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MARCH 2013

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ELEMENTARY SCHOOL REGISTRATION



FOR: **New Students or In-District Transfers
KINDERGARTEN to GRADE 7**
For the 2013/2014 School Year

DEADLINE: **April 2, 2013**

Kindergarten Students ☉ Please bring proof of age (child must be 5 by December 31, 2013). A birth certificate is preferred. (The Ministry of Education stipulates that parents may defer the enrollment of their child for not more than one year.) Register at your school of choice by April 2, 2013. (After April 2, 2013, register centrally at the School Board Office. *) All School District 47 schools will have full day Kindergarten programs.

Westview Elementary ☉ Register at Grief Point Elementary.
French Immersion (K-1) ☉ Register at James Thomson Elementary.

Partners in Education Program (new registrations) ☉ Register at School Board Office.

Grade 1 to 7 students new to Powell River or students wishing to transfer to a school outside of their catchment area must register at their school of choice by April 2, 2013. (After April 2, 2013, register centrally at the School Board Office. *)

Elementary students registering after April 2, 2013 are not guaranteed enrolment in their home catchment area or at their school of choice as registration is on a first-come, first-served basis.

Registration forms are available at schools or can be prepared in advance by downloading from www.sd47.bc.ca/Schools/Pages/registration.aspx

*The **School Board Office** is located at
4351 Ontario Avenue, Powell River, BC V8A 1V3

An advertisement for a presentation by Des Kennedy. The background is a black and white photograph of a large, multi-towered castle or manor house. The text is overlaid on the right side of the image.

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available for purchase and
autograph.

A Presentation of
The Powell River Garden Club

poster by Gerry Scholefield

**GARDENS OF
IRELAND**



16



17



27

CONTENTS • MARCH

- 5 In this issue**
Individualized education
- 6 What's Up Powell River?**
Seeds, pushups and memoirs
- 7 The Breakfast Club**
No one need go hungry at Henderson
- 9 Personalized Learning**
A look at SD47 schools
- 15 I Made the Move**
From the Netherlands to Powell River
- 16 Marathon Shuffle**
Trail hike turns 20!
- 17 Gymnastics Championships**
Best of BC schools visit Brooks
- 18 Disability Sports**
Everyone's equal in a chair
- 20 Townsite's Where It's At**
Powell River's first schools
- 22 A century of PR family**
The Patricks of Douglas Bay
- 25 Business Connections**
What's new in business
- 26 The varied communicator**
Jim Baron – artist, musician, teacher
- 27 Wedding checklist**
Plan ahead for the perfect day
- 32 Cancer and nutrition**
Free program helps wipe out disease
- 34 A growing concern**
Hello Honeyberry!
- 35 Everyday Matters**
The apology
- 36 The art of health**
Creativity in women's well-being

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

Students Haylee Harper and Dakota Budgell hand out nutritious morning meals at the Henderson Breakfast program.

photo by Sean Percy

Powell River Living CONTRIBUTORS



JENNIFER KENNEDY grew up in Powell River, and when she isn't teaching, she's creating beautiful portraits with Kennedy Fotografik.



ISABELLE SOUTHCOTT, publisher and owner of this magazine, has two children whom she adores and who keep her on her proverbial toes.



JOYCE MCQUARRIE was born in Powell River. She is moving back after forty-two years. Joyce loves to write, travel, garden, and research family genealogy.



JONATHAN VAN Wiltenburg, our gardening columnist, worked at the Butchart Gardens and has a degree in horticulture.



KIM MILLER is the executive director of the Powell River Chamber of Commerce and has her finger on the pulse of business activity in our community.

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

*Science is organized knowledge.
Wisdom is organized life.*

Immanuel Kant (1724–1804)
German philosopher, poet



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

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Powell River Living IN THIS ISSUE

One size does not fit all

It's all about you! And you... and you... and you.

When it comes to educating our children one size definitely does *not* fit all. Every child is unique. Their likes and dislikes vary as do their strengths and weaknesses.

Just like our children, the schools in Powell River are also unique. In this issue of *Powell River Living* the focus is on students and learning as March is Education Month. There are stories and photos from every school in the district and a spotlight on some of the great programs and services — such as Henderson's Breakfast Program — that are available.

In this issue, we present the first story in a series about interesting people who moved to Powell River and explore why they chose to move here. We begin by interviewing Nancy de Brouwer and Hans Kaptein who first stumbled across Powell River while on a biking holiday from the Netherlands. Don't miss *I made the move* on Page 15.

Twenty years ago a group of friends decided to have a friendly hike along part of the Sunshine Coast Trail. They laughed, ate, and enjoyed themselves so much that they decided to make it an annual event. Much has changed since the first Marathon Shuffle was held. These days ultra marathoners looking for the next great challenge lace up their runners to tackle the trail and duke it out for first place. Times are much faster but still, it's a lot of fun. In our story about the Marathon Shuffle on Page 16, where you will discover what defending champion Chris Brats-

eth's secret weapon is.

The top school gymnasts in the province will be in Powell River from March 7 to 9 to compete at the BC Secondary School Provincial Gymnastics Championships at Brooks Secondary School. Powell River has a strong team, so come watch them compete and cheer them on.

Not many families can lay claim to 101 years in Powell River but the Patrick family of Douglas Bay can. We have a story about Walter and Hannah Lizzie Patrick, also known as Nana and Grandpa, that begins on Page 23 with their move to Powell River and follows their many adventures through the years.

There's a feature story about Jim Baron, a talented man who communicates through his paintings music and teaching on Page 26.

Our popular gardening columnist Jonathan van Wiltenburg is back with his gardening column, *A Growing Concern*. This time he introduces us to a new berry called the Honeyberry on Page 34.

There's lots to learn about the community I call home. I feel truly blessed every time we begin working on a new issue of *Powell River Living* because I never know where our stories will take me, who I will meet or what I will learn.

Until next time, happy reading!



Isabelle Southcott, Publisher • isabelle@prliving.ca

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What's up? POWELL RIVER

Seedy Saturday

Plant a new seed of knowledge and invite someone you know to attend their first *Seedy Saturday* on March 9 from 10 am to 3 pm in the upstairs foyer at the Powell River Recreation Complex.

Seedy Saturday brings farmers and home gardeners together with local seed companies and fellow seed savers. There'll be tables with seeds, tubers and bulbs as well as tables displaying information about composting, bee keeping, cooking and gardening.

Go to Facebook and LIKE Seedy Saturday-Powell River for updates about workshops, exhibitors and new information.

CAN FRANK DO IT?

Sensei Frank Clayton is going to attempt to do 500 pushups in 20 minutes on March 2. "I'm very optimistic," he told *Powell River Living*. "I've got lots of support."

Clayton has been training for the fundraiser for students to go to the Windsor Open in Ontario in June. He has been collecting pledges at a penny a pushup (or more). There's still time left to donate. Give Frank a call at 604 485-8255 with your pledge!

The Canadian Martial Arts studio is now on Joyce Avenue, beside Lordco and LW. The grand reopening is March 2. "There'll be lots of giveaways and prizes," says Clayton.



Stories to share

Powell River Library's third annual Memoir Masala takes place March 23 at the library. Graduates of the library's memoir writing for seniors course will share their stories and host a social afterwards. This event takes place from 1:30 to 3:30 pm at the Cranberry Hall, 6828 Cranberry Street. Everyone is welcome to attend this free event. To find out more about this event or to find out when future courses are planned, contact Sandra Tonn at 604 485-8662 or stonn@powellriverlibrary.ca.



- ◆ A quarter of a million people attend Toastmasters each week. **Why?**
- ◆ Name an effective politician or leader who did not speak well. **There are not many.**
- ◆ Success requires leadership and leadership requires oratory. **You have to speak to be heard.**

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Contact Isabelle + 604 483-9229

isabelle@prliving.ca

or Linda + 604 483-9210

linda@wordsofworth.ca

Find us on  at "Toast to the Coast"



Powell River Minor Baseball Association
2013 REGISTRATION
 Sat, March 9 & Sat, March 16 @ 10 am - 2 pm
 Recreation Complex — Lower Foyer
 Open to boys and girls ages 5 - 18 yrs (as of Jan 01, 2013)
 Please bring your child's birth certificate and three cheques for each player: registration fee, uniform deposit and volunteer fee.
 Late registration fees will apply after March 31.



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For more information, contact
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Osteoporosis and YOU!

The Truth about Osteoporosis and Calcium Deficiency

I'm sure you've heard that the cause of osteoporosis and the key to its prevention revolve around calcium, right?

Unfortunately, nothing could be further from the truth.

Dr. Robert Thompson, M.D., wrote an entire book on this subject called, *The Calcium Lie*, which explains that bone is comprised of at least a dozen minerals and the exclusive focus on calcium supplementation is likely to worsen bone density and increase your risk of developing osteoporosis!

Dirk de Villiers pharmacist/owner

Dr. Thompson recommends the use of unprocessed salt as a far healthier alternative to calcium supplementation.

I recommend using **Himalayan salt** as it is an excellent way to feed your body the trace minerals it needs to function optimally.

How to Reduce your Risk of Osteoporosis

Prevention, once again, is a much preferable route than trying to "cure" osteoporosis symptoms with drug companies' offerings, so here are some top ways you can reduce your risk of having to deal with osteoporosis:

- Optimize your vitamin D levels
- Avoid processed foods & artificial sweeteners
- Increase your Omega 3 intake
- Increase your vitamin K2 intake
- Get some exercise, including weight-bearing exercise like resistance training
- Women should always maintain healthy levels of estrogen
- Avoid steroidal drugs

I will discuss more information about each of these preventative factors at our **Osteoporosis Screening event**. Call for upcoming dates: 604-485-5530.

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Henderson's Breakfast Club

Full tummies make it easier to learn!

When Jennifer Ladret's son Jacob was attending Henderson she would bring her three-year-old daughter Haylee to the school while she helped with the lunch program. Ten years later Jennifer is still volunteering and Haylee, now in Grade 6, is helping out.

"The program was started about 10 years ago by Lori Close," said Jennifer, who is now the coordinator. "We call it the Breakfast Club. We receive some funding from the Breakfast for Learning program."

Five mornings a week, volunteers arrive at school before the students to begin cooking healthy breakfasts. Students like Dakota Budgell, Sydney Ford, Alexis Schofield, Haylee Harper, Nick Waugh and Shelby Wilson enjoy helping out along with adult volunteers Terri Schofield, Joan Munson and Mary Hicks.

The menu varies depending on the day of the week. They have pancakes, wraps, muffins or scrambled eggs and cheese. "We have eggs three times a week," says Jennifer. "Today we're having scrambled eggs and cheese, fruit salad, juice, yogurt and muffins that have been donated by a parent."



