



Powell River LIVING

Showcasing the best of Powell River



ENDLESS SUMMER

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SEPTEMBER 2014

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of these

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of this stuff



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Wide-mouth water bottle that is leak proof, odour proof and extremely durable. Wide-mouth accommodates ice cubes. Dish-washer safe. Made of BPA-free tritan.



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Heavy-duty 100% brass construction with nickel finish. 1" (2.5 cm) long hasp. Meets school standards. Two-year warranty redeemable at Canadian Tire.

Jump Start has spent \$88,000 in Powell River since 2005, helping kids in financial need participate in sport.

Applications are available at Canadian Tire for sport registration and equipment.



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Jumpstart.

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500km, 5days

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Check out the programs available in the new Leisure Guide!

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Press ① Swimming, Skating & Aerobics Schedule
 Press ② Special Events
 Press ③ Sportsfield Closures

Reach us by e-mail parksrec@cdpr.bc.ca

Find us on facebook.

PowellRiverRec.Complex

Then register in person or on-line at onlineca.activecommunities.com/powellriver

DON'T WAIT TO REGISTER!

So many great programs starting in September:

- Art-We-Messy for Parent & Tot
- Spa Divas – 8-12 years
- Mom & Baby Aqua Fit
- Mom & Baby Boot camp
- Hike to Rainy Day Lake
- Circuit training
- BUT...**

Great Yoga classes

- Pre-Natal Yoga
- Post-Natal Yoga
- Yoga for Men
- Aqua Yoga
- Yoga for Mamas

Staff must make the decision to run or cancel a program one week prior to the start date. Please register early to avoid disappointment.

FREE FITNESS WEEK

Happening Sept 8-13

Take this opportunity to drop by & try a few of the fitness classes being offered this session. Come see what works best for you! New classes, instructors & times!

Come & Try... ANY Drop-in class offered on the fall Fitness schedule for FREE!

PLUS try the following 'Registered' programs for FREE

- Mon, Sept 8 Mom & Baby Aqua Fit (Wanda) • 10:15 am
Line Dance (Gail) • 7-8 pm
 - Tue, Sept 9 Belly Dance (Mara) • 7:30-8:30 pm
55+ Gentle Yoga (Jessica) • 9-10 am
 - Wed, Sept 10 Tai Chi (Kim) • 12:15 pm
Line Dance (Gail) • 2 pm
Zumba Gold® • 4 pm
Table Tennis • 7-9 pm
 - Thu, Sept 11 Yoga for Mamas (Amy) 7:15-8:45 pm
Yoga for Men (Kelly) • 7:45-9 pm
 - Fri, Sept 12 Aqua Yoga (Kelly) • 8-8:45 am
Table tennis • 1-3 pm
Circuit training • 6-7 am
- LOCATION Dogwood or Poolside

SPECIAL OFFER during Fitness Week only:
 Monthly pass holders receive a 20% discount when signing up for any registered class featured during this week, or on this schedule.

Fall Leisure Guide—Program Registration starting NOW
 Something for everyone! Call the Recreation Complex (604) 485-2891

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Please Pre-Register for courses marked with a *	Check out our FREE Fitness Week Schedule! September 8-12 Also—Special Offer this week only: Monthly Pass Holders receive a 20% discount when signing up for any registered				Friday, September 12 FREE: Aqua Yoga 8 am Table Tennis 1-3 pm Circuit Training 6 pm	6 * Kids Stuff Swap N' Shop - 9 am
7 Childminding starts Tue/Wed/Thurs @ 8:45-11:15am 	8 Come try Free Fitness this week : Mom/Baby Aquafit @ 10:15am Line Dance 7pm	9 Table Tennis 1 pm Gentle Yoga 9 am Circuit Training 10:15 am Belly Dance 7:30 pm	10 *Weight Room Orientation 4:45 pm Line Dance 2 pm Tai Chi 12:15 pm Zumba Gold 4 pm	11 Yoga for Mamas 7:15pm Yoga for Men 8 pm	12 *Weight Room Orientation 11:30 am Aqua Yoga 8 am Polish Dance Show Evergreen Theatre	13
14 New programs starting this week! Register Now!	15 *Circuit Training in Weight Room coed * Art We Messy *Mom & Baby Aquafit *Fitness lecture	16 *Gentle Yoga 55+ *Seniors Fitness *Pajama Gym *Inter. Belly Dance	17 *Post-Natal Yoga *Youth Ball Hockey Table Tennis 7-8 pm	18 * Seniors Fitness *Belly Dance Beginner 	19 *Weight Room Orientation 10 am Public Skating Starts today!	20 Kings First Home Game vs Chilliwack 7pm Start
21 New Beginner skate lessons	22 *Line Dance 	23 *Rec. Skate 1 for Ages 3-5 *Youth Weights Class Meet the Kings Family Skate 7-8 pm	24 *Aqua Yoga *Preschool Ice Play *Line Dance *Rec. Skate 2 for Ages 6-11	25 *Rec. Skate 2 for Ages 3-5 *Mom & Baby Bootcamp *Beginner Aido *Yoga for Mamas *Yoga for Men	26 *Aqua Yoga *Spa Divas Pro D Skate: Kids Shiny 9:15 am Everyone Skate 1:30	27 *Rec Skate Lessons 1 for Ages 6-11
28 New time for : Parent Child Hockey Sunday Drop in @ noon-1:30pm 	29 *Deep Water Aquafit Zumba drop in @ 5:30pm	30 Join the hike to *Rainy Day Lakes* @ 1:30-3:30pm *Pre-register 	Table Tennis Drop In Tue & Fri @ 1-3PM Wed & Thurs @ 7-9pm 	Pickle Ball Drop In Start up date to be announced. Located at Oceanview school. Pre-purchase play tickets Call the Complex		

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JUHLI JOBI is the manager of Powell River's Open Air Market, an Airstream devotee and an amateur cedar weaver. She and friend Carina Rempel form the band Lotus and the Wild Flower, and are releasing a new CD. Juhli blogs about glamping at www.airstreammissperception.com and about the market at www.powellriverfarmersmarket.blogspot.ca

*"No spring nor summer
beauty hath such grace as I
have seen in one autumnal
face."*

- John Donne

ON THE COVER

Stephanie Collins captured Jessica Byles, with Jessica's camera, as she parted ways with a zunga on Lois Lake.

Photo by Jessica Byles & Stephanie Collins

Powell River LIVING

Showing the best of Powell River

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Powell River Living IN THIS ISSUE

Ever since my second child was born five years ago, I've been waiting for this day... the day both my children are in school. Back when I was in the midst of preschooler chaos – slamming through the dishes, doling out the food, hosting play dates, wiping spilled guck, breaking up fights (and missing deadlines) – I'd imagine that first morning they were both gone. Silence. Cleanliness. A Sunday edition of the *New York Times* in newsprint. A nap. Perhaps an episode of *Mad Men*. A bath. And lunch out, by myself.

This was my vision. My happy place. The Day I Got My Sanity Back.

I, of course, do not resent that this day has been ripped away from me, for an unknown amount of time. It's a small sacrifice for an important confrontation. But the reality is, it means the chaos continues. And, most importantly, I do not have my sanity back. We'll see how I do in October.

Thankfully, this month's *Powell River Living* issue has been an absolute joy to work on, thanks to the remarkable mix of stories.

For example, in between caring for her own three young children, Wildwood's

Krystal DeWolfe found time to write about selfies – photos we take of ourselves. Most writing about selfies is pure puff, but Krystal takes us deeper into the phenomenon, using her own experience of post-baby weight-loss to illustrate what posting selfies can offer. She also asks some larger questions about selfies as a modern incarnation of an older phenomenon, and whether the trend feeds youth narcissism. Selfies are so common, and so much is communicated through them, they're worth contemplating.

Similarly, Juhli Jobi's cedar workshop memoir is filled with gorgeous images – the smell and feel of the fibre, the rhythm of the work, and the funny things that can happen when you're trying to learn a new skill. It's a nice balance of failure and success, told by a fantastic local writer.

As a journo, I've wanted to tackle the marijuana industry here for a long time. It's huge – both among medical and recreational users, and growers. Yet because most of the industry is either entirely illegal, or in legal limbo, it rarely gets treated as a simple economic story. Which, in a small resource centre such as Powell River, it really should. The cannabis industry climbs or falls, it affects the entire city. So I set out to discover what's on the horizon

for what is likely one of the region's most lucrative industries.

The Community Calendar (which is my other baby) spreads out over two pages this month. There are just so many amazing things happening in September: the annual Fall Fair; the charity events; the Aurora Festival; the Salmon Festival, Paint Out on Texada; the Cinematheque series at the Patricia; the King are back on the ice... the list goes on. Fall is my favourite season, just because it is so cozy. It's sweaters, fires, and back to all the activities that bring a community closer together.

So while our endless summer continues with outdoor activities and beautiful weather, in other ways it's still fall. Because whether the kids are back in school this month or not, it's time to sign up for some activities (using our handy chart on Page 14), plan some fall-friendly outings (with our field trip guide on Page 36-37) and snuggle up to the people you love. And really, who needs the *New York Times* or a nap, when you've got a bit more time with your kids and all of Powell River to explore?



Pieta Woolley • pieta@prliving.ca



Behold **hoopla**, the Powell River Public Library's newest service. Think Netflix, but with a free supply of music, movies and audiobooks. It'll be available to you in late September.

1. Sign in from our Web site, using your Library card.
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Tiny Stories @ the Aurora Fest
Storytime Wednesdays

And much more.

Visit powellriverlibrary.ca for details, or give us a call: 604-485-4796.

Small city library, great big vision.



Love your selfie

By Krystal DeWolfe

I take selfies. One of the first selfies I took was about 18 months ago. I had just given birth to my third child and was going to lose the baby weight. I started an account on Instagram to look to for inspiration from others.

I noticed right away that almost everyone selfied. I decided I should take a “before” photo to track my progress as I went. It was a mirror selfie. A mirror selfie involves snapping a photo of your reflection in a full length or bathroom mirror.

It was awful. I felt awful.

I thought to myself, “There is no way I’m ever showing anyone this photo, let alone post it on the Internet.”

A few weeks had passed, and I took another ‘accountability photo’ of myself. I compared the two and was pleasantly surprised by the difference. Besides the fact that I had accomplished something, I didn’t mind the new selfie.

Not gonna lie – I threw a filter on it to hide a little cellulite, sucked up my courage and posted the side-by-side on my Instagram account to show the world.

Ack! What had I done?

“Delete! Delete! Delete!” my head screamed. But just then, the photo got a ‘like’...then another. Comments of encouragement poured in from friends and even strangers. I actually felt good about myself.

I’ve lost over 80 pounds, and taken hundreds of selfies. I enjoy having the creative

outlet and continue to use social media to express myself.

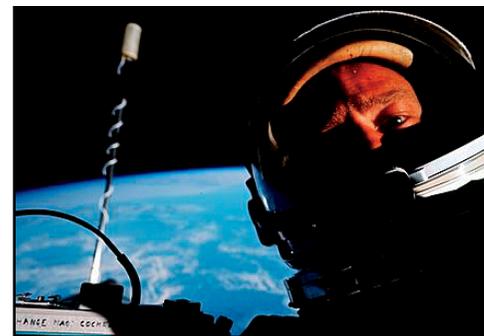
I comment on other users’ selfies sometimes, and it’s nice to know you are making someone think twice about hating on themselves.

I draw inspiration and see selfies as a way for others to inspire themselves, and that is probably the best feeling I’ve had. Someone having faith in herself is a beautiful thing. Not just for our appearance, but for our souls to shine from the inside out.

The “selfie:” as old as art

Whether we like it or not, the ‘selfie’ is here to stay. There is a selfie song (#Selfie, released January 2014, by the DJ duo The Chainsmokers). There are famous selfies, such as the 1966 space selfie by Buzz Aldren. At the recent Commonwealth games, two Australian hockey players had their selfie photobombed by the Queen of England herself. Kim Kardashian recently released a book full of her own ‘selfies’.

As much as we’d like to cast blame on



ONE SMALL STEP FOR MAN: one giant leap for selfies. Buzz Aldren, trendsetter.



& Love yourself

celebrities for what looks like a nerdy cry for attention, the general population of Internet users is just as guilty. There are currently 158 million photos in the hashtag album #selfie on Instagram, a very popular photo sharing site. Other social media sites and apps make it easy for you to take a selfie, edit it with fun filters, blur those bags under your eyes and post for the world to see.

But what is the point?

A selfie is defined as ‘a photo of a person, taken by that person’. There is no pressure. Don’t like it? Delete. Gone forever. What if it’s a keeper? Need a new profile photo? Maybe you’re just texting your smile to the one who adores it. The real reason to take selfies is because we simply feel good about ourselves; it radiates through our face and we think, “Dang...I wanna take a selfie!”

Self-portraits have been created for centuries as art. However, some feel that nowadays, with the development of smart phones and social media, they may just be contributing to our generation’s growing narcissism. So are they simply a form of self-adoration? Self-expression perhaps? What do we get out of taking a digital self-portrait?

When you post a selfie online, it’s there for the world to see, and you might even get feedback.

Do we want other peoples opinions? Sure we do.

As humans and especially in today’s society, we naturally seek out approval of our

Self-help for selfies

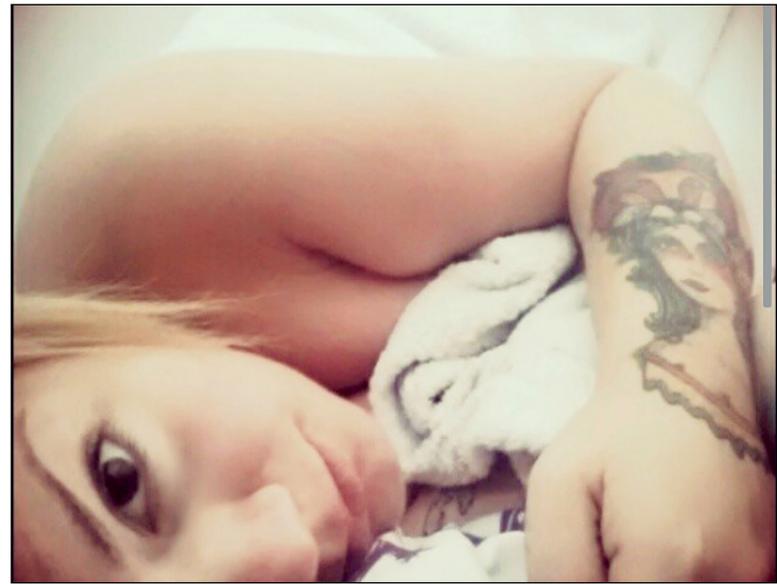
Google search “How to selfie,” and you will find numerous YouTube channels and blogs that will take you on a step-by-step selfie journey.

Make sure self-cam is on, hold your phone up and out, angle is important. Just a little above your right brow line seems to be a popular shot. Take advantage of good lighting, swivel your wrist, stick out your chin, look at the lens (not yourself) and shoot.

appearance. Have you ever had an awful photo taken of yourself? It can be embarrassing. Everyone wants to be photogenic. If you’re not in control of the photo, you tend to not feel as comfortable. Selfies give us the control to not only see ourselves in a different light, but a light created to make us feel happy about presenting the world with our best face. Maybe we need to look at selfies as a form of self-exploration. It seems vain, but I believe they can increase our self-love and even empower us.

There may be 158 million photos in the hashtag ‘selfie’ but there are also thousands and thousands in the hashtags #self-love #bodypositive and #behappy. So, ladies and gentlemen, whether you’re proud of your “ootd”(outfit of the day), you’re on an amazing adventure or you just love the way your hair looks, capture it.

Have fun with it and love your selfie! 



Fall Fair memories

at the Exhibition Grounds September 20 and 21

By Isabelle Southcott
isabelle@prliving.ca

While thumbing through the prize list for this year's Fall Fair, I began thinking about all the fall fairs I've been involved with over the years.

When my boys were little, they couldn't wait for the fall fair and neither could I. They'd pick vegetables they'd grown (zucchini and tomatoes were usually successful) gather nuts, collect eggs from the chickens, and build the most amazing Lego creations. When everything was ready, we'd load it all in the car and drive to the Fall Fair to submit our entries.

The Powell River & District Agricultural Association's Fall Fair on September 20 and 21 is one of those lovely family events where the country meets the city. For some, it's the only time they'll get to meet a cow or a rabbit or a chicken face to face.

With a variety of agricultural displays and demonstrations, the Fall Fair isn't to be missed.

