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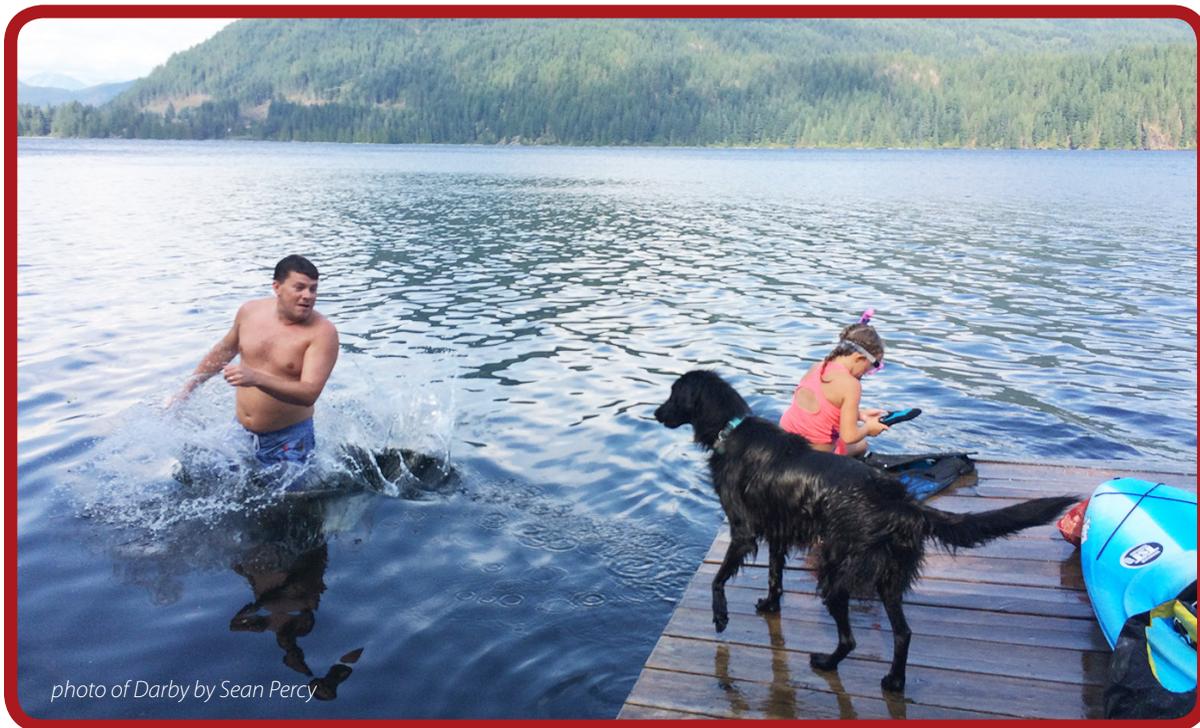


photo of Darby by Sean Percy



photo of Soda by Carole McLeod

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KERRY JONES is a former home care nurse and program coordinator with Vancouver Coastal Health; now retired and enjoying her hobbies travelling, painting and cycling.



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.



JP BROUSSEAU is a fourth generation Powell Riverite, co-owner of The Old Courthouse Inn, Edie Rae's Café, GASP! Vintage; and the upcoming Pappy's Poutinerie, JEM productions, Townsite Factory and www.funshinecoast.com (all launching in June).

ON THE COVER

Doves released by Colleen Mudry of the new "Doves of Love" business streak from their cage, circle a few times to get their bearings, and then head for their home roost near McLeod Road.



photo by Sean Percy



IN THIS ISSUE

Challenges shape our character

I will never fully understand what it was like to grow up gay because it wasn't part of my own personal journey but after reading JP Brosseau's story – "A gauntlet of guilt: Growing up gay in Cranberry in the 70s and 80s," on Pages 11 and 12 – I feel like I have a better understanding of some of the struggles he went through as a young man.

When JP asked me if he could write this story for *Powell River Living*, I quickly agreed. I've admired his writing and creative talent since we first worked together at *The Peak* many years ago and I knew his story would be sensitive, introspective and maybe help someone else going through a similar situation.

When we are struggling everything can seem overwhelming. The light is nowhere to be found and everything seems bleak and meaningless. But change, as we know, doesn't come without challenge.

Life is full of challenges and how we respond to those challenges shape our character. You don't really know how resilient or resourceful you are until

you're faced with a tough assignment. It is then and only then that everything you've learned up until that moment comes into play and you often discover you're tougher than you think. Our Mother's Day feature, which begins on Page 8, talks about how being a mom changed the five mothers featured in this essay. I think most moms would agree that having kids changes you for the better. And it doesn't matter how many kids you have, your heart always has enough room for them all.

Speaking of love, we love Powell River so much that we want to do something to celebrate all that's wonderful about our community. This month we're launching the Best of Powell River contest with our partners at the *Powtown Post*, a website that brings you great stories about Powell River. After you fill out the entry form on Page 13, drop it off at our office and you could win some awesome prizes. Let us know where you can get the best massage, what's the best tourist attraction, who has the best blog and who is

the best server in Powell River!

And finally, this issue has a story about Stan Gisborne and his journey back to recovery on page 21.

Although it might not look like it, Stan's story is a love story. It's also a story of hope and of stubbornness.

When the long-time regional director had a stroke during heart surgery in October, he was left locked-in. His family was told he'd never have voluntarily control of anything below his eyes but his stubborn wife Jan and their equally stubborn son Mark refused to accept it. Today, Stan is doing better than anticipated and plans are underway for him to return to his home in Paradise Valley.

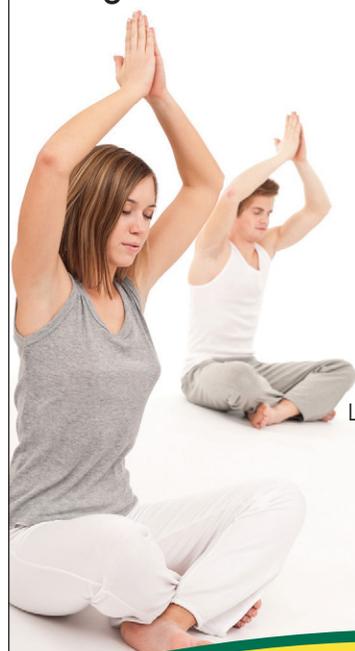
You never know the healing power of love and stubbornness. **RL**

ISABELLE SOUTHCOTT | isabelle@prliving.ca

May: Register in great new programs

Spring into happiness!

What starts in May? Check out the *Active Living Guide* magazine and online for much more!



For kids:

Art We Messy
T-Ball for Tots
First Kicks Soccer
Factory Hockey Program
Ice Play: Preschool

For teens:

Bronze Cross
Weight Room Orientation
Love the skin you're in
Factory Hockey Program

For adults & seniors:

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Circuit Training
Strength Training
Water Wellness



5

ways to make 2016 your kids' super-est summer ever
(Note: these are filling up fast)

1. Soccer

British Soccer Camps run July 18 to 22, for ages 3 to 16. Half and full days.

2. Day camps

Camps for 6- to 12-year-olds run 9 am to 3pm weekdays, and **before and after care is available**. Camps for 3- to 5-year-olds run 9:30 am to noon weekdays. Sibling discounts!

3. Park & Play

Two-hour afternoon beach program for 5- to 8-year-olds. No parents!

4. Swim Lessons

Daily lessons in two-week sessions. Get those skills up quickly!

5. Special events

Canada Day at Willingdon, Freezie Fridays, Water Wars and much more. See the Active Living Guide.



Find us on Facebook at PowellRiverRec.Complex



The City of Powell River invites you to celebrate

Bike to Work and School Week

May 30 to June 5, 2016

Try out the new bike paths

On Manson and Duncan, and up the Wildwood hill. Find out more about local biking at www.bikepowellriver.ca

Find your favourite route

Can you integrate a forest or beach-side route on your commute? Bike as a group? Bike with your kids?

Enter to win

An 11-day cycling trip for two to Vietnam. Register to win at www.biketowork.ca

Active transportation is a key to life-long wellness - something the City of Powell River hopes every resident will experience during Bike to Work and School Week 2016.

Watch for City staffers and City Councillors in the velo-revolution!

Don't forget:

Drivers: please don't park in the bike lanes!

Wear a fitted helmet

Follow the rules of the road

Signal to drivers

Ride with your kids

Stay off the sidewalks

Ride in the same direction as traffic

Ride 2-3 feet from the curb

Inflate your tires

Ensure your brakes work

Check your chain

See bikesense.bc.ca for more

Why bike? A better night's sleep • Improved blood sugars • Improved blood pressure • Better physical condition • Helps create safe neighbourhoods • Higher attention and concentration • Greater academic achievement • Increased happiness • Improved mental health

Drivers - please be aware of increased cycling traffic during May 30 to June 5 - especially novice and young bikers.

www.powellriver.info

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Like to Bike? Try:

Willingdon Beach Trail
Manson Avenue
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Dove love

*"I'd like to build the world a home
And furnish it with love
Grow apple trees and honey bees
And snow-white turtle doves*

- The New Seekers

BY COLLEEN MUDRY

I moved to Powell River 12 years ago, with the lifelong goal of eventually building my own off-grid house, growing my own food, raising chickens and sharing my life with a dog and horse.

I didn't know then that I would meet the love of my life here and together we would build an off-grid home with our own trees, a saw mill and our own strong hands.

On our beautiful, wild 40 acres, we grow food,

fruit trees, keep bees, chickens and ducks and share our life with two intelligent dogs and two senior mares.

And the doves? We have been raising and training pure white homing pigeons (rock doves) for the past two and a half years. We are ready to start "Doves of Love," our business where we release our doves at weddings, funerals, celebrations and special events. This is a popular, environmentally-responsible alternative to releasing balloons or butterflies, as our doves are lovingly trained every day of the year (weather permitting) to fly home to their loft.

Doves represent, love, hope, joy, remembrance and peace. Every time I release them on their training flights I am deeply moved by their strength, grace and beauty, as they soar in ever widening circles before setting out for home. [PR](#)

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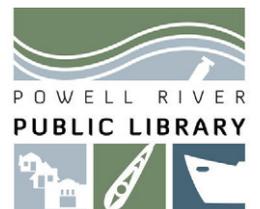
June 1
June 8

and the final fling on June 15!

"This is a bittersweet event for our staff and for the families who have seen their kids at this storytime for years. After June we will be at the summer market then we are into the new location. While it's wonderful to think about the new space, for many this is the only Library that they have known."

~ Rebecca Burbank, Assistant Chief Librarian

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On May 8, Mother's Day celebrates the world's oldest responsibility - and passion project. *Powell River Living* caught up with five local moms of prominent children - now adults. "Proud" doesn't begin to cover it.



