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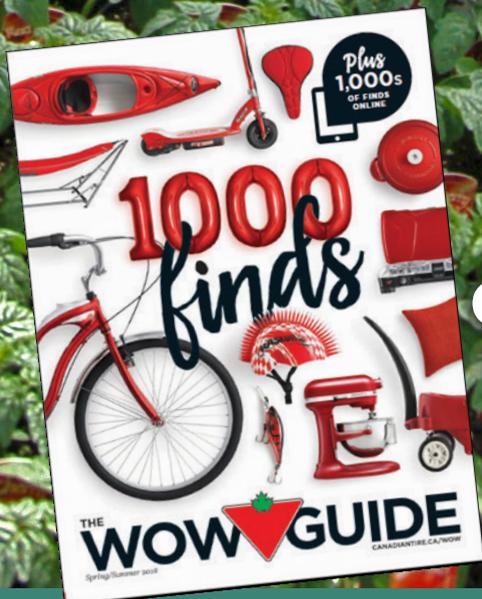
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# By the truckload or the pail T&R Contracting has sand, gravel, green walls & more

Sometime you need an industrial-grade solution. Sometimes you need something pretty. And sometimes, you need both.

At T&R Contracting, staff understand that one solution doesn't fit all applications, which is why the same folks that provide rock and gravel for industrial roads will also help you get a pail of ready-to-use garden soil for your garden or planter box.

They've made big investments in their property in Paradise Valley, where they've expanded the office, and built a new workshop. More expansions are in the works. But they're also expanding the types of products they offer, both for industrial, commercial and civic operations, and for residential applications.

## Pre-Cast Concrete

One new offering is pre-cast concrete from Cumberland-based Hyland Pre-Cast. So when someone is looking for a concrete catch-basin, a parking curb, or a roadside barrier, they're likely to find it in-stock at T&R, and they won't have to go out of town and deal with huge shipping costs.

"We are looking forward to working with the team at T&R to bring pre-cast concrete products to the Powell River market. Not only does this make it easier for contractors to access inventory, it helps reduce our carbon footprint by doing batch deliveries to the area," says Hyland operations manager Chris Huber.

## Green Walls

From the conversations about pre-cast came another new offering: vegetated wall systems. Hyland connected T&R with Flex MSE, a system that structurally serves like a traditional concrete block retaining wall, but looks more like a vertical garden.

Flex MSE bags and interlocking plates are used to build naturally resilient geomodular structures that get stronger and greener as time goes on. Because they're a soft building material that acts like a hard one, Flex MSE stands up to events that would ruin other kinds of walls.

Both the City and Regional District have shown interest in the technology. It may also be adopted by residents who own properties, particularly on the waterfront or on steep banks, that could be susceptible to landslides or sloughing.

More than 1,000 projects across the country have used it, says Flex MSE parent company Trexiana president Mike Callewaert, who visited March 30.

"We think this could work in a lot of places in Powell River," said T&R co-owner Shaun Gloslee. "It's structurally really strong..."



Photo by  
Anji Smith Fotos

Shaun and Raeann Gloslee and Dan and Bonnie Robinson operate T&R Contracting from expanding headquarters at the West Lake Pit and garden centre in Paradise Valley next to Valley Building. Although construction and industrial aggregate remain at the core, the company also offers a wide range of soils and mulches for local gardeners, and has recently expanded into pre-cast concrete and vegetative wall systems (as seen below.)



"... but it's much prettier than a concrete block wall," finishes co-owner Bonnie Robinson.

T&R now has the bags, products to fill them, staff, equipment and services to build your wall from the beginning to the end.

## Still a gravel company

The new additions to the services offered by T&R don't take away from the fact that the company's core is with sand, gravel and rock for construction and for industrial roads. The owners of T&R, as well as partner companies Shaun Gloslee Excavating, Coast Hydro Excavating, and Rural Septic Services, know that diversification is important, but so is satisfying the customers that have helped build the business to what it is today. Much of their recent investment at the West Lake Pit has been to support that work.

Their fleet of equipment is designed to serve that core business, with dump trucks, rock crushers and excavators. But much of it serves dual purposes. The slinger truck, for instance, can be a huge timesaver for residential projects.

"The slinger truck accurately places product or materials as thin or thick as you would like. It throws a distance of 50 feet or more. We can place your product in inaccessible locations and over obstacles. It

saves individuals hours of back breaking work," says Bonnie.

## And for gardeners

The front end of the operation looks more like a nursery or garden centre than a gravel pit. It's a gardener's or landscaper's paradise. Various kinds of soil, sand, gravel, crushed rock, decorative rock are piled in organized concrete bins. They're labelled and prices per tonne or yard or pail are listed on easy-to-read signs. Friendly staff help you find what you're looking for, offer advice for your project, and then help you load up a bucket or a truck, or arrange for delivery.

"Good soil is the foundation to reaping the rewards of bigger blooms and greater yields of flowers and vegetables," says Bonnie. She is particularly excited about Garden Blend, which is ideal for all types of plants including vegetables and flowers. It consists of certified organic compost-based matter and nutrients and sand screened to a specific recommendation to provide perfect growing conditions. It is free draining, weed free and ready to use.

But while residential gardeners load up on garden blend or mulch, you're also likely to see a dump truck rumble by with a load of rock headed out to help build a new industrial logging road. 🇨🇦

## Residential

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## PRL helps track down bottle sender

Dear Powell River Living:

My granddaughter Kaiyana, who is now 12, was baby-sitting Bileaux at a family home on Cranberry Lake in June of 2015. As an activity, they wrote a message (good thing in wax crayon!), put it in a bottle and tossed it in Cranberry Lake. I guess the bottle only made it two doors down, and was found many months later. ("Message in a Bottle" story appeared in the March 2016 issue).

After reading the magazine, I talked to Patti Marr and told her the story. It was nice of her to take an interest in a little event that two little girls did in play. I guess that solves the mystery!

Thanks for a cute article about local life in Powell River. We always enjoy your magazine.

Leslie Scott

We welcome feedback from our readers. Letters must be signed and may be edited for length.

Email [isabelle@prliving.ca](mailto:isabelle@prliving.ca), or mail letters to

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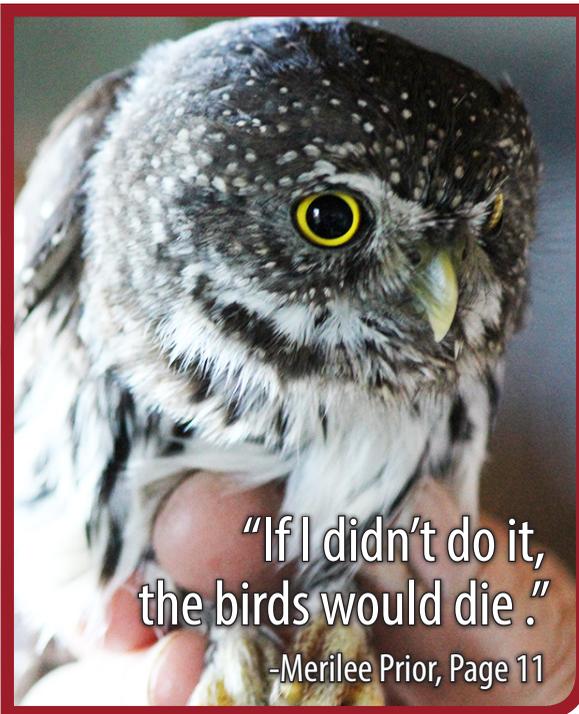
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### ON THE COVER

Sosan Blaney models the button blanket her mom and grandmother started for her 10 years ago. The two salmon are bordered by an ihos, "signifying our connection our lands and our connection to the salmon," Sosan said.



photo by Pieta Woolley



## CONTRIBUTORS



**JOYCE CARLSON**, born and raised in Powell River, recently retired after 45 years in the community newspaper business. She is continuing with volunteer work, which she has done since high school, that now includes chairing the marketing committee for International Choral Kathaumixw 2016.



**KEITH CARLSON** grew up in Powell River and graduated from Max Cameron High School in 1984. He is now a Professor of History at the University of Saskatchewan. He's been invited to write a history of the local Masonic community. The book, co-authored with Colin Osmond and Norm Hutton, will be appearing in May as part of Triune Lodge's one-hundredth anniversary celebrations.



**LEE MCKENZIE** is an artist and writer. She discovered a love of painting late in life, and works in acrylic, watercolour and mixed media. She is largely self-taught and loves to experiment with colour, texture, and style. She has works hanging in collections across Canada, in the United States, South Africa, Australia and Europe. She welcomes visitors to her home studio/gallery, Monkey Tree Studio, in Powell River.



**GLEN ROSCOVICH** jumped ship and moved to Powell River at the age of two. He left town after he graduated in search of winter but returned 25 years later. "I love it here," he says. Marshall McLuhan's quote "The medium is the message," raised some questions in Glen's young mind. After 30 years of working in communications with both mediums and messages he's still not sure if he understands what McLuhan meant... but it has been fun trying to figure it out.



**JANET SOUTHCOTT** is a freelance writer and editor involved with organizing Earth Month in Powell River. She can be reached through her website at [viridianearthcontracts.com](http://viridianearthcontracts.com).



**SANDRA TONN**, a Certified Life-Cycle Celebrant specializing in funerals, memorials and other life transitions, is also known as a Funeral Celebrant. Her decades of work as a journalist and public speaker, along with many years of academic, professional and personal studies in the areas of death, dying, and spirituality, made celebrancy a natural choice for her. Sandra is also a death midwife, has been a hospice volunteer and was the founding vice president of the Powell River Hospice Society. You can reach Sandra at [celebrant@telus.net](mailto:celebrant@telus.net).

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## IN THIS ISSUE

# Meet the neighbours. Lots and lots of them.

The Powell River area enters a new chapter this month as the Sliammon Indian Band will transform into the Tla'amin Nation.

The April 5 implementation of the Treaty between the federal government and Tla'amin recognizes a self-governing First Nation able to make decisions for itself.

It has an extensive new land base and access to forest and fish resources, as well as the ability to generate revenue. The new nation will have law-making authority.

Chief and Council will transition to become a new legislature, and executive for Tla'amin lands and people.

That will undoubtedly mean a different relationship with other local governments and agencies, and hopefully in a positive way. For all of us, in and outside the Tla'amin Nation, there is an air of uncertainty, expectation, and hope. There's also more than a little confusion. The Treaty is a complex document that few have read and fewer still understand, and it still doesn't cover all the possibilities.

More than two decades of negotiations have gone into the making of this new nation. On Page 6, we created a

very abbreviated timeline of the progress that brought us to this historic moment. On Page 7 of this issue, Pieta Woolley introduces you to the carvers making poles for the new Governance House. Then on Page 27, we suggest a few other ways that you can get to know more about the Tla'amin Nation. After all, it's good to meet your neighbours, even if they've been your neighbours for a long time already!

One of our goals at *Powell River Living* is to help our readers get to know our community better, and so this issue, as usual, introduces you to some fascinating characters. In addition to the carvers mentioned above, you will also meet in these pages a 100-year-old environmental activist (Page 12), a woman who fell into rescuing birds and is now helping an animal rescue society take flight (Page 11), a funeral celebrant who wants to have an environmentally friendly burial (Page 13), a compulsive volunteer who helped re-launch Logger Sports (Page 17), a chef who volunteers on the hospital ship *Africa Mercy* (Page 19), and volunteers who visit and help local seniors (Page 20), and others.

We also meet another of Powell River's boomerangs (that's people like me who were born here, moved away and then moved back.) This boomerang is a psychiatrist who just moved here from Halifax (Page 10).

You'd think that we went to great lengths to find all these stories about Powell Riverites doing extraordinary things. But, frankly, that's the easy part. The biggest challenge we have is choosing which stories to run, which we have to hold, and fitting as many as we can in the limited pages the budget makes available. Thankfully, our advertiser support helped us bring you a 36-page magazine this month. If you want to read many more stories, please support these advertisers so we can bring you more stories in more pages in the coming months.

We love finding, hearing and telling these stories. We hope you love reading them. **RL**

SEAN PERCY | [sean@prliving.ca](mailto:sean@prliving.ca)

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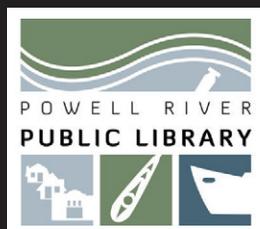
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**STARTING A LONG TIME AGO  
THIS IS TLA'AMIN TERRITORY**

Tla'amin people “live and invest” here for millennia. (The oldest “scientific” evidence of settlements is 7,600 years old, at Saltery Bay and Grace Harbour.)

**1701 TO 1923 • TREATY ERA**

The Queen & Canada sign dozens of treaties with First Nations, intended as government-to-government agreements to ensure peace and clarity about land use (note: it didn't always work out that way). Unlike the rest of Canada, very little of what is now BC was settled by treaty. It remained unceded, even as non-First Nations settled on it - including the area around Powell River.

**1780s • DISEASES**

European diseases precede contact at Tla'amin. Smallpox, tuberculosis, Spanish flu, measles affect people in this region for the next 150 years.

**1850-1854 • DOUGLAS TREATIES**

14 land purchases / treaties are signed between the British Colony at Victoria and Vancouver Island First Nations.



Tla'amin Nation, Canada & BC Final Treaty: April 5

# Independent at last

Overestimating the importance of the final treaty between the people of Canada, BC and Tla'amin? Impossible.

April 5 begins a new era for ev-

eryone who lives in the Powell River region. While the treaty doesn't fix all historical and current injustices, it is a critical step towards right relations, and reconciliation.



**1860s & 70s**

**TLA'AMIN'S ERA OF CONTACT**

First missionaries and the first Indian Agent arrive. The reserve is created. The residential school era begins.

**1867 • CANADA CONFEDERATES**

**1871 • BC JOINS CANADA**

**1876 • INDIAN ACT SIGNED**

Federal government's statute that governs First Nations in Canada, including reserve lands and money.



**1899 • LAST OLD BC TREATY**

Treaty 8 covers Northern Alberta and North-Eastern BC.

**1923 • TREATY ERA ENDS**

The Government of Canada makes it illegal for First Nations to hire lawyers and pursue land claims. The first era of treaty-signing ends - with no treaty ever having been signed with Tla'amin.

**1949 • VOTE!**

All First Nations people gain the right to vote in Canada.

**1951 • POTLATCH BAN IS LIFTED.**

**1960s & 1970s**

**DEVELOPMENT AT TLA'AMIN**

Tla'amin reserve gets electricity, telephones and plumbing. The band builds many of the buildings that exist there today, including houses, the sewage treatment plant, the salmon hatchery, and more. Still, a curfew remains, and segregation on transportation and in public buildings is common.

**1990s • CULTURAL REVIVAL**

Residential school era is over. SD47 implements Tla'amin language classes.

**1993 • BC TREATY COMMISSION**

The Province of BC creates the BC Treaty Commission, a process to negotiate comprehensive modern treaties with the 60+ First Nations that never ceded land or rights.

**1994 • TLA'AMIN TREATY PROCESS BEGINS**

**2003 • TLA'AMIN-POWELL RIVER COMMUNITY ACCORD SIGNED**

**2008 • RECONCILIATION ERA**

Federal government apologizes for residential schools. The Truth and Reconciliation Commission begins its work.



**2012 • TLA'AMIN VOTES "YES" FOR TREATY**

**2016 • APRIL 5**

**FINAL TREATY IMPLEMENTED**

So far, the 23-year-old BC Treaty Commission process has implemented three treaties. Tla'amin's was the third; Tsawwassen First Nation and Maanulth First Nations (a group of five nations on eastern Vancouver Island) were signed in 2009 and 2011. The Nisga'a Treaty, settled in 2000, was negotiated outside the Treaty Commission process. Nine agreements-in-principle are signed (but not yet implemented) under the commission - and another 51 BC First Nations in other stages of negotiations.

# Still here, standing strong



BY PIETA WOOLLEY | pieta@prliving.ca

As a child back in the 1940s and 50s, Alvin Wilson would walk down to the beach at Sliammon and watch the few men who still knew how to carve dig out hefty cedar canoes. They were working canoes, made for fishing the Salish Sea at Grief Point, Blubber Bay, Harwood Island, and Okeover Inlet.