BREAKFAST: Henderson Breakfast program volunteers (from left) Alexis Schofield, Sydney Ford, Haylee Harper, Jennifer Ladret and Dakota Budgell serve up healthy morning meals to students for a good start to their day.



EVERYONE WELCOME: All students are welcome to eat breakfast at Henderson School. Here, Dylan Barnes polishes off some eggs while Isabelle Nivens and Shellby Wilson dig into some fruit salad.

Twenty to 30 students eat breakfast at the school every morning. “It varies,” she says. “If we are having something really good then they come in droves! We have a core group of about 20 kids who really need this program but everyone is welcome.”

The program is made possible by great volunteers and donations from individuals and businesses. “Mitchell Brothers is a huge supporter of the program,” says Jennifer. “They donate all their points. And last year we had all our farm fresh eggs donated by Creekside Farm.” Julie’s Airport Market, River City Coffee, Scotia Bank, Rookies Bistro, Knights of Columbus, and United Way all help out. The program has just begun supplying a farm on Southview Road with chicken feed and compost. In return, the farm will supply the eggs each week. “We are looking for someone who has a butter churn so we can make butter and have a pancake breakfast too. I would like the students to learn a little about where food comes from,” says Jennifer.

The volunteers enjoy feeding healthy food to hungry children. Jennifer keeps an eye on what they like and what is good for them. “We try to base the program on whole natural foods. I’m just finishing my certificate in holistic nutrition,” she explained.

Scott Fisher is the principal at Henderson. “Some mornings

we have elderly retirees who volunteer from the community. They love it when the kids help out, they always ask for them. They have connections with Henderson. They had either kids or grandchildren who went here.”

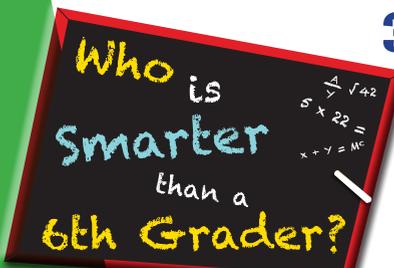
The teachers say the Breakfast Club is a wonderful resource for the students.

“It is difficult for children to learn when they’re hungry. If it wasn’t for this program we would be feeding the children in the morning during class time instead of teaching. By meeting the children’s needs in the morning, we are giving them a fair chance at learning,” says Hayley Smisko, Grade 3-4 teacher.

Kindergarten-Grade 1 teacher Leanne Gahan agrees. “Students are able to focus and do their best learning after they eat breakfast. The breakfast program also helps build the school community as students from different classes eat breakfast together each morning.”

Teachers don’t hear kids complaining about being hungry in the morning. “And we don’t have to worry about getting them food or dealing with behaviours that arise from lack of breakfast,” says Jemma Culos, Grade 2-3 teacher.

“There is no stigma attached to the program. Students of all ages and backgrounds eat together in the gym setting a positive tone for the day,” adds Rebecca Harrison, Grade 5-6 teacher. [PRL](#)



3rd ANNUAL

A community night of **FAMILY FUN** as local **celebrities** challenge the Grade 1–6 curriculum with the **HELP** of our Grade 6 students!

Thursday, April 25 • Doors & Silent Auction 5:45 pm
Show 6:30 pm @ Max Cameron Theatre at Brooks

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British Columbia Education Week

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Powell River School District meets the **challenge of change** with **diversity and unique educational settings** while **putting students first**.

Don Fairbairn • Director of Instruction, School District 47

BRITISH COLUMBIA continues to move forward with a plan that marks a paradigm change in education for our province as the BC Ministry of Education spearheads an educational approach called Personalized Learning. This movement can best be defined as a realignment of the educational processes that is designed to more directly meet the specific needs, interests, and abilities of individual students. Diversity has been the theme in Powell River as the schools in our District move forward, each with their own vision and plan as to how to best meet the needs of their specific clientele in their own unique educational settings.

Grief Point has used its move to a new site as a vehicle to conduct wide ranging conversations with its partner groups to refine and re-define what is important to their school, while Henderson leans heavily on a strong, well-established partnership base within its community to continue to deliver a wide variety of shared offerings. Kelly Creek and James Thomson Schools have each developed an outdoor education approach also with strong roots to community involvement and participation. Edgehill is working with its student body on a system of self regulation that helps students develop skills in managing their own emotions and behaviour while Texada strives to capitalize on the many one-to-one opportunities that are available in a small school. The Partners in Education program serves a population of 189 homeschooling students from Kindergarten to Grade 12 and the district has now moved into early education endeavors through our Strong Start programs where they are working with preschoolers. Brooks has always had a strong academic bent but is also striving to find ways to further meet the divergent needs of their high school population and has recently added Robotics, a Junior Outdoor Ed program and a partnership project for our Culinary Arts program with local farmers.

In this time and place the status quo for education is change. You will see as you read about Powell River schools in this special section that all very successfully meet the challenges of the 21st century.



CONTACT US • School District #47

4351 Ontario Ave, Powell River, BC V8A 1V3 • 604 485-6271

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m

Brooks Secondary School

Kathy Rothwell • Principal

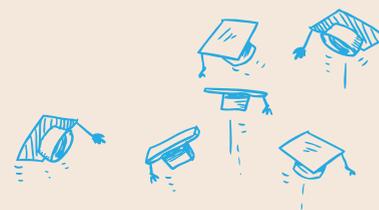
BROOKS SECONDARY is an ever changing institution. To answer the demands of a diverse society, we constantly review our programs and our delivery with consideration to best practice in the face of declining enrolment.

This year we have created a junior environmental outdoor education program utilizing the Haywire Bay outdoor centre, a specialized woodwork program in shop, and a junior trades program in the Oceanview Learning Centre. In Grade 8, robotics is being offered for the first time ever.

We are also piloting a class which offers both English 10 and English Literature 12. Blending these two courses offers advantages in academic enrichment and in mentoring. Planning is also underway to increase dual credit academics in the coming school year.

Recognizing environmental concerns, the culinary kitchen is taking part in a community composting project with local farmers. Additionally, Brooks students will be working with Henderson students to help them improve their reading skills with a focus on the environment. Our film school will soon be involved in a project to raise global awareness about the hiking trails and cabins that have been built in our backwoods.

Brooks is an exciting place to be. These are some examples of how Brooks teachers continue to adapt programming to offer relevant quality education for students. With the explosion in technology, our students are increasingly challenged to think and act more globally. Keeping this in mind, our staff works hard to improve practice and provide as broad an education as possible for all our students.



Henderson Elementary School

Scott Fisher • Principal

HENDERSON ELEMENTARY welcomes family and community members into our school and places importance on including them in our students' formal education. Several generations of families take the opportunity to participate in school events such as coaching sport teams, attending assemblies, volunteering in classrooms or at our Breakfast for Learning and Hot Lunch programs.

Henderson is committed to finding ways to maximize learning for our students. We put an emphasis on building strong foundations. Our Math and Reading programs are designed to master the fundamentals. Henderson teachers focus on each individual learner to help them reach their potential. Our dynamic staff work together to adjust and enhance their teaching skills to help our students.

Henderson creates well-rounded students. We support our athletic teams and the positive values that teamwork and competition can instill. Our Music and Choir programs allow students to experience new instruments and skills. Staff and volunteers model and teach our children the necessary life skills to make good choices. Our Caring Kids and Roots of Empathy programs help to build a safer, more caring school environment. As a school community, we believe that it is our collective responsibility to help children identify and have a better understanding of who they are. We provide them with opportunities to safely explore many of the possibilities of who they can become. Children have a chance to learn, to succeed, to fail, to take risks and to develop new relationships in a safe, caring and respectful environment.

Henderson Elementary students and staff demonstrate through our actions that we have big hearts. We care about ourselves, we care about others, and we care about our community.

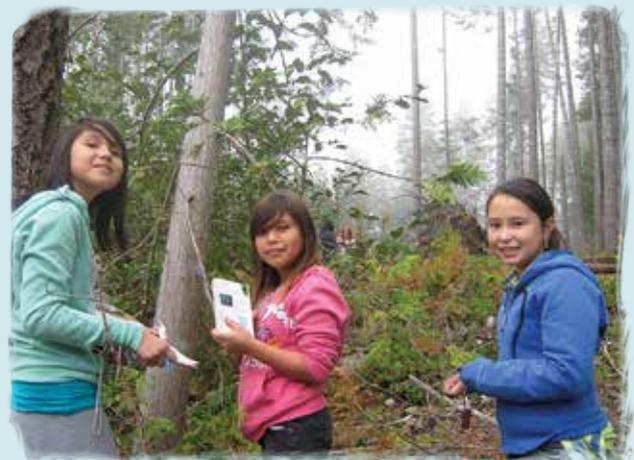
Texada Elementary School

Rhonda Gordon • Principal

TEXADA ELEMENTARY School is a small place where BIG things happen! Size seems to dictate much of what we do and how we do it, and it also leads to some unique opportunities.

Our school is like a family. In many cases, we truly are family in the sense that so many of our students share their classrooms with older or younger siblings or cousins. This is primarily positive — students are supportive, comfortable and accepting of individual differences. Familiarity can carry some challenges too, so we have chosen to use “The Virtues Project” as a framework for developing students’ character and increasing positive interactions amongst members of our school family. Throughout the year, we focus on specific character virtues, teach the virtues and refer to them by name when students demonstrate them — or forget to demonstrate them, as may sometimes be the case!

Due to our unique size, we were able to expand our use of technology to include a one-on-one laptop program. Another upside to our size is that we can involve students, often our entire student body, in special learning opportunities. Mike Sanford has returned to teach at the school four days each week and is providing a one-of-a-kind Grades 4 to 7 band program. Imagine how well those Grade 4 students will play by the time they reach Grade 7! Earlier this year, all students took part in full sets of karate, gymnastics and baking lessons and regular presentations of “Animal of the Week.” Plans for the coming months include international cooking, skating lessons and, finally, a whole-school field trip.



James Thomson Elementary School

Jasmin Marshman • Principal

JAMES THOMSON has begun a journey of transformation. The first change implemented was adding Early French Immersion in 2010. Along with this came the idea of eco-immersion, a program that has enveloped the whole school. We now have kale popping up in our new garden beds!

We are currently running three French Immersion divisions, and adding as the years progress to evolve into a Grade K to 7 full dual track school.

