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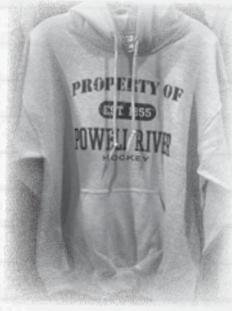
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CONTENTS • OCTOBER

- 5 In this issue**
Reasons we're thankful
- 6 Halloween festivities**
Carving, haunted house & Rocky Horror
- 7 Celebrating reconciliation**
At events in Vancouver and Sliammon
- 8 Miss World Canada on a mission**
Tara Teng visits her home town
- 10 Economic future**
Which of these leaders' ideas will work?
- 14 Everyday heroes**
Firefighters keep us safe
- 15 The Great ShakeOut**
Are you ready for an earthquake?
- 16 Storm surge and rising tides**
Are you ready for high water?
- 18 Townsite is where it's at!**
Patricia Theatre turns 100
- 20 Slices of life**
Memoir anthology ready for launch
- 21 Breast Cancer survivors**
You can beat it
- 24 Painting Tla'main**
What it looked like before contact
- 26 I Made the Move**
Meet Ken and Rhoda Oakes
- 27 Volunteering at VIU**
A gift to themselves and others
- 28 Business Connections**
What's new at local businesses
- 29 Artist profile**
Meet Anna Bennett at the Art Crawl
- 30 Office face-lift**
PRL digs gets a new look
- 32 Community Calendar**
What's on in October
- 33 What's Up Powell River?**
Biking for change, horse champion
- 34 Faces of Education**
Culinary Arts and the Chefs' Cafe

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

Paddling to fame: In front of 3,000 cheering Vancouverites, Sliammon storyteller Melvin Mitchell paddled ashore, took the microphone, took a risk, and became a star.

Photo by Pieta Woolley

Powell River Living CONTRIBUTORS



TERRI BECK is a certified pilates instructor, personal trainer, fitness instructor and president of Powell River Women in Business. She teaches pilates and exercise classes for breast cancer survivors out of her studio at 7053-B Glacier Street.



MALINA HOPKINS studied writing at York University in Ontario before moving here in 2010. She enjoys sailing, kayaking, beach combing and making unique accessory racks that she sells at Relish Interiors.



ANNE-RACHEL BÉRUBÉ moved from Quebec City five years ago and still feels as though she's on vacation. Her love and passion for First Nations people began when she was six years old.



ANN NELSON has been a Powell River resident since 1977. She has been the operator/steward, with her son Brian, of the Patricia Theatre since 2002. She was literally raised in the movie theatres of L.A. and Orange counties.



KITTY CLEMENS, RHN NNCP, is a Holistic Nutritional Consultant and Wellness Coach and has her practice, Pro-Active Nutrition at 4680 Willingdon Avenue.



LEAH ROURKE, a professional interior designer, has worked on small residential projects and multi-million dollar resorts, and everything in between. In 2010 Leah moved back home to open Relish Interiors.



VALERIE HODGINS began riding when she joined the 4H horse club eight years ago. She is in her first year of an animal health technician program at Thompson Rivers University in Kamloops.



WENDY THOMAS is an adult educator at VIU who found a piece of heaven when she moved to Powell River in 2004. She enjoys fresh air, exercise, reading, and laughing with her fabulous family and friends.



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

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Powell River Living

IN THIS ISSUE

So much to be thankful for

Since ancient times, people have given thanks for the bountiful harvest with a Thanksgiving feast. Today it's a tradition to share and celebrate with turkey and all the fixings. It's also a tradition to share with others less fortunate.

Not long ago a little girl knocked on my door. Her mom, carrying an infant in a snuggly and her dad with another baby and another child, waited on the sidewalk while she delivered an empty grocery bag for me to fill with food, for the BC Thanksgiving Food Drive.

If we didn't have food banks, people in our own community would go hungry. Food banks do not receive government funding; they rely solely on the public for donations. So this year, share what you can. Pack a bag of non-perishables and take it to a place where they are collecting food. Our food banks are now gearing up for the cold months ahead.

On page 10 local leaders weigh in on the economy. Journalist Pieta Woolley talks with several leaders about what their thoughts are on Powell River's future.

It's October, which means it's time to celebrate small businesses. When you shop locally, you support the local economy and make it possible for families to live and work here. If we shop out of town, our money leaves the community. If you spend your money at businesses outside of Powell River you

can't expect local businesses to support your son or daughter's hockey team or donate to a cause that you're fundraising for. Relationships and business work both ways.

It's also breast cancer awareness month. We've prepared a package of stories beginning on page 21 on this important subject in the hopes that they will help someone who may be just beginning their journey and provide increased awareness.

In Vancouver, the national Truth and Reconciliation Commission hosted a week of healing. There, Pieta witnessed Sliammon's participation at the All Nations Canoe Gathering, and here, a diversity of locals walking for reconciliation on the Sliammon reserve. See Pieta's story on page 7.

On pages 24 and 25, a lovely story by Anne-Rachel Bérubé about friendship, art and the past all came together in the form of a beautiful painting that depicts what Sliammon might have looked like before contact with the settlers.

And finally, we have a story on page 30 about an amazing office transformation. Interior designer Leah Rourke of Relish Interiors gave the *Powell River Living* office a facelift with the help of some of our great advertisers like Valley Building, Relish Interiors, Relay Rentals and Impact Signs. Read about what she did with the help of these businesses then come and check it out! We absolutely love the redesign and can't imagine ever going back to the way it was. Thank you Leah and everyone else who helped with this project. We LOVE it! **PRL**

isabelle southcott

Isabelle Southcott, Publisher • isabelle@prliving.ca

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Valley

Thriller, thriller night

Pumpkins, bikes, treats, ghosts and Dr Frank-N-Furter

FOR KIDS • Ghosts and goblins will be knocking on doors and ringing bells as soon as darkness falls on Halloween night. Pumpkins will be carved, Halloween bike rides held and houses decorated as trick-or-treaters get into the October 31 spirit.

Some folks get into Halloween in a big way when it comes to decorating their homes. There are homes on Maple Avenue in The Townsite that had more than 200 trick-or-treaters last year!

FOR EVERYONE: If you want to take a look at some great pumpkin carving check out Pumpkinfest at the Town Centre Mall from 11 am to 3 pm on October 26. Local celebrity Bill Hopkins of SUN-FM started the event several years ago and it continues to be a Halloween favourite.

Bill says you can carve your pumpkin in

advance and drop it off to be judged or carve your pumpkin on site. Pumpkins are judged and prizes awarded. This event is free to enter.

Save-On-Foods has donated the pumpkins free of charge every year since it began, says Bill. "Nick and the guys from produce have been fabulous with picking out the best bins for us and pushing them up through the mall."

For the past several years businesses and schools have entered pumpkins. "Some of the best have been from SD 47's cosmetology students."

FOR EVERYONE: A family Halloween bike ride around Inland Lake will begin at 3 pm on Saturday, October 26. Bring your bikes and costumes. Treats for the kids. For more info visit www.bikepowellriver.ca



FOR EVERYONE: On October 31st, Brooks Secondary School and Rotary will be holding a haunted house upstairs at the Carlson Club.

FOR ADULTS: Strap on your stockings and tease up your hair—the Rocky Horror Picture Show is coming to the Patricia on Halloween night, thanks to the Powell River Film Festival Society. The classic film, rated 18A, plays at 9:30 and midnight, of course. Tickets are \$20, and available at the Theatre, at Ecosentials and Breakwater Books. Costumes and fancy dress optional, but preferred. **PR**



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National event, local significance

Celebrating reconciliation from Science World to Sliammon

By Pieta Woolley • pieta@prliving.ca

On September 17, nine Sliammon First Nation members paddled the nation's canoe, *Gahnos*, from Vanier Park to Science World (about 30 minutes) for the All Nations Canoe Gathering. It was the kick-off to the Truth and Reconciliation Commission national event, September 18 to 21.

At Science World, where thousands gathered, and flanked by Coast Salish canoes from Semiahmoo, Sechelt and Homolka First Nations, Sliammon storyteller Melvin Mitchell stood to address the crowd.

"I'm really honoured to stand here before you," he said, as his voice boomed over False Creek.

"We're really happy we didn't have to paddle all the way here. We let BC Ferries paddle for us!" The crowd, somber from the many speeches about colonization and resilience, broke out laughing. "We'd like to ask permission to come ashore. We just have some peanuts that have been keeping us going."

While his humour was a welcome release, Melvin also spoke with gravity about his hope for reconciliation.

More than 40 canoes were paddled at the powerful event, representing Aboriginal people from throughout BC, Canada and the world.

The commission heard testimony from 2,500 residential school survivors that week. But the greater movement towards reconciliation—Canada's Aboriginal and non-aboriginal residents striving for a new, respectful, harmonious relationship—is just beginning.



BURYING HATCHET: Elder Johnny Louie buries a symbolic hatchet at the 'Walk for Reconciliation' in Sliammon.

Burying the hatchet: literally

Here in Powell River, Reconciliation Week was marked by both Aboriginal and non-aboriginal locals.

Grey waves crashed on the shore, and rain pelted down, as Sliammon First Nation's Sandra Harry welcomed the 300 people who came out for the

Walk for Reconciliation on September 22. The event, one of many held around BC, invited people to walk together, symbolizing a commitment to a new relationship.

A century before, Sandra explained, on this spot, missionaries burned their regalia and drums. That fire began generations of cultural destruction, which included residential schools.

"I was given a vision of burying the hatchet," Sandra said. So, her father harvested some cedar and blessed it, and it has been carved into two hatchets. One represents ancestors, and one for today's generations. "Burying the hatchet puts behind us everything that they did to us."

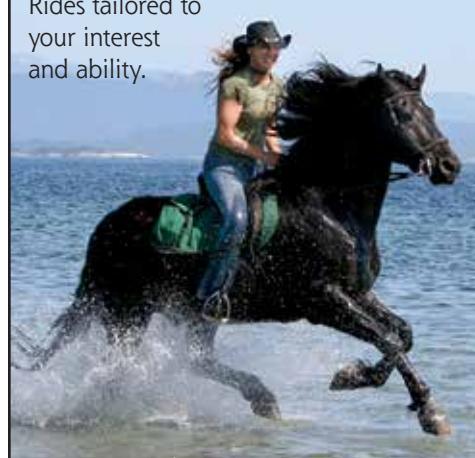
Then, elder Johnny Louie kneeled beside a hole, at the centre of a crush of bodies. He placed the hatchets into the hole, and four pieces of cedar on top, with two rocks. Several people helped him bury the hatchets.

"Thank you for witnessing this ceremony," Johnny said. "A memorial plaque is coming, so we can always come here and remember what happened here today [reconciliation]."