Pro Mam

Malerie Meeker and her son Tristen

Tristen Chernove, my second son, was diagnosed in 2009 with Charcot-Marie-Tooth disease, a degenerative nerve and muscle disorder. It doesn't stop him; he continues to be athletic, a wonderful husband and father, and a great boss. Last fall Tristen started track cycling and six months later won two gold medals for Canada at World Para-Cycling Championships in Italy. Next stop - the 2016 Rio Olympics/Paralympics!

ful husband and father, and a great boss. Last fall Tristen started track cycling and six months later won two gold medals for Canada at World Para-Cycling Championships in Italy. Next stop - the 2016 Rio Olympics/Paralympics!

Why I'm proud of each of my children

Malerie • Tristen is a fierce competitor with an insane amount of empathy; the result is he is a total inspiration. Of all the things, I'm most proud of my son Tannah's loy-

alty; he is the rock for family and friends. Brooke is a reflection of beauty - both inwardly and outwardly. It's also about "the Universe gave you a daughter so you have a friend for life." And then there are the accomplishments of my stepchildren and goddaughter - Simon, Sarah, and Willow. I'm surrounded by achievement ... and by love.

How being a mother changed me

Malerie • Being a mother and family life highlighted the importance of connecting to the wider community. ("It takes a village...") I'm passionate about healthy communities; it started when I had kids.

What I wish for all moms this Mother's Day

Malerie • Wishing us all a day full of joy, gratitude, love ... and chocolate.



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oud mas

Esther Williams and her son Clint

Powell River Living caught up with Esther while she was at work at Tla'amin. The mother of three sons says her oldest, Clint, (Tla'amin Hegus) and her other two sons have been there for her in good times and bad times.

Why I'm proud of each of my children

Esther • I have been told that they inherited some very good qualities of my (late) parents. Clint was close to his grandparents and always sought their approval. They wanted to see him as chief. He ran and I am proud to say that he was elected. That year dad passed on but he did see his wish come true and Clint has been chief ever since. My second son Anthony is the biggest and has the biggest heart. He will drop what he is doing if a friend or family member needs a helping hand. He recently learned how to make vests with native crest designs for the recent celebrations in Sliammon. Mr. Mike, (son number three) is the comedian in the family. He will always find humour in any situation.

How being a mother changed me

Esther • I was very young and carefree when I had my first son. I had to learn to put someone ahead of myself but that isn't hard to do when you lay eyes on your child. With each son there have been some stressful times but I have learned that the good outweighs the bad. My boys are men and have families now but I still look out for them. That's what mothers do.

What I wish for all moms this Mother's Day?

Esther • A day filled with joy and laughter with your families. And many happy memories of the day.



Kathy Bowes and her daughter Katelin



In January, Katelin Albert (Bowes) won the Vancouver Island University Distinguished Early Alumni Award for outstanding achievement in her graduate work. She is close to finishing her PhD in medical Sociology, and has already published several articles in academic journals.

Why I'm proud of each of your children

Kathy • Because of their kindness and consideration to other people. It always amazes me how you can water and feed each child the same way and each one blossoms into a unique human. All three are living away from Powell River: Jessica with her husband Tomislav in Paris, France; Charlotte has been accepted into medical school in Galway, Ireland; and Katelin is living in Toronto

with her husband who both are attending the University of Toronto.

How being a mother changed me

Kathy • Because they have been so active in many facets of their lives it has opened the door to many new experiences I would not have experienced without them. Not to mention the love and support they have given me all their lives.

What I wish for all moms this Mother's Day

Kathy • To enjoy the day with your children in whatever way it can happen! Whether it is in person, via Skype, a phone call, a text or email and to remember all the wonderful times with them that you have had.

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27-29

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Jane Cameron and her son Tobin

When our family moved to Powell River in 1967 we discovered a town that provided numerous opportunities for everyone to be involved in music education and enjoyment.

That beginning allowed Toby (Tobin Stokes) to build a solid foundation for his career in music composition. His latest triumph is the recent premier in Long Beach California of his opera Fallujah. It was received with rave reviews.

Why I'm proud of each of my children

Jane • All three, Rob, Kim and Toby are really nice people. They all have become responsible, caring adults and good parents. Each one is generous in volunteering personal time to give back to the community.

How being a mother changed me

Jane • It made me into a Mama Bear.

What I wish for all moms this Mother's Day

Jane • I wish that all Mums could have the economic freedom to stay home with their kids for as long as they wanted.



Lucy Formosa and her son Dave

Mayor Dave Formosa and his mother, Lucy sat down with *Powell River Living* at Lucy's home in Westview just a couple hours before a City of Powell River council meeting. Dave is very close to his mom – she cooks dinner for him before each council meeting and the two spend some alone time catching up and visiting!

Why I'm are proud of each of my children

Lucy • I had four boys and they have all become successful (two became pharmacists, one a teacher, and Dave, Mayor of Powell River.) I'm proud of them be-

cause they are so close to me. I was 16 when I met my husband and had my children when I was young. They are like my friends and I know they will always look after me.

How being a mother changed me

Lucy • When you are a mother that means love and looking after your kids. My children are the love of my life.

What I wish for all moms this Mother's Day

Lucy • That they are close to their children and love them.



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- LEAP is about new ideas, new people, new places
- LEAP is about connecting with nature
- LEAP is about social responsibility and leading by example

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– Clancy Sindlinger

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– Tao Werner



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A GAUNTLET OF GUILT:

Growing up gay

in 70s & 80s Cranberry

BY JP BROSSEAU

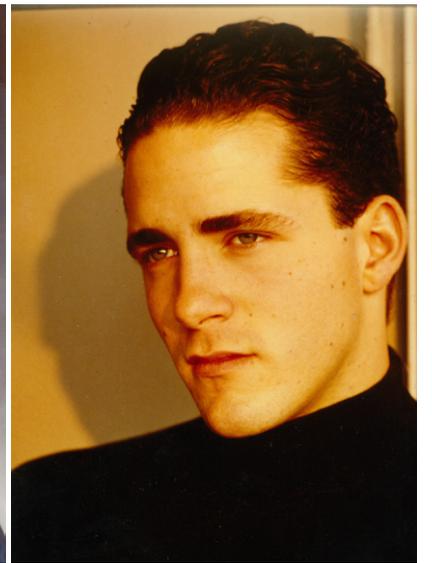
Even in kindergarten, I knew that I was different. It was 1972. At Cranberry Lake Elementary School, I preferred to play “kitchen,” making meals with small, replica boxes of food and plastic fruit and vegetables, instead of the brightly coloured, wooden tools and trucks.

Too young to notice the gender-bending antics of David Bowie, acknowledge the gay humour of Billy Crystal in “Soap

or to realize that Liberace, Paul Lynn, Merv Griffin, Rock Hudson and numerous others were gay, I lived with the ingrained anomaly of shame, self-hate, confusion; an inner turmoil not wished upon my worst enemy.

I hid my sexuality through stress eating, an obese 5' 9" boy weighing over 250 pounds. That, and make believe. Watching “All Star Wrestling” with my family, I was aware that these men throwing each other around were more appealing than Skinny Minnie Miller and her cohorts

MOTHER'S DAY



IT GOT BETTER: Left, JP Brosseau at 10, struggling with knowing he was different, and heading into an era of bullying. Right, at 20, after coming out to himself, his friends and his very supportive mother, in modelling school in Vancouver's West End.

during roller derby bouts on TV.

Still, I felt sick for feeling this way. It was wrong. I was bad. There was no place in Heaven for me.

My fat boy boobs were bigger than most girls in junior high, yet I looked in the mirror and saw beauty. I tried to feather my hair like “Charlie's Angels.” I wore “fruit boots” and satin shirts. Disco was everywhere. I dove into fashion

magazines and pulp fiction: the “Flowers in the Attic” series and became obsessed with The Holocaust, somehow uniting with the plight of the Jewish people as my own.

Movies were my biggest escape, living vicariously through Tatum O'Neal in “Paper Moon,” Jodie Foster in “Foxes” and Kristy McNichol in “Little Darlings.” Later, I watched slasher flicks of the 80's,

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Wednesdays: Safeway Pharmacy (10 - 11 am) | Rec Complex (5 - 5:30 pm)

Fridays: Marine Chiropractic & Wellness (noon - 1 pm)

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BIKE TO WORK AND SCHOOL WEEK

May 30 – June 5, 2016



Bike to Work

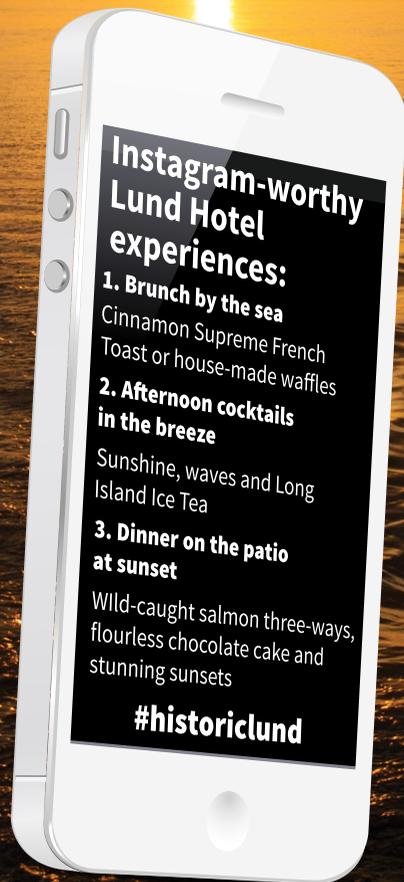
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imagining Jason slaughtering the malicious kids or Freddy Krueger dissecting their bowels with quick slices of his hooked, metal talons.

At the time, "lean & mean" teenagers ran Cranberry. Their mentality seeped onto the streets in the form of rock throwing, beatings, stealing Halloween candy, and even destroying other kids' ghetto blasters for playing the "wrong song."

My friends and I skulked around, hanging out in the woods until a café opened next to the Cranberry pub. We'd drink endless cups of tea and play cards. A few years later, an arcade opened on the corner of Drake and Manson and we congregated in the dark playing Pac Man, pinball and pool.

Junior high brought me a strong circle of girls who surrounded and unknowingly protected me. Boys liked girls, and girls hung out with me, so I went to parties and tried to fit in by being a comic and, even though I wasn't a smoker, I'd buy them to hand out.

I lost 100 pounds before graduation,

"Today, kids at Brooks Secondary School offer unending support to each other ... expressing themselves as straight, gay, bi, sexually fluid, pan-sexual among others."

roam the streets for hours, sensual stimuli filling me with wonderment, finally noticing that there were people like me everywhere.

Writing about growing up gay wasn't where I wanted to go within myself. As an adult, I focus on a world where sexuality is accepted and we are judged by what we do, not whom we choose to love.

Yet every memory bank moment and

COMING OUT TO EDIE RAE

After graduation in July of 1985, I moved to Vancouver and went to modelling school, worked at Expo 86, then jobs dried up, so I lived with my parents in Cranberry for the summer of 1987. I sought out a counsellor to help me tell my Mom, Edie Rae, that I am gay. Those were different times back then: Being gay was not talked about.

Mom and I enjoyed stretching out on the sundeck to play Scrabble in the hot sun, our Gin & Pink Lemonades filled with ice beside us.

After three games, "Mom...um...I need to talk to you about...my sex life."

