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Track star

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at age 90!**

Golf for girls

Sport opens new doors



JUNE 2013

New Safeway manager brings community focus

As a young boy fishing on the Strait of Georgia, Steve Wadsworth would look at the white smoke across the water. “That’s Powell River’s mill,” his dad told him. At 16, Steve started working for the Courtenay Safeway as a service clerk, pushing buggies in the parking lot.

Now, more than 20 years later, he’s still with Safeway—and is thrilled to be back “home” on the water, as Powell River’s new store manager. He’s brought his wife and three sons, aged eight, six and two, with him, and the family has settled in Westview.

Why get to know Steve, and the store? With 95 union employees, Safeway represents a significant part of the local economy. Powell River’s store opened 52 years ago, in 1961—it’s one of the oldest continually-running retail shops in town. A third of the staff have worked here for over 20 years. Shopping here, Steve noted, helps keep real wages and real jobs in town.

“Powell River has supported Safeway for 50 years, and I believe Safeway should support Powell River,” said Steve. He hopes to expand the company’s presence in the community and meet more people. “We will be getting out in the community more than ever,” says Steve.

“I think customers should shop in a store with a safe environment, where they’re confident in the selections, and where the employees are happy and enjoy coming to work.”

So swing by and get to know Steve, and reintroduce yourself to Safeway—Powell River’s community grocery store.



Best-kept secrets of Safeway:

- The full service meat counter staff cuts a wide variety of meat in-house; free marinating is available on request
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- The pharmacy offers on-site immunizations, medical review appointments, free home delivery, and many other specialized services
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- Bring your own photos, old or new, and bakery staff can print edible pictures on cakes, and decorate specialty wedding cakes
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- The company is the one of Western Canada’s top supporters of the Food Bank and the Salvation Army

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



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

Welcome Pieta



Pieta Woolley

Powell River Living is pleased to
welcome **Pieta Woolley** to our team
as **Special Projects Coordinator**.

Pieta is a history nerd and mom-of-two. She brings newsroom
experience at *The Georgia Straight*, *The Tye* and the *Hay
River Hub*, plus her years of freelance writing and media
communications consulting, to her new position
at *Powell River Living*.

pieta@prliving.ca • 604 485-0003



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ON THE COVER

Maggie Hathaway and Maddie Yule enjoy a round of golf at Myrtle Point.

Photo: Isabelle Southcott

Powell River Living CONTRIBUTORS



DEREK ELLIOTT is the head coach of the Powell River Breakers Track Club. Inspired by the joy of young people being fit and active, he coaches a variety of sports including basketball, badminton and mountain biking.



MARIA GLAZE and her family moved to Powell River in 2007. Since their move, Maria sees something every day that dazzles and delights her. Her camera lets her capture those moments and share the magic.



ANIKA WATSON is a Grade 12 student visiting Brooks from Vancouver to participate in the Coast Mountain Academy's program. She's looking forward to being part of creating positive sustainable change in every community she calls home.



PIETA WOOLLEY is *Powell River Living's* newest team member. She recently moved here from Vancouver with her husband Martin and two young children. Pieta has been a journalist for more than ten years having worked for *The Georgia Strait*, *The Tye* and community newspapers.

Golf seems to have too much walking for a good game, and just enough game to spoil a good walk.

— Harry Leon Wilson (1867 – 1939)
American novelist & dramatist

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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

A time to transition

June is an important bookmark month because it is both a beginning and an end. It marks the end of the school year, the longest day of the year (June 21 is summer solstice), and the beginning of summer. It's a time for class trips, to hang your laundry out and breathe in the fresh, sweet smell of air-dried linens. It's time to open up cabins, plan weekend escapes and summer holidays. It is a time of transition.

Myrtle Point is hoping its focus on youth programs will transition young golfers into well-adjusted adults. Our cover photo and lead story, "Golf for girls" on Page 9, focuses on the efforts to introduce more girls to the game of golf, and the character and etiquette that hopefully goes with the sport.

The BC Bike Race is back! When racers come to Powell River July 2, they'll be accompanied by hometown boy and cyclist Mike McHugh. Although we welcome all participants, locals will be cheering hard for Mike. The story on Page 11 is written by the newest member of the *Powell River Living* team, Pieta Woolley.

Pieta moved here a couple a months ago from Vancouver with her husband Martin and two children. She fell in love with the community after camping here last summer. After returning home, Pieta and her husband decided that they wanted to raise their family here.

Pieta has worked for the *Georgia Strait*, the *Tyee* and the *Hay River Hub*. With a background in media and communications consult-

ing, she has joined our team as special project coordinator. You'll also see her considerable writing, photography and researching skills in the pages of the magazine in the coming months.

The Pacific Region International Summer Music Academy (PRISMA) takes place June 18 to 28. Internationally renowned artists will train students from all over the world right here! You'll have a chance to take in several chamber and orchestra concerts for bargain prices. See the article on Page 13.

The story about Ruby Duck made such a splash last month that we had to do a follow up. Shaw TV loved the Ruby story so much they did their own and aired it on Channel 4. Turn to Page 18 to see Ruby reading the magazine that features her picture on the cover.

Our "I Made the Move" series continues on Page 19. This time, it's with a couple who moved here from Kimberley, BC. They fell in love with the Historic Townsite and bought a home on Maple Avenue, which they are in the process of restoring.

Just in time for Father's Day, there's a story on Page 21 about the father-daughter team of Rob and Rosalea Pagani who made a saddle together.

We hope you enjoy this issue of *Powell River Living*. Thanks for reading. 



Isabelle Southcott, Publisher • isabelle@prliving.ca



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What's up? POWELL RIVER?

Henderson's imagination team!

The "Destination Imagination" team from Henderson Elementary finished second in the instant challenge portion of the provincial competition in Richmond, securing fifth overall. The Grade 3-5 team included Kayden Piniewski, Sydni Piccinin, Dakota Trouten-Budgell, and Karoline Smith. "The instant challenge involves being given a random scenario and tools then being asked to create a solution to a problem," said Henderson principal Scott Fisher.



Eagles return

Eagle fan Hector Beauchesne tell us that the Marine Avenue eagles succeeded in rebuilding their nest on third attempt this year. "Amazingly, they have two young ones again this year. She laid the first egg March 1, the earliest date ever by two weeks. They hatched early April and are already a good size. People still inquire about the eagles and say how much they enjoyed the article in your (September 2012) magazine."

FOUNDATION SUPPORTS COMMUNITY

The Powell River Community Foundation awarded five grants last month to groups that make a difference. The Kiwanis Housing Society's activities program enhancement for \$868; Lund Community Society received for \$1,000 for their LundEATS! Education and Action Together for Food Sovereignty; Powell River Branch Navy League got \$1,665 for their Albacore Sailboats Refurbishing project; and \$1,000 went to PRISMA for their youth audience expansion project. The Malaspina Arts Society got \$1,335 for their 25th anniversary public art project: installing 25 cedar benches from Lang Bay to Lund, each with a back panel painted on or carved by a local artist.

ASBESTOS WALK & TALK

Jim Williams, a one-time miner, will read from his book "Rock Reject" and sign copies at River City Coffee from 3 to 5 pm on June 22. The event follows an awareness-raising walk about the dangers of asbestos—BC's leading workplace killer. The chemical is associated with several diseases, but especially lung cancer. Guest speakers kick off the day at 11:30 am at the Complex. At noon, participants will march a 3.5 km loop along Joyce Avenue. A barbecue follows, at 12:30 pm. Visit areafund.ca for details.



Paul Schachter from the PRCF with Roy Blackwell (holding cheque) and Rianne Matz from LundEATS!

Congrats to volleyball's U14 golden girls!

Powell River's under 14 girls volleyball team are the 2013 Division 2 Canadian Open Volleyball Champions! The Aces played nine matches May 10-12 against teams from Western Canada and Yukon and Ontario in their drive to the gold. The team is Claudia Piccinin, Melinda Boyd, Kate Fisher,

Katie Tuba, Tyana Sacree, Hope Lechner, Maddie Yule, Sylena Romanyshyn, Amelia Vincent, Paige Lawson, Lauren Mander, Meggan Skorey, Kayla Reed, Chloe Elzer and Matilda Bertrand. They are coached by local volleyball legends Doug Skinner and Jay Yule; their trainer is Amy Jensen.



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



Last month's answers:

- Action speaks louder than words
- Break a leg
- Burning the midnight oil



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

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© Alan Moran

Three cheers for Team Rebecca!

Rebecca Glaze rode in style when she participated in last month's Thrive & Shine Women's Walk/Run. She was in a TrailRider with both her mom Maria and sister Katie alongside. Powell River Mobility Opportunities Society (PRMOS) supporters joined Team Rebecca when they realized she needed more person power to get through the trails. Maria posted pictures on Facebook saying: "This was the best Mother's Day present ever."