Only a couple of people carved masks here in the mid-20th century – and they weren't locals, Alvin recalled in an interview near the shed where he's the elder-in-residence of the biggest carving commission Tla'amin has seen – maybe ever.

"It was so interesting to me to watch them carve," said Alvin. "I never learned how. After I retired [from logging and fishing], I picked it up, through trial and error." He went on to carve the pole at the top of Wharf Street – though, he said, there was really no one around to teach him.

Now he, along with five other men, is carving six poles for Governance House, the new headquarters of the Tla'amin Nation. On April 9, the poles will be raised in a ceremony celebrating Tla'amin's final treaty, which goes into effect April 5.

In mid-March, though, the red cedar

chips were still flying and the thick smell of the wood hung in the air in the little shed on the reserve, where the to-be-poles lay. The deadline was looming. Two poles were finished, and three were under construction. The sixth – a welcome figure of a woman – was still a log. Since early January, the team carved five days a week, up to 10 hours a day, to make sure the poles are ready for raising.

Unlike other Coast Salish communities, Tla'amin Nation has very few carvers. Those who know how have learned recently. The skill was nearly lost, due to Canadian policies that punished First Nations cultural practices for a century.

Now, these men are part of a surging cultural renaissance bringing back Tla'amin carving – plus language, songs, drumming, dances, and much more. Instead of hunkering down, though, this particular group of carvers represents how much Tla'amin is reaching out.

Lead carver is Darren Joseph, from Squamish Nation in North Vancouver. He brings the most polished skills of the group. An internationally recognized artist, Darren is represented by galleries in Vancouver and Seattle.

**MEN WITH ADZES:** Outside the shed where they're working, this "Group of Six" paused from their looming deadline for a photo. From left to right they are: apprentice Phil Russell; head carver Darren Joseph; apprentice and spokesperson Randy Timothy; apprentice Vincent Timothy; Elder Alvin Wilson and carver Ivan Rosypskye. *photo by Pieta Woolley*



## Hehewshin – The Way Forward

Vancouver Island University staff, faculty and students congratulate the Tla'amin Nation for having forged a new relationship with Canada, the Province of British Columbia and the people who are residing on the traditional lands of the Tla'amin Nation.

May your People and Nation continue to grow and prosper as you transition into self-governance and may we all be inspired as we collaborate and partner in new and good ways.

With gratitude,  
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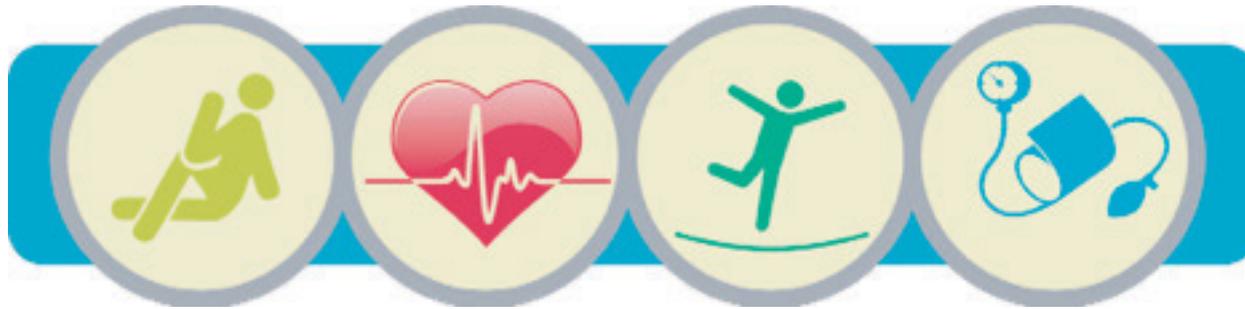
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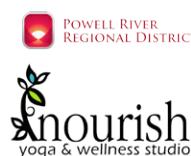
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K<br>Gracie Munro<br>Kaitlyn Penson<br>Abigail Fitzgibbon<br>Jaxon Peters<br>Garner Burnett<br>Hendrik Adam<br>Kianna Porter<br>Hailey Sanwald<br>Tyler Cramb<br>Michael Penson<br>Malcolm Williams<br>Aidan Parkin<br>Caden White<br>Bella Kim Aboung<br>Kayla Greenwood<br>Gracie Welp<br>Jorja Rogers<br>Zoe Moloughney<br>Eric Pallot | Chloe Langdale<br>Jayda<br>Caleb Campbell<br>Damien Stride<br>Hannah Gould<br>Malia Mikkelsen<br>Saki Takahashi<br>Layna Christensen<br>Jordan Johnson<br>Bria Layton<br>Harlow Johnstone<br>Ruby Chesney<br>Carter McDowell<br>Heidi Winchell<br>Mallory Brooks<br>Russell O'Donnell<br>Abigail Sacco<br>Zachary Jackson<br>Keaton<br>Ethan Kumar<br>Katie McKamey<br>Kesler Brown<br>Memphis Graham<br>Chenou McIntyre<br>Cody Hobbs<br>Katie Collings<br>Jemma Lloyd<br>Griffin Leach<br>Ciana Olmr<br>Carter Stekman<br>Reece Deeble<br>Konrad Krause<br>Mikaela Langlois<br>Lila LaRose<br>Cooper Jones<br>Samara Brown<br>Luke Dennis<br>Bella Greenwood<br>Jerome A<br>Camryn Pukesh<br>Tai Brown<br>Thomas Trouten<br>Jojo Wood | Tanner Burt<br>Adam Hopper<br>Caleb Carta<br>Ryley Behan<br>B Jones<br>Allysiou Langlois<br>Frank Wang<br>Brianna Narduzzi<br>Macy<br>Marik Agius<br>Brent Bombadir<br>Lukas Shipley<br>Jordan Doran<br>Carson Leitch<br>Danica Parker<br>Hailey Jolie<br>Danny Schreurs<br>Emma-Lee Gale<br>Tasha Stroomer<br>Madelyn Davies-Keil<br>Christian Penson<br>Ainsley Needham<br>Maria Kondra<br>Ashton Watson<br>Maddie Burt<br>Shea O'Donnell<br>Sonia Skobkareva<br>Ben Warman<br>Gavin Mastrodonato<br>Hannah Simpson<br>Latham Wyse<br>Annika Schmunk<br>Kaiyan Huot<br>Mason Windsor<br>Samantha Ratzlaff<br>Kaia Rose-James<br>Ayden Ostensen<br>Carson Raffin<br>Talitha Hamilton<br>Jeriah Nicol<br>Liam Robbins<br>Ryder Sherris<br>Sarah-Ann Watmough | Robert Ristau<br>Nicholas Burge<br>Samual Carta<br>Steven Harstrom<br>Carson Kleimeer<br>Ethan Laycroft<br>Harper Morton<br>Jaryd Dale<br>Trenton Frost<br>Leander Browne<br>Isaac Nilsson<br>Melina Burnett<br>Braeden Coburn<br>Olivia Raffin<br>Aaden Jantz<br>Jordyn Cairns<br>Lukas Yockey<br>Victoria Hart<br>Aidan Tagert<br>Theresa McNaughton<br>Haaken McLean<br>Marlyse Frehlich<br>Bennett Welde<br>Dylan Christensen<br>Zaiden Yockey<br>Carson Jantz<br>Kaize Peterson<br>Joseph Morin<br>Hailey Lucisa Essey<br>Jamey Carew<br>Ryder Holtby<br>Quintin O'Malley<br>Chloe Trowsdale<br>Ava Sayce<br>Oscar Paquette<br>Tera McCormick<br>Sebastian Bleaney<br>Erik Wessel<br>Nicole Hawkins<br>Kaleb Morrissey<br>Charla Venables<br>Donavin Lloyd<br>Liam Burtolcum | Emma Dupuis<br>Josh McCormick<br>Paige Wilson<br>Kohen Butler<br>Layla Christie<br>Chantal Carta<br>Keira Olsen<br>Katie P.<br>Owen Jantz<br>Ying Zhong<br>Skye Reynolds<br>Jake McCormick<br>Kaylee Bird<br>Alanna Logan<br>Isaac Percy<br>Nolan Lang<br>Emily Trousdale<br>Graden Fraser<br>Ella Percy<br>Jordan Goertzen<br>Emily Piccinin<br>Sage Endlicher<br>Callum Street<br>Jackson Frost<br>Grace Wrotry<br>Jack Padgett<br>Lily Henderson<br>Jaik Arnold<br>Sage Worthen<br>Derek Pearson<br>Makia Elliott<br>Quinn Barnes<br>Kate Barszczewski<br>Kiran Hollmann-Prichard<br>Phoenix Kaman<br>Gabriel Dixon<br>Reeve Morwood<br>Naomi Harrison<br>Dion Harry<br>Jordan Runions<br>Luch Wegner<br>John Carlson<br>Lauren Hunter | Ella Runions<br>Wrenwin Angell<br>Jervis Tebbutt<br>Jack Hay<br>Aiden Holland<br>Karissa Holland<br>Easton Marriot<br>CJ La Marsh<br>Faith Jones Mann<br>Ash Hoof<br>Matthew Gallagher<br>Rylan Williams<br>Makaela Gallagher<br>Cru Kosteriva<br>Nyala Vantship<br>Corban Mitchell<br>Kalen Wilson<br>Hayden Mallory<br>Jahlyan Elliott<br>Zevkiah Politylo<br>June Hilleren<br>Lily Rankin<br>Mac Morrison<br>Felan Elliott<br>Madeleine Daniels-Pratt<br>Finn Padgett<br>Jaya Nouwens<br>Rachel Turner<br>Raine Thrasher<br>Tyler Rankin<br>Aria Thrasher<br>Liam Carroll<br>Avari Dodd<br>Emily Adam<br>Caleb Pearson<br>Gabrielle Marshman<br>Kezia Beil<br>Greydan L-Mitchell<br>Estelle Ulmer<br>Max Carlson<br>Cavan Behan<br>Ethan Hull<br>Morgan Hanlan | Kamden Bourdais<br>Loukas Paquette<br>Panagiota Rounis<br>Leo Brousseau<br>Chloeanna Johnson<br>Ren Kamon<br>Helen Barszczewski<br>Reed Worthen<br>Tristan Morrison<br>Jaida Ulmer<br>Saria Percy<br>Jordan Hunter<br>Morris Harrison<br>Jasper Beil<br>Anna Carlson<br>Sariah Hull<br>Daya Byrne<br>Nova Arnold<br>Finn Gow Hignell<br>Azure LaPointe<br>Hayden Morrison<br>Piper-Dove Hueston<br>Khia Olsen<br>Brandon Marshman<br>Rylie McFee<br>Reanna Gendron<br>Sarah Gordon<br>Shauna Bruce<br>Mark Hill<br>Kyle Tougas<br>Craig Long<br>Donna Stobbart<br>Jim Palm<br>Karen Skadheim<br>CaroleAnn Leishman<br>Coltan Ellis<br>James Barrows<br>Kirk Rockwell<br>Dane Slack<br>Addy Shipley<br>Luke Shipley<br>Osha North<br>Evan Behan | Mya Munro<br>Lucas Wadsworth<br>Eleanor Winchell<br>Koen Gagnon<br>Isis Featherstone<br>Heather Claxton<br>Ron Pfister<br>Jessica Skorey<br>Moreen Reed<br>Melissa Cain<br>Heather Thrasher<br>Jeremy Prosser<br>Matt McDowell<br>Colin Turner<br>Derrick Alexander<br>Tristan Pope<br>Dean Merrick<br>Maggie Hathaway<br>Melissa Stoker<br>Debbie Duyvesteyn<br>Melissa Sloos<br>Danielle Bratseth<br>Chris Bratseth<br>David Formosa<br>Laurie Formosa<br>Shelley Thompson<br>Abigail Welp-Ellis<br>Danielle Welp-Ellis<br>Alivia Guraey<br>Jack Bayer Goadard<br>Max Rueschmann<br>Matthew Marshand<br>Cason Saunders<br>Quynn Lefler<br>Macy Barcelonne<br>Lukas Parkin<br>James Barrows<br>Kirk Rockwell<br>Dane Slack<br>Addy Shipley<br>Luke Shipley<br>Osha North<br>Evan Behan | Chelsea Butler<br>Jeremy Buhay<br>Kyla Chisholm<br>Ray Boogaards<br>Greg Cran<br>Sandy Elvy<br>Kim Barrows<br>Kim Hopper<br>Kathleen McPhee<br>Barbara Forsyth<br>Giselle Reyes<br>Moir Fisher<br>Kerri Lynn Warren<br>Wendy Nouwens<br>Tammy Clarke<br>Leah Head<br>Caroline Glover<br>Kirk Indrebo<br>Heather Indrebo<br>Emma Indrebo<br>Katie Indrebo<br>Melinda Herceg<br>Alyssa Dixon<br>Crystal Philip<br>Racquel Wingenter<br>Arthur Arnold<br>Elijah Hueston<br>Gary Johnson<br>Ann Nadalini<br>Jamie Levangie<br>Kayla Koopman<br>Myrna Damborg<br>Ian McNolty<br>Darl-Meliza Rivera<br>Noel Dupuis<br>Joan Baker<br>Sharon Piper<br>Lauren Inkster<br>Ashley Walsh<br>Claudia Cote<br>Rhonda Schreurs<br>Cathy Infanti<br>Deirdre Follett |
|---|---|--|---|--|---|---|---|--|---|---|

Join more than 500 residents who have already completed the PR Wellness Challenge. Get measured on April 21 at the PR Wellness Speaker Forum or sign up at select locations.

[www.prwellnessproject.com](http://www.prwellnessproject.com)

[facebook.com/prwellnessproject](https://facebook.com/prwellnessproject)



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“These poles are about reigniting the fire for the creation of art work, and the stories it can tell,” he said.

From Heitsuk Nation (Bella Bella’s region), carver Ivan Rosypskye learned to carve at Tla’amin in 2001. The project was carving Tla’amin’s tribal journey canoe *Gahnos* under lead Nuu-chah-nulth artist Art Thompson.

“There’s just a handful of us carvers here, but it seems to be reemerging,” said Ivan. “People are letting us use tools that have been sitting in garages for I don’t know how long. It’s a magic time.”

From Ireland, Phil Russell’s carving apprenticeship is about “paying respect to the territory where I live. I am in Coast Salish Territory.” His dream, he says, is that carving will become a tool for reconciliation – that the City of Powell River will commission a dugout canoe and participate in tribal journeys under the

guidance of Tla’amin – a unique kind of cultural immersion, he said.

“I think it would change the world for the better,” he said.

Apprentice Randy Timothy belongs to Tla’amin Nation. Against all odds, he kept his language in residential school, where he lived for eight years starting at age five. At 65, he recalls the era when Tla’amin members would be incarcerated for practicing traditional singing and dance.

“This is a new beginning. My hope is that, for the kids who are a part of the ‘future’ pole, that they’ll grow up and be able to show their own children that they were a part of this [cultural moment]. That when they’re my age, these poles will still be there.”

Tla’amin Nation member and apprentice Vincent Timothy learned to carve eagle and bear masks from his uncle,

Jackie Timothy. When Jackie was commissioned to carve the poles that are now at the Powell River lookout, Vincent carved alongside him. He also worked on the pole at James Thomson Elementary School.

He never learned to speak Tla’amin. Now, being around the other men as they carve together, he says he is starting to pick up on the language.

Most exciting for this group are the people who wander in with their own small carving projects. A bowl. A plaque. A mask.

Independently, many locals are sharpening their knives and carving their own visions into cedar.

“I’m glad they’re picking this up and passing the tradition on to the future,” said Alvin. “I’d like to thank the community for getting us together, and for everyone who cooked for us and visited.” **PRL**

## GET TO KNOW THE SIX POLES

On April 9, the six poles these six men are carving will be installed at Government House, on Tla’amin Lands. The red cedar logs were gifts from Klahoose First Nation, from Toba Inlet.