Then, the drenched crowd walked back, past the church, to the cozy community hall for hot drinks and biscuits. **PR**

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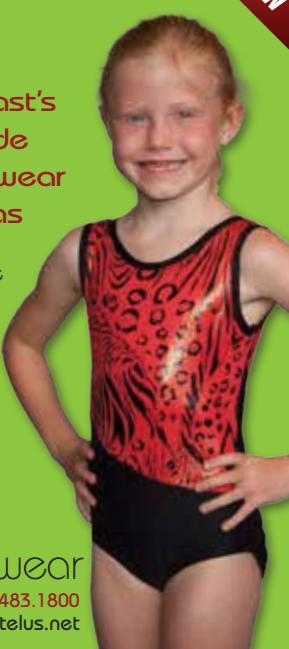
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Miss World Canada visits hometown

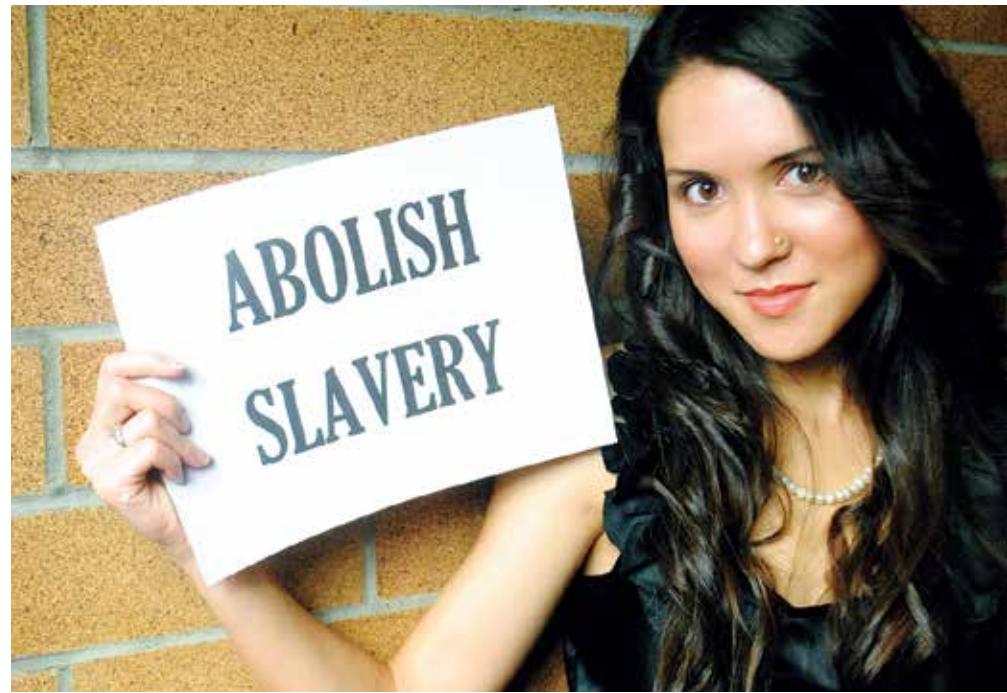
Pageant winner headlines Missions Fest

By Pieta Woolley • pieta@prliving.ca

In July 2012, former Powell River kid-next-door Tara Teng walked the stage in Ordos, China as Miss World Canada. She was watched by 2.2 billion pageant fans. That's just slightly fewer than the audience for the World Cup final. But Tara is returning to her hometown roots this month, when she visits Powell River as a passionate human rights speaker, with the second annual Powell River Missions Fest (see sidebar.)

Tara, 25, grew up here. Her dad, Terry Teng, was an environmental biologist at the mill, and then associate pastor at Westview Baptist Church. Her mom, Lori Teng, homeschooled Tara and her two younger siblings. She ferried them around to swimming and skating lessons, piano and voice classes at the Powell River Academy of Music, and softball practice on the dewy grass at Larry Gouthro Park.

Tara's career as a beauty queen has taken her across the world—and not just because of her stunning looks.



HUMAN RIGHTS LEADER: Tara Teng Miss World Canada winner and former Powell River kid, is a speaker at Missions Fest this month.

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"After we left Powell River for Langley, we got to know our neighbours," Tara said in a phone interview. "We found out that their daughter had been trafficked into prostitution by a man who pretended to be her boyfriend. After that—which happened in a nice community where kids play hockey in the street, and mini vans are parked in driveways—I couldn't pretend it didn't happen."

The experience started Tara on a quest; she found out everything she could about human trafficking, by reading books, watching documentaries, and eventually, travelling as Miss World Canada. About 27 million people are kept in slavery today, she explained, either doing forced labour, or being sexually exploited. Her deep faith, she said, propels her forward.

WHAT	Powell River Missions Fest features seven denominations; 30 exhibitors; speakers and workshops; approximately 500 guests, all gathered to learn about Christian missions — both locally and globally.
WHEN	Friday night, Oct 25 plus 9 to 4, Saturday, Oct 26.
WHERE	Evangel Pentecostal Church (5139 Manson)
THEME	Reaching out to the Aboriginal and Muslim communities; getting personally involved in missions.
AND...	It's free!

"It was such a privilege to grow up in Powell River," she said. "But I also know, that's not what the world always is."

Tara's message is one of hope. Every life is precious, she believes and deserves safety and dignity. She's witnessed that spark even in some of the world's darkest places, among people with the deepest wounds. And, she said, we all have a role to play in ending human trafficking.

What inspires her? Nelson

Mandela. "He said that the greatest use of freedom is to fight for the freedom of others."

Currently, Tara is a professional speaker and pageant coach. Sorry, boys. She married Chris Yamauchi this September. 

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7 ideas to help our economy

Which do you think would work best?

By Pieta Woolley • pieta@prliving.ca

We can probably all agree that this region is at an economic crossroads. So *Powell River Living* asked a handful of leaders for their thoughts on what's coming next. As the city transforms from a resource and manufacturing economy to... something else... glean a vision along with:

Dave Formosa • Mayor of Powell River, entrepreneur, past president of the Powell River Chamber of Commerce

Big idea: Foster dozens of small, vital businesses

Hand-written on a lined notepad, is Dave's list of 14 projects that might rejuvenate the city's economy. He and his council are chasing them down, one by one, he says, connecting his and others' network of investors and business leaders to potential opportunities here. "Big is not in," he explained during an interview in his City Hall office, meaning that the days of thousand-plus employee businesses are likely

finished in Powell River. "The new communications revolution is the antithesis to what we've been doing [the industrial history of the region]. It means less paper, less lumber and less mining." Dave's approach to managing the dramatic shift is to collectively run the city as a business (realizing it is a local government), he said—with growth in mind. "We've had good projects that never happened," he acknowledged. "That's democracy and that's life." The airport mall in Wildwood, and the waste-to-energy incinerator idea were early losses, he said. Many more ideas, represented in piles of files on his desk, are in various stages of deal-making. Council pitched

large-scale, legal marijuana farms in June 2013. Currently, he said, the federal government is considering whether a to-be-built, land-based aquaculture park here will partner with universities, to become a national Centre of Excellence. School District 47, the city and VIU are working with an investor on the establishment of a foreign school and possibly a boutique university here. Airplane rebuilds and sales could happen at this local airport, if networking plans materialize. Council is pursuing the Freda Creek run-of-river community energy project with Sliammon First Nation. Among his other projects are flights to Fort McMurray to attract fly-in workers; food and beverage products manufacturing; convincing telecommuters and a number of other demographics to live and work here.



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~ Aaron



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Tug-guhm... "sun" in coastal Salish, is also the name of Debra Bevaart's studio gallery.

A showcase for more than 40 local artists with Debra's stone sculptures brought to life on-site, strong coastal imagery is the theme of this gallery.

"A UNIQUE STOP AT THE END OF THE ROAD"



Roy Francis • President of the Sliammon Development Corporation (SDC); chief negotiator for the Sliammon First Nation Treaty.

Big idea: Settle the treaty, invest in youth

After 18 years of negotiations, the federal government will likely sign off on Sliammon's final treaty this fall. "It's a foundation for economic change," said Roy, in an interview at the SDC's sparse headquarters on the reserve. "Because we'll have title to the land, we'll have equity. That land and equity is the basis for investment, which will bring jobs." The SDC is responsible for building businesses to support the Sliammon government, for the Nation's 1,200 members. SDC already owns all or part of several businesses, which include the Lund Hotel, Tla'Amin Timber, the Grace Harbour Oyster Company, and Lund Pacific Tours. Among other tracts, the treaty includes 70 kilometres of waterfront, which Roy notes is prime for development; he hopes to raise millions through lease-holds, which will fund a generation of youth through postsecondary. "Powell River's workforce is here," Roy said. "We're young; 65 percent of us are under 35 years old." Powell River, in comparison, is the opposite: just 31 percent is under 35 years old. However, Roy cautions that the key to good growth is patience. Just as many of the originators of the Sliammon treaty passed away before it moved ahead, he's aware that the region should be looking ahead to the future, seeking to benefit grandchildren and great-grandchildren, rather than just those who are alive today.

Lyn Adamson and Susan Biagi • Lyn: Program Director, Career Link. Susan: Job Options BC Coordinator, Career Link.

Big idea: Employers: Be prepared to train employees

As an economic indicator, the number of job postings at Career Link is a dependable gauge. And this summer—good news—there are about one third more postings than last summer. But that presents other problems, Lyn and Susan explained in an interview at their office. Those who start looking for work during boom times often don't have the skills they need to be successful in a job. In fact, more than half of Powell River's population has no postsecondary training at all, and many also need training in employability skills. "There's an easy fix for this," Susan said. "Short programs geared at getting people into the workforce." Those include truck driving programs, Level 3 First Aid, basic computer skills, and others. The Alberta oil fields have attracted a significant number of Powell River's underemployed people, Lyn noted. And oil employers are finding success by offering training online. In the past, Lyn pointed out, employers invested much more in the training of their own employees. Looking back to that relationship will help employers solve their own staffing problems, they said.



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Robert Higgin and Sean Melrose • Robert: director, Powell River Money Society (PRMS); carpenter & small business owner. Sean: president and chief investment officer, Powell River Community Investment Corporation; director, PRMS.

Big idea: Localize spending and investment

A local currency: Switzerland does it to the tune of \$1 billion per year. The Powell River Paper Company used to do it in the 1930s. Employees were paid partially in company scrip, which could be spent at the company stores (other businesses accepted it too.) It keeps money flowing in the community, Robert and Sean explained in an interview at the back of Wind Spirit Gallery. While Powell River Dollars are small—just \$72,000 has been printed, and not all of that is in circulation—the currency is just part of a larger movement aimed at encouraging local spending and investment. The dollars function like scrip did, but Powell River itself is the "company." Currently, the duo explained, money pours out of the region through large stores that are owned elsewhere and do not spend locally, and through mainstream investments such as GICs and mutual funds. Local currencies and investments keep money in the pockets of locals, so there's simply more cash circulating around. The Canadian Union of Public Employees (CUPE BC) is also campaigning now for a "10 percent shift" to local spending, to revitalize the province's economy.



Jack Barr • President, Powell River Chamber of Commerce. Real estate developer. Owner of the Town Centre Mall and Hotel, and several buildings in Powell River, Vancouver and Washington State.