Try out dragon boating?

Paddling for Life Dragon Boaters are looking for members. The boating team supports the well-being of women with breast cancer and is made up of survivors and supporters. "We'll provide life jackets and teach you how to paddle." To learn more, call Barb at 604 485-7333 or Lynda at 604 485-7909 or email tomlyn-miller@shaw.ca.

Golf for girls

You never know where the game will take you

By Isabelle Southcott • isabelle@prliving.ca

When kids get into the swing of golf at a young age, they're learning a game they can play for decades to come.

"Junior golfers are the future," says Buzz Wilson, head professional at Myrtle Point Golf Club.

This year, 108 Grade 6 students spent two hours a day, once a week, for four weeks, learning basic swings, etiquette, putting and chipping. Brooks Grade 11 and 12 physical education students also took lessons.

"I try to encourage kids to pick up the game. I believe there are opportunities for kids who golf," says Brooks Secondary School counsellor Tony Marciniak, who is also the coordinator of Myrtle Point's Junior Golf Program.

Unlike soccer or hockey, golf is an individual game. "It helps with character development," says Tony. "Some of the characteristics are embedded in the sport.

I see some really strong characters coming out of golf."

Although the golf industry is focusing on juniors, they're zeroing in on girls. "There are significantly fewer girls playing golf than boys," says Tony. He would like to see that changed.

"I think, at the heart of golf, it is an embarrassing sport because you miss the ball. When you miss the ball for the tenth time and you are still swinging at it, it can be difficult to deal with."

And that, he says, is an image issue.

The solution? Present opportunities for females that say it is okay to miss the ball or not hit it that far, says Tony. Present them with girls only lessons and groups. Invite them to bring a friend. "Once they learn to swing the clubs they'll surprise them-

selves with how far they can hit it!"

City Councillor Maggie Hathaway learned to play golf as an adult. She loves the game and spends as much time as possible at the golf course. "There are many opportunities for girls who golf," says Maggie.

Take scholarships, for example. The United States has equal opportunity scholarships for sports but more males apply for golf scholarships than females, she says. "If you practice your golf game and get to be a good golfer you can pay for your university degree."

Former Powell Riverite Elyse Kinley began playing golf on the high school team and with Myrtle Point's Junior Club. "Through both venues she was able to travel and compete in tournaments. The Myrtle Point Golf Club Juniors provided the



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GIRLS' GOLF: Heidi Moore watches her drive as fellow Henderson Grade 6 student Isabelle Nivens gets some pointers from Myrtle Point pro Buzz Wilson, and Emma Piniewski gets help from Robbie Potesta.

opportunity to golf in zone play and then she continued to play in the BC Juniors and the Canadian Juniors when they were held in BC,” said her mother Jan. “We believe that BC and Canadian tournament exposures led to a call from a recruiter from the States who set up the opportunity for her to play with the Nicholls University Golf Team in Thibodaux, Louisiana, where she graduated with her degree as a Registered Nurse.”

Elyse now lives in the interior and nurses in Salmon Arm and Vernon. She still swings the golf club well and enjoys the game. She is often contacted by women who like to hire her to give them golfing lessons. “Many women would prefer to learn the game of golf from a woman than a male golfer,” says Jan.

There are other doors that golf can open, says Maggie, expounding on how learning about etiquette, manners, dress codes, and skill development can help later in life.

Alice Lowcay began playing golf when she was in her forties. “In my generation you didn’t play until your kids were older,” she explains. “We wanted to do something as a family. We all took lessons and we started golfing. Both my sons are still golfing.” Alice also taught both her grandchildren to golf.

“I told them it is a lifetime sport. “

And Alice should know. She is well into her eighties, and still golfs four or five times a week and at one time had a



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Tug-guhm... “sun” in coastal Salish, is also the name of Debra Bevaart’s studio gallery. A showcase for more than 40 local artists with Debra’s stone sculptures brought to life on-site, strong coastal imagery is the theme of this gallery.

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Golf for girls

MYRTLE POINT is partnering with School District 47 by offering five lessons after school on Wednesdays. "This is FREE for girls in Grades 8 to 12 and supported by the school district. We will transport kids from Brooks to Myrtle Point," says Tony. "There they'll get range lessons, chipping and putting instruction and play some holes before their parents pick them up."

Myrtle Point is also looking at holding a free Girls Only introduction to golf on Saturdays this summer. Regular programming will include junior day camps.

10 handicap. Her grandson, who is now in his thirties, still enjoys golfing with her.

When it comes to introducing girls to golf, Alice says the key to success is to let girls bring a friend with them. "Girls are funny," she says. "They're like herd animals. They need a friend."

Buzz loves working with junior golfers and watching them progress.

"It is unbelievable the swing that some of the girls have who have never played," says Buzz. "Kids learn so quickly and they enjoy it."

After learning the fundamentals of golf, students learn about etiquette, says Buzz. "They learn never to walk ahead of anyone hitting the ball, that they must be quiet, how to stand, and how to act around the green. They learn to respect others."

The first introduction children have to golf is quite often through mini golf.



GOLF AND EDUCATION: Former Powell Riverite Elyse Kinley, pictured playing in the BC Ladies' Amateur a few years ago, got a golf scholarship to an American University.

Putters Mini Golf is a lot of fun with its exciting course, fun house and great ice cream. Kids who enjoy mini golf often want to try their hand at regular golf later.

Myrtle Point has introduced Par 3 golf on Saturday and Sunday evenings from 5 pm onwards. The 9 holes range from 80 to 110 yards in distance. It takes 45 minutes to one hour to play. Par 3 golf is the ideal way to introduce children and families to golf. "The big golf course can be very intimidating."

Get in the game

STEP ONE • The first thing to do is to introduce kids to golf. Golf camp or school golf lessons are the ideal way for kids to get a taste of it. "There's a strong focus at Myrtle Point on building our junior program," says Buzz. "Grade 6 is the perfect time to introduce children to golf."

STEP TWO • Now that you've had a taste of golf, you need more time on the greens and you need lessons. At this point, beginners move up to the "big course," explains Buzz. "Kids pick it up very quickly," he says.

STEP THREE • Play, play and play! Practice your shot. Practice your game. Play with golfers who know the game and who are better than you are whenever possible!

"Golf," says Buzz, "is one game you can play no matter what age you are. It's a game that grandparents and children can play together."

He's been playing golf since he was 10 years old. "My brothers took me along to caddy and that was that," he said. In 1971 Buzz turned professional, and he enjoys teaching young people.

"In the last 45 years I have probably taught more than anyone in Canada. For four years I ran Dave Barr Junior Camps in Kananaskis and I ran the City of Calgary Junior camps for many years." 





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Be prepared

A century of PR Scouting

Growing up on a sprawling grape farm in California's San Joaquin Valley—deep in the heart of John Steinbeck country—Brian Bompreszi attended Cub Scouts. At the beginning of each meeting, he recalls, the troupe carefully unfolded the American flag, and raised it. Then, at the end of the meeting, the troupe lowered it and folded it again. This is the iconic image of the Boy Scouts movement. Pride in country, a respect for tradition, and responsibility: that's what Brian remembers learning in his program.

Now, Brian is the section leader for Powell River's Beaver troupe—which his own son attends.

"Scouting changes with the times, but it's all still relevant," Bompreszi, a local health care worker and firefighter, said. At Tuesday's Beavers meeting at Timberlane Hall, there was no flag raising—just

CELEBRATION

Powell River Scouting turns 100

When:

Sat, June 22 • 10 to 2 pm

Where:

Timberlane Hall

Who:

Present and past Beavers, Cubs, Scouts and others, and it's open to the public

What:

Memorabilia, photos, displays, activities and refreshments

20 boys planting seeds under the supervision of a handful of community-involved role models.

"It's about responsibility, and sharing. It's a place to learn and grow, and experience things without ridicule."

This month, Powell River Scouting celebrates 100 years. The first troupe started here just six years after British soldier Lord Baden-Powell organized his inaugural youth camp. In fact, Powell River's Scout troupe first met one year before Scouting officially started in Canada!