The poles are:

1. A male welcome pole
2. A female welcome pole
3. A child welcome pole
4. A “Past” pole visioned by Alvin Wilson, topped by a watchman, and featuring a bear, a baby bear, and a killer whale – the clan figure of his late wife.
5. A “Present” pole designed by Darren Joseph, topped by ancestors, and featuring an eagle, a raven and a bear – plus one fish representing each of the other carvers: three salmon, an orca and a halibut.
6. A “Future” pole designed in part by students at Brooks and James Thomson, and featuring a thunderbird about to take flight – plus the handprints of several students.



# Win a week of summer camp!

## Summer Activity Colouring Contest

Draw and color your favorite summer activity for your chance to win a summer camp registration!



Submit your drawing to the Recreation Complex by 5pm on April 22nd.

Limit one entry per person and must be a resident of the Powell River region.

The age categories are:  
Three to five years  
Six to nine years  
Ten to twelve years



## Summer Vacation

Day Camps  
Choose your own adventure!

<b>School's Out Party!</b> 17141 Week 1 July 4 - 8 School's out! Let's have some fun this week as we let loose. This week is full of fun and exciting games and activities, with a tropical theme! To top it off we'll end the week off with a beach party and BBQ!	\$180	<b>Outdoor Adventure Camp</b> 17165 Week 5 Aug 2 - 5 Join us this week as we'll head out to the Haywire Bay Outdoor Learning Centre! Paddling, canoeing, eco forest games, and swimming are just a few of exciting activities that await us this week!	\$225
<b>Beach Wrecked I</b> 17147 Week 2 July 11 - 15 We'll try to get to as many beaches as we can! Let's see if we can make it to Mahood's, Donkersley, Willingdon, Haywire Bay, and we'll even make a day trip to Savary Island!	\$200	<b>Olympic Week</b> 17170 Week 6 Aug 8 - 12 Olympic week will bring the Olympic Spirit to life with everything from a torch relay, to specific individual and team events, a mini pool Olympics and much more!	\$180
<b>Fear Factor</b> 17153 Week 3 July 18 - 22 Do you have what it takes? Join us for this exciting week of FUN and unexpected activities as we face up to our fears! Tasks will range from gross foods to wacky challenges that will have you laughing all week!	\$180	<b>Beach Wrecked II</b> 17176 Week 7 Aug 15 - 19 Just like Beach Wrecked I! How many beaches do you think we can make it to?	\$200
<b>Survivor</b> 17159 Week 4 July 25 - 29 Get your dose of Survivor fun with exciting tribes, obstacle courses, shelter building, reward challenges and more! In this fun packed week nobody is sent to tribal council. We'll all outlast and outplay in Survivor style!	\$180	<b>Endless Summer Sleepover</b> 17182 Week 8 Aug 23 - 26 Dive into the fun all week long with plenty of fun, games, scavenger hunts for our last camp of the summer! We will end the week with an awesome overnight sleepover on Thursday night at the complex. *Pick up is 11am on Friday.	\$225



To keep your kids busy this summer, see the yellow section in the Active Living Guide!

### Themes for summer camps 2016

Ages 6 to 12 years

School's Out Party!

Beach Wrecked I

Fear Factor

Survivor

Outdoor Adventure Camp

Olympic Week

Beach Wrecked II

Endless Summer

### Themes for mini summer camps 2016

Ages 3 to 5 years

Movin' & Groovin'

Treasure Hunters

Under the sea

Wild Wild West

Walking with Dinosaurs

Mad Science

Out of this world

Camps for 6- to 12-year-olds run 9 am to 3 pm weekdays, and before and after care is available. Prices range from \$180 to \$225 per week.

Camps for 3- to 5-year-olds run 9:30 am to noon weekdays, at \$75 per week or \$25 per day.

\* Sibling discounts are available!

**Powell River**

Find us on Facebook at [PowellRiverRec.Complex](http://PowellRiverRec.Complex)

# I MADE THE MOVE

# Returning home

Rachel Bell is a psychiatrist at Powell River General Hospital. Originally from here, she finally made the move back to “paradise” in summer 2015, after many years away in other parts of the country.

## Why did you choose to move back to Powell River?

**Rachel** • I was born in Powell River. My parents both worked as family physicians in the community. But when I was a young child, my parents went to Vancouver to do their specialty training, and regrettably also separated. I spent most of my childhood in Vancouver. At the age of 12 we moved to Halifax. I graduated from high school there, then went to Montreal to do my undergrad, then back to Vancouver for med school, then back to Halifax for my residency, which I completed in 2015. My mother moved back to Powell River in 2001. In 2014, I saw there was a job posting for a full time psychiatrist here in Powell River. I did a senior year elective in my residency and fell in love with the mental health community here.

## When? Where from?

**Rachel** • I moved from Halifax, Nova Scotia in July, 2015. My fiancé (Jamie) and I drove 6,300 km in our compact-size hatchback, with three cats and short tempers, in six days. By the time we hit Edmunston, NB, I was ready to break up with Jamie and throw the cats out the window (kidding). You can imagine how I was feeling when we hit Spokane, WA.

## What surprised you about Powell River once you moved here?

**Rachel** • Although I am very familiar with Powell River, I hadn't actually lived here since I was three years old. What I've realized the most is how isolated PR actually is. I'd rather just stay home at this point than do the whole six-hour ferry/driving thing.

## Where is your favorite place in Powell River?

**Rachel** • Hard question. I'd have to say....oh I can't. I just can't. It's all so spectacular.

## What would make Powell River a nicer community?

**Rachel** • If it were more accessible by car.

## If you were mayor, what would you do?

**Rachel** • If I were mayor, I would advocate for lower ferry rates to both the Island and the Lower Mainland. I would also push for increasing affordable housing. Everyday I see clients whose main problems aren't necessarily psychiatric, but psychosocial. Poverty is a debilitating problem; finding decent, affordable housing in this town is difficult!

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

**Rachel** • I'd like to stick to the wall at the Old Courthouse Inn, so that I could see what ghosts are hanging around. And if there are no ghosts, just hanging out with the fantastic owners would be good enough for me.



**HOME AGAIN:** One of Powell River's latest returnees, Rachel Bell. *photo by Isabelle Southcott*

## What are Powell River's best assets?

**Rachel** • The ocean. Lakes. Hiking/running trails. Friendly folks. Diversity of population. Happiness. Fish. Clean air and water.

## What is your greatest extravagance?

**Rachel** • Currently...renovations. We bought a beautiful home and are making it our own. Expensive, but worth it.

## Which talent or superpower would you most like to have?

**Rachel** • I'm a psychiatrist. I have a lot of training. However, if I were able to experience psychosis, mania or deep, deep depression, for just one day, the way many of my patients do, I would feel so better empowered to express true empathy and understanding of their plight. That may never happen, so until then, I suppose I would love to have the ability to have a magic pill to cure everyone. **PR**

**POWELL RIVER SLO-PITCH**

**COME JOIN THE FUN.**

**Slo-pitch season starts May 2.**

AGM April 5, 7 pm, in the Complex Poplar Room.

*Got a team? Looking to play on a team? Contact:*

**Tammy Lessard**  
604-483-1286 (c) 604-485-0232 (h)  
blue\_smurf83@hotmail.com  
Or search Facebook for Powell River Slow Pitch Beer League

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7pm to 10pm at Beach Gardens ~ Dress to Impress

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Includes 1 Rosé tasting & 4 wine tasting tickets.  
Additional tasting tickets \$2.

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# Rescuing wild things



**BIRD IN THE HAND:** Some of the birds Merilee Prior has rescued include, clockwise from above, a full-grown Pygmy Owl, a Savannah Sparrow being fed with a dropper, a month-old Hooded Merganser in Merilee's bathtub, a Bald Eagle, and a fledgling Pacific Slope Flycatcher.

*photos by Merilee Prior*

**A** baby song bird must be fed every 15 minutes from sunup to sundown, says Merilee Prior of the newly formed Powell River Orphaned Wildlife Society (PROWLS).

"At one point last summer I had 17 babies that needed feeding every 15 minutes. My timer was going off to begin the next feeding before I even finished the rounds I was working on."

Known as the bird lady for her work rescuing injured birds and raptors, Merilee has spent most of the last 11 years since moving here to retire, rescuing injured and orphaned birds.

As news of what she does spreads, so does the number of rescue calls. Last year, she rescued 181 birds, up 50 per cent from the previous year. "The number of birds I rescue goes up every year,"

said Merilee. In February of this year, the Powell River Orphaned Wildlife Society (PROWLS) received its non-profit status and officially launched.

When Merilee moved to Powell River she had two budgies. She took them to Dr. Brian Barnes at Westview Veterinary Hospital and he asked her if she'd be willing to take on any wild birds brought to him that did not need medical care but were not ready to be released. She said yes.

"I thought I could manage the odd sparrow now and then," she laughed.

She soon realized she was out of her depth so she volunteered for Mountaineer Avian Rescue in Courtenay to learn more. She also connected with OWL in Delta and Wild ARC in Metchoan, a group that coached her through



long distance phone calls. "They take birds I can't care for here," she explained. "I have no room for eagles or trumpeter swans in Townsite."

Merilee says the number of orphaned birds has grown by 50 per cent each year. "I think its because people know that now there is somewhere to take the birds instead of just leaving them to die or trying to care for them themselves."

Westview Veterinary Clinic provides all wild bird vet services free of charge

and medication and helps with supplies.

PR Orphaned Wildlife Society recently launched a membership drive and is looking for donations, volunteers and grant money. Volunteers are needed to help with everything from building and mending cages, sewing curtains to provide privacy for wild birds and writing grant applications.

If you would like to volunteer, call 604 483-9787 or visit their page at [fb.com/powellriverorphanedwildlifesociety](http://fb.com/powellriverorphanedwildlifesociety). 

## Kill mould and moss – with **HOT WATER!**

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HOT WATER WORKS



**Call 604 223-0750**

## SAVE THE DATE!

Saturday, September 24  
10 am to 4 pm  
Recreation Complex



FREE ADMISSION  
TO THE

## “Just for the Health of It” Powell River Health and Wellness Fair

Do you provide health or wellness services?  
Apply for a booth today.

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Health & Fitness Coordinator  
at 604-485-8903  
or cparsons@cdpr.bc.ca



**Powell River  
LIVING**  
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Guest speakers | Demonstrations | Booths

## EARTH MONTH

# Local environmental activist turns 100

BY GLEN ROSCOVICH

**M**y mother, Ruby Elsie Roscovich nee Deksné, began life in 1916 on an Alberta homestead farm, the only child of Latvian exiles.

Her father, Martin, was the only one of his family to escape Cossack persecution for his socialist activism. Martin and wife, Albertine, fled Europe for the eventual haven of the Canadian West. Ill-suited for the rugged pioneering life, the couple persevered and gave young Ruby a good life and education. Her fondest memories are still of life on the farm.

Ruby pursued teacher training and worked for 10 years in the rural one-room school system throughout the Depression in Alberta.

After many adventures, she finally met her match in the now long-defunct coal mining town of Sterco in the Foothills of the Rockies. Romance bloomed, and in 1947 Ruby married Frank Roscovich, a recently returned soldier and accomplished outdoorsman.

Yours truly showed up not long after, further complicating their lives with my endless demands. Since the mine would close soon, Ruby and Frank decided to head west and eventually learned of opportunities in an up-coast mill town, Powell River. Our family arrived on the coastal steamer Princess Mary. Soon after, my brother Dale was born.

Although she left the teaching profession to be mother and wife, Ruby never stopped being an educator. She dove into community life as a Sunday school teacher and choir member under the guidance of Margaret Bowes, a marvelous teacher herself. She also helped welcome many new teachers and immigrant families to the community.

Ruby had a major in Home Economics so her kitchen was a laboratory as she researched the healthiest way to feed her gang. Mom and dad ran a large garden and hours of forced labour, yanking weeds was our cost for the daily meal. Dad kept the freezer full of fish and game.

*Silent Spring*, Rachel Carson's groundbreaking book about environmental damage, caught Ruby's attention. So did the provocative columns of Bob Hunter in the *Vancouver Sun*. It became plain that industrial and civic waste were caus-



**RADICAL RUBY:** Above, Ruby in her garden at 100. This is the face of a pioneering lobbyist for recycling, transit, and much more. Below, Ruby stirs the pot in the 1970s with a bicycle sign which reads, “New Super-Nell / With Beans or Steaks / Rides a clean machine / for all our sakes.”



ing problems that should be avoided by doing something about it. Along with Martin Rossander, Colin Palmer and other like-minded folks they formed Powell River Anti-Pollution Association (PRAPA) to educate and work for change in the way things were done.

Their efforts helped radically change the mill's impact on the environment. Sewage treatment be-

came a major item on the municipal agenda. Early recycling was an outlaw effort. Town council considered the practice as “hoarding garbage” with fines to be levied. Mom and Dad would load up the camper with assembled material and make clandestine runs to the city depots themselves. Mom later helped brother Dale with a Local Initiative Plan grant application that resulted in Powell River's first sanctioned recycling center.

Ruby was a regular writer of letters to the editor promoting pro-

### CELEBRATE RUBY

All are welcome to help us celebrate Ruby's first 100 years, 2-4 pm Saturday April 9 at the Reformed Church Hall on Padgett Road. No gifts please but any favourite appetizer plates would be welcomed, pot-luck style. There are rumours of a cake but that may require approval of the fire department.

For more info call Glen at 604-223-4522 or Twyla at 250-650-6445.

gressive ideas and celebrating the enlightened efforts of others. Expansion of our bus system was another upgrade she helped champion. Even through her 90's she could be counted on to add her personal daily ridership numbers for the bean counters. Council thoughtfully provided a bus stop outside her door.

Ruby and Frank helped found and run the Powell River Old Time Dance club that kept alive a lot of those old-timey dances that were in danger of fading away. She also maintained an arsenal of classic recitations performed in full costume. “Johnny Corteau”, “Little Bateese” and “Strawberry Roan” could be counted on for entertainment at parties and events. She surprised us all at her 95<sup>th</sup> birthday with “Strawberry Roan” in full gear.

Ruby's activism torch has been passed along to granddaughter, Twyla, who has been taking teaching moments to new levels as well as providing a granddaughter, Ruby Jr, for the next generation.

It seems that children often don't recognize their parents' worth, but I do. That's because so many people especially women, come up to me and tell me how much Ruby has meant to them over the years. Her warmth, enthusiasm and lady-like style provided a fine role model. **RL**

EARTH MONTH

BY SANDRA TONN | celebrant@telus.net

# My Death Wish is Green

I walked up to the cemetery in Cranberry this morning. I walk there often, for many reasons—the quiet, the old trees and to acknowledge those who have lived and died before me.

But I have to admit that I mostly walk there to remind myself that my time will come. It helps me to be grateful for life. Lately, however, as I step into my new role as a Funeral Celebrant in our community, I find myself asking, “Will I be buried here some day?” Good question. My husband and I love living here but do we want to be dead here?

Being a nature-lover I'd like to decay naturally and with as little impact on the environment as possible. I recently spoke with Patrick Gisle, owner and funeral director of Stubberfield Funeral Home. He is extremely experienced and very accommodating of people's unique needs and desires for after-death care, including assisting with home funerals and transportation, and providing “green” (100 percent, organic, unbleached, and fully biodegradable) shrouds and caskets. He explained, however, that if I'm after a “green” option for my remains, cremation isn't a fit. He told me British Columbia's crematorium owners don't have to get emission permits under the provincial Environmental Management Act. Plus, it takes a long time to burn a casket and body—both of which are fos-



**CARPE DIEM:** The Powell River Regional Cemetery is seeking regulatory approval to establish a green burial section, where wildflowers will grow, according to Regional District Parks and Properties Foreman Shawn Gullette.

photo by Sandra Tonn

sils fuels, when you think about it.

No, I love and value clean air, too much. So, even though I'm not against cremation—it's a more affordable option for many and the burning of bodies is a long held tradition in many cultures and religions—Patrick is right, it isn't for me.

I already know what I really want—what my true death wish is. I want a full green burial in the community I love. No embalming, to be wrapped by my loved ones in a shroud, and for them to participate in placing me into the earth and filling in my grave where my remains will feed and influence the nature around

and above. This wish may sound New Age, but it's actually quite, well, old age. The relatively new practice of chemical embalming, and our willingness to be completely hands-off in our loved one's after-death care, is partly responsible for our society's growing death denial. Meanwhile, research shows taking part in a loved one's after-death care is a significantly helpful and healing part of the grieving process.

