August of this year, Knorr received official word that the NHL had hired him. But that doesn't mean he'll get lots of calls, at least not right away. "I'll maybe get a few call-up games here and there," he said. "It is a huge step to get a contract but I have to earn my stripes."

In the meantime, Knorr will continue working with the American Hockey League. "Most of my work is in the States. They have 26 teams in the US and four teams in Canada."

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with the Festival of Trees

Every year the Powell River Association for Community Living kicks off the Christmas season with the Festival of Trees.

This year, opening ceremonies get underway on November 23 at 7 pm with the Lighting of the Trees at the Town Centre Mall with Christmas carols by the Spirit of Community Choir.

You'll be able to view the beautifully decorated trees all week at the Town Centre Mall from 11 am to 8 pm. There's a family fun day drop in by donation at the mall between 10 am and 2 pm on Saturday, November 24 with games, crafts and fun!

Don't miss the seniors tea on Tuesday, November 27 at 2 pm at TC Mall. Enjoy a cup of tea and Christmas goodies amongst the beautifully decorated trees.

And finally, the gala dinner, dance and auctions will be held on Friday, November 30 at the Beach Gardens Resort. Get your tickets early for $50 at the Town Centre Mall office or at PRACL. Hurry… tickets sold out last year!

Dreams can come true
Justin Bieber meets Derek Russell

Fourteen-year-old Derek Russell still cannot believe he actually met Justin Bieber—and had his photo taken with him!

Last month, Derek, who has Down syndrome and is facing his fifth open-heart surgery, met the music superstar in Vancouver just before attending the October 10 Justin Bieber concert. Derek is a huge Bieber fan says his mom, Allison Metzner. After learning that Derek would need yet more heart surgery, his stepsister 18-year-old Paige, posted a message on Bieber's Facebook page asking that he meet with Derek. Then Paige made a Twitter hashtag and "it exploded from there," said Allison.

Derek and his family had to wait in line for one and a half hours to meet Justin Bieber, but it was worth it. "I love Justin Bieber," said Derek. "He's my buddy." Derek has the memory of meeting his hero and now he has a picture to prove it.

Thank you Powell River
for making our 8th annual event the best ever!
If you were unable to participate,
make sure you don't miss all the fun next year.

Mark this date in your calendar: **Dinner & Auction October 26, 2013**

PACIFIC SALMON FOUNDATION

Want to learn more about salmon enhancement in Powell River? Visit www.prsalmon.org

It's been 11 months...

By Isabelle Southcott • isabelle@prliving.ca

It's all about the food. Input versus output. We know that if you want to lose weight you have to eat less than you burn or burn more calories than you consume but knowing and doing are two different things.

Why are so many of us are overweight? We attend fitness classes, work out and still we are not slim and trim. Sometimes I think the only way I will ever reach my perfect weight is if I have my jaw wired shut and can only drink through a straw or if I end up in a place where there is nothing to eat and no access to food. I don't really want either one those two things to happen to me so I have to find another way.

I am resigned to the fact that I would have to spend my entire day on the stair stepper or in the gym in order to lose weight without adjusting my eating.

Luckily, there are other options. One is Kitty Clemens of Pro-Active Nutrition. Kitty is a certified holistic health nutritionist who I first met through Toastmasters. A couple of women I know signed onto her program and each lost over 20 pounds. They lost it slowly and kept it off. So I decided that maybe it was time for me to pay Kitty a visit.

Kitty offers a 10-week weight loss program called WOW. Each week participants meet, weigh in and learn about healthy eating and what they need to do to lose weight. We talk about portion size, starches, sugars, food preparation, the importance of eating frequently and not starving yourself all day and then eating too much in one sitting. Kitty's goals aren't unrealistic but you do have to work the program if you want to experience success.

The sessions are all different. One was about the glycemic index while another talked about what goes into food and how we need to read labels.

Losing weight isn't a lot of fun. It rates right up there with self-inflicted pain in my books. I don't get excited about it in the same way I look forward to a run, a fun exercise class or a great hike or swim.

I do get excited when I think about me minus 20 pounds. I do get excited when I think about not having to go through another ski season wearing tight ski pants.