Beyond its impressive history, Scouting continues to grow here. When Bompreszi took on the local troupe three years ago, just seven boys were meeting. This year, there are 21 boys and girls. Plus, a collection of new leaders and involved parents are helping to push Powell River Scouting forward another 100 years. [PRL](#)



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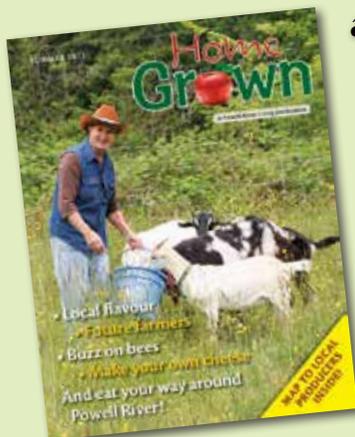
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This publication focuses on **local food & agriculture**. More than a grower's or dining guide, *Home Grown* also takes you **behind the scenes** to see who's creating food, where and why.

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DEADLINE IS JUNE 10

Retro is ready

Local nurse to ride in BC Bike Race

By Pieta Woolley • pieta@prliving.ca

A house with a yard. Four kids under 10 years old. A busy job managing the emergency room and the intensive care ward at Powell River General Hospital.

No one would blame Registered Nurse Mike McHugh if he flopped onto the couch at the end of each day, Zunga in hand, for a bout of well-deserved relaxation in front of the tube.

But he doesn't do that.

Instead, after dinner five nights a week, he hops on his bright orange Norco Revolver for three or four hours on Powell River's famous single track trails. Wearing a head lamp, he even rides in the dark. He's releasing job stress, he says, and building up his 40-year-old body for the gruelling BC Bike Race, here in town on July 2 (see sidebar).

This all started last July, when McHugh sauntered down to Willingdon Beach to pick up a friend's muddy laundry. His buddy, who is from Vernon, was in the middle of 2012's 331-kilometre BC Bike Race.

At the time, McHugh was about one year into a serious love affair with single track mountain biking. He'd cycled with nearly every group in town—mounted on his trusty 19-year-old Rocky Mountain frame—which earned him the nickname, "Retro."

"I was so inspired by the 2012 race, and the culture of the racers, and the excitement. I just knew I had to do it," he said, during an interview in his comfortable Westview kitchen, where his one-year-old daughter toddled around his knee. "Once I signed up, I all of a sudden had this motivation. I just had to do this. I can feel it in my core."

WHAT The BC Bike Race, a seven-day, staged single track mountain bike race from Vancouver to Whistler

WHEN June 29 to July 6 (In Powell River on July 2)

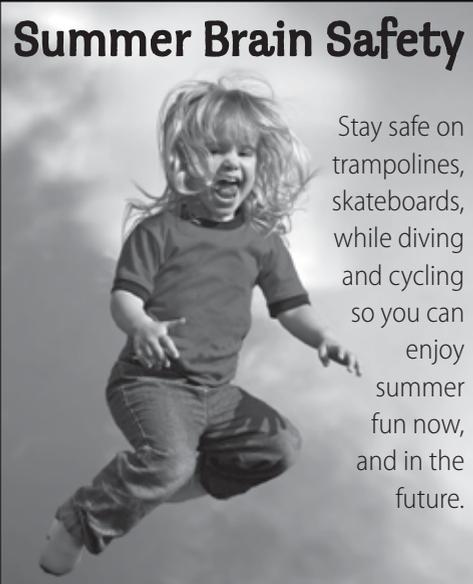
WHERE Riders start in Nanaimo, then ride to Campbell River, Comox, Powell River, Langdale, Squamish, and finally Whistler, all by bike and ferry. In Powell River, racers will tackle 48 kilometres of trail—the pride of local trail builders—including the W8, the Ho Chi Minh, and Frog Alley.

WACKY FACT Despite Powell River's raging mountain biking scene, Mike McHugh is the first local to ride in the BC Bike Race.

McHugh is a social guy. So when businesses heard he'd entered the race, many stepped forward. TAWS Cycle and Sports; Mazurek and Frost Real Estate; The Medicine Shoppe; Townsite Brewery; Priority One Heating and Cooling; Pollen Sweaters and Valley Building Supplies have all chipped in, and will be featured on his muddy, sweaty jersey.

"I've seen it titled the 'most grueling mountain bike race in the world....' One

Summer Brain Safety



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RACE READY: Mike McHugh and his bike, 'The Firebolt,' are ready to tackle some of the province's finest, and most taxing, cycling trails during the BC Bike Race.

stretch is making me nervous—the ride to Sechelt is 68 kilometres, the first part all uphill. But you know what? I'm not nervous. Why would you not love to do what you love most, for a whole week?"

His family is, of course, behind him. Wife Kim Leahy, also an R.N., runs half-marathons, so she understands training. McHugh's son named the new bike "The Firebolt" (after Harry Potter's super speedy broom), and the whole family will be in orange 'Team Firebolt' t-shirts at the finish line in Whistler.

They, and many other Powell River cycling fans, will also cheer him on as the racers enter Powell River's trails at Edgehill School July 2. **RL**

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PRISMA

A song... for a song

By Isabelle Southcott • isabelle@priving.ca

Between the frogs peeping in early spring and the crickets chirping as summer fades, dozens of classically-trained young musicians are coming to Powell River this month to offer their own sounds.

The Pacific Region International Summer Music Academy (PRISMA) takes place from June 18 to 28. Internationally-renowned artists train students from all over the world.

For bargain prices, Powell River residents and visitors are invited to enjoy several chamber and orchestra concerts — a benefit of the city's dual role as a small, seaside retreat and increasingly-global arts hub.

Arthur Arnold is PRISMA's music director. Originally from Holland, his work year extends from Russia, where he is the chief conductor of the Moscow Symphony Orchestra, to Powell River. He spoke with Powell River Living about the meaning of the music he conducts.

PRL: What's exciting about hearing classical works performed, live?

ARTHUR ARNOLD: If you think of great works, like the magnificent cathedrals of Europe, there are only so many and that is what we have. You can go to France and touch the Notre Dame; you can touch the door and open it. You can smell the cold air inside and

walk on the gravestones of the dead. When you think of Tchaikovsky's Sixth, I can show you the score. I can show you the pages and I can open the score. But with music, the real product is the sound that comes to you and



in order to make that happen everything has to be just right in that moment. Everything must come together in the right place, with the right people, with the right music, and at the right time. That is how special music is and to have that happen in Powell River is really pretty rare.

PRL: For those of us who don't know very much about chamber and orchestras, what will we get out of a concert?

AA: Just listen to the music and let it wash over you. I've seen people at concerts who really know nothing about music who were in tears. It's really that powerful.

PRL: For classical music geeks, what goodies does PRISMA offer?

AA: Violinist Soyoung Yoon [the winner of the International Henryk Wieniawski Violin Competition in 2011] is incredible. The fact that she is coming is quite amazing. Another violinist, Herbert Greenberg, has a long history as concertmaster in Baltimore, and has performed — on his 1685 Stradivarius — as soloist in Carnegie Hall. Andrew Wan is equally at home as a soloist, chamber musician, and orchestra musician. In August 2008, he was named concertmaster of the Montreal Symphony Orchestra, making him one of the youngest leaders of a major symphony.

PRL: What is PRISMA 2013's splashiest community event?

AA: PRISMA has organized a special outdoor event for Powell River with food and music and art that will take place on June 20 from 5 to 9 p.m. at Willingdon Beach. The musical program gets underway at 6:30 pm. We want to bring together all the different music and art that Powell River has to offer to make people aware of why this is such an incredible community.



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the world where students can devote themselves for two weeks to their passion, their calling, is wonderful.

PRL: What does a conductor do for an orchestra?

AA: We all become used to everything we do and it becomes normal. When I work with an orchestra and I feel that the passion is not there, I confront them and challenge them and remind them about keeping the passion in music. You do not know who in the audience needs our music and whose life we will change because of it.

PRL: What does PRISMA do for this city?

AA: Eighty students are registered from all around the world. They come for two weeks; they spend money here on hotel nights and food. All of this goes directly into Powell River's economy. We also created a

PRL: Why is PRISMA important for young musicians?

AA: So much knowledge and tradition from the great musicians of long ago has been passed on to current professors who studied with those legends. Now that knowledge has to be passed on to the next generation. Our teachers studied with the masters of music world... like artists who studied with the Van Goghs and the Rembrandts of the art world. To have this in this beautiful part of

new paid staff position.

PRL: Do you have plans for more integration with the city?

AA: This is just the beginning. We could add a B orchestra of high school students—and our PRISMA students could stay to teach them. We could have an adult orchestra who want to do chamber and orchestral music.

PRL: For locals who want to support PRISMA's continuing presence here, what should we do?

AA: When you support PRISMA, you support Powell River because you give to the community artistically and economically. Individuals can purchase tickets to concerts, donate or volunteer. At only \$22 a ticket, the price is about one third of what you'd pay to attend a concert of this caliber in a big city. This is just the beginning. Our team has done an incredible amount of work in a very short time. I am confident it will grow. **PRL**

This interview has been edited.