Big idea: Open minds needed for revitalization

It won't be too long before Powell River gets discovered as the next hot spot for people moving out of the Lower Mainland, Jack said in an interview on his cell phone. But that's probably 15 years out, he noted, at least. In the meantime, much hinges on Catalyst's negotiations with BC Hydro. In September, the power company announced it will raise rates by 26 percent; Catalyst is its biggest client. "This could be the final nail in the coffin," Jack said. "If Catalyst remains, we'll have a status quo economy for the foreseeable future—until Mayor Dave Formosa's hard work starts to come to fruition." Jack noted that economic recovery depends on an open-minded population, regarding projects such as the proposed waste-to-energy plant. He said the idea was killed too quickly, before the town had enough information to properly debate the pros and cons, and to realize how environmentally-friendly such sites can be, including the one in Burnaby, which has been operating since 1988.



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Nicholas Simons • MLA Powell River-Sunshine Coast (NDP); former child protection worker; musician; former president of the Sunshine Coast Arts Council.

Big idea: Develop thoughtfully for a sustainable future

Texada Island's deep-water port is being eyed as a possible site for exporting much more dirty-burning coal, Nicholas Simons said in an interview at Magpie's Diner. It's a "coal pipeline" from the USA that no one's talking about, he said, likening the project to the proposed Enbridge pipeline further north on the coast.

While the project might offer a handful of jobs, he said, it comes with a price tag: we know the coal will emit thousands of tonnes of CO₂ into the atmosphere. He doesn't believe that the future of Powell River's economy hinges on a role in destroying the planet. "The economy needs to be as diverse as we can make it," Nicholas said, noting that predicting the future of the economy in BC is impossible at this juncture. "The more we diversify, the more we're prepared for economic changes." His job, as he sees it, is about making sure Powell River residents are able to enjoy a good quality of life—which includes creating the right atmosphere to attract business, keeping in mind that not all businesses will enhance the local quality of life.

Please note: this feature could not possibly include everyone leading Powell River's economic revitalization. This was simply our kick off story. If you would like to be part of this conversation, please email pieta@prliving.ca.

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Jay Yule • President, Powell River Regional Economic Development Society and Superintendent of Schools, School District 47.

Big idea: Consensus needed on economic growth plans if we want to keep taxes down

The economic future of Powell River is in the hands of its citizens, says Jay Yule. "We have choices," he says. "Some will advocate for the status quo. But that leads to big tax hikes. He says most people support economic development; however the definition of economic development for Powell River is hotly contested by its citizens. The Powell River Regional Economic Development Society and its partners have worked on initiatives across multiple sectors such as Arts and Culture, Waterfront Development, Food Production, International Education, and Business Retention and Expansion to improve the City's economy as well as make it an attractive place to invest.



The Mayor's Task Force on Economic Revitalization, which PRREDS has been a part of, will be making a report to City Council—an attempt to create a blueprint for economic development into the future.

The report will only have impact if it is widely supported by the citizens. "An improved economy will only happen if we can come to a consensus on what we support, not what we are against." **RL**

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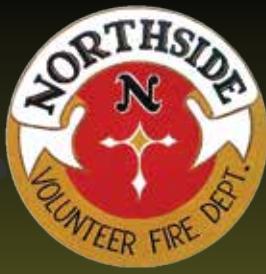


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RISING SEA LEVELS?

What will be the impact of rising sea levels for our region?

Join Us

The Regional District is hosting guest speakers from the Ministry of Environment who will share valuable information about how coastal residents can ensure their properties are more resilient to the rising sea levels and storm surges projected for the coming decades.

OPEN HOUSE

Thursday, October 10 • 7:00–8:30pm
at the Royal Canadian Legion (lower level)
6811 Alexander Street, Powell River.



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REGIONAL DISTRICT**

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Powell River Living

EVERYDAY HEROES

Help when you need it

By Isabelle Southcott • isabelle@prliving.ca

The sound of wailing sirens wakes you in the middle of the night. You roll over, look at your alarm. It's 3 am. Someone, somewhere, needs help. You snuggle back under the covers, comforted by the knowledge that Powell River's emergency personnel are on the job.

Heroes come in many different shapes and sizes. Not all wear capes and have super powers. Some, like firefighters, policemen, emergency room docs, and paramedics, save lives on a daily basis but their stories don't appear in comic books or on TV. This month, Powell River Living launches Everyday Heroes to look at the jobs and the people behind the jobs.



The Powell River Regional Emergency Program
invites you to join in.

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Get Ready to Shake Out.

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The Great British Columbia Shake Out

Register at www.ShakeOutbc.ca

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Thirty years ago Tom Baker signed on as an auxiliary firefighter with the Westview Fire Department. He remembers when it happened because in those days, auxiliary firefighters had to be married and he had just said I do.

Today Tom is a captain with Powell River Fire Rescue.

Tom has been a career firefighter for 22 years. His twin brother is a captain in Edmonton and his son is a firefighter in Grand Prairie.

"The best thing about my job is helping the people who live here," says Tom.

Firefighters preserve life and property. They rescue people from burning buildings, put out fires, they extract people from crumpled cars, and provide first aid.

When the alarm goes off, firefighters go to work. It doesn't matter if it is 3 am or 3 pm, when they're needed, they're there.

Firefighters are a special breed. "You spend so much time with your crew on shift that they are like family," says Tom. The Westview station is manned 24/7.

Fire prevention and education is an important component of any firefighters job.

"Training is important for us," says Tom. He pulls out his SCBA breathing apparatus and puts it on. "I sound like Darth Vader when I'm wearing this. I put it on so kids won't be scared of us if they see us at a fire. We look different in our station clothes than we do in our turnout gear."

Every job has its worst moments and for Tom, that's when someone dies, especially if that someone is a child.

When asked if he had to do it all over again, would he become a firefighter he answers with a resounding "Yes!"

Fire prevention week is October 6 to 12. It's a good time to thank career and auxiliary firefighters for keeping us safe. **PRL**

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Shaking ground? Breaking glass?

Don't freak out, Powell River: ShakeOut!

British Columbia is located in a seismically active region where a few thousand earthquakes occur each year. Although only a small number of these earthquakes are large enough to cause damage, the threat of a major earthquake in the province is real. On June 23, 1946, Powell River was hit by an earthquake of 7.3 magnitude. It was the largest earthquake ever recorded on shore in Canada. When the next big one will hit Powell River is anyone's guess.

All residents across British Columbia are encouraged to take part in the largest earthquake drill in Canadian history at 10:17 am on October 17. Join millions of people worldwide as they practice how to drop, cover and hold on during great shakeout earthquake drills.

Participating in the 2013 Great British Columbia ShakeOut is a good way for families, businesses and organizations to be prepared for earthquakes, says Ryan Thoms, Manager of Emergency Services for the Powell River Regional District. Everyone is encouraged to participate in the drop, cover and hold on drill as it is the best way to reduce injury and death during earthquakes.

Here's what to do:

- Drop to the ground (before the earthquake drops you)
- Take cover by getting under a sturdy desk or table
- Hold on to it until the shaking stops.

Do not stand in a doorway or run outside during an earthquake. For more information and to register, visit www.shakeoutbc.ca. 



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Don't be fooled by thinking that government assistance will pay to rebuild your home following an earthquake. Some recent changes to earthquake insurance include increased deductibles and premiums and specific limitations for condominium unit owners. Please check with your broker for more information.

~ Mike Cameron

Storms, waves, floods

Imagine Powell River in 100 years

What will Powell River look like 100 years from now? Government models suggest that sea levels will be a metre higher than they are now, and local winter storms will produce bigger waves. This will likely result in more ferry cancellations, flooded roads, and docks washed away.

"Climate change is a global issue that all coastal communities need to come to terms with," says Laura Roddan, manager of planning with the Powell River Regional District (PRRD). "It needs to be part of our decision-making for long-term planning, and the whole region needs to plan together on this."

To communicate about the coming impacts of climate change, the PRRD is holding a planning information event on Thursday, October 10, from 7 to 8:30 pm at the Royal Canadian Legion.

Already, damage to properties along the coast is occurring more regularly, and is expected to worsen, according to Ryan Thoms, Manager of Emergency Services for the Powell River Regional District. "There'll be more water, warmer water, and a bigger potential for storms. From an emergency side, this is significant. In the next 100 years we are looking at something unprecedented in modern history from sea level rise," he said. "We've had heavy flooding at Myrtle Rocks and

at the Beach Gardens. All you need is a king tide and good storm plus a southeaster [for the water to cover roads and properties]."

Existing properties will need to be modified and retrofitted, Thoms noted, and new development needs to occur in tune with the changing environment.

On October 10, two government speakers will share information on strategies coastal residents can use, to ensure their properties are more resilient to rising sea levels. The speakers are Thomas White, manager of science and adaption with the BC Ministry of Environment, and Scott Tinis, a consulting oceanographer to the Department of Fisheries and Oceans.

They're developing a storm surge prediction system for the West Coast. And, they'll be sharing a toolbox, developed by the province, for use by Sliammon First Nation, the City of Powell River and the Regional District.

Locally, planners are well aware of climate change's impacts.

It's not only are those who own ocean front property who are affected. Thoms' colleague, PRRD planner Jason Gow, said,

"We are [all] affected because we all use the coast for travel and pleasure. As well, most of our infrastructure is located within close proximity of the ocean." **RL**



HEAVY WINDS, HIGH SEAS: Big winter storms and high tides can produce huge waves causing emergency situations.

Photos by Derek Poole



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Townsite is where it's at!

Patricia turns 100

Come celebrate this momentous occasion

By Ann Nelson

Yes, the Patricia is really 100 years old this year. We'll be celebrating its 85th anniversary in the "new" building with a three-day marathon birthday party from November 1 to 3 to commemorate both anniversaries—and to welcome a new "baby" to the family. If you've ever been to one of our birthday parties, you know what to expect: screenings of classic films and live vaudeville and burlesque shows both Friday and Saturday nights; a parlour concert on Sunday to introduce the new baby grand piano, with a

heritage fashion show at intermission; tours of the theatre (including offices upstairs that are now a suite, and the projection booth) both Saturday and Sunday mornings; screenings of classic cartoons and newsreels and a "family" reunion and open house with birthday cake and tea Saturday afternoon.

The original theatre, which was located pretty much where the Cenotaph now stands, was opened in September, 1913. The building looked like nothing so much as a shoebox on end, but soon became the enter-

tainment capitol of Powell River, with movies, touring vaudeville acts, boxing matches, fashion shows, and talent contests. Oh yes, and the Saturday matinees complete with the exuberant interaction between audience and onscreen villains and heroes that was so much a part of that experience. Built by Bobby Scanlon, son of Powell River Company founder, M.J. Scanlon, the Pat got her name through a community wide contest. The contest produced a lot of silly suggestions but also finally gave us the distinction of being named in honour of Princess Patricia, granddaughter of Queen Victoria. The building materials came from the Company sawmill, the equipment came from the original "cinema" (a tent that had blown down in a storm... again), and the entertain-



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ment arrived three times a week by way of steam ship, whether it was cans of films, fan dancers, boxers, magicians, singers or trunk

shows. Many of the seats in the first Patricia were kitchen chairs fastened in rows on boards and hinged to be swung out of the way for the sweepers or removed completely to make room for the boxing ring.