Kitty says you need to think about your why. By that, she means why you want to lose weight in the first place. She says to stay strong and continue to focus. I think I need to move my why up on my priority list. Ahead of Friday night pizza and beer. Because right now, I am feeling anything but strong.

I wonder why? PRL

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Operation Christmas Child

Local help makes global impact

Have you ever wondered if something you did could make a positive impact on someone else's life? Here is your chance to do just that. You can reach out to a needy child abroad by just filling a shoebox full of thoughtful items. The child on the receiving end is often poor, homeless, suffering from famine, natural disasters, ravages of war and living in an underdeveloped country. They are living in conditions so terrible and foreign to most Canadians, especially those of us living in Powell River.

Last year the generous residents of Powell River supported Operation Christmas Child by giving 667 shoeboxes filled with school supplies, hygiene items, toys and many other useful items. Canadians all over the country gave 672,274 shoeboxes!

IT MADE A DIFFERENCE: Three young recipients in Uruguay, with their 2012 gift boxes.

Operation Christmas Child is a project of Samaritan's Purse, an international humanitarian aid organization that focuses on providing basic needs such as clean water, disaster relief, medical and education concerns around the world. Since 1993, 94 million boys and girls in 130 countries, received shoebox gifts. This year Operation Christmas Child plans to deliver their 100 millionth shoebox!

Shoeboxes are available for pick up at the following locations in Powell River: Your Dollar Store With More in Crossroads Village, Valley Building Supply (TIM-BR Mart) on Padgett Road, and several churches and schools.

Please do not use boxes larger than a regular shoebox as larger ones aren't efficient for shipping. Also, a difference in box size can seem unfair to children receiving smaller boxes.

Before you fill your box be sure to choose a boy or girl and an age category. Fill your box with simple items such as school supplies, games, balls, bar soap, combs, hand towels, hair clips, t-shirts, socks, underwear, mitts, gloves, stuffed animals, dolls, cars, jewelry, or individually wrapped hard candy. No scary toys, war toys, playing cards, soft candy, gum, toothpaste, or liquids that may leak, melt, freeze or break. For more suggestions visit www.samaritanspurse.ca.

Filled shoeboxes need to be returned for shipping before November 16. Please include $7 for each shoebox for shipping. Either cash or cheque made out to Samaritan's Purse is acceptable, or make your entire donation online. Questions? Contact Trudy Anderson at 604 485-5345 or Sharon Wright at 604 485-2329. PRL

Powell River Living COMMUNITY Calendar NOVEMBER

Nov 4: Turn back your clocks ("Fall Back")

Nov 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@unitedwayofpowellriver.ca.

Nov 9: Wine tasting with Westview U-Vin and sommelier Tim Ellison at the Rodmway at 6:30 pm. Five wines, paired with food. Tickets $20 at the Westview U-Vin or Rodmay Beer & Wine store. Proceeds to the SPCA.

Nov 10: PR United Church Christmas Bake Sale and Tea, 12 - 3 pm at Trinity Hall (corner of Duncan Street and Michigan Avenue.

Nov 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@unitedwayofpowellriver.ca.

Nov 15: Full Mill Evacuation Exercise at 1pm.

Nov 21: Shakespeare's romantic comedy, Much Ado About Nothing, performed by some of Brooks' Secondary's best student performers. 7 pm at the Max Cameron Theatre. Tickets available at PR Academy of Music, or Brooks School. For more info contact Brenda Laycock at 604 485-9494 or email Brenda.laycock@sd47.bc.ca

Nov 22: Christmas at the Rancho craft sale, 2 - 9pm at the Rancho (across from Timberlane track)

Nov 23: Powell River Fine Arts Association presents their Fabulous Annual Christmas Sale with high quality hand-crafted items. 5395 Timberlane Road. For more info call 604 483-3856.

Nov 23: Christmas at the Rancho craft sale.

Nov 23: PRACL Festival of Trees lighting at 7 pm at the Town Centre Mall.

Nov 23: Much Ado About Nothing at Max at 7pm.

Nov 24: PR Therapeutic Riding Association Pictures with Santa and our Therapy Horses, facility tour and bake sale 11am–3pm, 4356 Myrtle Ave. Everyone welcome.