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Faculty Chamber Music Concert

Friday, June 21, 7:30 pm

Symphony Concert

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TOWNSITE IS WHERE IT'S AT!

Patio life... a good thing

If the Powell River Paper Company's three founders could have time-travelled a century forward to 2013, they would probably head directly to Edie Rae's Café or The Hub 101 Bistro, and feel right at home. Both restaurants boast outdoor patios—new this summer. Both offer more than just a pretty view. Edie Rae's, at the Old Courthouse Inn, overlooks the economic heart of the town: the Catalyst mill itself—with a glimpse of the ocean. The Hub's wrap-around patio presents an unparalleled people-watching vantage point. It's right

across from the Patricia Theatre.

Dr. Dwight Brooks, Anson Brooks and M.J. Scanlon might kick back and enjoy the view of what they'd created: an industrial town that feels like a park. They'd also be pleased to observe that the utopian philosophy they'd brought to Powell River, from the 19th century Arts and Crafts movement, is alive and well on these patios—and inside, too, at such places as the comfortable Magpie's Diner inside the Rodmay Heritage Hotel they had built to house workers more comfortably.

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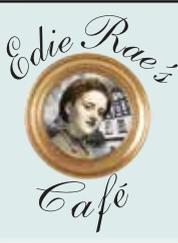
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Really, is there a link between Edie Rae's succulent made-to-order, real buttery hollandaise sauce, and the political-aesthetic Arts and Crafts movement? Can this writer seriously propose that the Hub's complete range of Townsite Brewing beers on tap has anything to do with the labour aspirations of 19th century industrial Britain?

Certainly. Here's why.

The industrial age of the late 1800s was grim. This was the era of William Blake's "dark Satanic mills," as cities gobbled up more and more country folk, and sent them to work in factories. Wages were terrible. Accidents common. Security dismal. And health bleak. Spiritually and aesthetically, this was the worst of times.

So along came radical designer William Morris (whose gorgeous floral designs can be found in paper products at Breakwater Books), and a handful of other philosophers, and promoted a different vision: every working person deserves beauty, space, rest, and dignity. Workers should feel proud

of what they make. What is bought and sold should be fine quality.

So radicals, every one, Powell River's three founders—Brooks, Brooks and Scanlon—designed the town and the mill to advance those values. It explains the tree-lined streets and the parks. It also explains why the Townsite's homes—built by the company in Craftsman style—offer deep, covered porches. They're designed as common spaces for working men and women to improve their hearts and minds through discussion, playing music and reading, and at the same time improve their communities by connecting with each other.

This summer, the Townsite's new patios keep the spirit of the founders' vision alive. They're a place for everyone to enjoy thoughtfully crafted food and drinks. And if a mind or heart is improved over tapas at Edie Rae's, or burgers at The Hub, or bennies at Magpie's, well, raise a glass to the town's founders and a not-to-be-forgotten labour movement. [PRL](#)

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Dwight Hall tidbit

POWELL RIVER has always had a ballroom which, in this very social town, has served as a community focal point and the place to hold most events. The original ballroom was built in 1911 and was located on the second floor of the Company Stores.

In 1927 The Powell River Company once again spared no expense in the construction of Dwight Hall. The hall contained features not yet considered for similar structures of the time. On the main floor was the spacious ballroom with its innovative sprung dance floor, at the end of which stood the stage and dressing rooms. The dance floor also had an adjoining supper room and kitchen. The lower level housed meeting rooms and the Library.

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Ruby, the celebrity duck

Duck story runs on Shaw TV

Last month's story about Ruby Duck was an all-time favourite. We've heard stellar feedback from those who loved reading about the Muscovy duck who wormed her way into the life of the Glaze family.

"Ruby's persistence has paid off," says Maria Glaze, a member of Ruby's adopted human family. "She's been inside our house many times, and for a few days, she came in every morning to lay her egg in her favourite spot — behind Ken's chair."

But ducks, unlike dogs, need to use the washroom quite often, so it wasn't practical to have Ruby wandering about unattended.

"After days of literally banging on the door to come in every morning, Ruby seems to be completely over wanting to be in the house," Maria writes. "Maybe her curiosity has been satisfied? Even if I hold the door open for her, she walks away. Funny little thing."

Ruby's heart-warming story, presented by Raji Kabli, aired on Shaw Channel 4, and there have been rumblings that Global TV is interested in the story!

Ruby's first book and photo cards are available at Creative Rift on Marine Avenue. She accepts friend requests at facebook.com/ruby.duck.18.

"Ruby seems completely unaware of her fame and continues to happily spend her days paddling around the pond, roaming the yard eating bugs and slugs, sitting in her little float home or in her nesting box on the back deck," says Maria. [PRL](#)



RUBY READS: We wonder if Ruby Duck's favourite story was the one about herself?



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Powell River Living I Made the Move

Family ties and affordable housing deal clinchers

Have you ever wondered how someone from Europe or Asia or some other remote corner of the earth ended up in Powell River? This "I Made the Move" series explores the reasons why people decided to move to Powell River and what they love about this great community.

In July of last year, Will and Brenda van Delft bought a home on Maple Avenue in the Townsite, that at one time belonged to well-known local pioneer Evan Sadler. The couple have been busy renovating their new/old home, hiking and working on their gorgeous garden since moving here.

"Everything we do to this house is improving it and bringing it back to its former glory," says Will.

Will has also thrown himself into the local Scouting organization. He's lending a hand as they lead up to the 100th anniversary of Scouting here in Powell River.

They say they're enjoying the mild coastal climate. When asked if they miss shovelling snow Brenda replies with a resounding: "NO!"

Will went to B.C. Institute of Technology with long time Powell Riverites Brenda and Blake Fougere and to UBC with Blake. Although Brenda van Delft had an aunt and uncle in Powell River, she didn't meet some of her Powell River relatives before moving here. Her second cousin Joyce Hill, was at one time a ballet dancer with the Canadian National Ballet. Brenda has also visited with other relatives since moving here including Jack Richardson, his sister Cheryl Rose and Ron Hunter.

"I have lots of family connections," says Brenda.

Why did you choose to move to Powell River?

Both • We moved from Kimberley in the East Kootenays and were looking to move closer to our families who live in the Lower Mainland and our two boys who moved away from home to Nanaimo and Vancouver. We didn't want to move to the Lower Mainland itself so we looked for good places within a five to six hour drive to the Fraser Valley.

Brenda • At first we looked east to Grand Forks and Keremeos but couldn't find the "right place". When we flipped the options to the west we surprisingly came up with the Powell River area.

Will • Brenda then found a heritage home in Townsite and the search was over.

When did you move to Powell River? Where from?

Both • We moved here in July last year from Kimberley in the east Kootenays.

How did you first hear about Powell River?

Will • We have friends here, so we knew about Powell River and had made a couple of trips here over the past 24 years. Brenda also has family here and has really enjoyed meeting them and getting to know them. We never considered it could be our home until we came here to take a serious look though and really enjoyed what we found here.

What surprised you about Powell River once you moved here?

Brenda • That it has the same relaxed atmosphere that we were used to in Kimberley. And the long growing season and no SNOW and the ocean.

Where is your favourite place in Powell River?

Both • Hurtado Point—We hiked there and waited an hour or so



while the fog lifted, listening to the sea lions below. There are so many outdoor activities and so many beautiful places to explore.

Brenda • Will is enjoying exploring the Sunshine Coast Trail, small sections at a time.

What would make Powell River a nicer community?

Both • Powell River is a very nice community already. Having the ocean as your front door is your greatest asset. There are also wonderful hiking and cycling opportunities in town and unique shopping opportunities as well. Enhance it with more recreation opportunities. Create more seawall trails. Create cycling paths throughout the town and surrounding area.

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

Both • Hurry up and build a new library at Willingdon Beach! We enjoy going to the library and heard that there was talk about the library moving to Willingdon Beach. As newcomers to Powell River, the idea of sitting at the library with a good book looking out to the ocean was a novel idea!

If you were a fly, which wall in town would you like to inhabit?

Both • Since moving to Powell River we have spent a lot of time reading about the history of the Townsite, the mill and the people that lived here. There are a lot of old buildings that would have wonderful stories to tell but if I had to pick one it would probably be Dwight Hall. It seemed to be the place to socialize; lots of stories shared between people. Lots of history in those old walls.

What are Powell River's best assets?

BOTH • Lots of nice friendly people, very helpful wonderful neighbours, a long growing season, wonderful hiking possibilities and the ocean.

What is your greatest extravagance?

