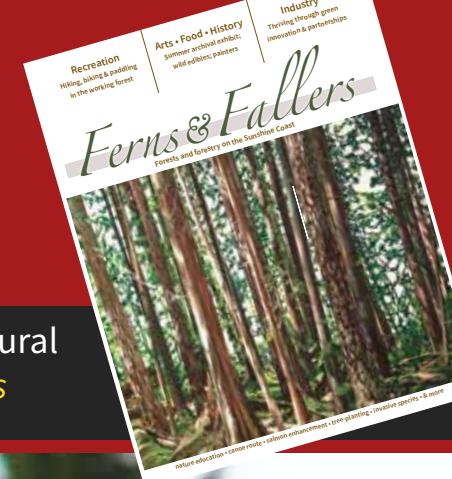


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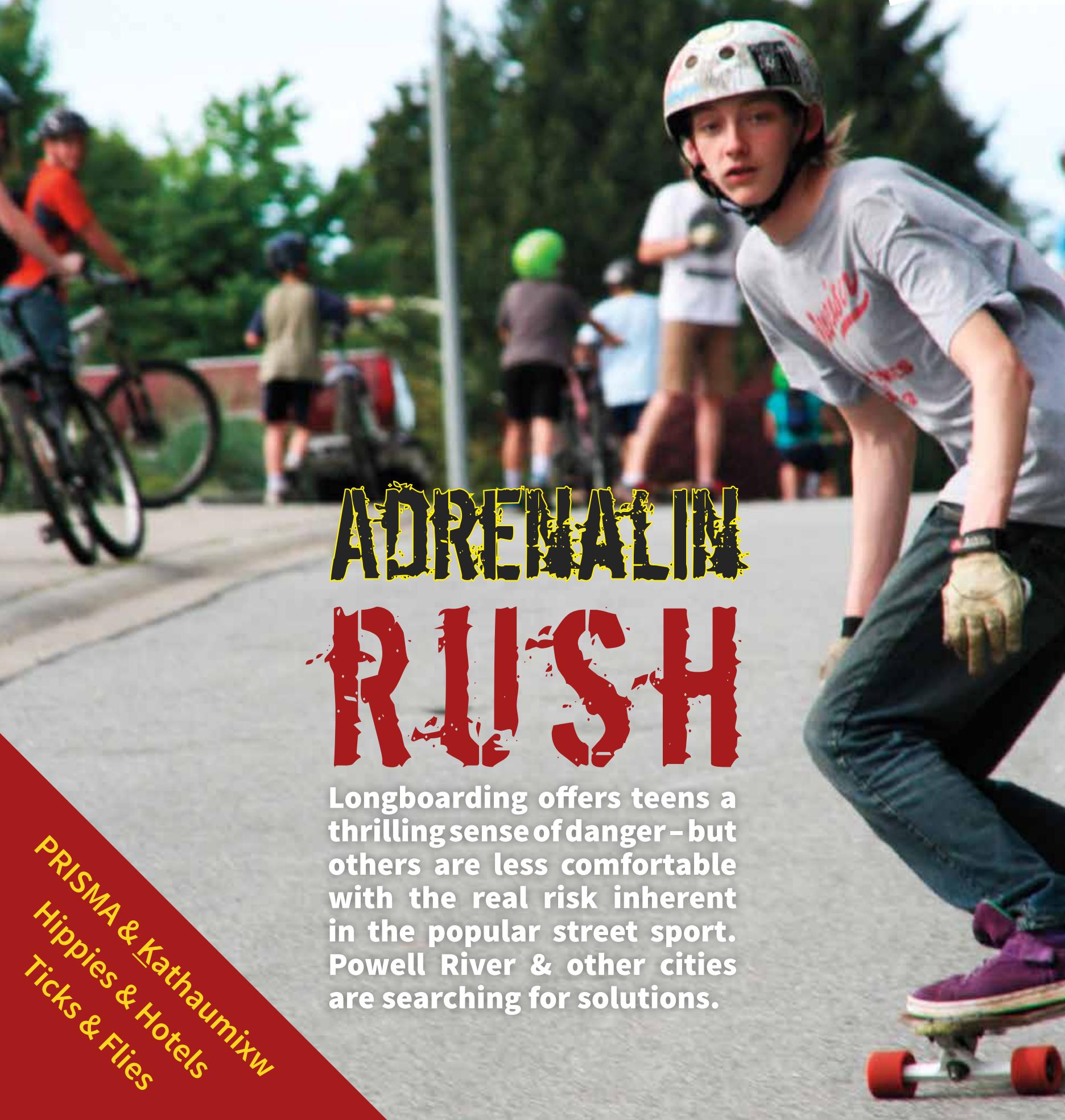
Free inside: Our inaugural issue of *Ferns & Fallers*



ADRENALIN RUSH

Longboarding offers teens a thrilling sense of danger – but others are less comfortable with the real risk inherent in the popular street sport. Powell River & other cities are searching for solutions.

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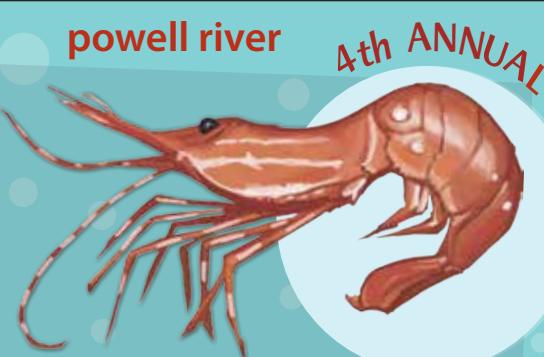
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CONTENTS • JUNE 2014

- 5** In this issue
Longboarding: meet your mother
- 6** PRISMA revelation
Student finds her voice
- 7** Kathaumixw gala
First Nations tsunami story
- 8** Longboarding
Curbing reckless capers
- 12** Where are they now?
Kaz Bremner, urban designer
- 15** Sense and Place
Art exhibit asks locally-relevant questions
- 18** Reimagining the Rodmay
A \$1.3 million idea
- 19** I Made the Move
Double trouble from Comox
- 20** AirBuzz 2014
Texada AeroSpace Camp's new "toy"
- 22** Father's Day
One hard-working papa
- 23** A growing concern
The SWD menace
- 24** BC Bike Race
800 people are coming!
- 27** Tick magnet
Office dog discovers nature
- 28** Community Calendar
Plan your June. Prediction: busy.
- 29** What's up?
Connecting communities through art
- 30** Business connection
Who and what's new
- 31** Brain injury prevention month
Protect your melon
- 32** Aces ace it!
Volleyball girls win big
- 33** BC family fishing weekend
Coho for nothing and your trout for free
- 34** Hippie, redneck or hipster?
A journey of self-discovery

ON THE COVER

Ben Kyle, 16, uses his longboard to commute to his job.

Photo by Isabelle Southcott.



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in life are not the advertised
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graduations, the weddings, not
the great goals achieved. The real
milestones are less prepossessing.
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unannounced, stray dogs that
amble in, sniff around a bit and
simply never leave. Our lives are
measured by these.

-Susan B. Anthony
1820-1906

Powell River Living CONTRIBUTORS



VIVIANNE MENNIER was born and raised in Powell River and never wanted to leave. Powell River has the best water in the world and still has free camping! She says Powell River is the best place to visit and live.



DEBBIE DEE founded the Powell River Brain Injury Society in 2003. She is also a city councillor, and president of the Model Communities Project.

Powell River LIVING

Showcasing the best of Powell River

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Powell River Living

IN THIS ISSUE

A couple of weeks ago, my 15-year-old son Alex told me he wanted to get a longboard. At the time, I'd already started working on the longboarding story that appears on Page 8 so I was aware of the issues and concerns surrounding longboarding. I told a friend of mine what Alex had said and she said: "You're not seriously considering letting him get one are you?"

I said yes.

My friend went on to tell me how dangerous it was and asked me how would I feel if anything happened to him.

The answer to that question is of course, terrible. Every parent would feel terrible if anything happened to their child but that doesn't mean we're going to keep them wrapped up in cotton balls all their lives.

I remember when we got a trampoline. It was a second hand one without the side nets. I'd heard all the horror stories. The child of one of my friends suffered a severe neck injury on a tramp. Eight years later, we're injury free and still have our trampoline.

We love to ski. My friend's son broke his neck skiing but we still ski. Alex is radical and takes more chances than I'd like him to but I get it. He's a boy and he loves that adrenalin rush. I've been skydiving, surfing, travelled the world with a backpack, showed jumpers, and driven a race car. Why? Because I could.

It's the same reason why kids longboard. Because they can.

Accidents will happen but when we have conversations about how to best protect yourself and others you are more likely to think things through rather than just throwing all caution to the

wind. So kudos to the residents who came forward with their concerns and kudos to City Council for opening up the conversation on this important issue.

Adrenalin rushes happen for all kinds of reasons. Here at Powell River Living, we've had a few adrenalin rushes lately. Our magazines have been flying off the stands so we're increasing our print run by 1,000 this month! 7,000 magazines for June and still free for readers. What a deal.

Besides longboarding, this issue of Powell River Living opens with stories about Kathaumixw and PRISMA. And of course the BC Bike Race which promises to be super fantastic this year with bikers staying over for two whole nights! Combine the bike race with Canada Day celebrations and the opening of Kathaumixw and Powell River will be the best place to be on July 1.

Speaking of the BC Bike Race, check out our story on Page 24. We have three locals competing this year; two are children of Powell River race director Wayne Brewer who couldn't be prouder!

Powell River's 16 and under volleyball team brought home the silver medal from the Western Nationals last month. Although the medal in itself is amazing, what makes this story (on Page 32) even sweeter is the fact that only three of members of the team are 16...the rest are a year younger!

Enjoy this issue and thanks for reading. **PRL**

Isabelle Southcott, Publisher • isabelle@prliving.ca

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PRISMA student has an epiphany

This year's classical event
comes June 16 to 28

When Stephanie Feldman attended PRISMA (Pacific Region International Summer Music Academy) last year, her goal was to improve.

Already an accomplished musician, Stephanie, a clarinet student from the University of Southern California, had been studying with Yehuda Gilad, one of the most famous clarinet teachers alive.

"To get into Yehuda's class is already quite an accomplishment," said Arthur Arnold, chief conductor of the Moscow Symphony Orchestra and PRISMA's music director and conductor.

While in Powell River, Stephanie had the opportunity to work with violinist Soyoung Yoon. "Soyoung is a famous violinist who really opened Stephanie's eyes," explained Arthur.

At PRISMA, Stephanie had an epiphany. "What she realized is that she does not have to compete with other musicians. She realized this by seeing Soyoung's concentration and hearing the incredible results that came from her violin. She realized that it is not about competition but it is always about the musical message," said Arthur.

What arrives in your musical story, he added, transpires in the hearts of your audience because you have a story to tell.



LESS COMPETITION, MORE STORYTELLING: Soyoung Yoon, above, inspired Stephanie Feldman to a revelation that helped her to a new level – and win the Grand Prize in 2013.

When Stephanie realized this she was in awe.

"She was so grateful to Soyoung but she didn't dare approach her hero. She thought of her like a God," explained Arthur. "She had her on a pedestal."

Both Stephanie and Soyoung have a Korean background and speak the language, but even with that potential icebreaker, Stephanie didn't feel comfortable approaching Soyoung and telling her about this life changing experience.

Towards the end of PRISMA, Stephanie mustered up her courage and spoke to Soyoung. But still, something stopped her from sharing her epiphany with the famous violinist.