One year, my late stepfather William Peebles entered his home canned tomatoes. We knew the tomatoes William grew in his greenhouse and lovingly canned were the best in the world, but when he received a blue ribbon for his efforts, my-

Classes and Categories

The Fall Fair offers classes for adults and children. There are classes for sewing, flowers, beer wine, arts, crafts, hobbies, vegetables, poultry, rabbits, photography, honey, livestock and eggs.

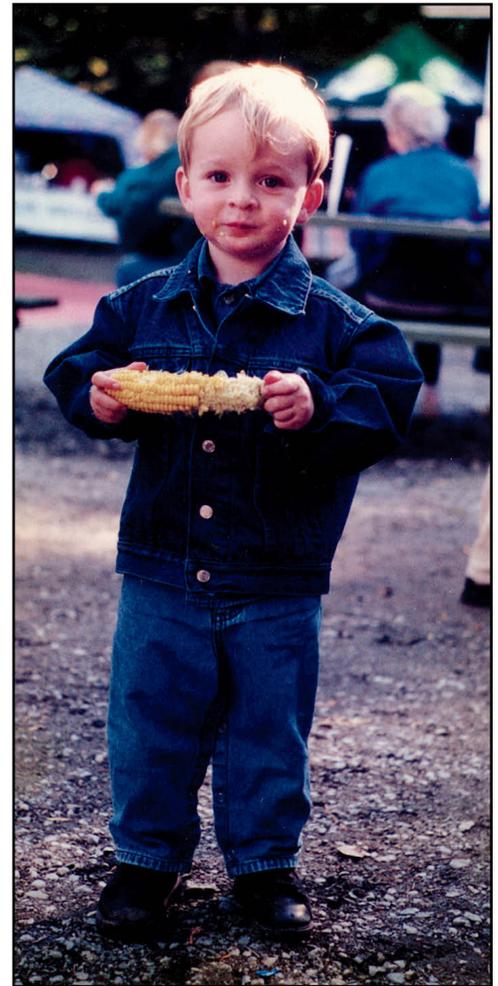
Adults and children are also invited to submit home-made and home-grown items for judging.

For more information visit www.agripr.com or send an email to info@agripr.com.

children were ecstatic!

I love looking at the huge vegetables, the 4H display, the adorable bunnies and regal roosters. The sights, sounds and smells of the barnyard take me back to time I spent on my friend's goat farm in Debert, NS.

Some of the fun creations that the kids enter in 'junior food' are absolutely amazing. They have beautifully decorated and spectacularly creative cakes and cookies. My own boys always entered the Lego class. Each year they'd dream up something bigger and better than the year before and hope that the judges loved



KERNELS OF BLISS: the writer's son, Matthew Southcott, at the Powell River Fall Fair 15 years ago.

it enough to give them a ribbon and of course some prize money which they'd promptly spend.

The Fall Fair is one of those Powell River events where memories are made. See you there! [PRL](http://www.prliving.ca)

Bow To Stern
Fiberglass Repair

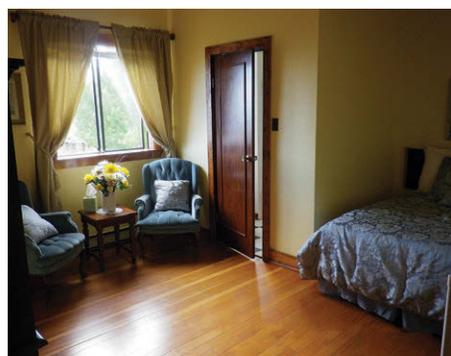
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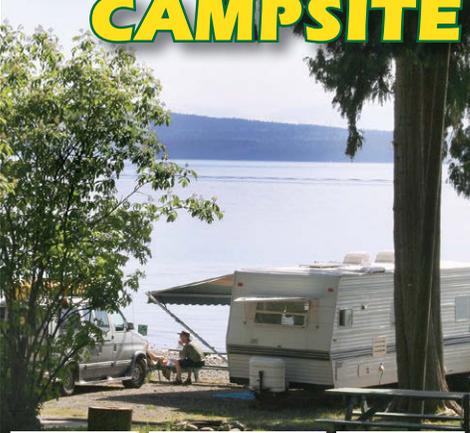
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By Juhli Jobi

Sometimes we don't remember all our "firsts," but I clearly remember the first time I ever tried to weave.

My mom was already an accomplished weaver with a large loom, where she created gorgeous works of art. As most small children, my sister and I wanted to be just like our mom, so she created small looms for us out of old kleenex boxes. She would help us cut short slits on the narrow side of the box and then help us string a warp back and forth until the entire box was covered. The instructions were easy - over, under, over, under and leave the ends a bit loose.

Invariably it would be over, over, under, over, or maybe over, under, under, under over and things would sort of unravel as you tried to go back the other way. My mom was always very patient, she would just help us correct it or, if it was possible to leave it then it would just become "our design."

We weren't very good at leaving the ends loose either. So in contrast to my mom's even, geometric shapes, our pieces always resembled an hour-glass with random, colourful bits of weaving, uneven spacing and under all circumstances a right mess. But we were so proud, we were "just like mom" in our eyes!

These moments that happen every day as we develop children's interests, dexterity and future passions. Basic concepts like

'over, under' sounds easy. As I learned recently, even as an adult, 'over, under' is not always so easy.

Last summer I had some friends visit from Vancouver, and we went out on a zodiac tour with I'Hos Cultural Tours. The offices (in Lund at that time) were filled with gorgeous art from local artist Miel Creasey, as well as beautiful traditional Salish cedar weaving. There were hats, baskets and even clothing.

I had visited the UBC Museum of Anthropology several times during my five years in Vancouver, and I always loved the detailed work in the weaving, whether it was the enormous wall hangings or the woven bowls, baskets, and hats. Back in the tour office I noticed that there was an upcoming cedar weaving workshop and I knew I had to try it. I mean I had mastered 'over, under' decades ago and I thought I could totally do this!

The workshop started with clear, concise instructions coming from our instructor Sosan. She helped us lay out the warp that we would weave with, explained how the hat molds would help make the shape.

The first few 'over, unders' were easy, I felt a rush of kleenex-box memories come back over me. I never before wove in 3-D. My weaving had always been flat and rectangular, so I was feeling a little overwhelmed.

Step-by-step, Sosan took us through

Want to weave?

I encourage everyone to try weaving at some point in their lives. Be creative with your materials and try making something two-dimensional first and then venture into something three-dimensional. It's easy to make a belt or a little coaster, you can venture into bigger items with your increased confidence.

If you're interested in trying a workshop, the Powell River Museum will be hosting one September 20- 21 from 9:00 am to 3:30 pm with well-known artist, Ivan Rosypskye. You can also check in with I'Hos Cultural Tours for upcoming workshops. They are now located in the new Tla'amin Convenience Store.

what we needed to do. Yes, 'over, under' was a big part of it, but then every time there was a change in the shape of the hat, you had to do something a little different. Sometimes Sosan had to show me two or three times while other people got it right away, but she, just like my mom, was extremely patient.

There were about nine of us in the class and when we all hit our stride with our 'over, under' becoming second nature, we were lucky enough to share some wonderful conversations.

My friend from the farmer's market, Al-

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lison, took the class with me and so we, as novices, joined some experts like Betty Wilson and Marlane Christiansen who could weave and talk at the same time.

This was well beyond my skill level that weekend. When I did try to engage in conversations, I either had to stop weaving, or I would end up with some creative ‘over, under, under, over’ and then the next time around I’d notice it and have to undo part of my hat.

We were weaving outside, and it was paradise. Sitting alongside the ocean on a warm day, we enjoyed the shade of a tall arbutus tree as we listened to the sound of seagulls chattering, watched eagles soar overhead and felt the cool ocean breezes brush over our hands as we worked.

Yes, we were doing this for “fun,” as it were, but we were also creating useful articles and sharing a weekend with old friends and new ones.

I felt an overwhelming sense of gratitude to be able to step into an experience like this.

I enjoyed dipping my hands into the big buckets of cedar strands floating in the water, pulling apart the bundles that had been so carefully harvested, spliced over and over again and then soaked before we

“I enjoyed dipping my hands into the big buckets of cedar strands floating in the water, pulling apart the bundles that had been so carefully harvested, spliced over and over again and then soaked before we even showed up for the workshop. On a hot summer’s day it’s nice to do something that requires water.”

- Juhli Jobhi

even showed up for the workshop. On a hot summer’s day it’s nice to do something that requires water. Our hands were wet or damp for most of the day, we had prune fingers before lunch and they lasted until we went home.

Cedar needs to be wet to be pliable, so the buckets that soaked the cedar bundles were accompanied by spray bottles on the tables to dampen our hats. During our breaks, we would soak towels and lay

them over our work.

There were moments of silence around the table when everyone was quite intently concentrated on what they were doing. There didn’t seem to be a need to talk, yet we all felt connected and supported - a community.

The workshop started on a Saturday morning and lasted until Sunday afternoon.

Appreciating a cedar woven product is one thing, but creating one is a whole different experience. When it’s your time, your concentration, your effort that goes into making something, you can’t help but see it through different eyes than a passer-by.

Towards the end of the weekend a man walked by us and said to me “I’ll give you \$20 for that hat,” and several people from my new community just smiled at him and I said, “No, that’s ok, I think I’ll keep this one”.

Hats typically start around \$300 – which isn’t very expensive when you consider the time and energy that goes into it. Cedar isn’t purchased in a store like most weaving materials would be. It needs to be harvested, locally from our forest. There is a whole art to finding the right tree, using the right harvest tech-

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get to know us



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Amy Sharp

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SLIAMMON FASHION WEEK: Drew Blaney and niece Mekwan model their matching woven cedar hats – excellent in both rain and sun.

niques and then stripping the bark, seperating the inner and outer bark before the processing of the inner bark can even begin. Without exaggeration, there are days worth of work that go into one hat.

Several months later another cedar weaving workshop was being offered by I'Hos Cultural Tours and I decided to go back. Our instructor was once again Sosan but the venue changed. This time we would be in Sliammon at the Health Services Building.

I have to admit that I did have a bit of trouble finding the building, not because it's hidden but because I hadn't driven around Tla'amin since coming back to Powell River. I didn't even know where Salish Drive was located.

I reluctantly pulled out my GPS because I was already 15 minutes late. I found the

Sliammon Health Services Center and the GPS took me to the corner of Salish Drive and Sliammon Road. You know what's at the corner of Salish Drive and Sliammon Road? Mailboxes, lots of mailboxes. My body started overheating - it does that when I feel lost. How could I be lost, I'm in Powell River?

It was pretty early on a Saturday morning and there wasn't really anyone out and about to ask, so I decided to explore Salish Drive and at the end of the road I found this spectacular building.

I have a love for modern architecture and I immediately was in awe of this amazing structure.

Inspired by a traditional Tla'amin cedar shed, this building is oriented to the four points of the compass and is absolutely spectacular inside and out.



Survey in September

Step into the woods around Powell River, and you'll discover what foresters do in the fall. We're surveying over 2,500 hectares of the Tree Farm License – largely on foot – to make sure our young trees are healthy and growing well. That's the equivalent of about 3,500 soccer fields.

This month, we're also planting 221,000 Douglas-fir, western red cedar, and yellow cedar seedlings. This plant occurs in our high elevation areas which have snow in the spring. Planting now ensures these seedlings have sufficient moisture to establish strong healthy roots before the coming winter. This is in addition to our low to mid elevation spring plant of 533,000 seedlings.

We're proud of our 100 percent success reforesting the working forest.

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YOUR SUPPLIER OF SUSTAINABLE COASTAL WOOD

H A W S D R L K C S U N R O K E V B X W F L V B V
D A M R R V T L O V H E A T K N A Q Y R F T B R L
F P I O V Q A F L M S R F F M P L A N T I N G U P
L I M R C W Q A Q A H N H L X S J R I J C S R S C
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C O R W K P Y Y K N G A O T Q G N M R A O K F N P
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E F A M E O D Z R K Z F I H N Z B R M D W J M O C
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REFORESTATION
SEEDLINGS
HECTARES
SNOW
MOISTURE
SALMONBERRY
FIREWEED
ROOT GROWTH

BRUSHING
HEAT
AUTUMN
ELEVATION
YELLOW CEDAR
PLANTING
SURVEYS
BRACKEN FERN

Fall Plantings

Towards the end of the weekend a man walked by us and said to me "I'll give you \$20 for that hat," and several people from my new community just smiled at him and I said, "No, that's ok, I think I'll keep this one."

- Juhli Jobhi

Two wonderful days passed, this time I ventured into the "freehand" world of making a basket.

I felt that with my completed hat I would be ready to venture into something a bit more complicated and with Sosan as my guide again, I learned a pattern called the basket weave.

'Over two, under one' - wait this sounds just like what I did as a kid - 'over, over, under;' only this time it would be more thought out and purposeful. 'Over, over, under' and then as you go around it's offset by one to create a diagonal pattern. I was ready for the challenge, or so I thought.

Sosan helped me determine the framework I needed, with the right amount of cedar strands, and then I was off.

My false-confidence quickly emerged when my basket started looking like my first kleenex box weave. So I undid a few rows, decided to embrace the inner-child and concentrate like I actually needed to.

The basket turned out lovely.

I absolutely adore working with cedar. It's pliable, strong, and when it dries it holds its shape and also doesn't break too easily.

Did you know that when you wear a cedar hat it keeps



OVER-UNDER: pliable and strong, woven cedar handily beats plastics for sustainability and general loveliness.

the sun off your head and face, but it's also handy in the rain? As the hat becomes wet, the cedar expands creating a "wa-

terproof" hat. The best two-in-one hat, breathable, pliable, comfortable and totally natural. [PRL](#)

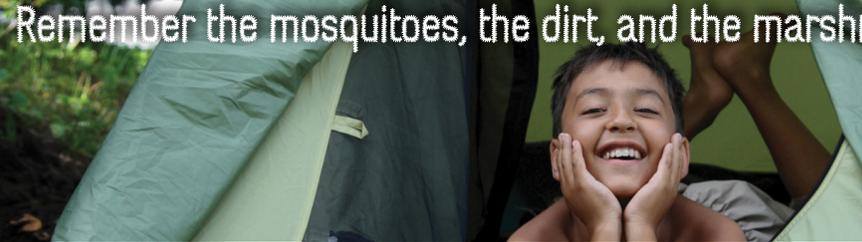
Beavers (age 5-7)
meet Tuesday

Cubs (age 8-10)
meet Wednesday

Scouts (age 11-14)
meet Monday

Venturers (age 14-18)
ask for details

Remember the mosquitoes, the dirt, and the marshmallows? They will too.



Join today 1st Powell River Group Serving Powell River Youth since 1913
Tina Bevans at 604-483-9634 | tbevans@telus.net



The Powell River and District Agricultural Association invites you to join us for

FALL FAIR 2014

at the Paradise Valley Exhibition Grounds Sept 20 & 21 noon - 5pm

<p style="font-style: italic;">fresh local...</p> <p style="font-size: 1.2em; font-weight: bold; color: #27ae60;">POWELL RIVER FARMER'S MARKET</p> <p>SATURDAYS 10:30 - 12:30 SUNDAYS 12:30 - 2:30 4365 McLeod Rd. 604.414.5076</p>	<p>PRODUCE</p> <p>EGGS</p> <p>MEAT</p> <p>BREAD & PIE</p> <p>ARTISANS</p>	<p style="font-weight: bold; color: #27ae60;">SPECIAL EVENTS</p> <p style="color: #27ae60;">Sept 15 Teddy Bears' Picnic</p> <p style="color: #27ae60;">Sept 27-28 Closing Weekend</p> <p style="font-size: 0.8em; color: #27ae60;">email us at powellriverfarmersmarket@gmail.com</p> <p style="font-size: 0.8em; color: #27ae60;">read our blog at powellriverfarmersmarket.blogspot.ca</p>
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Let the sparks fly!

Igniting connections between the past and future of Powell River's economy

Peter Mitchell, owner of the independent Powell River grocery store Mitchell Brothers, recently spoke with Groundswell leadership to further the community conversation about the future of Powell River's economy, environment and social well-being.

At 85+ years old, Mitchell Brothers is indeed successful. What is at the heart of this success?

Mr. Bosa opened the store in the late 1920's; my father and uncle joined in 1946 and I took over in 1981. Credit goes to them; they had a good understanding of their customers and suppliers. Loyal customers, many of whom are grandchildren of original customers, and a stable and committed staff – these contribute to our success.