She sipped her drink, lowering her sunglasses so I could see her eyes, "Do you prefer girls or boys?"

"Um... if I preferred girls, we wouldn't be having this talk," I laughed.

She laughed and we went on to talk about absolutely everything I had been going through since the age of five or so, when I truly knew that I was gay.

with the help of my Mom - as she knew I wanted to sing and act and write and model, so she supported me in everything. I was a founding member of The Powell River Boys Choir, took private clarinet and voice lessons for years and went away often to perform in festivals and concerts.

One night, in Grade 11, uttering the words, "I'm gay," to someone other than my reflection ignited an ember within me. Sari Goudriaan, a dear friend, lived almost half-time with my family as we were involved with choir and drama so much and she lived out on Wilde Road. Trusting her like a sister, I whispered her my truth, she accepted all with love and questions. The bricks began to fall from my impenetrable wall. I started to care less what others thought.

Two weeks after graduation in July 1985, I moved to the West End of Vancouver to start modelling school. I'd idly

snap shot scene, however traumatic or ecstatic, has led me to the man I am.

I find strength in those journeys and reflect now, to make amends with the boy I once was.

Thankfully, times have changed and through all forms of media and art, the gay sensibility is explored and more people know what LGBT stands for.

Today, kids at Brooks Secondary School offer unending support to each other as they wade through the quagmire of labels, boxes and stereotypes, expressing themselves as straight, gay, bi, sexually fluid, pan-sexual among others. Even I do not know what all these terms mean, but, I acknowledge their existence and the people that use them to express themselves.

In writing this, if one small child or adult is somehow affected in a positive way, then the journey hasn't been for naught. 

Best of Powell River Contest

Let locals and visitors find the hidden gems only you know about! August's *Powell River Living* will feature a full report of the top three winners in each category. **Please write in your answers - serious and humorous** - and deliver the page by **June 30** to Powell River

Living's office (7053-E Glacier St), **or answer the questions online at powtownpost.com/bestofpr** for your chance to win a really awesome prize (to be announced). *Note: Only one entry per person. You must answer at least 15 categories for your entry to be counted.*

Civic Pride

Best neighbourhood

Best BC Ferry

Best place to watch the sunset

Best place to take visiting relatives

Weirdest thing you boast about this community

Best local souvenir

Best unofficial city slogan

Best festival

Best local politician (name)

Best tourist attraction



Arts

Best book about a local thing

Best local band

Best place to watch live music

Best place to shake your bootie

Best graffiti

Best place to learn an instrument

Best blog

Best Facebooker

Best farmers market booth for crafts

Best gallery

Food & drink

Best local cocktail

Best local brewski

Best local seafood dish

Best burger

Best patio

Best salad

Best place to eat for \$5

Best place to eat for \$100+

Best ice cream

Best dessert

Best buffet

Best restaurant for romance

Best restaurant to impress your visiting guests

Best server (name)

Most veg-friendly restaurant

Best coffee scene

Best pizza

Best kid-friendly

Best brunch

Best farmers market booth for produce

Best farmers market booth for prepared food

Best food on BC ferries

Retail

Best gifts

Best live plants

Best jewellery

Best place to assemble a cheese plate

Best campfire food

Best produce

Best used stuff

Best thing you've found at a local garage sale

Best work-out

Best yoga for a sweat

Best yoga for the spirit

Best booze

Best gas station

Best convenience store

Best lawyer when you're guilty

Best thing made out of local wood

Best massage clinic

Best local weed

Best dentist

Best hair guru

Best tattoos

Best facial

Outdoors

Best place to run

Best trail to hike with kids

Best mountain bike trail

Best trail to power-hike

Best dog park / area

Best trail for horses

Best ATV trail

Best food garden

Best flower garden

Best playground

Best beach for swimming

Best lake for frogs

Best official campground

Best unofficial camping spot

Best place to see wildlife

Best zunga

Best hut on the SC Trail



Powell River LIVING
Showcasing the best of Powell River

Name: _____

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I MADE THE MOVE

Energetic work team attracts optometrist

“Pack your things, we’re moving to Vancouver.” These were the words that Ekaterina Medina (no relation to Claudia Medina) heard from her parents at home in Omsk, Russia, in 1999.

“Many hours later, we woke up in what turned out to be Edmonton. I didn’t learn to make sense of Canada until my first summer working in Kananaskis Country. It was only then that I realized that what is so special about this country; the ample opportunity to connect with nature, and to practice care, respect and responsibility.”

From there, Ekaterina earned an Optometry degree in Waterloo. After working in Newfoundland and Vancouver, she chose Powell River.

How did you first hear about Powell River?

Ekaterina • I had just begun to look into clinics all around BC, when I saw a posting for an associate at Powell River Optometry. In many ways, it was what I was looking for. I talked to Dr. John Wyse, and he was so enthusiastic about his practice, it was impossible not to be intrigued. I saw the clinic and city in person a few

weeks later - and I felt I would be missing out if I didn’t come back.

Why did you choose to move to Powell River?

Ekaterina • Powell River Optometry stood out as unique and exceptional. There is precision, energy and strong sense of direction in the way it is built, organized and run; and yet flexibility. And the team is fantastic.

What surprised you about Powell River once you moved here?

Ekaterina • How beautiful it is. Three months in, and I’m still in awe. I didn’t expect palm trees.

Where is your favourite place in Powell River?

Ekaterina • Ocean and forests - but I have a fear of wild animals.

What would make Powell River a nicer community?

Ekaterina • It is very nice already. Maybe less cars.

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

Ekaterina • I don’t have any experience

in leadership or governance (but I can check your eyes any time)! Personally, these have been important: environment conservation and “clean” sustainable practices; preventative healthcare, holistic wellness and education.

What are Powell River’s best assets?

Ekaterina • Warmth, clean air, tall trees, ocean, mountains, farmer’s markets, safety and trust in community.

What is your greatest extravagance?

Ekaterina • Education and travel. In general - experiments.

Which talent or superpower would you most like to have?

Ekaterina • I’ve always wished I could read minds - but maybe learning gradually and indirectly is equally interesting. To dissipate or resolve conflict between and within every being (or group) that is alive and may suffer - but maybe conflict is inherent in life. **RL**



*The Powell River
Royal Canadian Mounted Police
Regimental Ball*

Saturday the 14th of May, 2016
at Dwight Hall

Cocktails 5:30 pm
Dinner 6:30 pm
Dancing 8:00 pm
Formal attire required

Dinner catered by
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Midnight snack provided
Cash bar

Tickets: \$100
available at Powell River detachment
604-485-6255 (cash or cheque)

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Let’s enjoy our
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- Clean up your pooch’s poop. Don’t leave it for someone to step in!
- We have lots of places for you and your dog to play. But from May 1 to September 15, it’s people only at Willingdon Beach and Mowat Bay Park.
- Keep them safe and leashed on roads or at public places.
- If they take off on an adventure on their own, their license is their ticket home. License your dogs and help them come home.

Got questions?
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City of Powell River
Animal Control
phone 604-485-8600



Paul Sian Financial and Associates: Providing Stable Money Management with Time-Honored Expertise

By Paul Sian, Senior Investment Advisor

During my thirty-two years as an investment advisor in Powell River, a lot has changed in the financial industry. Originally, my career began with Canada's first mutual fund brokerage, Great Pacific Management Co. Ltd. Over time the firm has evolved into HollisWealth, a subsidiary of the Bank of Nova Scotia. Our local office operates under the trade name Paul Sian Financial and Associates. Today my team includes Administrative Assistant Kelly Gaudet, Licensed Assistant Taylor Lance, and Assistant Karsten Sian. In this article, I will highlight what I believe sets our office apart from others while providing some general comments on investing which may prove useful.

My Approach to Investing

Many of my clients typically seek to earn income from their savings while preserving their capital. Keeping this in mind, I tend to be conservative in risk management. I keep my client's assets diversified between stocks, bonds, ETFs, and mutual funds. The fundamental concept that I recommend is to invest in assets that pay an income. I want my clients to earn interest and dividend income while waiting for capital gains. Additionally, I never invest in assets that cannot be sold back to cash easily. Another belief of mine is to never borrow money for investment; while leverage can work, it can also accentuate losses. Finally, one of the most important services that I provide is the ongoing monitoring and rebalancing of my clients' portfolios.

Security Regulations and Fee Transparency

Many investors are unaware that their investments generate ongoing compensation to the advisors who service them. This is called a "Trailer Fee". This differs from the transactional commission that may be charged at the time of sale by some advisors. Securities regulators have therefore been conducting a multi-year transformation which affects how the investment industry reports both returns and fees to clients. After July 15, 2016, investment firms will be required to display these trailer fees – in dollars and cents – on client statements. They will also require standardization of portfolio performance on client's statements. Clients will have clear knowledge of what they are paying and whether they are making money or not. I believe these changes are positive for the industry. My office has taken the initiative to move to a fee-based compensation approach before these changes, to accurately show our clients what they're charged. Thus, fees that I earn are transparent in advance of the July 2016 mandate. Clients who utilize our fee-based account system know what they are paying and can purchase lower cost alternatives to mutual funds, such as Exchange Traded Funds [ETFs], with no additional trading fees.

Investing and Human Nature

One thing people need to be reminded of, is that the market fluctuates in value. It can go down as easily as it can go up. In 1987, I experienced my first bear market; the market dropped by 22% in one day. Through this, I learned what a "bear market" is and how people react. When prices fall, calm and optimism quickly shift into fear and pessimism. Since then I have advised clients through twenty-one market downturns that have exceeded 10% or more. By riding out the downturns and focusing on the longer term, my clients have been able to



recover and avoid the buy high, sell low that so many investors end up doing.

Another tip is to avoid the allure of get-rich-quick schemes. I have seen local investors put their money into unlisted companies with little or no earnings history. With these companies, there is no certain way to convert the investment back to cash, and there is an incredibly high risk of losing everything. In my view, most people who fall prey to these schemes simply need to be informed of proven financial concepts in order to build a substantial financial nest egg over their working lives. Programs such as Tax Free Savings Accounts which are invested in productive assets can accomplish wonders over time. To make large sums, you don't need large amounts if you have a reasonable rate of return applied over a long time.

Last thought

As a HollisWealth Investment advisor, I'm able to confer with some of Canada's top portfolio managers, and I have access to market research by professional analysts. I'm licensed to sell more than just mutual funds such as stocks, bonds, and ETFs, which gives you a broader choice for your portfolio. If you would like a second opinion on your current

investment portfolio, please call me at 604-485-6160 to book an appointment. There is no cost, or obligation to invest if you do.

You can also contact Paul Sian Financial and Associates at their office at 4510A Joyce Avenue, or visit their website at sianfinancial.com.

HollisWealth is a trade name of Scotia Capital Inc. and HollisWealth Insurance Agency Ltd. HollisWealth is a division of Scotia Capital Inc., a member of the Canadian Investor Protection Fund and the Investment Industry Regulatory Organization of Canada. Brokerage services provided by HollisWealth are provided through Scotia Capital Inc. Insurance products provided by HollisWealth are provided through HollisWealth Insurance Agency Ltd. © Registered trademark of The Bank of Nova Scotia, used under license.