The "new" building was designed, built and opened in 1928, and was a remarkable example of Arts and Crafts Spanish Revival theatre architecture in an era notable for extravagant movie palaces. What was even more remarkable was the no-expense spared approach to decorating and furnishing the old girl: a custom built Robert Morton pipe organ; glorious murals by the Girvan studios; posh Heywood-Wakefield seats (all the way from New York by rail and steamship) and the elegant hand-stenciled, French velvet main drape, created in Seattle. The first movie was shown in November, 1928, and there has never been a time since when there haven't been movies, vaudeville, concerts, talent contests and fashion shows offered to the community, week in and week out. Through sheer tenacity and will to survive, the Patricia is now the oldest continuously operating business in Powell River, the oldest continuously operating movie theatre company in Canada, and the oldest cinema

and vaudeville building still in use in Western Canada. Since 2006, the Friends of the Historic Patricia Society has partnered with the Patricia and the community to remedy many maintenance concerns remaining after the initial restoration projects, install a replica old-growth fir flagpole and upgrade the painfully inadequate old seating by adopting the Vancouver Orpheum Theatre's cast-off 1940's vintage seats. The spectacularly successful fundraising for the conversion to digital equipment in 2012 was one of the greatest challenges thus far, but what a gift back to the community that's been! Next is the re-creation of the stained glass and metal canopy to complete the restoration of the façade and to shelter patrons waiting in line.

It's time to come admire the ongoing restorations and share good times with friends and neighbours. Friends of the Historic Patricia Theatre Society, with Brian and Ann Nelson and their extended Patricia family, cordially invite you to the Birthday Bash of the century...our century!

For ticket information and program details, please contact the Theatre at 604.483.9345 or www.patriciatheatre.com or thepatricia@shaw.ca.

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Seniors set to share *Slices: A Memoir Anthology*

"*Y*ou can't beat a good story, especially when those stories are drawn from real life," says author Pat Buckna.

Buckna is one of 36 local authors, each a graduate of the Powell River Public Library's popular, seven-week Memoir Writing for Seniors course. A book of the short memoirs, *Slices: A Memoir Anthology*, was funded by the Government of Canada's New Horizons for Seniors Program. The book launch is set for Saturday, November 2, 2 to 4 pm, at the Cranberry Seniors Centre.

Just as there were pop-quizzes, there were surprise skirt-length inspections. Every girl had to kneel on the floor, and if the back of her skirt did not touch the backs of her calves she was sent home in her too-short skirt.

—Adela DiUbaldo Torchia, *A Dime in My Pocket*

Memoir instructor Sandra Tonn is the library's seniors' services coordinator; she's also a non-fiction writer, and a member of the Association of Personal Historians.



AUTHORS AT WORK: Marlaine Taylor (left) and Pat Buckna meet to work on their stories for *Slices: A Memoir Anthology*.

Elgin Grant took it upon himself to teach me all about being Canadian. He played the Hawaiian guitar for me. He played his collection of Spike Jones records for me. We went to Sunday school together where he showed me how to steal the collection money.

—George Samuel, *Burma to Edmonton*

"There are so many wonderful benefits to memoir writing," Sandra says. By

reaching into the past, she said, the present often makes more sense, creativity flourishes, memories link up, people connect, and a fresh perspective can bring healing and inspiration.

While the authors featured in the anthology live in Powell River, their stories take the reader to a stunningly diverse range of places. 'Slices' describes the type of memoir writing the authors do. It's not the whole, chronological recording of life, but instead, the capturing and crafting of slices of life.

The mountain was to be climbed so we could yell down at Mrs. Wilcox, 'We're on your mountain again!' She used to get so mad. We once ripped up her newspaper and emptied her bottles of milk.

—Marilyn Carey, *Snakes and Ladders*

"I'm so proud of the authors and I'm also excited for their families, friends and community, because they will benefit from knowing these stories." **PL**

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October is Breast Cancer Awareness month

Three women share their stories

Breast cancer
can be beaten

By Isabelle southcott • isabelle@prliving.ca

"I have some bad news. You've got cancer."

Guadalupe Dufour felt like someone threw a bucket of cold water over her when her doctor said those words. "It was a complete surprise."

That was 15 years ago. "I was at the peak of my career. I was busy, I had a teenage son graduating and I was enjoying life."

On the May long weekend in 1998 Guadalupe found a lump in her breast. "I wasn't really concerned because I'd found lumps before." She went to the doctor who sent her to the surgeon. "We had the biopsy and got the results."

Guadalupe and her fiancée Robert, explored the options. "It was fairly advanced so I had a mastectomy followed by chemotherapy."

Jacquie Dawson found a lump in June 2012. Like Guadalupe, she'd discovered a lump years ago so she wasn't overly con-



SURVIVORS ALL: Guadalupe Dufour, Jacquie Dawson and Sandy Elvy.

cerned. She made an appointment with her physician, Dr. Chris Morwood and was sent for a mammogram. "The radiologist read my mammogram the same day, then asked if I could stay longer as they wanted a closer look. I then had an ultrasound and a core sample all before lunch."

Five days later the results were in. Jac-

quie remembers how Dr. Morwood delivered the news. "He said: 'These are not the results we'd hoped for. Now let's figure out how we are going to proceed.' He was there for me the whole time."

Jacquie wasn't prepared. "I was prepared ten years ago but then I thought let's get it done and move on."

"I hadn't even reached my car and Dr. Makarewicz's office called to say they had a cancellation. They said: 'Can you come and talk to us tomorrow?'"

It happened so fast. Jacquie went home and talked with her husband Wayne and a close girlfriend. "I was up most of the night

doing research on the computer."

Jacquie decided to have a bilateral mastectomy which was performed less than a month after the findings. She didn't have chemo but takes estrogen blockers. Although one year has passed, she is still recovering. "I still haven't got all my strength back in my arms."

"Right after surgery I couldn't cut my own food or open the fridge door. I couldn't even pick up the kettle."

Her tenacious attitude had her back at work within two months. Before she reached her one-year anniversary, tragedy entered her life when her husband died suddenly. "He didn't even make it to my one year appointment," said Jacquie.

It's been a tough year but Jacquie is determined to look ahead and keep moving forward. "I have a lot to live for."

Sandy Elvy discovered she had stage-two breast cancer in April of 2012. "I'd had a benign lump removed 15 years ago," she said. I had no family history." Sandy and her husband Mike explored the options and she decided on a lumpectomy followed by 15 months of chemo, radiation and Herceptin therapy. She is still on estrogen blockers.

"There are so many different kinds of breast cancers," said Sandy. "They're similar but we all take different paths depending on what kind we have and what treatment we decide on."

Sandy had an aggressive, fast growing type of cancer. She had a lumpectomy including nuclear surgery on the lymph nodes at UBC. "The nuclear surgery is a minimally invasive procedure for lymph node removal and cancer identification. A blue dye is injected, three main lymph

Know your breasts

How faithfully do you examine your breasts? Most women do it sporadically, if ever. The Canadian Breast Cancer Foundation encourages breast awareness.

If you are familiar with how your breasts normally look and feel and change through time, you are more likely to notice breast changes that seem unusual to you.

Being breast-aware is an empowering approach to women's preventive health care. It encourages you to know your breasts and how they change over the course of the monthly menstrual cycle, in pregnancy or breastfeeding, or as we age.

There's no right or wrong way to check your breasts — just find a way that is comfortable for you.

Breast awareness is an important part of proactive and preventive health care but it does not claim to save lives or reduce deaths from breast cancer.

STEPS TO BREAST AWARENESS

- Know how your breasts normally look and feel.
- Know what visible changes to check for.
- Look and feel for changes.
- Discuss any changes with a health care provider.
- Learn about the benefits and limitations of screening for earlier detection breast cancer and make an informed decision about what is right for you.

For more information, visit the Canadian Breast Cancer Foundation online at cbcfc.org.

nodes were removed and examined to identify cancerous lymph nodes. There was no cancer in the lymph nodes so no further lymph nodes were removed."

Two weeks to the day that she started chemo, she lost all her hair. "That was the hardest part for me, losing my hair. It bothered me more than if I had lost a breast because you can't hide the fact that you've lost your hair."

Chemotherapy is hard. Guadalupe said she felt like her whole world had crumbled. I felt weak with the side effects of surgery and chemotherapy. "I felt sick and was tired all the time."

Sandy said the same thing. "I think it was harder on Mike watching me be so sick. I felt like a zombie. I was feverish and exhausted." When she could, Sandy would go to the gym and do what she was able to do. "I found that keeping my physical health up was good for my mental health."

Guadalupe had something to distract her. "Robert and I had planned to get married but with all that was happening I thought the wedding would be off. But Robert insisted we go ahead with it. He said we should not let cancer rule our life."

Society worships breasts. You think that if you lose a breast your femininity is compromised, but it is not. It is no different than losing an appendix or your tonsils. You are the same person and you become stronger.

—Guadalupe Dufour

The wedding gave her something to look forward to. That summer Guadalupe had a lot of time to think about what it means to be a woman and lose a breast.

That fall, she married Robert. "We had a simple wedding and we both had a lot of fun."

A photograph of the smiling couple on their wedding day hangs over the mantle in their home. "I was bald when I got married." In the photo, Guadalupe is wearing a lacy white cap. "Robert shaved his head too. We were both bald."

When Guadalupe was able to, she took up dragon boating. "I was one of the organizers of Paddling for Life," she says. The camaraderie and similarities of the other women really helps you feel that you are not different. The mutual support is so important." Both Guadalupe and Jacquie attended Terri Beck's breast cancer survivor exercise group, which helped them regain their strength.

Guadalupe needed to alter some of her clothes after surgery. Because she is a professional seamstress, her sewing skills came in handy. Now that she has opened her own sewing business, she helps other women by altering their clothes, bras and bathing suits because off-the-shelf clothes don't work for everyone.

Three women, who all had breast cancer, thank God they found their lump in time. To those women who are just beginning their journey, Guadalupe wants them to remember: "You are more than your breasts and you are still beautiful without them." PR

What is thermography

Breast thermography is a non-invasive breakthrough imaging procedure where infrared images of the breasts are analyzed and rated to determine the risks of developing breast cancer. It allows you to see the range and amount of heat or thermal energy emitted from the body.

Structural tests, such as mammograms and ultrasound rely on finding physical lesions, while breast thermography detects

You have cancer

Now what?

Breast cancer
can be beaten

By Kitty Clemens

You have cancer. These are three of the most terrifying words a woman will ever hear.

Even though some do monthly breast exams , while others go for mammograms, we are all afraid of finding something.

We can't stick our heads in the sand, but do we have to wait until we find a lump. Is there nothing we can do? Actually, you can do a lot. Whether you are concerned about breast cancer or any other cancer, the following guidelines can be used.

As cancer is a symptom of things gone wrong, it is important to find your personal risk factors. Some cannot be changed, like your genes or family history, but others can and depending on these risk factors we can make an action plan.