Q&A WITH: Peter Mitchell, owner / operator of Mitchell Bros Merchants in Cranberry

Groundswell integrates economic, environmental and social sustainability principles. Are these important to you from a business perspective?

They're all important – a good economy, strong business relationships. The environment? I think we do an adequate job – with recycling and with how we make business decisions. With a smaller footprint, there is economy of scale and less waste. It's only right; I mean, a large percentage of the world goes to bed hungry each night. I think we are more accountable. Also, Powell River demographics are changing; there is a stronger appetite for local products, and if available, we try to offer that choice.

What are your ideas to cultivate a thriving community?

Take an inventory of what we have in the community and build on that. One thing we have is good people. People are moving here because it is an easy place to live, a safe and caring community. Find ways to expand and connect the dots between these assets. There are also economic reasons why people are moving here. More assets! Its' about connecting the dots between what we have. And then there is the ferries. (Grin) The ferries are the ferries...!

What is your definition of a sustainable, healthy economy?

A hard one...hard to define. In the time I've lived here, Powell River has transitioned. There were jobs at the mill and it seemed stable. We've learned we can't depend on one or two big employers. Small businesses can employ a lot of people and they feed off each other. A healthy economy includes stable and diverse businesses and industry.

What advice would you share with Powell River of the future?

There is a new element in Powell River, interested in creating a new economy...a bit 'alternative'. They follow their passion and believe in what they are doing. Building a business and the economy this way takes patience and hard work; but then, you are doing exactly what you want to be doing, so there's no drudgery in it. Do what you believe in.

What is it about Powell River that makes you proud?

A lot of my life revolves around my work. I'm proud of the fact that we have kept this business going for a good number of years. It's pretty impressive, and due to the good will of our customers. Their support is just one example of how people in this community care for each other. There are other examples. People in Powell River are really connected; I'm proud of that. **RL**

What is Groundswell?

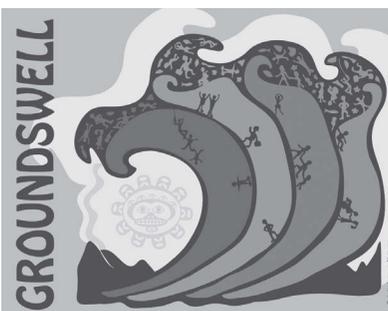
Groundswell, the January 2014 conference at VIU, brought 160 community members together for a day of inspiration, creativity, ideas, and relationships that focused on a positive future for our region.

Participants expressed a strong interest in creating a better understanding of the dynamic links between economic, social, and environmental wellbeing.

They were also eager for the conversations that started at Groundswell to make their way into the community, and to see these efforts result in concrete actions. This series is part of that effort.

To learn more: read the full Groundswell conference report: wordpress.viu.ca/ddcc/groundswell-conference/.

Please join the conversation on Facebook: [facebook.com/ddccPR](https://www.facebook.com/ddccPR)



GROUNDSWELL:

inspiring creativity, ideas, and relationships
that advance the wellbeing of our community



October 2

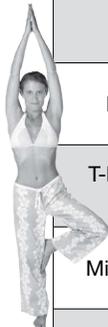
'THIS IS A GROUNDSWELL' a film by Claudia Medina, Zoe Ludski and Emily Wadden @ Community Living Place, 6:30pm

Fall Activities Guide

(For Kids, Parents and Adults)

At-a-glance info about some of Powell River's best groups, clubs, classes and organizations

Who	What	Ages	Offering	Rates	Contact
Powell River Highland Dancing	Traditional Scottish dance	4 & up	Weekly classes, beginner through advanced	Start at \$21 a month	Margaret: 604-485-4266
Scouts Canada	Outdoors, service and life skills	5 to 18	Beavers, Cubs, Scouts, Venturers	Inquire	Tina Bevans: 604-483-9634, tbevans@telus.net
Army Cadets	Outdoor adventure and leadership	12 to 18	Camping, hiking, high school credits	No fees	Lt. N. Walker 604-483-9311
Girl Guides of Canada	Outdoors, service and life skills	5 & up	Sparks, Brownies, Girl Guides, Pathfinders	Inquire	604-483-5340 www.girlguides.ca
PR Academy of Music	Choirs, music, dance, art, theatre	Children and adults	Group and individual instruction	Inquire, or attend registration week Sept. 2 to 5	604-485-9633 or powellriveracademy.org
Skate Canada	National Learn-to-Skate program	3 & up	Beginners, power skating, and skills for hockey & figure skating	See ad on p. 41 for details; or register at the complex Sept. 6 or 20	Nicole 604-487-0418, rumletsk8@shaw.ca
PR Curling Club	Curling for adults & youth	9 to adult	Junior & adult classes, plus leagues and open ice practice	Inquire Registration night is Sept. 19, 7 to 9 pm.	604-483-9551; prcc@telus.net; powellrivercurling.com
T-Fit Yoga & Fitness Studio	Yoga & Fitness classes, Clean Eating Challenge, Yoga workshops/series	Teens, adult & seniors	Yoga, Barre, TRX, Kickbox, Bootcamp	Contact studio for more info	604 485 9395, www.t-fit.ca, info@t-fit.ca,
Mindful Moves Yoga	Yoga studio on Marine	All ages, from mom & babe to adult.	Hatha & Anusara yoga, with a focus on breath and healing	Inquire for drop-ins and classes	604-483-6759 wellnessenergyservices.com
Heather Tours	Small-group guided out-of-town vacations	Adults	Visits to theatre, casinos, museums, etc. By private bus.	Inquire	Janice Olfert, 604-483-3345, heathertours.com
PR Chorus	No-audition weekly choir	All ages	Meets every Wednesday at the Academy of Music, 7:30 pm	Inquire	Janice Gunn 604-485-3825
Myrtle Point Golf Club	Year-round 18-hole course	Child to adult	Private, semi-private and group lessons plus clinics	See Web site	604-487-GOLF, myrtlepointgolf.com
PR Womens Ice Cats Hockey	Women's rec hockey	18 & up	Beginner to experienced, Sundays at 6:45 pm	Please inquire	Traci Abbott dictraci@telus.net
Terri Beck Pilates	Pilates: small classes	12 & up	Pilates, gentle pilates, strength & conditioning class, breast cancer exercise group	Inquire	604-485-5876, ot casabeck@uniserve.com
Special Olympics	Competitive sports for people with mental challenges	Inquire	Swimming, bowling, curling golf and softball.	Inquire	Gail Likar 604-485-9383
Recreation Complex	Recreation programs.	Preschool to seniors	Recreational skating; yoga; special events; childminding for 0 to 5 year olds; swim lessons etc	Inquire	powellriver.ca/content/recreation-programs-and-schedules 604-485-2891
Canadian Martial Arts Academy	Karate classes in a traditional dojo	4+	Little Ninjas (4 to 5); Little Dragons (6 to 8); Junior Karate (9 to 12); plus cardio karate	\$19+ per month	604 485-8255 cmaakarate.com
Toast To The Coast	Toastmasters International	Adults	Public speaking and leadership skills training	Inquire	Find on Facebook: "Toast to the Coast"



SEPTEMBER 2014

Celebrating 10 years in business 2004-2014

Heather Tours

Tours coming in October: "Enchanted April"; One Day Casino; Harrison Hot Springs, Westminster Abbey & Stó:Lo Nation Interpretive Centre; Three Day Casino; Island Casino Hop.

"I have enjoyed life a lot more by saying yes than by saying no." - Richard Branson

tel: 604.483.3345 We would love to have you join us!
cell: 604.483.1408 www.heathertours.com

VISA MasterCard
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Thanks to the generous participation of dozens of locals, Powell River's Jennifer Salisbury has completed her doctorate on **communication between generations.**

Please join her for a free event September 15, at 7 pm, at the Evergreen Theatre, where she will present her findings.

CITY OF POWELL RIVER 2014 GENERAL LOCAL ELECTIONS

NOTICE OF NOMINATION

PUBLIC NOTICE is given to the electors of the City of Powell River that nominations for the offices of:

Mayor – one (1) to be elected
Councillor – six (6) to be elected



will be received by the Chief Election Officer as follows:

By hand, mail or other delivery service:

City Hall
6910 Duncan Street,
Powell River, BC V8A 1V4

By fax to: (604) 485-8628

By email to: info@cdpr.bc.ca

From 9:00 a.m., Tuesday, September 30, 2014
To 4:00 p.m., Friday, October 10, 2014
Excluding statutory holidays and weekends

From 9:00 a.m., Tuesday, September 30, 2014
To 4:00 p.m., Friday, October 10, 2014

Originals of faxed or emailed nomination documents
must be received by the Chief Election Officer by 4:30
p.m.. Friday, October 17, 2014

Nomination forms are available at City Hall, 6910 Duncan Street, Powell River.

QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected, and to hold office as a member of local government if he/she meets the following criteria:

- Canadian citizen;
- 18 years of age or older on general voting day (November 15, 2014);
- resident of British Columbia for at least 6 months immediately before the day nomination papers are filed;
- a person or the commander of an armed forces unit who has been granted freedom of the municipality, if that person is a Canadian citizen; and
- not disqualified under the *Local Government Act* or any other enactment, from being nominated for, being elected to or holding the office, or be otherwise disqualified by law.

A fee of \$100 must accompany each nomination for Mayor or Councillor.

At the time of filing the nomination documents, candidates must also file with the Chief Election Officer a completed Statement of Disclosure, as required under the *Financial Disclosure Act*.

FURTHER INFORMATION about nominations, including nomination packages, may be obtained by contacting:

Marie Claxton, Chief Election Officer
(604) 485-8603 or info@cdpr.bc.ca

or

Cathy Greiner, Deputy Chief Election Officer
(604) 485-7744 or cgreiner@shaw.ca

Marie Claxton
Chief Election Officer

SCHOOL DISTRICT 47 (POWELL RIVER) 2014 GENERAL SCHOOL ELECTION

NOTICE OF NOMINATION

PUBLIC NOTICE is given to the electors of School District No. 47 that nominations for the offices of:

Five (5) Trustees for Trustee Electoral Area 47

will be received by the Chief Election Officer as follows:

By hand, mail or other delivery service:

City Hall
6910 Duncan Street,
Powell River, BC V8A 1V4

By fax to: (604) 485-8628

By email to: info@cdpr.bc.ca

From 9:00 a.m., Tuesday, September 30, 2014
To 4:00 p.m., Friday, October 10, 2014
Excluding statutory holidays and weekends

From 9:00 a.m., Tuesday, September 30, 2014
To 4:00 p.m., Friday, October 10, 2014

Originals of faxed or emailed nomination documents
must be received by the Chief Election Officer by 4:30
p.m.. Friday, October 17, 2014

Nomination forms are available at City Hall, 6910 Duncan Street, Powell River.



QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected, and to hold office as a School Trustee if he/she meets the following criteria:

- Canadian citizen;
- 18 years of age or older on general voting day (November 15, 2014);
- resident of British Columbia for at least 6 months immediately before the day nomination papers are filed;
- not disqualified under the *School Act* or any other enactment from being nominated for, being elected to or holding office as a trustee, or be otherwise disqualified by law.

At the time of filing the nomination documents, candidates must also file with the Chief Election Officer a completed Statement of Disclosure, as required under the *Financial Disclosure Act*.

FURTHER INFORMATION about nominations, including nomination packages, may be obtained by contacting:

Marie Claxton, Chief Election Officer
(604) 485-8603 or info@cdpr.bc.ca

or

Cathy Greiner, Deputy Chief Election Officer
(604) 485-7744 or cgreiner@shaw.ca

Marie Claxton
Chief Election Officer

Underwriters Insurance Agencies celebrates 20 years on Joyce Avenue

Twenty years ago, two businessmen decided to build an office building at 4510 Joyce Avenue. The two had been friends since childhood and their businesses complimented each other.

On June 1, 1994 Underwriters Insurance and Paul Sian Financial & Associates/HollisWealth opened at their new location. June, 2014 marked their 20th anniversary at their current location but the Underwriters roots go back much further, says Underwriters owner **Mike Cameron**.

“Underwriters Insurance Agencies was formed on November 1, 1972,” says Mike. “We were at 4701 Marine Avenue, now home to Rene’s Pasta.”

Back then, there were six offices in Powell River that sold insurance and real estate. Realtors could hold both licenses. Today there are three insurance brokers and three real estate brokers.

In the 1960’s, Scotty Cameron, Mike’s dad, came to Powell River and worked in an insurance agency for a colleague who was taking an extended holiday.

“Mom and Dad loved the town so much that they decided to move here in 1972 when Bill Marriette retired and put his agency up for sale,” says Mike.

In 1977, Scotty purchased the insurance portfolio from Bill Stanford of Stanford Agencies. There was a shift in the industry to real estate offices selling real estate only and insurance agencies selling insurance products only at that time.

Mike was 10 when he moved to Powell River with his parents. “Paul [Sian] and I grew up together. We played tennis, attended elementary and high school and more recently began playing golf together,” says Mike.

After high school graduation, Mike enrolled in the business administration program at Malaspina College.



After graduating, he joined his father in the family business. “I started working with Dad in May of 1982 and worked with him until September, 1984 when he lost a short but courageous battle with cancer and I took over the business at age 23.” Mike earned his CAIB (Canadian Accredited Insurance Broker) designation in 1990 and the business steadily grew, based on the philosophies that Scotty had started.

Mike and Paul Sian decided that they both needed more space for their respective offices and they purchased a vacant lot at 4510 Joyce Avenue in 1993. On June 1, 1994, they moved in. “It was 20 years ago on June 1 that we moved here,” says Mike, looking around the office. “It seems like yesterday.”

The two businesses complement each other and provide their clients with general insurance and life and investment products.

Underwriters continues to be a family business. The third generation of the “Cameron Clan” entered the firm recently. In April of 2013, Mike’s son **Scott Cameron** came on board. Scott graduated from Vancou-

ver Island University (VIU) with a Bachelor of Business Administration degree in Finance and Management and is a Level 1 insurance broker. He worked in the business for four summers while attending university and at Nanaimo Insurance Brokers while university was in session. “Scott will grow into a management position in time and hopefully take over from me when I retire,” Mike says.

The staff at Underwriters are all very well trained and licensed insurance brokers and they are one of the reasons why the business has been so successful. **Sonia Csuk**, has been with the firm for 30 years. **Sandra Ciarniello** has been with Underwriters for 22 years. **Tanya Mueller** has been with the company for 12 years while **Nikki Winter** has been with Underwriters for 3 years but has previous insurance experience, and does commercial insurance as well.

“I have been very lucky to have such long time, dedicated staff,” says Mike. “That’s definitely part of the reason why this business has grown and remained strong.”

The other reason why Underwriters has been so successful has to do with

their insurer partners. “We represent Wawanesa and CNS. Wawanesa is the fifth largest company in Canada and one of the most widely known and respected insurers in the country. Our business has grown because they are so stable and they have a tremendous claims reputation in the industry.

No other insurance brokerage in Powell River represents **Wawanesa**. “Underwriters has an exclusive partnership,” says Mike.

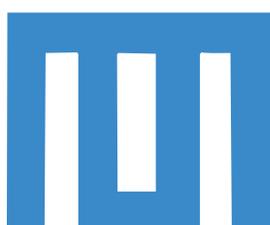
We broker our marine insurance through **Coast Underwriters**. “They have been excellent. They insure pleasure boats, charter craft and commercial marine.” Underwriters provides travel insurance through **Travel Underwriters** – the largest travel insurance company in Canada. Underwriters also represents specialty or niche market insurers, which complement the business that they write with their traditional insurers.

And of course when it comes to automobile insurance, they have a strong partnership with **ICBC**.

“We have represented all of our companies for at least 30 years. They are good, solid, companies and that has contributed to our success.”

Looking to the future, Underwriters will continue to look after their clients needs. “Customer service has really been our focus. One of our strengths is how we look after our clients and the personal relationship that we have with many of them, who have been our clients for so long. This is something you can provide in a smaller office. We may not be the biggest office in town but I think that we provide the best service in town,” says Mike.

Underwriters actively supports a number of local charities, service organizations and sporting groups in the community. “That has always been important to us. It is our way of giving back to the great community that we live in.”



UNDERWRITERS INSURANCE

AGENCIES POWELL RIVER LTD

Auto • Home • Business • Marine • Travel

4510 Joyce Avenue • underwriterspr@shaw.ca • 604 485-2715

Paul Sian Financial & Associates

2014 – a year of anniversaries

Thirty-one years ago **Paul Sian** graduated from the University of Victoria with a Bachelor of Science degree in Economics. It was 1983, and Premier Bill Bennett's restraint program was still in place. Jobs were scarce and no one was hiring.