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



Texada digs in

There aren't many principals who can say they attended the school they now lead. And fewer still who claim their grandfather, mother, and all four of their children as alumni.

But Rhonda Gordon can. Her history on Texada Island and in the school are assets in her role as Principal and Kindergarten to Grade 2 teacher at Texada Elementary.

"I'm attached to this Island," she smiles.

It's not without challenges. While Texada was once noisy with children, now, they're rare. Just 31 students attend the school. With fewer students, there are fewer families attached to the school. Because of this, community support is very important.

"Community involvement in the school has been a big factor for several years now," says Rhonda. "We have a surprising amount of parental support but with only 31 students and far fewer families, we depend on the community."

Thanks to substitute bus driver Dale Robert-



LUNCH WITH GRANDMA LINN

For more than 40 years, Linn Rairie has cooked hot lunch in Van Anda and at the Blubber Bay School, going back to when her own children went to school there.

"The kids all call her Grandma Linn.," says Principal Rhonda Gordon. "She has no kids or grandkids in the school now but she's here every Wednesday making hot lunches."



VEGGIES FOR ALL: Volunteer, mom and garden coordinator Nikki Spence and students plant the school garden.

son, the school now has a set of guitars to augment music teacher Mike Sanford's music program.

"Dale is a musician," Rhonda explained. "He raised money to purchase guitars for the school." And he is helping to teach students guitar with teachers Mike Sanford and Jerrold Mendoza.

Coles Books "adopted" Texada Elementary's library. The result? An awesome facility that everyone is proud of.

The workload of both running a school - even a small school - and teaching is challenging, which is why part-time teacher Jerrold Mendoza helps Rhonda out in the classroom.

Texada Island Museum is adjacent to the school. Retired teacher Peter Lock is very involved with the museum and volunteers to host a lesson called "Artifact of the Week," with students.

"It's like a show and tell," Rhonda explained. In preparation for the school's year-end recital, students are researching a character from Texada's history. They will then portray that character in June.

More volunteers, such as Tom Read, helped create a vegetable garden out back that Nikki Spence now organizes and oversees.

The school is a reflection of Texada's tight knit, caring community.

"Everyone is always thinking about the school. Small community groups and bigger ones give us donations."

In turn, the school also lends its space to Texada Agricultural Group for a commercial-grade kitchen.

Relationships with students, staff and the

community, are just a few reasons why Texada Elementary continues to shine brightly on the island.

CHANGING TIMES ON THE ISLAND

Texada Elementary is just the latest incarnation of schools on the Island, reflecting a century of rapidly-changing demographics.

Over the years, there was a school on the High Road, the Marshall School, Blubber Bay School, Davies Bay School, Gillies Bay School, Anderson Bay School, Texada Middle/High School as well as an Alternate School. The first school on Texada - The Van Anda Elementary School - was built in 1898. It closed in 2000.

Today's Texada Elementary is Kindergarten to Grade 7 only. At one time there were two schools on this property: an elementary and a high school.

During a tour, Rhonda explains that many of Texada Elementary's amenities are left-overs from the building's days as a high school. "We have a beautiful, huge gym and downstairs is unused space previously used for woodworking and metalworking."

Want to learn more?

Contact us.

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SCHOOL DISTRICT 47

Been there, done that

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

In Vancouver, there's no hiding the drug problem. Larry Gerow saw it up close, when living in shelters.

Here in Powell River, you don't see it in the same way. However Larry, now the Salvation Army's Community Outreach Worker, says this region has a substantial addictions problem. And he's here to help – because he knows exactly how hard it can be to escape.

"You don't see people lying on the streets here like you do in Vancouver, but its here."

Larry's calling to help people with addictions can be traced back to his own childhood in St. John's, New Brunswick. One of eight children raised by a single mother on welfare, he grew up around people who used drugs and alcohol.

"I had a loving mother who tried her best to do what she could," he said. Despite this, Larry began using alcohol and drugs in his teens and became a "pot head." He did the "youth party scene," where he drank too much and blacked out. This continued into his adult life.

"I was married for 18 years. We'd fight and break up. Sometimes, when I needed a place to stay I'd go to the Salvation Army."

After his marriage ended, Larry went west.

"I've stayed at Salvation Armys in Halifax, Ottawa, Toronto, Edmonton, Calgary, and Vancouver," he said.

In 2009, while staying at Belkin House, the Salvation



Army's shelter in Vancouver, he did some serious soul searching.

"I wondered why my relationships weren't working out and why I couldn't hold a job. I knew I needed to make a change and I needed help."

He enrolled in a Personal Development Plan program (PDP) through the Salvation Army and it was there that change began to happen. "I learned about communications, healthy boundaries, and anger management. I learned to say no and feel good about things. Once I learned about boundaries and how to communicate life became more positive."

Larry began working for the Salvation Army.

"All people need is someone to listen to them, to care for them and not to judge them."

LIFE SKILLS: Larry and Ananda Gerow hope to bring a Personal Development Plan program to Powell River - the strategy that helped Larry leave addictions behind.

Soon after finishing the PDP program, Larry moved to an apartment building run by BC Housing. It was there that he met his wife, Ananda.

"I was addicted to pain medication," says Ananda, who is originally from Powell River. "In the end, I was buying it off the street but finally, I decided enough was enough and I went for help."

The couple fell in love and two years later, married. When they decided it was time to leave the city, they moved to Powell River.

They bought a mobile home, which Larry says wouldn't have been possible had he not taken the PDP course.

"I'd rented all my life. It was the skills I learned in the PDP program that allowed me to do this. If I hadn't learned about boundaries I wouldn't have been able to keep a job buy a house or have a happy relationship."

Larry discovered that many people who struggle with addictions lack life skills.

"The Salvation Army has been truly amazing, they helped change my life and here in Powell River, the Salvation Army wants to and can help."

Larry says his calling is to help people struggling with addiction and homelessness. Ananda, who volunteers with the Salvation Army, agrees.

"The feeling we get after we've helped somebody is such a reward," she says. Larry hopes to someday have a PDP program in Powell River. You can reach Larry at 604 485-6067 or 604 414-8345. [PR](#)

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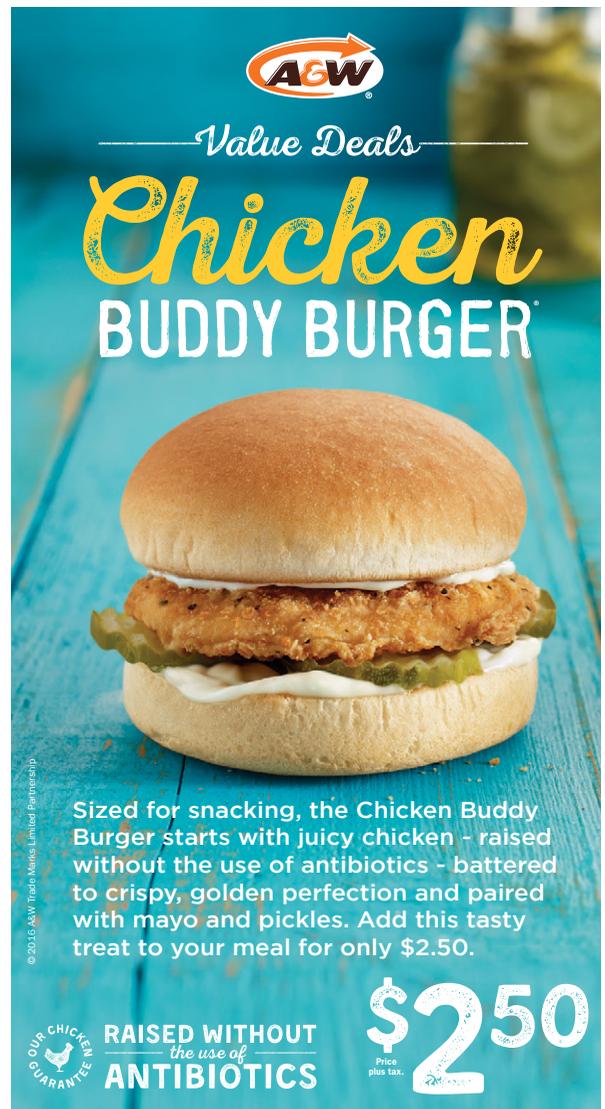
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“Back country or neighbourhood, trails take us on journeys of mind and feet. Come and share your journeys with others at one of these sessions.”

- Patrick Brabazon, PRRD Board Chair and Area A director.



“As a dad, a cyclist, a hiker and a forester, I spend a lot of time in the woods. These trails are a top reason why life is so good here. Now your trails need you.”

- Russell Brewer, City of Powell River rep to the PRRD Board.

Happy

Trails

Duck Lake Trails • Gallagher Hill Trails • Hammil Lake Trails • Inland Lake Trails • Penticton Maze Trails • Savary Island Trails • South Powell Divide Trails • Sunshine Coast Trail • Texada Island Trails • Willingdon Trails • And more!

In this region, volunteers have built an impressive network of trails - for hiking, mountain biking, running, walking, wheel-chairs and trailriders, horseback riding and ATVs.

Now, the Powell River Regional District needs your help to develop a **Regional Trails Plan**. With limited resources, which of the dozens of local trails should be prioritized for maintenance and protection?

Whether you're a hard-core trails enthusiast or a casual stroller, we're hoping that you'll come to a community meeting (see

sessions, at right), or send your ideas in online. Trails are an essential part of the region's high quality of life, and a draw for visitors from around the world.

That's why we've hired Brent Harley & Associates to help us realize our collective vision. The group helped Whistler build its Olympic Park, Fernie build its Alpine Resort, and Squamish realize its Sea-to-Sky Gondola.

These are stunning amenities: an inspiration for what we believe our trails can be.

Which trails should be protected?

The Raison d'Être of every Regional District is to provide services.

Services are either mandated by the province or voluntary by the people.

Every regional district is required by provincial mandate to deliver general administration, electoral area planning, solid waste management and emergency planning.

Examples of voluntary services include parks; water supply; sewers; economic development; cemeteries; fire protection; house numbering; libraries; airports; and television re-broadcasting.

RDs do not do roads, policing and seldom street lighting.

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**POWELL RIVER
REGIONAL DISTRICT**



Freemasons value equality

A CLASSY BUNCH: Equality between men and intellectual freedom were the values of Triune Lodge in the early days of Powell River. Papermakers and carpenters hobnobbed with the business and political elite.

Pop culture typically portrays Freemasonry as either a fraternity of silly men harmlessly enacting funny rituals (think of *The Simpsons*' "Sacred Order of the Stonecutters"), or as an eminently dangerous secret cult bent on world domination.

Part three of a three-part series.

BY KEITH CARLSON

Neither is accurate, and both do much to obscure Freemasonry's important history as a provider of charity to those in need and as a fraternity promoting philosophical principles for its members.

In the context of Powell River, Freemasonry has additionally been an important forum for nurturing democracy and building community.