THREE STAGES

1. Prevention. Consider your lifestyle, your diet, physical activities, the household cleaners you use, your mental and emotional health, and stresses you have. Don't only get rid of the bad, but incorporate positive changes.
2. Active Cancer. Get a team together that will support you during this stage. You need to fill your body with healthy nutrition, and if you cannot take care of yourself you need someone to prepare nutritious meals for you. Your body needs tools to help fight the disease.
3. Survivor. This is where a cancer survivor goes for the long haul, taking serious action to support the body to prevent recurrence. Stay in tune with your body, mind and spirit to get healthy and stay strong.

Specific cancers and treatments can benefit from supportive food choices to starve the cancer and enhance the treatment. Your medical team needs to work closely together.

For all stages your diet should include fresh fruits and lots of vegetables; a small amount of legumes daily; raw and unsalted nuts and seeds; whole grains, (no enriched white or refined or wheat flours); meats, fatty fish (salmon, sardines, smelt) chicken, turkey; healthy fats like butter, olive oil, coconut oil and flaxseed oil. Get a regular check up, consider thermography and seek help from a Professional Cancer Coach who will support you throughout all your stages. PR

For women, by women

A special women's clinic that offers free breast examinations and pap tests is coming up on October 30 from 4 to 8 pm in Dr. Susan Horsfall's office at 6935 Harvie Avenue. Organized by the Women's Health Network, this clinic is being held so that women without doctors or without a female doctor can be examined. Female doctors will be doing the testing. Appointments must be made through Public Health at 604 485-3310. PR

asymmetrical blood vessel circulation with the breast.

One does not replace the other. Thermography images the breast and surrounding area and provides an assessment, while mammography and ultrasound detect structural abnormalities.

The Medicine Shoppe is offering a breast thermography clinic on Wednesday, October 30.

Exercise class just for survivors

By Terri Beck

Breast cancer can be beaten

All breast cancer survivors are invited to attend this class, which emphasizes physical recovery after breast cancer and in the years following. Participants encourage each other in their goals, be they big or small. This is a fun way for any breast cancer survivor, whether recently diagnosed or fully recovered, to elevate their general fitness level and meet new people.

Classes include a warm-up, strength and core exercises and finish with a stretch session. All levels of fitness are welcome. Modifications are given for each exercise, so participants can exercise and stretch at their own level.

I am a certified personal trainer, Pilates instructor and group fitness instructor. I've completed a Breast Cancer Recovery Exercise Program course and I continue to grow and learn from the participants, as they regain strength and range of motion, and reach their full potential. Powell River Reach for Recovery leaders participate in the program and have great advice to share.

Our first session was held on September 30 but you can still join. There is a nominal fee (\$20) per season.

Workouts are held at Terri Beck's Pilates & Fitness Studio at 7053-B Glacier Street on Mondays from 4 to 5:30 pm. For more info, contact Terri Beck 604 485-5876 or Delores Pfister at 604 485-2420. 



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Breast cancer & dragon boating

Breast cancer can be beaten

What do they have in common?

Before 1995, all women were advised not to do any type of repetitive upper body exercise after breast cancer surgery. Then along came Dr. Don McKenzie from the UBC Sports Medicine Clinic who challenged this philosophy. He led a team that involved 24 Vancouver area survivors in a one-year program of dragon boating, training and racing. His idea was exercising was not detrimental. The biggest fear of exercising was the development of lymphedema, the swelling of the lymph nodes under the arms causing the swelling all down the arm.

In the spring of 1996, these women formed a dragon boat team coached by Dr. Don. They were carefully monitored throughout the season checking for any adverse effects of the repetitive upper body exercise. They entered races and found that the benefits of being outside, the exercise and the camaraderie of belonging to a team far outweighed any negative effects.

The next year he had enough volunteers for two breast cancer boats and the rest is history. The physical and emotional effects of dragon boating are just amazing. The women are so supportive of each other, there is the opportunity to travel to festivals, meet other women with a breast cancer history, and talk openly about the disease.

For those going through treatment, this camaraderie and support gives hope and something to look forward when their treatment is complete.

For more information about dragon boating, please contact Lorraine Matheson at landd2005@shaw.ca or 604 485-6114. 

Reach to Recovery Powell River

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Painting Tla'amin:



SLIAMMON BEFORE: Anne-Rachel Bérubé, Philip George and artist Vi Isaac at Sliammon Health Centre where Vi's painting is now on display.



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What Powell River may have looked like

By Anne-Rachel Bérubé

One rainy day in November 2011, Philip George and his uncle Charlie Bob came over for a quick coffee before heading out to the Saltery Bay ferry. Although I knew these two gentlemen very well, they had never been at my house. I proudly showed them my father's art.

One painting shows an eagle perched on a leafless branch, cawing to its partner on a dark cloudy day. Phil's eyes brightened as he admired the painting: "This reminds me of an idea I have had in my mind for a long time," he said. "I would like a painting done of how Sliammon could have looked like before the contact of settlers. Do you think your father would be interested?"

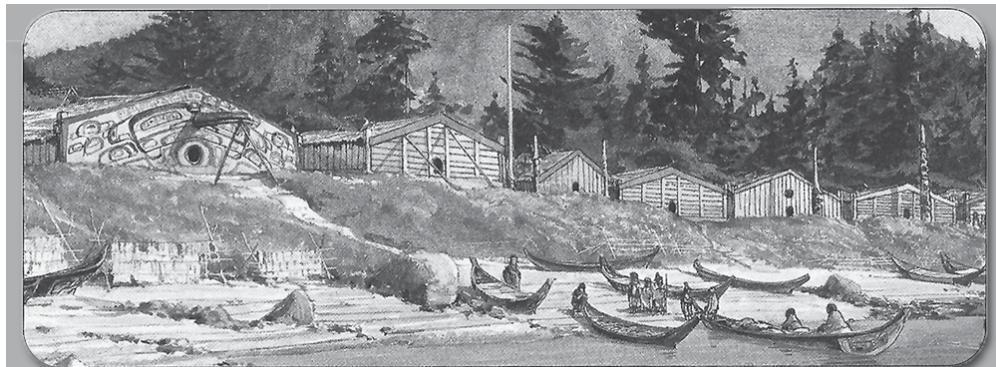
"What do you have in mind?" I curiously asked him.

Phil explained that he would like to see the view of what one of the villages could have looked like, with five longhouses — one for ceremonies and the other four for living purposes. There would be totems, welcome poles, and canoes, with the chain of mountains in the back and two big rocks as landmarks, one round and black, the other pointed and grey on the beach. It would be as though you were looking at the village from the ocean. When people look at the painting, he said, they would recognize Tla'amin.

Phil asked me if I could talk to my father. I instantly loved the idea. So I became the middle man (woman) between Phil and my father.

Because we wanted to make it as historically accurate as possible, I met with Debbie Dan from the Powell River Museum Society, called universities in Vancouver and Victoria, and researched on the internet. Phil brought First Nation magazines filled with pictures and sketches, and spoke to elders.

Ever since I have been a little girl, I've been fascinated with First Nations. At



HISTORIC ILLUSTRATION: Sliammon village as it looked long ago.

school in my free time, I would open the school Encyclopaedias, pouring over the pictures and paintings and memorizing how each Nation lived. This project awoke enthusiasm of my childhood.

Sliammon's first recorded contact was with Oblate Missionary E. Chirouse, who held services at Powell Lake and Grace Harbour villages in the 1860's. But we were unable to find any sketches or pictures recording how Tla'amin or Tees-Kwat (Townssite) may have looked before contact. That was our biggest challenge but we were determined to not give up.

What kept us going was Phil's vision. We decided to use art right here in Powell River: I hit the road and took pictures of the totem poles at the Viewpoint, the welcome pole at the door of the VIU campus, and the canoe at the museum.

In December 2011, I went to the Tla'amin beach at low tide and as eagles flew around me, I walked down as far as I could to capture the angle that Phil had in mind. Phil would talk to me about his people, his family, and their history.

We filmed each other giving precise directives to my father, the artist, laughing and having to start all over again if we missed an important detail. We must have done a dozen movies and started

knowing by heart what we wanted. Phil's mental picture was now in my mind also.

My father, a perfectionist, realized his eyes were not as good as they used to be. Much to Phil's disappointment, my dear father changed his mind about doing the painting. I jokingly told Phil, "Don't worry, there are no shortages of artists here in Powell River!"

I began walking around town, looking at art and speaking to artists. Just when I was beginning to worry if we would ever find the right artist, Phil called, his voice ringing with excitement, "I think I found an artist!" He had been to Art in the Park and met the artist Vi Isaac.

In August 2012, the three of us went for coffee and I handed over the sketches, the pictures, and the videos to Vi.

Now the painting is finished and the result is amazing. Vi made our image come alive. Phil lent the painting to the Sliammon Health Centre and invited Vi and me to be there for the ceremony with other elders. What a legacy he'll leave to his family!

When I think of this time we've worked together, I smile remembering the laughter. During this humbling adventure, I felt some frustration but mostly hope, happiness, and gratitude. Thank you.

Emote, (that is good). **RL**

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Powell River Living I Made the Move

Meet Ken and Rhoda Oakes

In 2006, Ken and Rhoda Oakes of Calgary, Alberta, broke from tradition. They heard the Thanksgiving forecast called for rain in Cypress Hills so they decided to spend the holiday with a friend in Powell River. They arrived in town, and found warm weather and warm people. Although they bought their home here in 2006, they just moved here this summer. For the past three of years they've had Powell River Living sent to their home in Calgary, so they would know more about their new community when the time came for them to make the move.

Why did you choose to move to Powell River?

Both • We fell in love with it.

Ken • We never do anything on impulse. It takes me six months to make a major decision but three days after being here I said to Rhoda, 'This is the place where we should retire.' We spent the next three days looking for property but couldn't find anything. Before we left, we said to our realtors, 'You know what we are looking for,' and left it up to our realtors to find it.

When? From where?

Both • We moved here from Calgary on August 15.

What surprised you about Powell River once you moved here?

Rhoda • Nothing really, because we'd been spending two weeks every summer here for the past several years.

Ken • When it rains it isn't cold! You get warm rain here.

What made you decide to move to Powell River?

Ken • Rhoda retired a year ago and I left a good job to move here. In the last couple of years we felt like it was time to leave Calgary. Every time we'd come to Powell River,



I couldn't wait to get here. It's so peaceful. You walk down the street and a complete stranger says 'Hi.' It used to be like that in Calgary 37 years ago, but the city has grown so much that you stay in your quadrant now.

Where is your favourite place in Powell River?

Both • Willingdon Beach and the Seawalk.

Rhoda • When I go down to Willingdon Beach the air is so clear and pure. We told the realtors we wanted to be close to the ocean. You can walk a block to the seawalk from our house and enjoy the sunsets. They even have nice benches there for you.

Ken • I love the Seawalk. I try to go there every day.

How did you first hear about Powell River?

Both • Through our friend.

What would make Powell River a nicer community?

Ken • To have the stores open a bit later in the evening.

Rhoda • I don't think there is anything we miss because we knew what we were coming to.

