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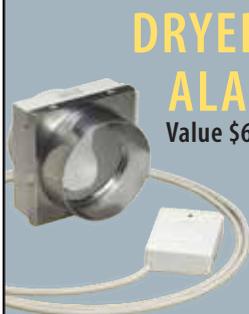
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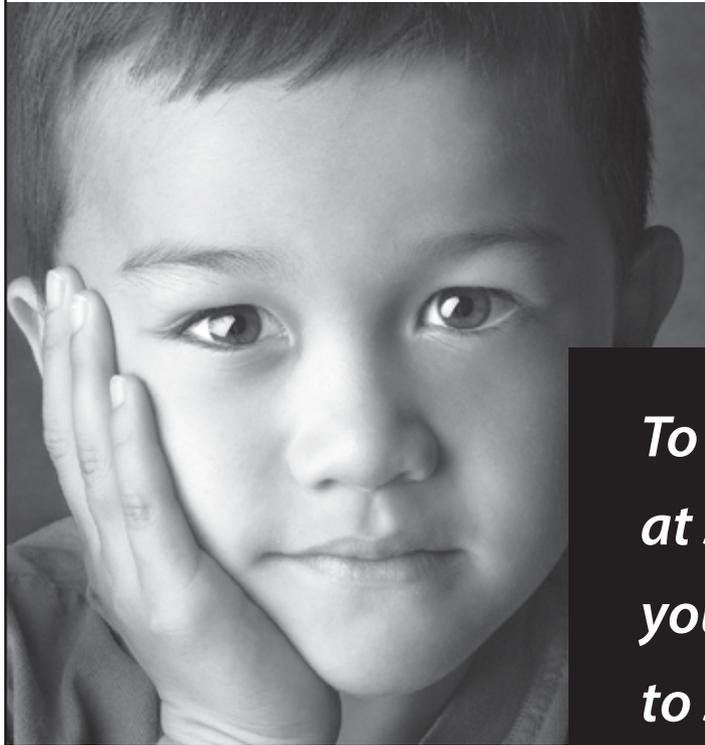
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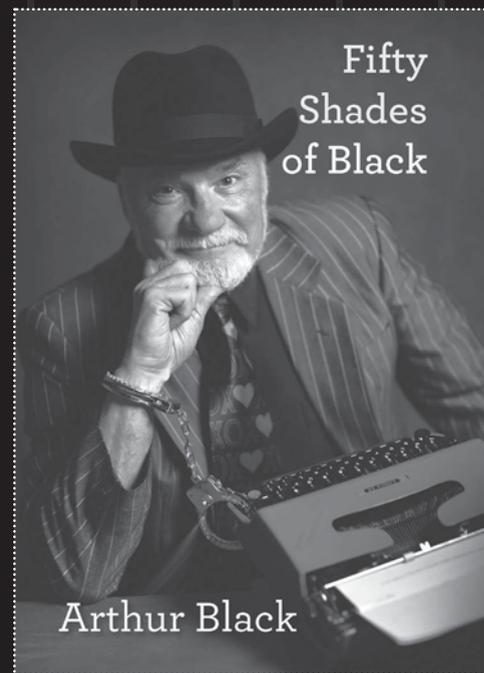
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7



13



28

CONTENTS • SEPTEMBER

- 5 In this issue**
We love feedback
- 6 I Made the Move**
Globetrotters settle on PR
- 7 Preserving Powell River**
Putting up the harvest
- 9 Chain reactions**
How Jasper Mohan changed the world
- 12 Fifty Shades of Black**
Library friends host Arthur Black
- 13 Roller Derby**
Now for kids, too!
- 14 History of Lang Bay**
Original family reunion
- 18 Townsite is where it's at**
Union town
- 20 Hooked on fly fishing**
Why it's the best way to angle
- 21 Oktoberfest**
Party raises awareness of Parkinson's
- 22 Brain Injury Society**
Celebrating a decade
- 23 Aurora Festival**
New arts event for Townsite
- 24 Strike up the band**
Audition-free band and choir
- 25 Business Connections**
What's happening in local shops
- 26 Fall activity guide**
Chart makes it easy
- 27 April White**
Artist
- 28 Wildcrafting**
Healthy stuff from the forest
- 30 A growing concern**
What to do in the garden in September
- 31 What's Up Powell River?**
Events, causes and kudos
- 34 Faces of Education**
Strong Start and Stepping Stones

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

Gary Hubbard casts a fly on the Edlred River.

photo by Sean Percy

Powell River Living CONTRIBUTORS



BRENT CUMMINGS was born and raised in Powell River. He has worked in International Events, has a passion for great food, amazing wine, Townsite beer, jogging and Powell River sunsets.



SEAN PERCY, our associate publisher, enjoys hiking, diving, photography... and he loves to fish.



CAROLEANN LEISHMAN studied ballet, jazz and modern dance as a kid, performed in Holiday on Ice in Europe and has a diploma in Dramatic Arts.



LOT SPARHAM enjoys live music, reading, carpentry, gardening, back-country camping and land- and water cruising. Her current main ambition in life is to become an adequate amateur flautist.



PETER MAITLAND, at 88, is the oldest living member of the Maitland family. He began spending his summers in Powell River as a young boy and has many happy memories of the community.



PIETA WOOLLEY is our special projects coordinator. She's worked in newsrooms at *The Georgia Strait*, *The Tye*, and *The Hay River Hub*, and as a freelancer.



BARB MOHAN is Jasper's mom. Her story about the lessons her son taught her will resonate with many other in this community who knew and loved Jasper.

*Everyone should believe
in something; I believe
I'll go fishing.*

—Henry David Thoreau (1817–1862)
American author and philosopher



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

Feedback on a fun job

Every issue of *Powell River Living* is an adventure because you never know where it will take you.

When we sit down for our monthly editorial meetings, we look for stories that celebrate Powell River and the people who live here. We also look at what's happening right now and features that bring our community together.

I sometimes feel like I'm throwing a ball out into the middle of nowhere because I'm never 100 per cent sure whether or not we will connect. Some stories connect better than others; some have a huge impact while others less so.

Receiving feedback is important because you don't know what people think if they don't tell you.

A few days after the August issue of *Powell River Living* came out, I received a phone call from Charlie Tatham. He phoned to tell us how much he enjoyed this particular issue and the magazine in general. That same evening I received a call from Patty Catcher who was quoted in the Pickle Ball story. Patty wanted to thank us for putting out a wonderful magazine that connects our community and celebrates the best that there is.

It gives me goosebumps when we achieve what we set out to do. But the only reason that we are able to do so is because of YOU. We could not do what we do month after month without our readers, advertisers, photographers, writers and staff.

I also heard from a gentleman who pointed out that in the myth busted story we ran, we failed to mention that Powell River has a shortage of general practitioners. And he's right. The myth we tackled was Powell River and its isolation and the fact that some believed health care was very limited. We pointed out what Powell River does have in terms of medical services but didn't mention what it doesn't have.

As we begin September and head back to school and back to courses and classes, we begin a brand new chapter. With such an amazing summer, there's a plethora of fruit and veggies for home canners to can. Preserving Powell River on page seven shows how much fun two neighbours can have while working together to preserve food.

When students return to school in September, they'll be without classmate Jasper Mohan who passed away this summer after a long battle with cancer. Jasper was a special young man who touched the lives of all who knew him and even those who had never met him. His mother Barb writes about the difference Jasper made during his short time with us, on page nine.

It's easy to see why associate publisher Sean Percy loves his job so much, when he gets to spend the day fly fishing and writing about it. See his story on page 20.

Pieta Woolley's story on Wildcrafting on page 28 provides insight into the many edible plants we have growing nearby.

As always, we hope you enjoy this issue of *Powell River Living*. If you do, let us know what you liked. If you don't, we always want to hear from you. **RL**



Isabelle Southcott, Publisher • isabelle@prliving.ca



Fall Home Event
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I Made the Move

Globetrotting couple retired to Powell River

Michael and Liz Matthews could have retired anywhere in the world yet they chose Powell River. With a career history that includes head of school, deputy head, principal, deputy headmaster and director of international schools in countries like Belgium, Switzerland, the United States, Thailand and Canada, the world was their oyster when it came to retirement.

Powell River Living caught up with the Matthews who live in their dream home on the edge of Desolation Sound. Here's why they made the move to Powell River.



Why did you choose to move to Powell River?

Both • It was an impulse move, really. We found Okeover Inlet during a wet, windy winter vacation trip when we were vaguely scouting for a place to which we could retire. Eighteen months later, a realtor sent us details of a waterfront property there, and we went with our hearts rather than our heads. We were living in Switzerland at the time, and so our daughter came up from Vancouver to check it out. She was hampered by a blizzard, which almost stopped her reaching Powell River and meant that she couldn't really move around the property, but our minds were made up!

After a lifetime of living and working in some of the world's great cities, we were drawn to the incredible natural beauty, the isolation, and the sense of community. And Jack van Zwietering built us our 'dream house.'

When did you move to Powell River? From where?

Both • We visited Powell River every summer for several years before moving here permanently in January 2012.

Although 'Where are you from?' seems a simple question, we have difficulty giving a simple answer!

Both of us are originally from England (Liz from Yorkshire, Michael from Oxford). Twenty-five years ago we immigrated to Canada, living first in Toronto before coming across to Victoria, where Michael was principal at an independent school and Liz ran an independent tutoring service for children with learning difficulties. Later, we returned to working in international schools; our last school was located in Zurich, Switzerland, but previously we had worked in Bangkok, New York, and Brussels. While living overseas, we kept a small vacation cabin near Cowichan Lake, to which we returned every summer, so, we come from England,

Switzerland, Victoria or the Cowichan Valley, depending on your perspective!

How did you first hear about Powell River?

Both • To be honest, we knew nothing about Powell River until we passed through it on our way to Lund.

What surprised you about Powell River once you moved here?

Michael • I'm surprised and delighted by how much goes on in this community, particularly such events as the Festival of Performing Arts, Kathaumixw, PRISMA and the film festival. Less favourably, I'm also surprised and somewhat disappointed by the extent to which the city allows itself to stay a well-kept secret.

Liz • I'm surprised at how busy we are. I thought retirement would be restful but, there are so many opportunities for getting involved that we never seem to stop.

What is your favourite place in Powell River?

Michael • Stretching geography a little, my favourite place would be Hurtado Point. We regularly walk our dog out there, to be followed by coffee at Nancy's Bakery in Lund.

Liz • Couldn't agree more. But we love all the trails around town.

What would make Powell River a nicer community?

Both • That's a tough one, because it's already the nicest community we've ever lived in! What would make it more comfortable would be if a solution could be found for the shortage of family doctors; Liz and I are among the many recent arrivals who are unable to register with a practice, and at our age that is a real concern.