Freemasonry emerged as a fraternity in Scotland

during the sixteenth century Reformation. To give structure to the brotherhood, the early Freemasons organized themselves into a progressive three-stage (degree) system that emphasized each individual member's role as a rational human being.

In sixteenth and seventeenth-century Britain, Freemason's lodges became havens for men seeking a climate of religious tolerance and intellectual freedom.

At the time, Britain was still only marginally democratic; the Church and landed aristocracy wielded enormous power. Masonic lodges provided safe spaces for those who wanted to think and speak freely, in confidence, in the company of like-minded men.

Modern Freemasonry may have been born out of debates over religious freedom during the Reformation, but it came of age in the intellectual climate of the Enlightenment.

Central to eighteenth-century philosophy was the belief that reason was a curative for superstition and blind faith. In Enlightenment Britain and its North American colonies, people increasingly believed that the existence of God could only be demonstrated through rational thinking, and that the world could only be understood through careful scientific observation.

Knowledge, according to freemasons, could only be attained and advanced through careful, reasoned explo-

ration and observation of the natural world.

Enlightenment philosophy is also prominently reflected in the masonic requirement that all members must profess a faith in a non-denominational Supreme Being, referred to in masonic ritual as the Great Architect of the Universe.

In masonic tradition, God created and set the natural world in motion, but thereafter seldom, if ever, intervened other than to provide humankind with the tools of reason.

It is no coincidence that many of the early members of the British Royal Society of London (a learned society dedicated to the advancement of scientific reason) were Freemasons—men such as William Beckett, and Sirs Christopher Wren and Isaac Newton.

By the early 1700s, Freemasons had established lodges throughout all of Britain, and while the content of their degree work and meetings remained secret, members no longer felt the need to keep the places and timing of their meetings so.

And the Enlightenment ideal of equality between men (which so profoundly influenced British political reformers and the American founding fathers) found support in masonic ritual where men, regardless of rank, privilege, or creed "meet on the level and part on the square."

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Enlightenment-era Freemasonry was also predicated on the then still radical idea that no one institution, one faith, or one nation, had a monopoly on the answers needed to ensure humankind's betterment in an increasingly complex world.

The Enlightenment was followed by the Industrial Revolution, which witnessed such marvels as the advent of steam engines and transcontinental railways, the electrification of cities, the expansion of public education, and the introduction of telegraph and telephone technologies.

But the Industrial Revolution also ushered in urban diseases such as cholera and typhus, the horrors of child industrial labour, and the anxieties that accompanied increasingly unstable international political and military relations.

Through the legendary masonic story of King Solomon, late nineteenth- and early twentieth-century initiates in Freemasonry could hope to acquire intellectual and ethical tools to help them better engage a quickly, and sometimes frighteningly, changing world. And through acts of charity, Freemasonry was able to help make the world a better place.

This is the masonic legacy and tradition that was drawn upon by the men who gathered in Powell River in 1915 to form Triune Lodge.

They lived in an era of rapid economic and technological developments as well as cultural change. It was a time when a new middle class had the leisure time, and the intellectual curiosity, to pursue the goals and objectives of Freemasonry and to contribute to civic improvements and charities.

Powell River also consisted of a large working class who likewise aspired to join the middle class and all that that entailed.

CENTENARY DINNER & DANCE

What: 100th Anniversary of Freemasons in Powell River. Gala dinner and dance. Everyone welcome. Catering by David Bowes. Music by the Jim Baron Band.

When: May 28. Cocktails at 5:30 pm. Dinner at 6 pm. Dancing follows dinner.

Where: Dwight Hall. Of course.

Why: Celebrating the building that the Freemasons built and a century of Freemason activity in Powell River.

How: Tickets \$50. Contact Darryl Craig at 604-414-7164. Tables can be reserved for parties of 8 or 10.

The 1921 Canadian Census reveals that within six years of its founding, sixty-six percent of Powell River's Freemasons were tradesmen, ten percent were general labourers, ten percent worked in professional positions, eight percent worked in the service industry, and six percent (four men) were Powell River Company senior managers.

Sixty-three percent of these Masons worked for the Powell River Company and "papermaker" was the second most commonly listed occupation at Triune Lodge (carpenter was the most common).

The doors of Triune Lodge were open to all of these men.

In Triune Lodge, professional men, businessmen, and labourers came together to help create a new community, one that they hoped would reflect the masonic principles they regarded as holding a key to a brighter future for all. [PR](#)

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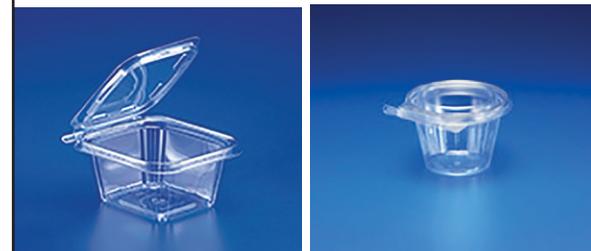


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Stroke shakes PRRD director



NOTHING MESSES WITH STAN & JAN: Since he suffered a stroke during a quadruple bypass last fall, Stan Gisborne has fought hard - with Jan's help - to recover his ability to eat, write and speak.

What's available after heart surgery? See next page for that story.

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

Stan Gisborne, a lean, fit, outdoorsy kind of guy, was on his way hunting when the chest pains began. The 70-year-old immediately turned around for home.

Powell River Emergency Room staff had him airlifted to St. Paul's Hospital in Vancouver on October 22. A few days later, he had surgery that took a terrible turn.

At a doctor's appointment a week earlier, Stan learned he had an aneurysm and some heart damage. At that time, the Area B Powell River Regional District Director was wait-listed for a quadruple bypass - a surgery to clean his arteries. His wife Jan was worried, but nothing the doctors told her prepared her for what happened.

During surgery, Stan had a stroke at the brain stem. When he awoke, he couldn't move.

"They said he was still in there, but he couldn't do anything but blink," said Jan. "They told me Stan would never have voluntary control of anything below his eyes."

Jan refused to accept the doctors' prognosis.

"They don't know how strong Stan is or what a fighter he is and they don't know how stubborn he can be. So we are moving forward to do everything we can to help Stan recover. We will not go quietly into the night."

After five and a half months in intensive care and rehabilitation in Vancouver, Stan moved to Powell River General Hospital early last month. The plan was to return home to Hammer Valley Ranch in Paradise Valley by the end of April.

In the meantime, his son Mark, contractors and family friends built an addition to accommodate Stan's new medical needs.

It's been a long, emotional journey for the Gisbornes, but the family's never-give-up attitude is obvious.

One month after the stroke, Stan couldn't control a pen to write his name. "I had to tape a marker to Stan's finger so he could make an X," to sign legal documents, said Jan.

One month later - due to his relentless pursuit of

recovery - Stan could write with his left hand (he wrote with his right before the stroke). He can speak a bit, but relies on his digital writing "boogie board" to communicate.

Today, Stan can eat small amounts of food such as yogurt and applesauce.

Jan says Stan's stubbornness is one of the reasons why he's doing so well. Although the damage is extensive, "he's the same guy."

Because Stan's stroke was at his brain stem, his brain has suffered no damage. He's been keeping up to date on his Regional Board correspondence, while alternate director Alan Rebane has taken over for him.

"He still reads and answers emails from his constituents," says Jan. "Our goal is to get him back to Regional Board meetings."

Stan's goal is to get the next section of the bike lane, from Daisy to Verkerk Road, completed.

"It is happening this year," he wrote on his boogie board.

"They don't know how strong Stan is or what a fighter he is and they don't know how stubborn he can be."

- Jan Gisborne

The Gisbornes are grateful for the care Stan has received.

"The staff have been phenomenal. It's an unusual case but everyone is doing everything they can to accommodate us and help us get Stan home," said Jan.

Stan was moved to Willingdon Creek Village at the end of April.

"He doesn't need acute care," Jan explained "and the hospital is for acute care."

Jan says laughter has helped in Stan's recovery.

"We figured out laughing is the best medicine because more things came back after he laughed." **PRL**

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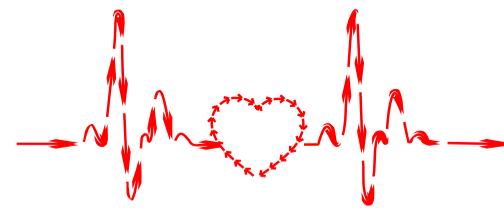


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ROYAL LEPAGE
Powell River



Heart recovery program no longer in Powell River

BY ISABELLE SOUTHCOTT
isabelle@prliving.ca

My partner, Dwain Davis, had a triple bypass a week before Stan's surgery. I thought I was suffering from a lack of sleep and too much coffee when I saw Stan being wheeled down the hall on a stretcher at St. Paul's Hospital.

Turns out, I wasn't.

Although Dwain had serious complications (he had to remain in hospital longer than anticipated) we were able to return home one month later. Still, the real recovery didn't begin until his heart was stopped and restarted (electrical cardioversion) to stop atrial fibrillation and restore a normal sinus rhythm.

Recovering from heart surgery – especially one with complications – can be challenging.

The volunteers in the heart resource room at St. Paul's tried to link us up with a healthy heart program in Powell River – a community-based cardiac prevention, rehabilitation and maintenance.

But alas, although Powell River used to have a heart health program located in the community, it doesn't anymore. "The Happy Hearts program for the Sunshine Coast (for people who live in Powell River) is in Sechelt," said Anna Marie D'Angelo, Senior Media Relations Officer for Vancouver Coastal Health.

The cost of ferries and time involved to attend the program for cardiac rehab patients, (the better part of a day for each twice a week session) means it is prohibitive for most Powell River residents. She said individual doctors are the "key person" to link heart patients up with different therapies and programs.

This sounds good - but what if you have to travel hours and hours and kilometers and kilometers to access such services?

Frustrating for those who have been sick and don't have the energy to question the roadblocks to recovery. Even more frustrating for older seniors who have no one to advocate for them.

VCH's own Web site says residents are more likely to participate in a recovery program offered close to home. In a 2012 story announcing the new Happy Hearts Plus program on the lower coast, the health authority also says cardiac rehab programs have been proven to improve the lives of recovering cardiac patients.

Like anyone caring for a loved one with health challenges, I want what is best for my partner and it frustrates me when the health authority tells us to take ferries and drive to the lower coast for treatment and programs that should be available in our own community - and used to be.

Yet VCH insists that's what Powell River residents should do.

Anna Marie said she is aware of the time and distance involved in making the trip, driving to the ferry, taking the ferry itself and driving to the program.

She said the health authority has "limited funding" and has to decide how to spend their money.

In a 2015 report on social planning, Powell River City Councillor Rob Southcott noted a major gap in health he discovered is the lack of a cardiac rehab program in Powell River.

Ray Boogaards, City of Powell River's director of Parks, Recreation and Culture, and Pat Townsley, VCH director for Powell River, met recently to look at creating a heart rehab program in Powell River.