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

Ken • Use smaller busses. I don't understand why they have all these enormous busses that go around empty half the time.

Rhoda • Move the power lines underground. We have a fantastic view here and there are all these wires going to our home.

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

Rhoda • I would like to be a fly on the wall where there is a bunch of doctors and see what they are doing to encourage more young doctors to come here.

What are Powell River's best assets?

Ken • Location, climate and the fact it has everything you need. It's just the right size. One of my favourite places is Mitchell Brothers. They have great pastries and lamb sausages... it's like stepping back in time. The fireworks display was absolutely amazing. It was just as good as any we have seen at the Calgary Stampede."

Rhoda • It's quite a diverse community. You can do as much or as little as you want. I love all the different shops along Marine. And I love the market! Powell River's got character and I'd hate to see that changed or spoiled.

Which talent or superpower would you most like to have?

Rhoda • I want to be Tinker Bell.

Ken • I'd like to be married to Samantha Stevens on Bewitched because all she has to do is wiggle her nose and jobs get done. Our house will take me five years to get to where I want it and if I was married to Samantha I could get back to mountain biking and sunsets! **RL**

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



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Volunteering at VIU

A gift to others and to themselves

By Wendy Thomas

Jill Buckley, a self-described caregiver, has lived in Powell River for over 30 years. Jill volunteers as a tutor at Vancouver Island University (VIU) because she feels that helping others is a skill she can share. "They are eager to learn and that is gratifying." Jill gets the "warm and fuzzy feeling" when she finishes a tutoring session. "Because the Adult Basic Education students I work with are so motivated, I feel I can't do enough for them." Once a week Jill works with a small group of English as a Second language (ESL) students at the VIU campus, helping them follow the class lesson and understand the new vocabulary. "Working as a tutor makes you realize how difficult it must be to move to another country and learn a new language, to navigate the buses and everything else in life."

Arialyn Zlatner, 20, a university student working on her Bachelor of Arts at VIU, is another enthusiastic tutor on the campus. Aarialyn moved to Powell River last year and immediately signed up for the tutor training program. "I hope I'm making the learners' lives better and that I have some sort of positive impact." Last year Aarialyn was matched with Tomo, a visiting Japanese student taking ESL and ABE classes at VIU. Aarialyn and Tomo are now great friends. "Giving out that positive energy—that's what comes back to you!" Aarialyn realizes that her volunteer tutoring experience



THANKS: Aarialyn Zlatner, Honami Ota and Jill Buckley.

will help her in whatever career path she follows. She sees that connecting with new people in meaningful ways is essential to her future success.

International students attending VIU value the two-fold nature of volunteerism: they are matched with tutors to help with their class work and communication skills; in turn, the international students give

Giving out that positive energy – that's what comes back to you!

—Honami Ota

back to the community. Honami Ota, 20, arrived in Powell River on September 2, immersing herself in English through her classes, activities, and volunteer experiences. Each week she helps with a kindergarten class as they burn off energy after lunch; she joins in at the Family Place, entertaining babies and toddlers; and she offers a hand and conversation to the Olive Devaud residents in the evening. **PRL**

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FIREWORKS



Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

Two local businesses are celebrating ten years in operation this month. Both **Words of Worth** and **Banking On It Bookkeeping** are celebrating their tenth year in October—something that is no small feat! **Linda Wegner**, owner of Words of Worth, is an award winning author, business writer and professional speaker. Her latest book, *3D Success: Changing Careers in Mid-Life*, was a finalist for a national book award. **Aaron Reid**, owner of Banking on It Bookkeeping started her business when she was on maternity leave with her first child. “I didn’t want to put my baby in daycare and head back to work, so I started my own business.” The business she was on maternity leave from was her first client and is still a client today.

Business coach and public speaking champion **Jamie MacDonald** has three speaking engagements here this month. On Tuesday, October 22, he will speak at *Toast to the Coast Toastmasters* meeting from 7 to 8:30 pm at Oceanview Education Centre. This is a free event, everyone welcome. Jamie, who is managing director of **Maximum Impact Training and Development**, will help celebrate small business week by speaking at the Chamber of Commerce luncheon at noon on Wednesday, October 23 at the Town Centre Hotel. RSVP required. Tickets \$15. Email office@powellriverchamber.com or call 604 485-4051. Jamie will also speak at Women in Business on Wednesday, October 23 at Oceanview at 7 pm. Cost is \$10 for non-members but free to members: info@prwomeninbusiness.com.

Bow to Stern Fibreglass Repair has moved from near the golf course to the Townsite Marine Terminal. **Martin Brager** says the new location allows him to offer repairs, overhauls and gel coats on boats of all sizes. Contact Bow to Stern at 604 223-4440.

Scott Cameron worked for **Underwriters Insurance Agencies** the past four summers while attending Vancouver Island University. He graduated recently with his bachelor of business administration degree majoring in finance and management. Scott is working towards his Canadian Accredited Insurance Broker (CAIB) designation now. His father and Underwriters Agencies owner **Mike Cameron** is proud of his son and was glad to welcome Scott to the team as a full-time employee. You can reach Scott for a free quote on insurance at 604 485-2715.

Rick Harper sold the beer and wine under the Westview Hotel. It is being moved to **Dan Agius'** building on Marine Avenue.

A second **Chamber of Commerce** luncheon and presentation will take place at noon on Wednesday October 30 at the Town Centre Hotel. The topic, *Commercial insurance & banking and lending* is being co-hosted by **First Credit Union, First Insurance and Westview Agencies**. Must RSVP, \$15 at the door.

Changes are afoot on the recycling landscape with the introduction of the new Multi-Materials British Columbia program. Here in Powell River, the future of waste is also uncertain as the **Let's Talk Trash** team ceases operation. Over the past three years, some of the team's accomplishments included the creation of a Compost Education Centre, zero waste stations and guides for event planners, waste reduction programs, critter proof composting, the Styrofoam Round-Up, the Zero Waste Conference and Challenge, commercial waste audits, Waste Wise Guide annual calendar and a community radio program. A final public event will be held at the Compost Education Centre on October 3 from 1 to 4 pm. **PRL**

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Toast to the Coast
Powell River

Toast to the Coast Toastmasters presents:

Public speaking champion & business coach JAMIE MACDONALD

Business coach and trainer Jamie MacDonald will be in Powell River to share some insights and speak to you! Jamie is managing partner of Maximum Impact Training and Development. He's a dynamic and effective communicator, who genuinely cares for people and believes in the potential of each individual.

Learn and be inspired by Jamie during his Powell River visit at one of these events:

Tuesday, October 22, 7 to 8:30 pm
Toast to the Coast Toastmasters
Oceanview Education Centre
Admission is free. For more information about this event or Toastmasters email isabelle@prliving.ca or call 604 485-0003

Wednesday, October 23, noon
Chamber of Commerce luncheon
Town Centre Hotel
Reservations required. RSVP Kim at office@powellriverchamber.com or call 604 485-4051

Wednesday, October 23 at 7 pm
Powell River Women in Business
Oceanview Education Centre
New members welcome!
Cost is \$10 for non-members, free for WIB members. Please RSVP to info@prwomeninbusiness.com

Profile of an emerging artist

Exhibiting at Sunshine Coast Art Crawl

By Malina Hopkins

Anna Bennett was born and raised in Fife, Scotland. Her mother studied fashion and her father was an aircraft engineer for the Royal Air Force. As a child, Anna was surrounded by creativity and loved sketching, creating miniature sculptures and dancing. She remembers sitting in school, wishing she could be at the beach, playing in the ocean. Growing up on the east coast, Anna always felt inspired by the rugged landscape. When she was 14, she came to Canada on a two-week exchange with her school's orchestra. It was during that time that Anna first discovered her love for this country.

Anna attended Telford College, School of Creative Arts in Edinburgh, Scotland. On her term break in 1999, she traveled throughout Europe. While in Corfu, Greece, she met a Canadian man, Jordan Bennett, who would later become her husband. After graduating college, having earned an advanced certificate in art and design and a higher national diploma in public art, Anna worked three jobs to save for her airfare to visit Jordan in Canada. She came in February of 2000 with a return ticket to Scotland, but she never went back.

After moving to Vancouver and adjusting to life in a new country, Anna slowly became involved in the Canadian art scene. She drew inspiration from artists such as North Vancouver landscape painter Drew Burnham, and illustrator Duncan Weller. After a few years of painting, Anna had her first exhibition in



North Vancouver. In 2006, Jordan's work brought them to Powell River and they soon bought a home and started a family.

While trying to balance working and raising children, Anna has had less time to paint than she would like. But that has changed. She recently stopped working at a "regular" job, and became a full-time working artist.

After 13 years in Canada, Anna will tell you she considers it her home. "To be here, on the coast, surrounded by all this beauty, I know I'm a lucky woman." Anna hopes this new adventure in art will allow her to grow as an artist and produce art that others can appreciate, relate to and enjoy.

"From the initial spark and the excitement of possibility, to the frustration and challenge of problem solving and completion; for me, the experience of creation is a full circle of emotion, resulting in great satisfaction and joy!" **PRL**

Sunshine Coast Art Crawl

Anna will be exhibiting her work at Townsite Brewing as part of the 3rd annual Sunshine Coast Art Crawl on October 18, 19 and 20. The crawl (suncoastarts.com) involves 300 artists, 110 galleries and studios, and nearly 20,000 guests, from Lund to Langdale.

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Building a better office

Rumpled PRL digs gets a face-lift

By Leah Rourke

When Isabelle Southcott called me to makeover the Powell River Living (PRL) office, I was ecstatic. Designing commercial spaces is so much fun because I get to think outside the box and incorporate creative, unusual ideas. In an office, I must also consider the way the space is used by both staff and clients. It's a true case of form follows function.

So I set off on my adventure starting with a team meeting. We talked about what was working and what wasn't, and what their goals were for the re-design. The overall space plan was working fairly well. We just needed to tweak a little bit and swap some desks around.

My intent was aesthetic. I wanted to improve the first impression for clients, to make the space look professional but creative, to give everyone a wow factor. Whether or not that was achieved, you can be the judge.

First, let me tell you how I came to do this work. I grew up in Powell River, then moved to Nanaimo and graduated from the interior design program at VIU in 2003. I worked for a design firm in Nanaimo for several years before going solo, and moving to Victoria. There, I worked on projects ranging from small residential to multi-million-dollar resorts. In 2010, I moved back home to open Relish Interiors, which offers full service interior design and decorating as well as home décor, fabric, wallpaper, upholstery, blinds and custom window coverings, furniture and more.



From weary to WOW!

Project Summary

Ever thought of updating your office or your home—but were afraid to ask what it costs? We'll gladly fess up. Here is what we spent on this 700 square foot office.