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

Michael • Two things, actually: one would be to explore creative ways to attract doctors to Powell River, and the other would be to develop an integrated strategy to develop and market the amazing natural recreational resources we have here for sailing, kayaking, canoeing, hiking, diving, climbing, cycling, golfing etc. The aim would be for Powell River to become known as a one-stop recreational hub that can meet all outdoor needs.

Liz • Enhance the looks of the town with hanging baskets, banners, murals etc. When you travel around BC, you notice the towns where investment has been made in that sort of infrastructure.

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

Michael • The Catalyst boardroom, so that I could hear the inside scoop on the health of the mill.

Liz • I don't think I'd make a very good fly!

What are Powell River's best assets?

Both • Undoubtedly the environment in which it sits, but also its isolation, which may be responsible for the atmosphere of self-sufficiency and friendliness.

Which talent or superpower would you most like to have?

Michael • A perfect memory for faces and names. Mine is terrible, which has been a real handicap for someone working in a school!

Liz • Teleportation. I love the thought of never having to wait in a queue at an airport ever again. 

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

Preserving Powell River

It's harvest time

By Isabelle Southcott • isabelle@prliving.ca

At this time of year Powell Riverites begin locking their cars and homes at night and during the day. It's not because they're fearful about an increase in break and enters, it's because they're worried a well-meaning neighbour or friend might open up their car and leave behind several zucchini from their garden!

Fall Fair

It's harvest time in Powell River and while many of us have been busy canning and preserving the bounty of summer, some will take it even further and enter their efforts in the Fall Fair. Powell River's finest produce and more will be on display at the fair from September 21 to the 22 from noon to 5 pm at the Paradise Valley Exhibition Grounds. There'll also be animals, farm related products, information booths, and displays.

Peter and Margaret Behr live on the ocean north of town. They've had a bumper crop this year with everything from tomatoes to zucchini to beans. "This is our second crop of broccoli and cauliflower," says Peter. "We've been double-cropping."

Peter has been gardening for 40 years, but there was a time, when he couldn't imagine growing his own food.

"I'm originally from New York City," says Peter, a massage therapist. "I remember taking a test in high school that told you what you'd be best suited to do, and mine said farming. I laughed."

Because they're by the ocean, their growing season is extended. "It doesn't freeze here. We have kale and chard, red cabbage and beets all winter."

Do the salsa!

Down the road in Wildwood, Neil McKenzie and his neighbour, Kay Bremner are making salsa.

"We've made it every year for the last six years," says Kay. It's a yummy treat to have on hand to serve with crackers or chips and it makes a nice gift.

It's Saturday morning and Neil brought his beautiful red home-grown tomatoes and peppers over to Kay and Dennis Bremner's house to use with onions and peppers grown by Dennis.

"Every year is different," says Kay, as she chops tomatoes. "Last year was a good year. I guess we got the right piquancy."

Kay is in charge of Operation Salsa. "Neil is very enthusiastic. I might not be as keen to do it every year if not for Neil's enthusiasm," she says.

"I chop, chop, chop and listen to Kay," jokes Neil as he works on the peppers and onions.

Kay began canning when she was six. "I don't do as much as



GIANT BEET: Peter Behr holding a giant beet fresh from the garden.

CANNING CENTRAL: Neil McKenzie and Kay Bremner can can, alright.

I used to. I started off as a small child canning fruit, because we lived in Australia and my mother did all that kind of stuff. I was her kitchen help."

Neil used to can fish all the time when he lived on the reserve. "I did peaches this year and mustard pickles," he says.

Kay enjoys using recipes given to her by friends and family and saves the originals in her recipe book. "I got my recipe for mustard bean pickles from Dennis's mother. It's in my recipe book in her handwriting. It's like my mother used to walk around her garden in a litany of friendship and say I got that plant from so and so and I got that cutting from that person. I find myself doing the same thing now."

Three years ago Neil grew more tomatoes than he knew what to do with. "I was getting 40 pounds a week," he confesses. He



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INTO THE POT: Once Neil has finished chopping all the ingredients, everything goes into the pot.



Six-pint Salsa

from Julie Thornton

INGREDIENTS

- 5 lbs of tomatoes
- 1 lb onions
- 1 lb sweet peppers
- ¾ cup or less of vinegar
- 2 tbsp sugar
- 1 to 2 tbsp pickling spice
- 1 tin of tomato paste
- 2-6 hot peppers
- 2 garlic cloves
- ¼ cup or less of chopped cilantro or parsley

METHOD

Bring to a boil.
 Drain, reduce liquid.
 Can and process for 15 minutes.



has scaled back since then.
 “What do we usually do with the garlic?” Kay calls across the kitchen to Neil.
 “I can dice it,” he replies.
 “Or we can put it through the garlic

crusher can’t we? I can’t remember but let’s do that, it’s easier. It will all come out in the end,” says Kay.
 Kay and Neil do three batches of salsa. “The whole process takes about four

hours,” she says “but we do take breaks in between.”
 And they have fun, too!
 What a great way for neighbours to get together, sharing the bounty of summer. [PRL](#)



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Chain reactions

How Jasper Mohan changed the world

By Barb Mohan

Jasper Solo Mohan, 15, died this past July.

Summertime might trick us into thinking he's just away for awhile—at camp, or visiting relatives. But now school has started and he is not at his desk, singing in the choir, gaming on-line or battling it out in cardboard costumes. We don't hear his sea lion laugh or see his eyes rolling in exasperation or find him lost in a book. So we will miss him terribly all over again. We might even miss his illness because it meant at least we knew what was going on with him, and gave us reason to hope and support him, and because we believed he was different—special somehow, the kind of kid that could beat all the odds. When we realize that he wasn't immune to this terrible disease and feel perhaps we've lost his special uniqueness forever, we may start to despair.

Because his life was so short, there is a great sadness in thinking about what he might have done and didn't get the chance to do. I really start to panic when I let myself think that by the time his Dad and I are dead and gone that he will be forgotten! So I start looking for what he left us and then I am comforted. He is all around me, all the time. He was extraordinary. His legacies are many, and his lessons will stay with us and with the people he touched for their whole lives.

He taught me about living well. Jasper was modest when it came to the material stuff—once, he asked for pencils and socks from Santa and I had to explain that those were necessities that we would provide and that he could wish for more. His riches were truly in his relationships with friends and family—he cherished simple times together hanging out and traditions like popcorn and movies, pancake breakfasts, swimming off the dock, road trips, markets and festivals. He also had rich relationships with complete strangers. When he was little, he



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would crawl up on anyone's lap and cuddle even if he had just met them. We never worried about him being abducted, but rather that he would invite himself into the car or the house of a nice stranger he just met. He didn't seem to see people's age or ability or illness or appearance—he saw who they were inside and could befriend anyone.

Everyone talks about how smart he was, but other than his God-given gifts, there were reasons for this that everyone should remember in their own lives.

He read voraciously, any kind of written word, and to distraction, often resulting in forgetting to eat and being late. We actually had to come up with a code word to interrupt him from his

reading when it was important: *Code 66!* (which signaled the Clone army to attack their Jedi masters in *Attack of the Clones*) It was no surprise that his first real job was at the library.

He was always engaged. He rarely zoned out and he never stopped learning or teaching. Jasper was always “on” — exploring ideas, experiences, people, history, travel, humour and music.

He created. His room is full of unfinished poetry, games, steam punk projects, electronic projects, computer projects, songs, short stories, diagrams and drawings of fantasy worlds and maps and treasure hunts, skits and plays.

He played with LEGO and in the sand and with instruments. He played music and all kinds of games and thoroughly exer-



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7:00 pm Dinner
8:30 pm Live Auction

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cised his imagination. He never got too old to play.

He was authentic. Jasper was always honest about who he was, what he wanted, or what he thought. He was pretty unconcerned about what he wore, or what other people thought of him and many who met him reported feeling a “connection.” He let people see the real Jasper. He wasn’t perfect, and sometimes being real means you get hurt feelings or hurt the feelings of others—but while those things can be explained and repaired, losing a sense of who you really are can be hard to regain.

Through his battle with cancer, there were other great lessons he taught me.

Stay positive. No matter what bad thing is going on in your life, he said you have a choice about whether you let it “suck the joy out of every day” or not. This is especially true when the bad thing is something you cannot control or change. He could have chosen to die bitter and depressed, but instead he just never stopped planning his life.

Live your dreams. Although he had a lot of help in achieving his goals, he tried skiing and surfing and hang-gliding at a time when he was in pain or had zero energy from radiation treatments. He never let illness become a reason to stop accomplishing goals. If you have a goal and happen to be blessed with good

health, and friends and family that will support you, then you really have no excuse not to accomplish it! This year, because of Jasper, I also went hang-gliding and surfing, and I took up the drums and am learning to ride a motorcycle.

Finally, I learned from Jasper what it really means to be part of a community. Before and after becoming ill, Jasper’s reach in this community was huge. He had a social conscience and his help and participation in community events meant that the community supported him when he needed it most. It also brought people together for a common goal and the results were incredible. The Skate for Jasper, Jammin’ for Jasper, the PRIAX cardboard costume battle, the auctions and dinners and car washes—not only did they raise money for our family without which we could not have coped, but people had FUN. What a great community we live in! In the future I will certainly relish opportunities to help and participate. Through Jasper we also became part of a special community of kids, families and medical people who fight life-threatening illness. Although you might think this would be a heartbreaking group to hang around with, they are actually the most hopeful, engaged, creative, positive-minded, authentic, playful people you will ever meet.

I’ve come to understand that there’s a kind of chain reaction. People who knew Jasper, or knew of his battle with cancer, will be a little different than they were before because of these things he taught us, and the way he lived his life. These people—they might treat others differently, sing more, read more, learn something new, play more and be authentic. Before you know it, everything is a little bit better. In this way, Jasper has done what I always knew he would, he has changed the world. 



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Fifty shades of Black

From Salt Spring to Powell River

On September 26, author and humorist Arthur Black will take centre stage at the Max Cameron Theatre for *An Evening with Arthur Black and Friends*.

Black has one of the most recognizable voices in Canada. He's the former host of one of CBC Radio's longest-running and most beloved shows, *Basic Black*. For nearly two decades the program featured a diverse range of interviews with Canadians both ordinary and famous, backed up by an eclectic soundtrack and comedy segments such as *The Dead Dog Café*. As CBC Radio host Michael Enright recently described Black's show, "For years it was appointment listening on Saturday mornings."

Black is now a permanent resident of Salt Spring Island. His voice still travels across the coastal airwaves. CBC listeners in the region tune into his uproariously observant dispatches on island living, *Planet Salt Spring*.

When he visits Powell River, Black will tell stories from *Fifty Shades of Black*, his latest book of hilarious insights and revelations. In this collection — hot off the press this fall — he turns his critical eye and warped funny bone to an assortment of offbeat topics including the café-office culture of free Wi-Fi and complex coffee concoctions, and the danger of reading too many kinky romance novels.