For the first eight months after graduating Paul worked two jobs in town but realized they had nothing to do with his education.

He made the decision to go to Vancouver and began pounding the pavement. "I went into every high rise building looking for work. I'd done well in school and it was discouraging when I did not get a job offer quickly."

In July 1984, Paul's luck changed when the President of Great Pacific Management offered him a position. There was no one in Powell River with the firm and so it was an easy decision to begin his career back in his home town.

The investment fund industry was in its infancy. Paul spent the next month studying for his mutual funds license. When he returned home, **Powell River's first locally-based investment advisor** opened his new business.

"There were no personal computers when I started. We tracked client investments on ledger cards and used four function calculators and the *Vancouver Sun* to provide clients with their statement of performance," recalls Paul. Before long, he rented a small, one room office on Burton Street. It was so small that clients had to literally squeeze themselves into a chair between the desk and the wall.

Paul also had to overcome the hesitation of the clients to deal with someone so young.

"I was twenty-two. I remember a client who was ready to invest money in the firm and he asked if I had any investments of my own," says Paul. "I knew I had to own the same assets I was telling the client to invest into."

In 1985, Paul moved to a larger office. "I realized I needed more help because I was doing all the office tasks myself. I hired my first secretary which allowed me to focus on my prime business activities." The business continued grow and Paul moved to a third location and now had two full time employees.

By 1994, Paul and childhood friend **Mike Cameron** decided it made sense to share space and so they built the office where they are currently located at 4510 Joyce Avenue.



"I'd known Mike since Grade 4, we'd played minor league baseball together, been friends through school, and graduated together."

"It has worked very well," said Paul, noting that they just celebrated their 20th anniversary in the Joyce Avenue office in June.

Paul Sian Financial & Associates / HollisWealth is a fully licensed securities and insurance office. "Most advisors are licensed to offer only mutual funds. **We are fully licensed to offer individual stocks and bonds as well as mutual funds.**" Paul is also dually licensed to offer life, disability and critical illness insurance.

Because he is an independent advisor, Paul does not have a requirement to sell any one company's product. "We do not have a short list of investments. We can sell any fund, stock, or bond that meets the client's objective and risk tolerance and create a portfolio that meets that criteria."

Paul's investment philosophy is to look at each client from a holistic point of view. "We need to know what they are trying to accomplish and help them achieve their objectives."

Recent industry rule changes have also changed how they do business with their clients. "In response to these changes we moved those clients who were eligible to a fee-based model," Paul says. "We have now converted the majority of the assets we look after to a transparent fee-based account system." **The fee-based approach lets investors buy all securities with no trading fees. There is no entry or exit fee, just an ongoing management fee that is visible and clear to the client.**

"In our view, the use of deferred sale charge mutual funds is a step backwards. People who use that

approach quite often are facing redemption fees when they want to access their money," he said.

Besides completing his 30th year in business this August, **Paul will be celebrating 50 years in Powell River in October.**

"I was two when my family moved to Powell River from Kenya," he said. "My dad taught at Brooks for many years. Powell River is a great community to live in and raise a family. I remember my first job was delivering papers. I was 11 but I learned lessons that helped me be successful in later years. You could not ignore your duties and to get a tip at Christmas - you had to work hard all year."

Today, Paul and his staff are still keeping customers happy and working hard. **Brian McCullough**, mutual fund sales representative has been in the financial industry for 18 years. He was one of the top mutual funds sales people in the country. **Kelly Gaudet**, Administrative Assistant, has been with Paul for 11 years. **Lisa Labree** is now the Business Development Manager for HollisWealth Insurance for Western Canada, and a consultant for all advisors.

To contact Paul Sian Financial & Associates, phone 604-485-6160; visit their website at sianfinancial.com or their office at 4510A Joyce Avenue.

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Paul Sian Financial and Associates is the personal trade name of Paul Sian.

20 years at the Joyce Avenue office
30 years as a licensed investment advisor
50 years of living in Powell River



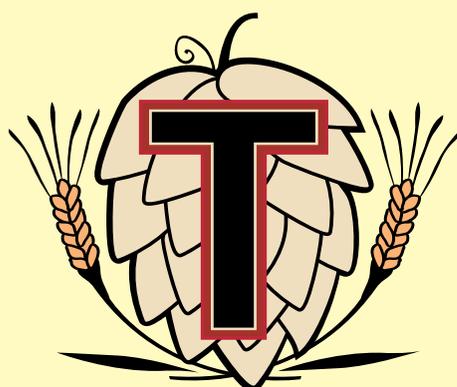
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Jumpstart's National Bike Ride

Combining fitness and volunteer work

By Isabelle Southcott
isabelle@prliving.ca

Canadian Tire co-owner Michelle Hodgkinson-Kristof said she'd participate in her company's annual fundraising bike ride – if and when it came to Powell River.

She hadn't ridden a bike in 20 years. But she felt the odds were pretty slim that Jumpstart, the ride, would land in this coastal community.

Well, four years ago it did. And she kept to her word.

"I couldn't even ride my bike up a steep hill," recalls Michelle, who owns the Powell River store, with her husband John.

So Michelle began training. And she trained hard the first year she participated in Pedal for Kids' BC Coastal Loop, as she knew it was a hilly route. She surprised herself when she ended up biking with the fastest riders in the group. Today, Michelle is still training, and loving the ride!

On September 15, Michelle will embark on a 500-kilometre ride starting in Ottawa and ending in Quebec City.

She'll average 100 kilometre a day along with approximately 60 other riders who are part of the Canadian Tire family of companies which includes Mark's Work Wear, Sport Chek, Canadian Tire Financial and friends. This ride marks Michelle's fourth time participating in Pedal

for Kids Bike Ride.

Although Michelle enjoys the fitness challenge, it is the volunteer work she does as chair of the Powell River chapter of Jumpstart that is dear to her heart.

Jumpstart is a national charity that helps kids between the ages of four and 18 by assisting with the costs associated with registration, equipment and transportation for sports and physical activity programs.

The program aims to get kids active and healthy. There are 330 local Jumpstart Chapters across Canada.

"We work with every single sports group in Powell River including hockey, soccer, swimming, the Recreation Complex, Avid, Laszlo Tamasik School of Dance, Therapeutic Riding, Scouts and Guides, Canadian Martial Arts, gymnastics and more.

There are about 100 qualifying activities here."

It is all about keeping children active and recognizing that some families need a bit of help.

"Today's generation won't live as long as previous generations because of lifestyle choices," she said. "We want to improve fitness and activity levels."

As well, as fitness benefits, there are other benefits to activities such as friendship, leadership and becoming part of the greater community.

"We have never said no to a child who



ROAD READY: After promising participation, Michelle Hodgkinson-Kristof had to re-learn how to ride a bike for Jumpstart – Canadian Tire's annual fundraiser.

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Catalyst
Today's Paper.

Help local kids play sports

Michelle's fundraising goal for Pedal for Kids Bike Ride this year is \$5,000.

If you can help her reach that goal and help kids, go online and visit her personal pledge site at ctjumpstart.ca/michellerides4kids



applied for a qualifying sport."

Michelle and John made a personal commitment to kick in the extra funds to make sure that every child who qualifies gets funding.

In Powell River, the program is administered through Youth and Family Services. "I process 80 per cent of the applications and we help 125 kids each year," she says. The program spent \$88,000 in Powell River since 2005.

"All that money has come from Powell River. We have a very generous community. There are no administration fees. If you donate one dollar in Powell River, one dollar stays here in Powell River."

During the month of May, Canadian Tire runs a month long campaign for donations from the community.

"At Christmas we do a campaign selling gift bags and we raise approximately \$500."

Application forms are available at the front desk. Simply fill one out and include it along with a letter from a community leader such as a teacher, doctor, lawyer, dentist or pastor and send it in.

Between running Canadian Tire, training and caring for her family, Michelle still manages to carve out time for training.

"I'm great friends and very familiar with the road to Saltery Bay," she smiles. "I get out three to four times a week and do 20 to 40 km each time." **PR**



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A growing concern

By Jonathan van Wiltenburg • edenhort@gmail.com



As summer draws to an end, many gardeners are getting ready to sow cover crops. I thought I would mention a cover cropping happenstance that our family experienced last winter. It requires no extra effort and provides an extra bonus harvest.

Leaving bare soil out all winter long is a bad practice, and will leave your soil susceptible to soil erosion, nutrient loss, and excessive weed growth. You can mitigate these issues by sowing a cover crop.

Last year, we sowed our time-honoured mix of fall rye and winter peas. But for whatever reason (I think it was timing, yes my fault!) the peas germinated quickly and the fall rye lagged behind.

In no time our beds seemed to be a carpet of peas. They were so dominated by leafy green shoots that we began harvesting the tips to eat. The pea shoots are incredibly sweet and succulent, and taste like fresh green peas. They quickly became our munching snack while out in the winter garden. Soon after that, we began harvesting them as a greens crop using in our many meals. They make a superb winter salad green.

The pea plants are tough and well suited to growing right through our cool weather. Last year we harvested shoots right through into late winter. A truly wonderful accidental crop! 

September gardening tasks

Harvest, harvest, harvest. Preserve, preserve, preserve.

Keep on **weeding**. Get out as often as you can, even if you don't see the weeds give the soil a good scratch and prevent them from coming up in the first place

Start the important task of adding **mulch** to the garden.

Plant out and **sow the last of your winter garden**. Sow lettuce, spinach, endive, cilantro, corn salad, and arugula. It is too late to start many of the other winter veggies from seed (broccoli, cauliflower, brussel sprouts, cabbage, rutabaga etc)

however you may be able to pick up more mature plants at a local nursery.

Cover up your tomato plants with glass or plastic to **protect** them from tomato blight. You must keep the plants dry in order to safeguard your crop.

Harvest your potatoes. **Cure** them by leaving them on the soil surface to dry in the sun for a day.

Secure your **seed garlic** and plan where you are going to be planting them out in the coming months.

If you are clearing out your garden and there are large patches of bare soil, sow a **cover crop** to prevent nutrients leaching from the soil. Fall rye, winter wheat, red clover, hairy vetch, or field peas or combinations of each are all great options.

Save some seed for next year. It is thrifty, and over time will give you stronger plants for your specific growing region. Also they can be traded at the local seed exchange in the spring.

Don't forget to harvest and dry some of your own tender **herbs**.

If you have not already done so, plan out and order flowering spring **bulbs**. Think about colour combinations, fragrance, and timing to have your garden beautiful for next spring.

Cover Crop salad

Salad

Peas shoots (lots)
Goat chèvre
Shallot (very thinly sliced)

Warm dressing

Balsamic vinegar Garlic
Mustard Salt
Honey Pepper
Olive oil

Mix all dressing ingredients (to taste) in a small saucepan, place on medium heat and when warm, drizzle over greens. If you feel like making the salad an entire meal, add a poached egg, and/or bits of bacon. Mmmm



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In the green = in the black

How sluggish lawmaking doused Powell River's chance to become the centre of a \$7 billion-dollar agricultural and tourism destination

By Pieta Woolley
pieta@prliving.ca

People in the rest of the world can get a bit giggly about Amsterdam – the port city to end all port cities. Like weed? Bought favours? Come to this international trading centre, where intellectuals, artists and free spirits have gathered for at least three centuries, to sample the fruits of liberalism in the “coffee shops” and “red light district.”

Texada businessman Dan Devita married into his connection with the Netherlands, and found himself in Amsterdam visiting family in 2009. The newly-opened Hash, Marijuana and Hemp Museum drew him in. Dan was wearing a hat with “Texada” embroidered on it.

As he wandered the displays about historical and cultural uses of cannabis – inspirational, recreational and sacramental – the museum’s staffer approached him

“Excuse me, do you know Texada?” she asked.

“Yes. I own the hotel there,” he replied.

She was effusive, Devita recalled in a phone interview with *Powell River Living*.

“She knew all about Texada Timewarp and Texada Gold,” he said – and though he says he’s not a user or a grower, he understands why enthusiasts half-way around the planet have heard of this little island. “We grow some of the best pot in the world here, since the days of the draft-dodgers,” said Dan, who hears all about the state of the island’s economy, from behind the flower-rock bar at the Texada Island Inn. “Texada is the banana belt of BC. We’re two degrees warmer than Powell River. Limestone is a soil neutralizer. The swamps here are not as acidic. The locals are tolerant. So what we have is a perfect storm [for excellence in marijuana growing].”

Devita recognizes that cannabis produc-

tion is a significant part of Texada’s economy, with 60-ish legal medical marijuana operations (and an unknown number of illegal operations) on the island. Stories such as the one he shared above further the idea that this region is home to an internationally-famous, agriculturally-valuable product – marijuana, and not just for medical use. According to greengiantseeds.com, Texada Timewarp “hits you right behind the eyes and is very heady and strong... The buds are heavy and have a wonderful lemony floral taste and aroma.” High Times magazine includes Timewarp as one of the top 10 varieties grown in BC.

Unlike the Netherlands, however, recreational marijuana growing, sale and use is illegal in Canada. But for how long?

On August 15, Canada’s “Prince of Pot,” activist and politician Marc Emery, was released from five years in US prisons for operating his mail-order seed business, and is steadily in front of the TV cameras. Liberal



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leader Justin Trudeau has said that if he's elected, he'll legalize it – the first federal party leader to say so. In Washington and Colorado, adults can use pot recreationally; growing and selling is licensed, and legal. Many other states have decriminalized possession of marijuana. Oregon and Alaska vote this fall whether to follow suit.

In other words, BC could be the legislative misfit, in an otherwise-liberal coastline stretching all the way from wine country to the Arctic Circle. The Powell River region, with its famous strains, is perhaps the strangest legal outlier of all.

"I firmly believe that it's [legalization is] going to happen, and it should happen sooner than later," said Dan.

The local industry has waited for legalization for decades. Now, some say it's too late. What could have been an economic boom the size of a new paper mill is instead languishing in a legal bramble.

There's something happening here (What it is ain't exactly clear)

Follow an overgrown logging road into the woods south of town, and you'll stumble on Robert Gordon's legal indoor medical grow-operation. He's been growing in

How much work is the local industry for the RCMP? Staff Sgt. Rod Wiebe explains:

In the past 5 years, Powell River Detachment has dismantled no less than 50 marijuana production operations which includes both indoor and outdoor grows.

Since 2012, 20 grows were taken down. Of that 20, five of them had medical licenses but all were growing more than their license allowed.

In general of our total drug enforcement hours, approximately 50% of that time is spent on marijuana.

Powell River for 15 years, since he hitchhiked out here from the east coast in his early 20s. At that time, he worked for an illegal pot farm, the only kind of operation around at the turn of the millennium.

Robert (not his real name) is the son of two teachers: his dad, a professor of theology specializing in eschatology (end times), and his mother, music. The 'black sheep' of his conservative family, he toked recreationally even before he rolled a Skidoo, which left him with three herniated disks and chronic back pain. Now, Robert grows and develops the wispy-budded Equatorial Sativas – an uplifting strain – for his own medical use for pain-relief. He is also licensed to grow for others, up to 20 grams a day.

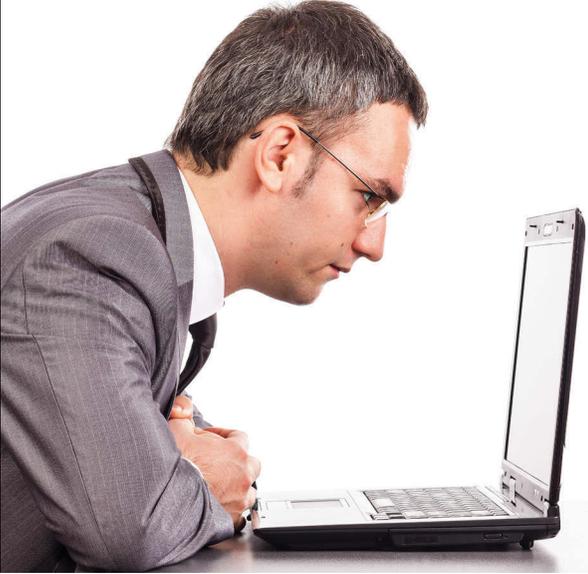
On the one hand, there's no news here. People have been growing marijuana in the region for at least 40 years, and as Dan Devita's story illustrates, doing a bang-up, world-class job of it.

However, since medical marijuana was legalized in 2001, the old wild-west grows have been largely replaced by strict and unpredictable rules.