Brenda • We bought an older home in Townsite and have spent a good portion of the past year renovating and we are still working on it. We wanted to get as much done as we could as quickly as possible but Will did spend a whole month on his hands and knees chiselling old linoleum tiles off an original fir floor in our home.

Which talent or superpower would you most like to have?

Both • We would simply like to enjoy each day. 

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

Permaculture

How principles prepare students

By Anika Watson

Permaculture is a system of farming that encourages earth care, people care, and fair share. It is based on 12 principles which can be applied to all areas of life. Below is an example of how Coast Mountain Academy (CMA) at Brooks Secondary prepares students in leadership, citizenship and adventure by incorporating some of these principles.

Observe and interact

Beauty is in the eye of the beholder

This principle reminds us to engage with nature. In CMA we spend much of our time observing and interacting with nature. The icon of a person growing into a tree expresses the feeling of connectedness that I often feel while enjoying solo time in nature.

Catch and store energy

Make hay while the sun shines

Although this principle specifically applies to storing energy it can also apply to taking advantage of opportunities as they come along. A couple of students recently attended a sheep shearing workshop. They collected some wool for next year's class, to use as an example of catching and storing whatever comes our way and paying it forward.

Use and value renewable resources and services

Let nature take its course

Our permaculture and ecotourism-based field trip to Cuba was a course of its own called 'Sustainability Studies'. We learned about (and tried) renewable resources and sustainable systems such as bio gas, and composting toilets.

Integrate rather than segregate

Many hands make light work

CMA strives towards community integration wherever possible. We helped create a garden at the Townsite Brewery, and ran the Eco-EdVenture Camps for all grade seven students in the district. These projects helped fund our trip to Cuba, engaged us in our world, and provided a great way to get involved in the community.

Use and value diversity

Don't put all your eggs in one basket

We gather knowledge from many community organizations and members, such as Bushman Brian, Transition Town, local film makers and wilderness guides. We realize that a variety of sources of knowledge can provide infinitely more learning opportunities than only one source.

Use edges and value the marginal

Don't think you're on the right track just because it's a well-beaten path

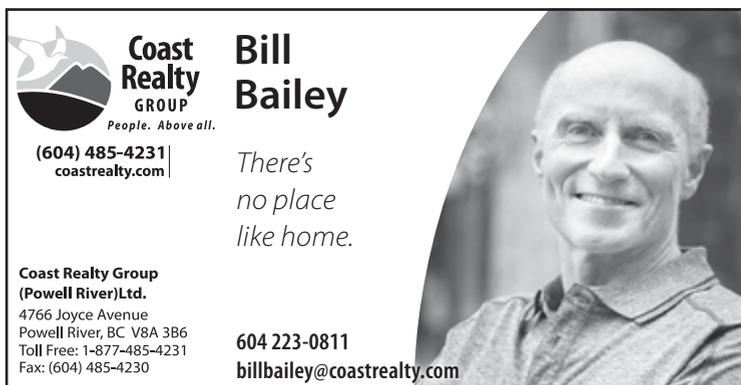
This program is different. We are living on the edge of the public education system. Why does learning have to happen in the classroom? We have found that spaces between schools, forests and beaches, provide a better foundation for learning than the best equipped classrooms.

Creatively use and respond to change

Vision is not seeing things as they are but as they will be.

We are never sure what a day for us might look like so we have to be flexible. On our canoe trip on the Sayward canoe route, each student got a chance to be responsible and make decisions about where to stop for breaks and how to organize the group. We had to take into account the weather, the state of the team, the time, the number of kilometres we had travelled and had yet to travel, and more. Our foresight and creative adaptation skills were quickly put to the test.

The world needs to move towards sustainability. Permaculture is a great example. Learn more at www.permacultureprinciples.com and check out Coast Mountain Academy (CMA) on Facebook. **PR**



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When one size doesn't fit the horse

Father and daughter build the perfect fit

By Pieta Woolley • pieta@prliving.ca

Father's Day is Sunday, June 16. It is a time to remember the important role fathers play in the lives of their children. The following story about a special father-daughter relationship reminds us of the important role a father has in the life of his children.

One day last winter, master saddle maker Don Loewen picked up the phone in his Merritt storefront, and heard an unusual pitch. Powell River's Rob Pagani wanted to bring his 18-year-old daughter Rosalea to his shop, to make a saddle. The saddle-making part wasn't unusual. Workshops are part of what Don does. But a dad who wanted to spend eight hours a day, for a nine-day stretch, with his teenage daughter?

"I wasn't sure how that was going to work. I hadn't met them. I didn't know anything about them," said cowboy Don, who is a father of six kids aged 10 to 29. "In this environment, I'm always leery of

parents micromanaging. Or controlling or correcting, or just peering over the kid's shoulder. It can get old after a while."

Back in Powell River, that kind of trouble didn't even occur to Rob and Rosalea. Over sumptuous rhubarb and blackberry crisp on their Padgett Road property, the duo explained to Powell River Living how the trip came to be. The father and daughter were similarly pink-cheeked and reserved in their explanations, but clearly relished remembering their trip. Across their living room, a plaque appropriately declared, "Pagani: Life Is a Journey."

Horses, they shared, have always been Rosalea's passion. She started riding at two, and competing at 14. This summer she'll ride in seven Western and English competitions, from Comox to the Okanagan. Her energetic blue-eyed paint horse, Lenny, faces a challenging season, in showmanship, Western riding, trail, jumping, and other events.

Last summer though, Lenny had a problem. His distinct, flat back didn't



SADDLEMAKERS: Rosalea Pagani with her dad, Rob, and their saddle.



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fit easily into his saddle. Instead, when Lenny trotted, it rocked up and down so much a patch of his hair turned grey. Rosalea borrowed two saddles for the 2012 season—both of them happened to have been made by Cowboy Classic Equipment—Don Loewen's shop. Rob considered buying one, but mom Noelle discovered the workshops online.

It wasn't long before Noelle suggested they make a saddle—together. Rosalea, who loves horses but has zero background with leathework, and Rob, who has zero experience with horses, but 35 years in the shoe repair business, agreed.

The first day of Spring Break, they set off. True to her teenage demographic, Rosalea subjected dad to her choice of music on the daylong drive—country, of course. After a scary patch on the Coquihalla—the blizzard shut down the highway just after they crossed—they arrived in Merritt.

That first morning, cowboy Don said, his fears of parent-teen tension evaporated as soon as he met the comfortable duo. Rob and Rosalea were both very quiet, he recalled. As they layered the leather, shaved it down, and soaked and stamped the pieces on the traditional Western working saddle, Don grew respectful of this father-daughter bond.

"This [saddle-making] was something Rosalea was obviously interested in, and Rob gave her all of the tools at his disposal for her to experience it," said Don, insightfully. As a dad, it's an approach he appreciates. "If they've got a bent towards something, there's not a lot you can do to change that. Encourage them to pursue their dreams, and help them achieve those dreams in a healthy way."

Cowboy wisdom

What advice does cowboy Don, observer of families, offer on Father's Day?

"I'd tell other fathers, 'Allow your children to be who they are. Every child has a calling'. None of mine have chosen to be saddlemakers, and that's fine. I wouldn't want to force it. I'd rather just have them be what God put in their spirit to be."

How about Rob Pagani? "Don't be afraid of your kids."



The only "fight" all week, Rob and Rosalea both giggled, was over the motel remote.

"We're both really easy-going," explained Rosalea. "I'd do the stamping [marking intricate designs on the leather], and he'd be cutting the next piece out. I didn't want to use the (semi-circle-shaped) head knife. I thought I'd cut my arm off!"

It was slow going. For the first few days, Rosalea said, she could barely see progress. Don's shop, however, was a hub of entertainment; older cowboys would drop by and regale the saddlemakers with tales, as they

cut apart the hide and built the piece up.

Eventually, each section they'd crafted fit together. The finished saddle is a masterpiece of leather and love; on the horn, Rosalea embossed "RP2"—both her and her father's initials, squared.

"I learned that Rosalea takes instructions well," said Rob. "She was happy to try different things, and not comfortable with others. But we do spend a lot of time together. We're very comfortable together, all four of us."

Apart from a cozy home life—where Noelle home-schooled both Rosalea and little brother Dalton until Grade 10—the family also works together at Pagani & Sons Shoe Repair, which was opened by Rob's father in 1956.

This September, both Rosalea and Dalton are moving to Victoria to pursue postsecondary education—away from the family home.

"You gotta get an education," said Rob, gruffly. "They've got to go. Kids change in school."

Maybe so. But they'll always have Merritt. And the saddle—a monument to a cherished bond. **RL**

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Track and field

Meet named after local track hero

By Derek Elliott

Powell River Breakers Track Club will host its first club meet in many years this month. The Harry Thompson Track Meet is part of the Island series that also includes meets in Victoria, Duncan and Port Alberni. We anticipate this meet being an annual success and club president, Al Hernandez, hopes it will set the stage for us hosting the BC Summer Games qualifying meet for the North Island next year.