I had heard that the Powell River Regional Cemetery that I loved so much was not going to offer green burials because there was no interest. I had also been told



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it was going to offer green burials, but they would *not* allow participation by loved ones, and *would* allow grave markers, which would mean lawn mowing—not a usual green burial standard. Could I compromise on my death wish? Did I want my remains to nourish grass that was going to be cut anyway? And what about the leaf blower that's noisy enough to wake the dead? Well, not quite loud enough, obviously, but would my loved ones feel comforted visiting my grave to that soundtrack?

I asked my husband what he thought. He said, "Well, a) I don't like to think of you dead, and b) I don't like to think of me dead either." He pretty much shares Woody Allen's view: "I am not afraid of death. I just don't want to be there when it happens." That said, when we visited the green burial section of Royal Oaks Cemetery in Victoria, he was as impressed and soothed as I was at the option.

Lucky for me, before my investigation led me away from my ultimate death wish, Shawn Gullette, Parks and Properties Foreman for the Powell River Regional District, agreed to meet me at the cemetery to answer my questions. I learned that the Regional District is still waiting approval for the green burial section from Consumer Protection BC so it can't move forward on green burials at this time. However, Shawn could answer specific questions around my death wish.

It was a wet, cold day, so we sat in the tiny cemetery office and what he told me—so calmly, openly, and professionally—not only made my day, it made up my mind.

"Yes," Shawn said about being buried in only a shroud (and/or a "green" casket). "Yes," a body could be placed manually into the grave and loved ones could participate and help to fill the grave if they wished. "Yes," the grave would be shallower than a non-green burial and, "No," it wouldn't require a grave liner. "What about mowing?"



I cringed. "Yes," the lawn will be mowed, but only for as long as it exists in the section—where there are no green graves.

Shawn plans to fill the plots of the specific, green burial section in short, north to south rows instead of traditional rows so that whole parts can be free of mowing more quickly. Instead of grass over and around graves, there will be a wild flower mix that eliminates the need for mowing, but still allows access to visitors. The reason small markers will be allowed, which isn't the norm in a green burial section, is because when the District's report about the future of the cemetery came out they went to the public for feedback and what they heard, loud and clear, was people wanted green burial, but also felt strongly about having the option of a marker. So, the flexible, final plan is a perfect one for our community. All graves, marked or unmarked, will of course be recorded on the plot grid so friends, relatives and future genealogists can still find who they're looking for.

I was surprised at the amount of relief, excitement and

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peace I felt knowing I could be dead where and how I wished—in my community, in a way that matched the values I hold in life.

So, this morning I detoured from my usual route, walking through the cemetery, and stood, smiling, at the yet empty space of Powell River's green burial section, in the northeast corner. Already some beautiful trees grow there. I love that the space is a bit hilly and uneven—natural. It's close to the forest that I've walked through many times, with trees and bushes reaching down to Powell Lake.

I could easily picture this space in the future as Shawn has described it—a treed entrance where large boulders will feature the names and dates of those who have opted for a plaque on the communal memorial structure instead of on their plot. Some graves with small markers, some with nothing, others with a tree or shrub native to our coastal region. I can envision the pretty wild flowers.

I applaud and thank our progressive community leaders for their initiative in providing this hybrid green cemetery option for our community. "Will I be dead here someday?"

It's now an option I can live with and when I spoke with my husband again he gave me a big hug and said he could live with that, too. 

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# “Extreme to the point of silly”

How a well-intentioned conservation policy is undermining Lund’s food-secure future

BY JANET SOUTHCOTT

From around 1920 until WWII, the 250 people of Lund fed themselves in large part through growing a vibrant, productive, community garden in the centre of town.

Now, the current owner of the plot bordered by Emil and Finn Bay roads is planning to help make the garden flourish again – after 70 years of dormancy, in spite of multiple challenges. Steve Lawn and his late wife Diane were first inspired to restore the community garden in the early 1990s, after a heartfelt plea from local senior Karl Larson, then in his 80s.

“When I was a boy and before I was born, this was Lund’s garden. There were a couple of dairy cows, pigs and chickens,” Steve recalls Karl saying. “It would make an old man very happy” if the couple ever saw a way to recreate it and let it be Lund’s community garden again. The Lawns promised to do so.

In 2009, Steve first approached the Regional District with a plan to lease three acres to the Lund Community Society.

Since then, the challenges have piled up on the plan. For one, the area drains slowly into Thulin Creek along its perimeter, so although it contains wonderful gardening soil, it is not possible to work the land with anything more than human elbow grease. Two, it is currently covered in leafy, pink-flowered hardhack. And most seriously, three, it’s designated by the area’s Official Community Plan as a riparian zone, restricting any activity that could be of detriment to habitat surrounding a wetland area.

**SWAMP SOLUTIONS?**  
If any reader has a suggestion on how to move forward with this garden, Ed Levy at ed.levy.9@gmail.com, 604-483-8984, or Sandy at dunlopsandy@gmail.com, 604-483-2395, would be delighted to hear it.

With April being Earth Month, there was a plan to ask volunteers to head up to Lund and help with removing the hardhack, but the land’s riparian designation

has put a halt to that idea. Attention has now turned to learning what riparian really means, what might be possible and whether that designation should cover the full three acres. Sandy Dunlop, the editor of Lund’s quarterly publication, *The Barnacle*, wrote a story in her paper about the community garden intent, and has been working with a committee to tackle the roadblocks.

“Lots of people here in Lund live on a rock with no soil,” she explains. “Lots of the gardening I do at my house is in a greenhouse and in tubs... Given that it is in the middle of town, it would be beautiful if there was a lovely flowering hedge along the edge, bee, butterfly and bird attractants and then fencing to keep the larger animals at bay.” Inside, there would be plots for gardeners: individuals and groups.

“Our group is totally in support of the intent of riparian regulations, but the application to this project seems extreme to the point of silly. There has to be a way to do this.”

The committee is open to suggestions on how to move beyond the riparian hurdle.

“The whole thing is crazy,” says Steve. **RL**



  
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# Edgehill has heart

It's easy to tell that relationships are important to students and staff at Edgehill Elementary School.

"Our school motto says: We take care of ourselves, we take care of others and we take care of our place," says Grade 2-3 teacher Shelly Carson.

"This is my second home," says Grade 1 teacher Mary Payne. "It's like we're one big family."

Shelly and Kindergarten teacher Tina Crookshank agree.

"It's the relationships that make our school so special," says Tina.

Most of Edgehill's staff have been there for many years. They've taught the sisters and brothers of the students they are now teaching. "We don't just deal with the kids in our classroom. We get to know the whole family," says Shelly.

They know that sharing meals brings people closer, which is why Edgehill does pancake day, a kindness soup day (that has each child add a

## Kindergarten Education Experts

When asked what makes Edgehill such a special school this is what they said:

"Giving people hugs." - Kaia James

"Saying kind words." - Liam Robbins

"Love." - Talitha Hamilton

"Playing with friends." - Sarah-Ann Watmough

handful of vegetables to the pot on pink shirt day) as well as a spaghetti lunch in April.

Because family is important at Edgehill, many parents and siblings spend time each morning reading and helping the little ones get settled.

"We firmly believe that readers are made in the laps of their parents," said Mary.

Relationships with teachers continue after students move to higher grades. When the bell rings and the last of the Kindergarten students leave, two older students come bouncing into the Kindergarten classroom. "We're here to feed the guinea pigs and hang out," they announce.

The staff is committed to providing as many extra-curricular opportunities as possible. They offer after-school floor hockey, cross country



running groups, interschool sports teams, and they even have a rock band. Older students set up the big equipment in the gym once a week for the primary students to play on.

"We work together so there is a continuum of learning here and we can do that because there is a collaboration of staff," said Mary.

Not only is that continuum of learning carried from grade to grade but it is taken outdoors.

"We're starting the process of building a new outdoor learning classroom," said Tina. "It's still in the early stages but we are working with the School District and volunteers to create a nature classroom." Edgehill will apply for a "wild school" designation which means it will receive resources from Wild BC to integrate into their new curriculum.

Mary is proud of how they focus on increasing cultural awareness and diversity at Edgehill. "We hold Chinese New Year celebrations and Dr. Vidushi Melrose came to talk us about Diwali, (the Hindu Festival of Lights)." As well, the new curriculum includes more of a First Nations focus, which will enable teachers to incorporate more of the First People's Principles of Learning into their teachings.

Action breaks help keep students focused on their learning, Shelly explains. Most of our classes are engaged in daily action breaks and follow the Mind-Up curriculum. This is all part of dealing with the whole child. "We're dealing with their social and emotional needs as well as their academic needs," she explains.

Edgehill honors and values music as an integral part of every child's school experience.

Caring for themselves and each other is important at Edgehill. "We are a vibrant community of learners, teachers, educational assistants, and a supportive group of parents who work together to establish a strong sense of community, where every child succeeds," says Principal Tawnie Gaudreau. 📌

**THE RIPPERS:** One of the coolest additions to Edgehill is a bike club called the Edgehill Rippers. Named after the Edgehill Rip, one of the trails behind the school, the club has students, staff and parents all come out for weekly mountain bike rides. "Many of our staff came out for our last mountain bike ride and most come out weekly," said Shelly Carson, who teaches Grade 2-3. The Rippers is all about getting kids active. "We've had up to 45 kids at a time," she added.



**SWEETHEARTS:** On Pink Shirt Day (Kindness Day) in February, Kindergarten students made cards and love notes for residents of Willingdon Creek.

Want to learn more?

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SCHOOL DISTRICT 47



VOLUNTEER MONTH

# Falling for Logger Sports

**IT TAKES A VILLAGE:** Logger Sports secretary-treasurer Laura Passek volunteers - alongside many others - to bring back Powell River's premier industry event. Here, she leans on a climbing pole - peeled by volunteers this winter.

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

When Powell River Logger Sports makes a comeback in July after an 11-year hiatus, a slew of volunteers such as secretary-treasurer Laura Passek, will proudly be part of the rebirth of an iconic, made-in-Powell River event.

"I always loved Logger Sports and went every year," Laura told *Powell River Living*. "I loved the axe throwing, tree climbing and sidewinder. Watching the way the

tree climbers come down always takes my breath away!"

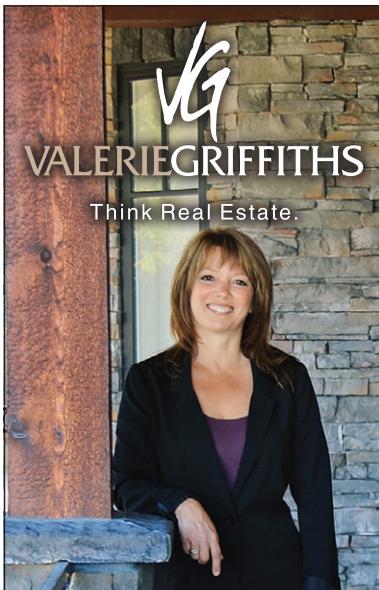
Laura, a Powell River girl through and through, is a student at Vancouver Island University and owns Crystal Clear Trophies with her husband John. "Logging's in my blood," she says, explaining that John used to be a shake blocker and worked at Myrtle Point as a sawyer. Her father, Herb Gawley, worked as a faller and blaster.

One of the highlights of Logger Sports was watching the chainsaw carvers in action. "It amazed me how they could make this little chair out of a log in minutes. Wow,

that's amazing talent!"

When Laura learned that Logger Sports was being revived in Powell River, she decided to talk to the man behind the event, logger and world champion Bob Marquis.

Bob, who was instrumental in organizing this event for two decades until 2005, agreed to bring back Logger Sports after Sean Percy created a Facebook page, Bring Back Logger Sports (which attracted nearly 3,500 members) to accompany a story by Pieta Woolley in last



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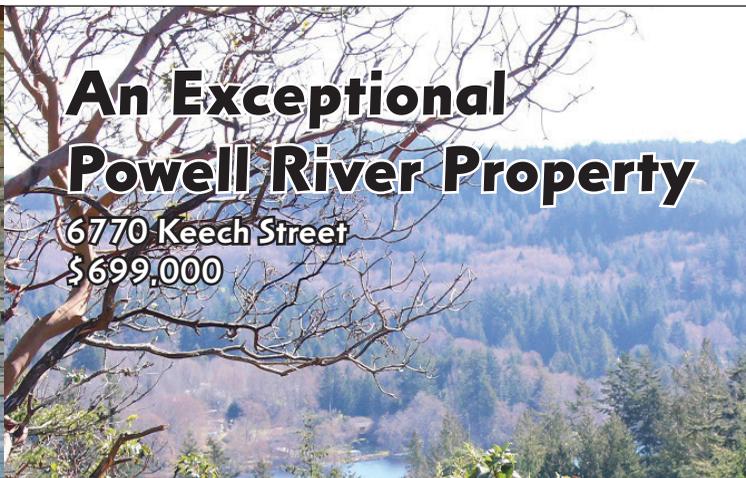
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year's *Ferns & Fallers* magazine.

"When Sean put up the Facebook page, I called Bob and said: 'I can help you.' With Laura on the team as the secretary-treasurer and fundraiser, Bob had the perfect woman in charge.

"I'm an organizer," Laura laughed. "I've organized weddings, anniversaries, and staff parties for years. When I told Bob I could help get this organized, he said set up a meeting so I did."

There was and still is a lot of work to do before the event takes place at Willingdon Beach on July 15 to 17. With two world championships and eight Canadian championship events confirmed, the show will bring international competitors to Powell River – and as many as 15,000 fans.

Along with bragging rights, there's big money up for grabs at the world championships.

## Leaving a legacy

If you haven't been to Willingdon Beach lately, you really should stop by and take a look. Two tall climbing poles were raised at the south end of the beach earlier this year, and volunteers have been hard at work creating an amphitheatre. The area has an over-the-top, gorgeous view of the ocean.

"I've had phone calls from Kathaumixw about using it," said Laura. "We'd like to see other groups who will use this site help out. We will need help landscaping the area and planting grass soon."

Events such as Logger Sports wouldn't happen without volunteers, she said.

"We have volunteers work on the site at the beach, and people bring food like coffee and muffins for the volunteer workers," says Laura. "It means a lot to us."

National Volunteer Week is April 10 to 16 this year.

## CONGRATULATIONS, VOLUNTEERS!

April 10 to 16 is National Volunteer Week. *Powell River Living* salutes all Powell River volunteers whose work helps make this community and the world a better place.

"When you consider the number of groups and the incredible dedication and support for everything they do, the hours of commitment is undoubtedly into the thousands each month, says Dale Lawson, Executive Director Powell River & District United Way. "Volunteer Powell River (which is administered by the United Way) averages ten new volunteers each month. Some are new to our community and others are looking to supplement their current list of community activities in a meaningful way."

According to Volunteer Canada's website: "Volunteers are the roots of strong communities. Just like roots are essential for trees to bloom, volunteers are essential for communities to bloom."

For people like Laura, volunteering is part of who she is.

"I volunteered at Grief Point School, for minor hockey, soccer, baseball, for breast cancer (Laura is a survivor herself), and for the Powell River Kings."

An open house will be held in May calling for volunteer help. "We'll need volunteers to man the gates, clean up crews, people for the Beer Gardens, security, and runners/errand people," said Laura.

The welding class is making new benches and groups like the Powell River Rotary Club will hold a rib contest with proceeds going to Logger Sports.

If you'd like to volunteer for Logger Sports, call Laura at 604 483-1089 or email [jlpasssek@telus.net](mailto:jlpasssek@telus.net). 

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**Kelly Creek Community School** (604) 487-9022  
Thursday, April 14, 2016 1:00-2:30pm

**Edgehill Elementary School** (604) 485-6164  
Wednesday, April 20, 2016, 1:00-2:30pm

**Henderson Elementary School** (604) 483-9162  
Monday, April 25, 2016, 1:00-2:30pm

**Westview Elementary School** (604) 485-5660  
Wednesday, April 27, 2016, 1:00-2:30pm

**Texada Elementary School** (604) 486-7616  
Monday, May 16, 2016, 12:00Noon-1:00pm

**Register by calling the school.**

For more information, contact Rita John at 604-485-6271 ext 2244 or [rita.john@sd47.bc.ca](mailto:rita.john@sd47.bc.ca)



# Finding family aboard the Africa Mercy

**1,000 MEALS A DAY:** VIU culinary arts grad Carmen Yirka (above, right) is a galley team leader aboard the Africa Mercy, a floating medical facility serving West and Central Africa.

