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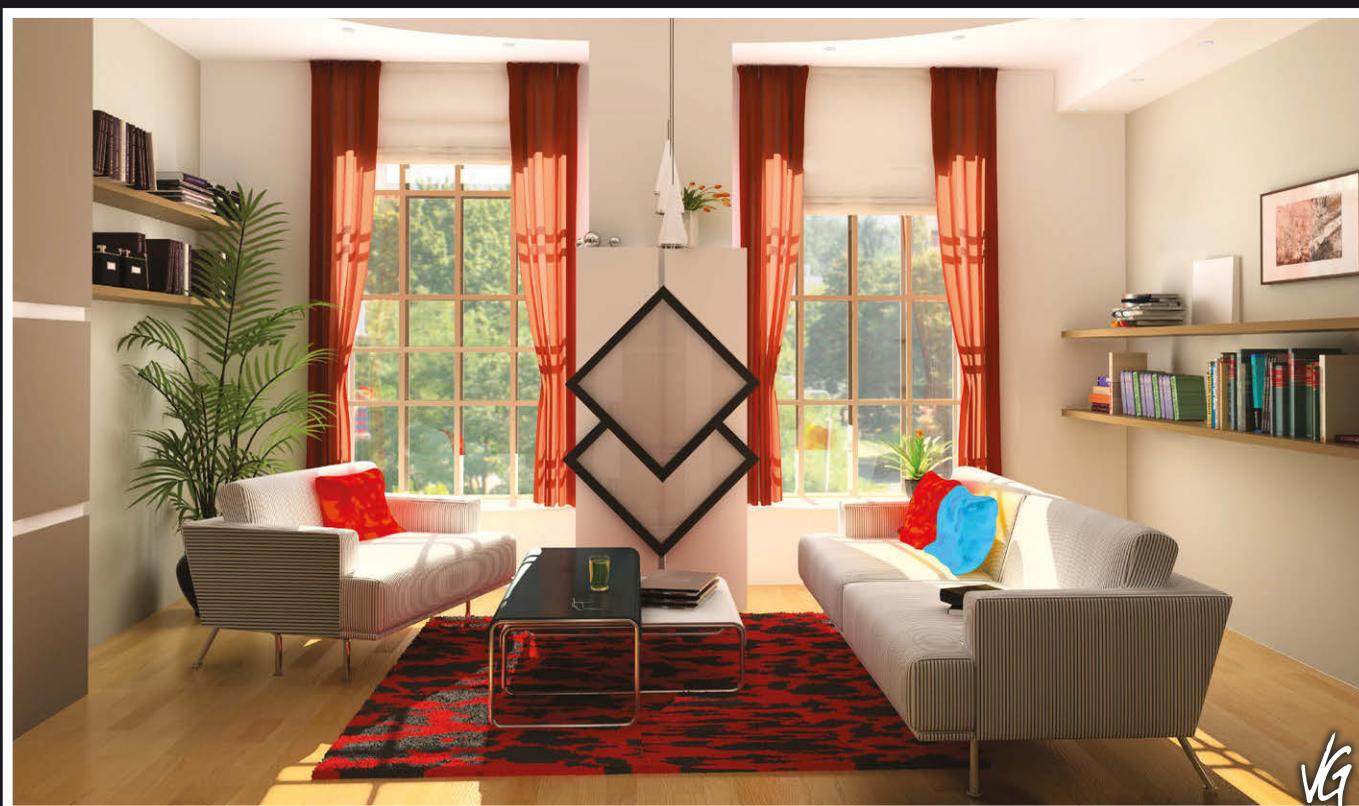
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There are actually 12, but some of them are really difficult, so you get one freebie! 1. Couch on left has extra leg. 2. Light beams on floor missing. 3. Drink missing from table. 4. Panels on left wall. 5. Left window has more panes. 6. Pillow is blue, not yellow. 7. Second decorative frame in middle. 8. Picture frame on right wall missing. 9. More books on bottom shelf. 10. Stripes on left couch horizontal. 11. Plant is taller. 12. Blind lowered on right window.



11 things you can do for your home in October

- 1. Call a heating specialist to tune up your system.
- 2. Reapply caulking/ weather stripping if needed.
- 3. Over-seed or patch your lawn.
- 4. Trim your shrubs.
- 5. Clean your dryer vent.
- 6. Clean your gutters.
- 7. Drain your sprinkler system at month's end.
- 8. Replace water filters.
- 9. Do a visual inspection of roof and call roofer if you see anything amiss.
- 10. A fresh coat of interior paint does wonders.
- 11. If you are thinking of selling, call me to view your home and offer suggestions to improve its value and saleability.

Valerie

The PRRD, Sliammon First Nation & the City of Powell River want to hear from you! Please join October's

RECREATION CONVERSATION

What is this?

The Expanded Regional Recreation Initiative Study.

What's it about?

The PRRD, Sliammon First Nation and the City of Powell River are exploring models of working together to provide facilities and programs. This consultation and study builds on the 2014 Regional Recreation Initiative Study conducted by the Powell River Regional District (PRRD). This larger study will also be used as a guide to plan parks, recreation and culture services for the next ten years.

You want to hear from me?

We're hoping you'll tell us what's already working for you, what needs to be changed, and your ideas for improving recreation in the region. With your assistance we can plan for the future. Please take this opportunity to be heard. We want and need to hear from you.

The nitty-gritty

This month, we're hosting more meetings throughout the community. There is no cost to participate. The meetings are an opportunity to provide important input into how parks, recreation and culture programs, services and facilities will operate in future. All are welcome.



Tla'amin First Nation
SLIAMMON FIRST NATION



POWELL RIVER REGIONAL DISTRICT

We need your input!

Attend a public recreation conversation meeting for City and Regional District residents. All are welcome.

October 8th

7:00 pm Wildwood Ratepayers Association Meeting at James Thompson School

October 13th

7:00 pm Cranberry Ratepayers Association Elm Room of the Recreation Complex

October 21st

7:00 pm Powell River Regional District Area C Kelly Creek Community School

October 22nd

7:00 pm Powell River Regional District Area A in Lund at the Boardwalk Restaurant

October 24th

1:00 pm Powell River Regional District Area D Texada Arts, Culture & Tourism Centre

October 26th

7:00 pm Powell River Regional District Area B at the Therapeutic Riding Meeting Room, Paradise Exhibition Grounds

October 29th

7:00 pm City of Powell River Cedar Room of the Recreation Complex

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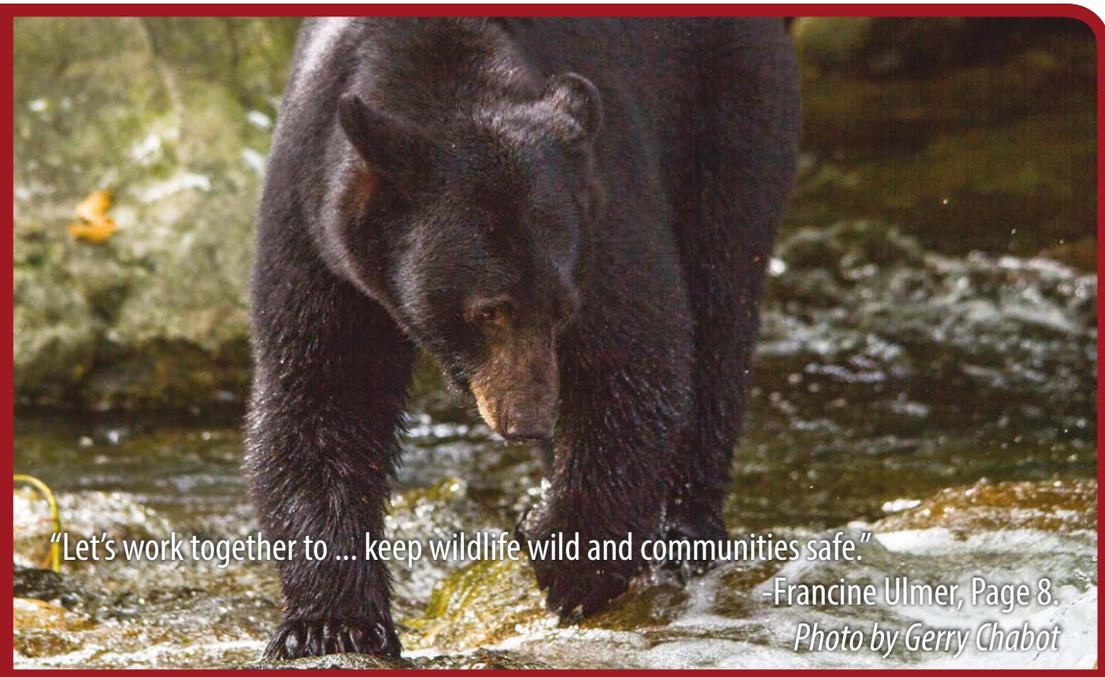
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"Let's work together to ... keep wildlife wild and communities safe."

-Francine Ulmer, Page 8.

Photo by Gerry Chabot

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ON THE COVER

An unusually dry summer has hordes of bears descending on Powell River in search of fruits, nuts and garbage, as well as splashing through streams, like this bear feasting on salmon in Lang Creek.

Photo by
Sean Percy



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What was your best ever Halloween costume?



"When I was 10, Dad saved the day by wrapping me in some heavy red paper, placed a thick white rope out of the top, and painted TNT in big letters. I've never seen anyone dressed as a stick of dynamite before or since."

PAUL CUMMINGS is the International Choral Kathaumixw's Artistic Director. He grew up singing in the Academy choirs. He loves to tour his teenage ensembles abroad, and he's passionate about bringing the choral world to our town. Paul teaches vocal and instrumental music at Brooks Secondary School and the Powell River Academy of Music.



"I probably did go out for Halloween about 65 - 68 years ago, but I couldn't begin to guess what I wore for a costume."

JUDY FREDERICK is a retired executive secretary. Due to her father, and later her husband, holding positions where we were transferred across Canada, she has moved over 20 times! Her final move was to Powell River in 2007 and she loves it.



"A seventies hippy chick! I have naturally curly hair that responds well to crazy big hairstyles."

FRANCINE ULMER is Powell River's WildSafeBC coordinator for the British Columbia Conservation Foundation. Locally, the program is sponsored by the Regional District. Through education, innovation, and cooperation WildSafeBC works to reduce human-wildlife conflict in all aspects of our lives including how we live, work, play, and grow.



"The year I went to a country dance dressed up as Count Dracula with big ugly false teeth!"

GERRY CHABOT is an amateur photographer who loves taking photographs of landscapes, seascapes and wildlife. He is a member of the Malsapina Camera Club. Gerry moved to Powell River six years ago from Montreal. He was in the army, worked for CN Railway and was a sales manager.



"A Freudian slip."

CLAUDIA MEDINA is a mom, filmmaker and generally curious person who thinks we all need more community celebrations in our lives.



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PUBLISHER'S MESSAGE

Invest in your employees, invest in voting

My 18-year-old son is excited about being able to vote for the very first time in the upcoming federal election. For weeks, he's been reading on the candidates and talking about their platforms and the issues with his friends. I've had some good conversations with Matthew about the election, his concerns for the future of this country and who he will likely vote for. His best friend voted in an advance poll before heading off to UVic last month.

When I told my son I was proud that he was going to vote he looked surprised. "Of course I'm going to vote Mom," he said. "Not voting is inexcusable." Before I could say another word he continued by saying, "No snowflake in an avalanche ever feels responsible."

Moments like these are turning points. This election will be the first time that my son has been old enough to vote and vote he will. I am proud that he feels the way he does about voting but not everyone does. According to statistics, the highest federal voter turnouts were in 1958,

1962, and 1963, all over 79%. The lowest voter turnout was 58.8 % in 2008.

To learn more about the candidates running in the upcoming federal election on October 19, go to page 16 & 17. To hear them speak in Powell River, be sure to attend the all candidates debate put on by the Powell River Chamber of Commerce on October 5 at the Evergreen Theatre.

Although the election seems to dominate life this month, it isn't the only thing happening in Powell River. Bears seem to dominate most coffee conversations these days. See Francine Wilmen's story on Page 7 for help in reducing human-bear conflicts.

It's also Small Business Week October 18 to 24. There are over a million small businesses in Canada. They make up 98.2 per cent of employer businesses. Small businesses are both the backbone and the heart and soul of Powell River's economy. I've spent the last 25 years working for and owning a small business. During that time I've come to realize

that employees are a small business' most important asset. Think about it. Your sales people, receptionist and cashiers are the face of your business. Customers might never meet the manager or CEO, but they will deal with front line staff regularly. Investing in your staff is, in my mind, a business owner's best investment.