The meet is named after senior track star Harry Thompson (see sidebar), who recently spoke with the club's young athletes. They broke into spontaneous applause when they heard about Harry's many accomplishments as an athlete and were impressed that he is still competing and breaking records at the age of 90! Harry is a great inspiration to athletes, coaches and parents alike.

Harry plans to attend the track meet named in his honour and will support

the Powell River Breakers in any way he can.

Our new track overlooks Harwood Island. The athletes have enjoyed some beautiful nights at what I call our "infinity edge" track. The support from parents has been quite inspiring. Many volunteers are eager to help out, be it raking a long jump pit, or recording times for various running events.

I have been with the track club for five years, beginning as a parent volunteer. It has been so rewarding to see athletes develop and gain confidence with each new accomplishment. Now in my first season as the head coach, I already have some great memories of the 2013 season.

We have 75 registered athletes who come to track for a variety of reasons—from the simple fun of racing a friend to the goal of going to the Sum-



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mer Games. With role models like Cale Hernandez, who placed third in Canada in the Octathlon (an eight-sport competition) last season, the enthusiasm is palpable throughout the ranks of athletes. Track practices are unique in that they allow parents the opportunity to watch, participate or coach their children in a multi-age setting.

Our new tracksuits just arrived, and as I pulled one out of the package and admired the crest “Powell River Breakers Track Club,” I thought about the great experiences my children have had with this club. Three years ago, in the “fun run” for eight-year-olds, my daughter Sidney tripped but was quickly helped up by then-coach Ron Hollingsworth’s daughter Caycee — and they finished the race hand-in-hand. When he was 11, my son Myles jumped 125 cm to place first, at his first big meet in Nanaimo.

At the Garriock Track Meet in Duncan two years ago, I decided to create an adult relay team with coaches and parents to challenge any other clubs to a 4 x 100 meter race. The response was amazing. Before you knew it, adult teams were assembled from six other clubs, including a Powell River Moms team. There we were, lined up next to the (much) younger athletes. Some adults wore child-sized singlets that were way too small, but once we were on the track it was all business. We came away with the win, but the best part was laughing at jokes in the marshalling area before the race with the other teams. I still get comments from people with other clubs about that race and what a great time they had participating. [PRL](#)

90-year-old track star

Harry sets Canadian records

Powell River’s senior track star has set three new national records.

Harry Thompson competed in three events at the Centennial Track and Field meet in Kamloops on the May 18-19 weekend. He already holds five Canadian indoor records for his age group, over 90 years of age.

Harry set a new Canadian record in the 1,500-metre run, breaking the previous record by a whopping six and a half minutes. “I injured myself about a week before I went and I didn’t know whether I could give it everything, but I did it by a very substantial margin. I ran it faster than I thought I would. It was announced that I was out to break a Canadian record and the crowd was behind me, yelling and screaming. It makes such a difference.”

In the 100-meter sprint, Harry broke the Canadian record for his age group by more than three

seconds.

“My final event that day was the 400m, and in that I broke the Canadian record by more than a minute.”

Harry was unable to compete in the 200 metre and 800 metre run the following day because his hip was bothering him too much. “I plan to compete in the BC Seniors Games in August. Hopefully I will have recovered by then.”

In 2011, at age 88, Harry was the oldest member of a team that set a world record in the 4 x 400m relay.

Harry first started running when he was a boy. He grew up in Burnaby and excelled at school track meets. After finishing high school, he went on to UBC where he was on the cross-country team.

Harry trains every single day but runs every second day. “At this age, rest is just as important as running. On the days I don’t run, I ride my stationary bike and garden and do exercises.” [PRL](#)

The inaugural Harry Thompson Track Meet

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Photo: David Nunez

Helmets help!

June is brain injury awareness month

Warmer weather and longer days mean more and more people are riding bikes, skateboards and scooters. They're swimming and diving, and may be taking risks they normally wouldn't. Although many people wear appropriate protective headgear during sporting activities, there are still those who don't.

June is Brain Injury Awareness and Prevention Month in Canada and the Powell River Brain Injury Society urges everyone to be brain safe. "Brain injury is the split second that changes your life forever," says Debbie Dee, executive director of the Powell River Brain Injury Society. Preventable.ca has some great information as well as protectyourhead.com and braininjuriesociety.ca.

Brain injuries are the number one killer and disabler of people under age 44. It is

estimated that approximately 1.3 million Canadians are living with an acquired brain injury and approximately 160,000 British Columbians—or one in 28 of us—suffer from some sort of brain injury.

Traumatic Brain Injury is more common than breast cancer, spinal cord injury, HIV/AIDS, and multiple sclerosis combined. Non-traumatic Acquired Brain Injuries caused by a stroke, tumor, aneurysm or infectious disease may also damage the brain. Brain injuries can strike anyone at any time and can have a profound impact on communication, socialization, education and employment.

Brain damage is caused by the collisions of the brain and the interior of the skull, as well as by rotational forces that occur within brain tissue. The leading causes are automobile & pedestrian accidents, sports injuries and cycling incidents, falls, tumors and aneurysms

Every brain injury is different. In some cases the person is afflicted with tremors and occasionally has difficulty with

speech: they are thinking one word but another word comes out; writing is okay but spelling is impossible. In other cases, the person slurs his words and sometimes is loud and has difficulty walking.

People with brain injuries may look normal but face challenges in cognitive, physical, behavioral and emotional areas. Their responses may be slowed down yet they may be impulsive and easily distracted. They may exhibit inappropriate behavior and have difficulty with balance and physical activity.

There are no drugs or techniques to instantly cure brain injury. However, many medications are used to treat the symptoms and associated problems.

If you, or a family member or friend is living with the effects of an acquired brain injury, please visit the Brain Injury Centre, now located in the Phoenix Plaza on the corner of Duncan and Joyce or call 604 485-6065.

Brain injury is forever—prevention is the only cure. [PR](#)

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A growing concern

By Jonathan van Wiltenburg • edenhort@gmail.com



Try ground cherries with summer salads

If you're looking for something different to contrast your carrots and kale, think about planting a few ground cherries (*Physalis pubescens*). With flavours akin to pineapple, nuts, and cherry tomatoes, this nonchalant berry is a wonderful, tropical-flavoured addition to any temperate garden. Similar in appearance to the tomatillo, the ground cherry sports marble-sized yellow berries covered in a thin papery husk. The plants are elegant; with arched branches of soft, green, heart-shaped leaves and flowers that burst light yellow with a dark center. As the season progresses, delicate lantern-like fruit start to hang on the underside of each branch. They are best eaten fresh and are commonly used to top off high-end deserts. However they also can be cooked for use in chutney, salsa, and jam. They are a wonderful addition to any summer salad, and are the perfect pre-dinner snack out in the yard. They are also great for kids, as they love to peel the husk and munch on the berries.

"Aunt Molly," "Goldie," and "Cossack pineapple" are the cultivars we tried, with the latter being the favorite. Seeds should be available from many reputable seed companies across the province. I am sure you will not be disappointed.

Cultivation: Belonging to the nightshade family (tomato, eggplant, pepper, etc) and native to Peru, the ground cherry

will perform best in warm, well-drained humus in a full-sun location. It is recommended that seeds be started in March, but I can vouch for volunteer seedlings being started as late as June and still giving a decent crop. The plants are fast growing and a later start will just mean a slightly later harvest. Ground cherries need very little attention and once planted out are carefree (minus the odd weeding session). Plants grow to 50cm wide and 30cm high and make attractive low growing border plants. Feeding is not necessary, especially if you have moderately healthy soil, however an application of compost tea or other natural feed would no doubt be welcome. Each plant can produce hundreds of berries right through until the first frost. Once they start producing, they just keep chugging along. Ground cherries self seed fairly easily, so be prepared to pick out volunteers the following year.

Harvesting is simple. As the berries ripen, they fall off the plant onto the soil below. The husk keeps the fruit clean. Just gently lift up the branches and rake up the fallen berries. The sweetest of all will be bright yellow in colour. Apparently they last for up to a month in storage, but they never last that long in our house to verify that.