For example, Robert said his operation has been raided by the RCMP, and his crops destroyed, when he mis-stepped by illegally storing a few plants outside while he was moving his place around. (In an email, RCMP Staff Sgt. Rod Wiebe said he couldn't confirm this as the source is unidentified, but noted that two years ago, "as part of our marijuana eradication proj-



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ect several outdoor grow operations were the subject of search warrants. If your source admitted to growing plants outdoors that would have been in violation of his or her licence which would subject his entire crop to seizure.”)

Furthermore, he, along with dozens of other small growers around Powell River, are in legal limbo as the federal government’s changes to medical growing rules wind their way through the courts. Will Robert lose his license, or won’t he?

“A lot of people get into growing marijuana [legal and illegal] with the intention of making a lot of money, but it’s harder than it seems,” said Robert in a phone interview. “But that said, there’s a lot of weed grown here in town. It’s in the culture. A lot of people do it underground, and still pay taxes and buy equipment locally. It takes a lot of money to grow; you’re pumping money in constantly. So it’s a good thing for the economy.”

To Robert, legalization would be a relief because his business could exist and grow as a clearly legal operation — no raids, no limbo. He envisions a time when both medical and recreational cannabis might be sold at farmers markets, alongside wine and cheese. It would then take its rightful place on the buffet of human pleasures available on the West Coast, he argued.

“We’re in a battle that could save the world, I really believe that,” he said. “Cannabis is a life style of connecting with nature and her rhythms.”

Clearly, it’s a popular idea.

In the Powell River region, there are an unknown number of legal operations

South of the border
In the USA, cannabis is regulated by individual states. In some, such as Wisconsin, the sale, growth, and possession of the drug is illegal. In about 20 others, such as Vermont, it has been decriminalized to varying degrees and is legal for medical use. In Washington and Colorado, it has been legalized and is being regulated.

like Robert’s (the local RCMP detachment doesn’t have records, and the regulator, Health Canada, didn’t return PRL’s emails by deadline), and an unknown number of illegal operations. So it’s near impossible to gauge how big the current industry is.

Powell River Living isn’t the first to ask how much the entire marijuana industry, both legal and illegal, is propping up the economy.

The Fraser Institute, a Vancouver-based think-tank, wrote in favour of legalized marijuana in 2004. At the time, researchers estimated there were 17,500 illegal grow

operations in BC (119 of those in Powell River), with a total domestic and export crop worth \$7 billion – and tax revenues of a potential \$2 billion.

Canadians, a decade ago, spent \$2.4 billion on tobacco – and \$1.8 billion on pot.

“The [report’s] analysis reveals how widespread is the use of marijuana in Canada and how extensively it is produced in British Columbia,” wrote Fraser Institute economist Stephen Easton.

“Consequently, the broader social question becomes less whether or not we approve or disapprove of local production, but rather who shall enjoy the spoils.... Removing the prohibition on marijuana production would permit society to replace today’s gift of revenue to organized crime with (at the very least) an additional source of revenue for government coffers.”

In other words, the amount of marijuana that’s currently grown here legally, semi-legally, and illegally could be at least in the tens of millions, in a region with a faltering traditional economy.

If legalizing recreational pot, for the sake of jobs, the tax base and the overall movement of money, seems tantalizing to the suits at the Fraser Institute, surely this hearkens the end of it as a controversial issue.

THC not LNG!

We’re too late. That’s the opinion of Dana Larsen, the director of the marijuana-legalization campaign Sensible BC, and one-time federal NDP candidate for the Powell River region. On the phone from

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SEEDS OF CONTENTEMENT: locally-grown Columbian Black plants in seed form, and as new sprouts. In BC alone, the Fraser Institute estimates a legal marijuana industry could be worth \$2 billion in tax dollars, - a significant boost to a province with about \$44 billion in revenues.

Windsor, Ontario, where he was part of the cheering crowds welcoming home Marc Emery, Larsen said Powell River could have enjoyed a substantial marijuana-fired economic boom if it had been legalized 10 or 20 years ago. But now, Washington State is way ahead of us.

In July, stores in Seattle and Vancouver, WA began selling recreational marijuana legally - and reaping the rewards. Less than a month in, the state sold \$3.8 million in product, representing \$1 million in tax dollars, plus jobs galore... and that's without the full roll-out of the initiative. While Larsen believes BC has missed the pot bubble, he thinks legalization is coming soon.

"Christy Clark should be in Ottawa, lobbying for legalization," he said. "Hopefully it's the beginning of the end of marijuana prohibition in Canada, and we can get these stupid laws off the books."

Currently, Larsen said, marijuana production is BC's most valuable agricultural crop, and beats both forestry and tourism in value to the province. So even if it won't be the BC equivalent of the Athabasca oil fields, legal marijuana would help.

And, unlike shipping coal or liquified

natural gas through Texada's ports, incinerating Vancouver garbage on Catalyst lands, or building new cultural infrastructure, no locals seem to be kicking up a fuss about new, large-scale medical marijuana production in Powell River. (Though

whether recreational marijuana would get a different reaction remains to be seen).

In July of 2013, City Council passed a resolution stating that it "support the growing and researching of medical marijuana and industrial hemp in the City of

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Powell River.” It was moved by Debbie Dee, seconded by Myrna Leishman, and passed unanimously. Since then, there has been no public reaction to the move. At all.

The City of Powell River has since been approached by several medical marijuana growers looking to operate under Health Canada’s new rules. One has promised 50 well-paid jobs within the city, said the city’s economic development manager Scott Randolph in an interview at City Hall. Fifty jobs, said Mayor Dave Formosa, is a very welcome addition to the city. So far, though, few details have been announced. As well, in 2013, Vancouver’s Abaca Pharmaceuticals bought the old storage facility near Myrtle Rocks (in the regional district) for a medical-marijuana grow facility, but its application is stuck with Health Canada. Even under the existing rules, it seems, Powell River’s potential is stymied.

Both Scott and the Mayor support the industry.

So does Texada’s Dan Devita. Though he also believes the best years are behind us.

“At one time it was a lot bigger here than it is today,” he said. “It was going for \$3,500 a pound. That’s gone. Today, that doesn’t exist. The demand is greater than 30 years ago, but the supply has quadrupled. It’s not as lucrative as it once was. Though the

Is it legal yet? A pot time line

1911: *Opium and Drug Act* prohibits the manufacture and sale of opium, morphine and cocaine - other than for medical use

1920s: More drugs are criminalized

2001: Health Canada allows for medical marijuana to be prescribed by doctors and grown by patients.

2007: The Conservative government announces a national anti-drug policy, which includes mandatory minimum sentences for large illegal cannabis operators.

2012: the Liberal Party of Canada supports legalization, as does the Green Party; the Federal NDP supports decriminalization. The Conservative party does not support

decriminalization – though in August of 2014, it did hint Canada may be decriminalizing small amounts of possession within the next six months.

April 1, 2014: Last summer, the Federal government announced changes to the medical marijuana growing rules, which would have required about 24,000 small, legal marijuana grow operations to destroy their crops and discontinue growing, in favour of large suppliers.

But in March, the Federal Court of Appeal ruled that patients can continue to grow, in spite of the new regulations. The government is appealing that ruling.

risk has come down too. Today, there’s no large grows in the bush. No one is getting rich doing it here. A few years ago, the cops would find 1,600 plants in the forest. No more. Just a few plants here and there, like a trap line. And it’s mostly for personal consumption. It’s not like it was a few years ago when it was a big industry here. We’ve gone backwards in a lot of ways. If it were legalized, I don’t think it would boost the economy. It might serve those

who are good at marketing, those who can get on with the government.”

To both grower Robert and advocate Dana, though, the bigger economic questions about marijuana are beside the point. It connects humans with nature, and with each other. It feels good. Medically, its useful for potentially far more healing than science has yet confirmed, they said.

Whether or not it’s profitable or taxable, Cannabis, they argue, is its own good. **PR**

POWELL RIVER REGIONAL DISTRICT

2014 LOCAL GOVERNMENT ELECTION

This is an election year for local governments throughout the province. The Powell River Regional District will be holding elections for Director for each of its five electoral (unincorporated) areas:

- Area A** North from city boundary to Toba Inlet, including Sliammon and Savary & Hernando Islands
- Area B** South from city boundary to the west side of Whalen Road; including Nootka Street & area
- Area C** East side of Whalen Road to Jervis Inlet
- Area D** Texada Island
- Area E** Lasqueti Island

VOTING

If an election is necessary, voting will take place on:

General voting day Saturday, November 15, 2014
8 a.m. to 8 p.m.

Advance voting Wednesday, November 5, 2014
8 a.m. to 8 p.m.

Mail ballot voting is also available for eligible electors.

NOMINATIONS & CANDIDATES

- A person is qualified to be nominated as a candidate if he or she is a Canadian citizen, at least 18 years of age, and has been a resident of British Columbia for at least 6 months before the date of nomination.
- Candidates must be nominated by two persons who are electors in the electoral area that the candidate is being nominated to represent.
- An elector is a Canadian citizen, at least 18 years of age, who has been a BC resident for at least 6 months and who has been a resident or property owner for 30 days in the electoral area that the candidate is being nominated to represent.
- Nomination documents are available at the Regional District office or on our website.

Nomination documents will be accepted at the Regional District office from 9 a.m. on Tuesday, September 30, 2014 until 4 p.m. on Friday, October 10, 2014.

For more information on 2014 Elections, please contact the Chief Election Officer:

By email vote@powellriverrd.bc.ca

By phone (604) 485-2260

In person at the PRRD offices located at 202-4675 Marine Avenue, Powell River, BC Monday through Friday, 8:30 a.m. to 4:30 p.m.

Election information is also available on the PRRD’s website: **www.powellriverrd.bc.ca**

This is not an official election notice. Any inconsistency with the *Local Government Act* is unintentional and for accuracy, reference should be made to that Act. Official election notices will be published in the *Powell River Peak*.

Brenda Paquin, Chief Election Officer



60

Brooks High School's class of 1954 held their 60th reunion last month.

The year book lists clubs including the tumbling club, the debating club, the Glee club, the boys' cooking club and the leather club.

Grant Workman and his wife Dorothy,

who both attended Brooks, were in town for the reunion. Those who were able to make it went for a walk along Marine Avenue and enjoyed a weekend of festivities. Check out the before photo of the graduating class from 1954 and the after photo taken in August of 2014.



AUGUST 2014 AT SNICKERS: Standing from left to right: Norm Rutherford, Gloria (Collinson) Bond, Grant Workman, Dorothy (Coutts) Hepworth, Ed Vizzutti, Bob Lacey, Woody Bond, Len Bobroff, Peggy (Jenkins) Tetarenko, Dave Campbell, Marie (Whalen) Brown, Mike Slade, Elda (Castellarin) Scott, Conrad Norman and Ron Carlson. Seated from left to right: Bobbi (Calder) Jack, Micki (Muir) Partridge, Dot (Lewis) Campbell, Donna (Purvis) Workman, Marg (Calwell) Simonetta, Norlaine (Barfield) Bourelle, May (Peel) Monkhouse. Missing are Walt Nassichuk and Jack Harper.

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WWW.MYRTLEPOINTGOLF.COM

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Sean Dees (left) at Breakwater Books brings a vibrant smile and enthusiasm to everything he does, from offering you fudge to finding you a book. Excellent customer service from **Danielle Pearson** at Ecosentials keeps locals and customers coming back. **Todd Cross** at Tim Horton's greets everybody with a positive attitude and a great smile. **Miles Budd** brightens the day for Safeway customers with his cheerful attitude, earning him and the rest of these a **Smile! Service Award**.

Powell River LIVING
Showcasing the best of Powell River

Smile! Service Awards are presented by Tourism Powell River, and sponsored in part by Powell River Living.



Had a great customer service experience?

Nominate someone for a **Smile! Service Award**

by emailing the person's first name

and business name to

info@discoverpowellriver.com

or visit Facebook, or nominate them in

person at the Visitor Centre at 4760 Joyce Ave.



ONE WAY TO SUBSIDIZE FERRIES: Put your horse in the movies!

Here, Alice Bourassa's horse Molson "stars" in Cedar Cove, a Hallmark Channel TV series with Andie MacDowell.

Molson's in the movies!

Alice Bourassa was looking for a way to subsidize her horse show ferry costs when coach, Kay Veinotte, who is also a movie wrangler, mentioned that they had a spot for a black horse. Alice's ears perked up.

Kay suggested that Alice should try Molson as a TV horse. Lo and behold, he landed the job on the TV series *Cedar Cove*!

"I took him down in March and he did the season finale a few weeks ago," she told *Powell River Living* in late August.

"It was a fun experience," says Alice who ended up being a background person for a movie shoot. "I don't want to be on TV again but my horse can be a movie star!"

The show is filmed in the lower mainland and airs on the Hallmark Channel, and on W channel on Sunday nights. *Cedar Cove* stars Andie MacDowell, Dylan Neal, and Bruce Boxleitner. It is based on best-selling author Debbie Macomber's book series. **PR**

Protect yourself during an Earthquake!



The Powell River Regional Emergency Program invites you to participate in the Great BC Shake Out on **October 16, 10:16 a.m.**



Register at www.ShakeOutbc.ca

Max Cameron Theatre

presents **Experience Entertainment Series**
• 2014 - 2015 SEASON •

GREAT CANADIAN ARTISTS, LIVE ON STAGE!

Wed, Oct 15	• 7:30 pm	Dracula - A Halloween ballet. Canadian Premiere of Ballet Victoria's newest work
Sat, Oct 25	• 2:00 pm	Splash n' Boots - A fun afternoon show for preschoolers
Sat, Dec 6	• 7:30 pm	Valdy - Seasonal songs & memorable tunes
Sat, Jan 24	• 7:00 pm	Motus O Dance Theatre & local youth "What Kids Think"
Wed, Jan 28	• 7:30 pm	QuintEssence - Five opera vocalists sing selections from <i>The Merry Widow</i> , <i>Tales of Hoffman</i> and more
Tues, Feb 17	• 7:30 pm	Double Bill! Quirky piano tunes by Darrelle London and unique cello and vocals by singer/songwriter Kevin Fox
Tues & Wed	• 7:30 pm	"Here's to the Ladies Who Laugh," cabaret-style musical comedy featuring Bridget Ryan, actor, singer, TV host

THE METROPOLITAN OPERA SERIES

Live in HDTV from New York's Metropolitan Opera • Saturdays at 10 am

Oct 11	•	Macbeth Verdi
Oct 18	•	Le Nozze di Figaro Mozart
Nov 1	•	Carmen Bizet
Nov 22	•	Il Barbiere di Siviglia Rossini
Jan 17	•	The Merry Widow Lehár
Jan 31	•	Les Contes d'Hoffman Offenbach

Ticket prices range from \$5 to \$28 • Tickets will be available beginning Sept 10 from the Academy of Music Box Office, Breakwater Books on Marine Avenue and at the Max on the day of performance.

For more information call 604.485.9633 or 604.483.3900 or powellriverdirect.com
For the most up-to-date information and even previews, visit us online.

www.MaxCameronTheatre.ca

Powell River Living I Made the Move

Trailer or canoe? Great choice!

With David, Cynthia
and Evita Marceniuk

My wife, daughter and I are enjoying our new lives here in Powell River. I am a nurse practitioner working out of the Tla'amin Health Centre.

Many don't know what a nurse practitioner is: it is an advanced practice nurse with a masters degree who can diagnose, prescribe and refer. I am able to provide most primary care needs. I worked as a registered nurse in critical care for almost 10 years.

My wife Cynthia also works in health care as an x-ray technologist. She also has a diploma in digital media.

We have come with our two-year-old daughter Evita and our pup Hobbes. They are thrilled with the fact that for the first time they have a house with a yard and close access to so many lovely beaches.

Why did you choose to move to Powell River?

David • To gain the great opportunity to open a clinic at Tla'amin Health Centre. We were also tired of living a shoebox apartment in Vancouver. I had never been to Powell River before my first job interview. Cynthia had never been here until we moved here.

When? Where from?

David • We arrived March 2014. We were both raised in Edmonton then lived in Vancouver for 10 years prior to moving to Powell River.

What surprised you about Powell River once you moved here?

Both • They know how to throw a great festival! We were really impressed with the Blackberry Festival and how big it was. We enjoyed far too much food.

Where is your favourite place in Powell River?

Cynthia • Mowat Bay. It has the most idyllic scenery and warm water. Also the Willingdon beach trail with its ocean views and logging artifacts.