"We are exploring the possibilities for collaborating, with VCH responsible for the health side and Parks and Rec responsible for the recreation side," said Pat. **PR**



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Don't knock it til you try it

BY ISABELLE SOUTHCOTT
isabelle@prliving.ca

During a family vacation in Kelowna last year, June Vogl's sister-in-law presented her with a pair of knitted knockers.

"I tried them on and found them much more comfortable than the ones I had been wearing," she said.

And less expensive too.

Knitted knockers are brassiere inserts for women who have had mastectomies. While some inserts cost hundreds of dollars each (June was paying \$345 for each of hers) Knitted Knockers are available by donation. As well, they work with regular brassieres. All sizes and many different colours are available.

June was so thrilled with her new knockers that she called her friend Shirley Koleszar when she returned to Powell River to tell her about them.

"She thought I could go to my knitting group - The Knit Wits - and get them to make Knitted Knockers," said Shirley.

Word spread, and soon, knitted knockers had a sponsor in Powell River:

SUPPORT YOUR KNOCKERS

Knitters make knockers at the Powell River General Hospital Foundation's office located on the main floor of the Powell River General Hospital every Tuesday from 11 am to noon.

Want to help? Please call Shirley at 604 485-5540.

The knockers are free to the recipients, but the knitters have been paying for supplies. The last batch of yarn was paid for by Mary and cost \$250.

Donations are needed as knitters are paying for a lot of the supplies out of their own pockets.

For more info visit knittedknockers.org



KNOCKER KNITTERS: Mary Henry, Shirley Koleszar, Joyce Morris and Donna Haacke (l-r) organize the knitting of prosthetic breasts (above). *Photo by Isabelle Southcott*

the Telus Ambassadors, thanks to Joyce Morris, a retired Telus employee.

"Telus donates money to a local charity of our choice for every 50 hours of volunteer time," says knitter and paperwork coordinator Donna Haacke, who heard about the project when she was golfing.

Before long knitters began knitting

knockers. The Hospital Auxiliary donated yarn and Save On Foods donated a roll of plastic bags. Now there are more than 30 Powell River knitters, three stuffers and two people in the office dispensing Knitted Knockers.

"Great Balls of Wool has been so supportive and helpful," said Joyce. "Roisin [Sheehy-Culhane, owner] gives us a discount - and did two workshops on how to make them," says Shirley

So far, the group, which includes treasurer Mary Henry, has made about 100 pairs of knockers. Twelve have gone to clients.

"We will distribute them in Powell River first," said Shirley. Then they'll go to Sechelt and the West Vancouver Cancer Centre.

The ladies love helping others. "It's really heart warming because people are responding so positively," says Shirley. **PR**



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Rhubarb Rhapsody

I love rhubarb's unfurling emerald green leaves contrasting with the jam red stems, and the smell it gives off when you touch the leaves.

fertilizer such as blood meal (12-0-0) to promote big leafy shoots to develop.

Planting

Dig over a good sized (2' x 2') hole and add some compost to the soil. Plant your new crown with the growing tip level with the surrounding soil level. Press soil down around the new crown and water it in.

If you are planting more than one



A growing concern

BY JONATHAN VAN WILTENBURG | jonathan@edenhort.ca

It always summons up thoughts of pies and deserts, which I love, but you can only eat so many rhubarb pies in a season. The Internet reveals endless savory recipes for dishes like salads, meats, cocktails, and breads, all with rhubarb as the star.

As a gardener, it is easy to grow. What other plant can boast attributes like architectural value, vivid colouration, low maintenance, comes back bigger and stronger year after year, and has endless culinary uses? But rhubarb does it all.

Cultivation

The location is key for growing successful rhubarb. It prefers an open full sun location with soil that is preferably high in organic matter. The soil should be relatively moist (but not water-logged) and weed-free.

Feed yearly with a good compost. And if you want to give your Rhubarb an added boost feed with high nitrogen

clump, typically you want to plant on 3-foot spacing.

Not every rhubarb is as good as the next. Make sure you find a variety that not only does well in our climate but is sweet and tasty. "Victoria" is the most popular, other good ones are "strawberry," "mammoth red," and "Valentine."

Harvesting

Picking rhubarb is easy. Stems should be pulled rather than cut. When pulling, pull up and slightly away from the center of the plant and it should break off easily. Do not cut leaves as it will leave behind small lengths of stem that will rot, which could spread to the crown of the plant.

Do not harvest any stems in the first year or second year. Just let the plant establish. By the third year, you should be well on your way to harvesting a decent crop from April right through to the end of June. [PR](#)



Top priorities in the garden for May

The frosty nights should be behind us! The general rule is that it is safe to plant out frost tender plants on the May long weekend. You can get away with putting them out sooner but watch the weather and over night lows.

Keep watch on the greenhouse temperature. Keep the temperature somewhere around 25.

Be on the look out for the irritating tent caterpillars. Prune out and destroy.

May is the month when the insects and weeds ramp up their efforts. Watch out for pests throughout the garden.

When the danger of frost has definitely passed, plant out all the hot crops: Beans, tomatoes, peppers, eggplant, soybeans, ground cherries, squash, etc. Your summer annuals, hanging baskets, and planters can also go out, geraniums, angelonia, marigolds, petunia, calceolaria, alyssum, etc, can all be planted out.

If you have not already done so, fire up the irrigation system and check all zones for proper coverage and function. You may need to replace the odd spray head or solenoid valve.

Finish pulling off the dead flowers and seed heads of all your spring bulbs. Don't cut the foliage back until it has died back and turned yellow as they need this foliage to collect energy for next year.

Sow more vegetable seed. It is best to sow small amounts throughout the season to have things mature throughout the season. Every two/three weeks or so is best.

Now is a good time to go around and fertilize anything that can use a boost. Use a well-balanced organic fertilizer or compost tea if possible.

Deadhead your rhododendrons after flowering. Also if you need to prune your rhodos as soon as they have finished flowering, now is the time.

If you have not already done so prune back your wintering flowering plants; Winter jasmine, forsythia, witch-hazel, kerria, heather, daphne, edgeworthia, sweetbox, and some of the viburnums, heather, etc.

Begin staking and tying up your perennial border. Plants that are top heavy like delphinium, peony, aconitum, sedum, phlox, lupine, to name a few.

Savory Rhubarb Compote for Grilled Red Meat

by Chef Matt Chamberlain

4 medium sized Rhubarb stalks

2 tablespoons organic cane sugar (or 1.5 tbsp granulated sugar)

½ tablespoon salt

1 tablespoon butter (unsalted)

Wash and slice the rhubarb. Put them into a heavy-bottomed pot. Add the sugar and salt. Set pot on medium high heat and cover. Stir frequently for about 10 minutes, and keep covered whenever you aren't stirring. Try not to over-cook it as it will lose its bright colour. Purée with either an immersion blender or a food processor until smooth. Add butter during purée while it is warm.

Pair with your favorite cut of grilled beef, or alternatively use as dip for broccoli and asparagus shoots. It's sooo good.



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Salmonberry Crumble

Serve with ice-cream or whipping cream.

4 cups fresh salmonberries (they are seedy, which will add a crunchy texture to this dessert)
1/2 cup granulated sugar
1 tbsp cornstarch
1 tsp vanilla

Mix above ingredients and pour into a prepared 9x9 baking pan.

Topping

1/2 cup butter
1/2 cup oatmeal
1/2 cup flour
1/2 cup granulated sugar
1/2 tsp salt
1/2 cup nuts (almonds, pecans or walnuts)

Place in food processor and pulse until crumbly.

Sprinkle over berry mixture and bake in pre-heated 350F oven for 45 minutes, until the top is golden.

Savour spring: Salmonberries



TASTE FULL

BY MARIKA VARRO | convenientchef.pr@gmail.com



Salmonberry, a member of the rose family and a close relative of raspberries, is native to the West Coast of North America.

Rich in vitamins C and K as well as manganese, the reddish-orange berries can be eaten raw or made into jams, jellies or wine and are

often frozen for later use. They are highly perishable and have a very short shelf life.

The young shoots can be eaten raw or cooked like asparagus and the leaves can be used as tea.

Salmonberry (not a true berry) was an important food source for the Tla'amin people. Its name is believed to have derived from the fact that Native Americans ate this fruit with salmon and salmon roe.

"Salmonberry has a long history in my nation's diet," says Erik Blaney, a member of the Tla'amin Nation. "The people gathered the ripe berries, made them into

cakes and dried them for later use with salmon. The salmon was smoked and dried, placed in woven baskets of cedar bark and stored underground in a food cache. To eat, the salmonberry cake was re-hydrated with herring oil or bear fat, the salmon was heated in a pit lined with skunk-cabbage leaves and the salmon was then dipped into the re-hydrated salmonberry. In the spring, the young shoots were eaten, and still are. As a treat, children dip the fresh shoots into sugar and it is called pa'aje (pa adga). The new shoots taste like asparagus or fiddleheads."

The fruits, leaves and flowers provide food for many animals like bears and hummingbirds.

Not just a food, Salmonberry (*Rubus spectabilis*) has many medicinal uses, too. Its leaves can be used as a poultice for dressing burns while its bark can make a poultice to ease toothaches and cure open wounds. Its roots can be mashed and boiled to treat stomach problems and ease labour pains.

Erik enjoys the fresh berries with vanilla ice-cream. Soon we can enjoy these delicious fruits; plentiful in the Powell River area! 

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WHAT'S UP

Blues Busters songs picked up by other musicians

Ron Campbell and Dennis Fox of the Blues Busters are just a little excited that a couple of their songs will be recorded by BC musicians.

"Brave New World," written by Ron will be recorded by Vancouver Band Timewalkers. "A Stroll Along the Shore," by Dennis, will be recorded by Qualicum musician Butts Giraud.

As well, the pair also sent out songs for use in TV and movies. Although it's hard to get placed in that industry, if you do, it's far more lucrative, says Ron. "We are on shortlists for three different movies right now. It's very encouraging."

Ron and Dennis go way back. Dennis was part of the 1979 Vancouver recording trip to record The Powell River Son written by Ron and his father George.

Today, Ron and Dennis along with Ted Durnin and Neko Peterson make up Blues Busters. "We've been together for ten years," says Ron who plays the guitar, keyboard and harmonica.

"It's exciting to have our songs picked up by other musicians," he added.

Blues Busters play May 21 at 7:30 pm at the ARC Community Theatre.

Judi bios Christy

Former BC MLA, author and farmer Judi Tyabji-Wilson will speak about her new book, *Christy Clark: Behind the Smile* on June 20th at the Chamber of Commerce luncheon at the Town Centre Hotel.

Judi's book looks into the public and private life of BC's first elected female premier. Christy was made deputy premier in 2001, premier in 2011 and re-elected again in 2013.

This look at Christy's life written by Powell River's political insider is based on meticulous research and interviews with over 30 public figures including the premier herself. *Behind the Smile* launches in Vancouver on June 2 and will be available locally at Coles.

Street art in Townsite

On the corner of Arbutus and Marine in Townsite is a fenced lot owned by Martin Sliwinski. By early May, three sides of the fencing will be covered in 4' x 8' sheets of Coroplast, kindly donated by Rona Powell River and Agius Builders. The sheets will then be spray painted by Matt Klassen with the faint black outline of a 12-image series that local artist, Lee Mackenzie, has donated to the project.