Stephanie was one of three competing for the grand prize at the final concert, said Arthur. If she won, she would get to spend a week with the Moscow Symphony Orchestra, all expenses paid.

The day of the final concert arrived. It was held and the winner was announced: it was Stephanie Feldman.

"Why did she win?" mused Arthur. "Because she had a musical message to tell. It wasn't just technically perfect, she

also had a message in her performance."

Four months later, Stephanie was in Moscow playing with the Moscow Symphony Orchestra. "It was October. After the concert, we had dinner together and we talked about music, building your career and sharing your passion."

While sitting in the Uzbek Restaurant following a rehearsal, Stephanie told Arthur how life-changing PRISMA was for her and what an influence Soyoung had on her life.

"Then she told me this story about the musical message," said Arthur. "I asked her, did you tell Soyoung about this? Stephanie said she did not."

So Arthur picked up his iPhone and sent Soyoung a text that said: I am sitting in a restaurant in Moscow with Stephanie Feldman and she has something to say to you. Soyoung texted back in Korean. Stephanie texted Soyoung and told her about her musical epiphany - what she hadn't said in person.

"And now the circle is round," said Arthur.

Tickets to this year's events are available at orchestra-academy.ca/tickets. **RL**

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WHAT A PRIZE: Artist Craig Galligos and Kathaumixw artistic director Paul Cummings with the grand prize

Thunderbird vs. Whale, in concert

Kathaumixw: the magic continues starting July 1

At the opening concert of Kathaumixw on July 1, a thunderbird and whale vignette will be presented that showcases First Nations dance, acting, singing, percussion and narration.

This musical comes from a West coast story that tells of a great battle between the thunderbird and the evil whale, which caused the seas to rise and wipe out many First Nations villages, says Paul Cummings, Kathaumixw's artistic director.

"Most of my research came from that of seismographers. They knew there was a tsunami in 1700, but they had no written history about it. So they asked First Nations people for stories that may correspond with the event," he said.

Paul and the seismographers spoke with coastal First Nations people from here to Washington State, who indeed relayed stories about a tsunami.

A narrator combined the stories, and the result will be presented on opening night.

Choreographer Carol Coulson will tell the story while Tobin Stokes has com-

posed the music for this special vignette.

One noteworthy addition to Kathaumixw this year is a beautiful totem pole carved by Craig Galligos that will be presented to the winning choir of the festival. "This will be standing in the Great Hall all week for all the choirs to salivate over," says Paul.

"We have some fabulous choirs coming this year. This town will be bursting at the seams."

Looking for homestays

Paul says that homestays are still needed for Kathaumixw. "We need about 200 homes this year," he says. "Some will have multiple people staying in them."

Some people who have hosted Kathaumixw billets in the past are unable to do so this year for various reasons so new people are needed.

One of the choirs in need of billets is the 100 voice Slovenian Choir that Paul met while in Ljubljana with the Academy of Music's youth choir in 2008 during International Singing Week.

Concerts

Pssst...you'd better hurry up and get your tickets Kathaumixw's opening concert. They're going fast.

There are many other concerts to choose from, too. Learn more at www.kathaumixw.org and get tickets at tickets.powellriveracademy.org at the Academy of Music. **PR**

Free Kathaumixw concerts at Spirit Square (Westview wharf)

July 2, 3 & 4
3:15 to 4:15 pm

These will feature two choirs at each concert. "It is for the choirs to experience standing there singing, while looking at the oceans and the mountains," says Paul. "The Texada ferry will dock during the performance of the first group and it will be departing while the second group is singing."

An advertisement for Tree Frog Bistro. It features a silhouette of a man and a woman sitting at a table, toasting with wine glasses against a sunset background. The text reads: "Reignite your romance" and "Saturday night is date night!" Below the image, it says "Reservations recommended • 4603 Marine Ave • 604-485-0010 • www.treefrogbistro.com".

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Refreshingly Different





Sending the city

From a distance, it's easy to loathe dangerous, noisy longboarding. But get up close and personal with riders and their families, and it's also easy to appreciate the thrill – and the benefits – of the popular sport.

On June 27 at 1 pm, Powell River City Council will host a public meeting at City Hall to discuss a new by-law for governing one of the city's most common and controversial youth activities.

By Isabelle Southcott
isabelle@prliving.ca

It's 4 pm on a warm May afternoon. School's out, the sun is shining and five teenage boys lug their longboards up Ontario Avenue, not far from the Penticton trails. They reach the top and stand there for a moment and then, one by one, they leap on their boards and whiz down the hill.

Fifteen year-old Myles Elliott is first. He's been longboarding for two years but began skateboarding when he was three. "I like living on the edge," says Myles. "It's an adrenalin rush."

Simon Parise is 16. Longboarding, he says, is a good way to get your mind off everything. "There's nothing else like it."

Shea Whalen, also 16, likes hanging out with his boarding friends. "I like bombing the hill and hearing them say: 'Hey Dude, that's awesome. It can turn a bad day into an awesome day.'

For 16-year-old Ben Kyle, longboarding is a form of transportation. He rides his

board from his home in Grief Point to his job in Westview in 8 to 10 minutes. "It's super fast," he says.

Although a growing number of kids love longboarding, not everyone shares the same feeling. City Hall has received letters and phone calls from residents who are frustrated with longboarders.

Councillor Russell Brewer says residents have raised a few different issues but the key issue is safety.

Kids have been reported not wearing helmets, criss-crossing the road, not using spotters around blind corners and whizzing right through intersections.

Powell River isn't alone facing this dilemma, as cities around North America struggle to protect their teens. In January, two Vancouver Island teens died longboarding: Nanaimo's Ryan Thomas Wallace-Tarry, 17, and Ciaran Martin, 16, of Courtenay.

Closer to home, in June of 2013, one 19-year-old longboarder collided with a vehicle and sustained critical injuries, in Madeira Park.

Many other B.C. longboarders either



to boarding school

died or experienced major injuries over the last year.

Several municipalities have stepped in to regulate the popular sport. The most extreme response: West Vancouver and White Rock, where longboarding has been banned entirely. The City of Surrey, on the other hand, is investing in a designated site for longboarding at the South Surrey Athletic Park.

Here, the city is taking a more moderate approach. City staff have drafted a bylaw, which will be presented to council at the June 5 committee-of-the-whole meeting. That bylaw will address unsafe longboard use, including a consequence for unsafe use.

Marie Claxton, the city clerk, noted that "the purpose of the draft bylaw is not to prohibit longboarding, but rather to encourage safe riding awareness and include a meaningful consequence when riding unsafely."

Councillor Russell Brewer added "I don't want to just shut it down and put up another wall against youth."

RCMP Sgt Rod Wiebe said the bylaw

will give the police something to work with if people complain. At the present time, he explained, there is nothing. In a nutshell, the bylaw will state that longboards, skateboards and inline skates that are being operated in an unsafe manner can be confiscated, and the operators can be fined.

"We want to be reasonable as a City," says Wiebe. "We want to address everyone's concerns, but the kids have to understand that we want to meet a minimum level for safety. It's in their best interest."

Noise & safety

On this May afternoon, all five boarders are wearing helmets and gloves.

"If you fall, you need to have gloves," says Simon.

Although the teens report that there are several good areas to board in Powell River – including Burnaby, Abbotsford Ontario, Hazelton, Dinner Rock and on Westview Avenue – most agree that Fairmont Street, by the French School, is by far the best.

Simon says it has to do with the grade,

What is a longboarding?

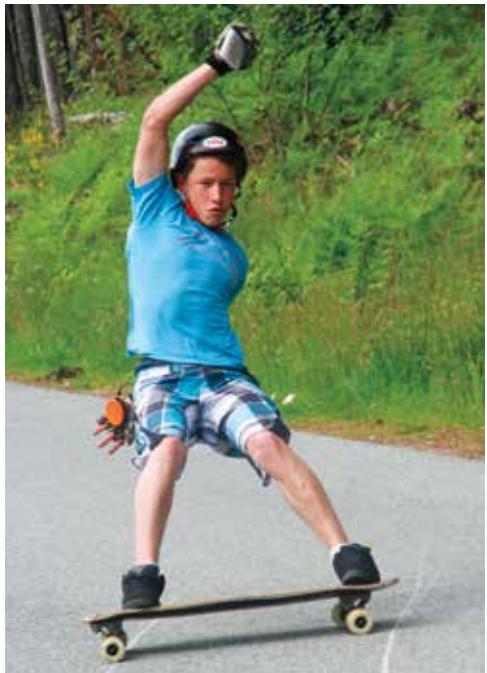
A longboard is a long skateboard meant for speedboarding, transportation, slalom, carving, sliding or racing.

A typical longboard is 44" long, 9.5" wide with a 28" inch wheelbase. It is flexible, has a rear kicktail but no nose and no brakes. The angle at which some longboards can turn as well as their ability to coast long distances make them more suitable for cruising on streets than regular skateboards.

The most common way to stop a longboard is to footbrake or with the toeside pendulum slide or a heelside pendulum slide.

the steepness of the street and the fact that the pavement on Fairmont is in good condition.

It's the constant boarding down a street for hours on end that irritates residents



like Deb Calderon, so much that they've met with the RCMP and city councillors about it.

"We see a lot of longboarders on our street," says Calderon. "City streets should not be playgrounds. We have boarders skating down the street for hours at a time and doing tricks in the middle of it and it's really dangerous."

One of resident on Fairmont nearly hit a longboarder recently as he was driving home. "They are often bent over and hard to see. Because they have no brakes we have seen boarders skate right into Westview Avenue without stopping."

Some days, there are more than eight longboarders on the street at a time, Calderon says. "It looks like a ski hill and is pretty noisy and disturbing to the neighbourhood. On sunny days sometimes

they stay here for over four hours."

Calderon says she understands that it can be a thrilling sport but she thinks boarders need a safer place to practice their skills than on city streets.

Brewer met with Calderon and other Fairmont Street residents to hear their concerns. He says some people say they're intimidated by having youth out together by their homes, others are worried that a longboarder will get hurt or worse, killed because drivers don't see them and some don't use spotters and end up crossing another street when the one they're on ends. And there are noise concerns with kids reportedly swearing, laughing and yelling, plus the squeal of the boards as they race down the street.

Last year, the City invited boarders to chat with council and the RCMP about the



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– Stephen Jenkinson



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Before founding the Orphan Wisdom School in 2010 where he teaches the skills of living deeply, he directed the palliative care team at Toronto's Mount Sinai Hospital and was consultant to hospice organizations across the continent.

Today he is a teacher, author, storyteller, spiritual activist, ceremonialist and farmer who is revolutionizing grief and dying in North America and beyond.

For more information: www.powellriverlibrary.com

June library events

Celebrate Aboriginal History Month at **Exchange: A night of cultural sharing and discussion**, Tuesday, June 10 at 7 pm in the Elm Room (Rec Complex).

Curious about eReaders? Check out the **eReader Petting Zoo** at the Library, Wednesday, June 18, 2-4 pm. Try out different types of eReaders and learn how to download eBooks from the Library.

The Powell River Public Library presents two events with guest Stephen Jenkinson:

GRIEFWALKER
Film screening and talk with Stephen Jenkinson
Friday July 11
@ the Evergreen Theatre
7 pm (doors open at 6:30); free

The film, a lyrical yet raw portrait of Jenkinson's work and philosophies, shows him teaching doctors and nurses, counselling dying people and their families, and in meditative and often frank exchanges with the film's director. Griefwalker inspires viewers to know death and grief to appreciate our lives.
Film clip: orphanwisdom.com/griefwalker

The Tangled Garden of Wisdom and Grief
A workshop with Stephen Jenkinson

Saturday July 12
@ the Recreation Complex (room TBA)
10 am to 3 pm;
free, but registration is required

Join Stephen for a discussion on how dying can be learned and what should be at the root of caring for dying people. Contact Sandra Tonn to register: stonn@powellriverlibrary.ca, 604-485-8667

issue. Brewer says kids are self-regulating more now than they were before by using spotters but still, more needs to be done. "I think it has improved a bit. There is definitely more awareness amongst the kids."