BY ISABELLE SOUTHCOFF  
isabelle@priving.ca

For the last five years, Carmen Yirka has volunteered as a cook aboard the *Africa Mercy*, the world's largest charity hospital ship.

The ship provides free medical surgeries and medical training to people in West and Central Africa.

As galley team leader, Carmen makes sure some 450 international volunteers aboard the *Africa Mercy* are well fed. The 28-year-old VIU culinary arts grad has always been determined and full of energy. In fact, her energetic personality landed her the name "The Energizer" on the *Africa Mercy*.

Although being so giving is truly remarkable, it is even more remarkable given that Carmen has Apert Syndrome, a genetic disorder characterized by the early fusion of fingers, toes and certain skull bones. By the time she was five, she had had 25 operations.

"As a child, despite my differences, all I wanted was to be like everyone else," Carmen told *Powell River Living*.

"There have been several Apert kids on the ships," says her mother Brenda Yirka. "Carmen likes talking to them. She brings hope to the families and she is an example to their parents that their child can lead a normal life. She has found the place where she belongs."

Before joining Mercy Ships, Carmen

volunteered with World Youth International in Panama, attended Katimavik in Eastern Canada, and worked the kitchen at Victoria's Empress Hotel before joining the Red Cross and organizations that try to make life better for people.

"The big lesson I learned while doing this was that I love working with and for people and I'm actually good at it."

Carmen likes helping the patients who come aboard the *Africa Mercy* for surgeries. Some have tumours; others come for plastic surgery for burns (many West Africans cook over open fires), club feet, bow legs, dental work, and eye surgery.

While the surgeons, nurses and specialists are busy performing surgical procedures on Deck 3, Carmen and her crew

prepare over 1,000 meals a day.

The hours are long, but Carmen loves her life: "Not only am I able to work with and for people, but I cook in an environment whose motto is to follow the 2,000-year-old model of Jesus."

Carmen enjoys visiting exotic places and developing international friendships.

"While I love cooking, my passion is to help people by making them feel valued and loved," said Carmen.

"The ship is her community. She has two families now. The ship – and her home here in Powell River," said Brenda.

When Brenda visits the ship each year, she works alongside her daughter.

"She's my boss," said Brenda. "Chop, chop, chop Mom."

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- PR Minor Hockey Association
- PR Friends of the Patricia Theatre
- PR and District SPCA
- PR Chamber of Commerce
- PR Kings Hockey Club
- PR Film Festival
- Townsite Heritage Society
- PR Minor Baseball
- PRISMA
- Pacific Salmon Foundation
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POWELL RIVER ARTS COUNCIL GRANT PROGRAM

## THE ARTS COUNCIL...

Powell River Council for Arts, Culture and Heritage invites applications for its **Spring 2016 grant program**. Individuals and qualifying organizations involved in arts, culture or heritage in the Powell River community may apply for support for a local project.

Applications and funding criteria are available online at:  
[www.PowellRiverArtsCouncil.com](http://www.PowellRiverArtsCouncil.com)  
 or may be picked up at the Visitor Centre (4760 Joyce).

**APPLICATION DEADLINE**  
**Friday, April 15, 2016 4:30 pm**

**GRANT AWARDS**  
**will be announced by April 30, 2016**

For more information, please email  
[artscouncilpr@gmail.com](mailto:artscouncilpr@gmail.com)

**POWELL RIVER COUNCIL FOR ARTS, CULTURE & HERITAGE**  
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## VOLUNTEER MONTH

# Volunteers bring their hearts to seniors' homes

"I believe the Better at Home program is a necessity because the government can't build senior housing fast enough for current needs. Better at Home extends the time an individual can stay in their familiar surroundings until aging health dictates otherwise.

"Being a volunteer driver gets me out as well as the "shut in" so it's a double blessing in that way. I'll do this as long as I can because then I'll need someone to drive me... the "pay it forward" concept."

- Volunteer Bob Lewis

"You meet so many nice people! When I met Susan I just hit it off with her- she's so much fun! We felt comfortable right away - a wonderful, wonderful thing.

"This program has made a real difference for me. I try to make people more aware of the program. I tell everybody - especially my friends and older people. To know you can pick up the phone and get someone - it's a great thing."

- Client Cecilia Charette

The Powell River and Texada Better at Home Program is now in its third year with over 100 seniors receiving services that allow them to live independently in their own homes and remain connected to their communities.

The Better at Home program, funded by the BC government and managed by the United Way of the Lower Mainland, delivered here by Inclusion Powell River with a mix of volunteers, contractors and paid staff.

The range of non-medical support services available to local seniors include:

- Transportation to appointments, shopping and events
- Light housekeeping, minor repairs, friendly visiting and light yard work.

Residents of Powell River and Texada who are 65 years and over are eligible for the program. Seniors who receive Better at Home services pay a fee for some services, based on income. Other services may be free.

The contribution by volunteers in the Better at Home program is invaluable and is the key to its success. Over 30 vol-



**HAPPY AT HOME:** Volunteer Susan Paquette and senior client Cecilia Charette, at Cecilia's home during a visit. Contact Lisa at 604.485.8004 or email [betterathome@pracl.ca](mailto:betterathome@pracl.ca) to learn more about Better at Home program.

unteers visit seniors and assist with rides and shopping. The program is flexible; some volunteer several times a week, others a few times a month.

New volunteers are welcomed. Connecting seniors with volunteers in their neighbourhood, especially in rural areas, is a goal of the program. Contractors and paid staff provide housekeeping, yard

and home repair services.

The program is guided by a Volunteer Advisory Committee that provides valuable support to promote and improve the program as it grows.

Volunteers in this program are committed to these values and deliver the program with generosity and enthusiasm to seniors in the community.



## The Patio is open!

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# Freemasons

## made peace at the mill

Have you ever worried that your job application, or membership into a group, might get “black balled?” Or what about feeling as though you might not have been treated fair and “square,” or “on the level?”

This is part two of a three-part series.

BY KEITH CARLSON

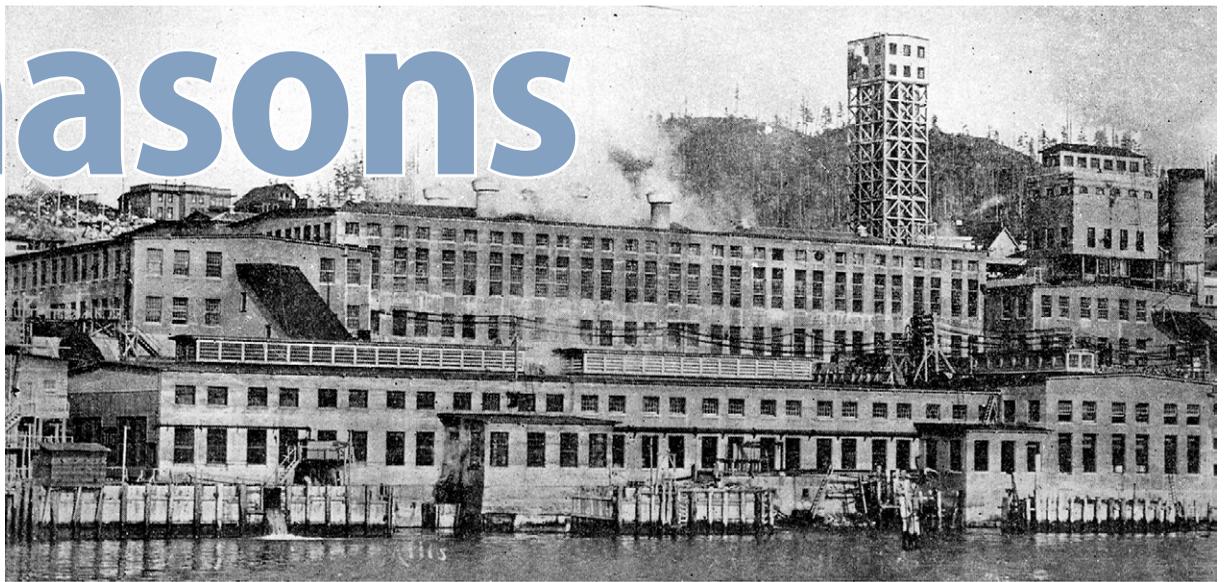
If so, did you know that these phrases come directly from the ceremonies and rituals of Freemasonry? Indeed, Freemasonry has influenced Canadian and Powell River society in many subtle but important ways.

### Black-Balled

The expression “black balled” is a reference to the voting procedures that Freemasons use to reject an inappropriate applicant into the Masonic fraternity. Freemasons cast a secret ballot by privately dropping either a black or white marble into a wooden ballot box. A single black ball is all that is required to terminate a petitioner’s application. The only justifiable reason for black balling an applicant is that the petitioner is known to be unethical or immoral.

### The Third Degree

In novels, and later in Hollywood movies, the third degree referred to a difficult interrogation (a hard-nosed New York policeman grilling a tough criminal, for instance). In Freemasonry, the third degree (or Master Mason degree) is the highest degree conferred in a Masonic lodge. To pass to the third degree and become a full Master Mason, the initiate must demonstrate that he has memorized long passages from the ancient ritual, and he must likewise be able to answer correctly a series of standardized questions based on the information conveyed in the earlier two degrees (the Entered Apprentice and the Fellow Craft degrees).



**SITE OF THE STRIKE:** Triune Masonic Lodge provided a forum for building respect and understanding between management and union members in the years after the papermakers’ strike in 1913.

Getting through the third degree is a difficult and somewhat arduous process, and it is easy to understand how its reputation inspired the still common references in popular culture.

### Fair and Square and Square Deal

The masonic phrase “square deal” was made popular during the American presidential campaign of 1912 when Theodore Roosevelt used the expression to try and convince voters that he would fairly and ethically balance the interests of big corporations against those of big labour.

It was also, no doubt, a thinly veiled effort by Teddy Roosevelt (who was a Freemason) to reach out to his fraternal brethren and remind them that he was the candidate who would live up to masonic principles.

Roosevelt was running against fellow Freemason (and incumbent president) Howard Taft. Roosevelt’s statement that his rival had failed to provide Americans with a square deal over the previous four years was tantamount to an accusation that Taft’s behavior as president had been unbecoming of a Mason.

Powell River’s freemasons have also worked to ensure that people within this community have been given a square deal.

Up until the late 1920s when the city got its first independent newspaper, and the 1950s when it had its first municipal elections, Triune Masonic lodge was an important place for people with different perspectives who wanted to meet on the square and try to build respectful relationships across political and economic divisions.

When the original papermakers in the mill organized into a union in 1912, and then in 1913 called a strike demanding that the Powell River Company recognize an eight-hour-day working shift, the town was divided into camps.

Tensions were high. People were not speaking to one another and many worried that violence would break out between strikers and employers. Company and union leaders had few places where they could meet on the level and talk peaceably.

Few places, that is, other than Triune Lodge.

While few will be surprised to learn that Company superintendents were early members of the local Masonic lodge, many likely do not realize that in 1921 the president of the papermaker’s union, local 142, also became a member of Triune Lodge. There he joined a large group of tradesmen and labourers who twice per month attended meetings where they socialized with doctors, lawyers, and the Powell River Company elite.

Few other organizations at that time offered such opportunities for building relationships and understandings across class lines.

Over the past 100 years of Triune Lodge’s history, Freemasonry has waxed and waned in popularity. In 1911 nearly two per cent of the total population of British Columbia were Freemasons.

That number becomes more impressive when you consider that only men over the age of 21 could become Freemasons, that the Pope discouraged Catholic men from joining the fraternity, and that Chinese men of that era typically affiliated with a separate unrelated fraternity known as Chinese Freemasons.

By 1931 roughly 10 per cent of the adult Protestant male population of the province counted themselves as Freemasons. And though diminishing membership numbers have recently inspired some critics to proclaim that Freemasonry has ceased to be vibrant, the ongoing use of ancient Masonic terminology among the general public reminds us of the historic influence and legacies of Freemasonry.

To learn more about Freemasons in this area, visit [www.northshorefreemasons.com/triune.htm](http://www.northshorefreemasons.com/triune.htm) 



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# Quality tools happy hands

I use seven main hand tools for 90% of the work I do: Pruners, leaf rake, shovel, spade, stirrup hoe, and trowel.

## Gardening tool guidelines

You get what you pay for.

Stay away from products that market themselves as ergonomic, back-saver, easy, or comfort. Gardening is hard work. Adding an extra plastic bit, or a bend in the handle is not going to change that fact.

If the product states where it is made as a marketing tool, that is usually a clue



## A growing concern

BY JONATHAN VAN WILTENBURG | jonathan@edenhort.ca

Over the years I have learned to buy quality rather than quantity.

This month the garden season has definitely kicked off and many of us will be heading out to buy new tools. You may even enjoy the work a little bit more if you're using a tool that is built to last.

I can't believe all the junk being marketed to hopeful gardeners. The most noteworthy useless tool I've seen was a battery-powered sunshine meter. Apparently just set it out in the garden and it will tell you if you have full-sun or deep shade! Wow! What the heck?

For the record, to decide if something is in part sun or shade, I just go out and have a look. Happy gardening.

that it is well made. (Example USA, Sweden, Canada, England.) Garden tools made in China are not typically long lasting, and therefore do not overtly advertise "Made in China."

Only purchase tools that will last long enough to pass on to next generation. For example, stainless steel although it looks good does not make a great gardening tool. It is not nearly as strong as forged steel.

Stay away from products that are plastic or contain plastic parts. They do not last, and wear out prematurely when exposed to sunshine.

If a product makes claims that sound too good to be true then it is probably not worth your time. **PR**



## Top priorities in the garden for April

April is the optimal period for lawn maintenance. Take advantage of the moist spring weather and get all seeding, aerating, or topdressing finished before the hot weather arrives.

Although we had a wet winter our summer will likely be dry. Keep water usage at the forefront of your mind. Think about ideas that will minimize your water usage and maximize your efficiency (ie: an irrigation system, plant choices, design, soil and mulch).

1. Weed your garden! You must get ahead of the weeds now or you will have a large chore on your hands later. Think about acquiring some mulch to smother the weeds. You will not regret it.
2. Spilt up and/or move any perennials that have outgrown their homes or are just not working in a particular spot.
3. Prune your early spring flowering winter jasmine, forsythia, witch-hazel, kerria, heather, daphne, edgeworthia, and sweetbox.
4. Harvest your early crop of rhubarb and your asparagus. Continue this for the next six weeks or so
5. Keep sowing your vegetable and flower seed. Vegetables such as greens and lettuce sow a little bit of seed more often. Aim for every three weeks. Sow other crops such as squash, lettuce, beets, spinach, greens, carrots, parsnips, chard, celery, early potatoes, leek, onion, and summer flowering annuals.
6. Design your summer annual flower boxes and pots. It is always a good idea to come up with a design before heading to the nursery so you can ensure your pots have well balanced growth, colour, texture, and interest throughout the summer.



## Want summer blooms? Plant now!

Get your bulbs and seeds now for summer Dahlias, Lillies, Peonies, and many more.