Pruning and training: None needed. Let them go and reap the rewards. **PRL**

Priorities for June

- 1 If you have not already done so, plant out all your heat-loving plant such as beans, tomatoes, peppers, eggplant, summer flowering annuals, etc.
- 2 Keep sowing your seeds to secure your supply of tender young veggies all summer long. Lettuce, beets, carrots, dill, cilantro, fennel bulb, cabbages, etc.
- 3 Cover the carrots with floating row cover to stop the carrot rust fly.
- 4 Keep on weeding! Young plants are most susceptible to competition from weeds when they are young.
- 5 Begin to thin your fruit trees. A general rule is to have one fruit for every 10 cm of branch.
- 6 Hill up your potatoes (cover with soil) as they grow. Keep this up all summer and the potatoes will be plenty.
- 7 Tomato plants should be tied up or supported. Pinch off side shoots that are growing in the crotches of the side leaves and main stem.
- 8 Keep on the look out for pest and disease. Cabbage white moths, slugs, and aphids are the main culprits.
- 9 Prune back your earlier flowering shrubs once they have finished flowering. Things like forsythia, kerria, some viburnums, lilac, winter jasmine, winter heather, and flowering currants can all use a haircut at this time. Try to prune to a natural shape. Keep the pruning to no more than a third of the total above-ground mass.
- 10 In perennial border, watch out for floppy plants. Keep staking the delphiniums, phlox, aconitum, sedum, giant rudbekia, etc. Also pinch back your chrysanthemum to encourage bushy plants.
- 11 Snap some photos of your garden for you records. Take note of areas that may need attention later.
- 12 It is hedge-trimming season!

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Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

Agius Builders BC Ltd has purchased a **Winmar** (www.winmar.ca) franchise for Parksville north including Powell River, the Comox Valley and the North Island. Winmar specializes in insurance work, restoring homes and businesses after fire, wind, water or mould damage. Since Agius already had construction and renovation crews, it was a natural fit, says Jim Agius, although he says his team had to undergo “quite a training process” with Winmar to qualify for remediation work. Winmar is a household name in Eastern Canada, but when expanding west, it decided to offer franchises. Though work usually comes from insurance adjusters or brokers, when homeowners are faced with a disaster, they can call Winmar directly at 604 483-6140.

Jamie Lavallee has opened the **Manna From Heaven Natural Bake Shop** at 4895 Marine Avenue, across from Taw’s. The Bakeshop will produce a variety of artisan breads on a weekly schedule as well as cakes, cupcakes, muffins, pies, cookies and more. One day a week, Jamie will bake gluten-free and grain-free products. She also takes orders, and offers free delivery. You can reach Jamie at 604-483-1703 or mannafromheavenpr@gmail.

With the closure of Split Endz Hair Salon this month, owner Andra Garrett is moving in with **Cream ‘n’ Sugar** on Duncan Street, and she’s bringing several of her staff with her. Two other hairdressers from Split Endz are headed over to **Studio 101**.

Suzuki Outboard owners no longer need to travel to Campbell River for parts and service. Guy’s Cycle Works is now a full line Suzuki Outboard Marine Dealer, in addition to being a dealer for Tohatsu Outboards. The company is modifying its name to **Guy’s Power & Marine** to better reflect their business operations. They provide service, parts and accessories to all makes and models of marine motors, as well as continuing to sell Suzuki ATVS and dirt bikes, and offer service on all makes and models. Call 604 485-8228, visit www.guycycleworks.com or stop by 4473 Franklin Avenue.

Dale Roscovich, RMT with 30 years experience, is now practicing at the **Behrs’ Massage Therapy Clinic**. You can reach the clinic at 604 223-2950 .

Dave Sarnowski of Springtime Nursery has started another business, **Springtime Limousine**. Dave has a six-person limo and a classic 1963 Impala for two people, both silver in color. Dave is offering specials to Laughing Oyster and hopes to add more promotional trips in the coming months. He can be reached at 604-485-3861.

Powell River Building Supply (RONA) has moved their door shop onsite from their previous location on Duncan Street. RONA has professional installers with over 100 years of combined expertise in kitchens, doors and windows. They do cus-

tom doors, custom cut countertops, and are now selling Jeld-wyn windows that come with a lifetime warranty. For more info call 604 485-2791.

Crystal Clear Engraving and Trophy has bought out Sandy’s Badges, allowing Sandy to retire and offering her clients a range of new services. Contact Crystal Clear at 604 485-2678 or email jlpassek@telus.net.

The contract to build Powell River’s new residential complex care facility, **Willingdon Creek Village**, has been awarded. Lark Group of Surrey has been selected for the \$26.5 million project, which is expected to break ground by the end of June and be completed in early 2015. There were no Powell River contractors in the competition. The 102-bed Willingdon Creek Village, on the grounds of the hospital, will replace the existing 81-bed Olive Devaud residence. A tunnel will connect the facility to the hospital, leading to efficiencies in housekeeping, laundry, nutritional services and facilities maintenance. The Powell River Health Care Auxiliary has donated \$877,000 towards the purchase of furniture, appliances and other necessary equipment.

The Chamber of Commoners (not to be confused with Chamber of Commerce) held its annual awards on May 10. Mayor Dave Formosa presented the award for “Uncommon Youth” to Maenyn Forsyth. Linda Young, First Vice-President with the Powell River Chamber of Commerce presented the “Uncommon Business” award to CMG Printing. CJMP Radio won “Uncommon Organization.” David Moore was chosen “Uncommon Elder,” and Kevin Wilson as “Uncommon Commoner.”

Jessica Madden opened **Jay’s Place Café** last month in the former home of the Brown Bag Café at 4593 Marine Avenue next to Taw’s. Jay’s Place provides eat-in or take-out sandwiches, home made soups and tasty chili as well as baked goods including gluten-free bread. Jay’s Place Café is a family affair with husband Don and both children involved. Give them a call at 604 485-9118.

Following the retirement Les Ortloff, Dave Scherger has purchased **Les’ Lumber** and is relocating the business to **Wilde Road Sand and Gravel**, which Dave has also purchased. Les’ Lumber will transition to **Good Guys Tanks, Pipes, Poles and Plumbing**. The gravel pit will offer the full spectrum of services, from small buckets of decorative rock to loads of asphalt gravel. Call Dave at 604 483-9666 or cell/text 604 483-1487 or email ecoterradevelopers@gmail.com.

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Go fish!

Family fishing, family fun!

For a great day of fun and fishing, come out to Inland Lake on Saturday, June 15 and take part in B.C.'s annual Family Fishing Weekend.

Local sponsors A&W and Powell River Outdoors will be on hand with great prizes and food.

"Last year we had about 75 fishermen of all ages attend," said Andrew Anaka, conservation officer for the Ministry of the Environment's Sunshine Coast zone. "And it is one hundred percent free!"

BC's Family Fishing Weekend is an annual celebration encouraging residents to get together with family and friends, to go fish during the Father's Day weekend.

"Go Fish' is our slogan to motivate more people to take up an-



FISHING IS FUN: Andy Green is all smiles as he shows off a 10-pound rainbow trout he caught at Lois Lake.

gling as a pastime and to enjoy B.C.'s magnificent outdoors. Additionally, we are committed to educating the public about the vital significance of fish and their fragile habitat," says Anaka.

No fishing license is required for Canadians over the weekend, but

fishing regulations must be followed. You can find links to freshwater and saltwater regulations, and learn more about fishing and conservation at www.bcfamilyfishing.com. For example, if you want to keep lingcod caught over the weekend, you'll need to record it on a license, or if you want to catch and keep a salmon, you'd need to have a salmon conservation stamp. 

Family Fishing Weekend

Head to Inland Lake from 10 am to 2 pm on June 15 for Powell River's kid-friendly angling events. Everything is free. There are even a couple dozen fishing rods and tackle to give away to some lucky kids.

Free fishing covers every resident of the province, anywhere in the province—on salt and freshwater—for this weekend. Just go fishing. No need to register or pick up anything—except perhaps, a copy of the fishing regulations.

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Powell River Living

SAVE THE DATE

June 6: Interfaith Action Map Gathering from noon to 1:30 pm at the School Board office 4351 Ontario Street. The Interfaith map will celebrate all the faith communities, belief groups, spiritual spaces and special spots. You do not have to be an artist or be religious to contribute! Bring your friend and your ideas, enjoy a free bite to eat and get in on the interfaith mapping action! For more info, contact Evangeline MacDonald at 604-485-2675 or mapping@prepsociety.org

June 8: Therapeutic Riding Association's 14th Annual Ride-A-Thon Fun Day. Pledges help maintain the herd of horses and keep the program going. Paradise Exhibition Park, 9 am.

June 8: Bishop Michael Ingham from Vancouver will give a free public lecture, entitled "Finding the Postmodern Balance: Evangelical, Catholic, Liberal" at the Anglican Church at 6310 Sycamore St. at 7 pm.