Fitness and independence

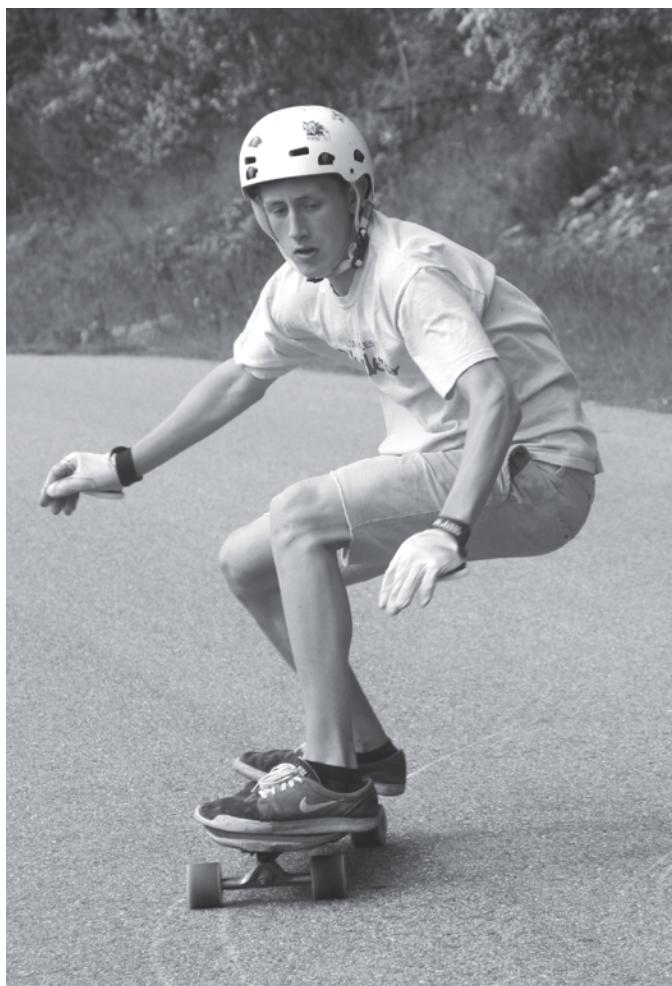
Parents Derek and Sue Elliott like that their son Myles enjoys spending time outside rather than inside gaming and sitting behind a computer.

"Yes, it can be a risky sport: public streets, blind corners, kids thinking they are invincible," says Sue, who is a nurse. "This comes with the territory of being a teenager. There are a variety of kids with different attitudes and safety beliefs; ones who are careful and wear protective gear, take turns using each other as spotters. There is also the other extreme of kids who don't wear helmets, wear dark clothing and ride in the middle of the road. From a parent's perspective, safety is of course the top priority."

Derek, who teaches elementary school for School District 47, agrees. "There are positives to longboarding or skate boarding in general. They are outside in the fresh air and getting exercise. There are gaining skills, flexibility, balance and confidence and when with friends, learning more social skills."

Skateboards and longboards are also a form of transportation for kids. "The peer group that Myles has connected with are, for the most part, respectful of others and have developed a positive relationship with the RCMP when dealing with issues around street safety.

"Our streets are not the exclusive domain for cars – the other longboarders I see use our roads in a cooperative, safe manner. Let's provide them with an area that is free of traffic, an area for learning, teaching each other and mentoring." **PR**



Brooks Secondary School

What it takes to make the Honour Roll

Each term at Brooks Secondary, an average of 25 students per grade who have attained an average of 78% in all subjects and a GPA (grade point average) of 3.1, achieve Honour Roll status.

More than 40 students, with an average of 85.5% in all subjects and a GPA of 3.5, are acknowledged each term on the Principal's Honour Roll.

Grade 8 students Tyra Thulin and Emily White are two students who are on the Principal's Honour Roll this term. These students are recognized for their academic achievement as they have achieved high grades in their course work.

Emily, whose favourite subjects are French and Math, says she works hard to maintain high marks.

"It feels good to be on the honour role. I really try hard in school."

Tyra, whose favourite subjects are Socials and PE, says it feels like you've achieved a level of greatness when you're on the honour role. "I

work hard to get there and it pays off."

Emily enjoys writing. When asked if she had an inkling of what she might like to do in her future, she said maybe a nurse or a journalist. Tyra wasn't sure but she thought something that involves animals or nature.

Tyra plays hockey and attends choir at the Powell River Academy of Music. She's looking forward to Kathaumixw because she gets to meet people from all around the world. Emily is a dancer who loves jazz and ballet. She is also a member of swim club and plays trumpet and volleyball.

Emily and Tyra had just attended a special luncheon put on by the Brooks Culinary program for all students who made the Principal's Honour Roll when Powell River Living caught up with them. "It is a nice recognition," they said.

SD47 recognizes the effort it takes



Emily White and Tyra Thulin say the hard work to get on the Principal's Honour roll is worth the effort.

to be an honour role student and usually recognizes students in Grades 8 to 11 on the Principal's Honour Roll at an awards ceremony.

At the Cap and Gown ceremony on June 6, Grade 12 students who have attained Principal's Honour Roll on two or more report cards

in their grad year will receive their certificates.

"At least one third of our students are on the Honour Roll or Principal's Honour Roll each term," says Brooks Secondary School Principal Kathy Rothwell. "It is an achievement to be celebrated." **PL**



Want to learn more? Contact us. • School District #47
4351 Ontario Ave, V8A 1V3 • 604 485-6271 • www.sd47.bc.ca

Where are they now?

Kaz Bremner: urban designer

Powell River's Kaz Bremner is part of a four-man team who recently won the inaugural design-build competition for Robson Redux. Their entry, Urban Reef, will be part of downtown Vancouver's Robson Square this summer.

"Urban Reef is a sculpture that invites people to sit, relax and play," says Viva Vancouver's website. "The shape is a series of sections that morph into one another to create a dynamic form that sparks curiosity and invites exploration."

Kaz and fellow intern architect Jeremiah Deutscher's design beat out 78 other submissions to create a concept that would allow people to interact with Robson Square.

The design brief called for "celebrating urbanity." The theme was "connection," which could be interpreted in a number of different ways.

Kaz and his team looked at the existing identity of the 800 block of Robson Street and how they could create something new that would have people reconnect with that space differently.

"I went into this with a colleague and we teamed up with two

"In architecture, the city becomes your laboratory. You look at buildings and every day you see things a little differently and a little critically."

furniture builders from Higher Works," said thirty-three year old Kaz, "and we took a shot at it."

Winning this competition is quite an accomplishment, particularly for someone early on his career.

"We were pretty happy about it," admits Kaz. "It's great exposure and a really fun experience."

But now, as he says, the real work begins!

"We have a number of hurdles to jump through now. "We have to build it and we have a pretty tight budget. We have to stretch \$40,000 the best we can."

This design is different than projects that Kaz has been involved in previously. For the most part, he's involved in large-scale designs such as academic and institutional buildings.

Kaz, who is currently interning at the prominent Vancouver architectural firm Perkins + Will, says he didn't always dream about design. He went to Max Cameron for Grades 9 and 10 and Brooks for 11 and 12.



His undergrad degree is in biochemistry from Simon Fraser University and he graduated in 2009 with his Masters in architecture, at the University of Calgary.

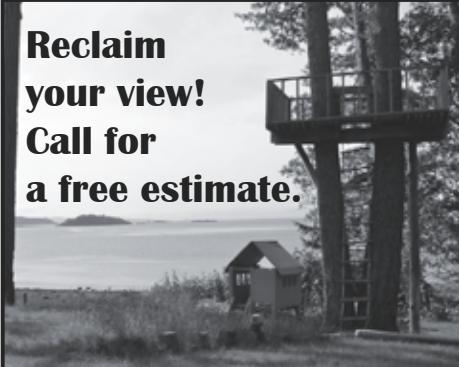
"I did a lot of science in high school and picked up that track again in university," he told *Powell River Living* in telephone interview. "In university I started working in a couple of labs and I discovered that I didn't love working in labs day-to-day."

While studying at SFU, Kaz completed the innovative Semester in Dialogue at the downtown Vancouver campus. "I met planners, architects and urban thinkers. I was introduced to architecture then and I kept going on that path after that," he explained.

Although Kaz has always enjoyed visual arts and drawing, he says that architecture is about problem solving, team work and creative thinking.

"When you work in science you think things that are interesting but you can only talk to a small group of people about them.

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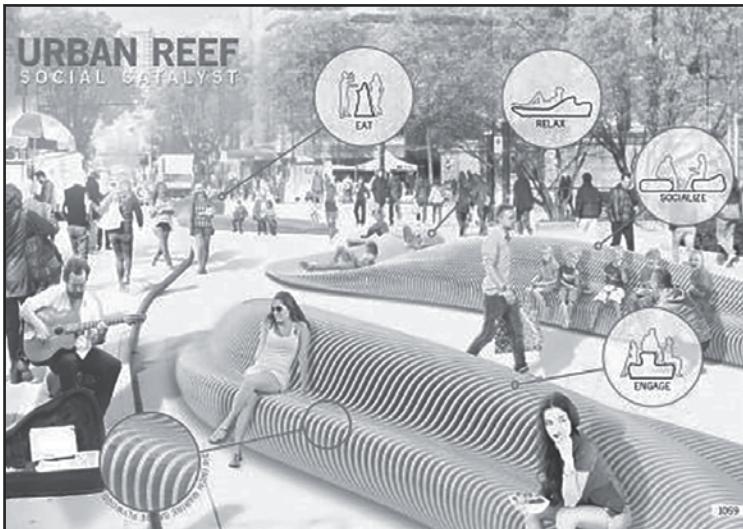


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In architecture, the city becomes your laboratory. You look at buildings and every day you see things a little differently and a little critically."

The best thing about architecture is that every day is different. "You get to do a variety; you're not like a widget maker. One day you are presenting to people, the next day you're doing drawings, the next day you're coming up with new ideas and the next day you're like a politician at city hall getting things permitted."

Although Kaz lives in Vancouver now, he tries to come home to Powell River as often as possible to visit his family. "I'd like to get back this summer just because Powell River is so beautiful. If you grew up in Powell River you know that Powell River is Powell River. It's so familiar. When you drive off the ferry you are there. You remember everything." **RL**

EARTH WEEK WAS GREAT - THANKS TO YOU!