Design services (in-kind from Relish Interiors)
Paint & supplies (in-kind from Relay Rentals)

COUCH & CHAIR RECOVERED
(material & labour in-kind by Relish Interiors)
Custom toss pillows (in-kind by Relish Interiors)
Décor & accessories
New sign (in-kind by Impact Signs)

FEATURE WALL
Materials (salvaged materials – in-kind by Relish Interiors)
Materials (in-kind by Valley Building)

Labour

CUSTOM BENCH & SHELF
Materials (in-kind by Valley Building)

Labour

Coffee Table
Recovering privacy panels

TOTAL INVESTMENT (including value of in-kind donations)
PRL staff hours of consulting, decision-making and & painting

\$1,800
\$300
\$450
\$125
\$60
\$95
\$120
\$25
\$450
\$145
\$135
\$120
\$250
\$4,075
35 hrs

This is my account of how the PRL project came together.

The first time I actually saw the office was in late July, and it was a chance for me to take stock. I had to take off my designer hat and think like a client (which was easy, since I am). My first impression of the office wasn't tremendous, I'll admit.

While it was important to PRL's staff to have an open-concept, as it is a creative office, there are lots of things that should not be on display. Clients should feel welcome and relaxed, but know instantly that the office is a professional place of business. It is a fine balance and not easy to achieve. That's what designers are for!

These were my goals: to find a way to add impact that truly showcased the creative brilliance of the team at Powell River Living magazine; to provide a welcome environment for clients and staff; and to hide the untidy part of the creative process.

I gave my clients a little preview to approve. They did, and we were away.

Isabelle mentioned that she had a ton of back issues in storage and I knew I wanted to use them. I envisioned a wall of some sort, and Stephanie Gullette (my trusty design assistant) came up with the idea of wrapping them around blocks. And so the feature wall was born. Over the next two weeks, Steph wrapped magazine covers around hundreds of wood blocks.

It was important to incorporate branding in the design, so colours are repeated throughout and a sign, donated by Impact Signs, incorporates the PRL logo into the feature wall. Valley Building generously donated most of the materials to make the wall, as well as the custom bench and shelf. I put Isabelle to work giving the space a new backdrop, so with the help of Relay Rentals and their donation of Cloverdale Paint, Isabelle and Lauri Percy had a weekend project on her hands.

Things were starting to come together. I sewed the slip covers for the love seat and chair. The feature wall "bricks" were be-

30 • www.PRLiving.ca

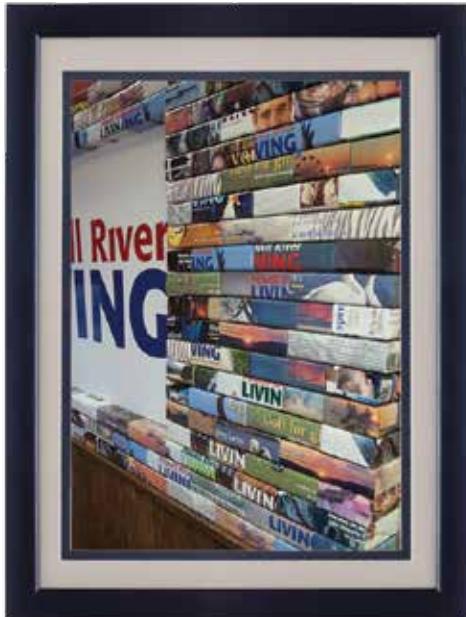


ing built (it doesn't hurt to have a handy carpenter for a brother!) Then I built and stained the base for the feature wall, the custom designed bench and the shelf, and I sewed the toss pillows and the covers for the room dividers.

Just when things were rolling along smoothly, reality showed up! The brilliant plan I had for a reclaimed custom built table failed miserably two days before D-Day. Plan B and plan C are a designer's constant companion. So I came up with another option which I think turned out even better than my original plan. The coffee table was painted in the accent red colour and has a glass top so it can proudly display current and past magazine covers.

Over the weekend everything came together, the usual ups and downs, but in

the end a new fresh look that everyone can be proud of (with the possible exception of Hunter, the office's Nova Scotia duck-tolling retriever, who is still a little mad at me for kicking him off the sofa). I encourage you to check out the redesign at 7053E Glacier Street. **PRL**



YOU MAKE US LOOK GOOD!

The team at *Powell River Living* extends a heartfelt thank-you to our friends at the following businesses for their contributions to our office make-over:



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Cloverdale Paint

and, most of all, the creative minds and hands of Leah and Steph at Relish Interiors

October 3: Opening night for Janet Blair paintings exhibit at VIU, 7 to 9 pm.

October 3&4: Defining Diversity: Creating Community course. Oceanview Education Centre, 9 to 4. 604-485-8030 to register.

October 4: Powell River Museum book sale and meet and greet new staffer Bert Finnimore. At the Museum, 5 to 7 pm.

October 5: Met Opera screening at the Max Cameron Theatre, 10 am. Tickets \$25 adults, \$22 seniors, \$15 youth.

October 5: Oktoberfest Party and fundraiser for Parkinson's Research at Dwight Hall. 4:30 to 9 pm. Traditional food, music and beer. Sold Out.

October 5: The Oktoberfest after party at The Hub starting at 9 pm. If you couldn't get in at Dwight Hall, maybe you can find a table at The Hub.

October 8: Session #2 of West Coast square dance lessons. Tuesdays at Rancho Hall. 7:30. 604-485-7262

October 8: Commercial Kitchen Fire Safety Workshop, free, as part of Fire Prevention Week. 2:30 pm at #1 Fire Hall.

October 10: The Impacts of Sea Level Rise public forum at the Legion, 7 to 8:30 pm.

October 10: River City Storytellers, 7 pm, Library

October 15: New Orford String Quartet, 7:30 pm. Powell River Academy of Music

October 17: Tom Shandell, filmmaker and co-producer of The Corporation, screens film and speaks on The Co-op Model: Civilizing the Economy. Suggested donation \$5. Snacks and chat at 6:30pm, 7 pm start. Cranberry Seniors Centre.

October 17: Just Desserts: local writer David Kellum brings fire and passion to poetry reading at the Powell River Public Library. Doors open at 6:45; performance begins at 7pm.

October 18 to 20: Sunshine Coast Arts Crawl. Meet artists in their studios, buy art, and schmooze from Lund to Langdale. Friday night, and 10 til 6 Saturday and Sunday. Suncoastarts.com.

Scary good times

October 26: Halloween bike ride around Inland Lake. Families: wear your costumes. Starts at 3.

October 26: Pumpkinfest at Town Centre Mall. Carving contest, 11 to 3. See the back page and Page 6 for more information.

October 31: Halloween haunted house upstairs at the Carlson Club by Brooks School and Rotary.

October 31: Rocky Horror Picture Show at the Patricia Theatre as a fundraiser for the Powell River Film Festival. The cult classic plays at 9:30 pm, with another showing at midnight, if you dare! Tickets are \$20, and available at the Theatre, at Ecosentials and Breakwater Books.



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

October 19: Powell River Italian Community Club annual dinner and dance. Doors open at 6. \$30.

October 19: Transition Town Powell River presents Nicole Foss ("Stoneleigh") and Laurence Boomert, currently touring North America to talk about the global economy, ongoing financial crisis, and what communities like ours can do to adapt and prepare. 7 pm Cranberry Seniors Centre.

October 23: Check out a person at the inaugural Human Library, at the library, 6 to 9 pm.

October 23: Speaker Jamie McDonald of Maximum Impact Training and Development offers inspiration for Small Business Week at the Chamber of Commerce luncheon, RSVP Town Centre Hotel, noon, \$15.

October 24: Get Savvy: Pinterest. What's all the buzz about pinning? Bring your questions and your laptop if you have one and explore another social media tool!



Salmon and self portraits

What: Local artist Janet Blair is showing her work in an exhibit that includes paintings featuring salmon, gardens, self-portraits, and her recent nostalgic paintings of lunch counters and cocktail bars.

When: October 3 to November 5. Opening night is October 3 from 7-9 pm.

Where: Vancouver Island University foyer at 7085 Nootka Street.

Who: Janet Blair is a painter known for her murals painted on local buildings. She studied art in Montreal, and moved to Powell River in 1997.

9–10 am. Call the Library to register 604-485-4796.

October 24: The April Maze, an Australian alt-folk indie duo perform a Home Routes House Concert. For \$20 tickets contact Pat Buckna at pbuckna@shaw.ca or 604-485-5198. Visit www.theaprilmaze.com for info on the music.

October 25 & 26: Powell River Missions Fest at the Evangel Pentecostal Church. See exhibitors, hear speakers, including Miss Canada Tara Teng, and learn more about Christian missions here and globally.

October 26: Check out a person at the inaugural Human Library, at the library, 1 to 4 pm.

October 26: Met Opera series, Shostakovich's The Nose. 10 am at the Max Cameron Theatre.

October 28: Ghostly world of historical fiction. Claire Mulligan's first book The Reckoning of Boston Jim was nominated for the 2007 Giller Prize. She'll be reading from her latest book The Dark. 7 pm at the library.

October 28: Public meeting about the Spotted Wing Drosophila fruit fly, how it will affect our fruit crops, and how to manage it. 7 pm Recreation Complex theatre.

October 29: Ed Norman on organ with the Powell River Academy chamber singers. 7:30 at the Academy Hall.

October 30: Fortis BC reps share info about business incentive programs at the Chamber of Commerce luncheon, RSVP, Town Centre Hotel, noon, \$15.

November 2: Launch of Slices: A Memoir Anthology, at the Cranberry Seniors Centre, 2 to 4 pm.

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

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What's up? POWELL RIVER?



Local youth bikes for climate change

POWELL RIVER'S Graham May recently completed his third bike tour with the non-profit GrassRoutes.

One month and 1,900 kilometers after cycling out of Vancouver, Graham and his team rolled into Inuvik, excited to take their first shower in weeks. On tour, Graham

raises money and speaks about climate change.

"I've spoken about climate change with thousands of my peers, across Canada and the world, but these conversations with youth from Canada's North were the most rewarding and the most challenging I have ever taken part in. On the one hand, many Northern youth are connected to the land on a level that Southern environmental educators can only dream of. On the other hand, conversations about carbon footprints and albedo [reflected sunlight] seem almost frivolous in the context of crushing poverty, substance abuse, and lack of basic services in many isolated Northern communities."

Graham says the bike tour was successful in its objective: leading climate change workshops with youth across Northern and Southern Canada. They also raised money by pledges to buy bikes for a bike co-op and youth center in Whitehorse. **RL**

Inbox

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

Dear Powell River Living:

Thank you so much for the great story you did about Lang Bay's 100th (September 2013) birthday. We had lots of positive feedback from the family! Many copies of the magazine were picked up to keep as 'keepsakes' of the wonderful event. The event will be remembered for years to come. Thank you again for putting the celebration into print for us.

Gill Christjansen



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Horsin' around

Local rider shines at nationals

By Valerie Hodgin

At just 20 years old, Paradise Valley's Valerie Hodgin surprised herself when she took a horse named Kate all the way to the top at the Canadian National Quarter Horse Show, in August. Currently, the Powell River 4H graduate is studying Animal Health Technology at Thompson Rivers University in Kamloops. Here, she explains her crazy climb to National Champion this summer.

KATE is a seven-year-old Quarter Horse mare that I leased over the summer. She stayed at a boarding and training barn in Courtenay and I would take the ferry from Powell River over to ride her.