Our school is comprised of two buildings, the heritage building is now our Primary building with English and French K to six classes, and the ‘newer’ building is our intermediate building, again mixing the French and English classrooms. All classes receive a weekly lesson of Klah Ah Men, and learn about traditions and language of the Coast Salish. We are so fortunate to have renowned artist, Darren Joseph on site carving a Welcome Pole for our school. This will be placed in part of phase one of our DIGS project, (Discover Imagine Grow Schoolyard). This year the Parent Advisory Committee will be developing and enhancing a primary play space, including a bridge over a sand play area and an outdoor classroom. Through the years, the schoolyard will transform into pockets of quiet or lively activities and exploration, with a spaces to encourage creative and imaginative play.

Supporting Early Learning

Rita John • Early Learning Coordinator, and
Theresa Verdiel • Special Education Coordinator

IN 2006 there was a change in the Ministry of Education's mandate resulting in school boards expanding their parameters to include pre-kindergarten. The development of the Early Learning Framework was led by the Ministry of Education in partnership with the Ministry of Health and the Ministry of Children and Family Development. In creating this framework, the voices of numerous families, early childhood educators, teachers, researchers, post-secondary institutions, and other early years service providers in BC were heard.

Research in child development and learning continues to inspire change in practice within the education system. There has been growing research that suggests children 0-5 years are developing very important foundational skills before they enter the school system and that these skills are crucial to their lifelong

learning and health. The research is so significant that the *School Act* has been adapted, and the responsibilities of school districts have been expanded to include programs for children under school age. Parents play a very important role in their children's education before they enter school, and school programs for children 0-5 years are designed to inspire parents and supplement the learning environments they create for their children. We know that children who are involved in quality programs before they enter school are more likely to succeed in school and are projected to have better mental and physical health than those who are not involved in quality programs.

Parents who are involved in their children's education, and support excellence in both their children and their children's school, contribute greatly to their children's success!



Edgehill Elementary School

Kristen Brach • Principal

AS CHILDREN navigate through the 21st century, we have found that they need many additional skills to go with the traditional reading, writing and math. At Edgehill this year we have been working on identifying student strengths so that we can then focus on those strengths to build on areas of student need. Countless opportunities are provided for children to demonstrate their skills and talents in areas such as academics, fine arts, athletics, social responsibility, and critical thinking.

One of the areas we have found many children struggling in is that of self-regulation. In an increasingly complex world, children can be faced with many new challenges and may feel anxious or uncertain with the new situations their generation faces. Research has shown that anxiety can inhibit learning. A new school wide skill that we are helping students to develop is this area of self-regulation where children learn to identify their own emotions, recognizing how they feel at any given moment with a goal of developing strategies to calm themselves and prepare themselves for optimal learning. We have found that this is helpful to many children as success in school improves with their skill in managing their emotions. In addition, the children are learning to recognize emotions in others and help understand and encourage others. The early results of this approach have shown an increase in positive interactions in the classroom and on the playground.

With continuing emphasis on the whole child, we are better able to meet children's needs and create a learning environment where everyone can work to their full potential in an increasingly positive learning climate for all.



Grief Point Elementary School

Jamie Burt • Principal

THIS IS a very exciting time for our Grief Point community as the realization of our new school, Westview Elementary, is quickly becoming a reality! The new facility will help propel new learning opportunities and experiences for our students. It will help our staff continue to find new, innovative ways to meet the increasingly complex needs of all our learners from Kindergarten through Grade 7. It has generated a lot of rich discussion among our stakeholder groups and has helped us better identify the learning needs of our students, pinpoint what we are doing well and plan on how we can improve service for our students.

Grief Point has a tradition of providing students with a strong academic core while also providing excellent opportunities in music, the arts and athletics. Moving forward, we want to maintain these solid traditions while acknowledging skills that will be essential for our students in the future such as: critical thinking, problem solving, creativity, communication, collaboration and technological literacy.

We continue to explore technological tools that will enhance student learning. Two examples are ABRACADABRA and Reading Plus. They are interactive, web-based literacy programs designed to help give beginning readers a boost in the specific skills and practice they require.

We are very proud about the strong educational foundation that Grief Point offers our students and we are excited about the challenges and opportunities that lie ahead in meeting their unique learning needs.



Partners in Education

Stephanie Hall • Coordinator of PIE

THE PARTNERS in Education (PIE) program is Powell River's version of a growing trend in education that includes an increasing number of parents and students who choose to do all or part of their education at home. PIE, a provincially recognized Distributed Learning (DL) school, has grown to 189 students ranging from Kindergarten to Grade 12. The program employs three teachers in Powell River and another four teachers on Vancouver Island (about half of our students come from the Comox Valley and surrounding areas). There are many challenges to delivering and carrying out an educational program when students and parents are widely dispersed, and we are always looking for ways to help bridge the divide.

Building rapport between students, parents and staff is an essential part of working together as partners in each child's education. This is the main reason students generally stay with the same teacher year after year and assessment is most often carried out through home visits. Another aspect of the program, designed to increase a sense of belonging to 'A Community of Learners,' is our newly implemented Interaction Days where students are provided a two hour study hall (students and parents can 'drop in' and get help with any aspect of the program). We have also been able to provide a variety of activities in the other half of the day. Many of the students and parents have benefitted from this new initiative and we look forward to continuing to improve our services to our families.



Kelly Creek Community School

Tawnie Gaudreau • Principal

AFTER A successful pilot year for Andrew Shostak's Outdoor Adventure Program, Kelly Creek Community School expanded its outdoor education experiences to include a variety of activities for the whole school. Children have explored the local hatchery, raised salmon and participated in various other bike and outdoor school wide activities. We were very fortunate to have had our Grade 6 and 7 students to be among the first to experience the new Haywire Bay Outdoor Facility.

According to the David Suzuki Foundation, studies have shown that spending time in nature helps with recall and memory, problem solving, and creativity. Children and adults who spend more time outside are also physically healthier. At Kelly Creek, we value our diverse surroundings and seize opportunities to extend our classes beyond the walls of the classroom. The staff has begun looking at professional development in the area of outdoor education and we have developed a professional inquiry study designed to explore the optimum value and benefits of extending our classes to the outdoors.

Our school was recently the recipient of a generous monetary donation from Western Forest Products, Olympic Forest Products and Goat Lake Forest Products. While we haven't finalized our plans for the donation, we intend to use it to expand upon our outdoor learning environment opportunities.

A strong sense of community is a fundamental aspect of life at Kelly Creek Community School. By enhancing the opportunities for children to connect with one another and with their surrounding natural environments, we are establishing a lifelong commitment to environmental stewardship and sustainability.



Powell River Living

I Made the Move

How Nancy and Hans found Powell River

By Isabelle Southcott • isabelle@prliving.ca

Did you ever wonder how someone from in Europe or Asia or some other remote corner of the earth ended up in Powell River? I have and I figured that you probably have too! Powell River Living magazine's new series will explore the reasons why people decided to move to Powell River, how they discovered it and what they love about this community.

We begin our series with Nancy de Brouwer, former art director for National Geographic Magazine (Netherlands) and her partner Hans Kaptein, 3D dinosaur reconstructionist and sculptor. The couple started their own business, Massive Graphic on Duncan Street, shortly after moving here with their two children.

When did you move to Powell River?
Both • In June 2006.

Where from?
Both • The Netherlands.

How did you first hear about Powell River?
Nancy • In 1997 we biked from Mexico to Powell River... up Highway 101, over to Comox and then to Powell River.
Hans • I remembered that we liked this side better than the Vancouver Island side.

Why did you choose to move to Powell River?
Nancy • In 2004 we decided to immigrate to Canada. We really wanted to move to the West Coast because we'd been there already and found it beautiful and loved the laid back feeling of Powell River. We also found out that it was the only affordable place to move!
Hans • We wanted the lakes, ocean and mountains and Powell River has it all!

What surprised you about Powell River once you moved here?
Hans • For us it was like stepping back in time 20 years. It has changed a lot since.
Nancy • For me it was all the wonderful outdoor opportunities. I was amazed by all the trails and the great back country.
Hans • I was too. I was surprised that they did not market it more.

Where is your favourite place in Powell River?
Nancy • I can't just choose one. I love all the bike trails in the Duck Lake area.

The most beautiful spot for me is Dinner Rock. I love just sitting there. It's almost a 360-degree view from there. It's quiet and beautiful.

Hans • I love Nanton Lake. I love to paddle to the desert island with the kids.

What would make Powell River a nicer community?

Nancy • More affordable ferries.
Hans • Yes that is the start...more affordable ferries can boost Powell River's economy. I also think that Powell River needs to be marketed as a complete package. We need more unity from business and tourism so it is less fragmented.

If you were mayor of Powell River what would you do?

Nancy • I would build an aquarium here like they have in Ucluelet. We have such a wild ocean out there but many people have never seen it.
Hans • Our economic growth is all connected with transportation infrastructure. Something like a fixed link would help our community and stimulate the economy.

What are Powell River's best assets?

Both • The trails, the mountains, the lakes and the ocean. We have everything here! And the weather is nice too.

If you were hired to market Powell River, how would you go about it?

Nancy • I'd market affordable and spacious property and homes with an ocean-view and beautiful sunsets. I'd market Powell River in Europe. In Holland, 40 people are immigrating every single day



because the economy is so bad and it is so crowded.

Hans • At the trade shows.

What is your greatest extravagance?

Nancy • Our Apple devices. We are device geeks. Our Macs, ipods, iphone and ipads.
Hans • Visiting museums, art galleries and going to concerts in Vancouver.

Which talent or superpower would you most like to have?

Nancy • I would like to be able to fly above the Coastal Mountains without any sound.
Hans • I would like to be able to travel through space without needing a spacesuit.

If you know someone we should feature in *I Made the Move*, please email isabelle@prliving.ca with your idea! 

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March 16-18	Weekend Casino Trip • Lower Mainland
March 20-21	André Rieu • Rogers Arena, Vancouver
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Do the shuffle

Run, walk, or hike – it's all good

A lot can change in 20 years. Scott Glaspey chuckles as he thinks back to the very first Marathon Shuffle he and his wife Margot participated in.

Back in 1993, Eagle Walz, one of the founders Powell River Parks and Wilderness Society – hosts of the shuffle – decided this would be a good thing to do. “I’m not sure when it developed into a race but when we started keeping time it started out at five hours and now it is being done in less than three hours,” says Scott. “There was a group of us who did it and we took along some wine,” he chuckles.

A lot has changed since then! Times have been cut almost in half. Last year, Powell River’s Chris Bratseth set a record time of two hours, 54 minutes and 46 seconds, shaving close to eight minutes off the previous record. Nadine Butler of Terrace set a new women’s record of three hours, four minutes and 50 seconds.

Chris is looking forward to running the Marathon Shuffle again. “This time I have had a secret training partner,” he says. “My baby daughter Ashland will be running with me on my back and giving me words of encouragement. I am very excited to run with her.”