A week full of activities to honour our earth was made possible in the Powell River area with the help of many. Businesses, community organizations and residents pulled together to show support, and the Earth Week Committee would like to send a special thank you to the following:

Groups and event organizers:

- Winter Market and vendors
- Open Air Farmers' Market and vendors
- The HUB 101
- First Credit Union
- Brooks Secondary School Outdoor Club
- Let's Talk Trash Team
- Powell River Regional District
- City of Powell River, Malorie Shaffer
- Carol Engram, Red Door Worm Farm
- Kelly Creek Garden Market
- Malaspina Sierra Group
- Powell River Garden Club
- Permaculture Powell River/
Sycamore Commons
- Powell River Friends of the Library
- PRPAWS/Sunshine Coast Trail



Businesses who supported with funds or items:

- First Credit Union
- Career Link
- Townsite Brewing
- Kelly's Specialty Shop
- City of Powell River, Sustainability Steering Committee
- Springtime Garden Centre
- Wendy Devlin, Glade Farm
- Kevin Wilson, Fiddlers Farm
- Vancouver Island University



Businesses with Earth Week specials:

- Beyond Bliss Salon and Spa
- Lumber Jack Bistro and Deli
- Little Hut Curry
- Staples
- River City Coffee
- Rocky Mountain Pizza and Bakery
- Starbucks
- Rona Building Centre
- Ecosentials
- Save-On-Foods
- Quality Foods
- Canada Safeway



Local Government supporters:

- Eugene Louie and Tla'amin Nation
- Mayor Dave Formosa, Councillor Russell Brewer, Thomas Knight and staff at city hall
- Colin Palmer, Powell River Regional District



Our committee represented:

- Transition Town Powell River
- Malaspina Land Conservancy Society
- Let's Talk Trash Team
- Powell River Money Society
- Skookum Food Provisioners Cooperative
- Pebble in the Pond
- Sustainable Schools Committee

As a lasting reminder of the week, Claudia Medina created a short film that can be viewed on the Earth Week website: earthweekpr.wordpress.com

Thank you to all who took part in an Earth Week event. Plans are underway for Earth Week 2015. Contact earthweekpr@gmail.com if you would like to be involved.

50% off thank-you advertisements

It's simple:
advertise your event with
Powell River Living,
then get half off your
thank-you ad after the event.

It's just our way of saying thank-you to the wonderful folks who organize and support the many great events that happen in our city.

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POWELL RIVER
REGIONAL DISTRICT

PARK & CAMPGROUND INFORMATION

CAMPGROUNDS

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\$21 per unit/night
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Shelter Point Park Open year round with seasonal food concession
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Caretaker: Roger Higgins, 604 486-7228

Reservation Policy:

No reservations for individual camp sites.
Call caretakers to reserve group sites.

DAY USE PARKS

Palm Beach Park Open year-round. Flush toilets open mid-April. Call caretaker to book kitchen and barbecue area.
Caretaker: Sean Palmer, 604 487-4305

Craig Park Open year-round. Pit toilets only. Call Parks and Properties Foreman to book the baseball fields, soccer pitch or gazebo.

Foreman: Shawn Gullette, 604 483-4812

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Karen Skadsheim, founder and instigator of Townsite Brewing, is moving on.

"I said from the beginning that this brewery was about me and my needs," says Karen. "It was never my intention to work full time in the office of a Brewery, I only wanted better beer for myself and my friends here in Powell River."

"We thank Karen a hundred million times for all the work she has done helping us get to where we are and support

whatever new ventures she chooses," says Chloe Smith, Townsite Brewing General Manager.

Karen says she's staying in the Townsite and, among other things, may help paint an historic church there this summer.

A send off cask will be tapped in the Brewery tasting room on Sunday, June 8 at 4pm for anyone wishing to join the brew crew in raising a glass to Karen. (It's also her birthday that day!) **PR**

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Sense and Place

The Malaspina Art Society presents Sense and Place, an exhibition of 20 new photographic works by Brooklyn-based artist Peter Gynd, whose mother, artist Ursula Medley, lives in Powell River.

The work, all part of Gynd's Blanket Series, explores themes of landscape (place) and its role in the shaping of a cultural identity.

Gynd's show will open **June 5** at Vancouver Island University from **7 to 9 pm**. Everyone welcome. The show will continue until the end of June.

Gynd's exploration centers on creating of a dialog between a landscape and a figure through the vehicle of a cultural object.

The principal object being used in this dialog, the Hudson's Bay Point Blanket is an icon of historically weighted significance, heavily laden with references in trade, colonialism, societal status, regionalism and genocide.

A fifth generation artist, Peter Gynd was born in Vancouver and began his studies in old masters oil painting techniques under the instruction of his mother, before receiving a BFA in Glass from the Alberta College of Art and Design. **PL**

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(10 lessons)

9:30 am: Levels 1, 4, 6 and PS 1/2
10 am: Levels 2, 3, 7 & 8, and PS 1/2
10:30 am: Levels 1, 2 and PS 1/2
11 am: Levels 4, 5, 9, 10 and PS 3/4

Weekdays July 21 to Aug. 2

(10 lessons)

9:30 am: Levels 2, 5, 6 and PS 1/2
10 am: Levels 2, 4, 7 & 8, and PS 3/4
10:30 am: Levels 1, 3 and PS 1/2
11 am: Levels 2, 3, 4 and PS 3/4

Weekdays Aug. 5 to Aug. 15

(9 lessons, no lesson BC Day Aug. 4)

9:30 am: Levels 1, 3, 5 and PS 3/4
10 am: Levels 2, 3, 7 & 8, and PS 1/2
10:30 am: Levels 2, 4 and PS 1/2
11 am: Levels 1, 6, 9 & 10 and PS 3/4

Weekdays Aug. 18 to Aug. 29

(10 lessons)

9:30 am: Levels 1, 3, 4 and PS 1/2
10 am: Levels 2, 6, 7 & 8, and PS 1/2
10:30 am: Levels 2, 5 and PS 3/4
11 am: Levels 1, 3, 4 and PS 1/2

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Powell River Living

I Made the Move

Charlene 'Charlie' Nan and her twin two-and-a-half-year-old daughters, Tesla and Dana, moved to Powell River in March. She purchased her home in the Townsite last year with thoughts of moving to this community sometime in the future – but the future arrived sooner than she thought it would! Charlie, a Registered Massage Therapist, had the opportunity to join Dan Keene and Kate Mancell at Koastal Massage Therapy, where she now works. "I am passionate about bodies and health in general," says Charlie. "I am also



an avid gardener, writer and poet. I have two beautiful girls who are my world."

Why did you choose to move to Powell River?

Charlene • I've had my eyes on the Powell River area for the last couple of years as a good area to invest in. As I got to know the area I fell in love with its charms.

Where from?

Charlene • The Comox Valley where I used to own Integral Balance Massage Therapy and Medical Clinic.

How did you first hear about Powell River?

Charlene • When Powell River came up in conversation, it was always revered with nostalgic charm, so I began to take notice every time it was mentioned.

What surprised you about Powell River once you moved here?

Charlene • I am an avid gardener, writer and poet. What surprised me most about Powell River once I moved here was the genuine warmth of the community, and it is this remarkable quality of the people who live here that makes Powell River such a special place.

What is your favourite place here?

Charlene • My favourite in Powell River is my house, although I haven't really been out much. It's a beautiful gem with an epic view, that fits us perfectly.

What would make Powell River a nicer community?

Charlene • I haven't been here long enough to want to change anything, but I am a firm believer in being part of the change that you want to create.

What are Powell River's best assets?

Charlene • I love how insulated it is from the rest of the world. I knew it was a good place to raise kids, and the weather is certainly nothing to complain about if you like growing things, and I do.

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

Charlene • I would commission more public art works like murals, and sculptures, from local artists. **PL**

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Canada Day in

BC Bike Race • Farmer's Market • Canada Day at Lar

BC Bike Race

They loved it so much last year, the BC Bike Race is back for an extra day in Powell River this year!

Tent city sets up at Willingdon Beach June 30.

Here's what you need to know:

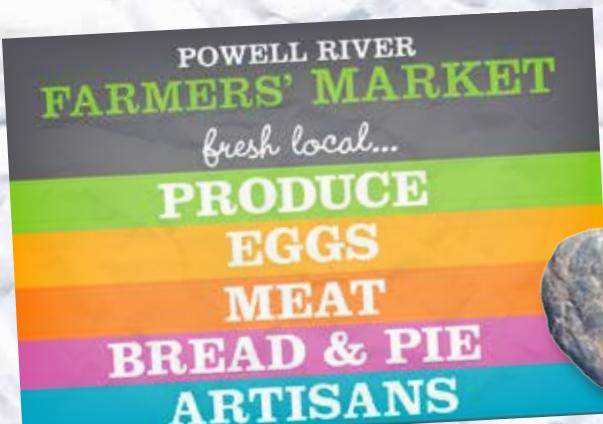
9 am BC Bike Race begins at Willingdon Beach

Good viewing spots include Willingdon Beach, Joyce Avenue at the Pole Line, Edgehill School, Suicide Creek and Squirrel Crossing. Or visit the **cheer zones** at Sweetwater Trail and Aloha Trail, or pick your own spot from the map at prca.com

11-2 Racers return to finish line

Cyclists then enjoy an afternoon and night in Powell River before moving on to the Lower Coast.

Are you a racer? Come join the community at Larry Gouthro Park for Canada Day celebrations before your dinner at Dwight Hall.



Celebrate Canada Day at the Farmer's Market
from 10:30 am – 2:30 pm.
Live Music, Tasty Treats and Kids Play Area.
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Kids Bike Race

(For ages 2-8 years @ Larry Gouthro Park)

Hosted by BC Bike Race

Registration at 10 am, race at 11 am

Small course with a few laps each depending on age, generally on gravel, some grass and fun for everyone.

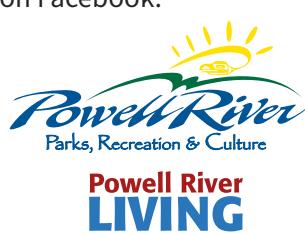
All kids receive a medal for riding.

When you arrive on Race Day,

report to the Registration Desk to:

Sign waiver, pay \$2 donation & receive your child's BC Bike Race Bike Plate

For more details on Canada Day events, listen to local radio 95.7 FM, or search for "Powell River Rec. Complex" on Facebook.



This space sponsored by the City of Powell River, Powell River Academy of Music, BC Bike Race, the Farmers' Market and Powell River Living.

in Powell River

Larry Gouthro Park • Kathaumixw Opening Concert

Celebrate Canada Day

Old Fashioned Family Picnic!

Grab your blanket or chairs and head for the park! Events and activities run from **1-5 pm at Larry Gouthro Park** on Manson Avenue. (New to town? Scan the QR code for directions.)

Schedule of events:

Food Fair & Vendor Booths open • noon – 7 pm

Activities, Music & Special Entertainment • 1 – 5 pm

Kids Activity Area • noon – 5 pm

Official Birthday Greetings • 1:30 pm

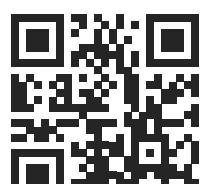
Dress in Red contest • 2:30 pm

Serving Giant Birthday Cake • 3 pm

Old Fashioned Picnic games • 3:30 pm

Event Presented by:

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New addition to aerospace camp

Something's buzzing on Texada this summer

Last summer, Doby Dobrostanski and fellow volunteers had a booth at the Comox Air Show to promote the annual Texada AeroSpace Camp.

He was busy talking to people about the camp, when all of a sudden, a trio of kids came running over.

"They were surprised to see us there," said Doby. "They were kids who'd been to our AeroSpace camp on Texada the month before."

One of the kids handed Doby a business card he'd been given for North Island College's aircraft structures program instructor Ruedi Pletscher.

"There was this 10-year-old girl and her two brothers. They were so excited. They'd been to Ruedi's booth and were looking at his demos. There was this one demo on how to rivet metal components together because that is what you have to do for many aircraft parts," said Doby.

"The girl told Ruedi that she could do that and he said: 'what do you mean?'"

"She said, 'let me show you,' and she demonstrated her skill at riveting along with her brothers. Well, Ruedi was surprised they were able to do this, so he



asked where they'd learned how. They told him at Texada AeroSpace Camp."