The event, a fundraiser for the Powell River Friends of the Library, is co-hosted by Douglas & McIntyre Publishers and

the Malaspina Art Society, who are celebrating their 25th anniversary. The gala reception before the performance will feature an art show by Art Society members as well as a silent auction and cash bar.

Black is joined on stage by three local talents. Lund singer-songwriter favourite Ben Bouchard will entertain with a set of his acoustic originals. He is also emcee for the evening. Local writer and storyteller Nola Poirier will share a funny, fiery



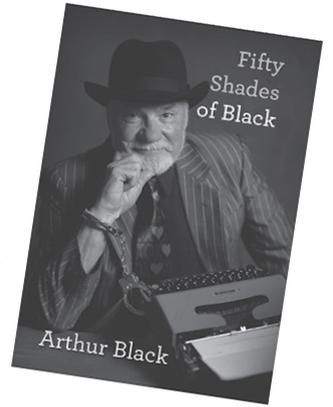
FRIENDS: Ben Bouchard, Andrea Layne and Nola Poirier will join Arthur Black.

spoken word performance. Writer, actor and slam-poetry champ Andrea Layne

Black will perform some of her award-winning work.

Doors open for the reception at 6:30 pm and the show begins at 7:30 pm. Tickets cost \$35 and include appetizers and a non-alcoholic beverage. They are available in advance at the Powell River Public Library and Breakwater Books.

Fifty Shades of Black will be available for purchase at the event. Arthur Black will attend the opening reception and intermission to personalize copies of the book. **RL**



Friends of the Library

The Powell River Friends of the Library is a registered non-profit society composed of passionate volunteers who believe in the economic and social value of our library and are working to create the best possible library for Powell River. For over 20 years they have been advocating and raising funds on behalf of the library, all the while promoting literacy, learning and public awareness. The Friends directly support the library through fundraising activities such as book sales, a book cart in the library, and events such as this past year's Local Love concert. In the past three years they have raised over \$20,000. New members welcome. Memberships available at the library, or email friends@powellriverlibrary.ca.



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Roller Derby

Cordial or crazy, good times on wheels

By CaroleAnn Leishman

September is here and that means roller derby is back! The skaters are lacing up once again to start their training season on September 10 in the year of fun. After three successful home bouts last season, POW! TOWN Roller Derby is ready to hit the flat track once more so if you think you might like to try roller derby, the time is now. This fall we are starting a recreational skating session on Tuesday nights at Oceanview Gym for anyone who wants to come out and skate. Learn to fall properly, stop, be safe and get your skate on. It's the most fun you'll have while getting fit.

Junior Derby is back with the youngest kids age five and the oldest 17. There's a bit of gear to purchase up front but after that roller derby is probably one of the cheapest sports you'll ever play unless you compare it to chess, which isn't really a sport.

POW!TOWN Junior Derby is welcoming boys to skate this fall. If your son is aged five or older he can now come out



JUNIOR DERBY: Kids age five to 17 are welcome to join in for roller derby fun.

and skate in co-ed roller derby which is what all the leagues seem to be now adopting as standard practice. Allowing boys to play gives the girls more of a challenge in the co-ed games and then also prepares boys to be skating referees for roller derby so they can referee games

that are girls only.

Roller derby is free to try for two weeks. We have some gear and skates in limited sizes. E-mail for more information: powtownrollerderby@gmail.com and check us out on Facebook: Pow!Town Roller Derby.

See you on the flat track! 

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BEFORE Mother Nature does!

Lang Bay reunion

More than 200 Maitlands celebrate 100 years

By Gillian Christjansen

Ohundred years ago, the first members of the Maitland family arrived in Lang Bay. Last month, 204 members of the family came together to celebrate, reminisce and enjoy the beauty of Lang Bay.

On August 3, families from as far away as New York came to spend that magical weekend at the bay, catching up with long-lost cousins and friends.

As the party got going on Saturday, people gravitated towards the memorabilia tent where each family had been given space to hang pictures of their family heritage at the bay. Much laughter and tears rang out from that tent all night long!

The Lang Bay families had been asked to submit photos they wanted from their family heritage to a website where during the party, we watched an ongoing picture show of over 900 photos.

For the first time in many years, the Lang Bay families gathered together for one very large group photo.

Special t-shirts were designed for the event and after dinner,



ALL IN: Here we are on the beach, all 204 of us!



FACE PAINTED: Always a fun activity.

the Jim Baron band led us in singing 'Happy Birthday Lang Bay.'

On Sunday, we held our annual regatta followed by a 'sail past' as Peter Maitland, 88 (the oldest living member of the Maitland family) lowered the Canadian flag as vessels sailed, motored and paddled by.

And of course, it wouldn't be a Lang Bay regatta without a huge water fight after the race. This year we had 50 to 60 different vessels in the water crewed by people of all ages. **PRL**

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Lang Bay history

An oldtimer remembers

By Peter Maitland

Lang Bay was heaven on earth during the time just before World War I. It was a wonderful place to spend our summers. But then a fire roared through the bay.

"It came down over the hills, burned everything in its path—even the driftwood on the beach. There was no way out of here but fortunately, the superintendent of the big Bloedel Stewart and Welch operation at Myrtle Point, sent their tug *The Baboe* around to pick us up," said one witness.

The Simpkins house, owned by Robert Simpkins who was awarded a Crown land grant in 1910, was saved because it had running water and they were able to dampen down the house. Everywhere, else, only ashes remained.

The original land grant Mr Simpkins

was awarded was made up of 148 acres and took in the entire central prime beach from between Whittal Creek (Simpkins Creek) and the industrial lot at the west. In 1913, Mr. Simpkins sold 8.58 acres to my grandfather, Robert Reid Maitland and my uncle, RL (Pat) Maitland. My father Ron also bought land from Mr. Simpkins as did Julia Ursprung. Julia split her property up and half went to her brother Joe Viertelhausen and half to her sister, Mrs. RV Stuart. Walter Cline, a friend of my dad's, bought some land in 1915. The Clines, Maitlands and Stuarts have been enjoying the bay ever since.

After the fire, the families rebuilt. My father bought the farmhouse from the Simpkins and that became our summer cottage.

The happiest day of the year was when school ended; a few days later, the family



TAKING THE SALUTE: Peter Maitland in the sail past on the BC Day long weekend.

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SAIL AWAY: This was the sailing race we have every BC Day long weekend.

would trundle down to the Union Steamship Wharf in Vancouver and board the Lady Cecelia or the Cynthia and head north. What a wonderful experience! These beautiful ships were British naval vessels in World War I and made fine coasters. The ships made a dozen or more stops up the coast delivering people to summer homes, food, mail, lumber and all the necessities of life. It was fun to watch the derrickmen who, with infinite skill would hoist goods out of the ship's hold and then swing their load to the adjoining wharf or float controlling everything with two little steam winches with two levers. One time I saw them offload a cow; another time, a car from the foredeck. An interesting stop was in mid channel where a long boat rowed out from Hardy Island.

The ship had a splendid dining room with spotless linen and silver and stewards in full uniform and a wonderful menu.

The *pièce de résistance* for me was always a careful sneak past the No Entry signs down to the engine room, which always seemed to be staffed by wonderful men from Scotland. The huge open crankshaft's reciprocating engines and the glowering boilers fascinated me.

We would arrive in Lang Bay around 5 pm, and in those days it was a ritual for the population from miles around to meet the boat and pick up the mail. Granny Young, who with her husband John had the store and post office, would march down to the wharf and take possession of the bag of mail



PAINTED KIDS: The children of the bay painted themselves at play on the beach at Lang Bay.

from the ship's purser. She'd take it to the store, sort it out and then hand it to the waiting crowd. Boat Day was Lang Bay's social event of the week and it took place three times a week! There was also a Daddy boat, the Chelosin, which left Vancouver at 1 pm (because most businessmen worked on Saturday mornings) and arrived at Lang Bay about 8 pm. The Daddy weekend lasted until midnight Sunday when they caught the CPR *Princess Mary* at Powell River to return to Vancouver.

For us youngsters, it was play all day in what seemed like an endless summer. In the morning we went down to the creek where there was a nice lagoon to play with our model boats. In the early afternoon, it was off to play with our little cars and trucks and then swimming from the raft and then maybe fishing in the evening and we always caught fish.

As we grew older and discovered the opposite sex, we enjoyed beach fires and sing songs. Then came the war. My cousin Bill Maitland, who distinguished himself with the award of the DFM, lost his life in Germany. Brothers Dick and Reg Stuart died the same way. My brother was a highly-decorated naval hero while my efforts in the RCAF was in the ferry command flying plans to Britain and elsewhere.

Lang Bay has always been a special place for the founding families and those who came later. We hope that future generations will continue to enjoy it just as much as we did. **PR**

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Beyond a book nook, library offers a tantalizing teen scene



SONIA ZAGWYN

TEEN SERVICES COORDINATOR SINCE FEBRUARY 2013

What were you like as a teen? Subterranean. From an adult perspective I was a brainy, precocious kind of kid. I was just really curious about everything but I struggled to find other teens who shared my interests.

Which fictional character do you identify with? Roald Dahl's Matilda. She has a beautiful determination in the face of all the brutally absurd rules and barriers that the adult world throws at her... and she's funny.

How did you come to work at the library? I applied for a job as a library page when I was fifteen. After high school, I worked in libraries, studied art and writing at university, then travelled and lived abroad. A year ago, I completed a master's in creative writing at UBC.

Top book pick when you were a teen: Lloyd Alexander's *Chronicles of Prydain*.

Top teen book pic now: *The Golden Compass* series, by Phillip Pullman
Teens, come to the library this fall and you'll...find fiction, video games, comfy couches, homework help, and great programs such as a Flip Video Workshop and Go Graphic comics class. Most important, if you want to shape the future of the Library, have some input into programs, and get some volunteer experience, join our Teen Advisory Group!

Trivia Night

For: nerds, bar flies, undiscovered geniuses
September 17, 7 p.m.

The Hub 101 (6275 Marine)

Round up your friends and pit your wits against your neighbours'. Celebrity gossip, song identification, sports history - it's all game! Rules are: No cell phones, teams of up to 6 people, witty team names required.

Facebook intro

For: enterprising grandparents, nosy employers (and others!)

September 19, 7 p.m. @ the library

Want to get more out of your computer? The monthly technology series starts with Facebook. Each session covers a different social media or technology tool. Bring your laptop (if you have one) and your questions.