Nov 24: Family Fun Day at the Town Centre Mall with PRACL's Festival of Trees. Games, crafts and fun from 10am–2pm.

Nov 24: Faith Lutheran Church (corner of Alberni and Ontario) Christmas Bazaar & Bake Sale, featuring their famous wreaths, tea tables, crafts, and all kinds of Christmas goodies. 1–3 pm.

Nov 24: Christmas at the Rancho craft sale.

Nov 23: Much Ado About Nothing at Max at 7pm.

Nov 27: Powell River Garden Club will host the co-authors of "Sow Simple" and "Everyday Eden", Christina Symons and John Gillespie. Everyone welcome. 7:15 pm at the Cranberry Seniors Centre. For more info call Ellen at 604 487-1304.

Nov 27: Seniors Tea with PRACL's Festival of Trees at the Town Centre Mall at 2 pm.

Nov 30: Festival of Trees gala dinner, dance and tree auction at 5:30 pm at the Beach Gardens. Tickets at PRACL or Mall office.

Dec 1: Powell River Chorus presents, One World, Many Voices, Christmas Concert and Wassail. 7:30 pm at the Evergreen Theatre. Advance Tickets: $12 available at Rock it Music and from chorus members or $15 at the door. For more info call Sylvia Farnell at 604 485-2685.

Dec 3: Municipal Pension Retirees Appie Potluck and Meeting, 11:45 am at the Cranberry Seniors Centre. Please bring an appie/finger food to share. There will be a guest speaker. Members and those interested in joining are welcome to attend. For more info call Sue at 604 487-4156.

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: Sledge Hockey, Nov 4-Dec 9, 10:30-11:45 am, at the Complex. To register call 604 485-2688.

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–noon @ 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: PR Duplicate Bridge Club meets at 9 am at the Alano Club In the Townsite (5903 Arbutus Street) For more info call Viv at 604 485-4430.

Mondays: Whist Club, Lang Bay Hall, 1pm. 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), 9am–3pm. Proceeds to funding job skills training program for people with mental illness. Info: call Sasha at 604 485-0087.

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

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

Tuesdays: PR Stroke Recovery Club meets in the Lower Legion Hall from 10am–1pm. Contact Trudy Simpson at 604485-06396 or Sandy Graham at 604 489-0024 for info.

Tuesdays: PR Duplicate Bridge Club meets at 7 pm at the Alano Club In the Townsite (5903 Arbutus Street) For more info call Viv at 604 485-4430.

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 @planinumbusinessdevelopment.com.

Tuesdays: Soup Kitchen at Seventh Day Adventist Church (4880 Manson Ave), noon–1:30 pm.

First & third Tuesday: Kiwanis Club of PR, 7:30 pm at the Annex on Kiwanis Avenue. For more info, 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.

First Wednesday: Fibromyalgia Self Help group meets from 1–3 pm at the Senior's Centre in Cranberry.

First Wednesday: Family Place: "Stone Soup" cooperative lunch and "Open Space" planning, 12:30–2:30.

Second Wednesday: SPCA meets at Quality Foods Boardroom at 7 pm. Everyone Welcome.

Wednesdays: Family Place; "Baby and Me"; parent-child drop-in; 10:30 am–12:30 pm. "The open Space"; parent led family programs; 12:30–2:30 pm. Parent-child Drop-in 12:30–4:30 pm. Everyone welcome.

Wednesdays: Salvation Army Soup & Sandwich 11:30 am–1 pm, by donation. Everyone welcome.

Thursdays: Family Place, parent/child drop-in, 10:30 am to 4:30 pm. Please contact the Parent-Child Mother Goose program coordinator at mothergoose@prepsociety.org for info.

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

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

Thursdays: PR Duplicate Bridge Club meets at 2 pm at the Alano Club In the Townsite (5903 Arbutus Street) For more info call Viv at 604 485-4430.

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, Lang Bay Hall, 7 pm. 604 487-9332.

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

Second and Fourth Tuesday: Sunshine Speakers Toastmasters meets from 7–9 pm at the School Board office. For more info call Barb at 604 485-2732.