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## Cream of Asparagus Soup

### 4-6 servings

3 lbs asparagus spears  
3 cups chicken stock or water  
2 large leeks, cleaned and chopped (white and light green part)  
2 cups hot milk  
2 tsp dill  
1 medium onion finally chopped  
½ tsp tarragon  
2 tbsp butter Salt and pepper to taste  
2 medium potatoes, peeled and cubed

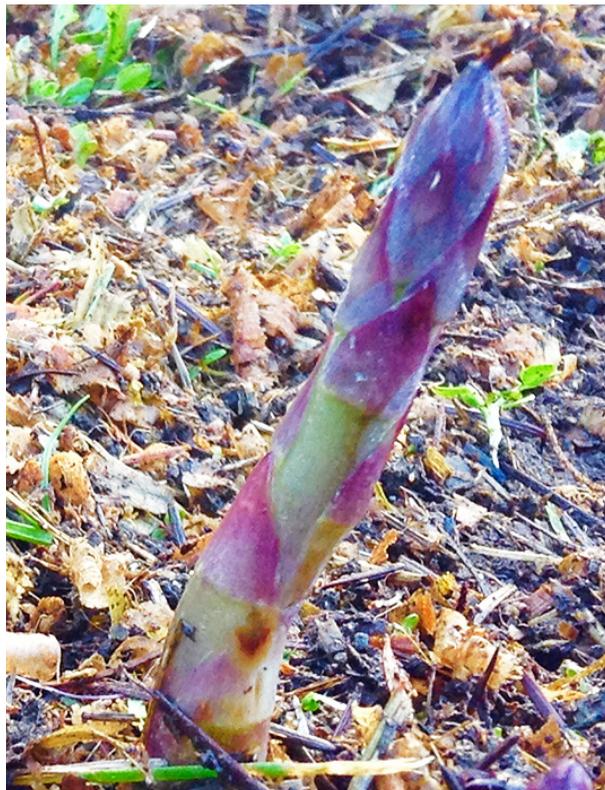
Wash and trim asparagus. Cut off the tips and set aside. Coarsely slice remaining stalk.

Melt butter in a medium size skillet. Add leeks, onion, potatoes and asparagus stalk. Sauté for about 15-20 minutes over medium heat, stirring frequently.

Add stock or water, stir and heat to boil, and then turn down to simmer. Cook until potatoes are soft.

Puree the soup with the milk and season with the herbs and salt and pepper.

Blanch and chill asparagus tips (see above) cut into small pieces and add to soup just before serving as a garnish.



**FIRST SHOOTS:** At her farm on Texada Island, Debbie Shapter is looking forward to an early asparagus crop this year (left). The delicious shoots (right) are nutritionally high in everything you want, and low in everything you don't.



**TASTE FULL**  
BY MARIKA VARRO | [convenientchef.pr@gmail.com](mailto:convenientchef.pr@gmail.com)

# Asparagus "tips"

If someone were to ask you what spring means to you, you might say, "the first sight of humming birds" or, "seeing certain flowers like daffodils", or maybe "the sound of tree frogs."

Well, spring to me is when asparagus shows up in my supermarket, usually locally grown and well-priced. This nutrient dense-food has the taste of "spring" to me.

Debbie Shapter and Richard Gilbert, owners of the Blacktail Farm on Texada Island, are looking forward to this year's asparagus crop which they planted four years ago. The plants thrive on their chickens' natural fertilizer.

"The asparagus is a member of the lily family. The spears grow from a crown that is planted about a foot deep in soft, sandy, soils. The spears are not harvested for three years to allow the crown to develop a strong root system," says Debbie.

Temperature determines the time between harvests. Earlier in the season, pickings may be every four or five days whereas as the weather gets warmer,

asparagus may have to be picked every 24 hours. The season can last up to eight weeks and a properly cared for planting will produce for about 15 years.

In Europe white asparagus is more common than the green asparagus we find in Canada but is occasionally available in our supermarkets. It is white because it has been deprived of the sun that would turn it green. That lack of sunshine has a definite effect on taste: white asparagus has a sweet, nutty flavour and a less "grassy" taste.

To prepare this springtime treat, trim the ends, by snapping the butts at their natural breaking points and wash in warm water.

Stand asparagus upright in about an inch of water in a glass placed into your fridge. Fresh asparagus keeps for two or three days.

It's one of the most nutritionally balanced vegetables there are: high in folic acid and a good source of potassium, vitamins A, B6, C, fiber and thiamin.

It has no fat, no cholesterol, is low in sodium and tastes great! 

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## WHAT'S UP

### Green camp gets gold

SunLund By-The-Sea RV Park & Cabins was recently awarded a gold level rating by Green Tourism Canada. SunLund, the only gold level business on the Sunshine Coast, received this award following an extensive review of their recycling, cleaning, maintenance, and administrative practices which met Green Tourism Canada's stringent requirements.

"We are able to keep a lot of recyclables out of the landfill", says Ann Snow, one of the owner/managers.

The eco-friendly cleaning products, sustainably-harvested lumber used in building construction, green office products, locally sourced firewood, and even gift shop items offered by area artists and crafters helped them win.

leave comments about a service they received or provide feedback," he said.

For more information, contact Corey at [corey@powellriverconnect.com](mailto:corey@powellriverconnect.com)

### Brainiacs are winners!

The Powell River Brain Injury Society won the Loonie Wars! After four years of taking a back seat to the Campbell River Brain Injury Society, The Brainiacs finally beat Campbell River and brought home the trophy.

"We raised \$1,300," said Debbie Dee, Executive Director of the Powell River Brain Injury Society.

The Loonie Wars is an ongoing annual event in its sixth year of raising funds for client programming. The Powell River Society won the trophy the first year but Campbell River had won it every year since. Congratulations Brainiacs!

### New online directory

Powell River Connect is a new online directory of businesses, community groups and services, says Corey Matsumoto, owner of Core Media Group.

Businesses can choose from three options: free listings, enhanced listings and the Local Logics Rewards program.

Enhanced listings provide a longer listing description, as well as room for up to 12 photos, a YouTube video and a live updated open and close hours chart.

The Local Logics Rewards Program is based on the three ideals of local sustainability. One, support local businesses and sustainable economic development. Two, support local organic agriculture for a safe, secure food supply and three, share ideas, knowledge and creativity.

"We want to encourage people to

### Herring quiet this year

"There have been very few spawning reports on the Upper Sunshine Coast and no major ones like the ones two years ago or last year. Hopefully there is still time for a major spawning event in our area," says Terry Brown, herring activist.

On the protection front, Tla'amin Council passed a resolution opposing any commercial fishing for roe herring in Area 15. Other Powell Riverites wrote letters to the Prime Minister, Fisheries Minister, and Powell River City Council supporting the Tla'amin resolution. As a result, City Council wrote a letter to the federal and provincial governments, supporting Tla'amin's position.

Some locals are calling for a comprehensive herring recovery plan for the entire Salish Sea.

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valid April 30, 2016



## Photography: A semester in review

BY JENNIFER KENNEDY

*"I don't think there's any such thing as teaching people photography, other than influencing them a little. People have to be their own learners."*

I reflect often on that quote by Imogen

Cunningham when I approach my own teaching. Luckily for me, I have the privilege of teaching my passion - photography.

While I can assist my students in the understanding of technology, learning the rules of composition, and guiding through

critique; ultimately, it's up to them to interpret and manifest their own learnings through their images. Through photography, student experiment, showcase, demonstrate and celebrate their visual literacy with the world. It's very exciting.

All of the above images were created by students of the Photography 11 program at Brooks. Left to right: Alyssa Edmunds, Maegan Brown & Amy Jensen, Amelia Vincent, Maegan Brown & Amy Jensen, and a self-portrait by Arianna Shannon-Oliver.

### Tla'amin activist at Academy Awards

First Nations actor Duane Howard wasn't alone in representing his heritage well at the Oscars — his date, Chastity Davis, also paid tribute to her mixed heritage of First Nations and European descent. Chastity, a member of Tla'amin Nation, accompanied Howard, star of *The Revenant* to the Oscars on February 28.

The British Columbia-based activist, who does a lot of advocacy work for missing and murdered indigenous women, donned a floor-length wrap dress by Aboriginal designer Bethany Yellowtail of b.yellowtail to the 88th annual Academy Awards. The gown featured original florals that were designed with love and purpose by three former Miss Crow Nations: Teri Lea McCormick, Joree LaFrance and Destiny Bearclaw.

### Special Olympics champions

Congratulations to Powell River's Special Olympic curlers and hockey players for doing so well at the 2016 Special Olympics Canada Winter Games last month.

The Powell River floor hockey players won silver with

their team, the BC Vipers. Powell River team members included Andrew Swindlehurst, Robert Lang and Tanya Norman.

The Sunshine Coast Curlers finished fifth in the green division. Their skill development led them into the tournament's top division, a significant promotion from where they played in the 2012 National Games.

Team members included Powell River athletes Dale Eckert, Lance Barker, Michele LaCroix, Richard Lang, and Thomas White and coach Susan Storry.

### Life cycle celebrant in Powell River

Sandra Tonn, a Certified Life-Cycle Celebrant specializing in funerals, memorials and other life transitions, is also known as a Funeral Celebrant.

"Everyone deserves to be remembered, grieved and celebrated," she says, "A meaningful, personalized ceremony not only honours the person who died, but research shows it can also bring comfort, support and healing to those grieving the loss."

As a trained ceremony specialist, Sandra interviews her client, writes a story or eulogy, and weaves fitting music, specially-chosen readings, and culturally ap-

propriate symbols and ritual into the custom-created ceremony. The end result reflects the wishes and beliefs of the honouree and her client. Then, Sandra officiates the ceremony, whether it is a bedside ceremony, full funeral, a memorial, the anniversary of a death, a celebration of life, a graveside interment, a scattering of ashes. She works independently, but also in cooperation with a funeral director and/or a clergy.

"Death is the last big event of one's life and should be recognized for the rite of passage it is," she says.

Sandra can be reached at [sandra\\_tonn@telus.net](mailto:sandra_tonn@telus.net).

### Councillor recognized

Powell River City Councillor Russell Brewer recently received the Golden Dogwood, a francophone award for British Columbians.

The prize is awarded by the Federation of Francophones in British Columbia and celebrates the work of an official having "distinguished work for Francophonie." Of Franco-Manitoban origin, Russell has lived in Powell River since 1998. He is president of the Métis Society of Powell River and was also the president of Club Bon Accueil.

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# Living in Style



BY LEAH ROURKE | Relish Interiors

## You Light up My Life: Efficient & Decorative Lighting

Lighting is one of the most important factors to consider when designing a home. It serves many purposes from overall illumination, to task lighting, to creating ambiance. With the increased desire for open concept living, effectively lighting one's living space has become even more challenging. In order to achieve an appealing overall lighting scheme for your home, you need to layer different types of light sources. Start with the areas that require task lighting, for things like reading and preparing food. You'll want to use direct lighting for these areas, such as recessed lights, pendants and under-cabinet puck lights. Then add decorative fixtures to highlight key areas, such as a dining table. And finally fill in the other areas with general lighting which can come from recessed lights that are spaced further apart than in task areas or even floor and table lamps.

You should also try to harness as much natural daylight as you can with windows, skylights and light tubes. Certain window coverings, including Silhouette Shades from Hunter Douglas can actually amplify the brightness while controlling the UV's coming through the windows.

The colour temperature is also a very important factor in creating successful lighting design, according to Electrician and lighting specialist Anthony Canil of **Foxtrot Electrical Solutions**. He says that soft white (2700 Kelvin) is what most people associate with incandescent lights. It creates a very smooth and relaxing feel and is used for overall illumination in the living room, dining room or bedroom. Cool white (4100 kelvin) is whiter than the soft white and perfect for lighting kitchens, bathrooms, outdoor lighting or a workspace. While daylight (5000 - 6500 Kelvin) has a bluish, whitish light, resembling daylight on a cloudless day and is great for projects, reading or accent lighting.

The best kept secret in creating good ambient lighting is using dimmers. A dimmer can transform intense directional or task lighting to softer ambient lighting at the flick of a switch. You should contact an electrician to help with this as not all dimmers are created equally.



Efficiency is probably the single most important part of lighting. LEDs (Light Emitting Diodes) are the latest technology to take the lighting world by storm. When they first hit the market they were very limited on what they could do and were typically used in electronics and Christmas lights. By clustering the tiny bulbs together manufacturers have opened up the possibilities and they are the next generation of home lighting. Available in a wide range of colour temperatures and wattages, LED bulbs can replace nearly every other bulb in your home and can last up to 10 times longer than their predecessor; compact fluorescents. Many new fixtures on the market are specifically made for LED bulbs, but most of your existing fixtures can be upgraded simply by changing out your bulbs.

If you are renovating your home and aren't able, or willing, to tear up your ceiling, you will be happy to hear about the new SlimLED Recessed light fixture available at **Valley Building Supplies**. At only 1/2" thick, it will fit almost anywhere, including in direct contact with insulation. They come in different shapes and sizes and are available starting at \$59.99 which includes the bulb.



### Get the Look:

1. Plympton Linear Chandelier; **West Coast Furniture**; \$519
2. Vintage Mini Pendants; 3 shapes available **Valley Building Supplies**; \$114.99-\$149.99 ea
3. Ignasa I & II Cage Pendants; **West Coast Furniture**; \$239 each
4. Maysen Cement Shade Pendant; **Valley Building Supplies**; \$109.99
5. Kipling Chandelier; **West Coast Furniture**; \$459

For help with lighting design or selecting the perfect fixture for your home, call Leah at Relish Interiors for your free consultation. 604.485.9333 or email [leah@relishinteriors.com](mailto:leah@relishinteriors.com)

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# 10 April Events

## See the greats - nearly

Can you see AC/DC, CCR, or Madame Butterfly live on stage right here in Powell River? No. But you can get pretty close. The tribute band **BC/DC** will rock Dwight Hall (April 30), **Completely Creedence** will storm the Evergreen (April 16), and the Met Opera will take on **Madame Butterfly** - streamed live to the Max Cameron (April 2).

## Fluff your Homestead

Plan your dream domicile at the second annual **Home + Garden show** at the Hap Parker Arena (April 29&30. See story, Page 31.) Learn to cultivate mushrooms at **Radical Mycology** (April 8 & 9) and get inspired to make over your wardrobe at the **e-couture Wearable Art Fashion Show** (April 30).

## Laud Mother Earth

On Earth Month, you don't just show up for the parties - you gotta bring a gift for the planet too. Start by **ditching plastics** for the month - a challenge bookended by film screenings on April 3 and April 29 (with costumes). On April 30, spend the morning disposing of crap at the **Trash Bash**, and purchasing new-to-you treasures at the **Reuse-a-thon**. And more!

An events section so bombastic, The Donald would approve.

## ways to walk a little closer with Tla'amin

At midnight on April 4, Tla'amin Chief and Council will pass laws creating a new independent nation. Want to feel the excitement and learn a bit more?

### 1. Visit the new Totem Poles and Tla'amin lands

On April 9, the **six poles** created for Governance House will be raised. The public is invited to see them anytime afterwards. Grab an Indian Taco at Tla'amin Convenience, and walk the Tla'amin **seawalk**, too.

### 2. Attend *Written as I Remember It: the play*

Elder Elsie Paul's book of cultural teachings and memoirs has become a **play starring students from all SD47 schools**. It will hit the Max Cameron stage on June 21, with a dress rehearsal at Willingdon Beach on the same day. Tickets are available this month at Brooks, for \$20 each.

### 3. Go online

See [sliammonfirstnation.com](http://sliammonfirstnation.com) for a **crash course in treaty**.

### 4. Take an audio walk

These 20-minute walks, curated by artist Megan Dulcie Dill require a cell phone and headphones. At [projectartpr.wordpress.com](http://projectartpr.wordpress.com), find walks at **Willingdon Beach Trail, Willingdon Creek Trail, Valentine Mountain, the Townsite and the Sea Walk**. They include archaeology, history, and local voices.

### 5. Hit the Library

Find *Neh Motl Newspaper*; *Sliammon Life*, *Sliammon Lands* by Dorothy Kennedy; *Written as I Remember It* by Elsie Paul; and a full set of the Mink stories and more.

### 6. Book *The Blanket Exercise*

Tla'amin cultural worker Devin Pielle offers an **engaging, interactive workshop** that introduces Tla'amin and general First Nations history and issues. [dpielle@gmail.com](mailto:dpielle@gmail.com).

### 7. Experience *May Day at James Thomson*

The annual celebration - this year on May 20 - features the **Coast Salish National Anthem**; a Kindergarten friendship dance with button blankets; Tla'amin flag bearers in the parade; an Oolichan dance, and much more.

### 8. Learn the language

On CJMP, Devin Pielle presents the **Tla'amin Word of the Day** weekends at 7 am, 1 pm and 5 pm. Weekdays, she's on at 6 am, 9 am and 11 am. The **Sliammon app** on your cell phone offers a bilingual dictionary and phrasebook. First Voices offers online **Tla'amin language learning** at [www.firstvoices.com/en/Sliammon](http://www.firstvoices.com/en/Sliammon). If you're lucky enough to be a student in SD47 schools, you're learning it in class!