The 20th annual Marathon Shuffle will be held on Sunday, April 28. Participants are asked to meet at 7:30 am at the Shinglemill parking lot to sign in, for late registry, and for a free bus ride out to the Sunshine Coast trailhead on Malaspina Road for an 8:30 am start. “It starts out flat and within eight to ten minutes there’s a steep hill,” says Scott. “There are lots of ups and downs, then it flattens out for four or five kilometers. The Toquenatch is almost totally flat. Then you get to Southview Road and it starts going up and down again to the Appleton Canyon area and there begins the waterfall zone. At the end of Appleton Canyon Trail is Wilde Road and that is where the half shuffle starts. The route continues along the Sliammon Lake section. The last section is Scout Mountain and it ends at the Shinglemill,” said Scott.

Last year 124 people competed. Organizers are expecting even more this year.



NEW CLEARING: Scott Glaspey and Don Krompocker clean trail.



INSET: Defending champion Chris Bratseth will take his daughter Ashland on this year’s Shuffle.

Although the Marathon Shuffle is 29 kilometres in length, it is a tough slog of up and down hills. “This is equivalent to a marathon,” says Scott. “You can’t go too fast in certain areas or you will get injured.”

Every year, organizers work to improve the trail surface. They got an early start this year on brushing trails, removing salal, and knocking rocks out of the trail.

“We’re making a concerted effort to fix the trail. We’re in there with sledge hammers removing annoying rocks and fine tuning the trail.”

Scott says the trail upgrades will make it easier and safer for runners.

The Sunshine Coast trail is Grandma-approved.

“Grandma will say this is good that I’ll even bake cookies for you,” says Scott.

For more details and to pre-register go to www.clubfatass.com/events/marathon-shuffle. **RL**

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High school gymnastics

Province's best at Brooks Secondary

By Isabelle Southcott • isabelle@prliving.ca

Walkover. Split. Pike. Layout. Round-off. Salto. Whip Back. Tuck. Hand-spring.

This is but a small sampling of what you will see at the BC Secondary School's Provincial Gymnastics Championships from March 7 to 9 in the gym at Brooks Secondary School.

"We're expecting 300 athletes," says Cathy Fisher, who joins Ian McKendrick as School District 47's Brooks Secondary School teacher sponsors. "Our sessions are full."

As well, 45 judges and officials from across the province will descend on the school.

Only the top gymnasts from BC schools will compete. The province is split up into eight zones. All the schools in their zone competed in trial competitions before the meet.

"We competed in Comox in February for our North Island Zone to determine who qualified for the provincials," said local coach Joyce Percey, who is also the executive director of the Powell River Gymnastics Society.

Organizers plan to have fun working with a masquerade theme. "We encourage the girls to wear old grad gowns and thrift shop gowns. We have decorations in theme and the judges will be supporting the theme as well," said Joyce.

Equipment will be shipped up to Powell River especially for the provincial meet.

The event begins the morning of Thursday, March 7 with boys from Level 1 to 5 competing and continues during school hours on Friday and then on Saturday. "We will see beginner boys right up to national level boys on Thursday," said Joyce.

Boys compete in the various categories for six individual scores as well as their individual all round, top-level team and top school, with boys and girls teams' combined scores.

"We'll have kids doing a routine on a low bar that is a simple, basic routine with lots of padding and mats and then in the same session we will have Level 5 boys doing a double salto (somersault) in the air off the bars or on the floor," said Joyce.

Spectators will get to see competitions in floor, pommel horse, rings, vault, paral-

lel bars and high bar for boys, and vault, uneven bars, balance beam and floor routines for girls.

Because this is a school event, students are encouraged to cheer for their school. "It will be noisy. Everybody will be yelling. There will be posters and cheers and lots of clapping. The Powell River Twisters Cheer team will be performing their lifts and throws between events."

Cathy Fisher's daughter Hilary began doing gymnastics when she was very little. She took a break for a while and then picked it up again in Grade 8. "I was tag-



ALL ABOUT BALANCE: Young gymnasts develop their skills on a number of apparatus; this one on the balance beam.

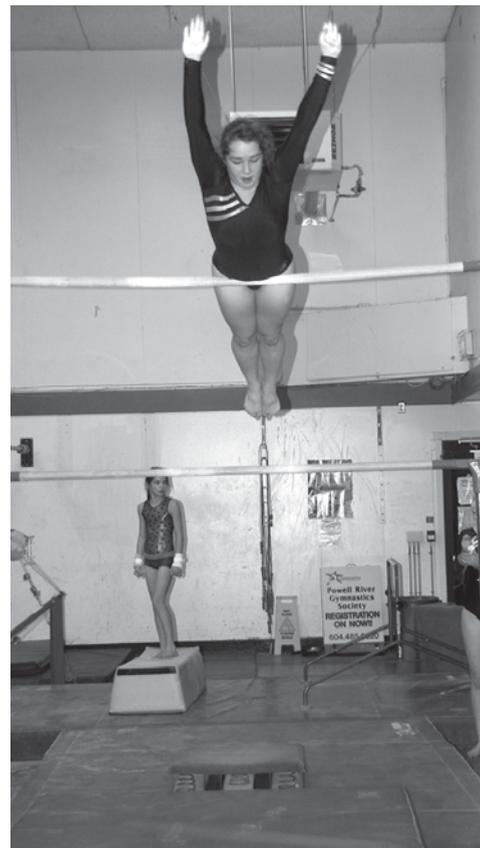
ging along to her first competition when I got involved," said Cathy.

Hilary graduated two years ago but she still coaches at the Powell River Gymnastics Club.

Despite popular belief, it isn't just the tiny girls who shine in gymnastics. "If they are scared to flip or run as hard as they can, they won't succeed. They have to be fearless and determined," said Joyce.

Alisha Kennedy began doing gymnastics when she was in Grade 8. She got first in beam and second on bars at the North Island meet last month to secure a berth in the BC Championships. "I love gymnastics," says Alisha. "It is the only thing I have done athletic wise. Once I started I never looked back."

Although gymnastics is an individual sport, it is also a team sport because your mark counts for the whole team.



BAR SCENE: A local gymnast challenges the uneven bars at the Powell River Gymnastics Club. Brooks School is hosting the provincial gymnastics championships March 7 to 9.

Boys like cyclist/musician Malcolm McDonald and Samuel Kazakoff are excellent examples of male gymnasts. "Last year was Samuel's second year and he won at the provincials," said Joyce. "He is a quiet, unassuming guy and he coaches the younger boys." **PR**

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In the chair

Athletes are equal

By Isabelle Southcott • isabelle@prliving.ca

Paul Blakeney's smile is infectious. His entire face lights up when he talks about sports.

"Paul loves his sports," says his wife Cindy.

Paul especially loves playing basketball and hockey.

"I'm a nut," he confesses. "In the last three years I've only missed one game."

Play is fast, varied and athletes are intent. The only difference is that with disability sports, basketball players are in wheelchairs and hockey players are on sledges.

For the past three years, the Blakeney family have been playing wheelchair basketball and sledge hockey.

Through parasport, the Powell River Disability Sport Club provides an opportunity for healthy lifestyle, training, personal development and social interaction for people with and without physical disabilities. In 2010 the organization developed two wheelchair basketball programs and in 2012 organized a sledge hockey program. In the last three years, the club estimates 600 people have tried their hand at parasport.

One day, more than three and a half years ago, Paul's whole life changed in an instant. On that day Paul was polishing his motorcycle the same way he'd polished it countless times before. But on this day, Paul collapsed and fell to the ground. "I had a spinal stenosis of C4. I was born with it," he says.

Paul spent seven months in the hospital and was off work for a year and a half. "We survived with help from the community."

It was a huge adjustment for him and his family. "Paul was a very active person. We built our own home and to all of sudden go to that level was hard," says Cindy.

FUN EXERCISE: Players try to block a pass during Friday night wheelchair basketball at Brooks School.



2013 GRANTS AVAILABLE

The Powell River Community Foundation is accepting grant applications from **registered charitable organizations** for local projects in the following fields of interest: Arts & Culture, Children & Youth, Community Health, Education, Environment, Seniors, Social & Economic Disparities, and Social Justice.

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Although Paul is confined to a wheelchair today, he is still active. He runs his own business, Ace Auto Electric, on Marine Avenue. Daughters Charly and Jenna work with him and his wife Cindy, who owns Madrona Boutique, works in the building next door.

The whole family enjoys playing disability sports. Cindy prefers sledge hockey to basketball while their daughters do both. And Paul? He plays both and loves both! "Disability sports get everybody involved," he says.

A core group play basketball on Friday night and sledge hockey on Sundays.

"The basketball is excellent," says Paul. "You can play wheelchair basketball at a national level without being disabled."

Players like CC Duncan and Raymond Lavoie don't require a wheelchair in their daily lives but they enjoy the game and the friendships they have with the players.

"Many players on our team are able bodied," says Paul, "but we are all in chairs when we play. It's lots of fun and the level of play is improving too."



Coaches come to Powell River from Vancouver to train the players and although they want to improve, they don't want to lose sight of why they play. "We are all about having fun and getting some exercise," says Paul.

Although Paul is no longer able to walk and run and do many of things he used to take for granted, there's lots he can do. "It was important for me psychologically to reconnect with society."

Cindy likes the fact that it is something the whole family can do together. "The kids have always played with him. It's all about accessibility. We try to do things together as a family still."

When disabled athletes and able-bodied athletes are all sitting in wheelchairs, the playing field is even. The same thing goes for sledges.

"The disability disappears," she says.

Cindy plays sledge hockey on a regular basis. "I love it!"

Paul never misses it. He so looks forward to it. It makes his week.

Wheelchair basketball takes place at Brooks School beginning at 4:30 pm Fridays and sledge hockey is played Sunday mornings at the Recreation Complex. For more information call Lindsay Peake at the Powell River Disability Sport Club at 604 485-2688. 



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The first schools were in the Townsite

DID YOU KNOW that the first school in Powell River was held in a poolroom in a one-room bunkhouse? It was only held there for five months in 1911 until the second school was built and that is where the Anglican church stands today.

The first Henderson School opened in 1913. Children who lived in Wildwood had to travel to school in rowboats before the first

cedar bridge was built in 1916. In 1923, a new school was built in Wildwood and the Wildwood children were able to attend school in the community where they lived.

But even before Powell River had it's first school, students were attending the first school on Texada Island in the honeymoon cottage at Van Anda.



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Other coastal communities were struggling financially to establish one-room schools but not Powell River. The Powell River Pulp and Paper Company built both Brooks Elementary School in 1926 and Henderson in 1913. Both schools were eight room schools and a total of 524 students attended the two schools in 1929.