Small businesses often operate on a very tight margin and can't afford to pay the same wages as large businesses – but they can offer flex time, employee discounts, and bonuses.

Yes, small business is the backbone of the local economy, and employees are the backbone of small business, which is why investing in your employees is one of the smartest moves a business owner can make.

ISABELLE SOUTHCOTT | isabelle@prliving.ca

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HUNGRY? OH, DEAR: Sean and Isaac Percy set out each fall to stock their freezer with venison. Arguably, it's healthier and more ethical than industrially-farmed meat. However, Sean says, hunting is deeper and richer than that, too. *selfie by Sean Percy*

A wild

For humans, autumn on the edge of BC's Coastal forests means wildlife encounters both welcome and intimidating. Sometimes both. Whether hunting deer, fly-fishing

Food for thought. And the freezer.

SEAN PERCY | sean@prliving.ca

The little buck looked up, flicked his oversized ears, and stood broadside to us.

"Shoot it, Dad," came the insistent whisper.

It was an easy shot, but I hesitated.

"Are you sure? It's pretty small," I whispered back.

"Dad, shoot it!"

"It became a quiet biology lesson – neither of us talking much.... However, as I looked at his wide eyes, I could see he was taking death seriously."

– Sean Percy

Still, I hesitated. Was the boy ready for what would happen next? Walking around in the forest, deciphering tracks and droppings, and discussing animal habits was one thing. But killing, death, guts, and blood were something else. I love hunting. I don't like the killing and death part. How would he take it?

Having lost interest in the whispering bipeds, the deer walked off, up the slope and behind some trees.

The boy then had a hurried, intense, whispered, mostly one-sided conversation.

"This is what we came for, Dad."

He reasoned that we still had another tag if we saw a bigger deer later, but that so far this trip, that had been our only shot. He argued that it was big enough. Finally, he pointed out that Mom was going to be disappointed if we spent all that time away from home and there was

no meat for the freezer.

"Okay," I acquiesced. Kids are so much easier to handle when they're not perfectly reasonable, I thought, but didn't say. How did he get so old so soon?

By this time, the buck was above us and further away. We crouched down to get a clearer view through the branches, and it stepped into view.

"Shoot it, Dad."

It was a more difficult shot, but still well within my limited ability.

As the crack echoed off the mountainside, the buck tumbled down the slope and slid to a stop.

"Good shot, Dad."

As far as killing goes, it was as good as it gets. Quick.



"Now the work begins," I replied.

There were no complaints as I had him hold parts of the deer while we cut it open and removed the guts. It became a quiet biology lesson – neither of us talking much, except when I pointed out an organ, or asked him to pull a certain way, or he asked a question about the procedure.

However, as I looked at his wide eyes, I could see he was taking death seriously. As I had hoped.

With my hands covered in blood and both of us in warm entrails up to our elbows, I remembered an essay I had read years before. I caught his eye and paraphrased: "Son, this is serious business. If we ever forget that, we quit hunting, okay?"

"Yep."

His eyes told me more. He understood.

Hauling the backpack and rifle out from that forest was physically challenging for his small frame, but he made me proud as he lurched through brush. Staggering behind, carrying the deer, I wondered how long it would be before his younger, stronger body did the heavy lifting. Not soon enough. Too soon.

The next season, I was amazed at the difference. He packed his own rifle and backpack this time and it didn't seem to slow him down. He kept up with me on the trails without me slowing my pace; at least not on purpose. He was noticeably quieter as he moved through the bush. He spotted signs of wildlife that I had missed. He shot his first grouse, and cleaned it himself.

He, too, hesitated before pulling the trigger.

The day will come, all too soon, when he'll go hunting without me. Before then, he will learn much; some from me, even more from other, better hunters who occasionally accompany us.

But the most important part, he already knows.

er life

for salmon, or accidentally surprising a black bear, there's no mistaking it. We're on their turf. How we negotiate our shared habitat will reveal a lot about our species.



DOES THIS FISH MAKE ME LOOK FAT?: At this time of year, black bears need to eat at least 20,000 calories a day to pack on a thick layer of hibernation pudge. Which makes your garbage look extra tasty. *photo by Shannin Wagemans*

This is bear country

BY FRANCINE ULMER

Powell River is having one of the worst years in recent history for human-bear conflicts, with more bear complaints reported to the Conservation Officer Service than usual.

Scientists studying human-bear conflicts say that in years where wild food sources are poor due to environmental factors such as drought, the number of human-bear conflicts increase. "This is the worst year we have had in 10 years, especially in the last six weeks," said Powell River-Sunshine Coast Conservation Officer Sergeant Murray Smith. "It's related to the blackberry crop failure due to hot, dry weather."

His comments were made the same day a 51-year-old man was mauled by a bear while walking his dog. At 5:30 am September 24, the man was walking in the 4700 block of Redonda Avenue behind the Town Centre Mall when his dog came running back towards him with a bear in pursuit. The man picked up his dog but the bear knocked him over and then got on top of him. While defending himself, the man's arms were scratched and bitten by the bear but he managed to get away. Smith said the man was treated at the Powell River General Hospital for minor injuries before being released. The dog was fine. Wildlife is active at dawn and dusk and your chances of sighting a bear at this time are increased. Additionally, having a dog can increase your chances of

conflict with bears. A large number of black bear maulings are precipitated by dogs on or off leash.

The Conservation Officers destroyed a sow and two cubs in a swift response to protecting public safety. "We'd had multiple reports in the last two weeks from that specific area about a family unit of bears," said Smith. "They'd lost their fear of people and were breaking into buildings and damaging property." As fruit sources are drying up bears become more aggressive in their feeding and have been moving on to poultry, rabbits, and livestock. Property damage occurs when bears go after the animal feed as well as the animals. Extra vigilance and care should be taken by anyone undertaking animal husbandry. Bear proof enclosures should be considered in the design and installation of your animal husbandry facilities. Electric fences are a great line of defense against all predators including bear, raccoon, dog or cougar.

As bears prepare for denning season they need 20,000 calories a day. A human male needs 2,000 calories. "Bears are coming to town in search of alternate food sources and finding fruit and nuts," said Smith. If people secured all attractants on their property we would not be providing food rewards for the bears. Unfortunately, once a bear discovers a food source it will return. We don't want the bears to learn to associate humans with food rewards. Earlier this year, a bear broke into



BEAR XING: Bears, like some people, can't be depended on to use the zebra crossing. You've probably seen your share of bears, or bear evidence, in town this year. More are being destroyed by wildlife officers than ever before. *photo by Sean Percy*

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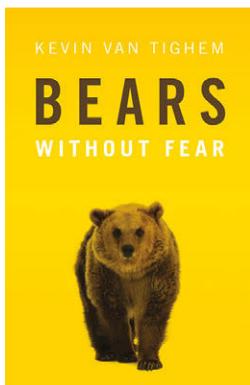
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Here are some ways you can make your property unattractive to bears.

- Store garbage inside until the morning of collection, DO NOT leave garbage out over night.
- Freeze smelly garbage until the day of collection, and store garbage in a secure location.
- Properly clean your recycling.
- Pick fruit early and allow it to ripen inside, harvest your nut trees.
- If you are unable to pick or use your fruit or nuts, contact a food collection group (such as the Skookum Gleaners) to harvest them for you. Don't allow wind-fall to accumulate; dispose of it properly.
- Contact the Let's Talk Trash Team to learn how to compost in bear country.
- Only use bird feeders during the bear denning period, typically from November to April.
- Burn off residue from your BBQ and clean the grease trap every time.
- Use electric fencing to protect your gardens and fruit trees, livestock, bees, chickens, garbage and compost systems.
- Talk to your neighbors and help them manage their wildlife attractants.
- Educate yourself and your family on bear behavior so you know what to do when you come into contact with these animals. Visit the WildSafe website at www.wildsafebc.com.

To report a human wildlife conflict, call the Conservation Officer Service's 24 hour toll-free call centre at 1-877-952-7277.



"The most dangerous thing about a bear is not its claws, teeth or disposition; it's how we react to it. When we behave as if they're tame pets, harmless clowns or dangerous killers, we create situations that lead to danger. We may survive those situations. The bears usually don't. Bears and humans can share our

increasingly crowded world safely. But for that to happen, we need to learn to respect bears for what they really are, and to see that the choices we make almost always affect bears and other wildlife."

Bears without Fear
(Rocky Mountain Books, 2013)
by Alberta-based biologist and author Kevin Van Tighem.

▶ multiple houses in Lund destroying property and seeking out human sources of food wherever he went. "He learned if he broke into houses he would find a reward," said Smith. That bear had to be destroyed. He went on to say that bears are dangerous and we can't afford to be nonchalant about them. "If you are not using or picking your fruit and nut trees cut them down," he advised. Another solution is to call Skookum Gleaners to have your fruit picked, and prune your trees to make them more manageable.

BC boasts one of the highest populations of black bears in the world, with numbers being somewhere between 120,000 and 150,000 animals. Most of BC is considered "bear country," including Powell River. Through public education, WildSafeBC teaches people to recognize that we share a common boundary with the wilderness so it stands to reason that there are going to be times when bears will be in our living space, just as we are often in theirs. As long as a bear is moving through our community, and not lingering or interacting with us, or our property, there is no conflict.

As of September 24, there had been 300 bear com-

plaints received in Powell River and 17 bears had been killed, with more anticipated to be destroyed before the end of the year. This is well over the average of 12 per year for Powell River. Destroying bears is a short-term solution. If we don't manage what attracted them into our community in the first place, bears will continue to come to the same fruit trees and the same houses. WildSafeBC strives to reduce human-wildlife conflict through education, cooperation, and innovation. Together with community partners, a WildSafeBC Community Coordinator works to address how we live, work, play, and grow with respect to wildlife.

We know that bear activity and conflict has increased in Powell River recently so let's work together to make our community unattractive to bears and keep wildlife wild and communities safe. Right now, fruit trees, nut trees, compost, garbage, poultry and livestock are the main attractants.

For help with your harvest contact Skookum Gleaners. Contact the Let's Talk Trash Team for tips on composting in bear country and tips on disposal of windfall fruit. [PRL](#)

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11th Annual Powell River

GALA DINNER & AUCTION

Saturday, 24 October 2015

Dwight Hall, Powell River

The dinner will be catered by Executive Chef, David Bowes starting with an incredible seafood appetizer bar including Totem Sea Farm sablefish and local prawns from Pebble Beach Prawns, followed by a delicious buffet dinner. Live auction items will include exciting trips, fishing adventures, original artwork and jewellery.



5:30 pm • Reception & Silent Auction

7:00 pm • Dinner

8:30 pm • Live Auction



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WALKING THE TALK: Fundraising, a rally, education, a cohesive movement, a goal and a plan to welcome five families. Good job, Powell River.

“This is who we are.” Refugees welcome.

BY ISABELLE SOUTHCOTT AND PIETA WOOLLEY

Five Syrian refugee families may be on their way to Powell River soon.

That’s the result of a quickly-formed movement concentrating the efforts of Powell River’s churches, progressive social activists, civic government, and individuals on social media – really, not such strange bedfellows.

A leadership meeting has been set for October 13.

That’s thanks in part to Amanda Ford (and many, many other people, she points out), a self-described stay-at-home mom of a 15-month-old daughter, Lily.

“As soon as I became a mom, I feel like every child is my own,” she said, describing her reaction to the photo of drowned toddler Alan Kurdi. “I would have been heartbroken if that had been my own daughter who drowned. We’re all human. We all deserve freedom and safety. If we can help our neighbours, that is our duty.”

Because she felt compelled to do something for the refugees, she created a page on Facebook called the Powell River Syrian Refugee Committee, and set up a fundraising account through MercyCorps. Soon, other groups and individuals who had been working separately found their centre pin, and the movement came together.

Already, there’s been action. St. David’s Anglican



SAFETY FIRST: Amanda Ford (left, and nee Klassen), says her Mennonite family escaped Russia in the late 19th century to Canada for peace, safety and religious freedom.

WANT TO HELP? • Donate funds through MercyCorps, Samaritans Purse, your church, or another agency. • Find out more about sponsoring a family through Citizenship and Immigration Canada • Ask your school to bring Amanda Ford in to teach kids about the crisis • Contact PR Immigrant Services and offer your assistance • Watch for more local opportunities after the October 13 meeting.

church unanimously passed a motion in September to sponsor a Syrian refugee family to come to Powell River. Both Assumption Catholic Church and Powell River United Church are actively discussing the possibility of doing the same (churches have a long history of sponsoring families through the Private Sponsorship of Refugees program. See Page 13 for a local example).