Millennium Park trails redux

The BOMB Squad has just finished about 3,000 hours of volunteer work transforming the trails in Powell River's central urban forest.

Millennium Park now boasts 42 signs for all trails and intersections. The Bloody Old Men's Brigade installed 592 feet of new boardwalk to improve drainage and allow for better all-weather use.

On May 28th the success of this phase of the Millennium Park project will be celebrated with a community event named "A Walk in the Park." Come and bring your walking shoes.

The most significant construction was the new 80-foot bridge across the upper section of McFall Creek, linking Kingfisher and McFall Creek trails to complete a true circle route up from Willingdon Beach (see photo, at right).

The projects cost about \$24,000 – a 2014 grant from the Powell River Community Forest. When applying, the BOMB Squad recognized how much effort was being put in to the acquisition of the lands, and hoped to improve the trails.



This idea came to JP Brosseau, owner of the Old Courthouse, after the building he and his husband Kelly Belanger own was tagged once more, along with the building door and others around

town. "Maybe we need to build another space for these street artists to come and create," he thought while walking along Willingdon Beach Trail and seeing all the garbage cans with graffiti on them.

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Rawnsley Resigns

For the last five seasons the Australian voice of Alex Rawnsley has been the play-by-play announcer for the Powell River Kings but last month, the broadcaster announced he would not return.

"This is a decision that was obviously incredibly difficult to make, and one I fought with for a few months before ultimately making up my mind. I want to thank the Kings for trusting me with a live microphone for 344 regular season and playoff games over five seasons (plus 3 exhibition games)," he said.

Rawnsley will focus on other projects, including developing his sports broadcasting website, Sportscaster Life.

E-book brings Africa

Gail Harwood was teaching English and Social Studies in Zimbabwe, when her story, *Matty's Dread*, began to take shape.

On March 14 – thirty years later - the E-Book was released on amazon.com.

Set in post-apartheid, drought-ravaged Zimbabwe, the novel shows how people learn to live with others as equals.

"It shows how people struggle with apartheid of the soul," said the retired educator.

Although Gail began writing her novel in the eighties, she says it is timely now because the world is changing. *Matty's Dread* delves in to that shift – and what to do when you no longer have the privileges you once had.

"It tackles some deep, big questions.."

Gail taught in Nigeria through CUSO (1980-1982) and then carried on with World University Services in Zimbabwe from 1983 to 1989. **RL**

These sheeted "walls" are an invitation to all people of all capabilities and ages; street artists, elementary school kids, Inclusion clients...everyone who wants to come out and express themselves. "I just saw a video on Facebook where people were helping elderly Alzheimer's patients to show their creative spirit with the use of coloured spray cans."

"After months and months of hundreds of people painting on the "walls" I can only imagine what they will look like – strong, bold and awe- inspiring."



Provincial Reading champs

The Grade 7 Assumption School Readers Are Leaders team won the annual Catholic Independent Schools of the Vancouver Archdiocese championship in late April following their win at the regionals two weeks earlier. Thirty-two Catholic schools and 868 students partic-

ipated in the reading trivia competition this year.

Congratulations to Assumption teacher Lisa Cimaglia and students Sarah Maguire, Sarah Schweitzer, Alexa Trevisanutto, Mia Woodward, Amy Ruegg, Brayden Brown, and Lok Wing Wong.



Tug-guhm... "sun" in coastal Salish, is also the name of Debra Bevaart's studio gallery. The gallery is a showcase for more than 40 local artists, with a theme of strong coastal imagery. Debra's own stone sculptures are brought to life on-site.

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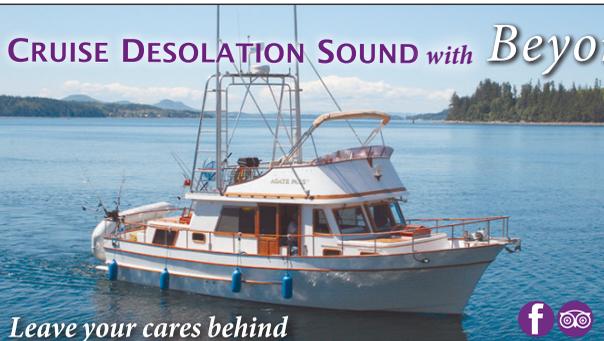
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and your

children

The 13th annual

Ages & Stages Fair

Friday, May 13, 2016
Recreation Complex, 10am to 2pm
For ages 2 to 5 (and their siblings)

Have fun, ask questions and get answers about your child's development

free children's books • free healthy snacks • vision, hearing, dental & speech information • screen time solutions • fire truck • outdoor play ideas • Orca Bus • children's activities

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BUSINESS CONNECTIONS



BY KIM MILLER | office@powellriverchamber.com

A location of the Nanaimo-based chain **WeeMedical** opened at 4493 E Marine Avenue in April, becoming Powell River's second medical marijuana dispensary (**Dan Clarke's Grassroots Botanicals Wellness Cooperative** opened at 4730 Willingdon in January 2015)

The **Powell River Chamber of Commerce** recently elected Jason Rekve of Aero Designs Ltd; Erik Blaney of Tla'amin Convenience Store; and Sarah Salome of Coastal Cookery/Costa del Sol to its board. After a three-year hiatus, *Powell River Living* Publisher Isabelle Southcott has returned to join incumbent President Jack Barr, Town Center Hotel and Mall; Mayor Dave Formosa, Davic Powell Lake Marina; Vice-President Cory Carr, Investors Group; Treasurer Sean Melrose, Rhiza Capital; Pat Hull, RONA; Dan Agius, Modern Windows; Linda Wegner, Words of Worth; Tye Lieshman, Tempco and Michelle Silvester, FCU. After many years of service, director Mark Hassett has retired.

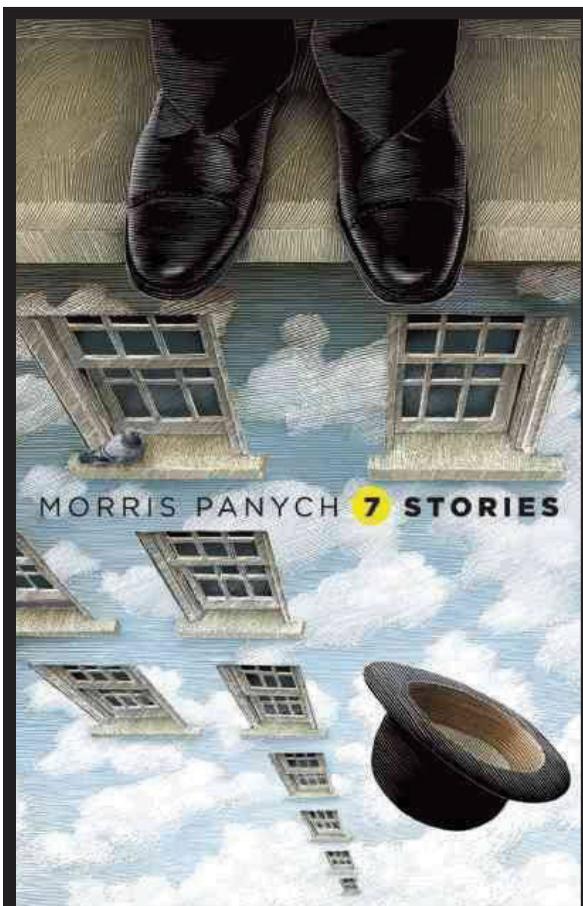
Colleen Mudry, certified family mediator, recently opened **Malaspina Mediation Services** to help people resolve

disputes. She offers mediation for separation or divorce, parenting, couples issues, elder issues and community disputes. For info call 604 414-5353 or email info@malaspinamediation.ca.

Everyone is invited to attend a May 4 Chamber of Commerce luncheon from 12 noon to 1 pm at the Town Centre Hotel. **Fred Chinn**, Catalyst Mill manager, will speak about the mill. **Catalyst** is Western North America's largest producer of specialty papers and recognized for environmental stewardship. You must RSVP to 604 485-4051. Tickets are \$15.

A grant made it possible for **CJMP News** to hire three new paid positions: a station manager (**Mel Edgar**), a news director (**Carrie Swiggum**) and a community engagement producer (**Giovanni Spezzacatena**). They hope to create a volunteer news department that will serve as an alternative media source. As well, the station has launched the area's first-ever community run, local news show—**CJMP News**. This show will broadcast from noon to 1 pm live on 90.1 FM on Fridays and online at www.cjmp.ca.

Two Wheel Tech moved to 7564 Highway 101, just south of Columbia Fuels, next to Nelson Roofing, says owner **Der-ek Jantz**. Call 604-223-2440. [PR](http://www.prliving.ca)



Brooks Secondary proudly presents a dark comedy (PG12+)

May 12, 13 & 14 at 7 pm
 at the **Max Cameron Theatre**

Tickets \$10 at Brooks Secondary front office,
 or one hour before show time at the door

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5

May Events

Bring out your bike

On May 30, the annual **Bike to Work Week** begins. But don't wait that long to send those spokes a-rollin'. The **new trails in Millennium Park** are ready for riding, thanks to the BOMB Squad (celebrate with them on May 28) and the **PRRD is looking for your input on trails** May 16 to 19. Give them an ear-full?

Teach those teens

What are they gonna do after high school? Live in your basement? Momma doesn't think so. Let VIU help you set them on the right path with a **post-secondary planning workshop** May 12. While you're at it, don't wait for them to leave home to have "The Talk." On May 29, Jessica Woollen can help you **discuss sex** with your kids.

Define "Derby"

Yes, it is a hat. But it also simply means "race" or "game." Try it out for yourself May 15 to 26 with a five-night **Roller Derby boot camp**. Or, fix up your cart for the annual **Soapbox Derby** in Wildwood May 28 and 29. Both contests earn you bragging rights (and hopefully not too many bruises!)

This events section is feeling the Bern.

events to have you frolicking with the fishes

Sure, everyone loves a spot prawn, but they're not the only fish in the sea. Cozy up to Powell River's slimiest residents this May. They're not on Plenty of Fish, but with flesh this delicious, they don't need to be.

1. Chowder Challenge @ Lund Shellfish Fest

On Friday, May 27, mussel in for a peek and a taste, as chefs compete in the hotly-contested annual challenge. Last year, Tla'amin Convenience won, with Royal Zayka and the Lund Hotel as runners up. \$20, tickets in advance only.

2. Everything else @ Lund Shellfish Fest

Food booths featuring fresh seafood every way, music, a kids zone, live shellfish sales, cruises (with shellfish!), an oyster-shucking contest and much more on May 28 & 29. A good excuse to enjoy fabulous downtown Lund - on your way to or from The Vale event at The Arc and the Soapbox Derby. What a weekend.

3. Oyster picking and clam digging class

Johnny McDowell leads his famous annual workshop May 7, which begins at the Recreation Complex and ends with roasting your freshly-shucked oysters over a campfire at Okeover. See the Dept. of Rec's Active Living Guide for more.