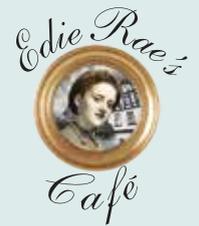
In 1921, Henderson became a Superior School and offered high-school courses. A three-year technical high school certificate was started at Brooks school in 1930. The Powell River Company worked closely with John Kyle (organizer of technical education in BC) to design this special course.

In the early 1940's, Dr. Maxwell Cameron (head of the School of Education at the University of British Columbia and former principal of Brooks High School) visited ev-

ery one-room school in the province. His findings were reported in 1945 in a document known as the Cameron Report.

He recommended the creation of large school districts covering designated geographical areas to bring the many one-room schools under one educational umbrella. In 1946, Powell River School District 47, was born thanks to former Powell River principal Maxwell Cameron. Today, the theatre at Brooks Secondary School is named the Max Cameron Theatre after our famous school principal. [PR](#)

With information from Barbara Ann Lambert's *Chalkdust & Out-houses: West Coast Schools 1893-1950*.



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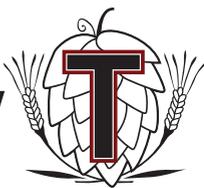
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100 years and counting

The Patrick family of Douglas Bay

By Joyce McQuarrie

The Patrick family has lived in Powell River for over 100 years. Walter and Hannah Lizzie Patrick and their daughters Madge and Nora emigrated from England in 1911. The Canadian Census of June, 1911, says they were the 44th family in the newly established town of Powell River.

Last August, the very first Patrick family reunion was held with 90 members of the immediate family. The weather was perfect and memories of special times at Douglas Bay (Donkersley Beach) were shared while the next generation began creating their own.

The Patrick family travelled to Canada on the Royal Edward in January, 1911. Hannah Lizzie was a small lady, barely five feet tall, but she had a constitution of steel, which was evident in her quiet acceptance of all that life threw at her. She was violently ill on those storm-tossed seas during the trip across the Atlantic and quickly lost weight. Upon arriving in Halifax, on February 1, 1911, they promptly caught the train to Vancouver. She had no time to recuperate but she still managed to grocery shop every time the train made its scheduled stops across Canada and made all their meals at the back of the train. When arriving in Vancouver, her parents joined her siblings already living there. The small family of four continued on to Powell River arriving on March 11, 1911. Arriving in a city of tents she surely must have wondered what she had got herself into. Their two sons, Walter John and Sid were both born in a hospital tent. It



MEET THE PATRICK FAMILY: The Patrick family in the early days consisted of back row, Walter Patrick Senior and Madge Patrick. Front row, Sid Patrick, Lizzie Patrick, and Walter Patrick Junior. Missing from the photo Nora Patrick

is not surprising that Laura Johnson, (Walter John's daughter), emphatically states that Nana taught her and many women of the family "Survival."

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Both Walter and Hannah Lizzie jumped enthusiastically into their new life in Canada. She shortened her name to Lizzie and remained so until her dying day at ninety years of age. To all of us, she was Nana. In her younger years in Cumbria, England she was employed as a silk weaver because she had small, nimble fingers. Here in Canada she was a fantastic knitter. She also loved to walk. It was common to see Lizzie walking around the Townsite with four needles churning out socks for the boys away from home in the First and Second World Wars. All four of her brothers were in World War I and Walter, her eldest son, was in World War II. She was a diligent worker for the Red Cross and taught knitting to anyone willing to learn the craft. All her grandchildren wore hand knit heavy-duty sweaters. Every new bride welcomed into the family would receive white, strong cotton pillowslips with lovely crocheted edges made by those nimble fingers. Mine are still in great shape after 53 years.

Walter was quite the tease. Laura Johnson tells the story of when Walter (Grandpa), employed as a painter for the mill company houses, would knock on the door and ask the lady of the house what color she would like for her rooms. When she inquired about which colors were available, he would always reply: "We just have black!"

Walter taught a type of rhythm gymnastics with wooden clubs that were swung around using the strength of one's arms to form patterns. Lizzie, who was an accomplished pianist, accompanied them on the piano. Laura Johnson says Walter (Grandpa) trained competitors



50TH ANNIVERSARY: This photo was taken at Walter and Lizzie Patrick's 50th anniversary. Back row, from left to right, Dan Patrick, sitting, Walter Patrick Junior, Don McQuarrie, Sid Patrick, Larry McQuarrie, sitting. Front row: Left to right, Nora McQuarrie, Laura Patrick, Walter Patrick Senior, Lizzie Patrick, Heather Patrick, Madge MacGillivray. Missing are Marge MacLeod and Pat Buhler.

in various track and field events. They included everything from high jump to knock the other fellow off the log with a sack of flour! Dan Patrick has the 111-year old photo album where there is a picture of Walter at a sporting event encouraging his team on while immaculately dressed in a suit, complete with tie, vest and hat. Both Walter and Sid inherited their father's athletic prowess and they travelled to Vancouver with Powell River's 1929 Soccer School Team and won the Vancouver Public School Championship.

Hannah Lizzie and Walter Patrick took a risk leaving England in 1911 to start a new life in the remote town of Powell River and they continued taking risks the rest of their life. They explored the bays and inlets of the coast by boat sometimes venturing out regardless of the weather.

In her book, *Marge's Memories*, Marge MacLeod—Nana and Grandpa's first

grandchild—writes that Nana and Grandpa "purchased an old clunker of a boat which my Mother says was far from seaworthy." Marge says that there were many trips when a sou' easter storm would prevent their return to Powell River on a Sunday night and they would take refuge at Myrtle Point Rocks where they picked up the "crummy" from Stillwater so that everyone could be at work on Monday morning."

In the 1920s the only access to the Bay was by boat and this proved to be the cause of an almost tragedy in their lives. Lizzie loved the Bay so much that she would stay out there all summer. Walter would take the boat to work in the mill, leaving his wife with the two young boys at the Bay. Walter Junior and Sid built rafts from the driftwood on the beach, but with each south easterly they would get smashed.

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Laura Johnson has a tape recording of that almost tragedy. Back in 1922, a viscous fire started at Myrtle Rocks caused by sparks from a logging train. The flames soon turned into an inferno from a strong westerly gale. As the fire approached the Bay, Lizzie quickly got the boys soaking sacks, which were put on the roof of their tiny shack. Soon the whole area was engulfed in smoke. They dampened cloths for their heads and quickly made their way to Kelly Point. The blazing fire still encroached and they spent their time stamping out small fires starting in the dry moss covering the rock bluff. Soon they were forced to a small ledge where they huddled all night until a forestry rescue boat found them the next day and took them to Maitland Bay. Walter Junior and Sid were only eight and ten years old at the time. The area was completely devastated by the fire and when Walter arrived by boat he couldn't find them and thought they had perished in the fire.

Dan Patrick says the best story of all happened when Walter Junior and Sid were 15 and 16 years old. Apparently tugboat operators were arriving in Vancouver very inebriated after traveling down the coast. Everyone was upset, as it was part of a big operation supplying illegal "booze." Walter Junior and Sid had sailed over to Texada Island as they did each summer and landed in Pochontas Bay. When they started looking around some men diverted them. One of the men told them a story about a Wild Bee Tree. When they got back to the Bay and told their mother about all this, she contacted the local constable, Mr. Allan. A "still" was found to be operating and arrests were made. The boys had to travel to Vancouver to testify in the court case and identify the men. As happens in court cases, the trial dragged on and lunch break was called. When court reconvened, one of the accused was re-seated in a new place. Sid was asked to identify the men and he pointed out the men. "It was him and him." The courtroom burst into laughter as he had identified the head of the liquor board as one

of the men as he was seated where one of the bootleggers had been sitting in the morning. It all got straightened out and the men were convicted of bootlegging and producing illegal alcohol.



BEST BUDDIES: Sid and Walter Junior stumbled upon an illegal still on Texada one summer.

Walter lost his job at the mill along with several other men when there were political issues with unions. No longer could they have a company house and so they moved to Douglas Bay. According to Marge MacLeod, they were almost self-sufficient. Sheep, chickens and the garden supplied their food. There was plenty of wood on the beach and alder trees in the forest. Their wood stove had a side tank for hot water. On Saturday night they splurged and with the battery powered radio they listened to Hockey Night in Canada with Foster Hewitt and their beloved Maple Leafs. Many a visiting child or grandchild would be ignored and loudly shushed when one arrived on Hockey Night in Canada. In 1936, their children felt the winters were too harsh for them and persuaded them to buy a place in Westview. It wasn't too many years later that they moved back again

to the Bay. Life was changing. Their children were no longer close at hand. Walter Junior was off to war and they decided to build a small house at the back of his lot. Walter built it out of scrap wood washed



A LIFELONG DANCE: Nana and Grampa Patrick came here in 1911, founding generations of Powell River Patricks.

up on shore. It reminded Marge of the crooked little house built by the crooked little man.

Our beloved Grandpa, died at age 91. He was hauling a wagon full of seaweed up from the beach to the back garden and he just keeled over, a death many of us would envy.

Nana and Grandpa Patrick left our family with many wonderful memories and traditional values. Their resilience and strong family values are reflected in so many of the Patricks who enjoyed themselves at our 101 Year Family Reunion last summer. We're proud of our heritage in Powell River and especially our love of beautiful Douglas Bay. As the great, great, great grandchildren of Nana and Grandpa Patrick build sand castles in those golden sands at The Bay, we are hoping the Patrick Family will still be around 101 years from now. **RL**



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Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

The **Bruce Denniston Bone Marrow Society** has moved to the offices of Agius Builders at Unit 3, 7045 Field Street. Their phone number remains the same at 604 485-8488. This move will save the society \$6,000 per year. "We are very grateful for the generosity of Jim Agius at Agius Builders," says Danita Senf, National Executive Assistant of the Bruce Denniston Society. The Bank of Montreal has donated storage space for their financial records and event supplies.

Lisa's Bookkeeping will be moving from their Marine Avenue office at the end of March to an office in her Townsite home on Maple Avenue.

Martin Brager has opened **Bow to Stern Fiberglass Repair** at 2814 McCausland Road. "We practice environmentally friendly work habits. We do a variety of cosmetic services as well as large or small overhauls in our self-contained shop," he says.

Martin and his wife Charlene and two children moved to Powell River from the West Kootenays. "We grew up in the Lower Mainland and missed the ocean." Contact Bow to Stern at 604 223-4440, 604 485-4984 or mckjb@telus.net.

Need any painting done? Local gal Amanda Birtig is running the **Student Works Painting** for the summer. The franchise offers complimentary estimates, three-year guarantee, fully insurance and their painters use top quality paints, primers and stains. Check out www.studentworks.ca or call Amanda at 604 483-1705.