David • Khartoum has amazing fishing.

How did you first hear about Powell River?

Both • Honestly, I didn't know anything about it until I found out about the job opportunity, now I'm glad I found it.

What would make Powell River a nicer community?

Both • Sidewalks throughout the city.

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

Both • Bring back more accessible recycling depots and more sidewalks throughout the town to encourage and create a safe environment for walking and cycling.

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

David • Costa del Sol's kitchen when they are making their key lime pie.

What are Powell River's best assets?

David • Access to so many amazing outdoor adventures. Amazing views from almost anywhere.



What is your greatest extravagance?

Both • Still deciding which one to chose. A canoe? A trailer? We couldn't have any of these in Vancouver, but this is the kind of place you want to have them all!

Which talent or superpower would you most like to have?

David • Teleportation would be great. I would never be late for work again and never have to wait in line for the ferry.

Who should be in I Made the Move? Email us! isabelle@prliving.ca

I'll help you get this...

MLS#11092

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Powell River.. Take a walk.

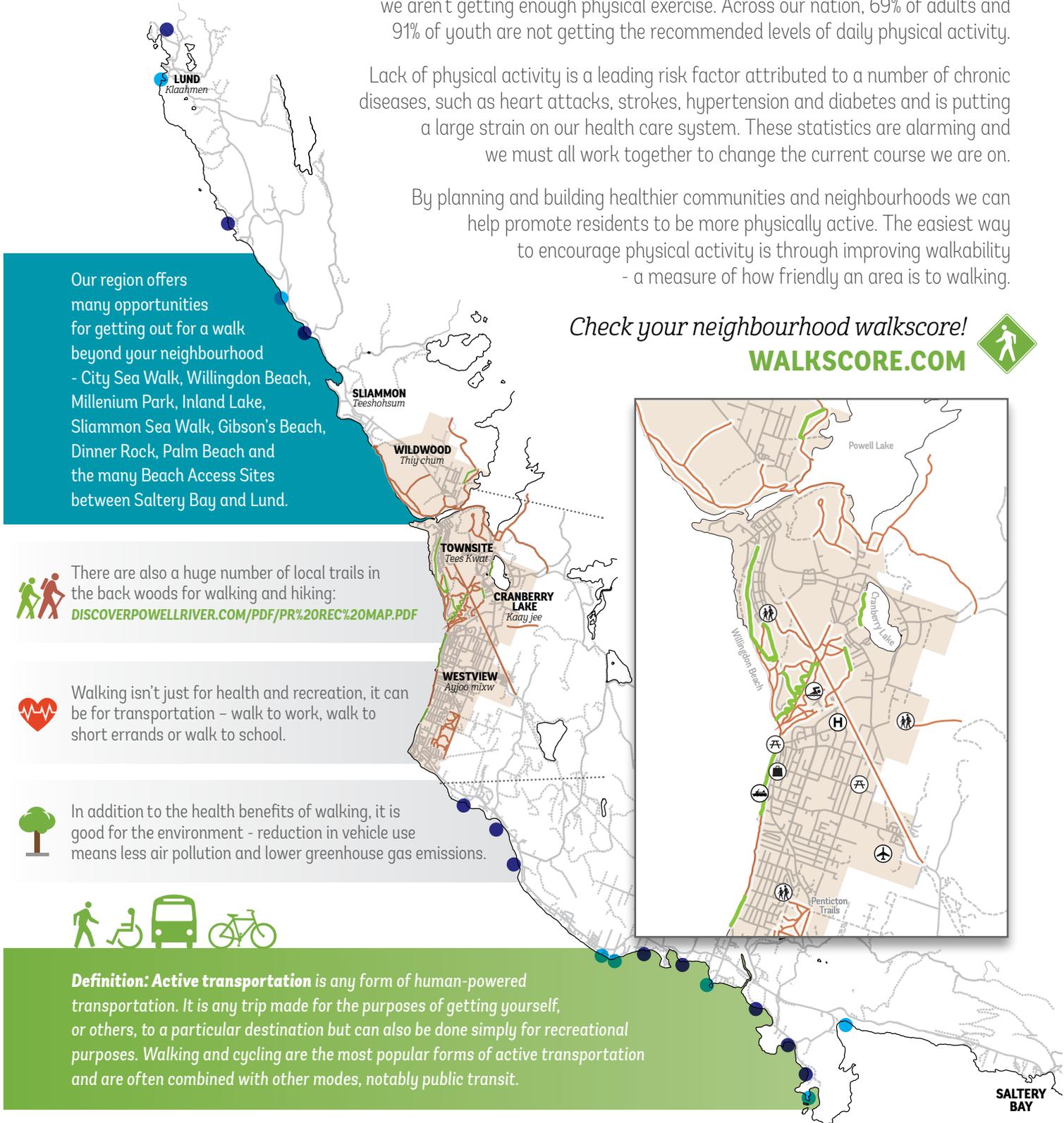
Right now in Canada the rate of obesity is on the rise and it is predicted that by 2019 over half of the Canadian adult population will be either overweight or obese. That is largely because we aren't getting enough physical exercise. Across our nation, 69% of adults and 91% of youth are not getting the recommended levels of daily physical activity.

Lack of physical activity is a leading risk factor attributed to a number of chronic diseases, such as heart attacks, strokes, hypertension and diabetes and is putting a large strain on our health care system. These statistics are alarming and we must all work together to change the current course we are on.

By planning and building healthier communities and neighbourhoods we can help promote residents to be more physically active. The easiest way to encourage physical activity is through improving walkability - a measure of how friendly an area is to walking.

Check your neighbourhood walkscore!

WALKSCORE.COM



Our region offers many opportunities for getting out for a walk beyond your neighbourhood - City Sea Walk, Willington Beach, Millenium Park, Inland Lake, Sliammon Sea Walk, Gibson's Beach, Dinner Rock, Palm Beach and the many Beach Access Sites between Saltery Bay and Lund.



There are also a huge number of local trails in the back woods for walking and hiking:
DISCOVERPOWELLRIVER.COM/PDF/PR%20REC%20MAP.PDF



Walking isn't just for health and recreation, it can be for transportation - walk to work, walk to short errands or walk to school.



In addition to the health benefits of walking, it is good for the environment - reduction in vehicle use means less air pollution and lower greenhouse gas emissions.



Definition: Active transportation is any form of human-powered transportation. It is any trip made for the purposes of getting yourself, or others, to a particular destination but can also be done simply for recreational purposes. Walking and cycling are the most popular forms of active transportation and are often combined with other modes, notably public transit.

LEGEND

- Existing Trails
- Proposed Trails
- Existing Beach Access Sites
- New Beach Access Sites (2014 Completion)

*Stay tuned for the next article on Cycling.
In the meantime, get out and... take a walk!*

POWELL RIVER LIVING WILL BE SHOWCASING MORE ON THE BENEFITS OF ACTIVE TRANSPORTATION IN UPCOMING ISSUES.

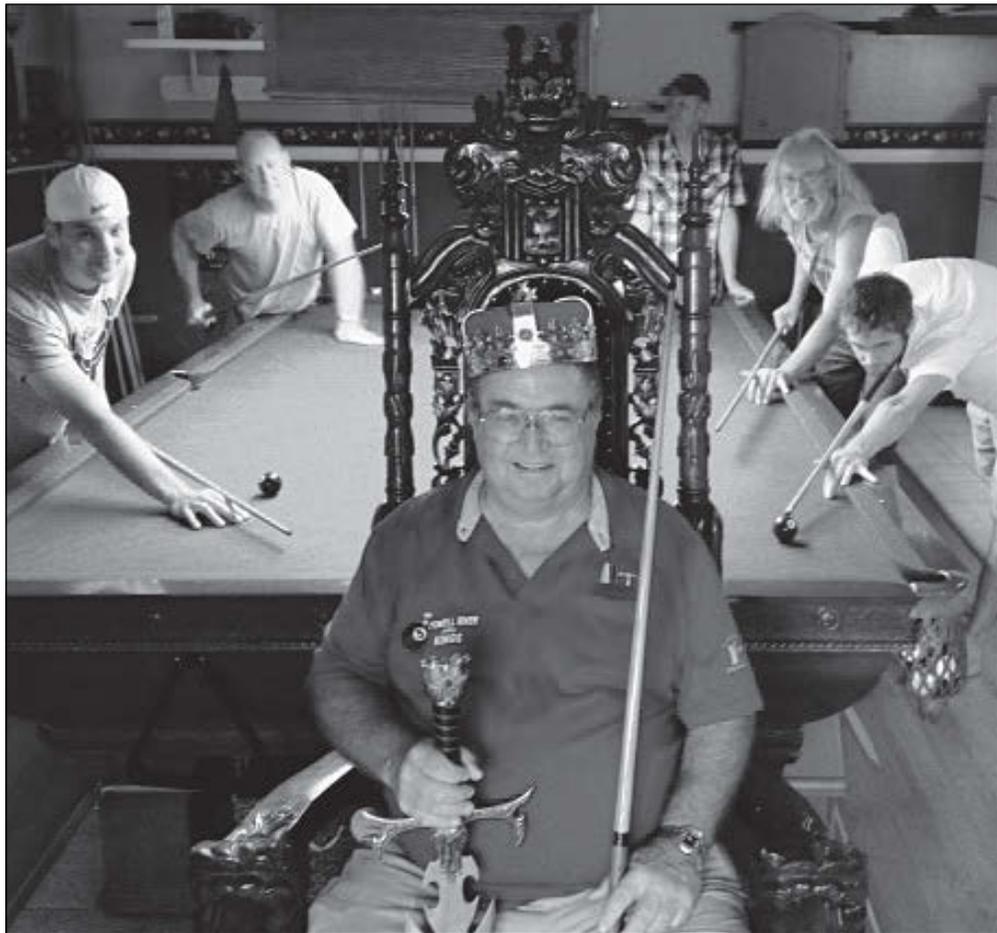
Nearly 50 years late, teen pool champ wins big

Beware: inspirational story – if you're looking for a rainy-season sport

By Pieta Woolley
pieta@prliving.ca

Wearing wide-framed glasses and a black t-shirt with "Clay Goslee Construction" embroidered above the pocket, Clay Goslee leans back in his easy chair and considers his recent first place win at the American Cue Sports Association's 8-ball pool championships. This south-of-towner has been playing pool, snooker, billiards at any table he could for the past two decades - after a 30-year break. Finally this spring, he was recognized.

"This was a real highlight for me," he said of his May 16 international win, which he shared with team mates James



KING FOR A DAY: The president and founder of the Powell River 8-Ball Pool League, Clay Goslee, hams it up at home with his cue buddies. Before he won in Las Vegas, Goslee spent years on his game, even hitchhiking to out-of-town tournaments.

Brown, Ron Douglas, Christie Tipper, Werner Ostwald, and Rob Horton.

"It's a pinnacle. I'm getting a lot older, so I didn't think I'd do that well."

To accommodate his aging, he wears over-sized glasses, specially-designed so he can lower his head to set up a shot, and see the table in crisp focus.

"Because I'm 67, I'm what's called a 'super-senior.' Age does impact my game. It helps a bit, because it slows me down.

But my knees had just about had it this tournament. They tell me I need new knees. You really need a lot of stamina for these all-day tournaments. But I'll play as long as I can."

Clay is a local champion, the founder and president of the 19-year-old Powell River 8-Ball League. Though he is clearly well-established in the sport, his precarious journey to national champion shows just how significant this win is.



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Contact Terri for class times, registration or more information • **604 485-5876** or email casabeck@uniserve.com



Your questions deserve good answers.

I'm Brandy Peterson, and I pride myself in having, or finding, the reliable answers you need when making a real estate decision. Born and raised in Powell River, I am a full time REALTOR® committed to providing outstanding client services.



Brandy Peterson

Let's talk! 604 485-4231 office • 604 344-1234 direct • 1-877-485-4231 toll free • coastrealty.com • brandypeterson@shaw.ca • 4766 Joyce Ave

In his blood

As a child growing up in Delta, BC., Clay's mechanic father bought a pool hall. Starting at 15, the only-child practiced when the hall was closed on Sundays. At 16, the law allowed him to enter the hall as a patron, and he helped his father manage the business on weekends, and during the summers through the rest of high school.

Every moment he had, he'd play – often for eight or 12 hours a day. By just 19, he was ranked fourth in the province.

"It wasn't a talent," he says. "I developed my skills myself. My dad was a great shot, too. Even at 88, when he died, he could run up 40 points in snooker. He had all sorts of trophies, too, from all over the country."

However, life intervened. As an apprentice carpenter in the 1960s, Clay worked on the Bennett Dam, at Hudson's Hope in northeast B.C. Just a few years later, at 22, the first of his two sons was born.

He dropped pool entirely for more than two decades.

Then, once his children were grown, he started playing again at the Powell River Legion, in the basement. He'd play each night for two hours – often against Louise Gloslee, who later married him. That's when he started the league.

To compete in Vancouver, when money was low, he'd hitchhike.

"I'd walk for miles!" he recalled. "I won a couple of tournaments – \$450 in Abbotsford once. And \$500 in Sechelt."

But the money never covered the ex-

Where does Clay play?

With 100 members in the Powell River 8-Ball Pool League, plus legions of recreational players, the city offers 11 tables for cue-hounds. The league starts up again this fall, as the weather turns less beach-worthy and more bar-worthy: powellriver.pplms.ca.

Tables can be found at:

- The Cranberry Motor Inn
- Royal Canadian Legion Powell River Branch #164
- The Zoo at the Westview Hotel
- Strikers Bar & Grill
- The Carlson Club
- TC's at the Town Centre Hotel
- The Red Lion Pub
- McKinney's at the Rodmay Hotel

penses – it was just a thrill.

Finally, this April in Penticton, folks began to pay attention to him when he won game after game at the Canadian Cue Sports championships. A team from Vancouver Island asked him to join them in Las Vegas. He agreed.

Bright lights, big city

Clay and Louise had never been to Las Vegas before. They were staying at the Tropicana, part of the neon village at the heart of the strip – and famous for its role in Elvis' *Viva Las Vegas*, the James Bond film *Diamonds are Forever*, The Godfather, and the TV show *Charlie's Angels*.

The first night, Louise won \$4,000 in slots. Clay won \$160 playing poker at Caesar's Palace. The couple celebrated with a seafood smorgasbord at the Rio.

But the next day, it was down the business: the first of four days of 12-hour stretches at the tables. The event attracted 51 American teams, and 17 Canadian teams, to the 120-table venue.

"I could see then that the calibre was pretty good," he said. "I was close to beating all three players I was matched against. I wasn't overwhelmed by them."

It was tight. All the teams were closely matched.

During the finals of the team tourney, Clay was on the edge of his seat. He'd already won his final. One teammate lost an easy shot, and his game. Another teammate semi-hooked a ball and sent his Texas match packing. The final game, everyone was silent. The opposing player kept missing his ball, and Clay's teammate finally pocketed the 8-ball.

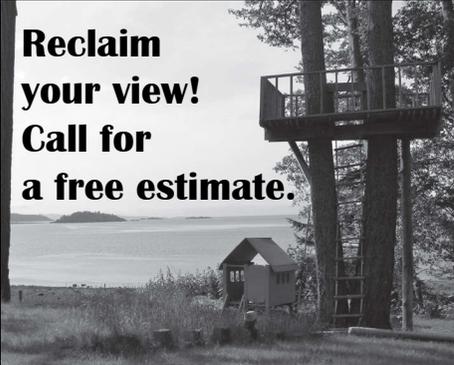
They'd won the nationals!

"It was phenomenal!" Clay said. "We were elated. It was a magic moment when it happened."

Home again

Here in Powell River, Clay is back to playing twice a week, and having his buddies over Monday nights to play on his enormous 6x12' table.

His house, clearly belonging to someone with a strong love of cue sports (his games room is painted the exact hues of yellow, orange and red pool balls), is now the home of an international champion. **PR**



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@ Powell River Bowling and Billiards.
Contact person is Gail Ikar @ 485-9383.

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For a season of song and fun, join the

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every Wednesday at 7:30 pm
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registration • September 10, 2014
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contact • Janice Gunn 604 485-3825

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Three reasons why you should make a list

By Isabelle Southcott
isabelle@prliving.ca

It's September and time to get out that to do list.

Back to school shopping. Check. Or maybe not depending on how much faith you have in the negotiations. Kids enrolled in dance and swimming lessons. Check. Haircuts booked. Check. Take dog to groomers. Check. Check.

Does your life look like this?