420 character story contest

For: the pithy and precise

Deadline: **September 30**

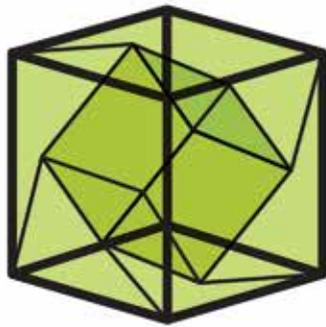
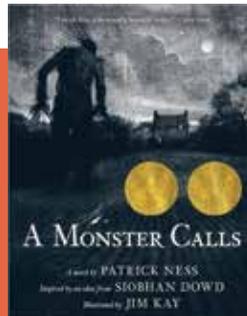
Can you pack vivid descriptions, original characters and surprising plot twists into a narrative small enough to fit in a status update? The story must be 420 characters or less, including spaces and punctuation. Prizes include a KoboTouch eReader, \$50 at Breakwater Books, and \$25 in baked goods from Manna from Heaven. Complete rules and examples at powellriverlibrary.ca/.

Top teen pick by Sonia:

A Monster Calls

by Siobhan Dowd and illustrated by Patrick Ness

"I'm a fan of graphic novels, and this one is on the borderline. It has more text than pictures but the pictures really capture the difficult emotions of the novel."



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TOWNSITE IS WHERE IT'S AT!

Union town, since way back when!

We had this great idea. How about a Townsite page article about the history of the biggest union in Powell River?

Did you know, for example, that about one in 15 working-age adults in town work for Catalyst, and most who work there are represented by the Communication, Energy and Paperworkers (CEP) Union Local 76?

Like the number of trombones in an orchestra, workers are celebrating 76 years of unionization this year. And, of course, the number of unionized years (76) matches

the number of the local. That's neat-o. It's not a perfect round number for an anniversary article, but what the heck. This is a community magazine, not the *Wall Street Journal*.

Little did we realize, big things are afoot for our little Local. By the time you read this, CEP probably won't exist anymore.

At a convention in Toronto on Labour Day Weekend, the 190,000-member Canadian Auto Workers plans to join forces with the 110,000-member CEP, for a pan-Ca-



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That's a long way from the first organized labour impulses at what's now Catalyst.

Way back in about 1912, the mill's first paper makers were working 11 to 13 hours per day, according to Emma Levez's history *People of the White City: Stories from the Powell River Mill* (2002). A fledgling little union, Local 142's leadership promised a strike, unless the mill offered an eight-hour work day. Then, several members of the Local disappeared on a fishing trip — and refused to return until their demands were met.

It worked! Shifts were reduced to eight hours.

But six years later Local 142 fell apart.

The local's pulp and paper-working buddies, in the meantime, organized the International Brotherhood of Pulp, Sulphite and Paper Mill Workers Local 76 in 1918. For three years, they held strong... until mill manager WJ Williams sent a letter to the union prez. Management, he wrote, would no longer negotiate with the union, and get ready to watch your wages shrink by 16.5 percent.

For the next 16 years, no unions formed at the mill.

Then, in 1937, dockworkers organized, and mill leadership refused to negotiate. A violent, four-month strike ended in surrender by the union. But mill management changed that same year, and the new top-cats were union friendly.

Since 1937, both Local 1 (which replaced 142) and Local 76 have remained intact. There have been some strikes. After the International Brotherhood, Local 76 became part of the Canadian Paperworkers Union, and other unions — always retaining the moniker, Local 76.

Now, the men and women of Local 76 are an increasingly rare breed. Where in the mid-1980s, one in four workers in Canada's private sector belonged to a union, now just one in six do. In the forestry and manufacturing industries in BC, two in five are organized.

Here, pipefitter Mike Verdiel explained, the union has aided business. He's been president of Local 76 since 1989, and a shop steward before that. His grandfather Murray Mouat was a long-time president in the 1950s and 60s. Generally good relations between the union and the mill have meant that operations continue, he said, despite challenging times in pulp and paper. [PR](#)



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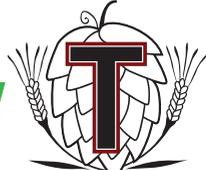
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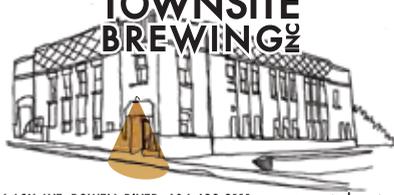
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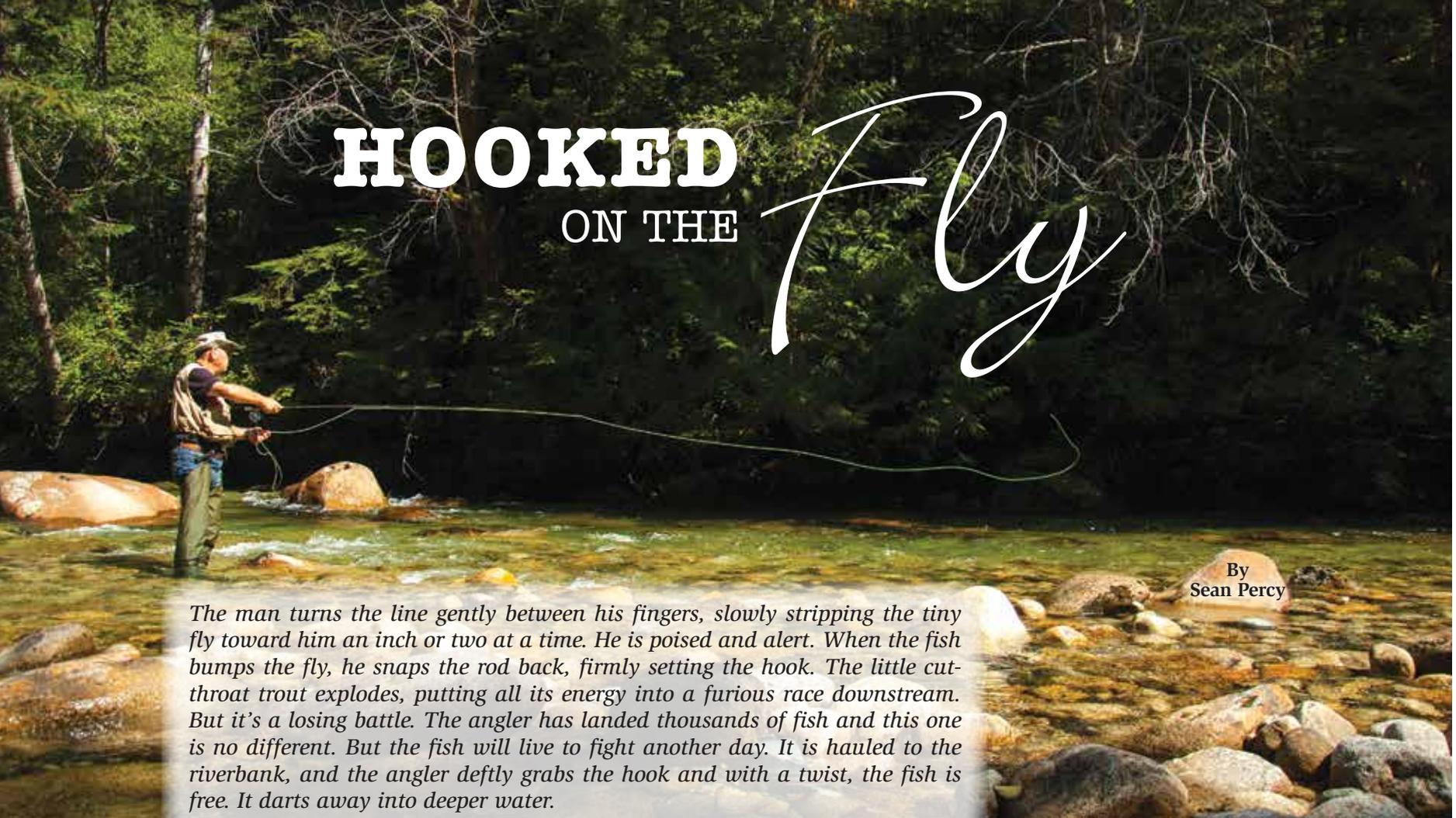


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HOOKED ON THE

Fly



By
Sean Percy

The man turns the line gently between his fingers, slowly stripping the tiny fly toward him an inch or two at a time. He is poised and alert. When the fish bumps the fly, he snaps the rod back, firmly setting the hook. The little cut-throat trout explodes, putting all its energy into a furious race downstream. But it's a losing battle. The angler has landed thousands of fish and this one is no different. But the fish will live to fight another day. It is hauled to the riverbank, and the angler deftly grabs the hook and with a twist, the fish is free. It darts away into deeper water.

The scene is the Eldred River, a couple kilometres upstream from Goat Lake. The creek is full of little fish. There's an outside chance of finding a lunker here, since it's catch and release only in the streams, but Gary Hubbard tells me his chances of hooking big fish are better in Goat Lake. Streams in this area are good nurseries, but not conducive of growing big fish. The big cutties and rainbows prefer the abundant food in the lakes.

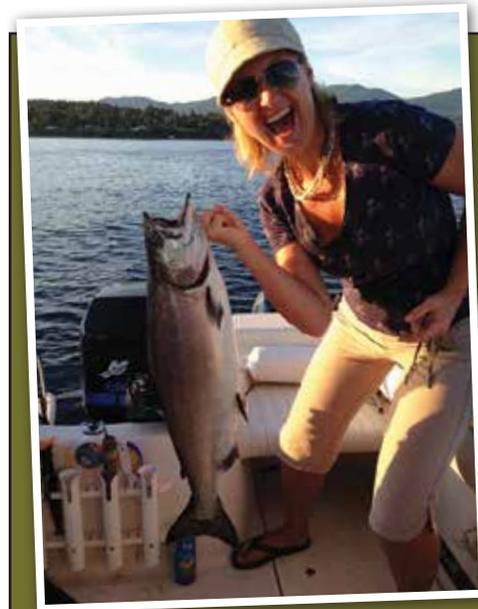
He's humouring me for the photo shoot.



The Eldred makes a beautiful backdrop. Gary has not always been a fly fisherman—having fished for the first few decades of his life with “hardware.” But there's no looking back.

He has several reasons for preferring the fly. First, it's a more exciting way to fight a fish - nothing but you, a very flexible rod, and the fish. With no spoons or weights, he feels every move the fish makes. Another advantage is that fish hooked by the fly are usually easy to release—especially since he uses only barbless hooks. Since he lands and releases hundreds of fish each year, he likes knowing they survive the encounter none the worse.