Don't miss the Chamber of Commerce's popular **Business After Hours** networking event on from 5:30 to 7:30 pm on Thursday, March 14 at The Hub 101 in the Townsite. Cost is \$10 a person and includes appies. Call Kim at the chamber at 604 485 4051 to reserve your ticket or email office@powellriverchamber.com.

This early evening format provides people with another opportunity to network and promote their business. "More business decisions occur over lunch and dinner than at any other time, yet no MBA courses are given on the subject," says Peter Drucker, writer and management consultant. Don't forget to bring your business cards to hand out and enter into a draw. Organizers are also planning a business trivia as an icebreaker to get people networking. If you're still not convinced about the value of networking, read what Brian Tracy, author and motivational speaker has to say: "Network continually—85 percent of all jobs are filled through contacts and personal references." **RL**



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Meet Jim Baron

Artist, musician, teacher

How do you communicate? Do you write? Talk? Act? Sing? Dance? Sign? We all need to express ourselves, and we all find individual ways. And some like Jim Baron, use a variety of methods to communicate.

Jim wanted to paint since he was a young child but life got in the way and so he didn't for a long time.

"I started drawing when I was nine and painting when I was 10. My aunt introduced me to oil paints. She was a hobbyist and she tried to teach me the basics of mixing colours based on formulas. She soon discovered that wouldn't work because I would just naturally choose the right proportions to get what I wanted."

After high school, Jim went to Red River Community College in Manitoba and enrolled in an advertising arts program. He soon discovered the program was more about deadlines and less about creativity so eventually he began focusing on teaching. Jim moved to Powell River and although he thought about painting, he didn't pick up a brush. "Two years ago I started to paint like I really wanted to paint in the first place and I found that painting on panels was what I needed to be doing."

Jim points to a wooden panel hanging on the walls at the Tree Frog Restaurant on Marine Avenue. "Nothing is one canvas. I like the panels because they're light, portable and durable." His paintings vary in size but are generally 4x4 or 4x5 feet.

Performing Art

Jim paints live in different settings, such as at the Laughing Oyster and the Fall Fair and at weddings. "My most successful and most meaningful pieces are the ones I create live. Almost all my live pieces sell to people who were there or who have connections. I prefer painting live because there's a different depth and energy than what you get from a photograph or a computer screen."

When Jim paints at the Fall Fair, people stand around and watch him paint. "They'll circle around for a while and then come back."

Abstracts

Creating something out of his imagination is especially rewarding for Jim. "I love it when people connect with and see something in there and then make that connection. That has happened quite a few times since I started doing abstracts."

Jim paints with acrylics and latex for the most part but he



sometimes uses multi media incorporating other pigments or markers into his work.

Many people think of Jim Baron as the musician or Jim Baron as the teacher and he is. "I'm still teaching and playing music," he laughs. "The music is a business and it's evolving."

Who are you?

Just who is Jim Baron? It boils down to one word. Communicator. "Whether it's visual communication, music through songs communication or teaching, it all boils down to communicating and a need to reach out visually, musically and on a personal level," he says.

Jim is working on an album with two other musicians that revolves around local history. Last year he wrote a song about Powell River and put it on YouTube. It was well received in a very short time. "I'd like to do more music in that vein," he says. Jim is well known for his Buddy Holly music and performs regularly at the Laughing Oyster Restaurant and now The Hub. "I don't have set lists and none of the other musicians have charts so they don't know what is up next. It all depends on the mood and the crowd. This keeps it fresh."

To view Jim's art visit jimbaronartist.ca. 

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Your wedding CHECKLIST

From venues to photographers

By Isabelle Southcott • isabelle@prliving.ca

Can you imagine planning your whole wedding ceremony, inviting all the guests, booking the venue, the caterer and the photographer, sending out 300 invitations only to find out that there is no marriage commissioner available to marry you on the day you planned?

Kind of sounds like a bride's worst nightmare doesn't it?

Luckily this doesn't happen often but it has happened before and undoubtedly, will again. In order to avoid this, marriage commissioner Laura Kew has created a bit of a wedding timeline to help you with the planning process.

Pick your date and then ensure that there is someone available to marry you on that date! Don't leave booking the church and clergy or a marriage commissioner until the 11th hour or you may be disappointed. Next, figure out how much time will be required for the cer-



All photos by Jennifer Kennedy

emony and then let your marriage commissioner know.

"I sometimes have three or four weddings a day so I need to know how much time to allow for the ceremony and for travel," said Laura. "People often want their weddings at different venues like on a mountain, in a private backyard, on Savary Island, Texada Island or Hardy Island, on a cruise or at Bliss Landing.

Laura and Sheila Hodgins are both marriage commissioners in Powell River. Their information is available on the BC government website.

"I've had someone call me the day before asking me to do a small ceremony the next day," says Laura, who doesn't mind the short notice for small ceremonies.

Once you have booked the person who will marry you, book your venue and your caterer. "If you're having a big wedding you should book your caterer

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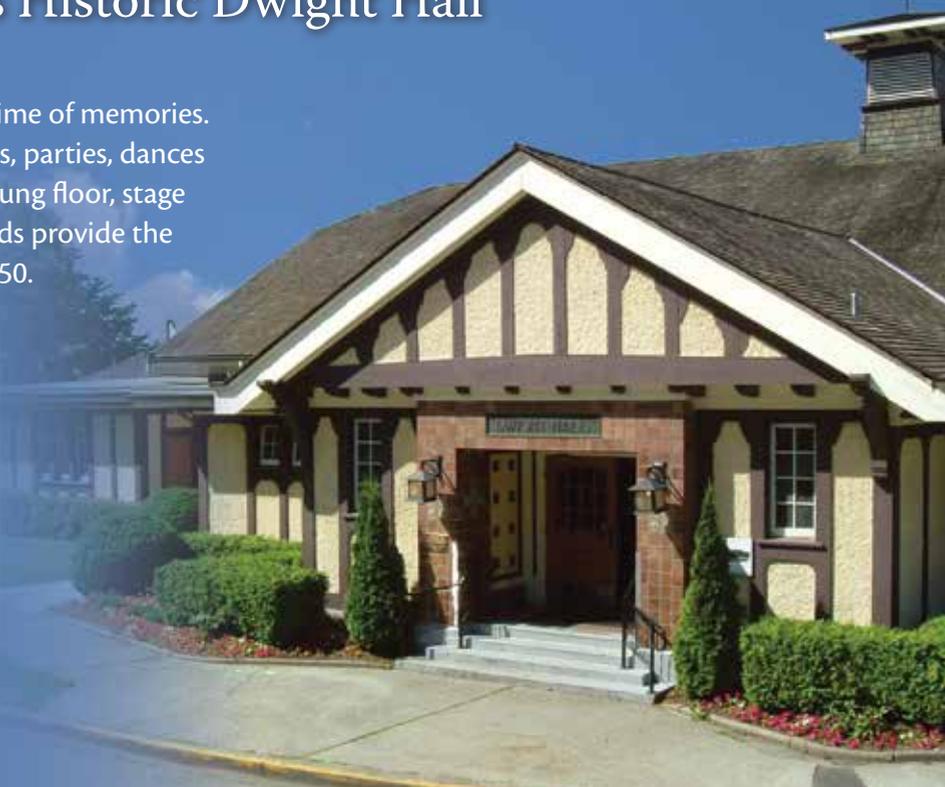
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at least a year in advance. For a smaller wedding, you need to book at least six months in advance.”

If you are holding your wedding ceremony at Palm Beach or Willingdon Beach or Lindsay Park, you need to book your venue through the Regional District or the City of Powell River.

The busy season for weddings in Powell River is June, July and August. “I have some people who book two years in advance. I advise people to book at least one year in advance unless they are flexible on the time and date,” says Laura. She also encourages people to find out what else is going on in Powell River at the time of their wedding. For instance, if Kathaumixw is taking place, there could well be a shortage of places for guests to stay.

“I really enjoy the couples who are adventurous and who want to do something a little bit different or get married in a different venue. They put their own personality into the ceremony.”

She remembers doing a beautiful wedding at Mermaid Cove. “Everyone was barefoot and I kicked my sandals off too. They had a harpist and they were on the rocks overlooking the cove. They were a really loving couple and each attendant had words to share with the guests.”

At another wedding on Palm Beach, the bride’s little nephew was in attendance. “They were saying their vows and just about



to say I do when the little guy picked a dandelion and said: ‘Auntie, Auntie’ and handed her this dandelion. It was such a beautiful moment.”

The bigger the wedding, the more there is to do. Event planners can be a tremendous help in organizing and taking care of all the details but when it comes to choosing the perfect dress, suit, or tuxedo, it is better to do it yourself!

Laura advises booking photographers early but suggests checking out their work before hiring them. In this day and age, most photographers have websites where you can view their work. “Some photographers will do really non-traditional shots,” she noted.

There are a multitude of things to consider like accommodations for guests, ordering flowers, decorations, and rentals like outside tents, chairs and tables, checking the weather, purchasing the rings, checking the tides (if it is a beach wedding) and

even parking for guests. “If your wedding is going to be a day trip to Savary Island people will need somewhere to park their vehicles, and water taxis need to be booked in advance.”

You may need to book a bartender and get a special occasion license. It is also important to decide whether you are making your own wine or buying it. “If they make wine to serve it has to be at a private venue and they can’t charge for it,” says Laura.

Will the bride change her last name? If she does, she will have to change all her identification and she will need her official marriage certificate to do that. “If you are going on a honeymoon and need a passport, wait until you come back to change your name, because it takes a while to process your passport and credit cards,” says Laura.

While weddings go more smoothly when they are well planned, there are some things that no one can control like weather tides so it is always good to have a Plan B.

And last but not least, don’t forget your marriage license. “It’s only good for 90 days and it has to be valid on the day of the wedding,” says Laura. **RL**

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The right picture

Choose your photographer carefully

There are lots of photographers out there, from hobbyists to professionals, but it's up to you to find a wedding photographer you feel comfortable with and whose work you admire.

One way to get an idea of a photographer's work is to visit their website. You can also ask other people who they recommend.

Like many things, you get what you pay for. A professional photographer will charge more than your cousin's second best friend will but a professional photographer will also do a better job. Once the dress is hung up, the bouquet tossed, and the cake eaten... what remains? Wedding photographs! These photographs will be shared with special people who couldn't make it to your wedding, online and future generations.

Serious brides book when they get engaged "I often have weddings sitting 'on the books' for two years," says Jennifer Kennedy of Kennedy Fotografik.