Scooter Safety Rodeo

It's sometimes difficult to know the rules of the road when it comes to riding motorized scooters. Luckily the Kiwanis Club of Powell River is holding a motorized scooter and wheelchair safety rodeo on **June 9** from **noon to 3 pm** in the Town Centre Mall's upper parking lot.

Stations will be set up for safety checks, information booths, and a full skills obstacles course, says Kiwanis Club organizer Sid Allman. "We will have prizes for the different events so make sure you come out and try your skills and test your knowledge and help make this a successful day for all."

The aim of this event is safety first, and a courteous relationship between scooter operators and the walking public.

If you want to attend or would like more information, please call Sid Allman at 604-483-9252.

June 10: Municipal Pension Retirees Association meeting at 1pm at the Cranberry Seniors Centre.

June 11: Sarah Hooff, CHN, is holding three classes on Children's Health & Nutrition. June 11th, 18th, 25th at 4680 Willingdon Avenue 6:30-8:30 pm. By donation. Food and drink provided. Children and drop ins welcome. Details on facebook, email livenutrition@live.ca, or phone 604485-4807.

June 13: 35th annual Preschool Carnival at Willingdon Beach from 10 am to noon, or at the Rec Complex if it rains.

June 13: Sheridan Dance Academy's year-end performance at Evergreen Theatre at 6:30 pm with the theme "New York". Dances ranging from hip-hop to ballet.

June 16-18: International Harp Academy of the Pacific. See Page 15 for details.

June 18-28: Powell River International Summer Music Academy (PRISMA) festival. See orchestra-academy.ca or Breakwater Books for concert times and ticket info.

June 19: Sidewalk Lunchtime Party with free hot dogs, hamburgers and live PRISMA music in front of Career Link at 4511 Marine Avenue.

June 20: Celebration of music, food and art at Willingdon Beach from 5 to 9 pm, with performances from PRISMA artists.

June 22: Walk for Truth for the Abestos-related Research, Education and Advocacy Fund. \$10 each, kind 12 & under free. Sign-in 10:30-11:15, speakers 11:30-11:50, walk begins at noon. Stay for a by-donation BBQ hosted by CUPE Local 798. After the walk, visit River City 3-5 for book reading signing of Jim William's book "Rock Reject." Register online at www.AREAFund.ca

June 23: Summer Garden Tour 9-5. See some of Powell River's unique and personal gardens, and take a break in Diana Wood's garden 11:30-3:30 for a refreshing tea and treats with harpists playing and artists painting en plein air. Tickets at Mother Nature, Springtime Nursery and Breakwater Books 9-5. Funds raised go to scholarship fund and Botanic Garden project.

July 18-20: Texada Aerospace Camp. Flights, wind tunnel, rockets, model planes and more. For those 10 and older. Call Doby for info at 604486-0334.

July 21: Texada Fly-in.

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: The Powell River Horseshoe Pitching Club drop-in 9:30-noon. Entry fee \$2.

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

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

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

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

Tuesdays: PR Stroke Recovery Club meets in the Lower Legion Hall from 10am-1pm. Contact Trudy Simpson at 604485-6396 or Sandy Graham at 604489-0024 for info.

Tuesdays: Duplicate Bridge Club meets at 7 pm at the Alano Club (5903 Arbutus St) For info call Viv at 604485-4430.

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 Isabelle 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" cooperative lunch and "Open Space" planning, 12:30-2:30.

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

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

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

Third Wednesday: Are you a woman INvested, INvolved and INterested IN business? Then Powell River Women in Business is for you. For more info 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.

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 604485-2732.

Fridays: Ravens Wheelchair Basketball, drop-in, everyone welcome, chairs provided. 4:30-6pm in the Oceanview gym. For info email disabilitiesportclub@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".

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
sean@prliving.ca by the 20th of each month*



The Other Dimension

From June 6 through July 2, Malaspina Art Society presents nature choreographed by Sunshine Coast artist Elaine Hunter at the Malaspina Exhibition Centre, Vancouver Island University at 7085 Nootka Street. Entitled "BC, THE OTHER DIMENSION" the exhibition features magical one-of-a-kind photographic images with inspired use of colour and digital imagery.

"I wish to excite you as you gaze upon the images of Nature that I create. I feel that I am revealing the soul of Nature, and hope that you too, experience the love that I have in my heart for the world around me," says Elaine

There will be an opening reception on Thursday June 6, 7-9 pm, to which the public is invited. Gallery hours are Monday to Friday, 9 am-5 pm. Admission is free.



Powell River Living FACES of EDUCATION

End of an era for Grief Point School

When Grief Point Elementary School closes at the end of June, it will be bittersweet. Although students and staff are excited about moving to the new Westview Elementary School, they're also sad to be saying goodbye to a school that played such an important role in their lives for such a long time.

To celebrate Grief Point, and to say goodbye, an open house will be held at the school June 13.

"It will be a farewell party to the old school," says Grade 6 teacher Lisa Lewis. "There will be tea and cake and coffee."

Grief Point School officially opened in September 1955 with 95 students and John Philip as principal.

Retired educators including Pam Voss and Mary James will be in attendance. In fact, Mary will emcee the special event.

Some former school principals will say a few words about their time at Grief Point and their special memories. And, of course, current principal Jamie Burt will speak.

To celebrate, every student in the school will draw a picture or write a story about a favourite Grief Point memory or moment.

There will also be special decade tables with memorabilia and photos from different decades.

One former student dug up a pair of green Grief Point athletic shorts from the 1980s, said Lisa. School photos will be displayed on the walls.

Teacher Richard Olfert says the choir will sing an old Grief Point song.

"We found an old Grief Point song, sung to The Men of Harlech music, and they set words to it in the style of the day," said Richard.

Students will also sing the newer Grief Point song Every Child Shines, which was written when the school underwent an accreditation.

Music and art have always been strong programs at Grief Point. The choir, under the direction of the Mrs. Eleanor Anderson, became well-known in the district, singing often in the Powell River Music Festival. The academic standing of the school has always been high and, in later years, athletics became a major interest with regular winners in various sporting events.

Lisa came across old Grief Point School attendance records going back to the 1960s, which will be displayed, on the decade tables. "I recognized some of the names," she said.

Lorraine Taylor, who first started teaching at Grief Point School 40 years ago, is still teaching.

"I came to Grief Point in January 1972," Lorraine recalled. "I took over from a teacher who was going on maternity leave."



On that day, Lorraine flew into Powell River on Pacific Western Airlines. She took a cab from the airport right to the school!

She said she was attracted to the name Grief Point from where she was living in Trail. "It sounded like such an exotic place to come and teach and have an adventure."

Retired Grief Point principal Mary James, now a member of the Powell River Board of Education, volunteers in Lorraine's Kindergarten classroom as the facilitator of Parents as Literacy Supporters (PALS).

"We do reading literacy in the fall and math literacy in the spring," said Mary.

Principal Jamie Burt says it is always bittersweet when a school closes. "Grief Point meant so much to so many people and to the community. Lots of people have dropped in and shared their memories. The Open House will give people a chance to come in and reminisce and say their goodbyes."

The end of one era means the start of another. Jamie says they will move to the new Westview Elementary over the summer and will hold a community open house in August. **RL**

A history about Powell River and District Schools, compiled by former teacher, the late Alice Cluff, beautifully illustrates the important role Grief Point played in the lives of many Powell Riverites:

"The PTA proved very helpful to the school during the early years. They sponsored a scout troop; organized a school patrol to help the children cross the busy intersection of Marine and Quesnel; arranged regular family ball games between parents and children; backed the move to fluoridate the water supply; supported Save the Children fund tins at Halloween; backed the teachers in their efforts to have Kindergarten included in the school; held many informative panel discussions on teaching methods and topics of current interest."

When the road finally went through on Joyce Avenue connecting with Marine, the school population grew quickly as young parents with school-age children built new homes in the area. From 1958 to 1976, there were six additions to the school. In 1974, there was a fire, which started in the Kindergarten and burned it and two other classrooms. During at least two occasions, shift work was necessary in the school because of a building program not completed for the September opening.

What: An event celebrating the life of Grief Point Elementary School

When: Thursday, June 13, 6 to 8 pm

Where: At the school, 6960 Quesnel St

Needed: Any Grief Point photos or memorabilia that you'd like to display, contact the office: 604 485-5660.

Why: After 58 years, Grief Point is moving to the new Westview Elementary, which adds two early learning rooms, a full-sized gym, and generous overhangs to encourage outdoor play. It will accommodate up to 425 students.

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August 6 – 9	Rock & Roll Escapade	\$185
August 12 – 16	Amazing Race Fee	\$200



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4. Aug 6 – 9	Fairy Tale Adventure	\$60
5. Aug 12 – 16	Busy Bugs	\$75



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