He gave the girl his card and asked her to give it to Doby. As soon as Doby got the card he called Ruedi. The two began talking. Ruedi wanted to know if he could help at the AeroSpace camp this summer as he has students who need projects.

"I sent him the information and he was very impressed. It looks like a couple of graduates will be coming over this summer," said Doby.

July 17-19 marks the fourth annual Texada AeroSpace camp. It teaches children ages 10 to 14 all about aerodynamics, airframe, aero engine basics, rocketry, astronomy and meteorology.

Although Doby is the go-to guy for the AeroSpace Camp, he's part of a team of volunteers. He's a retired aircraft mechanic who studied aviation and aerospace technologies as a part of modern culture. He's an artist, who raced rally cars, a sailplane pilot and mountain climber.

Doby is passionate about the aerospace industry. "My premise is that our kids will be able to see tracks made on Mars – and some of them may even be the ones to make those tracks."

At this three-day camp, kids learn that technology is about more than just sitting behind a computer and pushing a button. "Technology is about the application, it's about developing new ideas."

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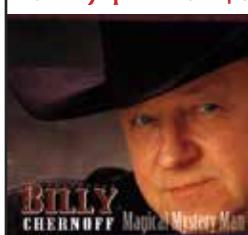
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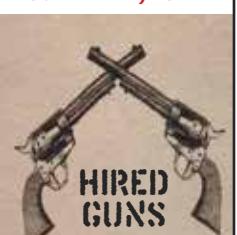
Partial proceeds to Staples for Students, PR Military Association & Heritage BC

All
Ages
Show

All
BC Artists
Show



June 13 - 15
Carlson
Community Club





Doby likes new ideas, which is why he started the ball rolling for the Texada Fly In and the camp. "I just thought it would be really neat to have a bunch of people come from all over with all their planes," he said when asked about the history of the first fly-in back in 2008.

The camp followed in 2009 because Doby wanted to let kids get involved. "That's important," he said thoughtfully sitting on a chair in the studio behind his home in Gillies Bay. "If we fail to do that we will be a regressive generation. You have to follow through from one generation to the next. You have to teach kids what you know."

There are lectures in the morning and

time for projects in the afternoon. "It's a day camp but this year we are having overnight camping on the baseball field right next door. We'll probably have an evening of astronomy; we have a big telescope that kids can use."

One of the camp's former students is now the highest-ranking air cadet in Powell River, said Doby proudly.

This camp is the only camp of its kind in British Columbia and no other community in Canada has the unique technology that the AeroSpace camp now has. There's a wind tunnel where kids learn to measure drag, lift, vibration and wind speed. They can fly a small model airplane remotely in the tunnel. PR

AirBuzz 2014

In the photo to the left, the AirBuzz 2014 is under construction. It's a brand new mobile flight simulator classroom aid that will enable kids to experience "flying" for themselves.

The nose of AirBuzz looks like a DC3 and the fuselage – an 8-foot by 10-foot enclosure – looks like a small classroom.

The cockpit will look like an authentic DC3 cockpit and will have a computerized flight simulator that kids can "fly" by using the controls. "They move the control column and the image on the video screen moves. It's a very highfalutin system," says Doby. "And it's very accurate."

Doby believes that by taking AirBuzz on the road they will not only promote the camp but also the entire Powell River region.

Try it out!

- On June 8, the AirBuzz kiosk will be at Save On Foods from 11 to 3.
- The annual Texada Aerospace Camp, for ages 10 to 14, is scheduled for July 17 to 19, followed by the fly in on July 20.



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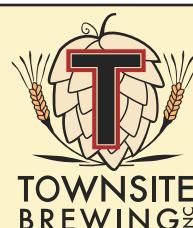
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www.townsightbrewing.com

Father's Day: June 15

Rough-and-tumble work ethic a gift

Father's Day is a time to pay tribute to our dads, to show them how much we care for them and to reflect on how they've influenced our lives.



THEN AND NOW: On the left, Rolly Mennier moves shingles, one of the many jobs he held to support his family. On the right, author Vivianne Mennier and her dad, Rolly, at Olive Devaud.

By Vivianne Mennier

In the late 1940s, my father, Rolly Mennier, moved to Powell River from Bonnyville, Alberta to play hockey. His nickname was "Rollicking Rolly" and he played for Wilshire's (a team sponsored by a long-gone Cranberry convenience store). Before long, because of his up-front, tough manner, he became known as "The Enforcer."

Later, Dad did whatever it took to provide for his seven children. He was a successful hunter and our freezer was always full of deer, wild meat and fish. He was one of those people who would do what it took to make a living. For him, that included working on a fish boat, logging,

was at home in the back-country and could always find the best places to pick.

My dad had a camp at the head of Third Lake (Khartoum) in the late 1950's. He owned several pieces of equipment: a dump truck, an old case tractor, a dozer and a logging truck. His old six-by-six army truck still sits in the woods up there. It's all covered in moss these days but it's still there. One of his steel lifeboats still sits on the bottom of the lake. Memories of another time, but physical proof of his time up there.

In the late 1950's, the pass known as "The Narrows," located between Second and Third Lake (now roughly Lois and Khartoum lakes), wasn't passable. But then Dad came along. It was my father who used dynamite to blow out this area so that people could get through.

Given that I spent a lot of time with Dad growing up, it's no wonder that I love forestry as much as I do. It's in my blood, just like it is in Dad's blood.

In the early 1970s, Dad helped launch me into a logging career. He and my husband Chris would take the five-ton truck and travel the woods, while Dad's partner Molly and I would follow behind in the Volkswagen Bug. Our Volkswagen was a bit different than most – Dad cut out the back of the Bug so we could carry the saws, fuel and gear in there. Once Dad knocked down a snag, the men would block it. Molly and I would load the blocks in the back and race back and forth until the five-ton truck was all loaded and ready to go.

I hand-split many of the barn shakes

for Dad's roofing business. I also shingle packed for local mills like Gold Medal, Cedar, and Behan's...mills that have gone now but may still be remembered by some.

I then packed for my mother's husband, Ron Alexander at D & C Cedar and Ann Marie Behan packed for her dad, Tom. Us women shared the third sawyer in the middle and we each packed 250 bundles a day.

Later I worked for MacMillan Bloedel, running the sidewinder and grapple on the boom feeding the log hauls. Then I worked on the clean up crew and later the yard crew for 13 years. Then I met Zhenya Lewis, of Out on A Limb Forestry, and spent eight years working for him. I travelled all over the country as the deck hand in his crew boat, Rigger One. We worked for private residents and timber companies, often travelling from Goat Island, off of Powell Lake, to Sechelt.

I remember my last big show in Sechelt. We boated down to Earl's Cove, jumped into the company truck and drove to the site where 96 selected cedar trees all stood in a grove below. It took us an hour to traverse down the steep slope. Once there, we prepared the trees to be picked up single stem by a helicopter.

Those days are behind me now. I no longer work outside. And Dad, well he lives at the Olive Devaud Residence but he still likes to sit outside whenever he can. His nickname now is "The Gate Man" and there's nothing he likes more than his one beer, Lucky Logger, at happy hour. **PR**

"He was one of those people who would do what it took to make a living. For him, that included working on a fish boat, logging, and owning his own roofing company."

and owning his own roofing company. He held contracts for the school district in Powell River and Texada Island.

Dad taught all of his children how to make a dollar. I remember going out with him at night with lanterns to the oyster beds, clamming and crabbing and working with the tides. I spent a lot of time with Dad picking salal in the woods. He



A growing concern

By Jonathan van Wiltenburg • edenhort@gmail.com



With the fruit season upon us I thought I would inform everyone about a hard-hitting pest that is becoming a serious problem for commercial and home growers. The pest is called The spotted wing drosophila (SWD). It is a small fruit fly that affects many cultivated soft skinned fruit including cherry, blackberry, blueberry, grapes, raspberry, plum, peach, nectarine, apricot, and kiwi. It also affects native and ornamental plants as well.

The SWD is of specific importance because it lays its eggs in maturing fruits rather than half rotten or fallen fruit. The eggs hatch out as the fruit is at its peak ripeness, spoiling or damaging the fruit, which sometime will have small white worms inside.

Currently, there is no clear-cut way to deal with SWD, and more research is needed to understand how and what will be effective control measures. It is recommend that infected fruit and rotten fruit be culled and/or destroyed and that we do our best not to transport fruit into other areas. Last year the government approved five insecticidal sprays (two of them organic) for use as a control, however it is considered a last resort.

SWD is currently widespread, affecting the south coast and interior fruit-growing regions. SWD is definitely something to watch for on your fruit this season. If you do see it on your crop it is best to deal with infested fruit appropriately. **RL**



SWD SENSATION: these two bugs were photographed by Bev Gerdeman for Washington State University.

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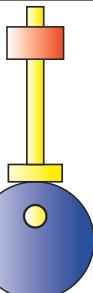
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BC Bike Race: on a few bucket lists

600 bikes break in the spanking-new Aloha trail

By Isabelle Southcott • isabelle@prliving.ca

This year's BC Bike Race on July 1 will be part of A Great Day in Powell River – a pretty nice designation for an event that might never have materialized.

"This is the fifth year here," says Wayne Brewer, Powell River Race Director for Day Three. "For the first few years they'd pass by here because they didn't know that Powell River had trails. They thought Powell River was just a mill town. They were blown away when they checked it out and saw that we did have trails."

When the 600-cyclist BC Bike Race is in town, Willingdon Beach becomes a tent city as riders camp out during their stay. It's a sight to behold, with a sea of blue tents dotting the park overlooking the ocean.

Each year the BC Bike Race conducts rider satisfaction surveys. "Willingdon Beach is their favourite place to spend the night," says Wayne. "That's why this year they have made Powell River a two-night spot."

The BC Bike Race attracts cyclists from countries such as Israel and Mexico. "There were 106 Mexicans in the race last year. They were strong riders but they didn't know how to ride our rooty, gnarly trails. They walked their bikes over the roots on



TENT CITY: Racers camp out at Willingdon Beach during last year's BC Bike Race. Racers often come back as tourists. *Tourism Powell River*

Day One but soon realized that all the trails were rooty," said Wayne.

Wayne is proud of the Powell River course riders will challenge themselves on this year. "This is the best course ever. We've added two new pieces of single track to the race course."

New this year is the Aloha Trail, which runs parallel to Blackwater Creek.

"We needed to build an uphill trail for the race," said Wayne. The course has been pared down to "just the right amount of road in the middle" for racers to recover.

The Aloha trail was named after a retired doctor who, while visiting Powell River from Hawaii, asked if he could help Wayne work on a trail. Wayne said sure and discovered that Hawaiians do say Aloha a lot. "When it came time to name the trail we decided to call it the Aloha trail in honor of the Hawaiian," said Wayne.

What is A Great Day in Powell River?

On July 1, this city will reach an apex in its event-hosting history. It's Canada Day, of course, with celebrations at Larry Guthro Park. In the trails, 600 mountain bike riders will participate in the BC Bike Race, and their 200 supporters will be seen around town. And, Kathaumixw's gala opening night concert, with choirs from as far away as Russia, Kenya and Taiwan, will kick it at the Hap. That is a great day. And, it's all in Powell River.

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"It's the experience of a lifetime and we want people to feel good about it. It creates a buzz that goes out literally around the world."

- Wayne Brewer

The trail builders have had fun with this trail. There's Hawaiian dancers pegged to trees, a four-foot high Easter Island statue and a Tiki bar on the trail.