On October 4, Assumption will hold a special collection of money for refugees. Katie Alescio, Associate Pastor at Living Water Foursquare Church, is encouraging members of her congregation to donate to the Samaritan’s Purse, one of the outreach organizations helping Syrian refugees. And, on September 18, about 70 people came together for a rally at Marine and Alberni, flying a banner that stated, “Refugees Welcome.”

The grassroots movements have a strong ally at City Hall: Mayor Dave Formosa. Watching the news one night, Dave and his wife Laurie also felt inspired to do something for the now-4.5 million Syrian refugees, many of whom are flooding into Europe and are, in many places, not welcome. His friend, retired Baptist minister Roland Lewis, emailed with the same thought. Soon, they were collecting emails from locals eager to help. Next, they organized the October 13 meeting.

“We joined Mayors for Peace. This is who we are,” said the Mayor, whose own family emigrated from war-

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THE MORE THINGS CHANGE: Pictured left is Valletta, Malta, after heavy bombing in 1942. As the small Mediterranean island country was so strategically-located, it endured horrific fighting during the war. Pictured right is Azaz, Syria in 2012, after Syrian government planes dropped bombs on neighbourhoods, in a gruelling conflict that's escalated since 2011. Powell River Mayor Dave Formosa's family left Malta after WWII, and settled here, and thrived. He's helping to spearhead a movement to settle five Syrian families in Powell River.

ravaged Malta after WWII (see photo, above). "It's just great that the whole community is coming together on this issue."

That may be stretching things. On Amanda's Facebook page, and elsewhere online, critics are voicing concerns about inviting refugees here. Some note there are too few jobs in this community already; others are worried about safety; others have offered that Canada is ignoring the plight of our own homeless and impoverished seniors, problems that should be solved, they say, rather

than helping others first.

In response, Amanda reiterates why she's passionate about helping: everyone deserves safety, she argues. We can offer that. We can help alleviate the crisis through fundraising. Not doing anything for the refugees won't solve Canada's domestic issues.

In addition, one of BC's most prominent columnists has pushed for more a more varied response to the crisis than simply accepting refugees. In his September 23 *National Post* column "Stop the War. Everyone knows that's

what needs to be done," Terry Glavin writes in his usual ascerbic style that, "Pledges of aid to Syrian refugees have poured in from the boardrooms of Bay Street to the hipster bistros of East Vancouver, and this is all very uplifting. But with Syrian President Bashar al-Assad's air squadrons continuing their blitz of Syria's cities, hundreds of innocents slaughtered every week, seven-million people cowering in the rubble, four-million refugees and counting — Canadians cannot claim to be absolved of their solemn obligations...." He goes on to suggest that

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Services are now available in all areas of Powell River and Texada. Call Lisa today to see how **Better at Home** can help you.

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Cranberry Hall
Saturday, October 17 10 am - 6 pm

Patricia Theatre
Sunday, October 18, 1 pm - 3:30 pm
"A Canoe Journey" & "Thichum: On the Edge of the Forest"
Two short films by Claudia Medina, sponsored by the Powell River Diversity Initiative
"How a People Live"
Sponsored by the Tla'amin Cultural Department
With the participation of the Gwa'sala and 'Nakwaxda'xw elders Q & A

See schedule details at
www.rossanderfilmfestival.org

Canada should help create a no-fly zone in Syria, to stop the government's bombing of the more than 7 million Syrians who remain.

However, supporting other tactics to address the humanitarian crisis should not dampen Powell River's enthusiasm for welcoming Syrian refugees – or other refugees. This community has a long history of welcoming (see Page 13), and the actions have produced benefits that have rippled far beyond the individual families who were "helped."

As a community, for example, simply widening our experiences and global

understanding through diversifying our population is one clear benefit. For example, Amanda is currently working on presentations about Syria for schools. Several principals and teachers have approached her about helping to teach local students about Syrian refugees.

She's hoping the region's children and youth will spearhead the fundraising campaign. Her goal is \$5,000 – or 25 cents from every resident of Powell River.

"I don't want a pat on the back for this," said Amanda, echoing many others who are working on this issue. "We're just trying to help those who need it." **RL**

Discourse like a pro: five things to know about Canada and refugees

1. Canada takes in 10,000 to 20,000 refugees annually. BC settles about 1,600 refugees per year.

2. "The People of Canada" were honoured with the UN Nansen Refugee Award in 1986. Usually the award is presented to individuals or agencies. No other country's population has ever received the award.

3. Major waves of refugees to Canada since WWII include Displaced Persons from Europe after WWII; Czech and Slovaks fleeing during the Cold War; American war resisters; Vietnamese refugees following the prolonged war there; Is-

maili Ugandans who were expelled by Idi Amin; and many others.

4. Powell River's strong 20th century economy attracted migrants from the Balkans, Scandinavia, China, Japan, Romania, Holland, Italy, Malta, Hungary and elsewhere, all before mid-century.

5. Canada ranked 41st in refugees per capita in 2014. Lebanon, Jordan, Chad, Kenya and even Sweden host more refugees per capita.

Sources are ISSBC; the Canadian Council for Refugees, and Teedie Kagume of the the Powell River Museum and Archives Society. **RL**



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Powell River Rec Complex 5001 Joyce Ave	October 28 9:30am-2:30pm	Seniors & everyone welcome/We Care Health Fair
Seniors' Centre - Gillie's Bay/Texada Island	November 2 10am-1:30pm	Everyone welcome
Cranberry Seniors Centre 6792 Cranberry Street	November 4 9:30am-12:30pm	Seniors & everyone welcome
Powell River Community Health 5000 Joyce Ave 3rd fl	November 6 & November 12 3:30pm-6:30pm	Families welcome
Powell River Community Health 5000 Joyce Ave 3rd fl	Nov 13 & 20 4pm-8pm	Everyone welcome

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Welcoming refugees here? Been there, done that.

1979 Vietnamese welcome is an inspiring model

One senior volunteered to host six preschoolers in her home every day, until they were school age. Drivers took adults and seniors to and from English language classes each week. Volunteers phoned employers, looking for jobs for Powell River's newest residents.

Back in 1979, Powell River's Ministerial Association and member churches sponsored 25 Vietnamese refugees. Volunteers were so successful and generous in welcoming the families, the local immigration officer kept calling with more potential refugees.

In total, the community welcomed 50 Vietnamese refugees over two years, from the very old to the not-quite-born yet.

"It brought our community so much closer together," recalls Peggy MacLennan, a volunteer and instigator for welcoming the refugees, in an interview at the PRL office.

"There was nothing negative. It was all a positive experience."

The families were brought here under Canada's then-new Private Sponsorship of Refugees Program. Several Powell River churches and other groups hope to use the same program to bring Syrian refugees here, this year.

Citizenship and Immigration Canada's Web site explains the program like this: "As a sponsor, you provide financial and emotional support for the refugees for the duration of the sponsorship. This includes help for housing, clothing and food. Most sponsorships last for one year, but some refugees may be eligible for assistance from their sponsors for up to three years. Refugees must qualify for entry under Canada's laws and must pass medical and security checks before they can come to Canada."

Peggy, who is also past-chair of Powell River United Church's board, says the community can and should do it again. Spread out the work, she advised. And everyone will be rewarded.

As an example of the generosity locals showed 35 years ago, she told the story of a family in Paradise Valley who lent a refugee family the extra house on their property, near the road. For free.

"We all pitched in and found furniture, and it was so nice," said Peggy.

"But then the immigration officer called. He said, 'We've got relatives of that family coming. What about

putting them in the main house on that property?'"

Several of the new refugees were rooming with families. But Peggy knew the family in Paradise Valley had a full house of children and teens. She hesitated to call. But she picked up the phone anyways, and asked.

"They said, 'We're building a new house, and our boys can sleep in it during construction. The refugee family can have our home.'"

And so, this family welcomed two homes-full of refugee families onto their property.

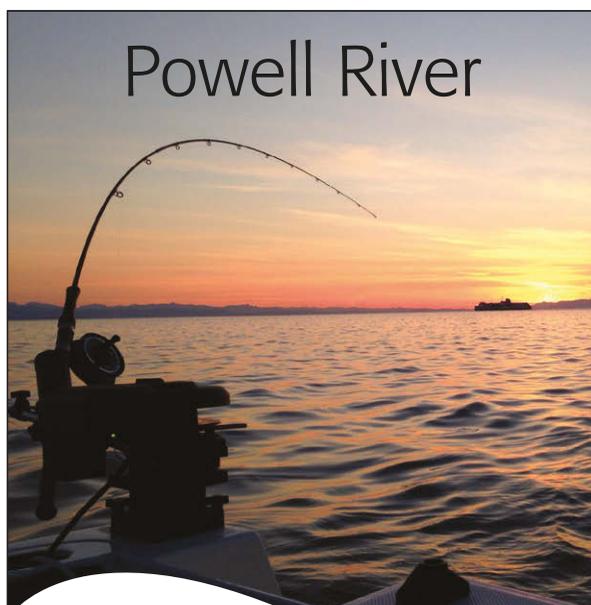
"We have a history of caring," said Peggy, without sentimentality. She means, practical caring. That extends from the community's whole-hearted response to RCMP officer Bruce Dennison, when he needed bone marrow, to the billeting program for Kathaumixw.

None of the original Vietnamese families remain in Powell River. Many have moved to the Lower Mainland and other parts of BC to be closer to relatives.

But Peggy notes that Powell River's success at settling the families – helping them negotiate their new lives in Canada, with new jobs, schools, languages and neighbours – should be remembered. And replicated.

"It was a time I remember, and celebrate, as a member of this community I love," she said.

"We really came together to demonstrate the love and concern we have for others, and I believe this is a gift we can offer to meet the new challenge of our Syrian families." PRL



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life
in
death



death
in
life

HELLO, POWELL RIVER

Mexican Day of the Dead comes to Powell River

BY CLAUDIA MEDINA

The Mexican traditions of *Días de los Muertos* (Day of the Dead) have steadily been making their way north for a while now. Images of extravagantly-decorated skulls, skeleton costumes and makeup, even the occasional fiesta with Mexican treats and music have started to accompany Halloween celebrations that begin at the end of October.

At first glance it may seem that a Canadian interest in Day of the Dead traditions are about more parties and celebration, but my sense is that there is something deeper at play. Just as Halloween allows us to explore the spooky nature of the mysterious, the carnivalesque, our shadowy and showy alter-egos and alter-realities, so does Day of the Dead allow us to acknowledge death in a way that is open, shared, celebratory, and solemn, all at the same time.

And perhaps this is what we are instinctively yearning for, at a time of the year that prepares to slow down for winter.

I have been very fortunate to grow up in a multicultural family, with strong roots and connection to places

DIA DE MUERTOS (DAY OF THE DEAD) EVENTS

When: Friday, October 20th 7-9 pm, Talk/slideshow; and November 1, 7-10 pm, Fiesta Sunday

Where: Base Camp, 4548 Marine Avenue.

Also: Donations collected at the Day of the Dead will be donated to the Powell River Hospice Society.

rich in culture. My father is from a rural town in the Friulian region of northern Italy, and my mother is from a small community on the edge of the Federal District of Mexico City. In San Antonio Tecomitl, the Day of the Dead is a hugely important time of the year, with roots in pre Hispanic Chichimecan/Mexica beliefs.

As in all of Mexico, it is believed that these are days when the spirits of those who have died return to visit and reconnect with the living. They are welcomed with food, song, carefully decorated altars, and feasts, both at home, on the streets, and in local cemeteries. I think

that these traditions have captured the imagination of many people outside Mexico because they bring death out from behind a curtain, dust off the bones, so to speak, and look at it head on.

In modern day Canada, death has often been hidden away, left to the funeral home, spoken about in hushed tones, something to be feared, or in some ways, denied. The Day of the Dead embrace the fact that death is a part of a natural cycle of existence; we all are born, we all die.

However, in Mexico, and in many places around the world, it is believed that in death, it is the body that disintegrates, and the spirit continues on in some form.

A few years ago I visited my relatives during these days, and was incredibly moved by the care, attention and emotion surrounding the preparations for these festivities, both in individual homes and by the community as a whole.

For three days families and the whole community held celebrations, with bonfires, dances, music, storytelling, and special food, all culminating in walking together with wheelbarrows, buckets of water and piles of flowers, food and drink to the town cemetery. The mood

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OUR SPIRITS CONTINUE: Last year, Claudia Medina hosted Powell River's first Dia de Muertos events.

was one of joy mixed with solemnity. Each of the graves was being decorated, and in some cases sculpted if it was a dirt mound into shapes representing the person buried there.

All day and into the evening, families worked on creating beautiful works of art on the graves of their loved ones, and musicians roamed around serenading the dead and living alike. Together everyone took part in a ritual that brought death and life together in a respectful yet at times raucous dance.