When I first started my lease in April, I would go over on a Friday and stay with the barn owners for the weekend in exchange for cleaning the stalls of 16 horses at the barn on a daily basis. I would spend as much time as I could with Kate in an attempt to learn exactly how to ride her and where her "buttons" were as no two horses are the same.

I showed Kate three times on Vancouver Island this summer. We did well and had fun but I wasn't ready to be finished yet! One of the last shows of the summer our team wanted to attend was the Canadian National Quarter Horse Show in Red Deer, Alberta. This is a large show, which draws competitors from across Canada and the States.

It was an intimidating goal, but given that I may never have the opportunity to go again, I decided to go for it.

My trainer expected me to ride much more than I had all summer. Since I was working full-time during the week, I had to catch the 5:15 pm ferry after work in Powell River, bike to the barn, ride, sleep, wake up, ride again, bike to the 6:30 am ferry, be

back at work by 8:15 am and then repeat the whole cycle a few days later. Sure, I could have driven over but part of my training was making myself fit and strong too!

We left on August 18 with six horses, four riders, three support crew, two trucks, two trailers and a whole pile of equipment. I was a little nervous but mostly just so gloriously happy to be there! Our main wins were in hunter under saddle (an English riding class judged on how your horse moves) where we received reserve National Champion; hunt seat equitation (an English riding class judged on the rider's neatness and ability to execute a pattern) where we earned Canadian National champion; and overall reserve high point for my age division.

I was ecstatic! I had never even hoped for anything that close to success, because not only did I think I was not prepared enough, but as well, all the horses there were very good and extremely competitive. **RL**



Last month's answers:

- If UR not part of the solution
UR part of the problem
- By hook or by crook
- In one fell swoop

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

© Alan Morgan



Powell River Living

FACES of EDUCATION

Culinary arts: passion, sweat, and now, dinner

They've cooked for Princess Diana and Prince Charles, Motley Crue's Tommy Lee, Merv Griffin, Bill Clinton and Pierre Trudeau. They've worked on Hollywood yachts, across Europe, and at swank bistros and resorts. But if you want to get the instructors at the Vancouver Island University-Brooks Secondary School's joint cooking program talking passionately about their craft, just ask them about their cooking students.

VIU chef instructor Chris Gray (and Max Cameron grad), for example, jumped in with one of his favourite stories from several years ago. "I remember a challenging student who showed up to cook wearing Goth-style black hair and white make-up. She started the year lurking at the back of my cooking class, refusing to make eye contact."

Then, the class started cooking.

Within days, the make-up was gone, her hair was tied back, and the chunky Goth rings disappeared. And within three weeks, Chris said, she was running the class kitchen.

"I had to put on a banquet for 120 people," Chris said. "I asked her to look after it for me. I stayed in the parking lot all night, just in case, but everything went smoothly."

Chris found out later that she was the youngest child in a family of doctors—and the odd young woman out.

"Once she got into the kitchen, I would see her blossoming on a daily basis," he said, noting that she found work in Whistler, one of the province's most competitive cooking environments.

This is just one of the many remarkable transformation stories observed by the three teachers.

Alongside hairdressing, auto mechanics, welding and carpentry, culinary arts 12 is a joint program between SD47 and VIU. Students who complete the program with 70 per cent or higher earn their chef's level one Red Seal—and entry into the sweaty, sometimes-glamorous, passionate world of line cooking. Thanks to the program's 2006 top accreditation by BC's Industry Training Authority, grads can take that certificate anywhere.

And students have. A.J. Jackson, a recent grad, is running Darby's, a gastro-pub in Vancouver's Kitsilano, according to Brooks instructor Mike Austin. Jason Vallee is working the line in a Yaletown bistro. And Paul Gisborne is cooking on yachts.

"We always tell the kids they've got to get out of town," Mike said, noting that most career chefs work internationally to acquire skills and stamina. "The industry



GUIDES FOR THE FUTURE: (from left) Chief instructor Chris Gray, Lori Alexander and Mike Austin, provide instruction and guidance to future chefs in the VIU/Brooks culinary arts program.

is tough. It's a tough job. There's not a lot of fat chefs, because you're on your feet eight to 12 hours a day, working on a hot line."

So why did he do it? Mike took a similar program at his high school in North Delta, and loved cooking, but his restaurateur mom discouraged him. So he worked for BC Hydro. It wasn't long before he knew he needed to follow his passion. So he quit, and has cooked ever since.

It is absolutely passion that drives chefs, said Lori Alexander, the program's instructing assistant and dining room supervisor. Another Max Cameron grad, Lori's bubbly personality took her to Malaspina College's hospitality program, and on to hotel work. From 1998 to 2012, she owned Kane's Sports Bistro near Powell River's Quality Foods, until health problems related to her type 1 diabetes forced her to give it up.

Tasty menu

These interviews were held in a boardroom, as the Brooks halls swam with the scent of the student-made lunch. A buffet including pork cutlet and red onion marmalade, vegetable medley, roasted potatoes, Greek salad and baked apple with homemade custard were on the menu for school administrators who were having a business luncheon that day.

"When you're in the kitchen, anything goes and you've gotta have a thick skin," she said, mentioning that cooking is usually not quite as dramatic as a Gordon Ramsey show. "There's all this pressure, and all this work, but then you see what you produced, and you get the thank yous from the customers. You do it because you have the passion."

Chris has no regrets about his career, which took him from Powell River to

London and Galloway while still in his early 20s. If he'd been able to get his Red Seal in grade 12, like his students do today, he could have skipped college and student loans, and started cooking that much sooner. **RL**

Future Chefs' Cafe

Could the next Jamie Oliver or Ina Garten make your next meal? Help VIU/Brooks students earn their chef's Red Seal by making a reservation at the program's on-site restaurant. Reservations are required (604 483-7967) and the restaurant is licensed for beer and wine. Groups of up to 40 guests are welcome. Meals are three courses, plus tea and coffee included in the price; à la carte is also available. LUNCH served Tuesday, Thursday, Friday with seatings from 12:30 to 1:30 pm (closes at 3:15); \$16.50.

New this year, DINNER is served Wednesdays, 5:30 to 7:15 pm (closes at 9 pm); \$19.95.

OCTOBER 2013

Happening at the Complex

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Must Register for programs marked with * (604) 485-2891	Weight Room Women Welcome 11am—noon Every Mon & Wed Instructor available	1 *Kettlebell Class 4:45—5:15 pm ★ Girls Variety Fitness 5 classes @ 5:30 pm	2 * PreSchool Ice Play *Line Dance 5 classes *Guitar 4 classes *Deep Water AquaFit	3	4	5 *Deep Water Running 7 classes NEW! Teen Skate Today 8:00—9:30 pm
6 ★ Stretch Appeal Drop in Mon @ 4:30pm	7 *Weight Room Orientation - Adults 5:30—6:30 pm	8 FREE Seniors Day Today SunFM 95.7 Tue mornings with Mark Nicholls - listen for Patti's Recreation Report	9 Seniors free skate 11:00—12:30 pm	10 * Adult Beginner Swim Lessons *Stroke Improvement 5 classes	11 Laser Light Skate 6:30—10:00 pm Pre- Purchase Tickets So much FUN!	12 * Salal & Mushroom Picking 12:30—3:30 pm Great class Register early
13	14 Happy Thanksgiving Everyone Welcome SWIM Or SKATE	15	16 Aquacise Birthday 1:30 pm	17 NEW * Adult Drawing Elements 6 classes	18 Kings vs Vernon 7:30 pm	19 HIKE Gwendoline Hills Today @ noon —4pm Quality Foods Free Community Swim 7—8:30 pm
Kings vs Cowichan Valley 1:30	21	22 * Girls 10-14yrs Craft Night "Soap Petals" 7-8:30pm Fun to make Fun to use	23 *Weight Room Orientation - Youth 4:15—5:15 pm	24 Drop in Yoga each Thurs 9:10—10:10am 5:30—6:30pm	25 7pm Halloween Zumba "Zombie" Preschool Pumpkin Pool party 10-11:30am	26 NEW Parent/Child Shinny Hockey Sat mornings 10:30-11:45am
27	28 Tomorrows Halloween skate Great family fun! (Suggest 4-12yrs) Monster- treats, games, video Come in Costume	29 Monster Mash Halloween Skate 6:30 - 8:30 pm	30 Xmas Light Bus tour tickets on sale	31	October 25 Kings vs Trail 7:30 pm October 26 Kings vs Victoria 7:30 pm	



PRComplexFitnessNews & PRComplexLeisureGuide



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

Just Desserts

A reading with poet David Kellum
Thursday, October 17, 7pm
 At the Library (4411 Michigan Ave)
 Spend an evening exploring perhaps the most witty and pithy of literary forms: the Epigram, with a local poet.

Human Library

Check out a "human book"
Wednesday, October 23, 6-9pm
& Saturday, October 26, 1-4pm
 Ever wanted to walk a mile in someone else's shoes? Do the next best thing - check them out at the "library".

Get Savvy: Pinterest

What's all the buzz about pinning?
Thursday, October 24 at the Library
 Bring your questions and your laptop if you have one and explore another social media tool! Call the Library to register 604-485-4796.

Ghostly world of historical fiction

Explore it with author Claire Mulligan
Monday, October 28, 7pm
 Claire's first book *The Reckoning of Boston Jim* was nominated for the 2007 Giller Prize. She'll be reading from her latest book *The Dark*. For more information contact Katie 604-485-8668.

CHECK OUT, CHECK IN AND FEED YOUR HUNGRY BRAIN

Human library: your burning questions satisfied

How did you come to work at the Library? As a book-loving student of literature, with an inclination to research and helping people, becoming a librarian was a natural choice! Plus, I had so many late fees I figured it was financially prudent.

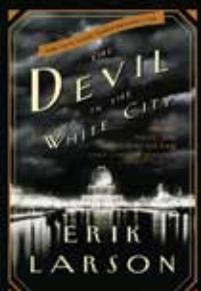
What programs are you excited about this fall? The Human Library. Rather than books, you'll be able to "check out" a person. It's a chance to sit down with someone you might not otherwise talk to and respectfully grill them over a cup of tea.

What makes a person fascinating? Well, I think everyone is fascinating in the right light. Everyone has a story to tell; it is really the willingness to share that story that makes them a good candidate to be a "human book." For the Human Library we aim to have a broad and varied selection, so that there is something of interest to everyone.

Is this really what libraries do, now? This is an exciting time to be a Librarian! Libraries are evolving, experimenting and redefining our role. I think of libraries as community information hubs, where you can inspire your imagination, connect with neighbours, share your skills and find tools to learn new ones.

Top pick by Katie:

Devil in the White City: Murder, Madness and Magic at the Fair that Changed America by Erik Larson. (Non-fiction)
 "Larson weaves the story of Chicago's first serial killer with the construction of the 1893 World's Fair, creating a haunting narrative of man's creative drive shadowed by our cruelest impulses."



KATIE KINSLEY
 ADULT SERVICES COORDINATOR
 POWELL RIVER PUBLIC LIBRARY

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