"When racers cross at Kelly Falls they'll hear Hawaiian music," said Wayne.

A second trail, the Farside trail, has also been added this year. "We're using the second half of this trail," said Wayne. To reach the Farside trail, turn left off Branch 3 of the Duck Lake Forest Service Road to Kelly Falls where racers cross and then climb up to the Aloha trail."

The Powell River Cycling Association received authorization for Bob's Your Uncle trail, which they hope, will become part of the race next year.

"This is a classic old cross country trail. Doug and Ron Fuller have milled the timber for us and we'd like to have it ready to add to the course next year," said Wayne. The top end of this trail begins opposite the start of Myrtle Springs trail and starts off Branch 2 of the Duck Lake Forest Service Road.

The Powell River leg of the Bike Race is Day 3. The race gets underway in Vancouver with Day 2 being in Cumberland.

Local rider profiles



Lyell Woloschuk, 26

Best part of the Race: I love climbing, but flying down the Edgehill Rip is amazing!

Worst part of the Race: Mud Lake Root Garden. Is a relentless 4 km grind up and over countless roots and bumps and dips and twists and turns.

How you started racing: Moved back to Powell River and started riding mountain bikes again last year.

Your hero: I would have to say Rob Dyrdek. Live an active life, face your fears and do what makes you happy while respecting good people around you.

Saravie Brewer, 29

Best part of the Race: Doing nothing other than riding my mountain bike for seven days and beating my brother Russell.

Worst part of the Race: It's probably going to hurt.

How you started racing: Someone convinced me it would be fun. It was fun, mostly, in retrospect...but the adrenaline rush you get from racing is addictive, so I signed up for more.

Your hero: My dad, because I hope I'm still ripping up the trails when I'm his age.

Russell Brewer, 46

Best part of the Race: Death Rattle to Squirrel Crossing. It's such a fun mix of downhill and classic cross-country. It feels like you're riding through the set of *Lord of the Rings*.

Worst part of the Race: It's all shades of awesome! There are no bad parts! Except that it ends.

How you started racing: Inspired by Olympic medallist Steve Bauer in the early 80s, so started road racing. When I came to BC, I got into mountain biking.

Your hero: Louis Riel.



*Brandy Peterson
is happy to let her clients speak for her...*

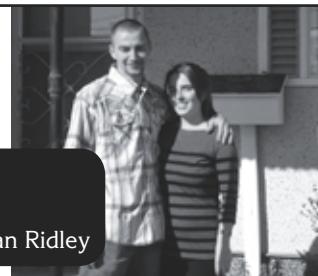


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Cheer on the racers

There are two cheer zones this year. One is in the "Enduro Zone," on the Sweetwater Trail. A 15-seat shuttle bus will take spectators from Willingdon Beach at 9:15 and 10:15 am – sign up at the booth on the beach. It will return at around noon. The other cheer zone is on the Aloha trail – please wear a Hawaiian shirt! Leis will be provided. Please car pool, as there is limited parking.

Showing your community spirit will help make this the racers' favourite spot!

Riders come here on the last ferry at the end of Day 2.

"We have a welcoming committee lined up with music and a choir. Paul Cummings will have a choir sing to them when they get off the ferry," said Wayne.

He's thrilled that riders are spending an extra night in Powell River this year. "They don't like to start a race after a long bus ride. They like to start first thing in the morning. Because they'll wake up at Willingdon Beach and start their day here, their memory of Powell River will be that much better."

Six hundred racers are expected to compete this year including Brewer's son, Russell and daughter, Saravie.

"It's a family affair," says Wayne.

"Our entire family is involved. Georgie [Wayne's wife] helps sign volunteers in at race headquarters and some years I have had both of my daughters involved in volunteering. It becomes all-consuming for us. We are practically synonymous with the BC Bike Race and this is the ultimate, having two kids in the race."

The BC Bike Race, Wayne notes, increases post-race tourism to Powell River. "We have a lot of people come and spend a holiday doing the route on their own after the race is over."

Research conducted by the BC Bike Race shows that bike racers return to this town three to five times and spend an average of \$200 a day.

The BC Bike Race is one of the top two mountain bike races in the world. The average age of participants is 40 and every year, 90 % of participants are new to this race. "This race is on a lot of people's bucket list," says Wayne. "It's the experience of a lifetime and we want people to feel good about it."

Organizers have enjoyed creating a unique Powell River experience for racers. "It creates a buzz that goes out literally around the world." RL

What: BC Bike Race

When: June 28 to July 5 (in Powell River June 30 and July 1, leaving here July 2)

Where: On the mountain bike trails around Powell River, plus on trails in Cumberland, Sechelt and Squamish. For a map of local trails, see www.bikepowellriver.ca.

How many people: 600 racers and approx. 200 support people.

Dollars: Riders pay between \$1,699 and \$2,199 to register for the race. The three lowest price categories sold out within one hour of registration opening.

Local dollars: racers spend an average of \$200 per day, which means Powell River businesses see revenues of approx. \$240,000 over the two days they're here.

Be wowed: Visit www.bcbikerace.com for videos, a movie, and more. Or look up "BC Bike Race" on YouTube for videos of previous years, and as stages are completed this year.



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Tick magnet

If you go out in the woods...

By Isabelle Southcott • isabelle@prliving.ca

In the 20 years that I've lived in Powell River, I've never come across a tick. Until last month.

I was away and friends looked after my dog Hunter. They are avid hikers and decided to hike Gallagher Hill. It's the 6239th highest mountain in BC and from the top, offers beautiful views of Powell River. My dog had a wonderful time and so did my friends. I returned home late Sunday night and picked up an exhausted dog.

The next few days were busy and I didn't spend much time with my dog. On Wednesday afternoon I sat down on the office sofa next to Hunter. I patted him and felt a bump. I parted his hair and saw a gray lump on his neck.

"Sean," I called to my business partner, a knowledgeable outdoorsman. "Is this what I think it is? Is this a tick?"

Sean came over and looked at the dog. "Yes," he said, examining it. He went to the computer and looked at the best way to remove ticks. I called the vet hospital and the receptionist told me how to remove the tick. "Hunter's vaccinations are up to date," she assured me, "and he is vaccinated against Lyme disease."

I breathed a sigh of relief. Hunter would not die.

Sean filled a small jar with disinfectant. I took a tissue and squeezed the tick firmly where it was attached to my dog and slowly pulled it out without twisting it. Pop! It let go. I dropped it in the alcohol and noticed its tiny hands and head were intact.

"Better check for more," suggested Sean. And so I did, not really expecting to find any more. After all, I was sure it was an isolated incident. This had never happened before.

But there were more. Lots more. In all, 26 ticks, mostly around the dog's head and neck. I freaked and called the vet again.

My dog was fine. Dr. Barnes asked me where the dog had been. He said there are a lot of ticks this year and they like to



There are more than 20 species of ticks in BC but only three normally bite humans. Although bites may be painful, there is little danger of disease provided they are removed promptly, according to the Ministry of Agriculture. On the coast, we have the Western Black-Legged Tick. It is common in spring and early summer. These ticks attach to humans, deer, cats and dogs, becoming grey and bean-like in size as they feed. The tick does not cause paralysis; however it is a carrier of the microorganism responsible for Lyme disease. There have been only 60 confirmed cases of Lyme Disease in BC.

hang out around Arbutus trees. He said they are pretty common around Valentine Mountain and Hammil Hill.

"He must have stuck his head in a bush," said Dr. Barnes.

A couple weeks later, a friend asked me to look at something on the back of her arm. I did and lo and behold, it was a tick! She figured she'd picked it up the evening before, in the high grasses, at Willingdon Beach. There was a red circle where the tick was embedded but it came out easily. We dropped it in a tissue and she took it with her to Emergency where she went to get checked out. The tick, she reported, was quite alive. She was given a course of antibiotics. **PR**

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June 4

New recycling program public training

Join the Let's Talk Trash team at the Evergreen Theatre to learn more about what to recycle under the new guidelines, and how! Feel free to bring samples of any recyclables you have questions about 7 pm, free.

June 4

Sunset Singing: A drop-in choir

Wednesdays, 7pm, Willingdon Bandstand. June 4th - Aug 20th. singitpowellriver@gmail.com or 414-6808.

June 4

Storytime returns to the Library

Note: all Wednesday story times are at the Library in June. 10:30 am

June 6

Brooks Secondary grad ceremonies

Hap Parker Arena 6 pm

June 7

First Rocco Walk-o

20-kilometre walk by FCU's mascot, Rocco, to raise funds for the local oncology department. Pledge Rocco, and / or join him for part of the walk. First Credit Union is holding their 75th Birthday party in the parking lot on the day, with food and entertainment as well. Walk starts at 8 am in the First Credit Union parking lot.

June 7

Fourth Annual Powell River Spot Prawn Festival

Wharf at Westview. Free admission! Noon til 6

June 8

Fourth Annual Spot Prawn Festival

Wharf at Westview. Free admission! Noon til 6

June 8

AirBuzz flight simulation try-out

With the Texada AeroSpace Camp volunteers, from 11 to 3 at the Save-On-Foods parking lot.

June 9

Big Bike Ride

See next page

June 10

Exchange: A night of cultural sharing and discussion

Celebrate Aboriginal History Month at this event! 7 pm in the Elm Room (Rec Complex).

June 11

Preschool carnival!

All Families are welcome to a fun day of FREE

activities. Raffle tickets will be sold at \$2.00 each or 3 for \$5.00. Willingdon Beach or Rec Complex (weather-dependant)

Bring your blankets & picnic lunch. 10 to 12 noon

June 11

Academy Childrens' Choirs

Academy Singers ~ Academy Apprentice Choir ~ Powell River Girls Choir ~ Powell River Boys Choir Conducted by ~ Walter Martella ~ Megan Skidmore ~ Amber Anderson "...the award-winning Academy Choirs present an entertaining evening of songs & movement..." Adult \$40, student \$5. 7:30 PM. St. James Hall

June 13

Navigating Puberty and Adolescence: Nurturing Individuals with Neuro-Developmental Challenges

This workshop is designed to give parents, caregivers and professionals a foundation for teaching individuals with intellectual/developmental disabilities and/or other special needs about sexuality. CC Duncan contact@4children.ca 604-483-9867

June 13 to 15

Country on the Coast

Featuring Honky Tonk, Rockabilly, Gospel, Country Rock and a whole lot more country sounds. Carlson Community Club. Tickets available at Breakwater Books or at bcevents@outlook.com. \$80 for 3-day pass.

June 14

Converging Visions: Listening, Learning, Understanding

See next page

June 14

Coffee House Night with Pat Buckna

Presented by the Community Resource Centre (CRC) and Young Adult Community Kitchen (YACK). At the CRC, 4752 Joyce Ave, 7pm. By donation. 485-0992.

June 15

Father's Day

June 15

Powell River Community Band Concert

Strawberry Extravaganza Spring fundraising concert of the Powell River Community Band under the baton of new Musical Director Roy Carson. Special guest Walter Martella. Strawberry-themed refreshments served in the intermission. 2 to 4 pm, Patricia Theatre. Tickets \$10, children 12 and under free.

June 15th

Powell River Spring Garden Tour

A self guided tour of nine beautiful and diverse private gardens. Lunch is available at 4310 Westview Ave. Powell River Garden Club. 9 AM

to 5 PM. Tickets \$15.00 available at Breakwater Books, Mother Nature's and Springtime Nursery.

June 16 to 28

PRISMA – Powell River International Summer Music Academy

See www.orchestra-academy.ca for a full schedule of concerts, master classes and more.