Gary also enjoys the fact that fly fishing takes skill; the better you are, the more fish you'll usually catch. A good fly fisherman will almost always outperform a hardware angler. Which perhaps is the core of why Gary, and dozens of other Powell River purists, likes fly fishing: he catches more fish. [PRL](#)



HOOKED: It has been a great year for salmon fishing—just ask Scarlet Mary Rose, who went salmon fishing for the first time with Sam Sansalone, and landed this lunker.

photo by Sam Sansalone

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Oktoberfest

Beyond beer and bratwurst

By Brent Cummings

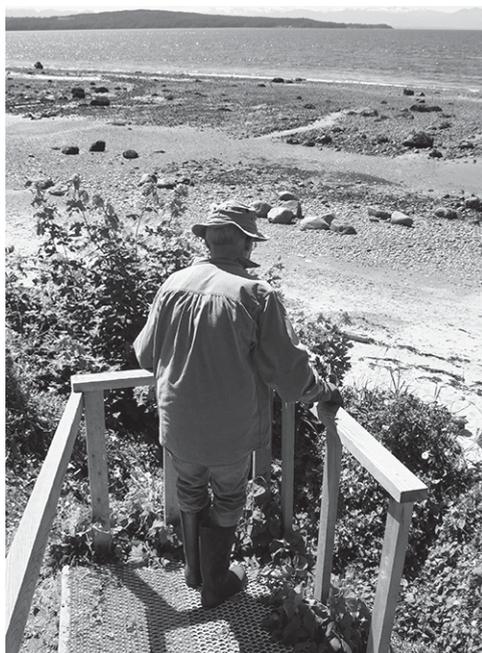
Hank Cummings is my father. Eight years ago he was diagnosed with a form of Parkinson's (there are more than 20) called hypokinetic rigid syndrome. Dad was diagnosed remarkably early, by total coincidence, and oddly enough, it came as a relief.

Why? Because we all knew that Dad had been out of sorts for at least the previous six months and it was a relief, especially for him, to know what he was up against and how to cope with this new life discovery.

I may be a little biased, however, I must say that my Dad, hands down, is a unanimously voted, first ballot, hall of fame, positive man.

Dad has been amazingly supported by our mother, the support group members, Avid fitness, friends and family. Partners, spouses especially, need to be recognized for their part in the lifelong commitment of living with the disease. Approximately 20 to 25 Parkinson's members regularly attend meetings.

Dad has been hinting about an Oktoberfest Parkinson's Awareness Event for some time. As a family, we lived in Germany for a year, soaking up the traditions of Oktoberfest, family fun, bratwurst and,



EAGLE WATCH: Hank Cummings, on the viewpoint across from his house, watches the eagles.

most importantly to Dad, the wonderful beer. We decided it's time to share all of this with Powell River on Saturday, October 5th from 4:30 to 9pm in the Townsite, at Dwight Hall. So throw an Oktoberfest Party we shall.

This will be an all ages, family affair that will be about community awareness, support, the amazing beer of Townsite Brewing, bratwurst, currywurst, pork schnitzel, a roasted Pig (which will be ceremoniously paraded to the buffet table) sauerkraut, roasted potatoes... and that's just the food and beverage side of it!

Theatrics, music, "Sound of Music" sing-a-longs, the encouragement of all guests to attend in costume of anything Germanic or Bavarian will be featured.

There will be live music by "Das Haus Speilers" (a band made up of musicians with a connection to Parkinson's), dancing, children's choirs and much more. We'll have you whistling Edelweiss for weeks.

The event sold out before press time. But if you wish to keep on yodeling in your Lederhosen into the midnight hour, The Hub Restaurant will be hosting "The Official After Party," from 9 pm until the cows come mooing home.

Dwight Hall will never be the same, as all will be a little more aware of themselves, Parkinson's and the support available from your local support group chapter.

For more information about the Parkinson Support group, call 604 485-9129. 

Parkinson's awareness

Hank Cummings was interviewed for a documentary that looks at the different types of Parkinson's disease and how people in different decades live with the disease.

Hank, who is now in his seventies, was diagnosed with Parkinson's eight years ago. "They interviewed me, my son Paul and my wife Mary in a family setting. They asked about my hobbies and I told them I fed the eagles and go to Avid three times a week and walk at the track four times a week. Exercise is very important for people with Parkinson's."

This BC Parkinson's Society documentary *Undeclared* will be shown on Global News BC on Sept 25 at 8 pm. It will also be available at "Video on Demand" from Shaw Cable from Sept 26 until Oct 31 and will be presented at the world Parkinson's convention in Montreal this fall.

Why this big event?

The motivation for hosting Oktoberfest at Dwight Hall on October 5th has many layers. The obvious is the social event factor, the food, the drink and the entertainment. There will be a wonderfully subtle opportunity for everyone attending to learn more about the disease. Even more importantly, there will be information available with regards to the Powell River Parkinson's Society's very active and supportive group. The local chapter has monthly meetings for "Parkies" and their caregivers.

These meetings are nothing flashy, just a simple yet effective opportunity to catch up and discuss the past, present and future of life with Parkinson's disease while in a comfortable social setting.

For a season of song and fun, join the

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Happy Birthday, Brainiacs!

Brain Injury Society celebrates

Ten years ago Debbie Dee, with her new Bachelors degree in hand and an internship under her belt, got a call from a friend telling her about a society starting for people with brain injuries.

"I'd been looking after my sister who has a brain injury so I applied for the job and got it. Penny Mebs was the head of the informal brain injury support group at the time and they'd been given a bit of money to start a society," said Debbie, the society's executive director.

In the beginning, they had one desk, one filing cabinet, a computer, a bookshelf, a kitchen table and a few chairs. Everything was donated.

The society received their non-profit and federal charitable status and became a fully-fledged society with a board of directors. "Doug Logan was our original vice president and he is still on the board. Penny was our original president and she just recently retired."

Back in the day, the brain injury society had 19 clients. Today, they have a core group of 50 who attend programs on a regular basis however they have 200 people registered.

"There was obviously a need," says Debbie. Penny had a son with a brain injury but despite the fact that they had three nurses in the family, little could be found out about brain injuries and there wasn't much support out there. "So Penny and her family formed a support group and it proved to be a blessing."

People who suffer from brain injuries are unique. They don't wear casts so their injuries are hidden but everyone remembers their life before the brain injury, says Debbie.

"At the Brain Injury Society, we help them navigate the waters. It's like taking a detour. The neurons in your brain are damaged and your brain has to develop new pathways."

Client Ajay Morehouse pipes up. "Now we take the scenic route. It's different and it's unplanned."

The society's move to their new digs in Phoenix Centre on Joyce Avenue earlier this summer means that they can deliver

programming in comfort. "Our programming is client driven," Debbie explains. "See that black thing out there... it's a composter. We're going to have a 1,600-foot wheelchair-accessible garden with vegetables and herbs and flowers and we hope to have a roadside stand."

Inside, the brain injury society's premises is a kitchen. "We want to preserve what we harvest. We plan to learn how to do pickling and canning."

Programs include Creative Expressions Art, School and Community Awareness, a walking/exercise program and Cognitive Enhancement Fitness with trainer Mike Clansey at the complex.

Mike leads the fitness group with exercises that enhance neurological muscle stability, resistance exercises, balance exercises and deep core muscles. "It's a well rounded class that operates within the abilities of everyone there."

Ajay has been a client for 2½ years. "This place has totally changed my life. It's like home to me. I'm not afraid to ask for help."

Josh Friesen agrees. "I love the camaraderie and being with people who understand." Cory Wiebe says it's a safe place to spend time and visit with friends. Jeanette Francis likes the staff and says she's made a lot of friends.

"Four of us have been employed for a year," says Jeanette. "At one time it didn't seem possible but now my stamina has improved so I can accomplish more tasks."

Employee Donna Newell also loves her brain injury family. She first started coming because her late husband had a brain injury. He stopped coming but Donna continued. "She's Grandma Donna, the Mom, the go to person around here," says Debbie. "This place wouldn't be the same without her."

Everyone is invited to drop by the Brain Injury Society in the Phoenix Centre on September 10 for their open house and birthday celebrations between 11 am and 2 pm. "Come see what we are doing and check out our new digs," invites Debbie. 



NOT OBVIOUS: Who has a brain injury in this picture? You can't tell because a brain injury is a hidden injury. That's why awareness and support are so important.



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AURORA

New arts festival for Townsite

The timing and location are perfect to launch Aurora, a brand new innovative arts festival in the Townsite.

Powell River's Historic Townsite is where past, present, and future meet and it's the fertile ground for Aurora to showcase the arts.

Aurora will open historic spaces for artistic expression on Friday, September 6 and Saturday, September 7, featuring an artist lounge and disco at the brand new Studio 56 in the former Bank of Montreal building, live audio-visual performances at the Patricia Theatre, an all day beer

garden and barbecue with a live DJ at Townsite Brewing, food vendors and local artist exhibits, and an audio visual space at HUB 101. Each evening after sundown, Ash Avenue will close for an interactive projection mapping and 3D laser installation.

Sosan Blaney, Theo Angell and Claudia Medina will be collaborating on a projection and audio piece that aims to honour and remember Tees Kwat, the Tla'amin village that existed at the mouth of what is now known as the Powell River, prior to the industrialization of the Townsite.

"Powell River is ready for a new festival and it's Townsite's turn to shine," says Paul Kamon, marketing director of Tourism Powell River. "There has been a phenomenal business revitalization happening there over the last couple of years, bringing new energy and ideas to the historic district. We want to help foster that growth with something unique and fun that encourages and inspires our artistic community and also attracts both locals and visitors to come and experience what Townsite has to offer." 




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SEPTEMBER 2013 Happenings at the Complex

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Must pre register for programs marked with *	2 Complex Closed	3 Variety Fitness Week Sept 3-11 FREE drop in classes Check classes scheduled	4 Fall Aquatic Schedule begins	5 9:10am Yoga 5:30 pm Yoga	6	7 GARAGE SALE
8 Childminding starts Tue/Wed/Thurs @ 8:45-11am	9 Reminder Drop-In Aerobics Schedule Starts today * Pre Natal Yoga Starts Zumba 5:30 pm	10 FREE Seniors Tue *Boot Camp for Men starts @ 10:10am Belly Dance Advanced Starts today	11 * Post Natal Yoga starts—register FREE to try Line dance @ 2pm Tai Chi @ 7pm	12 *Weight Room Orientation Adult 11:30am Pickle Ball 1pm Table tennis 7pm	13	14 Giant Indoor Garage Sale & Used Skate Sale 9 am-12 noon Buddy & Tina Duo Show
15 Listen to SunFM 95.7 Tue mornings with Mark Nicholls for Patti's Recreation Report	16	17 Aquacises Start 9:15am Tue & Thurs *Seniors Fitness class starts @ 1pm * Zumba Intro @ 7:30pm	18 Starting Thurs Oct 19 6:30pm Beginner Belly Dance 7:30pm Inter Belly Dance Table Tennis 6:30-9pm	19 *New Story Time Yoga & Art class for ages 3-5yrs @ 9am	20 Public Skating Starts today!	21 New Parent & Child Hockey drop in @ 10:30-11:45am
22 Kings vs Alberni Valley @ 3 pm	23 * NEW Gentle Yoga Starts today @ 1-2pm Register early	24 *Belly Dance Intermediate Meet the Kings Family Skate 7-8 pm	25 A skate just for adults & seniors every Wed @ 11am Adult Kilo skate starts 11-12:30pm	26 *Belly Dance Beginner & Inter Drop in Yoga 9:10 & 5:30pm	27 Pro D day activities At the Complex today Kings vs Langley 7:30	28 *Zumba @ 10:05am *Weight Room Orientation Youth 14-19 yrs @ noon
29 Drawing Elements Class Starts Thurs Oct 17 (6 classes)	30 *Deep Water Aqua Fit @ 8:15-9:00 pm	1 	2 *Recreational Guitar Starts Wed Oct 2 Register Now!	3 Just for Girls Fun Fitness class Starts Tue Oct 3	4 Adult / Stroller Kilo skate every Friday @ 11-12:30pm	Oct 5 @ 9:15 am *Deep Water Running
					4 Adult / Stroller Kilo skate every Friday @ 11-12:30pm Laser Light Skate—Fri Oct 11	



PRComplexFitnessNews & PRComplexLeisureGuide



Register by calling (604) 485-2891 or www.powellriver.ca

Community Band

Flats, majors and natural highs

By Charlotte Sparham

Recipe for a natural high: *One generous helping of brass, a bunch of assorted woodwinds, add drums to taste and selected sheet music, mix under the direction of a talented musical director, let simmer one evening a week for several months and... strike up the band!*

When Adrian and I first came to Powell River eight years ago, we started to attend local events and concerts. Kathaumixw, SOAP/PRISMA, live concerts by visiting artists and Powell River talent—I love listening to them all. Our first Community Band concert, a joint effort of the Powell River and Nanaimo Community Bands, was great fun to attend, and it struck me how much the band members were enjoying themselves. What a great way of combining the love of music with an opportunity to meet nice people, I thought. And that was how our adventure started.