Fridays: Ravens Wheelchair Basketball, drop-in, everyone welcome, chairs provided. 4:30–6:00 pm in the Oceanview School Gym. For more info email disabilitysportclub@gmail.com.

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 Zilinsky 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 at 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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Helping students communicate

Sometimes life doesn't go according to plan—sometimes, that's a good thing.

Stephanie Keane is School District 47's speech language pathologist. For the last 22 years she's been doing a job she is totally passionate about. But had her life gone according to plan, she'd now be working in the theatre industry instead of helping students communicate.

Stephanie attended UBC with the idea of majoring in theatre. She needed a second choice so she registered for a linguistics course because it fit in the right time slot. "I took it as an elective and I loved it!" she recalls. When Stephanie didn't make the cut for the theatre program for her second year in university, she had to adjust her plan. She thought about how much she'd enjoyed her linguistics class and how much she didn't like auditioning, so she decided to change her focus to prepare for speech language pathology.

"It worked out really well for me," she recalls. "I did all my undergraduate and graduate work at UBC."

After graduating with her Masters degree she accepted a job with School District 47 in 1991 and moved here with her husband Dan. "It's become our home," she says. Not long after moving here, Dan went to Ontario to attend massage school and when he returned he opened his own massage therapy practice.

Most of us know that a speech language pathologist helps people who have trouble speaking but Stephanie's job is much bigger than that. "It's such a wide variety," she says when asked to explain what she does. "I help students who have articulation difficulties; those who do not pronounce certain sounds. I help with language issues. Sometimes students have difficulties producing grammatically correct sentences."

She helps students who have difficulty processing language and understanding what is being said. She also helps those with "fluency disorders," which means stuttering.

Then there are children on the autism spectrum who need help with social communication so they know how to interact with other people. And last, but not least, Stephanie helps those who have global communication challenges.

"These are kids who can't communicate verbally. I get them set up with augmentative communication systems so the device is their voice."

In School District 47, six students have augmentative communication systems.

"Without these systems they do not

have a voice and it is really important that all individuals have the ability to communicate."

With the explosion in technology there's now a variety of augmentative devices available at a variety of prices including an app for the iPad.

Stephanie hauls out a small keyboard a bit bigger than an iPad that is used frequently. "It costs $5,000 for one of these," she says. Special funding from the province means they can purchase three students a computer or an augmentative system each year.

"I have a young man who is in grade two. He uses an iPad for quick communication and some of his learning but for him it is laborious to hit the right spot."

The technology for eye gaze systems has increased exponentially in the last several years. They're easy to calibrate, easy to use and accommodate larger head movements. The young man Stephanie mentioned earlier will be getting a new device, called a Tobii, early next year. Her eyes light up as she explains how it will help him communicate. "He already tried it and it was incredible how fast he could do things with it. I'm very excited. It will let him read and write and do his math."

Assistive learning devices open doors for students and provide access to learning and new opportunities. Stephanie helps students in the school district communicate and teaches students enrolled in Vancouver Island University's Community Support Worker program about augmentative communication.

The technology gives students a way to communicate so they can access their education.

"It is all about the kids," says Stephanie. "This allows them to have their independence, and gives them a voice so they can express their own opinions."

She recalls being at a meeting not long ago with a young girl and her father. The father was telling everyone how his daughter loved school so much that she would probably go all summer if she could. Because his daughter had an augmentative communication device she was able to provide her own opinion on the subject and she very clearly said No!

The 186 students that Stephanie provides services for have a variety of needs. "I monitor some and I provide consultation for others. I work with about 85 kids a week," she says.

Last year, she developed a language course for students at Brooks called "Minspeak." It was approved by the School District and the Ministry of Education.

"It was very exciting. I saw the kids' progress, send messages, tell jokes and ask questions."

One student used Minspeak to write a letter to the Ministry of Education because she was upset that the ministry was cutting funding and people would lose their communication device when they graduated. Changes were made and now Communication Assistance for Youth and Adults lets them keep their devices and be supported after graduation.

And that's what it's all about says Stephanie when asked about the best part of her job. "The kids. It's about helping kids succeed." PRL

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