### 9. Celebrate National Aboriginal Day

On Tuesday, June 21, there will be a **celebration** at Willingdon Beach. Watch for other events coming soon.

### 10. Visit the Museum

The Powell River Historical Museum has a **Tla'amin exhibit** - entry by donation.

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# PLAN YOUR APRIL

April 1

## April Fools Day

Beware of tricksters, jokers, and pranksters.

April 1 & 2

## Tapping the Groundswell

Free conference at the Recreation Complex on April 1, 1 pm - 4 pm and April 2 9 am - 4 pm. What do we need to do to ensure we preserve what is best about life here while doing a better job for and with those who are most vulnerable? Register in advance: mark@prdisociety.org. www.tappingthegroundswell.ca

April 2

## Burger & Beer

Fundraising for the Paddling For Life Dragon Boat Society, at the Carlson Club, 5:30 pm. Tickets \$15, 604-485-7909 or 604-485-9280.

## Poetry Slam with Barbara Adler

The Powell River Poetry Slam presents an evening of poetry and accordions. Cranberry Community Hall, 7-9 pm. Doors at 6:30. \$5 suggested donation.

## Madame Butterfly

Met Opera Streamed Live in HDTV at the Max Cameron. Adult \$25, Senior \$22. Youth \$15 at the Academy Box Office, 604-485-9633, online, or at the door.

## Syrian Refugee Fundraising Dinner

Buffet by chef David Bowes. Tickets are \$40 each or tables of 8. Tickets: Evangel Pentecostal Church 604-483-4283 or Westview Baptist Church 604-485-9607.

April 3

## Plastics Free Challenge & Film

Go plastics-free for Earth Month! Challenge launched at the screening of *From the Waist Up - Life Without Plastic* at Cran Hall. Filmmaker Taina Uitto and the Let's Talk Trash team will be in attendance for discussion. Admission by donation (suggested \$7).

April 4

## Sharing Cities Map Jam

7 pm at Sycamore Commons. Get together to map out all the "sharing," cooperative and "commons" places, groups and projects in town.

April 5

## Tla'amin final treaty implemented

April 6

## National Tartan Day

Woe betide ye if ye fail to wear yer kilts.

## Un atelier de feutrage

At Club Bon Accueil, 6-9 pm. Latelier est animé par Carmen Laferrière, artiste des métiers d'arts. L'évènement est ouvert à tous les francophones et francophiles et aux enfants à partir de 6 ans. Free.

April 7

## Rattenbury

PRISMA presents a Gala Concert Performance of Tobin Stokes' opera: Rattenbury, based on the true story of Victoria architect, Francis Rattenbury's fast rise and free-fall. 7:30 pm Evergreen Theatre. Tickets \$25 for the show, \$75 for show plus gala.



**BUSY TIME:** Kathaumixw committee chair Tom Koleszar will have less time to canoe this year as preparations ramp up for the 2016 event that takes place July 5 to 9.

## Koleszar takes on Kathaumixw

BY JOYCE CARLSON

Discovering where the International Choral Kathaumixw Choir of the World Totem Pole goes this year is something Tom Koleszar is most looking forward to from the 2016 event after the 2014 carving ended up in Slovenia.

Recently accepting the position of chair for the Kathaumixw organizing committee, Koleszar also is anticipating putting on a high-quality event for residents, visitors and choirs to really enjoy and that continues the impact and memorable experience the event has always provided.

"I look forward to hearing great choirs from all over the world and meeting conductors and singers from many different backgrounds," he added.

This year's event takes place from July 5 to 9 and organizers are stepping up their planning that has been underway since mid-2015. Billeting families and volunteers are critical components to a successful festival. People interested in either or both are invited to visit kathaumixw.org to submit their names.

Powell River has always been home to Koleszar who grew up here before studying at University of BC and obtaining a PhD in Geophysics. He worked in Calgary for 29 years, commuting for the last three from Powell River, as a geophysicist and manager in the energy business, with the last four as an independent consultant.

"I have always had family here," said the son of retired teacher Shirley Koleszar, adding he bought property here 20 years ago. "I'm not a city person and the climate, mountains, oceans and lakes here are unbeatable."

His family has a history with Kathaumixw with his mother volunteering regularly for the event. "Observing the 2012 and 2014 events really brought home their quality and scope, and that it was

something worth doing and keeping going."

He offered his services to Powell River Academy of Music, serving on the board of directors as well as the Kathaumixw committee. While he had taken five years of piano lessons, and played French horn and cornet in the high school band, he didn't sing until he started taking lessons with Megan Skidmore last July.

### KATHAUMIXW 2016

**What:** Tickets for July's event go on sale April 18. And, you're needed as a billet and volunteer!

**Why:** Go to [kathaumixw.org](http://kathaumixw.org) for info about billeting and volunteering.

"I thought I would take on something completely different in retirement that was outside my comfort zone. Don James was confident that anyone, even me, could learn to sing. Several Chor Musica members recommended that I join them and I did in September. So my 'musical career' was born." Koleszar and his committee work closely with Paul Cummings, Kathaumixw Artistic Director, who selects choirs from an audition process. Two choirs have special status at the festival: Artists in Residence Novel Voz from Havana, Cuba and guest choir New Zealand Secondary Students' Choir.

"My goal was to have 20 choirs from out of town; 10 from overseas and 10 from North America," said Cummings. "Once all is settled we will have achieved that and some. Overall the festival looks very, very healthy."

Choirs expected from South Africa, Hong Kong, Australia, New Zealand, Austria and Hungary will join others from Canada and the United States. Counting up all the choir members coming, Cummings said he will have hit a target that matches Kathaumixw's tagline "A thousand voices - A single passion." **PR**

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# Event briefs

## Earth Month

Love the planet? Fear for the future? Check out the events on the calendar marked with a globe 

## Steve Fonyo coming to talk achievement and addiction

In 1984/85, as an 18-year-old cancer survivor with a prosthetic leg and in the shadow of Terry Fox, Steve Fonyo ran half marathons for 400 days - 7,924 km across Canada. The documentary HURT portrays his troubling journey since then.

It showcases his resilience in his battles with substance abuse and legal troubles. The decline of this burgeoning national hero ironically started before his run and has left him today as a mass of contradictions.

Producer Peter Gentile and Steve Fonyo will be at the screening on Friday, April 15, 7 pm at the Evergreen Theatre. (Free admission). Then join them both the following morning Saturday, April 16, at 11 am at Trinity Hall, 6932 Crofton Street for a conversation about the documentary portrayal of Steve Fonyo's life.

## Radical Mycology

On April 8th and 9th, Willoughby Arevalo joins forces with Ioni Wais to bring some mushroom madness to town!

There will be a Mushroom Foray into the woods; a Mushroom Cultivation Workshop, and a Mushroom Performance/Social: The Sex Life of Mushrooms. Prices and registration: [vegetationstation.ca/fungievent](http://vegetationstation.ca/fungievent)

## Wonderheads

On April 14, the Oregon-based Wonderheads will perform Middle of Everywhere at the Max Cameron. It's a multi-award winning physical theatre company specializing in mask performance and visual storytelling for adults and children.

Audiences have described the experience as watching a living cartoon - the whimsy and imagination of Pixar or Warner Bros in theatrical form. See April 14 on the calendar for details.

## eCouture Wearable Art Fashion Show 2016

On April 30, the second annual Show will showcase fibre artists and artisans who have embraced the use of naturally grown, naturally dyed/printed fibres, locally produced fibre and revised, recombined, repurposed and upcycled fashion... and for the fun at heart, outrageous wearable's designed using recycled trash! Tickets are \$10 and are available in advance from Ecossentials, Artique, and at the door.

## Wellness Speaker Forum

If you want to learn more about health, check out the PR Wellness Speaker Forum on April 21 at the Max Cameron Theatre. Four speakers will talk about physical, mental, emotional and social wellness that evening.

Beginning at 4:30 pm, residents can take the PR Wellness Challenge and have their blood pressure, heart rate, flexibility and balance tested. You can also get your baseline testing done at the Complex, T-Fit, or Safeway before May 31. Once you've had your initial testing done, your next challenge is to do something to improve your health and track your lifestyle changes over the next few months. In September, everyone who was tested in the spring will be retested.

To cap it all off there will be a health and wellness fair on September 24. "Just For The Health Of It" will showcase a variety of health related services, products and programs that exist in Powell River.

## Marathon Shuffle full

The Marathon Shuffle has become a victim of the popularity of the Sunshine Coast Trail. What started out as a casual, low-key 29-kilometre run has become such a popular event that organizers capped registration at 400.

You can register to be on the waiting list at [sunshinecoast-trail.com](http://sunshinecoast-trail.com). More than 50 runners are coming from Vancouver Island. The free event goes April 24 and finishes at the Shinglemill. The fastest runners could complete it in less than three hours, though most hikers will take 6 to 8 hours. 

April 8

### Caravane des Arts

5 artists on a tour of BC will be here April 4 to 8 doing art and workshops. On Friday, 6-7:30 pm at the French School, the projects they worked on will be presented to the community.

April 8 & 9 

### Radical Mycology

Willoughby Arevalo presents two days of mushroom classes. See blurb at left.

April 9

### The Comic Strippers

Back by popular demand following their 2015 sell-out at the Max! A male stripper parody & improv comedy show for all genders 19+ only. \$37, or \$31 groups of six or more. [www.thecomicstrippers.com](http://www.thecomicstrippers.com), [www.maxcamerontheatre.ca](http://www.maxcamerontheatre.ca) 604-483-3900.

### Campfire Sessions - Animals

Ten local experts share their passion for animals. Hosted by the Library. Cranberry Hall at 7 pm 

### Ruby turns 100

Come and celebrate local environmental activist Ruby Roscovich's first 100 years. 2 - 4 pm, at the Reformed Church on Padgett. See Page 12 for more.

April 10

### Sea Snake Sunday

At the pool, 2:30 to 3:30 pm.

April 10 to 16

### National Volunteer Week

April 14

### Wonderheads: Middle of Everywhere

A family show with amazing creations! "One bus stop. Infinite destinations..." Tickets: Adult \$23, Senior \$21, Youth \$12, at the Academy Box Office 604-485-9633, Online, and Breakwater Books, or at the door.

April 15

### SD47 No School Day

Toonie Swim for school-aged kids at the pool, 2 - 4 pm. See the Active Living Guide p. 32 for a full list of kid-friendly activities this day.

### Academy Cabaret: the Roaring 20s

An intimate evening of musical vignettes, appetizers & wine ~ reserved seating at round tables. 7:30 pm. \$25 at the Academy Box Office. Reserved seating.

### Arts Council Deadline

See ad on Page 19.

### HURT - Steve Fonyo film

Producer Peter Gentile and Steve Fonyo will be present at the screening. 7 pm at the Evergreen Theatre. For info call 604-485-8664.

April 16

### Completely Creedence

Creedence Clearwater Revival tribute band at the Evergreen Theatre. Doors at 7 pm. All ages show.

### Kiwanis giant garage sale

Some fabrics donated by Galena Bay Fabrics & more. 4943 Kiwanis Ave. From 10 am - 3 pm

### Conversation about HURT

Discuss the making and screening of the documentary HURT with Steve Fonyo and Producer Peter Gentile. 11 am at Trinity Hall. For info call 604-485-8664

### Spring Fling and fundraiser

For Dee Light. Cranberry Community Hall, 6 pm. Tickets \$20 at River City Coffee, Velma's Candy/ Urban Earth Teas and Earth Inspirations Pottery.

April 17

### Horseshoe Pitching Open House

Free! At the Recreation Complex, coffee and donuts supplied. Ages 6+

April 18

### Kathaumixw tickets go on sale

Find them through [www.kathaumixw.org](http://www.kathaumixw.org).

April 21

### PR Wellness Speaker Forum and Wellness Fair

Speaking about physical, emotional, spiritual, and social wellness. Max Cameron Theatre. 4:30 - 6:45 pm: PR Wellness Challenge & Wellness Fair. 5:30 - 6:30 pm: Yoga with Tina Pashumati James, Loka Yoga Whistler. 7 - 9:30 pm speakers, including para-cycling world champ, former Powell Riverite Tristen Chernove.

April 22

### Earth Day

Flag Raising at City Hall on Duncan Street, 4 pm 

### Earth Day fundraising event

Roast beef buffet, music, prizes. \$20. Tickets at Humble's, Beach Gardens. Or from Whales & Dolphins BC (WOWs) Members. Call Susan MacKay 604-485-9138 or Judy Brandt 604-485-2236. Proceeds to WOWS.

April 23 & 24

### Open Air Market Opening Weekend

April 24

### The Elmer Iseler Singers

A 20-voice professional chamber choir based in Toronto. [www.powellriveracademy.org](http://www.powellriveracademy.org)

### TICS Swap Meet

11 am - 2 pm, Gillies Bay Community Hall, Texada.

### Marathon Shuffle

Now in its 22nd year. [www.sunshinecoasttrail.com](http://www.sunshinecoasttrail.com).

April 28

### Rock the Salish Sea concert

7 pm at the Max Cameron Theatre.

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April 29 & 30

**Powell River Home + Garden Show**

At the Hap Parker Arena. See Page 31.

April 29

**Screening of OceanGybe**



Concludes the Plastics-Free Challenge (see April 3). Wear your accumulated plastic waste from the month to the film - prizes. 6:30 pm Cran Hall.

**The Big Four**

The Cranbar features Sam Hurrie's guitars, Ron Campbell's keyboards and harmonicas, Dennis Fox's bass and Neko's drumming. 9 pm.

April 30

**Reuse-a-thon**

An Earth Month benefit garage sale, 9 am to noon, behind Westview Bowling Lanes. To support CJMP & The Powell River Community Resource Centre. Want to donate? Email giovanni@careerlinkbc.com.

**Trash Bash**



Clean up, then eat. Lois Lake Steelhead trout is on the menu again along with a local potato and wild harvested stinging nettle soup and salads. Kids menu also available. 9:30 am - 3 pm. See Page 35 for more.

**Music, Mind and Rhythm**

A day of singing and rhythm. 11 am - 3 pm. \$20. Preregister at judi4tulips@gmail.com or 604-487-1174.

**BC/DC**

At Dwight Hall - tribute concert. Tickets available at Carlson Community Club lounge. \$15 for members, \$30 non-members.

**Ecouture wearable art fashion show**

Cranberry Seniors Centre, doors open at 6:30 pm. See blurb, Page 29.

May 1

**Garden Club Plant Sale**



Established plants to seedlings, bulbs, and garden accessories. Master Gardeners are present to answer questions. 1 - 3 pm at the Curling Club.

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**LOVE A UNIFORM?** A formal march is part of the Regimental Ball, last held here four years ago at Dwight Hall.

# Regimental ball gets a lift from Dwight Hall dance floor

BY LEE MCKENZIE

When the lights are dimmed, the tables arranged and decorated, the glittering tableware polished and perfectly placed, Dwight Hall transforms into a magical place. Since 1927 this grand, elegant centrepiece of Powell River has seen countless events, dinners, and grand and glamorous balls.

On Saturday, May 14th this will once again be the case, as the Powell River RCMP hosts its Regimental Ball.

The Powell River Company, which built and owned the entire Townsite, spared no design details and expense in building Dwight Hall. The Tudor-like construction and decoration, and the huge feature window show the attention paid to the building. Inside, the beams and details display the skills of the craftsmen at the time.

When you come to enjoy the evening at the Regimental Ball, you will experience one of the most unique



## REGIMENTAL BALL

**What:** The RCMP's celebratory ball

**When:** May 14, 2016

**Where:** Dwight Hall

**Tickets:** \$100 per person, available at the RCMP Detachment, 7070 Barnet Street

**Supporting:** Proceeds from the tickets support the Bruce Denniston Bone Marrow Society.

features of Dwight Hall - the ballroom floor. Described as a "sprung" dance floor, the wood is set on a horse-hair underlay. This old technology is extremely effective. Although it isn't noticeable when you walk across it, it does have a small amount of "give". Dancers, both amateur and professional, appreciate how this exceptional floor gives life to their steps.