I have always wanted to bring a little bit of the beauty of these traditions back here to my hometown. For the third year I will be hosting Dia de Los Muertos celebra-

tions at Base Camp for two evenings.

The first evening, will be a slideshow presentation that explains in more detail the origins and elements of these traditions.

The second evening will be a fiesta, where the community is invited to share decorations and photos of their dearly departed on our altar, and we will celebrate their return with music, tamales, "dead bread" and hot xocolatl.

We welcome you and the spirits of your loved ones to the celebrations, to bring death out from the shadows and into the colour and magic of life. [PRL](#)

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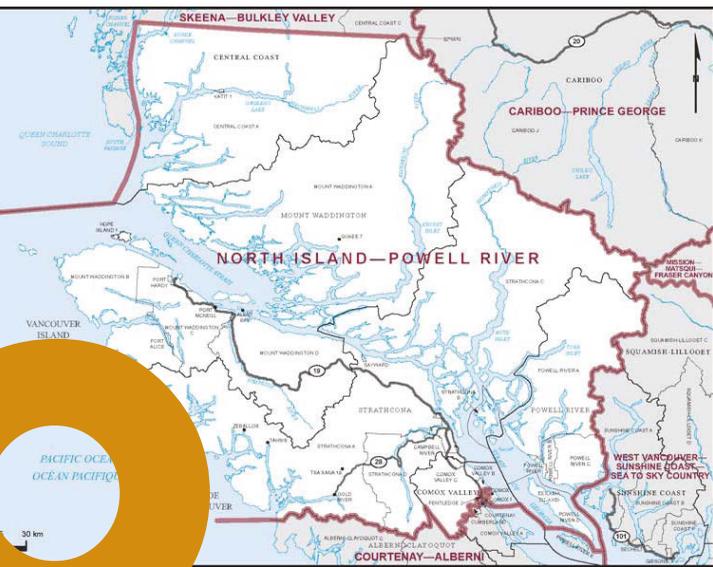
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Peter Schwarzhoff, 61
Liberal Party



Jobs and the economy. While the other two parties expect austerity to lead to prosperity, the Liberal party has a plan to create jobs now and to grow the economy in the near future.

We will create jobs with the most significant infrastructure investment in Canadian history – \$60 billion in new funding over the next ten years. And we have a bold plan to invest in young Canadians to help them gain the skills and work experience they need to succeed and contribute to our economy.

Income is not keeping up with the cost of living. We will tax the very rich a little more to give a 7% tax break to the middle class. Our Canada Child Benefit: one bigger, fair, tax-free, automatic monthly child benefit will put more money back in the pockets of Canadian families who need it most. We will invest in essential social infrastructure including affordable housing and seniors' housing.

Threats to the environment. We will restore the ban on shipping crude oil along BC's North Coast. We will restore funding for science. We will regain trust in the environmental protection process.

Brenda Sayers, 55
Green Party



Jobs. The Green Party has committed \$6.4 billion per year to municipal infrastructure – providing stable, long-term funding to Canadian municipalities, creating good local jobs, and building vibrant, safe, and livable Canadian towns and cities.

We will unleash an army of carpenters, electricians and contractors to take outdated and leaky public buildings and plug the leaks that increase greenhouse gases and costs.

Making ends meet. As your MP, I will work to phase-in a national Guaranteed Livable Income, to ensure that no person's income falls below what is necessary for health, life and dignity.

The Green Party would also implement a federal minimum wage of \$15 an hour.

By providing a cheque to every Canadian over 18, our carbon fee and dividend system will also assist in providing help to those who need it most.

Oil Tankers. The Green Party is the only party that opposes all oil pipeline and tanker projects, and is the only party standing up for the people and communities threatened by these projects. As your MP, I will take a stand and defend our coastline!

In October 19, Powell River goes to the polls. We'll vote as part of North Island-Powell River, a riding that represents about 100,000 people, and covers the entire North Island from Comox up, and the mainland from Saltery Bay to just below Bella Bella & Bella Coola.

For October's PRL, we asked each candidate: **"What are the top three federal issues facing Powell River, and what will you do about them?"**

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Rachel Blaney, 40
NDP



Health care. The Harper government has implemented cuts to health care that, if allowed to continue, by 2023 will slice \$36-billion from the federal contributions to the provinces. Instead of the original 50-50 agreement, this will leave provinces struggling to cover 80% of health costs. An NDP government would immediately halt these cuts, which seriously undermine public health care.

Further, the NDP has committed to spend \$2.6 billion as a first step toward universal prescription drug coverage. The immediate affect will be the federal government will bulk buy drugs saving provinces an estimated \$3-billion a year that could be spent on other health care priorities.

The environment. In the last decade Harper has dismantled laws protecting our environment. An NDP government will restore these laws and we will meet our international climate change obligations through promoting a transition to a clean economy.

Jobs, especially green jobs. Small business creates 78% of new private sector jobs. The NDP will cut the small business tax rate from 11 to 9%. We'll create an innovation tax credit for businesses that invest in innovative research and development. And will promote development of green industries.

Laura Smith, 47
Conservative Party



Economic development. We need a healthy economy to provide jobs, and to support all of the things that make Powell River such a great place to live. Conservatives have lowered taxes, reduced red tape, supported innovators, and vastly increased infrastructure spending.

Supporting the economic potential of First Nations. We have also supported many initiatives to help First Nations communities reach their economic potential. These things are critical for economic growth, and we will continue to do them as we maintain a balanced budget.

Helping families and seniors get ahead. Our Government has also consistently fought to put money back into the hands of Canadians. Seniors and families now benefit from income splitting, and all Canadians benefit from lower taxes. Tax cuts are a big reason why a recent study found that Canada's middle class is now the richest in the world.

Being an effective advocate for our communities requires someone who is collaborative, understands local issues and knows how to get things done in Ottawa. My experience as a Forester and as a policy advisor in Ottawa will allow me to hit the ground running.

Beyond books

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 James Hall • \$20



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Ready to recreate

Neil and Rachel Pukesh have lived in the Lower Mainland most of their lives. They have a 10-year-old daughter Camryn, an eight-year-old son Jeremy and a dog, Hershey.

Neil's career in community recreation spans over 13 years in both the public and private sector. After graduating from UBC, Rachel started working at ICBC and has been there until now.

Neil was hired by the City as Manager of Recreation last October. Within a week of coming here, Neil told his wife he loved the city, the people, and the job! After a glorious, sun-filled, weekend filled with stunning vistas, wildlife at every turn and welcoming people, Neil and Rachel decided the family was up for the adventure and Neil was hired as a permanent employee in January. Rachel and the children moved up at the end of June.

With the kids in school and Neil busy at the Rec Complex, Rachel is getting the last few boxes unpacked and discovering new walking trails with Hershey. She's also keeping a blog of the experience so she can look back on everything about this new big adventure. (shoulda-woulda-coulda-blog.wordpress.com)

Why did you choose to move to Powell River?

Both • Powell River was the first community outside of the Lower Mainland that we considered relocating to, despite the fact that neither of us had ever been here. We felt that after years of living a very nice but "safe" life in the Lower Mainland, we were all at the perfect ages to start a new adventure together and try out an entirely different pace of life.

What made you decide to move to Powell River?

Both • Our first amazing weekend all here as a family, last November. We saw deer, eagles, sea otters, whales, and starfish galore. We walked along Savary's South Beach, did a drop-in art class on Marine Avenue, and took in a Kings hockey game. We realized that with everything Powell River had to offer, we would be giving up nothing compared to the Lower Mainland (except maybe a Costco) and instead gaining so much more in quality of life.

Neil • The great people I started working with, and the far-reaching opportunities to work for such an engaged, inclusive community was what sealed the deal for me.

Where is your favourite place in Powell River?

Neil • Anywhere on the water. Currently, Black Point, in 100 feet of water with 50 feet of cable out. Some of the biggest springs that I've caught have come from there.

Rachel • In a kayak in the middle of Inland Lake, when there's no one else around you and you get in shallow green waters of the two small northern islands and see all of the inquisitive frogs jumping around. Or on our balcony watching yet another gorgeous sunset.

Camryn and Jeremy • Either hanging upside down from the play equipment at Willingdon Beach Park, tubing on Powell Lake, or standing in line for another Sassy Mac's ice cream in Lund.

Hershey • Donkersley Beach, retrieving sticks or rolling on our beach towels to get the sand off my face.

How did you first hear about Powell River?

Neil • Through a work colleague who called me about the opportunity.



HERE THEY COME, WALKING DOWN THE STREET: Here is mom Rachel, dad Neil, daughter Camryn and son Jeremy. Missing is Hershey, the dog.

What would make Powell River a nicer community?

Neil • Great question. It's what I want to find out from the community as we develop our 10-year strategic plan for the Parks, Recreation & Culture department. Send me the answers...

Rachel • That's a tough one to answer, it seems pretty nice already! It is hard to drive and walk around and see so many vacant storefronts along Joyce and Marine. It is always so encouraging to see local businesses open up and thrive. I'm not entirely sure what the solution would be to that, but building and supporting local commercial capacity would be a positive.

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

Neil • Marine Traders – being a relative rookie to fishing, any opportunity to hear where the fish are biting, how deep, and on what is a good thing! We'd all probably love to be on the wall of the Powell River Kings' dressing room to hear Coach Kent's pre-game talk.

What is your greatest extravagance?

Neil • Becoming a boat owner in my first year of moving here. From the boat to the fishing gear and everything in between, it's truly been my biggest extravagance.

Rachel • Being able to take a leave from work to be home to get unpacked, host guests this summer, and help my kids get settled into their new school and sports.

Which talent or superpower would you most like to have?

Neil • Time travel so we could have made the move here years ago and enjoy all the many great assets that this community has to offer.

Rachel • The ability to paint like a master to reproduce some of the glorious sunsets I've seen, so I can look at them on cloudy, rainy days. **PR**

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

Earthquakes?

What earthquakes?

If you live in a big city, you'll get to see models of how a big earthquake might decimate your neighbourhood. Buildings sinking into the mud in Richmond. Brick structures crumbling in downtown Vancouver.

But here, we have no models – only the research and interpretation of Ryan Thoms, manager of emergency services for the Powell River Regional District.



“Look at Christchurch,” he advises, pointing out that the 2011 New Zealand earthquake – 6.2 magnitude, 185 deaths – shares some frightening characteristics with what might happen here. “It was a crustal quake, like this will be. We’ve got similarly-aged homes. There’s a lot of unreinforced brick and masonry that can fall. Water systems can break, and the sewer

WE KNOW, WE KNOW: Put a few gallons of water in your freezer. Make an emergency kit. Try not to get hurt during the quake. Ryan Thoms told you so.

might just be gone. So there’s hygiene issues...”

You can tell this is something he’s thought about a lot.

But, he’s not going to gab about the usual stuff you should do to prepare for an earthquake. You’ve heard it before. You know what it is.

Instead, he said, participate in the Great BC Shake Out 2015, on October 15. Try to make it real for yourself that this thing is coming. That’s the real battle, he said, is just getting individuals to visualize what might happen in their own lives. We don’t feel most quakes, he pointed out, so we tend to ignore the issue. We literally are not shaken up about it. LOL.

“Drop, cover and hold on,” he said. “It’s not a good day to go to the hospital. People get hit by TVs or mirrors falling. It’s so avoidable. The phones will be interrupted. If you have kids, what’s your plan for knowing that your kids are okay? How will you be reunited with them? The grocery stores and gas stations probably won’t be open, maybe for as long as seven days. Do you have gas in your car? Cars can provide heat and a charge for cell phones. Ask yourself, what are my weaknesses?”

As soon as it happens here, Ryan says, we’ll all become experts in emergency prep. Sigh. [PR](#)

“In B.C., the lack of significant seismic activity near highly populated areas has resulted in widespread apathy.”

- Henry Renteria, in a 2014 report to the Auditor General.

These earthquakes:

Latest local earthquakes of significant size

7 months ago, Vancouver
3.4 magnitude, 3 km depth

8 months ago, Port Alberni
4.8 magnitude, 24 km depth

9 months ago, Parksville
3.2 magnitude, 66 km depth

11 months ago, Parksville
2.5 magnitude, 0 km depth

about a year ago, Campbell River
4.2 magnitude, 10 km depth

about a year ago, Campbell River
5.0 magnitude, 10 km depth

about a year ago, Campbell River
6.6 magnitude, 11 km depth

Fire Prevention Week

October 4 – 10

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Dryer Fires: Not the kind of 'hot outfit' you wanted

With fall upon us, more and more people will be using their dryers instead of their clotheslines to dry clothes.