Since at least 1914, Powell River has had a Community Band in various incarnations. Initially sponsored by the Powell River Pulp and Paper Company, later on a more independent footing, the band has always played a vital part in connecting the people who form our community—and continues to do so today.

I wasn't able to find much detail about the band's very early years, but a few weeks ago Mike Parsons shared some memories with us of his experience over the past 50 years. He joined in 1962 when the band was almost defunct and a small number of employees from the mill started playing music together in an informal way. The following year, Charles Stowell joined and under his inspired leadership, the Community Band regained momentum. A beginners band helped new members to integrate and students from Brooks School were recruited to further strengthen the ranks.

The Community Band—smartly turned out in blue jackets, black pants or skirts and white shirts—regularly played and marched at various sports and community events, including a memorable performance from a barge during the Sea Fair. Mr Stowell was quite the disciplinarian, and didn't approve of the swinging 1960s—Mike Parsons wistfully recalls a “mini-skirt incident” when a pretty girl dared to flout Mr Stowell's strictly enforced hem-line directives.

Following the Stowell era there were fatter and leaner times, a succession of musical directors, and fluctuating membership numbers.



YET ANOTHER ONE: Cutline please. As dfasd fasdf asdfa sasdf asdf asf asfasfd asf asfas fasfd asdafdas fdxsqas.

For the past 20 years, the Community Band has rehearsed and performed under the baton of Walter Martella, who combines great musicality and an ambition to get the best out of the band with patience and a healthy sense of humour. Fortunately for Adrian and me—rank newcomers—those qualities are also shared by the other band members. Since we joined the Community Band three years ago, we have started to climb a very steep learning curve, made new friends, and most of all—started to experience the joy of making music together with other people.

For information on the Powell River Community Band contact Hanna and Read English at 604 485-5971 or email hanree@shaw.ca. [PR](#)

Calling all singers!

For those who prefer singing, check out the Powell River Community Chorus this fall. The chorus also has a rich and storied history. With 72 members, the non-auditioned choir welcomes people of all ages who love to sing just for the pleasure of it!

The Community Chorus is well known for its unique concerts and is mindful of presenting music that will please all listeners. From classical to jazz, to folk and pop, they include a mix at all their concerts.

With the talented Walter Martella as conductor, the chorus holds practices every Wednesday at 7:30 pm at the Academy of Music.

For more information, please call Janice Gunn at 604 485-3825.

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Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

The new Heritage Manager at the Powell River Historical Museum and Archives is **Bert Finnamore**. Originally from New Brunswick, Bert brings significant knowledge in almost every aspect of museum operations and management. Most recently, he spent 11 years as a member of the executive with the Royal Alberta Museum in Edmonton where he was responsible for 35 permanent research and technical positions. Bert was also chair of the Blackfoot Advisory Committee on Museum Relations, which provided advice to the Museum on the repatriation of sacred ceremonial First Nations objects. He has travelled extensively in Central and South America and worked with the Smithsonian Institution.

Bert's vision for the Powell River Museum is to expand its relevance and help shape our community through the preservation and presentation of our heritage. Bert and his wife Claire have two grown daughters.

The Powell River **Chamber of Commerce** will host a special luncheon about the Sunshine Coast Trail at 12 pm on Thursday, September 26 at the Town Centre Hotel with special guests Eagle Walz and PR PAWS. This special lunch will include a video presentation. Please RSVP to 604 485-4051 or office@powellriverchamber.com.

Julie and Ernie Burden, owners of **Catfish Creative** (www.catfishcreative.ca) recently moved to Powell River from Alberta.

Through their design studio, Catfish Creative, they offer website design, graphics, brochures, and help businesses market their business.

They share their home with a big Alaskan Malamute dog and a tiny cat (who is clearly in charge of the house). Ernie loves to scuba dive and ride his motorcycle. Julie loves to bake and listen to music.

These new members of our community love Powell River so much that in their short time here they've created a blog site in order to share it with the world! Visit their blog site at www.visitpowellriver.ca. To reach Catfish Creative, call 604 578-8523. **PR**



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POWELL RIVER ARTS COUNCIL GRANT PROGRAM

THE ARTS COUNCIL...

The Arts Council invites applications for its grant program. Any organization involved in arts, culture or heritage in the Powell River community may apply for support for a local project.

Applications and funding criteria are available online at:

www.PowellRiverArtsCouncil.com

or may be picked up at the Patricia Theatre.

APPLICATION DEADLINE
Monday, 30 September 2013 4:30 pm

GRANT AWARDS
will be announced by Thur, 31 October 2013

For more information, please email
prcac@shaw.ca or **info@powellriverartscouncil.com**



POWELL RIVER COUNCIL FOR ARTS, CULTURE & HERITAGE
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Who?	What?	Ages	Offerings	Rates	Contact
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THE POWELL RIVER LIVING PARENT'S GUIDE TO FALL ACTIVITIES

Beavers, Cubs and Scouts	Co-ed skills for kids	5+	Games, badges, camps, crafts	Please inquire	Call Tina Bevans, 604-483-9634
Laszlo Tamasik School of Dance	classical dance foundation technique	3+	Ballet, tap, jazz, lyrical, ballroom, and creative dance	\$10 per hour class, \$7.50 for 45 mins	604-414-0780 laszlotamasik-schoolofdance@telus.net
Powell River Curling Club	Junior curling	9+	Curling instruction Wednesdays 4 to 5:30	\$50 til February	powellrivercurling.com prcc@telus.net
Powell River Gymnastics Club	Rec and competitive gymnastics	5+	One to three-hours, separate classes for boys and girls	\$194 for 15 sessions (prgymnastics.ca 
Powell River Gymnastics Club	Parent & tot drop-in, Mon, Wed, Sat	up to 4	An hour of frolicking and fun	\$8 per session, or 10 tickets for \$70	prgy.
Powell River Gymnastics Club	Preschool classes	Three & four year-olds	One hour coached class	\$194 for 15 sessions	prgymnastics.ca
Powell River Gymnastics Club	Cheerleading	5+	Twice a week practices, one or two hours	\$194 for 15 sessions	prgymnastics.ca
Recreation Complex	Swimming lessons	Babies +	Parent and tot; preschool; child and teen lessons	\$47.85 (30 min), \$53.70 (45 min) for 10 lessons	604 485-2891
Recreation Complex	Recreation programs for kids and teens	5+	Skating; pre and postnatal, storytime and mom and daughter yoga; and much more	See Leisure Guide, now available at the complex	Leisure Guide
Canadian Martial Arts Academy	Karate classes in a traditional dojo	4+	Little Ninjas (4 to 5); Little Dragons (6 to 8); Junior Karate (9 to 12); plus cardio karate	\$19+ per month	604 485-8255, cmaakarate.com
PR Disability Sport Club	Wheelchair Basketball	All ages	Competitive team with weekly practices	FREE!	Lindsay Peake at 604 483-8387 disabilitysportclub@gmail.com
PR Skating Club	Basic skills to figure skating	Preschool +	CanSkate; Learn to Skate; Star Academy; Skate Canada	Please inquire	Nicole Rumley 604 487-0418 rumleysk8@shaw.ca
Sheridan Dance Academy	Mom and babe dance	Two to four (and moms)	Thursdays, 4 to 4:30	\$8 drop-in	sheridandanceacademy.ca 604 485-0023 or 604 485-0233
Sheridan Dance Academy	Recreational to competitive dance	3+	Ballet, Hip Hop, musical theatre, jazz, tap, ZumbAtomic	\$82.50 (half-hour); \$160 (hour) to December	sheridandanceacademy.ca 604 485-0023 or 604 485-0233
Powell River Academy of Music	choir programs	Kindergarten to teens	Age-appropriate choirs for children	Please inquire	powellriveracademy.org 604 485-9633
Powell River Academy of Music	Early childhood music	Six months to seven years	Baby music, preparatory music and Orff	\$75 for 10 lessons	powellriveracademy.org 604 485-9633
Powell River Academy of Music	Private lessons theory and history, conducting	Inquire for ages	Voice; piano; violin, cello, flute, saxophone; trumpet, tuba; guitar; percussion; and many others	Please inquire	powellriveracademy.org 604 485-9633
Powell River Academy of Music	Drama; Speech Arts Musical Theatre	Inquire	Acting and vocal skills to major musical productions	Please inquire	powellriveracademy.org 604 485-9633
Powell River Academy of Music	Visual arts	8 to 14	Drawing, painting, clay and sculpture, plus art history	\$60 per month	powellriveracademy.org 604 485-9633
Skylight Arts Studio	Art classes	Preschool +	Paint; clay; collage; instillation and stop motion.	Sept to Dec \$192 to \$224	skylightart.ca 604 413-1452
Powell River Chorus	Community choir	all ages	No audition required, Wednesdays at 7:30	Please inquire	Janice
Ice Cats	Women's hockey team	18+	Beginner to experienced, Sundays at 6:45	Please inquire	Traci Abbott, dictraci@telus.net
Toastmasters	Public speaking course	18+	Toast to the Coast meets every Tuesday 7 to 8:30 pm at the Oceanview Education Centre	Please inquire	Isabelle Southcott 604 485-0003 isabelle@prliving.ca
Jr. Roller Derby	Roller skating sport	5+	Rec and competitive, Tuesday nights 6:30 at Ocean View	\$60 per session \$50 annual insurance	powtownrollerderby.com
Terri Beck Fitness Studio	Pilates	Adults	Various class times. Call for info.	Please inquire	604 485-5876 casabeck@uniserv.com

The Octopus Box

Siblings create art together

By Janeen Hartley

Artists April White and her brothers Geoff and Darrell are all greatly influenced by their Haida heritage. The three siblings collaborated on a magnificent work of art that premiered in an exhibit at the Comox Valley Public Art Gallery this summer.