At the time Dwight Hall was built, there were only four "sprung" dance floors in British Columbia: the ballroom at the Hotel Vancouver, the ballroom at the Empress Hotel in Victoria, the Commodore Ballroom in Vancouver, and Dwight Hall in the Powell River Townsite.

Following military examples, the North-West Mounted Police hosted formal balls as early as the 1870's. By the late 1880's, all North-West Mounted Police divisions were organizing their own special events. It was in the post World War II era that the events changed from being "annual dinners" to "regimental dinners".

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- May 6 - 9: Victoria Conservatory of Music - Mother's Day Musical Garden Tour
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**PR Wellness Speaker Forum**

**April 21, 7 - 9:30 pm:** Doors open/challenge underway: 4:30 • Yoga with Tina James 5:30- 6:30  
Speaking about social, spiritual, emotional, and physical wellness:  
Tristen Chernove (World Champion Cyclist), Ron Woznow, Tina James, Julie Angus, Brendan Behan

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# Eat up, catch up, meet up at Home + Garden show

A new feature of the Home + Show may extend your stay at this year's event.

"Eat Street" is a new section for businesses selling food.

"The area will be setup like a café so people can sit, people watch and enjoy some good food," said Melanie Sullivan, a member of the Powell River Home + Garden Association - the local organization that runs the show.

There is also a hospitality tent so visitors can have a beer or wine during the show.

## HOME + GARDEN SHOW

**What:** Powell River Home + Garden Show

**When:** April 29, 4-9 pm & April 30 9-5 pm

**Where:** Hap Parker Arena at the Recreation Complex

**Admission:** \$2 suggested donation goes to the Garden Tour.

"We have lots of new vendors from different sectors of the business community that we have not seen at the show in the past."

"This is the first year that we have held a contest for a free business booth. We

had lots of great applicants and the board had a tough time deciding on a winner but in the end chose The Powell River Climbing Co-operative. This group has been working hard to turn this dream into a reality. Having them present at the show will help them gain exposure and educate the public about their plans. We are really excited to have them be a part of the show," said Melanie.

Coincidentally, the climbers group got its certificate of incorporation as a co-operative late last month, so there will be lots of conversations about the climbing wall planned for the new "Warehouse" re-development of the Powell Stores.

The non-profit society that will benefit from the suggested \$2/person donation to get entry to the show is the Powell River Garden Tour. All the proceeds that the group raises will be put towards promoting the beautification of Powell River.

"We felt this is a shared goal amongst the people attending the home show and people would feel good knowing their entry donation was going towards beautifying our city," said Melanie.

The show is nearly sold out with over 70 exhibitors, said organizer Leah Rourke. 

# PR Wellness Speaker Forum

April 21 - Max Cameron Theatre

- 4:30 pm Doors Open
- 4:30-7 pm Take the Challenge / Wellness Exhibitors
- 5:30 pm Yoga with Tina Pashumati James
- 6:30 pm Healthy Snacks / Social
- 7-9:30 pm Speaker Forum

Admission by donation. Tickets available at River City Coffee. Proceeds to Youth Wellness.

[www.prwellnessproject.com](http://www.prwellnessproject.com)

 <b>Social Wellness</b>	 <b>Spiritual Wellness</b>	 <b>Emotional Wellness</b>	 <b>Physical Wellness</b>	 <b>Change Management</b>
 <b>Dr. Ron Woznow</b> Community Volunteer	 <b>Tina Pashumati James</b> Advanced Certified Jivamukti Teacher	 <b>Julie Angus</b> Author, Adventurer, Scientist	 <b>Tristen Chernove</b> 2016 World Champion Para-Cycling	 <b>Brendan Behan</b> Interim Director of Tla'amin Health

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Volunteers are the  of the Better at Home program! Thank you!



- |                     |                  |
|---------------------|------------------|
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| Judy Boxall         | Rudy Lipus       |
| Sara Blum           | Karen May        |
| Cathy Brown         | Wendy McGee      |
| Pat Chess           | Catherine Meng   |
| Marlane Christensen | Margaret Mondey  |
| Barb Cooper         | Susan Paquette   |
| Allison Coburn      | Ryann Robert     |
| Debbie Enns         | Doug Sampson     |
| Christian Faucheux  | Roxanne Sargeant |
| Breah Henderson     | Deirdre Saunders |
| Brenda Holden       | Sandra Schneider |
| Christien Kaaj      | May Stanton      |
| Milda Karen Bing    | Domenico Vodola  |
| Dale Lawson         | Venus Yoon       |

What makes Powell River wonderful? The things you list are probably made possible because of volunteers. If you're a volunteer, take a moment from your busy schedule to take a bow, pat yourself on the back, and accept our thanks for your many contributions in making our community a great place to live.

April 10 to 16 is National Volunteer Week  
Say thanks to a volunteer. Or better yet, give them a hand!

Volunteer Powell River  
[www.unitedwayofpowellriver.ca/volunteer-powell-river.html](http://www.unitedwayofpowellriver.ca/volunteer-powell-river.html)



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**ACADEMY CABARET**  
*The Roaring 20s*  
Friday, April 15 at 7:30 pm  
James Hall • \$25 (advance sales only)

**ELMER ISLER SINGERS**  
Sunday, April 24 at 7:30 pm  
Max Cameron Theatre • \$25

**SPRING SING: Academy Chamber Choir,  
Powell River Youth Choir & Chor Musica**  
Tuesday, May 17 at 7:30 pm  
James Hall • \$18

Students 18 & under free with a student ticket voucher  
(excluding Cabaret)



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**HOTEL RODMAY**

# Powell River Tarot

A community reading, by Teresa Harwood-Lynn

Teresa is available for individual readings, parties and special events.  
You can contact her directly at 604-485-5620 or by email at [teresaann@telus.net](mailto:teresaann@telus.net)

It's April and the signs of spring, either consciously or subconsciously, direct our thoughts and actions away from the short days of winter and point us in a new direction.

In the same way, the tarot cards are like signs, they draw our attention to our current circumstance and show us a new perspective.

As I pull the six of wands from the deck I wonder how it might apply to my life.

The six of wands shows a man on top of a white horse, a wreath of laurel on his head riding through a cheering crowd.

The white horse is a symbol of strength, the laurel wreath a sign of victory and the cheering crowd, recognition of achievement.

The six of wands is about harnessing your strength and believing in who you are.

It's about focusing on positive outcomes not negative. It's about celebrating the smaller steps taken towards a larger goal.

If you have been struggling with the confidence and courage to pursue a new goal, the six of wands is asking you to look back at your past successes and remind yourself that those successes are proof that you can do whatever you set your mind to.

When the goalpost seems further away than yesterday the hero riding through the cheering crowd is our reminder that now is not the time to give up; victory is just around the corner.



## Six of Wands

- VICTORY
- SUCCESS
- RECOGNITION
- PRAISE
- PRIDE

### CURIOUS CARDS

What is it about a deck of 78 cards that makes it so mysterious? Is the tarot simply a deck of beautiful cards, or is it something more arcane? Either way there is no denying that some enjoy the mysteries of the tarot while others, well, quite frankly, fear it.

During the 15th century hand-painted cards were used by noble families to play a game called Tarrochi. These cards had images of the things that would have been familiar to the people of the time.

Today, Tarot cards are mass produced and come in all different shapes, sizes, and themes, but one thing remains constant – like the Tarrochi – each card is comprised of images that are familiar to us.

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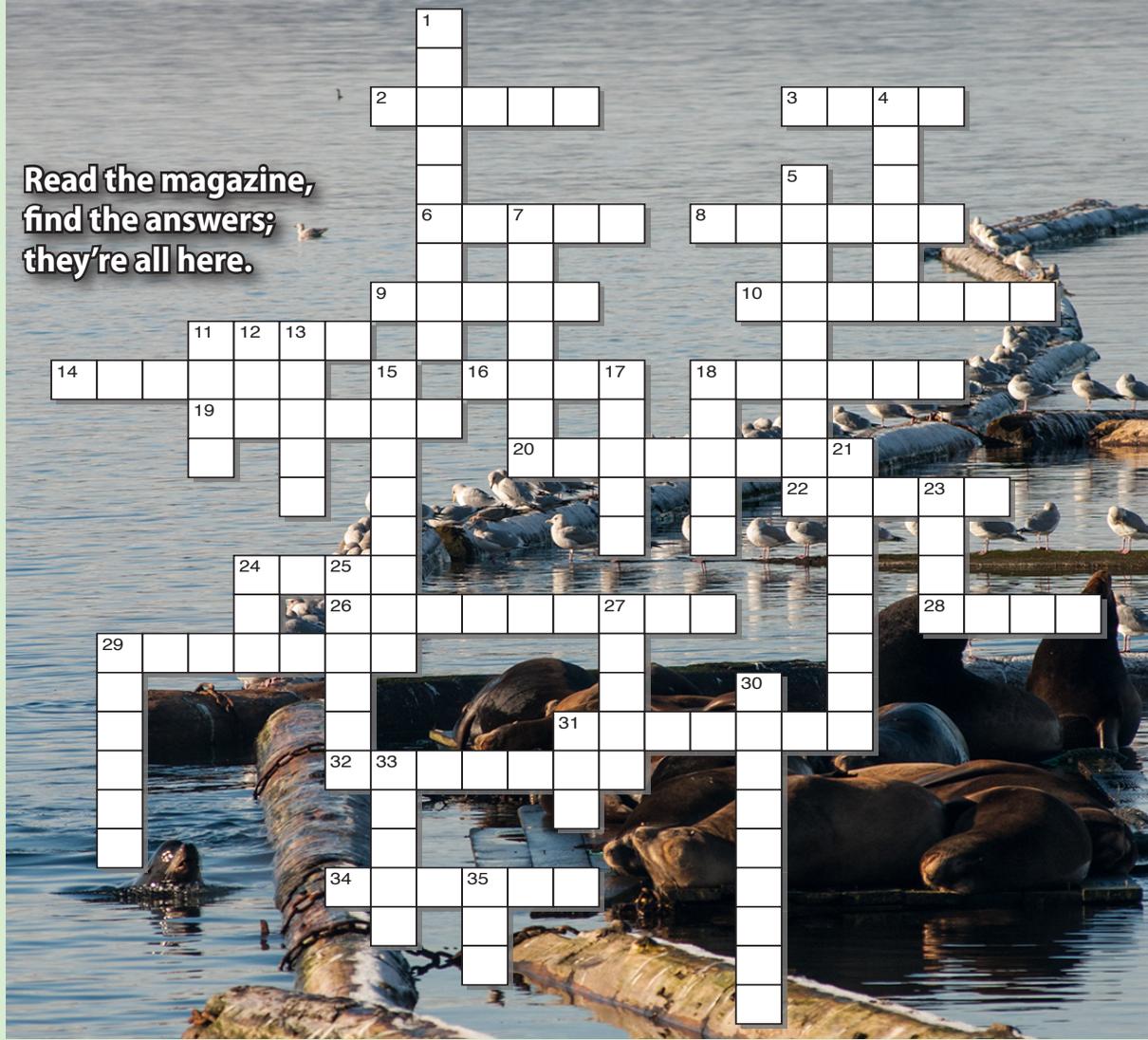
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Gongs, Chimes, Tuning Forks



Read the magazine,  
find the answers;  
they're all here.

- Across**
- 2) Freemason bad marble
  - 3) 100-year-old is a gem
  - 6) Carver's result
  - 8) Punch holes in lawn
  - 9) Hospital ship
  - 10) Important bait fish spawns in spring
  - 11) Eagle sans toupee
  - 14) Teddy's fair deal
  - 16) Returning resident's name rings
  - 18) Deal effective April 5
  - 19) Ages & \_\_\_ Fair, or coaches
  - 20) Boys, and girls of summer, at a milder pace
  - 22) Home planet
  - 24) \_\_\_ + Garden show, where the heart is
  - 26) Early soupy sprout
  - 28) Spring \_\_\_ with local choirs
  - 29) Willingdon golfers
  - 31) Ocean path at Westview, Tla'amin
  - 32) New old nation
  - 34) Pink trees, or ice cream topper

- Down**
- 1) April 10-16 National \_\_\_ Week
  - 4) \_\_\_ at Home
  - 5) Bad Moon Rising singers
  - 7) Choir-watching passes
  - 11) Trash the garbage
  - 12) Rotary fundraiser tastes
  - 13) SD47's Ready, Set, \_\_\_
  - 15) April 21 Speaker forum promotes
  - 17) Fish-chasers, zebra-chasers
  - 18) Bad burn, or Master degree
  - 21) Pink-flowered Lund garden pest
  - 23) Best of asparagus
  - 24) Willingdon concession, The Beach \_\_\_
  - 25) Farmers' \_\_\_\_\_t open April 23
  - 27) Burial colour Sandra wants
  - 29) Sweater maker, collected by bees
  - 30) Spring dirt diggers
  - 31) Number of poles at Gov House
  - 33) Leah says let the \_\_\_ shine
  - 35) Edgehill cyclists' namesake trail

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**Ages & Stages Fair**  
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April 18 **Meatloaf and Mash**

April 25 **Roast Beef Dinner**

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Solution for last month's puzzle: "Herring"

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"I always look forward to the Hulk series because that means spring & summer are on their way and I will be enjoying pints of Cédric's latest Belgian creation on a patio around town."  
- Scott Barnes

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**W**hen I was younger (in my 40s) I didn't think twice about getting up at crack of dawn and going for a run or taking in a 6 am exercise class. I'd whiz through my workout, come home, shower, get ready for work, pack lunches, get kids up and fed and be at my desk well before 9.

Now that I'm older and wiser, I don't like getting up that early unless it's a matter of life and death. On the odd occasion that I do, I find myself needing a nap by 3 pm and as much as I believe that a nap is the greatest luxury one can afford oneself, there is no where to nap in my office. Besides, my coworkers and customers might not take too kindly to me snoring in the middle of the afternoon.

So when I decided to get fit (again...yes I know, personal trainers and fitness studios say people like me keep people like them in business) I went in search of a 7 am exercise class but I couldn't find one. A 7 am class would be perfect now that my kids are older and can get themselves up and out the door on their own in the morning but alas, there were none to be found.

So instead, I am running, swimming and hitting the gym whenever I can. Terri Beck also has the occasional opening in her Home Away From Home (HAFH) class on Tuesday mornings, which I'm enjoying. Although it's a bit later than my preferred time, because it's strength training, I don't sweat profusely so I can scoot into the washroom after class, clean up and go directly to work.

Short of having my jaw wired shut, I will have to make some changes to my diet and, as we all know, change is not easy. I'm a long way from where I want to be but I will start where I am, knowing that I can and will reach my goal. **PR**

Fitting in your workout is important. You won't always have the luxury of having the perfect time for a workout but if you are to be successful, you need to do it regularly.

I like doing the HAFH class with the group but I also like how the program is structured so I can also do the workout on my own at the Complex or at home. If I do that a couple or three times a week, run twice, jump on my trusty \$30 garage sale special stair stepper that graces the front porch of our old Townsite home, I'm happy.

I'm on a roll with my workouts but not so much with my food plan. (Can any of you relate?) Some folks I've talked to are buying weight loss shakes, which work but are expensive. I have one friend who lost a significant amount of weight by changing her lifestyle. She joined Weight Watchers and got serious about everything she ate and began taking classes at Coast Fitness. It didn't happen overnight, in fact it took two years, but she lost 100 pounds. Today, she looks and feels great!

I'm still struggling with the food part but I know it can be done. Also, I know that both exercise and food need to be addressed in order to reach my goal.

Short of having my jaw wired shut, I will have to make some changes to my diet and, as we all know, change is not easy. I'm a long way from where I want to be but I will start where I am, knowing that I can and will reach my goal. **PR**

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11<sup>TH</sup> ANNUAL  
POWELL RIVER

# TRASH BASH

**Celebrate Earth Week**  
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**Registration (free!)**  
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**SATURDAY APRIL 30**  
**9:30am to 3:00pm**



Photo: Powell River Peak

## How to Trash Bash:

On April 30, clean up the public site of your  
choice & deliver the trash to Willingdon Beach,  
OR select a location from the map  
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## NEW! Resident Spring Cleaning!

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