But did you know that clothes shed loads of lint every time the dryer is turned on and that lint packs into cavities and dryer exhaust pipes increasing the risk of fire.

One of the most common causes of dryer fires is lack of maintenance. When lint traps aren't cleaned properly, build up occurs in the screen and other areas causing the dryer to perform poorly and overheat. The result? Quite possibly a dryer fire.

In 2010, there was an estimated 16,800 reported US home structure fires involving clothes dryers or washing machines resulting in 51 deaths, 380 injuries, and \$236 million in direct property damage. (There are no comparable statistics available for Canada).

According to Trevor Anderson, of Aaron Services, there are steps homeowners can take to avoid dryer fires, the first being to clean your lint screen every time you use your dryer.

"When we do an inspection to clean heat ducts we do a video inspection and a flow metre test to determine if your line is plugged or if it is operating the way it

should," said Brian Selfridge of Aaron Services.

If it is taking longer to dry clothes than it used to take chances are your dryer is plugged, added Trevor. Another telltale sign is the smell of wet clothes.

"We have actually seen dryers with bird nests four feet down the pipe from the outside plugging the opening of the pipe," said Brian.

Dryers that have long runs (pipes) that twist or turn are high risk for dryer fires. "The shorter the run the better," said Trevor.

"We had one lady here in town who had a sixty foot run (of pipe going from her dryer to the outside of the house) and it was plugged. "We cleaned it out one year and it only had a pen hole area left for air flow. We went back a year later and checked on it and it was plugged again," said Trevor.

He recommends having a flow test done annually to see if your vents need to be cleaned.

He also suggests using aluminum or steel ducts over vinyl. "The plastic vent in my mind is a no no."

Clean pipes equal energy savings. A clean vent will let you dry a load of clothes in 50 minutes whereas a clogged one will take 88 minutes. **PR**



NOT IN TOWNSITE, BUT IT TOTALLY COULD BE: This Craftsman-style home in Christchurch, New Zealand, crumbled under the force of the 2011 earthquakes there. Ryan Thoms, the Powell River Regional District's manager of Emergency Services, points out that a big earthquake here could look a lot like the one that hit Christchurch.

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hear the
beep
where
you sleep



October 4 to 10

Fire Prevention Week 2015

Every bedroom needs a working smoke alarm. In BC, smoke alarms were found to be ineffective due to their unsuitable location in 582 fires resulting in 15 injuries and one fatality between 2009 and 2014. Don't let this happen to your family.

- Install a smoke alarm in every bedroom
- Execute a home fire drill
- Change the batteries in all smoke alarms annually



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Hear that beeping alarm

BY PIETA WOOLLEY | pieta@prliving.ca

Here the beep where you sleep. Really?

That's the slogan for this year's Fire Prevention Week. The message is, make sure you install a smoke detector in every bedroom.

This seemed excessive to me. A smoke detector in every bedroom? With their piercing electronic alarm beeps designed to wake the dead? So I dropped in to the Powell River Fire Department to have a chat with deputy fire chief Terry Peters.

He said two things that caught my attention.

First, most fire deaths happen at night.

People die in their bedrooms because they haven't heard the alarm. Granted, Terry. That's motivating. It's also backed up by statistics. In the five years between 2009 and 2014, "smoke alarms installed in ineffective locations" were present at 582 fires, and blamed for 15 injuries and 1 death.



FIRE PREVENTION WEEK OCTOBER 4 - 10

1. The Powell River City fire department is hosting the Orca Bus on Friday Oct 9th 9:30 to 11:30.
2. The Malaspina Fire Department (South of Town) has the Orca Bus on Wednesday Oct 7th, 9:30-11:30am at 9999 Hwy 101.
3. The Malaspina Fire Department hosts an open house Saturday Oct 10 th 11-3pm at Malaspina 1 Hall, Smoke alarm Draw and some demos.

The second, house fires are awful. Anything you can do to avoid one should be done.

He pointed out two recent Powell River fires as evidence. One was a rather small fire in an apartment building on Glacier Street. The smoke and water damage, however, forced residents from all the suites to evacuate and relocate for several days.

The other was a chimney fire in Cranberry, which turned into a structural fire.

"Fires are traumatic," he said. "The [people who live in the residence] can't go in to see if their cat or gerbil is okay. They can't get their stuff. They're displaced. They've lost their personal belongings. We're good at responding quickly, but early detection [of the fire] is key."

And that means... hear the beep where you sleep. Make the investment to install good fire alarms in your bedrooms, he said, and maintain them. 



YOU DON'T WANT THIS: In 2010, the Glacier Apartments caught fire. Hear the beep. *photo by Sean Percy*

Are you interested in saving money this winter?

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Protect yourself during an Earthquake!



The Powell River Regional Emergency Program invites you to participate in the Great BC Shake Out on **October 15, 10:15 a.m.**



Register at www.ShakeOutbc.ca

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5:30 to 7:30 pm

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SERIOUS  COFFEE

Adventures with a smoke detector: an alarming memoir

BY JUDY FREDERICK

In 2007, my husband, dog and I moved to Powell River from Vernon to retire and enjoy the gorgeous climate and beautiful scenery. Our daughter and son-in-law moved here from Kelowna around the same time. They purchased a fixer-upper north of town while we had a new home built in the Grief Point area.

During the final inspection, our builder pointed to the smoke detector on the ceiling in the hallway on the bedroom-side of the house, and casually mentioned it was electric and battery equipped.

All went well with the smoke detector for the first year but then the siren started going off every 15 to 20 minutes or so. It scared us so much I thought the dog was going to have kittens. That siren could not only wake a person sleeping – it could wake the dead. I know why so many older people deactivate those things.

My husband, who is 5'7 and in his late sixties at the time, had to go out to the garden shed and drag in the stepladder. After cleaning off the feet of the ladder, he had to maneuver it through the ga-

rage, laundry room and down the narrow hallway to the screaming smoke detector. Once there and up the ladder, he tried every trick in the book to get the cover off the smoke detector.

My husband finally gave up and we called our son-in-law who rushed over and managed to get the cover off the blasted smoke detector.

Our son-in-law, who worked in the electrical business at the time, knew how to deactivate the device and you have to believe, silence is golden! I could still hear it in my head for a few hours after it had been disconnected from all the power.

Our son-in-law replaced the nine-volt battery with a new one.

A few weeks later our son-in-law and my husband removed the battery box from the smoke detector, ran wires from it up through the attic and down through the wall to the storage closet; cut a nice hole and inserted a container to hold the battery. The plan being that every year I could go to the closet, open the door, remove the old battery and replace it with a new one. No more sirens...right?



THIS IS WHAT YOU MIGHT THINK OF WHEN YOU HEAR AN ALARM: But there isn't always a fire, as Judy Frederick found out, in a battle of wills with her device.

According to the Oxford dictionary, a smoke detector is a fire protection device that automatically detects and gives a warning of the presence of smoke. It also has a planned obsolescence date, something my husband and I didn't know. This date is printed on a sticker inside the

smoke detector's cover.

I understand why milk, cottage cheese and other foods require an expiration date, but a smoke detector?

In February 2015 the smoke detector siren started up again. It was 6 am and I, for one, was not impressed. I sprang from my bed as our dog came tearing into the bedroom with his eyes as big as saucers and the hair on his back standing straight up.

He was terrified. I ran to the closet, opened the battery box and removed the battery. But, that didn't stop the siren that was going off every three or four minutes.

While trying to calm the dog down and trying to get my husband to help me, I didn't stop to think, how can that \$\$\$@ thing keep screaming when I am standing here with the battery in my hand?

I phoned my daughter and I could hear our son-in-law in the background telling her to tell me to switch off the fuse.

My husband finally found the correct one, turned it off, and believe me when I say, that fuse is marked in RED now! **RL**



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I MADE THEM MOVE

A resident attraction contest

How many people have you attracted to live in Powell River?

Send *Powell River Living* a 300-word story about how many people you've convinced to move here.

Deadline is October 15.

You could be crowned **Powell River Resident Attraction Hero**, and **win** a \$50 gift certificate to the Garden Court Restaurant and a \$50 gift certificate to The Shinglemill.

It's not just a numbers game, although that may be a factor. Best story wins!

Email entries to publisher@prliving.ca



WHAT'S UP

Clean air capital

Powell River has the cleanest air of any city in the world, according to the World Health Organization.

The obscure data may be a year old, but it's making Powell River famous now after its inclusion in the 2016 Guinness Book of World Records.

The World Health Organization's Outdoor Air Pollution in Cities database of 2014 measured the annual mean concentration of particulate matter in more than 1600 cities. In Powell River, two machines measured the air for particles smaller than 2.5 microns.

The world average is 71 micrograms of particulate per cubic metre of air. Powell River's average weighed in at just 2 micrograms. Two cities, Kitimat and Mount Pearl, measured 3 micrograms. Of the 32 cities that scored 4 micrograms or less, 24 were in Canada.

The WHO Air Quality guideline recommends an annual mean level of 20 micrograms. Relatively few cities meet that guideline.

Many cities, including some expected to be among the most polluted, do not collect information on outdoor air quality, or at least they don't report it

The most polluted cities in the report were all in India and Pakistan. The world's worst city air was found in Delhi, India, with 153 micrograms. The report estimates that about half of the planet's urban population lives in cities that exceed the recommended levels by 2.5 times. Only around 12 per cent of urbanites breathe air that complies with WHO's guidelines.

Generally, the report says, air quality is worsening globally, except in a handful of high-income cities.

All Candidates

The All Candidates Forum for the upcoming federal election will be held Monday, October 5, from 7 to 9 pm at the Evergreen Theatre. All four candidates have confirmed they will attend. Although candidates will get opening and closing statements, most of the two hours will be set aside for them to respond to questions from the audience. This event is hosted by the Powell River Chamber of Commerce.

Boo!

Ghosts, goblins and candy gobblers embrace the spooky and scariest day of the year with a plethora of haunting celebrations to choose from. Our calendar roundup has events for all ages and all different scare levels. Both Henderson and James Thomson have haunted houses and there's Monster Mash skate and pumpkin preschool pool party at the complex. Bill Hopkins' amazing pumpkin carving contest is always a favourite at the Town Centre Mall and there's also the annual Halloween Bike Ride at Inland Lake followed by a weenie roast. If you want to try something new check out the Endless Night Vampire Party at Assumption Hall or the cult classic Rocky Horror Picture Show. To top it all off, be sure to look at the spooky Halloween decorations on homes in the area.

Fevers and chills

October is also the month to prepare for the winter ahead and for many of us, that means getting a flu shot. On October 27 and 28, Vancouver Coastal Health and the City of Powell River will hold the We Care health fair and flu clinic at the rec complex. There will be information about public health programs and city programs that relate to health, said Tanya Hanson, program leader public health and prevention. She encourages people to get their flu vaccine. "Our flu campaign kicks off across the entire region at the end of October. We encourage immunization to protect the vulnerable in our community." Hanson says the October clinic is the largest one with 600 to 800 people per day getting immunized, there will also be a flu clinic on November 2 on Texada Island and another one on November 4 at the Cranberry Seniors Centre along with family drop ins at public health.

Art on the road

Twenty Powell River artists will be exhibiting their work at the Roberts Creek Community Hall from 10 am to 5 pm October 16 to 18. Calling themselves Malaspina Artists, these art ambassadors are making their first road trip together to showcase paintings, sculptures, ceramics, photography, jewellery, fine art



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Connecting seniors

When Captain BJ Loder first learned of the Salvation Army's strategic initiative fund he thought, it would be great to get three iPads so he could teach seniors some basic technology.

But then he thought, why stop at three? Why not ask for 10?

"The fund is basically to help people who are dreamers, like me, realize their dreams. So I thought I'm going to ask for 10 iPads."

Through his work with the Salvation Army BJ comes across seniors who don't know how to send an email, what it means to Google something, and don't even know what WiFi is.

"This is exciting because it is about people getting connected with each other and building community. It's about young people connecting with older people. People can learn a little bit or a lot."

When BJ heard his request for 10



had been approved he couldn't believe it. The iPads were ordered and the program launched last month. Right now he has two volunteer helpers but needs more. If you know how to use an iPad and are interested in teaching someone else, please contact BJ at the Salvation Army at 604 485 6067 or email prsarmy@gmail.com. **PR**

prints, natural body products, and natural clothing and textile art.

She sells...

Powell River Women in Business are celebrating small business week on October 24 by hosting an Artisan and Entrepreneur Show at the Cranberry Seniors Centre.