June 18

PRISMA: A Celebration of the Senses

Free concert at the beach: a variety of the Symphonic and Chamber music that will be performed during PRISMA 2014 and a large contribution of performances from Powell River's own talent. 5 pm Willingdon Beach.

June 18

eReader Petting Zoo

Curious about eReaders? Check out the eReader Petting Zoo at the Library from 2-4 pm. Try out different types of eReaders and learn how to download eBooks from the Library.

June 19

Sam Hurrie in concert with youth

Sam Hurrie goes all out with some of Powell River best Youth musicians. Always a treat. 8 pm @ The Hub 101.

June 21

First day of summer

Sun sets at exactly 9:30 pm.

June 21

National Aboriginal Day

June 21

Pow!Town Roller Derby Bout

6 pm to 8 pm at the Hap Parker Arena.

June 26

Last day of school for SD47!

June 28

First day of summer hours for the Powell River Forestry Museum

July 1

Canada Day

Old-fashioned family picnic at Larry Gouthro Park. Music, food fair, games, contest, etc.. 1 to 5 pm.

July 1

XVI International Choral Kathaumixw

Every other summer, choirs from around the world meet on the edge of British Columbia's coastal wilderness to share their music and their love of singing. July 1 is the opening gala concert. www.kathaumixw.org

July 1

BC Bike Race & Kids Bike Race

See centre spread for details. Kids race: registration starts at 10, race at 11. For ages 2 to 8. At Larry Gouthro Park. 

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What's up POWELL RIVER

To the provincials!



After six years of training and competing together, the FURY girls rep soccer team, currently the Vancouver Island champions, are on their way to the Provincials this July in Chilliwack.

While this is a great accomplishment for the team, Coach Barrie McDonald and Assistant Coach Brendan Maguire are more impressed with the team's closeness and spirit.

"They are great athletes, great students, and great friends," McDonald states. "Travelling so much on the ferry has strengthened their bond," Maguire adds, "and kept them out of the mall!"

The FURY team is fundraising for the Provincials holding car washes and hot dog sales, as well as the Drive-a-Ford campaign on June 14 and a pool for the FIFA World Cup Soccer.

Big Bike ride

The Heart and Stroke Foundation is recruiting teams to participate in Powell River's annual Big Bike event, at the Town Centre mall on June 9. Local organizations are invited to get a team of 29 together to ride a 2 km route in the community.

"This fun, team-building event is a great opportunity to increase employee morale and your organization's visibility in the community and all for a good cause" says Jami Christie, Special Events Coordinator of the Vancouver Island area office of the Heart and Stroke Foundation.

"Events like Big Bike allow the Foundation to continue funding world-class heart disease and stroke research, advocacy, and health promotion that is improving the lives of all Canadians," says Jami. "We're helping give Canadians longer, fuller, healthier lives."

Last year Powell River's Big Bike raised over \$15,500.

For more info or to register, please call Jami at 250-754-5274 and visit bigbike.ca.

Converging visions

Powell River and Tla'amin residents have expressed interest in having more occasions to come together informally. At 1 pm on June 14, there will be such an opportunity at the Salish Centre in Tla'amin.

Everyone - of every age - is invited to attend, with entry by donation. The event is called Converging Visions: Listening, Learning, Understanding.

Event co-organizer Megan Dulcie Dill says, "The intention is for all of us to have time to mingle with each other...and consider our relationships to the land and each other. It's going to be a very experiential and interactive afternoon."

In addition to multi-media art, there will be a short panel of intergenerational speakers, information shared by archeologist Colleen Parsley about her significant

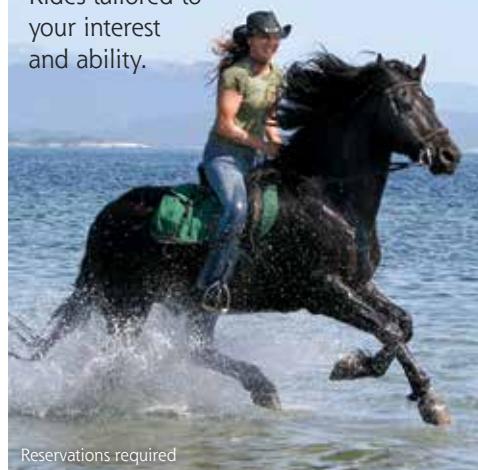
findings regarding First Nations land use, music by the Tla'amin singers and drummers, and refreshments.

School District 47 is providing buses and drivers that will offer free transportation (limited capacity) starting at the Town Centre Mall in Westview at 12:30pm, stopping at the Hub in Townsite and the Top of the Hill store in Wildwood. The reverse route will be available at the end of the event as well.

For more information, please contact janet.newbury@gmail.com. 

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Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

Brooks Secondary School principal **Kathy Rothwell** is retiring at the end of this month. Rothwell has served SD47 for 39 years in her capacity as a teacher and an administrator. She assumed the principalship of Brooks Secondary School in 2007. The Board of Education is searching locally and nationally for her successor.

After more than 20 years of service to Vancouver Island University (VIU), Powell River's Campus Principal **Arlette Raaen** will be taking a phased retirement appointment. She will continue as Campus Principal until August 31, 2014. Her appointment will then shift to a new role focused on supporting the continued development of an Aboriginal Engagement Plan for VIU – Powell River, in response to the recent Tla'amin Nation Treaty Initiative. Arlette will be in this role until December 15, 2015. An interim Campus Principal will be appointed to ensure a smooth transition while the search for Arlette's replacement is carried out.

Sew-4-U owned by Marie Forsyth has moved to Glacier Avenue from Marine Avenue. Marie offers a sewing and alteration service for new and existing customers. Her phone number is 604 485-9069

Rebel Heart Kitchen is a new cafe/eatery on Marine Avenue that offers delicious healthy food. They serve locally roasted 32

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Janis Carter, owner of Eagle's Landing Bistro, has opened a new restaurant called **Carter's Café** at the Westview Hotel.

Julia Wentworth, the owner of the **Fish n' Chix** van now at Edgehill, has now opened **Good To Go Dockside Diner** in the former laundromat behind Thaidal Zone. **PR**



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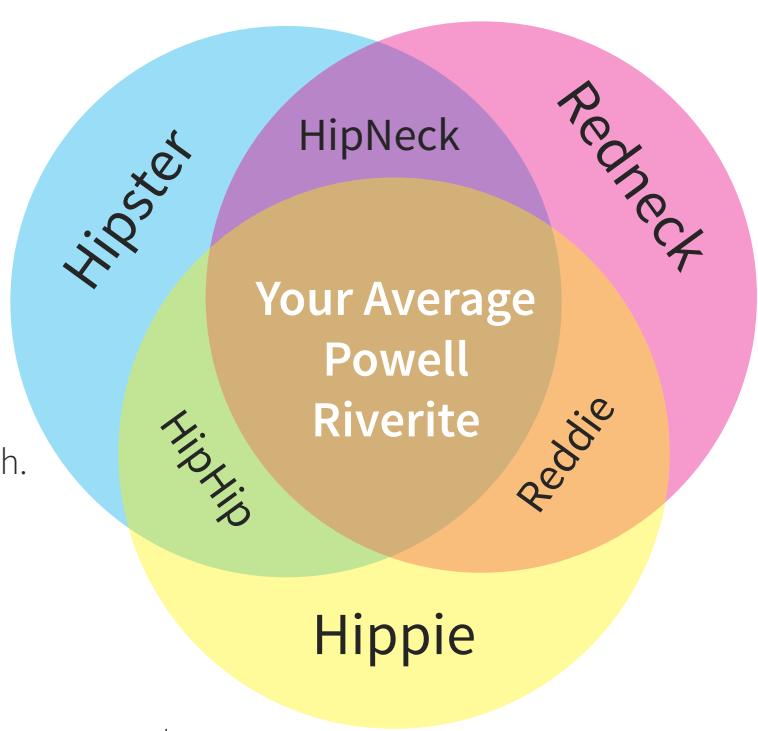


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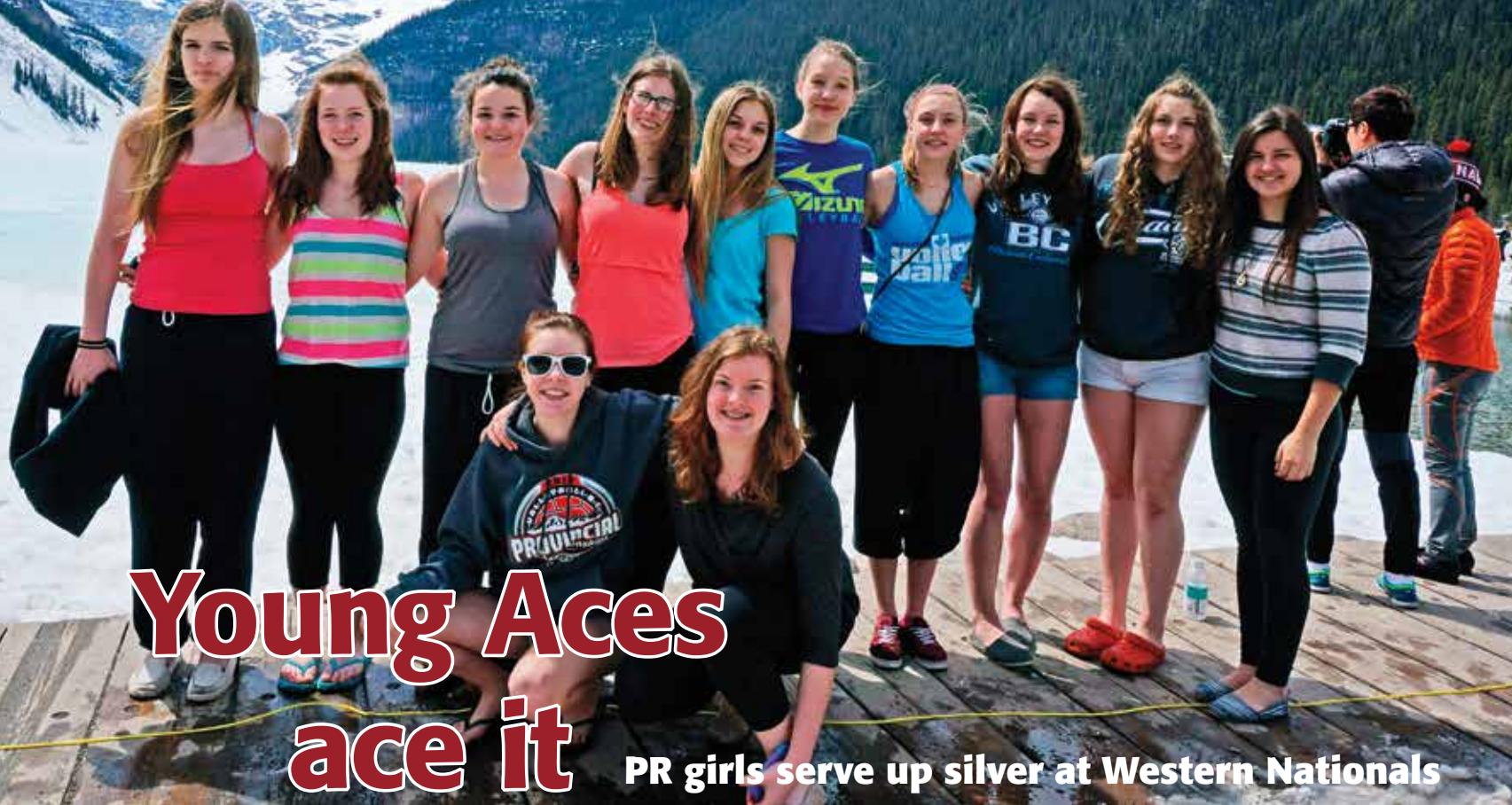
Who do you think you are?