The inspiration for this piece was the octopus, an intelligent creature with seemingly supernatural behaviour. Woodwork, painting and carving come together in a single work of art marrying the unique talents of the three artists.

This collaborative work of art displays the siblings' unique talents.

Geoff, the eldest of the three, made the traditional bent wood cedar box. April, the painter in the family, created the original designs in native form line as well as natural depictions of ancient Haida totems from the ancestral lands. Darrell, who has just recently mastered carving in argillite (black slate stone of which the Haida have exclusive mineral rights) and wood, is responsible for the stunning carving on the top of the box. Interestingly, Darrell became an artist later in life after a long career as a welder.

The Haida have been expressing themselves through their art for many years. The masters from yesteryear are still celebrated and consulted for inspiration as today's artists maintain the traditional shapes and nuances of this prestigious art form.

The 150-year family tree of Geoff, April and Darrell White takes up an entire museum wall. This living document has over-

grown its capacity as the generations continue to produce more Haida dedicated to the preservation of their heritage.

An observer to the Haida culture will find the artists of Haida Gwaii apply their art to everything in life. The ways of the people may have changed with the times but the hands of the people are always creating in a manner that pays attention to detail and authenticity.



Anthropologists will give you numerous reasons for the capacity of the Haida to continue to produce an art form that is recognized around the world. My observation is that if one practices the culture, the culture will exist. Families have the ability to transfer skill and knowledge through the everyday practices of living, incorporating the ancient with the modern. **RL**



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Wildcrafting

Harvesting uncultivated plants

By Pieta Woolley • pieta@priving.ca

Soft and green—but not appetizing at first glance—the tips of this Douglas fir tree’s branches are about to be my next snack. Protruding like little paws, I gingerly snap one off, and taste it. Mild, pine-y, a little minty, it’s both firm and supple. Chewing, and chewing, and chewing, like a brontosaurus, my verdict is: not bad. Both the arboreal flavour and the dense texture are...to be acquired.

In early summer, about 20 Powell Riverites and a handful of visitors gathered for a forest stroll south of Townsite, to sample treats such as this. Lund’s Kristie McCrae, who calls her business “The Wood Witch,” stood by a fir in a clearing, and explained the tree’s uses in her field: wildcrafting.

Young Douglas fir tips are high in Vitamin C, she explained. The bark, needles, sap and roots can be made into tinctures, teas and salves to treat everything from cuts and burns, to sore throats and stomach problems.

Kristie is on the cutting edge of a modern wildcrafting revolution—carefully harvesting uncultivated plants for food and

medicine. One side of the new-found fervour is spiritual, encompassing First Nations and Wiccan traditions, and others. The other side is economic. In Victoria, the private Royal Roads University has dedicated an entire research department to the rapidly emerging field of Non-Timber Forest Products (NTFP). The centre’s researchers ask, how can rural Canadians make money in the woods, without logging?

Kristie and others on the Powell River peninsula are answering that question. The region may be to wildcrafting what forestry was 150 years ago—poised to feed a voracious appetite for BC products, elsewhere.

Kristie sells medicinal teas at the local farmers markets. Bertha and Tom Treacle sell their range of salves and other products at the farmers markets, too, under the name, Tlamen’s Sunshine Herbs. And Susan Canning, owner of Wild West Coast Rainforest Products, sells her impressive collection of wild-harvested food beyond the peninsula. All three sell here, too, through Ecosentials on Marine Avenue.

On the walk with Kristie, the group enthusiastically samples young blackberry shoots—the inside of new-growth stems. We examine horsetails and red clover, dandelion and yarrow. Seeing each plant as a potential source of nourishment and healing—smelling the fresh growth in the warm forest—it’s easy to see the appeal of wildcrafting. **RL**



HATFUL OF HEALTH: These dainty plants, gathered from the forests near Townsite, offer medicinal qualities. At right, light and tasty blackberry shoots.

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Find us on at “Toast to the Coast”

ADVENTURING: About 20 adults (plus dogs and babies) trundled through the woods in May, sampling blackberry shoots and other greens. [INSET] Lund's Kristie McCrae, AKA *The Wood Witch*, leads wildcrafting workshops in the region.



Medicinal plants you can find locally

Beverley Gray, the owner of one of Canada's longest-serving wildcrafting businesses, Whitehorse's Aroma Borealis, published an excellent guide to wildcrafting this summer. A *Field Guide to Medicinal Plants* (Harbour Publishing, 2013) features helpful photos and small introductions to plants you'll find around Powell River.

"I have a belief that every household needs an herbalist," she says in a phone interview from her store. "We need to be empowered by what's growing around us. Herbs that grow in our community are the ones that will help us the most."

The following are examples taken from Beverley's guide. Before trying wildcrafting yourself, please get more information on identifying flowers, creating medicines, and especially, cautions.

Arnica • For bruises, strains, and inflammation.

Red clover • Relief of acne, rashes, sore throats, gout, and others.

Dandelion • For eczema, lowers cholesterol and blood pressure.

Fireweed • Mild laxative. Can also be used for skin conditions.

Horsetail • Rich in silica, for healthy connective tissue, skin, bone and cartilage.

Stinging nettle • strengthens the respiratory digestive, urinary and glandular systems.

Yarrow • Pain reliever with antiseptic properties.

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A growing concern

By Jonathan van Wiltenburg • edenhort@gmail.com



There's nothing quite like real garlic

Can you imagine life without garlic? I certainly cannot. I am not referring to the offshore crap that you can get in the store but the pungent, oily cloves grown right here in our backyard. Real garlic—the stuff that sticks to your fingers when peeling it and packs a true punch in the salad bowl. Our little family goes through a lot of garlic and I am sure we are not alone in this. We tend to have at least a few cloves with every meal.

Garlic is one of Powell River's bastion, high-value crops, running anywhere from \$1-2 a bulb. However in terms of labour, it is not backbreaking. Garlic is actually good bang for gardening buck.

The Plant, *Allium sativum*

Garlic comes in three basic varieties: soft-neck, hard-neck, and elephant. Soft-neck refers to the pliable stalk, hence this type of garlic used for making garlic braids. It tends to produce more cloves per bulb and is has better storage capacity.

Hard-neck (stiff stock) is the preferred choice for our region, given coastal weather conditions. It also produces a flower in early summer (know as a garlic scape), which is a wonderful addition to any plate and the garlic has a superior, more intense flavour.

Elephant garlic is actually a member of the leek family and produces a mild tasting, very large bulb.

Cultivation

Garlic prefers rich, well-drained sandy soil, with a full sun exposure. Avoid planting in wet conditions, as this can invite pests and disease.

Planting

Aim to plant cloves in October. Begin by preparing your bed, and add some compost. Next, bust the seed bulbs up into individual cloves. Plant them pointy-side-up roughly 2 inches below soil surface at 6-inch spacing. Your rows should be 10 to 12 inches apart.

Pests and Disease

Usually, pests and diseases are brought on by high humidity and moisture levels. Some of the most common garlic issues are rust, and white rot. It is very important to rotate your crops, and plant quality, disease-free seed stock.

Harvesting

Once the bottom leaves begin to die, harvest your garlic (usually sometime in July). Cure them in a dry, sunny location for a few days, then store cool and dry. [PRL](#)

Priorities for September

- 1 Harvest, harvest, harvest. And, preserve, preserve, preserve.
- 2 Weed, and add mulch.
- 3 Plant out and sow the last of your winter garden. Sow lettuce, spinach, endive, cilantro, corn salad, arugula, parsley. Although it is too late to start many other winter veggies from seed (broccoli, cauliflower, Brussels sprouts, cabbage, rutabaga) you can find mature plants at a local nursery.
- 4 Cover up your tomato plants with glass or plastic to protect them from tomato blight.
- 5 Harvest your potatoes and cure them: leave them on the soil surface to dry in the sun for a day.
- 6 Secure your seed garlic.
- 7 If there are large patches of bare soil, sow a cover crop to prevent nutrients leeching from the soil. Fall rye, winter wheat, red clover, hairy vetch, or field peas or combinations.
- 8 Save some seed for next year. It is thrifty, and over time will give you stronger plants for your specific growing region.
- 9 Don't forget to harvest and dry some herbs.
- 10 Order flowering spring bulbs.

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What's up? POWELL RIVER

Contemporary Practises

September 5 to October 1 brings up Malaspina Art Society's presentation of the work of Powell River-based visual artist Adam Cramb at the Malaspina Exhibition Center at Vancouver Island University.

Entitled *Contemporary Practises*, the exhibition features progressive original works inspired by nature and globalization.

"Powell River is a great place to make art. I wish to convey the luxury of our surroundings pressed against the encroaching progress of the industrial world," says Adam.

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

Free admission.

Help STAPLES help!

Powell River Staples has launched their annual back to school supply drive for students. The campaign runs until September 9 and helps ensure that all students go back to school with the basic supplies they need. All the money raised in Powell River stays in town to help local students.

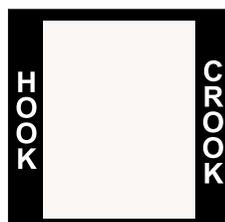
According to a survey of Canadian teachers and educators, 35 per cent of school-aged children in Canada will begin the school year without the necessary supplies. Making matters worse, almost one fifth of teachers surveyed believe this percentage will also increase over last year.

Now in its sixth year, this year's goal is to raise \$5,000. The drive is held in partnership with the Powell River Salvation Army and Powell River Youth & Family Services.

Staples cashiers ask customer if they would like to make a cash donation to the School Supply Drive. People may also drop off donations.

Puzzle RiverTM

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



Last month's answers:

- The handwriting's on the wall
- A fly in the ointment
- History repeats itself



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What's up?

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Extra

AUTUMN SKYE

Local artist Autumn Skye Morrison is one of only 200 Canadian artists who was invited to paint a portion of *The Mosaic Mural* which was created for the Canada Games held last month in Sherbrooke, Quebec.



"I am honored to be one of the two hundred Canadian Artists who were invited to paint a portion for this epic collaboration," said Autumn Skye. To view the mural, please visit www.muralmosaic.com/sports.html.

TrailRider makes it possible

Julie Carlson is an 18-year-old girl with cerebral palsy who has never been able to enjoy being on pebbles at the beach or being on the trails. That changed thanks to her friend Jill Sickavish and the TrailRider! "Julie finally had the chance to stretch her hands out and touch the ferns as she rode through the trails.