I, for one, couldn't live without a list. My life revolves around lists. I make lists when we go camping. One for clothes. One for food. One for cooking stuff. One for bedding and so on.

We make grocery lists. Honey do lists. Lists for school supplies. And sometimes around new years, we even make lists outlining our many resolutions.

At work, we do it all the time. I find lists help me prioritize what needs to be done. I even work from a September story list.

Lists help keep us organized. They give us structure and keep us on track. I still use a sheet of scrap paper for most of my lists but I know many make lists on their smart phones.

My coworkers Sean lives by lists. They're scattered across his desk and his computer desktop. Sadly, he says, they're never completed and he needs a list to organize his lists to know what he should be doing. Still, he couldn't do his job without keeping those lists.

We find lists appealing. They're a great way to package material. We can create classification systems when we categorize items by lists. When we stumble across new material our brain immediately try to make sense of it.

Journalists use lists all the time. The 'five best places to hike' or 'Seven lunches your kids will love' or 'Three reasons why you should make a list.'

Let's start with our headline...three reasons why you should make a list.

Lists organize information.

Lists help us remember stuff

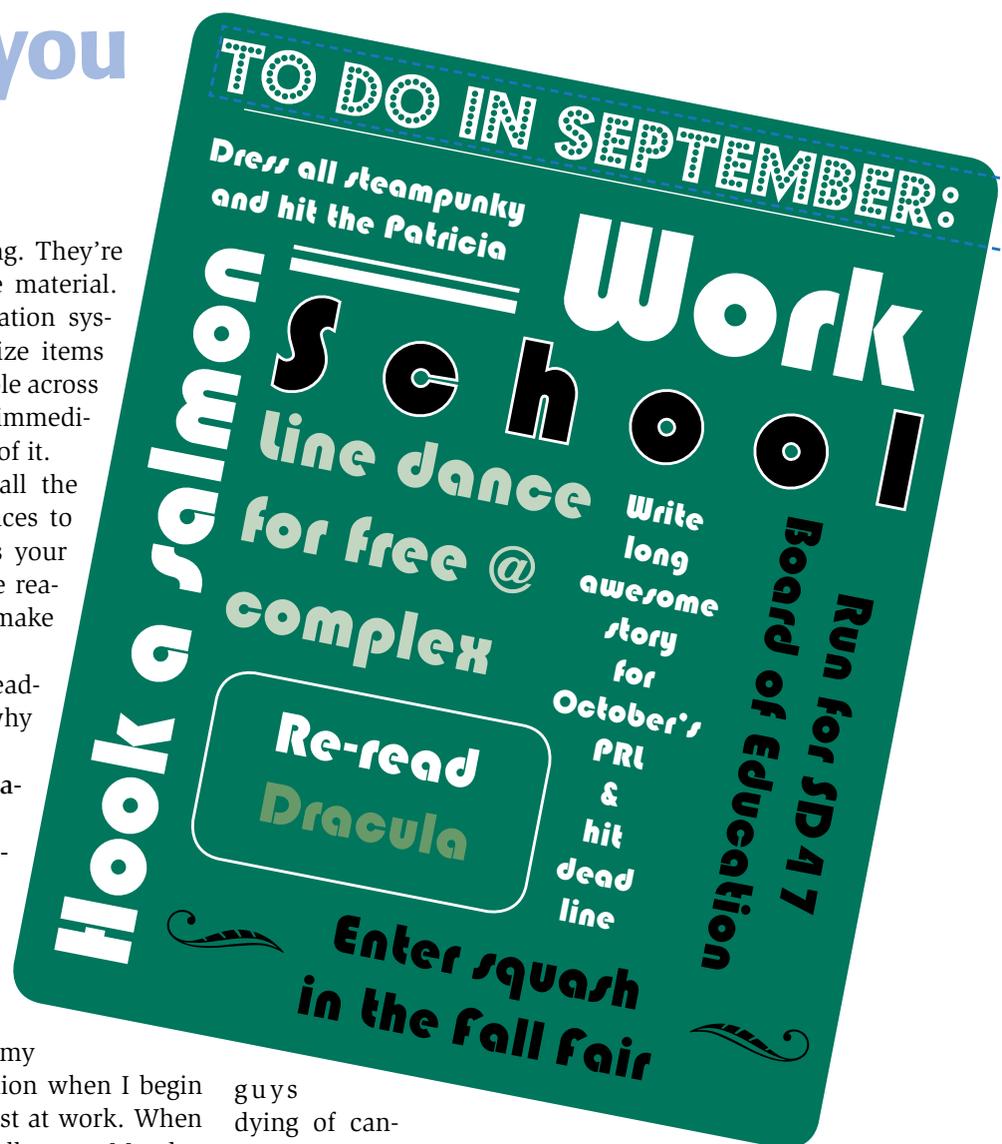
Lists can tell a story Not only do they help me make sense of my world, but they actually help me plan my

day. I get great satisfaction when I begin checking off my to do list at work. When I first look at it, especially on a Monday morning, it can seem overwhelming. I sometimes feel stressed when I first look at everything I have to do but when I begin crossing items off the list, I feel a sense of relief!

You often hear people talk about their bucket list. Remember that movie called *The Bucket List* with Jack Nicholson and Morgan Freeman? It was about these two

guys dying of cancer who wanted to complete everything on their to do list before they died. I think we all have bucket lists but some people are better at living their life and doing the things that are important to them before its too late.

Live your life. Live your list but as you cross things off your list, keep adding to it as you discover more to do and more people to love. [PRL](#)



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SNACK TIME: Purple martins at Myrtle Rock enjoy a dragonfly, atop one of the boxes built by the Malaspina Naturalist Club

Banding purple martins

People driving past Myrtle Rocks may have noticed strange boxes and wire contraptions on the offshore pilings. Those are nest boxes for a bird species that nearly became extinct in British Columbia. But they didn't because volunteers rolled up their sleeves and went to work.

The bird in question is the Western Purple Martin, which differs in important ways from the more common and abundant eastern variety. In 1985 there were fewer than a dozen

breeding pairs in the entire province. Last year there were over 980 breeding pairs.

To learn more about how this happened visit www.saveourmartins.org

The boxes at Myrtle Rocks were constructed and are being maintained by members of the Malaspina Naturalist Club (www.malanat.ca). Banding of nestlings has be-

What's up POWELL RIVER

come an annual club event, a place and time with which to blend science, conservation, education, and community-building.

Watching a small child hold a fledgling bird and take ownership of that moment is a joy to see. Seeing local companies and individuals support such a project (thank you Lois Lake Lumber, Rona, Relay Rentals,

and Canadian Tire) is one more reason why Powell River is a great place to live.

Terry Fox Run

It's time once again for the annual Terry Fox Run on Sunday, September 14.

Registration begins at 8:30 am at the lower level of the Powell River Recreation Complex. And the run begins at 10 am.

There's a variety of distances to choose from and participants are encouraged to ride bikes, bring strollers and rollerblades or come in their wheelchairs. Dogs on leashes

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604 485-4112



NO CHUBBY PUPPY: Catalyst senior analyst Stephen Gould finishes the 120 kilometre Fat Dog 120 at Manning Park.



14 AND AWESOME: Isaac Peitz spent his summer holiday building an arbour at the Community Resource Centre.

are welcome.

This is truly a family friendly event with 10 kilometre and 3.5 kilometre routes.

A pancake breakfast will be provided by SaveOnFoods after the run for participants and volunteers.

For more information please call Ted or Jan Rodonets at 604 485-9238 or Barry or Brenda Butula at 604 485-4325.

Gould goes the distance

Congratulations Stephen Gould! Finished the Fat Dog 120 Mile Endurance Race in 38 hours, coming in 34th in mid August. Here's Steve on a 28-mile training run last year.

On Facebook fellow runner Joseph Mclean posted: "Imagine running for 38 hours straight. My running cap is off to you sir."

The Fat Dog 120 is a challenging trail race between Keremeos and Manning Park. This race is considered to be one of the toughest ultras in the world by Outside Online Magazine.

"My goal was to enjoy every moment of this truly unique endurance experience and finish in 40 hours," said Stephen.

Five years ago, Stephen did his first Marathon Shuffle. "I could barely walk for four days, but five years later it's business as usual after my 120 mile ultramarathon."

Stephen believes everyone is capable of going further when they believe in themselves.

"Approach your challenges on your own time line, with an individualized plan. Ignore the mass media hype sponsored by monetary driven organizations- seek out what is significant and real to you! Set your goals and approach them on your own terms. Listen to your body, enjoy your time running with friends, learn from everyone and keep it simple, real, and meaningful."

Teen makes gardener happy!

The best part about volunteering at the Community Resource Centre this summer and building an arbour was mak-

ing someone happy, says the 14-year-old boy who built it.

Isaac Peitz spent four days working on a grape arbour in the demonstration garden at the centre this summer. Volunteer Hana-Louise Braun had been asking a long time if someone could build a structure for the grapes to grow up so they wouldn't be trailing over the ground.

Isaac was looking for a proj-

ect and this seemed like the perfect fit. Working with summer student Garrett Townsend and repurposed wood, Isaac completed this fun project by mid August.

"I liked getting to know everyone better," said Isaac. "But the best part was Hana's reaction. It made me happy that I helped build it when I saw her jumping up and down, laughing and clapping her hands." **PR**

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FIELD TRIP

Powell River's top 10 non-school educational opportunities for Fall 2014:

It's late August, and the office staff at PRL are sitting on deadline. All three of us have kids in Powell River's public schools: two at Brooks, two at Edgehill, and two at Thomson. At this point, we – along with most BC parents – are eagerly awaiting an announcement. Will school start on time, or won't it?

The consensus seems to be, "No way. That's not happening." Even with mediator Vince Ready playing the role of Miracle Max, hopes have withered.

So with a BCTF / BCPSEA media blackout, what's a team of journos to do?

As Isabelle's column suggests (Page 33), we made a list. Even if schools are humming along come September 2, public education does not preclude a little family bonding.



THE HORROR: Myrtle Rocks offers up the usual fare of beautiful, inspiring nature (see limpets,) and also the kind of raw nature that'll make your kids' inner scientists go: "whoop!" (see rotting seal skeleton).

1. Myrtle Rocks

Also known as "Powell River's free and non-problematic answer to the Vancouver Aquarium." Kids can't help but learn stuff at Myrtle Rocks, particularly at low tide. Poke around the cracks or turn over rocks to find a plethora of sea worms, anemones, fish and crabs. Take the opportunity to teach the kids about vertebrates and invertebrates, exoskeletons and tides. On a recent trip to the beach there, we found a decomposing seal carcass. Wonderful, if smelly, learning opportunities!

2. Hut to Hut Hiking

An overnight trip along the Sunshine Coast Trail will not only fill that physical education requirement, but also offers the chance to teach about map-reading, botany, volunteers, sharing and community building.

3. Texada Museum

Explore a little history at the surprisingly robust Texada Museum. Your kids will learn about about geology, and, if nothing else, why being an early 20th century miner really sucked.

4. Powell River Museum / Forestry Museum

It's about time you visited the museum here, and your kids will love it! Powell River's two museums are a treasure trove of local history, of course, but you can also use the artifacts to teach lessons about the World Wars, the evolution of chainsaws, and the way, way better food packaging from back in the day.

5. Fall Fair

How can you justify letting your kid spend the entire first half of September spread-

Zane *greatest hits from the 60's, 70's & 80's*

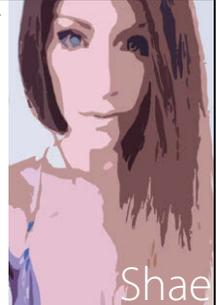


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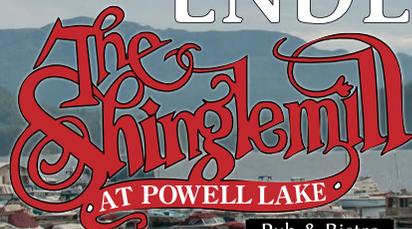
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UNGRATEFUL KIDS?: No problem. Take them to the local museums to find out how good we've got it in 2014: laundry (above) is easier; school is far less strict; and chainsaws are way lighter.

ing Lego around your living room? Because they're entering it in the Fall Fair, of course. And they'll want to see their prize-winning entry on display, so you get to take them to the event September 20 and 21. We predict learning about small markets versus multinational corporations. Or at least kids hopped up on candy apples proudly wearing blue ribbons.

6. Hockey night in Powell River

If you're not strapping on skates yourself, expose your kids to some good ol' Canadian culture with a trip to a Kings game. If you're a regular, this is a no-brainer. However, if you'd rather spend your night at the library, are your kids going to grow up as true Canadians if you've never taken them to a hockey game?

7. Visit the library

Call us crazy, but apparently you can learn stuff there. Your kids probably can, too. Also, see #6 above. If you're a hockey season's pass holder, but haven't taken your kids to the library in the past year, isn't it about time?

8. Volunteer

Teach your kids about volunteering, fundraising and community by taking them out to a charity event. Paws for a Cause, the Terry Fox Run, United Way Family Fun Day are among September's volunteer opportunities.

9. Cinematheque series

For generations of kids raised on Hannah Montana and Transformers, exposure to a little high-brown cinema may open their minds. Just watch those parental rating. Most of them are PG, but not all these movies are for the primary classes.

10. Hunt and gather

September is chantrelle season, salmon season, salal season, venison season, oyster season... well, you get the idea. Take your kiddies into the wild and fill your deep-freeze. Everyone wins. **PR**

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Sept
5 & 6

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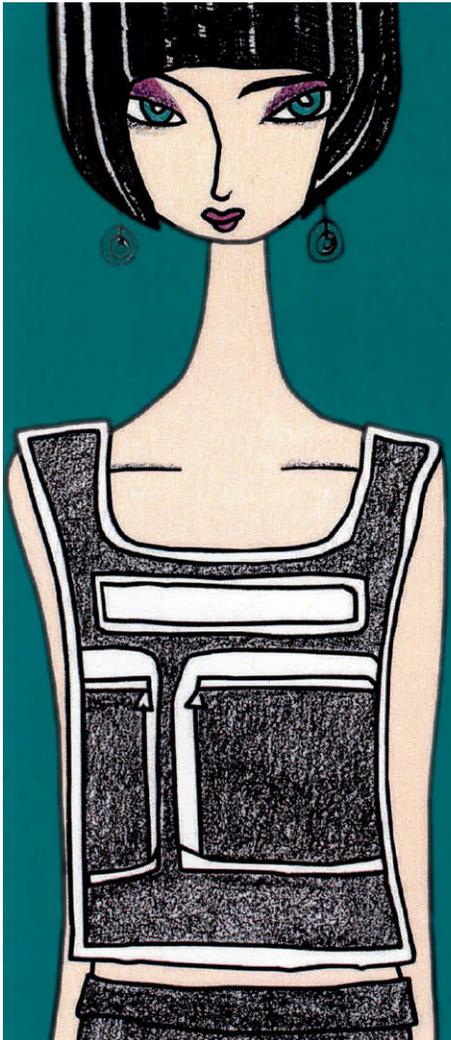
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Welcome Back!

Invest in your future by joining Toastmasters this fall. Watch your self-confidence soar as you master the art of public speaking and improve your leadership skills. Meet new people and have fun while you learn.

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A trip down memory lane

Powell River isn't the same as it used to be. Roads have been punched through, trails have become roads, and bridges and ferries connect us.

These photos from the Powell River Historical Museum give you a glimpse into Powell River's past and what our community used to look like many years ago. Some places have changed while others, not so much.

Pacific Salmon Foundation
10th Annual Powell River
GALA DINNER & AUCTION
Saturday, October 25, 2014
Dwight Hall, Powell River

The dinner will be catered by Executive Chef, David Bowes. For our 10th Annual Dinner, we are featuring **Northern Divine** caviar and **Totem Sea Farm** sablefish. Enjoy an incredible seafood appetizer bar and delicious buffet dinner. Live auction items include exciting trips, fishing adventures, original artwork and jewellery.