Self-definition here on the Sunshine Coast can be tricky. Hippies, Rednecks and Hipsters can all blend together in one big happy hobby-farming, locavore, business-starting mish-mash. But differences do exist!

Powell River Living has supplied this handy chart to help you determine whether you are a Hippie, Redneck, Hipster, HipHip, Reddie, HipNeck, or a perfect blend of all, also known as Your Average Powell Riverite.



	Hippie	Red Neck	Hipster
Your occupation:	Inheritor of intergenerational wealth / small-business owner	Worker at a job / mid-sized business owner	Maker of artisanal stuff, with an unrelated, unfinished MA
Your parents' occupations	Stockbroker, housewife	Same as above	Lawyer x2
Your previous hometown	Toronto	Prince George	Vancouver (but before that, Prince George)
Neighbourhood	Lund & beyond	PRRD, Westview	Townsite, Cranberry
Dinner tonight is:	Buckwheat pasta, garden veggies, home-canned tomato sauce	Venison sausage on the BBQ, white-flour buns	Thai curry with organic basil from the window box
After dinner treat:	Texada Timewarp, traded for a massage, from the neighbour	Beers. From the store.	Sake cocktail, or something locally brewed
Retirement plan	Same, same til they put me in a home	Pension, real estate	Here's hoping there's a windfall before then
Number of kids	Seven	Three	One
Weekend getaway	Lasqueti Island	Up the Lake	Vancouver
What's in your yard	Food garden, old VW, swing set.	Two ATVs, "vintage" Mustang, flowerbed.	Four heritage-breed chickens. Architect-designed coop.
Coffee @ home	Hand-ground and brewed in a press, with goat's milk and honey	Preground, brewed in a drip machine, with cream and sugar	Cold-brewed, black
Are your kids vaccinated?	Over my dead body.	Yes. And twice for tetanus.	We're still researching that.
Why you don't watch TV	We don't believe in electronic media.	We switched to Netflix.	We only stream documentaries.
Where you send your kids to school	Home school	Regular public school	Eco-immersion
Christmas at your house	Neighbours gather to celebrate the return of the light – with feasting and dancing	Extended family packs in for turkey; toy explosion	Edited guest list, select wooden toys, flexitarian dinner curated from epicurious.com
Recently read	<i>The Orenda</i> , by Joseph Boyden	<i>Cards Against Humanity</i> cards	<i>Capital in the Twenty-First Century</i> by Thomas Piketty
Fitness routine	Tai Chi, walking	Basement Bowflex	Hatha yoga, commuter cycling



Young Aces ace it

PR girls serve up silver at Western Nationals

Powell River Living asked the Aces to tell us their best moment at the Western Nationals. Here's what they had to say:

Maddie Yule: "The semi final to get into the gold medal match. It was my serve. I walked back really nervously; the whistle blew. I served the ball and it hit the top of the net. When I thought everything was over, I saw the ball just roll over the top and land on the other side. It was OUR point and now we were going to the gold medal match!"

Lauren Davis: "Just getting to go to Nationals was my best memory. Travelling to Calgary with my team, which happen to be my best friends, was amazing and then we all came together and played our hearts out! We left it all out on the court."

Paige Lawson: "When the ball dropped over the net and hit the floor for the winning point against Winnipeg (in the semi final to get into the gold medal match) because in that moment, we knew we were going to play in the gold/silver match and take a medal home to Powell River."

Katie Tuba: "Seeing Lake Louise and going through the Rockies."

Parent Mike Gauthier, father of Chantel, who travelled to every club and school event, brought water and oranges, and was the mascot says: "I was so impressed with their determination; they were so positive all the way through. It's been a great year!"

Texts were flying back and forth between family and friends and players as Powell River's 16 and under girls' volleyball team won one game after another during the Western Canadian Open Volleyball Championship at the Olympic Oval in Calgary last month. And then the final text was sent. The one that said: "Wahoo! Silver Medalist at Western Nationals!"

It's been a long road from the start of the season to the end, but team manager Laurie Yule was still smiling when *Powell River Living* caught up with her.

"The Powell River Aces knew it was going to be a challenge as they're a very young team. Only three girls on the team are actually of the age to be competing at this level, the rest are all a year younger, at 15."

Yet Aces team members Lauren Davis, Chantel Gauthier, Kristen Watson, Maddie Yule, Katie Tuba, Tyana Sacree, Hope Lechner, Paige Lawson, Lauren Mander, Kayla Reed, Melinda Boyd and Matilda Bertrand pulled it off despite the age handicap.

At the beginning of the year, coaches Doug Skinner and Jay Yule decided they'd create a team and move them up for the season. "There were no expectations at the beginning of the season," said Laurie. "It was all about developing the kids, making them better players, pushing them as far as they could go, and giving them lots of playing time. We had a group of eight who had played as 16 U since January. Five were in Grade 9; three in Grade 10."

This group played together all season through to the provincials. As well, Powell River also had a complete 15 U team that played together through to their provincials. "Then we took four players from that 15 U team and brought them on board so we'd have a complete team to go to Calgary with," said Laurie.

Matches saw the Aces defeat all three opponents on their first day of play handily by beating out

Rocky Mountain House, Winnipeg Manitoba Fury and Whitecourt Revz.

"We began playing and they started winning even though we'd told the girls it would be incredibly difficult and they'd have to work really hard. So that first night we told the kids it would get harder and that they needed to stay focused. Then they won three more games the next day and then a medal became a real possibility," said Laurie.

Monday was playoff day and the first challenger, Yeti from Edmonton, Alberta. Tense and exciting, the Aces won that first game and earned a spot in the medal round 26-24, 25-18. What followed was a nail-biter – the game to see who would advance to the gold medal match. It began and ended with the score flipping back and forth between the Aces and Junior Wesman (JWES) from Manitoba.

"One team would go up two points and then the other team would catch up. It went back and forth the whole game before we finally won 28-26."

Laurie, who was keeping score for the tournament, watched her daughter Maddie deliver the final serve at the end of the second game against the team they'd just beat, JWES. "She kept her serve, her focus and we won."

When the girls walked off they shed tears of joy. "It was so emotional and tense for them, making it to the championship game. They were crying and hugging each other."

But that was short-lived as the final game lay ahead.

"The team had to play their best match of the season in order to win silver, expending all their energy and focus and just did not have enough gas in the tank for the gold medal match," said Jay.

They lost out to the Junior Bisons of Winnipeg in the final match. That result meant the Aces finished in second place with the silver medal at the Western Nationals.

Way to go Aces! 

BC's Family Fishing Weekend

Cook up some fish tales on June 15

With Andrew Anaka

Bring the family out and enjoy a day of fishing at Inland Lake Provincial Park on June 15 between 10 am and 2 pm.

Again this year, sponsors A&W will provide free hamburgers and hot dogs and Powell River Outdoors will have prizes and loaner rods. You don't need to have ever fished before or even have tackle and ... no license required!



The event is part of the annual BC Family Fishing Weekend, June 13 to 15. Fishing is free during the weekend, and BC residents can try angling within the rules and do not need to have a freshwater or tidal fishing license.

The BC Government offers a complimentary 3-day basic freshwater licence valid only for June 13, 14 and 15, 2013. Fisheries and Oceans Canada encourages BC residents to try their hand at tidal (saltwater) fishing with a free tidal water fishing licence (certain regulations apply). Visit www.bcfamilyfishing.com, or follow the weekend on Facebook or Twitter, for lots of helpful info, contests and prizes. **RL**

Thanks to these compassionate people!

The Compassion Challenge committee would like to graciously thank all of the many individuals and organizations that helped to connect Powell River through compassion! We reached our goal and there are stories and acts still being tallied! Thank you!

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PR Educational Services Society
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Individuals

Tara Chernoff
Cynthia Barnes
Isabelle Southcott
Alex Rawnsley
Alex Bjelica
Jerry Reghelein
Christine Hollmann
Marlene Christensen
Danielle Marentette
Bill Hopkins
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Val Greco (left) was surprised when we announced over the speaker system that he was winner during his shift in the produce department at Safeway. **Joy Brown** (centre) was all smiles when she received her award at Save on Foods. **Jeannie Brown** (left in right photo) from Rona Flooring and **Trisha Thomas** (right) from RONA Building Supply were other recent **Smile! Service Award** winners.

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Memory, anger or focus problems?

June: Brain Injury Prevention and Awareness month

By Debbie Dee

What can you do to prevent a brain injury? Take care of your brain! It will not heal or get better like a broken arm or a cold. You must always be aware of your surroundings and not take unnecessary risks. Always wear a helmet when playing sports, riding a bike, skiing, snowboarding, skateboarding or longboarding.

Make sure your helmet is not cracked or sun-damaged. When you are on vacation this summer, never dive head-first into unknown water, or even at the local lakes or ocean, do not dive head first into black water.

If you hit your head, make sure someone knows. Watch for signs like nausea and dizziness. Sit yourself out of the game...there will always be another game, but you will not get another brain.

If you have had a hit to the head more than once in your life, you need to know that each time this happens the swelling in your brain can increase by four times of the previous incident.

Some of the lifelong symptoms of brain injury include changes in your personality, short-term memory problems, angry outbursts, and an inability to concentrate. You may not be able to go back to do the things that mattered in your life before. You may not feel any joy in the hobbies you used to love. You may not have the

The Powell River Brain Injury Society provides education, support, awareness and advocacy for people in our region whose lives have been changed. Not only are persons living with brain injury affected, but their family, friends, and others in their lives also live with the devastating effects.

same friends that you did because they will all look at and treat you differently than before. Your life will consist of before and after the brain injury.

So what happens if you think that you or a loved one has a brain injury? First thing is to speak with your doctor. Explain the symptoms or difficulties you are having and make sure to tell your physician what happened, when it happened and what the results are from hitting your head. Then visit the Brain Injury Centre and get information on what and why you are experiencing what you are and what the outcome may be. There are tools for you to gain new skill sets and help to navigate the waters. Do not isolate yourself or think that it will go away. Do keep trying, and never give up.

Above all, always take care of your brain, teach your children to take care of their brains, remind your mom and dad to take care of their brains...Play safe! 

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Kate Mancell, RMT

Kate moved to Powell River from Victoria with her husband, an accountant at Catalyst. She has worked in massage clinics for six years.



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8 *Rainy Day Lake Hike 8:30 am	Register Now! For Kids: *Summer Day Camps for ages 6–12 years *Mini Camps for ages 3–5 years *British Soccer Camps, July 21–25 for ages 3–16			12 Reminder—Last day - Drop-in Yoga - Childminding	13 Powell River Rec. Complex	14 Prawn Festival June 7 At the wharf
15 	16 	17 PRISMA Pacific Region International Summer Music Academy June 16–28, 2014 1-855-PRISMA www orchestra-academy.ca/tickets	19	20 Summer Aerobic Schedule Starts—July 7 Start the day off right	21	22
The Aquatic Center is CLOSED for Annual Maintenance June 14–29						
29 Pool reopens June 30	30 Pickle Ball Is now played at Outdoor Townsite Courts		July 1 CANADA DAY Celebrations at Larry Guthro Park B.C. Bike Race at Willingdon Beach	26 *Pool Operators Level 1 8:30 am–4:30 pm Thursday & Friday	27 	28 Pickle Ball Last day at Oceanview
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