She experienced the bridges, dips, turns, uphill treks and downhill treks of one of the many trails in Powell River."

Last year Julie tried unsuccessfully to go out in the TrailRider. At that time, the TrailRider didn't have the right support. Thanks to donations from the Kiwanis Club, PRMOS purchased a Focus Back for the TrailRider to allow Julie to ride.

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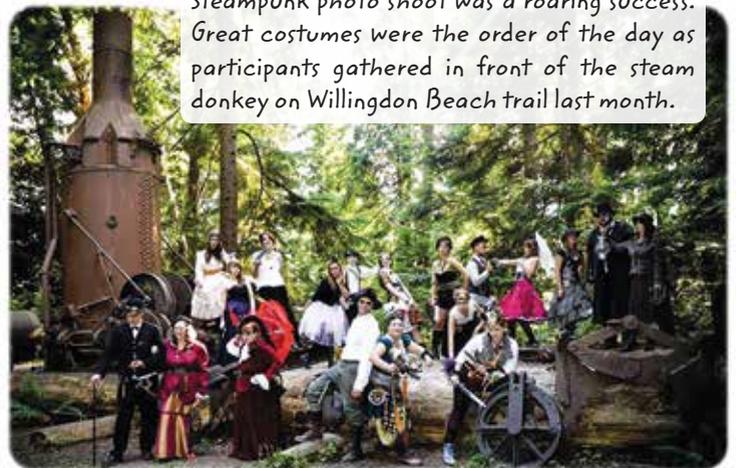
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STEAMPUNK FUN • Tourism Powell River's first Steampunk photo shoot was a roaring success. Great costumes were the order of the day as participants gathered in front of the steam donkey on Willingdon Beach trail last month.



Local senior athletes break records

Powell River's senior athletes cleaned house at the BC Senior Games in Kamloops last month coming home with a fistful of medals while shattering national and provincial records.

Harry Thompson broke two Canadian records (90-94 years) for the 800 metre run and 200 metre sprint. He won gold while setting new BC Senior Games records in the 100 and 400 metre sprints and the 1500 metre run.

Victor Njume (70-74 years) set a new Canadian record in javelin with a throw of 44.30 metres to win gold. He won gold in the 400 metre run and silver in shot put with a 10.26 metre throw.

Chris Evans picked up a gold on the tennis court in the men's singles for the 80 to 84 year olds. **Nancy May Lalonde** (75-79 years) won silvers in the 25, 50 and 100 metre breaststrokes.

Dora Granton (85-89 years) won bronze in the 100 metre breaststroke, gold in the 25 metre breaststroke, gold in the 25 metre backstroke, silver in the 50 metre backstroke, bronze in the 25 metre freestyle and gold in the 100 metre freestyle.

Susan Storry (55-59) won gold in the 25 metre backstroke, silver in the 50 metre backstroke, silver in the 25 metre breaststroke, bronze in the 25 metre freestyle, and silver medals in the 4 x 25 medley and free relays.



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SIZZLE in SEPT

Powell River Living

recommends these snazzy September events

Sept 5: Powell River's 5th Annual Community Registration Fair! 5:30-7:30pm at Sheridan Dance Academy 7053 Glacier Street. For any and all community groups and clubs. This is the place to take care of ALL of your Fall Registrations in one place.

Sept 6 and 7: First Aurora Arts festival in Townsite. Schedule at www.AuroraFestival.ca

Sept 8: Scotiabank Paws for a Cause walk at Willingdon Beach. Registration at noon. Walk 1 to 3.

Sept 9: The Municipal Pension Retirees Association

September meeting will be held on Monday at 1pm at the Cranberry Senior Citizens Centre.

Sept 14: United Way campaign kick-off fun day at Willingdon Beach, noon-4pm. Free BBQ & Safeway cake, music, and activities. Spend the day with friends and family, rain or shine!

Sept 15: 33rd Terry Fox Run, registration at 8:30 at the Recreation Complex. Run/walk/skate/bike starts at 10 am. A pancake breakfast will be available after the run for participants and volunteers. For more info call Rodonets at 604485-9238 or Butulas 604485-4325. **Sept 17:** Trivia night at The Hub 101 (6275 Marine Avenue), 7pm. Teams of up to six, no cell phones. Organized by the library.

Sept 19: Free intro to Facebook. Monthly "Tech Savvy" series begins at the Library, 7 p.m. Bring your laptop if you have one.

Sept 21 & 22: Fall Fair, noon til 5 at the Exhibition Fair Grounds. \$3 entry; kids under 12, free. Entry forms at Rainbow Valley; entries accepted noon to 6 pm Friday. The Paradise Valley Miniature Railroad will operate both days. In addition to the regular train and hand cars, a visiting "live" steam train from the Burnaby Central Railway will be on hand to ride passengers and demonstrate the Canadian Pacific Railroad model "Jubilee" class steam train. Train and Hand Car rides cost \$2. More information at prforestrymuseum.org/fall_fair2013.htm

Sept 23: Harold Mabern legendary jazz combo (www.haroldmabern.com) at the Max Cameron Theatre

Sept 28: Fourth annual Salmon Festival, noon at Club Bon Accueil. Aug 2,9,16 & 23: Fun in the Sun with Family Place at Willingdon Beach.

Oct 19: Powell River Health-Care Auxiliary Fall Bazaar 11am-2pm upstairs at the Recreation Complex-Upper Level

Please submit calendar items to
sean@prliving.ca by the 20th of each month

Reconciliation

What: Join the Tla'amin Nation for the Walk for Reconciliation. The Walk is designed to begin building a new relationship between Aboriginal and non-aboriginal Canadians and to celebrate the values, traditions and history that all Canadians share.

When: Sept 22

Where: Beginning at the Salish Centre (Tla'amin gymnasium).

9 am: Doors open

10 am: Walk begins (there will be a ceremony during the Walk)

12 noon: Lunch at the Salish Centre and afternoon program (speakers, film, discussion)

Zero-Mile Living

What: Carolyn Herriot shares her inspiring vision for bringing our food back home. We would increase regional food security, create employment (new "gastro-economy") stimulate tourism, and improve our diet and long term health. From experience Carolyn discovered it took only five years (from clay fill) to produce enough fruits, vegetables and herbs to feed her family year round.

When: Sept 24 at 7 pm

Where: At the Senior's Centre in Cranberry

Who: Carolyn Herriot is a food security consultant and author of *The Zero Mile Diet* and *The Zero Mile Diet Cookbook*. She grows "Seeds of Victoria" at the Garden Path Centre in Victoria.



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Play-based learning: that's "school" for kids and tots too young for Kindergarten. It includes simple activities such as singing, pretending, listening to stories, playing with toys, being around other children, and talking with their favourite grown-ups—mom, dad, grandparents, or a teacher.

At several schools around Powell River (see below), early learning gets a boost from StrongStart—and starting September 18, a pilot program called Stepping Stones, at Westview Elementary will begin. Children aged 0 to 5 are invited to attend all StrongStart programs with a caregiver, for free.

"The Stepping Stones playroom is set up as a small village where children can pretend," says Rita John, School District 47's early learning coordinator. The playroom will offer a new play venue for children that does not follow the structure of StrongStart programs offered at other schools. "This kind of Early Learning venue is new to Powell River and is being piloted for this

school year—we are interested in keeping track of the use of this facility so are asking families to register," said Rita.

Children who are involved in quality programs before they enter school are more likely to succeed in school. "They are predicted to have better health trajectories than those who are not involved in quality programs. Parents who are involved in their children's education contribute greatly to their children's success."

StrongStart programs fill a niche for young children who are not in childcare, and are at home with their parent or caregiver. Kids enjoy a mix of organized activities and free play. Parents and caregivers can quiz qualified early childhood educators; they're introduced to new ways to support their children's learning at home, and may make valuable connections with other adults.

"Our early childhood educators who work in these programs are skilled and passionate about their work," says Rita. Kids and grown-ups are encouraged to



True play

Young children should spend time in true play, says Rita John, School District 47's early learning coordinator. For play to be true play, it involves the whole child and is driven by the child. It is not work and it is not for real. It is expressive, imaginative and exploratory. True play is not driven by goals. It is any activity that is instigated by the child. The brain is a problem solving system, and true play programs the brain's problem solving networks. If children have true playtime before they enter school, a foundation will be built that can be used to receive instruction or solve problems. "In the dance between children and adults, children are sometimes the leaders, and adults the followers and vice versa," says Rita. **RL**

When & Where

StrongStart programs run September through June excluding holidays and professional development days. For more information please visit www.sd47.bc.ca.

James Thomson Elementary School

6388 Sutherland Rd, Wildwood
Mon, Tues & Wed • 9 am to 12 pm
Thur • 11:45 am–2:45 pm
Friday • Closed
Early Childhood Educator: Cindy Mitchell

Henderson Elementary School

5506 Willow Ave, Townsite
Monday • Closed
Tuesday to Friday • 8:45 am–11:45 am
Early Childhood Educator: Kate Boyd

Kelly Creek Community School

2345 Zilinsky Rd, South
Mon, Thur & Fri • 8:30 am–11:30 am
Tues • 11:30 am–2:30 pm
Wed • Closed
Early Childhood Educator: Paula Vandevent

New pilot program: Stepping Stones

Westview Elementary School
3900 Selkirk Ave, Westview
Mon, Wed & Fri • 9 am–12 pm
Early Childhood Educators: Kate Boyd,
Cindy Mitchell, Paula Vandevent

StrongStart Outreach

A mobile early learning program on the ORCA Bus! The bus will be back this fall offering the same great programs it has in the past. Visit www.sd47.bc.ca
Early Learning
Early Childhood Educator: Hayley Tuba

play together—in activities that the child instigates.

The programs are booming. Six years ago, StrongStart BC opened its first Powell River program at the Early Years Centre above Brooks Secondary School. Today, StrongStart operates at three local schools, through the ORCA Bus—a partnership between StrongStart and Success by 6—and now, Stepping Stones. In 2012, Powell River's StrongStart recorded more than 3,300 visits.

The popularity is good news for school readiness. Growing research suggests that children under the age of five are developing important foundational skills before they enter the school system, says Rita.

"In play, children are having fun. The positive emotions associated with play are as important as the skills they are building in creating a disposition that embraces learning," says Rita. "These skills are crucial to their lifelong learning and health."

These early childhood programs are designed to inspire parents, and complement the learning environments they create for their own children. **RL**

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- Jan 28 ♦ Romeo & Juliet, Ballet Jörgen
- Jan 30 ♦ Matt Andersen - Blues, Roots & Rock
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- Nov 9 ♦ Tosca (Puccini)
- Jan 25 ♦ Falstaff (Verdi)
- Feb 8 ♦ Rusalka (Dvorak)
- Apr 5 ♦ La Bohème (Puccini)
- Apr 26 ♦ Cosi Fan Tutte (Mozart)

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