Federal voting stations

Don't forget to vote in the federal election on October 19. Ordinary polls are open from 7 am to 7 pm. Special ballot voting is in effect until October 13 at the Elections Canada office in Gibsons Crossing on Marine Avenue. Advance poll is on October 9, 10, 11 and 12 from noon to 8 pm in the Poplar Room at the Recreation Complex. There will also be mobile polls on October 19 at the McGregor Building, Evergreen Extended Care, Willingdon Creek Village and the Kiwanis Garden Manor.

The following is a list of poll sites in Powell River and on Texada Island.

Lund Hotel, 1436 Highway 101 • Sliammon Salish Centre, 4885 Highway 101 • Italian Community Club, 5866 Lund Highway • Evangel Pentecostal Church, 5139 Manson Avenue • Powell River Recreation Complex, 5001 Joyce

Avenue • Westview Baptist Church, 3676 Joyce Avenue • Texada Elementary School, 106B Waterman Avenue • Lang Bay Community Hall, 11090 Highway 101 • Texada Island Community Hall, 2620 Shelter Point Road.

Everyone's economy

The Let the Sparks Fly! series sponsored by Groundswell and recently featured in PR Living Magazine has been rolled into a larger Vancouver Island University (VIU) research project which will examine the region's current economic trends and possibilities -- and report back to the community by the end of the year. Partnering with Groundswell, PR Living Magazine, and the Chamber of Commerce, VIU will analyze information from the articles and combine this information with lessons learned from an upcoming Chamber discussion event which will focus on the question: Understanding that the economy is created by a constellation of small actions taken by multiple players, what is it that we are already doing to construct an economy that enhances wellbeing in the region? What more could we be doing?

Everyone is invited to attend the next Groundswell meeting Oct 22, 9 am, at VIU. **PR**

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* Friday and Saturday Evening Features : \$10 (< 18 and 60+, \$6)

*Rush Seats

* Individual Films: by donation at the door

Cranberry Seniors' Centre:

Friday, October 16 – 7pm-10pm

Saturday, October 17 10am- 6pm & 7pm-10pm

Film Patron's Lounge and Display area - Light Snacks and Beverages

Cranberry Hall

Saturday, October 17 10am-6pm

Patricia Theatre

Sunday, October 18, 1pm – 3:30pm

See www.rossanderfilmfestival.org for schedule details

HOW A PEOPLE LIVE: Stories such as this – about the forced 1964 relocation of the Gwa'sala and the 'Nakwaxda'xw people, to stories about Calcutta and beyond – the festival schedule is dazzling this year.

BY JEAN MACKENZIE

Each February, a group of documentary film buffs from across Canada attend the Courtenay-based World Community Film Festival, searching for the inspiring stories that will be part of their local festivals.

The World Community's mission is to show films that celebrate local cultures, promote social justice, preserve the natural environment, and show the power of individuals to make positive change. This year, I was among those lucky people tasked with choosing the films to be shown at Powell River's second Rossander World Community Film Festival.

Like me, you may have wanted to attend the film festival in Courtenay and couldn't manage the ferries and accommodation costs involved. Finally, last year, a group of friends, inspired by local community builders, David Moore and the late Martin Rossander, brought the World Community Travelling Festival to Powell River.

Over three days, we watched and discussed 28 local and international films, from the Bedouin women of "Solar Mamas" to art school for street kids in "Innocente". And so the ongoing Rossander World Community Film Festival was born.

The films this year are just as wide ranging and each member of the selection committee came up with different suggestions of films we think you will like.

I was asked to talk about just one of my personal favourites. Here are two!

"Revolutionary Optimists" speaks of Amlan Ganguly, a former lawyer living in Calcutta, India. Inspired by his own childhood experiences and his observations of slum children living and working in the primitive brick factories of his city, Amlan uses art, literacy, and community action to help them become the agents of their own change, to battle poverty, and bring hope to their neighbourhoods.

Very quickly, the children depicted won a place in my heart. Of course, the reality is, not all the children will find their way out of poverty. Nevertheless, it's clear that things will be different for their children; in this way real change happens. A film that adults and older children can identify with.

"Reaching Blue: Finding Hope Beneath the Surface" is a story from our own coast, the reality of the threat to our beautiful oceans and the immediate challenges we face. A writer, an oyster farmer and an ocean scientist show how new changes found in the Salish Sea link

us, personally, to the health of the world's oceans. The amazing underwater images gave me a glimpse of our local waters as I had never seen them before. With few words, "Reaching Blue" shows us how we are all connected to the ocean at our doorstep and encourages us to act.

Another film I very much want to see is "How a People Live." This powerful and locally important film tells the story of the Gwa'sala and the 'Nakwaxda'xw First Nations people who, in 1964, were forcibly relocated from their traditional territories to the Tsulquate reserve near Port Hardy.

The program is sponsored by the Tla'amin Cultural Department and the Powell River Diversity Initiative; The Tla'amin, Gwa'sala and 'Nakwaxda'xw elders invite us to join them for the screening. Everyone is welcome! **RL**

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Totem: from Sliammon to Slovenia

Film documents Kathaumixw winner Choir of the World receiving Galligos carving in Lujbljana

BY PAUL CUMMINGS

It was Mayor Dave Formosa's idea. "Do you know what Kathaumixw needs Paul? A Totem Pole. A full-sized, hand-carved Totem Pole to present the winning choir of the 2014 festival!" The Mayor also knew the right person to carve the Totem Pole. Tla'Amin Nation carver Craig Galligos. Dave and I felt that a prestigious award like a Totem Pole would draw international attention towards Kathaumixw and the City of Powell River.

Dave and I set out to find partners to invest in this \$20,000 project. Our budget included: paying the carver, hiring film maker Claudia Medina to document the story, and travel expenses for Craig and me to accompany the Totem Pole to the village, town or city of the winning choir of Kathaumixw.

So the planning began. Partners were found, Claudia started filming, Craig carved, word spread around the choral world, and applications poured into the Kathaumixw office.

Craig finished the 6 ½ foot, red cedar Totem Pole, complete with eagle and beaver. The Totem was unveiled at a community blessing ceremony at Spirit Square, later to be displayed at city hall just two weeks prior to the festival.

CHOIR OF THE WORLD TOTEM POLE FILM SCREENING

What: Claudia Medina's documentary about the life of Craig Galligos' totem, carved at Tla'Amin and gifted to Slovenia, in southern Europe.

When: October 8th, 7 pm

Where: Max Cameron Theatre

What else: The evening will include a photo montage, performances by the Academy Chamber Choir and Sliammon Singers, as well as words and anecdotes from delegates involved with the project. Admission is by donation.

Which choir would win this prestigious prize? Where would the Totem Pole travel to? Russia? China? New Zealand? The international jury would judge the first place ensembles of all the competitions, and determine the winner. The announcement would be made during the Gala Closing Concert before thousands of people.

We couldn't have scripted a better result. The wonderful St. Stanislav Youth Choir, from Slovenia, let out a deafening roar the moment I announced that they had been proclaimed Choir of the World. Craig and I would be delivering the Totem Pole to Slovenia.

Delegates and partners were invited to travel to

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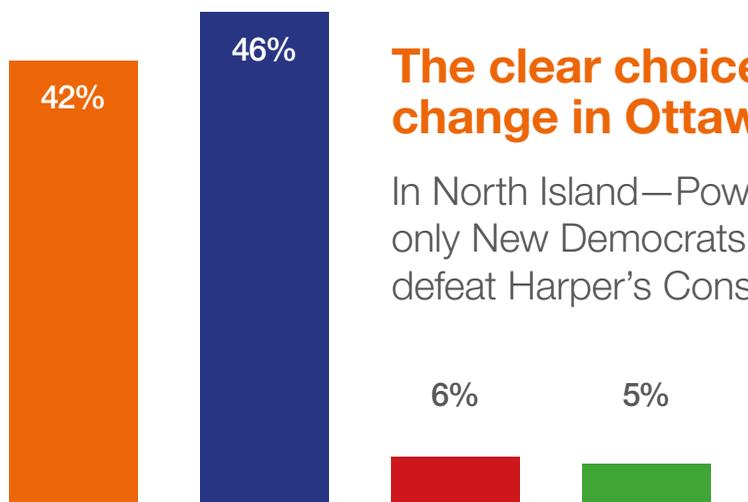
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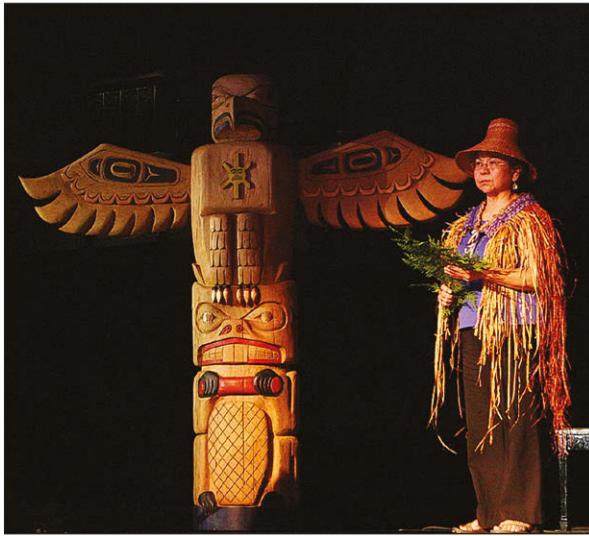


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CENTRE STAGE: Paul Cummings and Betty Wilson delivering Craig Galligos' totem to Slovenia



Slovenia with Craig and me, at their own cost. As the tour took shape, more and more people signed up to participate. In total, 19 Powell Riverites joined the tour, including Mayor Formosa, Chief Clint Williams, Elder Betty Wilson, and Kathaumixw Committee Chair Gregory Reif. Claudia continued to film the experience.

Damijan Močnik, director of the St. Stanislav Youth Choir, organized an incredible week for our Powell River delegation. Claudia explains the experience.

"I was amazed at how warmly we were all welcomed, and how truly excited and appreciative our hosts were about the delegation being there."

"The wonderful St. Stanislav Youth Choir, from Slovenia, let out a deafening roar..."

— Paul Cummings

When the pole finally arrived and was brought to the school, there was such a sense of anticipation and a renewed pride in showing everyone that this represented not only winning at Kathaumixw, but being connected to the culture and traditions of the Tla'Amin Nation. The ceremony and blessing of the pole at the school concert truly moved people, and we were given the opportunity

again to listen to the St. Stanislav choir's gorgeous voices.

It seemed like the merging of such unique and special art, culture, and ceremony, celebrating the best of what we can all be. This was highlighted at the main concert the next day, where over a thousand people were able to see the totem closely and once again, listen to the exceptional calibre of the school's music program.

It was quite moving to be on the stage and speak about Powell River and the festival in front of such a huge audience, in a city steeped in culture and history. Our little town felt truly international at that moment.

And it was truly inspiring to see the totem pole standing in an old European square, and the impact this had on passersby. For hours the eagle and the beaver held court and were a powerful presence in a square surrounded by classic European architecture. It was a beautiful sight!"

Claudia Medina is a gifted film maker. She has an eye for detail, and doesn't leave a stone unturned. She prepared and screened a short version of her film at a St. Stanislav Institute concert, and included Slovenian subtitles so the non-English speaking people could understand the story.

The completed film chronicles the "life" of the Totem Pole. It captures beautiful music, gorgeous landscapes, diverse culture and inspirational people. The story is 100% unique. **PR**

What I didn't know about Slovenia could fill a book

Forty has its benefits. In the past, when I didn't know something, I'd try to hide it or bluff through it to seem smarter than I am (I finally clued in: it probably wasn't working). Now, anytime I feel like a dum-dum for not knowing something, I realize it's probably not just me. We're all human. We can't know everything. Here's an example.

When Slovenia won Kathaumixw last year, I reached into the darkest parts of my brain and came back with... very little. Is Slovenia a Baltic state near Latvia and Lithuania? A part of the former USSR?

Neither, it turns out.

Slovenia, I learned, sits to the east of Italy on the Adriatic Sea (the top arm of the Mediterranean). It's one of those tiny Southern European countries that's been passed like a football back and forth between empires.

Most recently, it was part of Yugoslavia. The republic broke away in 1991, and became independent (long story). Now, it's a part of the EU, UN and NATO.

Slovenia's landmass is the size of 2/3 of Vancouver Island, but houses just over two million people.

Both Slovenia and BC have rapidly-aging populations, due in part to low birth rates of about 1.5 births per woman. Slovenia is in the midst of building a bunch of hydro plants on its rivers; we're building river-based hydro, too. The main tourism draw to both regions is natural: mountains and water.

And, now, Slovenia boasts a totem pole by Powell River's own Craig Galligos, installed in the capital, Ljubljana (pronounced "Lube-lee-ana," more or less).