Booking early guarantees that you get the date you want, you can meet with your photographer many times to flesh out exactly what is expected of both parties. "It also gives you time to book an engagement shoot, which I do with pretty much all of my weddings now," says Kennedy. "It's a great way to work together before the wedding so they can see how I work, and I can see their comfort level with each other in front of the camera. 



photos by Jennifer Kennedy



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Beautiful bouquets

Don't forget the flowers!



There are many elements that go into creating a beautiful and memorable wedding but flowers create the first impression and the wow factor!

Once the venue is selected, the dress is bought and you have confirmed your wedding party, it's time to book a consultation (usually free), with a wedding florist at least six to 12 months before your wedding. "As a professional with experience in designing wedding flowers, a floral designer can help you in working within your budget and establishing your vision for your wedding day," says Doreen Leach, of Blush Fresh Floral Design. For instance, your wedding may be vintage or modern elegant, or garden party but your flower choice and bouquet style will be determined by your vision and your personal choice and colors.

If the wedding is taking place in a beautiful outdoor setting or a venue that has a lot of natural character, it's better to let the surroundings be the main focus and enhance the natural elements with a few vases of simple elegant flowers. If your wedding is taking place in a banquet hall or hotel ballroom, you can create a cozy atmosphere with lots of candles and spectacular table arrangements and a few large floral vases for the entrance and buffet tables. The more extravagant the dress or venue, the more simple the flowers. The more simple the dress or venue, the more trendy or colorful the flowers can be!

You should also discuss your ideas with your photographer since they know what looks good in a photograph and will be capturing the beauty of your special day to preserve your memories. **PR**

A bit of bubbly?

What you need to consider beforehand

For your best chance of getting the products you want, order your alcohol at least one week in advance of your wedding day. Special Occasion Licenses should also be arranged one week in advance, says Clarke Sloatweg, senior store manager Powell River for BC Liquor Stores.

A special order constitutes products liquor stores don't normally carry. A week is usually enough notice although depending on the products, it may take a few days longer. "Products that are not generally available in BC can take a month or more to be shipped." Special Occasion Licenses are required when a wedding is being held in a public place and liquor is being served. They are not required on a person's private property. And finally, do not purchase more than the Special Occasion License allows. "This is commonly done anticipating



people will drink far more than the permit allows. This is very seldom the case and people are left with excess liquor. Returns of product are allowed for unopened, saleable products as long as permit restrictions are adhered to." **PR**

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Cancer and nutrition

Free program begins soon

When Kitty Clemens finished her studies as a Registered Holistic Nutritionist in 2008, she began searching for an area in which to specialize and use what she had learned to make a difference in the lives of her clients. In her research she discovered the National Association of Professional Cancer Coaches (NAPCC), a federally registered non-profit association established in October 2008.

The NAPCC was established to provide a governing body for professionally trained and registered integrative cancer experts in the US, Canada, Australia and Europe and is the only association of its kind. Its member coaches are health care practitioners with professional designations in nutrition, nursing, clinical psychology, naturopathy, medicine and oncology.

Kitty began to study with the NAPCC and became a Certified Professional Cancer Coach.

Part of NAPCC's purpose is to provide a standardized 6-Step Cancer Wipeout Program free of charge to cancer patients in communities everywhere and as a certified professional cancer coach Kitty is able to offer the 6-Step Cancer Wipeout Program here in Powell River free of charge.

The program is comprised of six individual phases that promote patient self-care and empowerment through education. These steps encouraging the prevention and elimination of active cancer, secondary cancers and for blocking cancer recurrence, post remission and will touch on nutritional, lifestyle, environmental, psycho-social, medical and integrative treatment causes and effects.

This program is offered to people who were recently diagnosed with cancer, who are living in the active stages of cancer or who are in early remission. The first 6-Step Program will take place over three successive Wednesdays three hours each week on March 13, 20 and 27. There are two session times to choose from 9 am to noon or 1 to 4 pm.

The program takes place at Pro-Active Nutrition, 4585 Marine

Avenue. There is no charge, but as there is only space for eight people at a time, registration is required. Call 604 489-0200 or kitty@pro-activenutrition.ca. PRL

The first Six-Step Program starts Wednesday, March 13, 20 & 27 from 9 am to noon or 1 to 4 pm (once a week for three weeks)



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- Peter Drucker, Writer and Management Consultant

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- Brian Tracy, Author and Motivational Speaker

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The first Six-Step Program starts Wednesday, March 13, 20 & 27 from 9 am to noon or 1 to 4 pm (once a week for three weeks)

Please call to register as there are **only 8 spaces available per time slot.**


Kitty Clemens RHN
Board Certified in Practical Holistic Nutrition
Certified Breast Cancer Coach

4585 Marine Avenue, Powell River
604 489-0200 • kitty@pro-activenutrition.ca



A growing concern

By Jonathan van Wiltenburg • edenhort@gmail.com



A honey of a berry!

The newest berry to hit the gardening scene is sweet and healthy. *Lonicera Caerula*, known as Haskap or Honeyberry has become increasingly popular in both the commercial and home cultivation throughout Canada, thanks to an intensive breeding and research program out of the University of Saskatchewan.

The hype is not unwarranted. Belonging to the honeysuckle family, the honeyberry boasts a complex taste that combines the flavour of blueberry, raspberry and blackcurrant. Mmmmm! Touted as high in vitamin C and A, they also boast higher antioxidant levels than many of the other major berry crops. They can be enjoyed fresh, dried, cooked, and also can be juiced for fresh or wine production. There are many cultivars available on the market, but the U of Sask recommend 'Aurora,' 'Borealis' and 'Tundra' for home cultivation. Although honeyberry plants are relatively new, they are available at nurseries throughout BC.

CULTIVATION

Honeyberries need very little attention and seem to be fairly easy to grow. Plants will grow to 4 to 6 feet wide and tall and prefer well-drained, humus-rich soil. They like full sun for maximum fruit yield. It is important to mention that you must plant at least two plants with similar flowering schedules to provide appropri-

ate cross-pollination for fruiting. Feeding is not necessary, however an annual application of well-rotted compost should keep your plants happy and healthy. It is a good idea to protect plants from marauding birds as well.



HARVESTING

Fruit ripens 6-8 weeks after flowering, which is usually sometime in late spring or early summer. The fruit is at its peak sweetness as the inner flesh turns deep dark red and the outer skin develops a whitish hue similar to a blueberry.

PRUNING

Prune as you would blueberry, with no pruning in the first three years other than dead wood. Light renewal pruning can be completed on mature plants, preferably after fruiting. For more info visit www.fruit.usask.ca/haskap.html.

Priorities for March

- 1 Indoors, sow your heat lovers such as tomatoes, peppers and cucumbers — the sooner the better! Outdoors, when the soil is workable, consider sowing some early greens, peas, spinach, summer cabbages, parsnips, carrots, beets, potatoes.
- 2 Secure and apply compost, well-rotted manure, or seaweed to enhance the nutrient and organic matter content of your soil. Just 5-10 cm topdressing should be adequate to smother the weeds and keep in the moisture.
- 2 Finish pruning your fruit trees. If buds have not broken, you can apply a later application of dormant oil. Take care to have the correct mix ratio.
- 4 Weed the garden. Get out there before they get away on you. Even a quick hoe will be better than nothing.
- 5 Tune-up all your tools and machines: sharpen, clean, oil and purge the useless tools that were bought previously on a whim.
- 6 Cut down ornamental grasses, ferns, and other perennials still up for winter interest. While you're out there, have a look at the perennials and decide what needs to be split, moved or yanked out in the near future.
- 7 Jot down some larger garden projects that you would like to see done this year. Commit to tackling as least one of them.
- 8 Construct a seed-sowing schedule, or find one online. Sketch out your garden plot and plan your rotations.
- 9 Prune your shrub roses. They prefer a hard pruning rather than soft. Also try to prune to an outward facing bud to ensure proper growth.

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Powell River Living
EVERYDAY MATTERS

By Isabelle Southcott

The apology

An apology is an admission of error or discourtesy accompanied by an expression of regret. Most of us are taught, at an early age, what an apology is and when one is appropriate. My children included.

I have two boys. Matthew is almost 16, Alexander, almost 14. Matt is twice Alex's size. Alex's nickname is the mosquito because he bugs and bugs until you feel like swatting him but instead of swatting him like you would an annoying mosquito, I generally give in so he'll stop annoying me.

On our way home from the school Science Fair a few weeks ago Alex suggested that we stop at Tim Horton's for a treat. "Let's get some donuts," he suggested. I agreed. We went inside and I got a Boston cream and Alex got a chocolate donut. Then Alex he sweetly suggested we get a raspberry donut for his brother.

"How kind," I thought. "He remembered his brother."

We arrived home and Alex insisted that he be the one to give Matt his treat. My heart swelled with pride at such a display of brotherly love.

I was half way up the stairs when Alex came flying past me. I could hear Matthew thundering behind him yelling as he ran. The door to my office slammed and I heard the lock click shut.

"That little brat," Matthew shouted. "I'm going to pound him."

"What happened?" I said. "I thought he gave you a donut?"

"He did," Matthew seethed. "But he also farted in my room and it smells."

I could hear Alex laughing from behind the door while flames shot out of Mathew's nostrils. He posted himself on the outside of the door to wait for his little brother to emerge and administer the promised pounding.

What Alex had done was wrong but if Matt pounded him the situation would be even worse.

"Matthew, you can't hurt him," I protested. "I know you're angry but I won't let you hurt him."

"Mom, he FARTED in my bedroom," protested Matt.

"Alex," I said to the child locked in the safety of my office. "You shouldn't have done that. It wasn't very nice and you know it. You also knew you'd make your brother mad."

"It was only a fart," said Alex innocently. "I didn't know he'd get so mad."

I sighed. Of course Alex knew exactly how Matthew would react but he just couldn't help himself. I was reminded of the story about the scorpion that wanted to cross the river but he couldn't swim so he asked he frog to take him across. The frog didn't want to take the scorpion across the river because the scorpion would sting him. "I won't sting you," the scorpion promised. "Because if I did, I'd die too."

The frog agreed and the scorpion jumped on his back. In mid-river, the scorpion stung the frog. The frog felt the onset of paralysis and began to sink knowing that they both would drown, but he had just enough time to ask the scorpion why he did it.

"Because it's in my nature," replied the scorpion.

In my nature. Yes, I guess it is in Alex's nature to annoy his brother even though he knows what will happen. He just can't stop himself.

I still needed to calm Matthew down. I made him a cup of tea and he went to his bedroom far away from Alex. I told Alex that he needed to apologize to his brother. "But I only farted," he protested. "Besides, I can't apologize, Matthew will get me if I go near his room." He had a point so I suggested that he write a letter.

Ten minutes later, Alex produced a letter. It was inside a sealed envelope with Matthew's name on it. I smiled. "What a sweet boy," I thought.