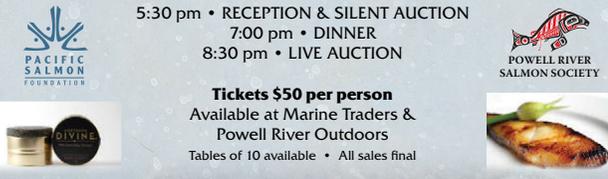
5:30 pm • RECEPTION & SILENT AUCTION
7:00 pm • DINNER
8:30 pm • LIVE AUCTION

Tickets \$50 per person
Available at Marine Traders & Powell River Outdoors
Tables of 10 available • All sales final

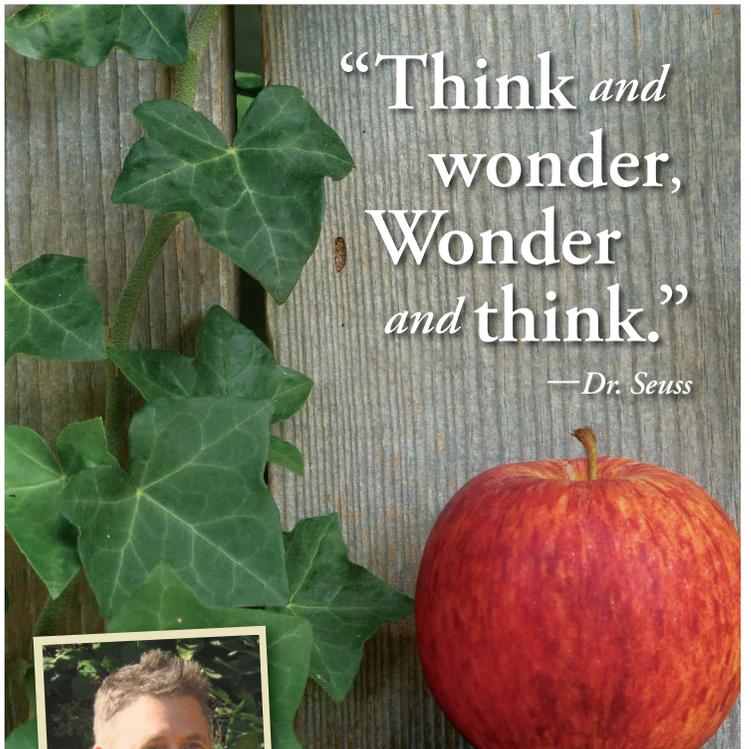
Net proceeds will be directed to salmon conservation and restoration activities in the local area.

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*"Think and wonder,
Wonder
and think."*
—Dr. Seuss

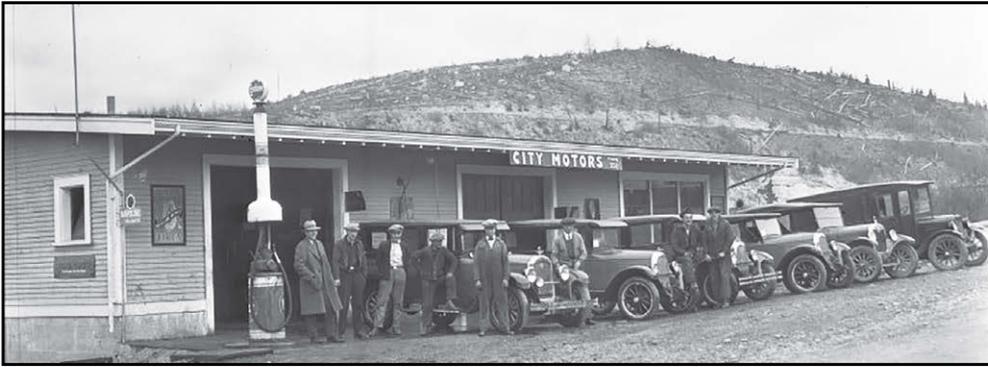


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LEFT PAGE: Wildwood Bridge, 1927. Inset: The bus to Wildwood, circa the 1950s.

THIS PAGE BOTTOM: Saltery Bay ferry opened August 21, 1954 – 60 years ago this year.

LEFT: City Motors gas station and garage circa the 1920s.



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Fête du Saumon

Salmon Celebration

5th Annual Salmon Festival

Club Bon Accueil ~ Saturday September 27th

Dinner tickets: member \$32, non member \$36, children 12 and under \$10, and under 5, free.
Music by Jim Baron. Supper by Dave Bowes.

Inside & outside activities
noon to 11:30 pm
Dinner 6 pm

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September 2 to 5
Academy of Music
Registration week at Academy.
powellriveracademy.org.

September 3
Sliammon FN
All-Candidates Meeting
Come out for speeches, and get to know your candidates for Chief and Council. 5 to 7 pm, Sliammon Salish Centre, 4885 Highway 101.

September 5&6
Villa Reunion

September 5 & 6
Aurora Festival
Aurora, the 2nd annual innovative arts festival opens up heritage spaces in the historic district of Townsite for live music and visual performances, street projections, a 3D laser installation, food vendors and more.

September 7
Fundraiser for BCSPCA
Paws for a Cause event. Registration at noon. Walk at 1-3. Followed by food from local vendors. Info: Brandy Craig 604-485-9252.

September 7
Community Choir
The One Voices Choir fall session opening night - Come and sing your heart out! You can also join September 10 and beyond... 7-8:30pm, Cranberry Hall. singitpowellriver@gmail.com; 414-6808

September 5th & 6th
Aurora Festival
Step into multiple dimensions with this year's Aurora Festival. Art in all its forms is on display from Steampunk Fashions to street theatre and light and music. Live in the Townsite. 8 to 11 pm. aurorafestival.ca/

September 6
Kids swap & shop
At the recreation complex, 9 to noon.

Powell River Living COMMUNITY Calendar

September 6
Kiwanis Giant Book & Misc Item Sale
10 am - 1 pm at Kiwanis annex

September 7
BCSPCA Paws for a Cause
Raise pledges for the Powell River BCSPCA, or simply register and walk your dog at our annual fundraising event. There will be activities, food vendors, a Silent Auction, and great prizes awarded to the top pledge collectors. \$15 per person to register, or \$30 per family (up to 4). Noon til 3.

September 8 to 12
Free fitness week
At the recreation complex.

September 9 & 11
Auditions! Panto at the OK Corral

Wanted: Actors for the play "Panto at the OK Corral" by Jim Sperinck to be performed January 2015! 7-9 pm at Foursquare Gospel Church Hall theatrenowpowellriver.ca

September 10
Storytime starts again
Join Deb Zagwyn for a new season of stories, action rhymes, fingerplays, singalong songs and puppetry. Storytime is returning to its usual place and time at the Library. 10:30 am.

September 10 & 11
Patricia Theatre
Cinematheque series:
7:00 pm nightly & 1:30 Thursday Matinee CHEF

September 11
Facebook workshop
Want to learn more about Facebook? Bring your laptop, tablet or smart phone (if you have one). 7 pm at the Library. To register, email Mark at mmerlino@powellriverlibrary.ca or call 604-485-8664.

September 13
Campfire Sessions
A night of fast-paced, thought-provoking talks all about food by local experts in your community! 7 pm at Cranberry Community Hall, brought to you by the Library. Contact Katie for more information 604-485-8668.

September 13 & 14
IPAP Annual PAINT OUT
The 11th annual event Paint Texada. Artists are expected from the Sunshine Coast, Vancouver Island and the Lower Mainland, to converge on Shelter Point all day to paint outdoors. On September 14th, the public will be invited to a Pancake Breakfast and art exhibition showing the previous day's creations. texada.org

September 13
Sliammon FN Election
Voting for Chief and Council takes place at the Sliammon Salish Centre, 4885 Highway 101.

September 14
33rd Annual Terry Fox Run
Registration opens at 8:30. Run/Walk starts at 10:00 sharp at the Recreation Complex.

Born to run?
Civic elections are coming up November 15, but the excitement starts now.
Nominations for Powell River City Council, Mayor and SD47 Board of Education will be accepted by Chief Returning Officer Marie Claxton at City Hall September 30 to October 10.
The Powell River Regional District is also holding elections for its five directors -- one from each electoral area. Nominations are accepted at the same times, but at the PRRD office.
Sliammon elections are on September 13.

September 15
Doctoral presentation
Jennifer Salisbury's Doctoral presentation on overall results on her Powell River retiree research. 7pm at Evergreen Theatre.

September 16
United Way fun day
Powell River & District United Way hosts the Campaign Kick-off Family Fun Day. Food, live entertainment, activities, bouncy castle and more. 12-4pm at Willingdon Beach. \$5 5K Fun Run/Walk (free if you wear red). Starts at 2pm; register by 1:30 in person or online at unitedwayof-powellriver.ca.

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September 16

Integrated Community Plan

Learn about the Sustainability Plan at this community open house. 5 to 7 pm, Dwight Hall. For more information, contact Thomas Knight, Planning Manager for the City of Powell River 604.414.8813

September 17 & 18

Patricia Theatre Cinematheque series:

7:00 pm nightly & 1:30 Thursday Matinee THE IMMIGRANT

September 18

Mentorship presentation

Jennifer Salisbury's Doctoral special presentation on worldwide study results on mentorship & Powell River recommendations. Noon at the Town Centre Hotel.

September 19

Public skating starts

At the recreation complex.

September 20 Hockey!

Powell River Kings first home game versus Chilliwack 7 pm

September 20 & 21 Fall Fair

Powell River and District Agricultural Council's annual event at the exhibition park. See details and categories online: agripr.com.

September 20

Fall Fair Storytime

Come enjoy a harvest of stories, reap rhymes and savour songs, with the help of a barnyard puppet or two. **See Haw!** On the Orca Bus from 1:30 to 3:30 pm.

September 22

Marketing to Volunteers

Jennifer Salisbury's Doctoral special presentation on worldwide study results on marketing to volunteers, and Powell River recommendations. Noon at the Town Centre Hotel.

September 23

Family skate

Meet the Kings 7 to 8 pm at the complex

September 24

Business workshop

In partnership with Community Futures, the Library is hosting this information session for both aspiring and established business people. To register or for more information email Mark at mmerlino@powellriverlibrary.ca or call 604-485-8664.

September 24 & 25

Patricia Theatre Cinematheque series:

7:00 pm nightly & 1:30 Thursday Matinee JERSEY BOYS

September 27 & 28

Annual Salmon Festival at the French Club

Enjoy activities for the whole family: pumpkin carving, treasure hunt, traditional salmon BBQ, giant Tee Pee erection, enter contests, and sample traditional food at our little canteen. Admission is free for outside activi-

ties. Supper by David Bowes from the Laughing Oyster and live music in the evening. Reservation required for the supper. Sunday brunch and various workshops during the week. clubbonaccueil.com

September 28

Powell River Food Swap:

Third annual event where gardeners, canners, dehydrators, and other foodies can trade goods for a much more exciting home pantry! Cranberry Community Hall, 2 pm.

October 1 & 2

Patricia Theatre Cinematheque series:

7:00 pm nightly & 1:30 Thursday Matinee THE GRAND SEDUCTION.

October 2

This is a Groundswell

Screening of film about community building by Claudia Media, Zoe Ludski and Emily Wadden at Community Living Place at 6:30 pm.

October 2

PRACL 60th anniversary

Celebration of 60 years of providing services and supports to individuals with diversabilities (intellectual challenges). Awards Honouring long term members, clients and staff, Prizes, Photos, Refreshments and Celebration. Everyone Welcome to join the Festivities: www.inclusionpr.ca 



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Fee: \$100	Full gear and stick
Full gear and stick	Ages: 6 to 8
4:45pm - 5:30pm	(Novice players)
	Ages: 9 to 12
	(Atom & Peewee)
	3:45 - 4:30pm
	4:30 - 5:15pm

CanSkate - Learn to Skate	Skating Skills for Hockey
Dates: September 22 - December 9	Dates: September 23 - December 9
Mondays and/or Thursdays 6:00pm - 6:45pm	Tuesdays 3:45pm - 4:30pm
Fee: One day per week \$160 + \$45 membership	Fee: \$160 + \$45 membership
Two days per week \$205 + \$45 membership	Ages: 5 & Up
Ages: 3 & Up	

Register for Skate Canada Camps & Lessons

Register at: Lower Level of Recreation Complex
 Registration dates: Saturday, Sept 6, 1-3 pm
 Saturday, Sept 20, 1-3 pm
 For more info: Nicole 604-487-0418 rumleysk8@shaw.ca

CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. Lessons are given in a group format and led by an NCCP certified professional coach.
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www.PowellRiverArtsCouncil.com
 or may be picked up at the Patricia Theatre.

APPLICATION DEADLINE
Tuesday, 30 September 2014 4:30 pm

GRANT AWARDS
will be announced by Friday, 31 October 2014

For more information, please email
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 info@powellriverartscouncil.com
 www.powellriverartscouncil.com

VIU principal retires

More students, more successes, more accessible: Arlette Raaen's legacy

A small white storefront on Marine Avenue housed night classes in 1974 when Powell River's first college took over continuing education classes from the school district forty years ago. By 1980, Malaspina College offered university credit courses, adult basic education and upgrading, vocational courses, and community education courses and by 1983, the campus and its growing student body moved to the former Gordon Park Elementary School where it remains today.

Malaspina morphed into a degree-granting institution in 1989 when it became Malaspina University College and gained university status in 2008 when it became Vancouver Island University (VIU).

Arlette Raaen began working for the institution in 1993. In 1997, she became the campus principal, taking over from Bob Butkus.

"Bob and all the people who worked with him played a key role in getting the campus to where it was when I took over," says Arlette. "They left a legacy for us to build on."

The most important way VIU contributes is by developing the skill base of the people in the community so they can have jobs that support families. This means Powell River has a labour force that attracts companies that will bring jobs here.

"Development of our human resource potential is a key element of what we do – it's probably our main mandate," she says.

VIU Powell River, a regional campus, attracts people to Powell River for education through its international education program, online learning, video conferencing and niche programs.

"All this extends our reach to a broader population and brings tuition dollars to Powell River," says Arlette.

Important partnerships with School District 47 created the dual credit programs and joint facility agreements.

When the school district brought in Grade 12 students that strengthened the programs already in place despite a declining youth population. "This partnership helped sustain trades programs," she says.

"Having this campus in Powell River makes postsecondary education more attainable and affordable. The School District pays as much as \$4,000 towards tuition. Add in the fact that students don't have to move away, and they're saving \$10,000 to \$15,000."

The cooperation between SD47 and VIU



STILL LEADING: VIU principal Arlette Raaen shakes the hand of Sino-Bright student Sam Cheng. Though she is officially retiring, Arlette's final project is still to come: supporting the new Tla'amin & VIU Aboriginal Education plan.

includes more than just trades. "To grow our international program we established an ESL program and our partnership with School District 47 has now expanded to include international students," says Arlette.

As VIU expands academics, different university programs will be available. "The size of the population base in Powell River creates a challenge in offering a vibrant university program so we need to bring students in from other places. If we can keep Grade 12 students here one more year to start their university studies at VIU it will build our

enrolments and that will let us offer a broader range of courses."

Because the Powell River campus is part of a university rather than a community college, VIU Powell River benefits from being part of an institution that does research, offers graduate degrees and Masters programs and has access to all the expertise of a faculty that teaches those programs.

"And that," says Arlette, "goes far beyond what a community college can offer."

Improvements in the transition rate of students going from secondary into post-secondary education, is another bright spot.

The Ministry of Education's statistics on student transition rates show an increase in immediate entry from Grade 12 students in Powell River to VIU.

"Over five years we went from 11 per cent to 21 per cent," says Arlette.

The adult basic education program is an important part of VIU's offerings. "Every year there are adults who come to the campus to complete their Grade 12 or take prerequisites for programs they want to get into. We offer continuous intake for the day and evening programs from the literacy level through to advanced coursework at the Grade 12 level."

The health care assistant program has been running for many years and because the employment opportunities are strong it usually has a wait list.

VIU's partnership with Inclusion Powell River made it possible to develop the human services programs, including the first academic niche program – the School and Community Support Worker Certificate program. This led to the new Diploma in Disability Studies.

Arlette begins phased-in retirement this month. She will work on Aboriginal Education to help with the implementation of the Tla'amin & VIU Aboriginal Education plan that was developed last year. "I will be focusing on the conclusion of the treaty process for Tla'amin First Nation to help build the skill base for self governance and for economic development.

VIU is an integral and valued part of the community. "We are not just a satellite campus that receives funding to meet the needs of the community. We are a campus that contributes to the university by having students complete degrees at VIU. We contribute to the whole university by specializing in certain areas where we have a real richness of depth and expertise." 



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There are actually eleven differences! Did you find them all?
 1. Gate is open. 2. Gable of second house is black. 3. Basket on lawn gone. 4. Second lilac near hedge. 5. Chimney gone on second house. 6. Window gone on main house right wall. 7. Window closed on third house. 8. Different number of windows in garage door. 9. Number of windows on main house. 10. Gnome dress different colour. 11. Valerie Griffiths's sold sign.



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