That's not all there is to know about Slovenia. But the next time someone mentions the country, there will be slightly more than the sound of crickets in my brain.

— Pieta Woolley



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BUSINESS CONNECTIONS

BY KIM MILLER | office@powellriverchamber.com



Powell River has a sixth pharmacy, now that Alaa Amara and Sameh Elbably have opened **Pharmasave** in the old Robin's Donuts building at 4280 Joyce Avenue. Both had travelled around the province as fill-in pharmacists before choosing to move their families to Powell River. "The people here were so friendly, and it seemed like a good place to raise a family," said Sam. The store's location close to residential areas is more convenient for many residents, he says. He said he also hopes that with more pharmacies in town, residents can get the professional medical attention they deserve when picking up prescriptions or looking for pharmaceutical advice. Call Pharmasave at 604 489-9272.

Your **Dollar Store with More** has new owners. Former owner **Eve Camenzind** said she will take a well-deserved break, but is available for advice if needed at the store. **Xiaoyan Li** is the new owner of the store. Xiaoyan and her husband have been involved in business in China for many years. They have two sons and are in the process of moving to Powell River. Your Dollar Store with More will be managed by **Vivian Chen**. "I love Powell River and I lived here previously," said Vivian. Vivian has lived in Vancouver for 14 years and has a background in commercial property management and business. "I am excited to be here and I look forward to meeting everyone who comes to the store."

Ecosentials has change on the horizon. The Eco Café closed at the end of September and **Fruits & Roots Juice Bar** will open mid October, said Heidi Leaman, Fruits & Juice

owner. Heidi and her team will serve cold press juices and smoothies made with seasonal ingredients and superfoods along with alternative cuisine prepared from scratch and fresh daily. "We will have lots of vegetarian and vegan options along with a focus on gluten-free products as well."

Gonzalo Rico has opened **Rico Rico Spanish Food** at 4493-C Marine Avenue, the former home of Lumberjack Café. The new restaurant serves Spanish dishes such as croquetas, bocadillos, thin-crust pizzas, enchiladas, quesadillas and more. Rico Rico can be reached at 604 489-3333.

Larry and Moreen Hoelsing have opened **Tangled Tails**, a pet grooming business, after moving here from Cumberland, where they also owned a grooming business. Tangled Tails is located at 3682 Marine Avenue. Call 604 223-0404.

On September 18, **Catalyst** announced the sale of 250 hectares of surplus land north of the mill towards Gibson's Beach, for \$4.5 million. The land was logged by predecessor companies, but has never been the site of manufacturing activity. Catalyst had no plans to use the parcel. Officials say the buyer is also in negotiations with PRSC to buy adjacent properties near Wildwood.

TC's Pub has gone family friendly. Thanks to the new BC *Liquor Act*, between noon and 8 pm, kids can go to the pub as long as they are accompanied by a parent or a guardian. "We have families that stay at the hotel, especially sports teams, who would appreciate being able to enjoy a meal together at TC's," said general manager Shelley Halliday.

Scotiabank Powell River has a new branch manager. **Frieda Hamoline** retired from the bank at the end of June capping off a 37-year career with Scotia Bank. **Norma Lewis** moved to Powell River from Penticton in July to take over.

Norma has been with Scotia Bank for 33 years and has worked at many different branches.

The **Rodmay Heritage Hotel** has been sold. **Xiao Guang Hou** and **Qung Fu Feng** are the hotel's new owners. They purchased the hotel from **Marion Blank** and **Joan Campbell** who ran the hotel for the last 10 years. The new owners intend to maintain the heritage of the building and operate it as a hotel. They are also keen on the local art, music and culture scene. The hotel will be managed by **Christine Oakley**. "I am happy that all the former staff will continue to be employed at the hotel and we look forward to new opportunities."

The Chamber of Commerce is hosting a **Business After Hours** business mixer on Thursday, October 22 at **Pacific Point Market** from 5:30 to 7:30 pm. The Chamber invites business people to help them celebrate Small Business Week from October 18 to 24, by joining them for an evening of networking, appies and wine. RSVP by calling 604 485-4051 or office@powellriverchamber.com.

Many of the services formerly housed in the Jean Pike Centre on Alberni Street have moved to the old Community Living Place on Artaban Street in Cranberry, including the preschool. It is now called the **Cranberry Child Development and Family Resource Centre**. Programs from there have moved to the Alberni Street location, which is now called the **Jean Pike Centre for Inclusion**. Both operations are run by inclusion Powell River. Executive director Lilla Tipton said the changes are better for the youth and adults who will be served out of the Jean Pike Centre, many of whom like to walk to their programs. The preschool also gains by having a level entry and better access to outdoor activities. **PR**

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COMMUNITY CALENDAR

October 1

Book Launch and AGM

Inclusion Powell River's AGM and Timothy Balzer's new book *Journey Towards Community: Sixty Years of the Inclusion Powell River Society*. 6:30 to 8, Cranberry Children's Centre, 6831 Artaban St.

October 2

Kings home game

Versus Vernon Vipers, 7:15pm, Hap Parker.

Sea Snake Night

At the pool 7 til 9.

October 2 to 4

Hike the South Powell Divide

All explorers are welcome to this off-trail exploration adventure. From Emma Lake toward the north. Hosted by The Coastals (see Facebook for details).

October 3

Campaign for Real Ale

Craft beer, cider & spirits festival. October 3, 3 to 7 pm, Beach Gardens. \$25 CAMRA members, \$35 non-members. 19+. www.camrapowellriver.ca.

Campfire Sessions: For the Love of Children

Ten experts with different passions and experience will share their insight. Sat Oct 3, 7-8:30 pm at Cranberry Hall, 5828 Cranberry St. For Info call 604-485-8664.

Kings home game

Versus Alberni Valley Bulldogs, 5pm.

Arts & Tarts

Blaire Hobbs will hold his fourth annual breast cancer fundraiser, beginning at 1 pm at Living Waters Foursquare Church Hall. For more info email arts.tarts.4.breastcancer@gmail.com

October 4 til 10

Fire Prevention Week

The Powell River City fire department is hosting the Orca Bus on Friday Oct 9th 9:30 to 11:30. The Malaspina Fire Department (South of Town) has the Orca Bus on Wednesday Oct 7, 9:30-11:30 am at Malaspina 1 Hall 9999 Hwy 101; an Open house Saturday Oct

10th 11-3 pm at Malaspina 1 Hall, Smoke alarm Draw and some demos.

October 5

All Candidates forum for upcoming federal election

Hosted by the PR Chamber of Commerce. 7 pm, Evergreen theatre. This event will be livestreamed at www.tvpowellriver.com. Watch on TV live at the Legion on Texada Island.

October 6

Free Seniors Day

At the Recreation Complex. See the Leisure Guide for more.

Orca Bus

10-11:30 at the Complex.

October 8

Screening of the Choir of the World Totem Pole film

Produced by Claudia Medina. The Totem was presented to the "Choir of the World" from International Choral Kathaumixw 2014 in Ljubljana Slovenia. 7pm, Max Cameron Theatre.

October 9

WiL in concert

The Music Revolution presents acclaimed British Columbia singer-songwriter WiL (www.ibreakstrings.com) With special local guests: Lukah Bouchard Band & Jasper Sassaman, \$15 at the door, Bank of Montreal building in Townsite.

Lazer Light Video skate

At the Complex, 6:30 til 10.

October 10

Stencil-making workshop

Catnip hosts this event, which is by-donation. Starts at noon at Kaleidoscope Gallery on Marine.

October 12

Thanksgiving Monday

Stat holiday.

Thanksgiving skate

Shinny 11-12:30; Everyone welcome 1:30 til 3

October 14

Jake's Gift

Max Cameron 7:30pm. 60 minutes with a meet and greet www.jakesgift.com. Adults \$23, seniors \$21, youth \$12.

Carolyn Mark and Clay George

The Music Revolution presents the Victoria singer/songwriters. 8pm, Basecamp, \$5.

October 15

Kings home game

Versus Wenatchee, 7pm

The Great BC Shake Out 10:15am

Practice your earthquake preparedness!

October 16 to 18

Sunshine Coast Art Crawl

Earl's Cove to Langdale. 125 galleries, studios and more. See sunshinecoastartcrawl.com for more.

Rossander World Community Film Festival

18 docs for \$18. Screening at Cranberry Community Centre, Cran Hall, and The Patricia. See rossander-filmfestival.org for full schedule.

October 17

Health Care Auxiliary Bazaar

11 til 2 pm at the Complex. Handmade items, kitchen, quilts, sweaters, baby items, you name it, we have it! Jewelry, bake table, candy table, Xmas table, White Elephant! Raffles! Tea room & Fish Pond!

Growing Up in Sliammon

Stories and memories from elder Philip George. 3:30 pm at the Rec Complex Elm Room. For info call 604-485-8664.

October 19

Federal election

Don't forget to vote.

October 20

Orca Bus

Farmer's Market 10-11:30.

October 21

Wine Tasting and Pairing

With sommelier Tim Ellison. Cranberry Seniors Centre, 7pm. \$20, all proceeds to Grace House.

October 22

Groundswell Meeting

9am at VIU.

Business After Hours

5:30 to 7:30 Pacific Point & Serious Coffee A Chamber of Commerce evening of socializing, networking, appetizers and wine. Hosted by *Powell River Living*.

October 23

Kings home game

Versus Penticton 7:15pm Hap Parker

SD47 Pro-D day

Pro-D Skating

Kids shinny 9:15 til 10:45; everyone welcome 1:30 til 3.

October 24

The Red Lion

Texture & Light & Hansmole 8 pm no cover

Canadian Tire free community swim

2 til 4 pm at the Rec Complex.

Pacific salmon foundation dinner

5:30 doors open. Silent auction, live auction, dinner. Proceeds support local salmon conservation. Dwight Hall. \$50. Tickets available from Marine Traders and Powell River Outdoors.

Artisan and Entrepreneur Show

Free, celebrating Small Business Week. 10am - 4pm @ Cranberry Seniors Centre 6792 Cranberry St. This event is open to the general public and there is no fee for entry. There will be dozens of raffle draw prizes with funds being raided for the Extended Care Unit Therapeutic Garden and PRWIB.

October 27

Gypsy Jazz: Christine Tassan et les Imposteurs

7:30 at the Max Cameron Theatre.

October 27 & 28

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WILD RIDE: At the annual family-friendly Hallowe'en ride around Inland Lake (on the 31st this year, organized by the Powell River Cycling Association, see below), expect Wayne and Georgie Brewer to represent once again. Nevermore!

A Happenin' Halloween

October 20

Day of the Dead talk / Slideshow

Hosted by Claudia Medina at Base Camp. 7 til 9pm. Donations collected at the Day of the Dead will be donated to the Powell River Hospice Society.

October 23 & 24

Halloween at Henderson

Haunted House! This is not an event for young children and is quite scary. Starting at 7 pm both nights

October 30

Pumpkin Pool Party

For preschoolers. 10 – 11:30

Monster Mash Halloween skate

At the Recreation Complex. 7 til 9 pm

Halloween party and potluck lunch

Powell River Brain Injury Society, 11-3 pm.

James Thomson Halloween Carnival

We will again be hosting a family-friendly carnival, a haunted forest, and new, but returning, this year will be Ms. Dimond's haunted house, where you can choose the scare level from no scare, to full on!

Rocky Horror Picture Show

10pm. Tickets \$20 it's a fundraiser for the Powell River Film Festival. On sale at the Patricia Theatre & Breakwater Books

October 31

Pumpkin Carving Event

Bill Hopkins' annual Hallowe'en event featuring free pumpkin carving at the Town Centre Mall, near Save-On-Foods. Bring your imaginations! Carving is from 11 til 2 pm. The mall is also offering trick-or-treating at participating merchants on the 31st, during opening hours.

Halloween Ride

Come in costume and ride around Inland Lake! Fire afterwards with BYO hot dogs etc. Starts at 2pm.

Endless Night Vampire Party

Assumption hall, 8 pm. Beer on the pier hosts this first-time event. Awesome cocktails and dj inzane and dj strapon. Tickets include: candy bar and salty snack buffet! Apple dunk! Costume contest! Chances to win great prizes! Photo booth! In support of Therapeutic Riding and other BOTP non-profits! Tickets: \$20 in advance and at Door.

Halloween Dance & Costume Party

Carlson Community Club. Great decor & prizes. Live band: Overdrive. 8:30. \$5 for members & guests.

The Haunted Ball

8 pm – 2 am, Dwight Hall. The Vale Society presents a Halloween extravaganza with great music, quirky theatrical performances, festive games, incredible costumes, snacks, drinks and more! \$20 advance, \$25 at the door (19+) Tickets on sale at Breakwater Books and River City Coffee. Music by Skyclight, Curious Jorg, SimonSayz, and others to be announced soon!