"I'll take it to Matthew," I said brightly, sincerely believing the whole issue was about to be resolved as I walked to Matt's bedroom.

Matthew opened the letter but quickly crumpled it up and threw it on the floor.

"Alex is such a brat," he said.

"What?" I asked. "What has he written?"

"You read it Mom," said Matthew. "That's not an apology."

Dear Matthew,

I am sincerely sorry for what I have done. I did not mean to create such a large ruckus from the incident that happened on February 19, 2013. I hope that you can get past the fact that it was only a fart. I also hope that your feelings are not too broken up about the incident.

Sincerely, Your brother Alex

I had a hard time keeping myself from laughing. It was an apology and it wasn't an apology. Alex the mosquito was buzzing again and like the scorpion, when it comes to his brother, he is unable to stop himself.

The next morning, all was forgiven. When I looked at my boys eating breakfast together, they were laughing and chatting like nothing had ever happened. **RL**

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The art of health

Creativity's role the focus of workshops

Staying healthy is about more than running laps or lifting weights – a point that will be made clear during the Women's Health Network's "Art of Health" day of workshops at VIU March 9.

"Creativity can be a part of women's health and incorporate physical activity," says public health nurse Wendy Nouwens, adding that healthy living incorporates "mental, emotional, physical and spiritual well-being."

Wendy says that when will get information from professional free of charge, including psychologist Lisa Strickland-Clark, art therapist/social worker Sandy McCartie, physician Leta Burechailo, personal trainer Roche Rossouw and others.

Workshops range from art therapy to improv to core strength training. Some workshops have already filled up. Visit the website at www.everywoman.com/artofhealth to see what's still available and to register, or call 604-485-3310. The event is by donation, and women can come for one workshop or spend the

day. To make it available to as many women as possible, child care and transportation is available by donation.

Pictures of Health

Photographer Jennifer Dodd and the chair of the Women's Health Network, Sandy McCartie, have been capturing images of local women of varying demographics and asking them "What do you need to have good health?"

Selected portraits and quotes will be on display all day at the Women's Conference on March 9 at VIU, but until then, the "Inside Out" project will be displayed at the Town Centre Mall. 



INSIDE OUT: Some 40 women, including Sylvana Hernandez, were photographed by Jennifer Dodd for Women's Health Network project called "Inside Out."



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Powell River Living SAVE THE DATE

Until March 4: Festival of the Performing Arts music portion at the Evergreen Theatre.

March 2: The Met Opera presents *Parsifal* in HD at the Max Cameron Theatre at 9 am.

March 2: Frank Clayton attempts 500 pushups in 20 minutes as a fundraiser to send Canadian Martial Arts Academy students to Windsor, Ontario.

March 2: Stuart McLean Vinyl Cafe 7 pm at the Evergreen Theatre. Sold out.

March 4-7: Speech Arts at the Festival of the Performing Arts in the Evergreen Theatre.

March 6: Dance at the Festival of the Performing Arts in the Evergreen Theatre.

March 7: Acapella jazz/pop quartet Cadence performs at the Max Cameron Theatre at 7:30 pm.

March 8: Blowin' the Blues Away - the music of Horace Silver, played by the Walter Martella Quartet at the Rainbow Room of the Rodmay Heritage Hotel at 8 pm.

March 8: Comedy Night at the Carlson Community Club at 8 pm featuring Chris Molineux and special guest Greg Kettner. Get tickets at the lounge (downstairs) or call 604-485-4571.

March 9: The Art of Health workshops at VIU ranging from yoga to improv to psychology. Hosted by the Powell River Women's Health Network. Check what workshops are still available at www.everywoman.ca/artofhealth or call 604-485-3310. Child care and transportation available. 9-4 by donation.

March 9: Seedy Saturday from 10 am-3 pm at the Rec Complex. Swap or buy seeds. Gardening workshops, vendors, children's activities and more. \$2 admission. Children under 12 free. For info www.prfarmers.ca/pr-seedysat

March 9: Grand Concert for the Festival of Performing Arts 7:30 pm at the Evergreen Theatre.

March 14: Rolling Stones and Beatles tribute bands at the Recreation Complex at 7:30 pm.

March 18: Townsite Heritage Society annual general meeting. Everyone welcome. 7:15 pm at Henderson House, 62111 Walnut Street.

March 23: Third annual "Memoir Masala" at the Cranberry Hall, 6828 Cranberry St. Grads of the Library's Memoir Writing for Seniors course share their work and host a social afterwards. 1:30 to 3:30. All welcome. Free event. Contact Sandra at 604-485-8662 or stonn@powellriverlibrary.ca for more info.

April 6: Book Sale by the Powell River Friends of the Library. 10-3 at the Club Bon Accueil, 5110 Manson. The giant book sale we all wait for! Find stacks of treasures - old favorite authors and new ideas.

April 7: Scotiabank MS Walk. Every step matters. Check in at the Powell River Public Library at 9 am. Walk starts at 9:30. Register now to end MS at mswalks.ca or call 1-800-268-7582 ext 7238.

April 16: Randy Bachman and the Vinyl Tap tour visit the Evergreen Theatre at 7:30 pm, presented by cbcmusic.ca. Tickets \$42.50 at the Recreation Complex box office or call 604-485-2891.

April 28: 20th annual Marathon Shuffle. Pre-register at www.clubfatass.com/events/marathon-shuffle. Meet at 7:30 at Shinglemill parking lot to sign in, late registry, and for free bus ride leaving at 8 am to trailhead on

Malaspina Road for 8:30 am start. Half shuffle starts at 10 am on Wilde/Tomkinson Road.

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, 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 at the Community Demonstration Garden. Call 604 485-2706.

Mondays: Cinch card games at RC Legion #164, 7 pm. Newcomers welcome.

Mondays: Bike ride at Suncoast Cycle, 6 pm

Mondays: 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, 1 pm. 604 487-9332.

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

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

Second Monday: at Family Place: "Multiples," a group for parents with twins & 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 10 am-1 pm. Contact Trudy Simpson at 604485-6396 or Sandy Graham at 604489-0024 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 7-8:30pm at Oceanview School. For info call Isaebelle at 604 483-9229 or isabelle@prliving.ca.

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: Family Place: "Stone Soup" coopera-

tive 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.

Wednesdays: Gospel Meetings 7:30 to 8:30 pm in the Cranberry Seniors Centre 6792 Cranberry St.

Third Wednesday: Are you a woman INvested, INVolved and INterested IN business? Then Powell River Women in Business is the place for you. For more information email prwomeninbusiness@gmail.com or check us out on FaceBook.

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-1 pm 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 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



We will be moving to
the Phoenix Centre on
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Easter Worship



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Everyone Welcome

Easter Sunday Sunrise Service
March 31 at 7:30 am at Marine Avenue lookout

Easter Resurrection Celebration Service
March 31 at 10:30 am at the Salvation Army,
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Westview Baptist Church

EASTER SUNDAY SERVICE
Westview Baptist Church, 9 am & 11 am
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Mar 24 † 10 am **Palm/Passion Sunday** with procession

Mar 28 † 7:30 pm Last Supper, **Maundy Thursday service**
Garden of Gethsemane

Mar 29 † 10 am **Good Friday Prayer service**

Mar 30 † 8 pm Full **Easter Vigil Service**

Mar 31 † 10 am **Easter Sunday** of the Resurrection

Powell River United Church
REV. MAXINE PIRIE • 6932 CROFTON ST • 604 485-5724

Good Friday Service † 10:30 am

Easter Sunday Sunrise Service † 6:30 am, Valentine Mtn
Meet at the foot of Valentine Mtn at 6:30 am • Service at 7.

After Service coffee & muffins at the United Church Trinity Hall

Easter Service † 10:30 am



Faith Lutheran Church
At the corner of Alberni & Ontario Streets • 604 485-2000

Lenten Soup Suppers
every Wednesday † 5:30 pm

Easter Sunday Potluck Breakfast † 8:30 am

Easter Sunday Service † 10 am

**We invite everyone to join us
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Influential Woman of the Year

awards to recognize the contributions of women as business and organizational leaders in Powell River.

Nominate a woman you admire!

Two Powell River (region) women will be recognized with awards as influential women in business or community. Judging will be done by a panel of local business and community members.

TO NOMINATE A WOMAN YOU ADMIRE:

1. Tell us in 500 words or less why she should be considered for the award.
2. What is your association with the nominee?
3. Include your contact information: name, email and daytime phone.

Category A • Influential Business Woman Award
Include with your submission the following information about the nominee: Name, company, job title, telephone and email address.

Award Criteria

- Has been in business/workforce for at least two years
- Has demonstrated professional integrity
- Has provided exceptional customer service
- Has proven to be valuable to the community

Category B • Influential Woman Award
For non-profit community organizations

Include with your submission the following information about the nominee: Name, organization, title or role, telephone and email address.

Award Criteria

- The organization is a not-for-profit organization.
- The organization has existed for at least two years.
- The services or programs meet a community need and make a significant contribution to Powell River.
- Programs are innovative, sustainable and measurable.

AWARDS CEREMONY DINNER
April 17 at 6 pm at Tree Frog Bistro
\$35 includes appetizer, buffet dinner & dessert
Reserve your spot at Beyond the Bed or Squatter's Creek Wines

Email nominations to casabeck@uniserve.com, or drop them at Beyond the Bed or Squatter's Creek Wines

Completed nominations must be received not later than 5 pm, March 31, 2013

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Max Cameron Theatre presents

LIVE FROM THE MET OPERA

- Mar 2, 9 am • Parsifal
- Mar 16, 9 am • Francesca da Rimini
- Apr 27, 9 am • Giulio Cesare (New Production)



LIVE STAGE PLAYS FROM THE UK NATIONAL THEATRE

- April 11 • People with Frances de la Tour
- May 23 • This House with Philip Glenister



LIVE PERFORMANCES AT MAX CAMERON THEATRE

- Mar 7 • Cadence – 4 men, 4 microphones. One of the best jazz/pop vocal quartets performing today.
- Apr 3 • Outerbridge – Grand Masters of Illusion. An evening of magic, illusions and comedy.
- Apr 18 • Ballet Kelowna – Journey around the world with stops in Spain, ~~Canada~~, England and Canada.

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Tickets now available ONLINE • www.MaxCameronTheatre.ca



Ticket prices on live performances range from \$12 to \$26. Tickets are available at Academy of Music Box Office, Breakwater Books & Coffee on Alberni and at the Max on the day of performance. For more information call 604.485.9633 or 604.483.3900

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GET A COLOURING PAGE/ENTRY FORM

from any store in the mall or from the mall office. Submit entries to the Mall Office by March 29.

Winner will be notified on March 30