Halloweenapalooza

We are gonna have a party. Many musicians and friends are going to get together for this event in the Texada Inn Pub. Six hours of jamming from 8 pm - 2 am.

Hallowe'en at the Red Lion

Band Heat Score. No cover. 9pm – 1 am.

Nov. 1

Day of the Dead Fiesta

Come and celebrate the Mexican holiday, and honour your deceased loved ones. Base Camp, 4548 Marine Avenue. 7 til 10 pm. Donations collected at the Day of the Dead will be donated to the Powell River Hospice Society.



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Even through the twilight of the equinox, where light meets dark,
past the misty blur of web and word, the vision of the soul sees her way home.

Aries

(Mar 21/22-Apr19/20)

Perception moves mountains, dear Aries, with merely a thought. Work smart. Your vision, both far and near, is surprisingly practical. We trust your sense of when to yield and when to lead.

Taurus

(Apr 20/21-May 20/21)

Honour your body. As you polish the mirror of self the cost and value of true love will shine in your own eyes shedding perspective on a lifetime of desire. Your children will carry this light. Give a listen to 'Growing up Sliammon' with Philip George Oct 17 at the Complex.

Gemini

(May 21/22-June 20/22)

Romantic ideals strum the heart as the mystery of love and the power of truth touch a nerve. Communicate your needs. Use drama if necessary.

Cancer

(June 21/22-July 22/23)

Your ability to re-write the emotional source code of the soul bestows on you the authority and imperative to do so. Experience the redemptive power of 'Jakes Gift' at Max Cameron Theatre Oct 14.

Leo

(July 23/24-Aug 22/23)

In matters of the heart dear Leo speak your own truth. Review the plan (and cost) of that new, lucrative venture. Re-thinking doesn't mean dishonouring.

Virgo

(Aug 23/24-Sept 22/23)

Holding true to the foundation of your brilliant soul releases a flurry of new energy surrounding financial independence but think it through. Compliment that growth at the Seniors Health Fair at the Complex Oct 27-28.

Libra

(Sept 23/24-Oct 22/24)

How you think defines who you are. Expand the sea of imaginative influence then tighten up on the reflection...voila perfection. Connect at the Sunshine Coast Art Crawl Oct 16-18.

Scorpio

(Oct 23/24-Nov 21/22)

The hand of compassion re-kindles a desire for justice and with it a concrete expression of spiritual values. 'Groundswell' meeting on well-being, relationships, and inspiration, Oct 24, at VIU.

Sagittarius

(Nov 22/23-Dec 21/22)

Your voice matters and in this empire of truth and lies the credibility of your values needs to be expressed. We need your sense of direction and priority.

Capricorn

(Dec 22/23-Jan 19/20)

On the mountain of your honest reputation a white knight stands guard as books are opened and partnerships examined. Relax and take a walk at the SHROOM Festival Oct 16-18 Pender Harbour.

Aquarius

(Jan 20/21-Feb 18/19)

Emotional clarity honours your desire and breathes fresh air into authentic connections both in public and in private. Your heart needs freedom just as much as your mind, Aquacat, purr more, aloof less.

Pisces

(Feb 19/20-Mar 20/21)

Be honest dear Pisces. For in the hands of a clear spirit the bonds of intimacy are caressed with trust. Once you let go on the inside the heavens will display your dazzling aurora. 

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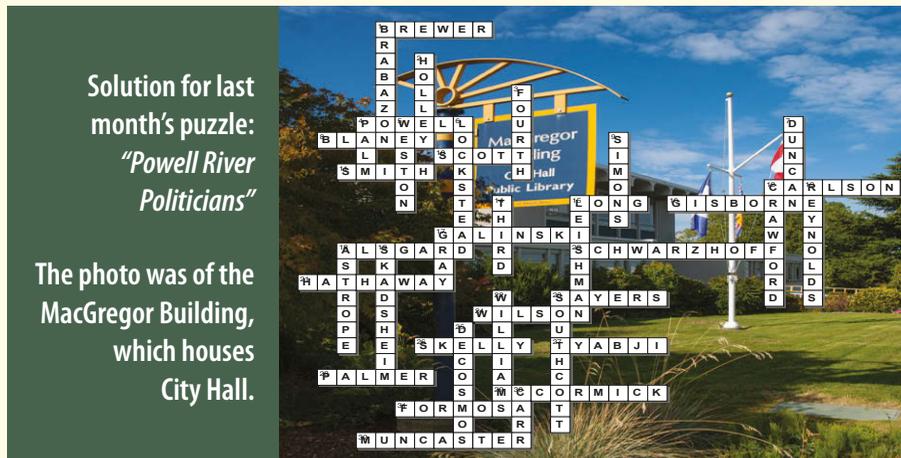
604 485-7115



Powell River Brews

- Across**
- Bitter light Indian ale (abbrev)
 - PR Kombucha brand
 - Bigger beer container under pressure
 - Location of PR's brewery
 - Dance, hulk, triple
 - Lang Creek bay
 - Processed barley
 - Beer fest location (2 words)
 - Main ingredient in beer
 - Local brewery initiator
 - Bitterness measure
 - Craft beer advocacy group
 - Yard Oiler Gasoline Unpowered
 - Blackberry brew portmanteau
 - Alcohol-making cells
 - Biannual beer, musical gathering
 - Mountain beer
 - PR U-Brew
 - Rope swing
 - Coin in coke, or Belgian IPA (2 words)

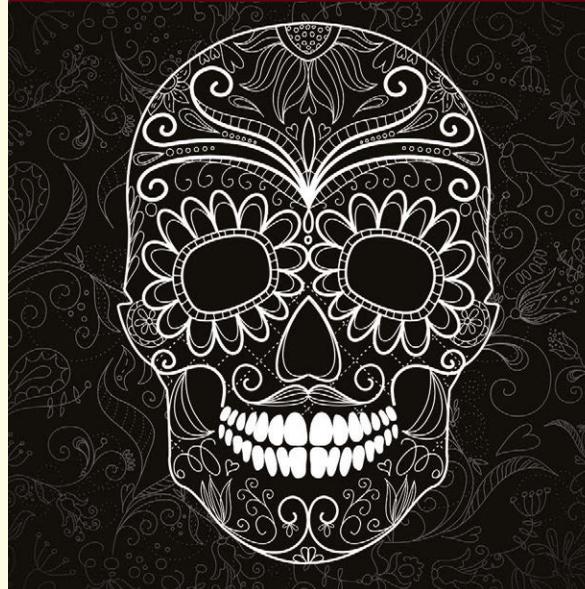
- Down**
- PR's silly namesake beer
 - Abbey ale, hulk
 - Winemaker's Creek
 - Beer made with bottom-fermenting yeast
 - Refillable jug
 - SCOBY tea
 - Local brewery (abbrev)
 - Vine important to brewers
 - PR Brewmaster
 - Dauchot's heritage
 - Second fermentation barrel
 - Only on tap, only on the coast
 - Prohibition-era schooner, wreck dive
 - Rocky Horror song, Texada-inspired beer
 - Beers made with top fermenting yeast
 - Alcohol content (abbrev)



Solution for last month's puzzle: "Powell River Politicians"

The photo was of the MacGregor Building, which houses City Hall.

What's spooking you this Hallowe'en?



An injury from fireworks can haunt you for the rest of your life. Please use caution this month.

We know what a brain injury is.

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Friday, Oct. 30

Show at 10 pm

Doors open at 9:15 pm

Adult refreshments
 Rocky Horror merchandise
 Running time 100 minutes

It's A FUN-draiser! Tickets \$20 at the Patricia Theatre & Breakwater Books

18A

"I would have died three times."



*Last
Word
with*



ISABELLE SOUTHCOTT
isabelle@prliving.ca

As I sat beside my partner in the hospital's emergency room, I realized that neither one of us would be here if not for the advances made in medicine.

I would have died three times without medical intervention. The things we take for granted today didn't exist 50, 100 or more years ago.

Let me explain. I grew up in a house with a dog, cats, rabbits and mice. When I was 13 I developed allergies. Cats made me sneeze, wheeze and swell up. The allergy doctor told my parents to get rid of the cats; my siblings said get rid of me.

It was a standoff. We all stayed.

At the age of 14, I took up smoking and when I was 19 I had my first asthmatic attack. I continued to smoke and my asthma worsened. I remember waking up at 4 am gasping for air and grabbing my inhaler. I also remember when my inhaler didn't even work and ending up at emergency inside an oxygen tent. But thanks to modern medicine, I lived.

Thanks to common sense, I finally quit smoking, moved to a house with no carpets and began a cat-free life. For the last 25 years, I've been pretty much asthma- and allergy-free.

Then I had kids. Both boys weighed in around 8 pounds but because of their big heads, I was unable to deliver them the old-fashioned way. Both were born via cesarean section.

The first recorded cesarean where both mother and child survived was done in Switzerland in 1500 – although others were performed when the mother was dead or dying in order to save the child. Had it not been for the C-section, I would have died a second time.

Six years ago, I thought I was having a heart attack. I was a single mom and my kids were fast asleep. It was late at night and I didn't know what to do, so I Googled my symptoms and waited.

The pain subsided but kept coming back. I lost my

appetite and weight began to fall off me. One morning the pain was so severe that I drove myself to emergency. I had a gallbladder full of gallstones.

Thanks to medicine, I dodged my third bullet.

Last month, as I sat beside my guy in emergency, I thought about medical advances and was both grateful and frustrated at the same time. Dwain is scheduled to have a triple bypass on October 22 (thank you!) but when you're waiting for a procedure that will save someone's life, the waiting is hard and that magic day can't arrive soon enough.

Advances in medicine are, without a doubt, amazing and the healers in this world are to be commended but for the people waiting to be healed, the wheels turn slowly.

I've talked to people who had the same procedure done five, ten or more years ago who are doing well and I realize how much we take for granted. Medical technology and knowledge has advanced so much in the last 20 years; procedures that used to be obscure or risky are now commonplace.

That day in emergency, I knew I had a lot to be grateful for. I don't need Thanksgiving to realize how lucky I am to live in a safe community with people I love instead of a country plagued by drought, war, and famine.

I know we're lucky to have social programs, access to health care and place to call home.

And in October, when we celebrate Hallowe'en and Day of the Dead (and vote in the federal election), I'm reminded of how close we all are to death, so frequently in our lives. It's worth reflecting on – how our universal access to health care has changed Canadians' lives so much since it was introduced in 1966.

As much as it's gruelling to wait for a major surgery for my partner, knowing that safety and medical care is available to us when we need it is a right I wish for everyone – from Syria to Saltery Bay. **RL**



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Sincerely,

Joan Baker

Pharmacy Manager

Laurie Sehn

Assistant Pharmacy Manager

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MEET THE TEAM: Safeway Pharmacy staff are (l-r) Laurie Sehn; Jenn Young, RPT; Andrea Chan; Andrea Jantz, RPT; Cathy Infanti; Shannon Parkin; Brittany Adam and Joan Baker. Missing from the photo are Pharmacists Ann Nadalini, Lauren Inkster, and Myrna Damborg and assistants Jennifer Dean, Sharon Piper, and Kayla Koopman.

Do you qualify for a free flu vaccine?

- People age 65 and over and their caregivers
- Those with chronic health conditions and their household contacts
- Health care workers
- Emergency responders (volunteers, too!)
- Household contacts and caregivers of children under 5
- Those with a history of seizures
- Pregnant women
- Operators of poultry farms
- Aboriginal people
- Those who are very obese

Ask about having a Safeway pharmacist come to your workplace to administer flu vaccines during your hours of operation.

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Did you know? Safeway Pharmacy offers:

Flu Immunity

Don't wait for the rush; drop by the Safeway pharmacy anytime for your 2015 flu vaccine. For most people, it's free. Contrary to myths, the vaccine cannot cause the flu, says Laurie Sehn. "Even young, healthy people can carry the flu with no symptoms, and pass the illness on to Grandma, or their two-year-old child. So it's not just important for you. It's about protecting the people you love."

Other immunizations

Protection against tetanus and pneumonia is always free and available. Ask us about protecting yourself against painful shingles, with a Zostavax vaccine. Please see us for any of your other vaccination needs; we can answer any questions you have. All of our pharmacists are licensed immunizers.

Medication Reviews

If you're taking multiple medications, chances are you qualify for a *free* medication review—a \$70 value. One of us will sit down with you, privately and confidentially, and go over all prescription and non-prescription drugs you're taking. At the end of the consultation, we'll give you a complete list. When you visit a new doctor or the emergency room, take it with you for safety.

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