4. Library wildlife photo competition

Fish: they're wildlife too! Entries are accepted until June 8. Not sure if shellfish are exciting enough to win this contest... it's hard to capture a scallop's facial expression (but sharp focus is practically assured.)

5. Fishing Masters Annual Fishing Derby

So you think you can fish? The annual derby kicks off at dawn on May 28, and by 7pm, the 100 boats will bring in their best for the chance to win a fishing trip, cash and other prizes. email James at Modern Windows to register: jamesf@modern.ca.



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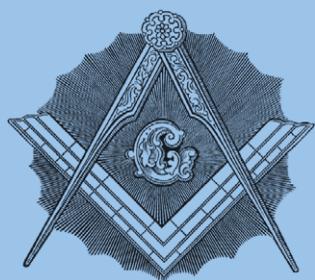
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100th Anniversary of Freemasons in Powell River

Gala Dinner and Dance "Celebrating the Lodge We Built"

28 May 2016 • Dwight Hall *Everyone welcome!*

Catering by David Bowes • Music with the Jim Baron Band

Cocktails at 5:30 • Dinner at 6:00 • Dancing follows dinner

Dress: Business Attire or Black Tie • Tickets \$50

Tables can be reserved for parties of 8 or 10 • Contact Darryl: 604-414-7164



PLAN YOUR MAY

May 1 – June 8

Powell River Wildlife - Photography Competition

For details see www.prl.ca or call 604-485-8664.

May 2

Kevin Spenst workshops

Author of Ignite, Jabbering with Bing Bong and over a dozen chapbooks. At 2 pm, Spenst will read from his newest book of poetry, Ignite (Anvil Press, 2016), a personal collection that engages in the topics of schizophrenia and mental illness.

What's a chapbook? At 7 pm you can find out by making one of your own. You'll create new poetry through a number of prompts and conclude by making a unique chapbook for one of your poems. Registration is required, so call the Library to reserve a spot asap!

May 4

Mother's Day Aquacize Tea

At the Rec Complex, 1:15 pm.

May 6

Logger Sports weenie roast

Veggie and meat hot dogs available to raise \$\$\$ for July's big event. 11 to 3 pm at Scotiabank at Joyce and Alberni. Draw for Logger Sports hoodie. Scotiabank is matching funds raised up to \$5,000!

May 7

Kiwanis giant book sale

10 am - 1 pm at 4943 Kiwanis Ave. With special thanks to Breakwater Books.

Poultry Swap

1 to 3 at Top Shelf Feeds. Buy sell and trade poultry and small farm animals. 4480 Manson. 604-485-2244.

Print A Baby Social

10:30 until noon at the United Church (6932 Crofton St.). Using the cutest stamper ever (!) and non-toxic inks on quality papers, this printmaking class is unique. Small hands and small feet will be replicated in vibrant colours for posterity. Deb Zagwyn, Library, 485-8625

PR Kings Dream Auction Gala

5 pm, Dwight Hall. A night of entertainment and

amazing banquet food with a silent and live auction to benefit the Powell River and District United Way and the PR Kings Hockey Club Society.

Bill Bourne

Cranberry Hall at 7:30 pm. Blues, world beat, cajun, celtic, folk, latin, funk, poetry and more. Tickets at River City Coffee. \$20 advance, \$25 at the door (pbuckna@telus.net or www.starbuckna.com)

CJMP People's Prom

Carlson Community Club, 8 pm. 19+, cash bar. \$10 at the door. The prom you might have wanted - dressed up, down, or however your imagination desires. A celebration to thank Powell River for supporting community radio.

A Taste of Art

7 pm Beach Gardens, \$35. The Rotary Club of Powell River presents the second annual A Taste of Art gala. Visit atasteofart.ca for details.

May 7 & 8

First annual Tink memorial cup

Brooks field, soccer.

May 8

Mother's Day

May 9 to 15

National Nursing Week

May 11

Paddling for Health / Pagayer en santé

Outrigger canoe project meeting 7 pm, Club Bon Accueil. 604-483-3966 admin@clubbonaccueil.com

May 12

Workshop on post-secondary

Are you prepared to help your child with their post-secondary aspirations? Our VIU advisors will answer all your questions. 6:30 - 7:30 pm. 604-485-2878

May 12 to 14

7 Stories

Brooks Secondary presents the dark comedy by Vancouver playwright Morris Panych. 7:30 pm, Max Cameron. See story next page.



BY KERRY JONES

I'm sure most people remember their first bike, as I do: a shiny green single-speed that I got for my birthday when I was six years old.

By the time I was in high school, I had saved my babysitting money to buy a French 10-speed bike, popular at the time. My friend Paula and I would often ride to Stanley Park together to do the seawall or visit Lost Lagoon on a nice day.

I rode sporadically for many years as school and life became busier. I finally sold my 10-speed, and my husband and I bought mountain bikes. One of our most memorable trips was cycling the Kettle Valley Railway with a group of friends, from Rock Creek to Naramata.

Not long before I retired, our friends suggested we try single-track riding. Now I was pretty sure this was not going to be my 'thing'. I didn't like getting dirty or wet when I was riding and I didn't like narrow, rooty, rocky trails. However, my husband loved it, it was good for balance and focus, plus it was a great workout! Who knows, one day they may discover it even prevents Alzheimer's disease!

BIKE TO WORK WEEK

What: Powell River's seventh annual celebration organized by PRCA

When: May 30 to June 5

To do: Register yourself or your team at www.biketowork.ca/powell-river and join us at one of our morning celebration stations at the First Credit Union for coffee, camaraderie and maybe a prize.

So, now I have a new mountain bike with big, 29-inch wheels and I not only cycle to the store or out for coffee, but I'm a single track mountain biker! Who knew where my cycling journey would lead.

I'm hoping those of you who have a bike and don't ride will consider adding a chapter to your cycling journey this year. This will be my second year coordinating Powell River's Bike to Work Week. I wonder if you have thought about joining the growing group of people - young and old - who commute by bike some of the time.

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For booking info, please contact Christine Parsons, Health & Fitness Coordinator at 604-485-8903 or cparsons@cdpr.bc.ca

May event briefs

Soapbox tradition

Don't miss the Soapbox Derby on May 28 and 29 at Sunset Park, Wildwood. It's been said that the Soapbox Derby is as much a part of being a kid in Powell River as playing road hockey.

That sentiment dates back to the very first race held in 1947 on the then dirt road called Westview Hill.

The winners, Bruce Smith and George Kent, were presented with the Alsgard Trophy and \$10 for crossing the finish line in front of Willingdon Beach first.

There's no entry fee and the derby is

open to kids age seven to adults. Tryouts take place at noon Saturday, May 28.

There's a new 70-pound weight restriction for kids' cars this year. Racing manuals are available at Quality Foods and the Town Centre Mall office.

There's a 9 am pancake breakfast at Sunset Park Sunday and volunteers are needed for both days.

If you can help the Kiwanis Club with this great event call Rob Maitland at 604 578-8465.



Seven Stories at Brooks

Brooks Secondary School presents 7 Stories on May 12, 13 and 14 at the Max Cameron Theatre. Written by Vancouver playwright Morris Panych, this hilarious play has a man contemplating suicide on a seventh-storey building ledge confronting the stories of the people who live inside the building.

"It's black comedy," says Brooks drama teacher Brenda Laycock. The protagonist contemplates jumping but is constantly delayed by interruptions from the individuals in the apartments.

This play is not suitable for anyone under 12. Brooks students help in every aspect of productions from creating sets, making props, doing makeup, acting as greeters, selling tickets and of course acting.

Tickets are available at Brooks or at the door.

Ages & Stages Fair

Kids go through many different ages and stages while growing up. Some are challenging, some complex, and sometimes parents and caregivers need the help of experts.

The 13th annual Ages & Stages Fair on May 13 from 10 am to 2 pm at the Powell River Recreation Complex is a celebration of children.

"This event is for families of preschoolers to have the opportunity to meet the community professionals who are the local experts on child development, and promote healthy children," says Laura Kew, event organizer and Inclusion Powell River's Coordinator of the Supported Child Development Program.

This fun and informative activity day follows the different ages and stages of development that young children go through, and assists parents with tracking how their child is doing.

It is an opportunity to meet professionals from 15 different agencies who participate, and are available to answer parents' questions. Burning questions like "when will my child sleep through the night?" or "when is it okay for my child to ride a tricycle?" to "what can I feed my fussy eater?" and "is my child speaking as they should?"

Each child will take home a bag of information for parents, homemade play-dough and an age-appropriate book.

May 13

National Lifejacket Day

Post a photo of you wearing one to the Rec Complex Facebook page. Use #PRlifejacketday for your chance to win a prize.

Ages & Stages Fair

10 am til 2 pm at the Recreation Complex for ages 2 to 5. Loads of fun activities and resources for parents and caregivers. Free!

Wolf Parade

The Arc, 8 pm: \$20 at the door. Canadian indie rock champions Wolf Parade recently announced a return from their five-year hiatus, as well as some North American and international tour dates.

May 14

Cookies by the Pound, Tea and Plant Sale

11:00 am to 1:30 pm, Powell River United Church in Trinity Hall

RCMP Regimental Ball

Doors open at 5:30. Tickets, \$100, at Powell River RCMP detachment.

May 15, 16, 19, 22 and 26

Are you Derby Curious?

New PowTown Roller Derby crash course at the Thunderdome. 6:30 to 8:30pm. \$25. See Facebook for more.

May 16

Regional Trails Plan consultation

7 pm, Northside Community Recreation Centre

May 17

Academy Spring Sing

Academy Chamber Choir, Chor Musica Mens Choir & Academy Youth Choir. Walter Martella, conductor and Paul Cummings, conductor "...sing a broad spectrum of music from composers throughout the ages..." 7:30 pm, \$18. James Hall

Regional Trails Plan consultations

1pm, Tla'amin Salish Centre
7 pm Elm Room, Powell River Recreation Complex

May 18

Regional Trails Plan consultation

5:30 pm, Texada Community Hall

May 19

Regional Trails Plan consultation

7 pm Lang Bay Hall

May 21

Discover Traditional Tla'amin Music

Learn about traditional singing, drumming and dance from the Nukum Dancers. 2-3 pm at the Rec Complex "Elm Room" A PRPL event. For information contact Mark at 604-485-8664.

Ron Campbell & the Blues Busters

Brand new original songs, dancing, adult beverages, socializing. 7:30 ARC Tickets \$15 at Rockit Music.

May 23

Victoria Day stat

May 25

How ready is your business for an emergency?

Everyone is welcome at this Chamber of Commerce special presentation, noon at the Town Centre Hotel.

Join Ryan Thoms the PRRD Manager of Emergency Services and Lisa Benini the Business Continuity Planning expert. Business survival skills for earthquakes, storms, fires etc. RSVP to Kim Miller. \$15 at door.

May 26

First annual West Coast Django and Jazz

An Evening of World-Class Gypsy Jazz & Jazz Music featuring Juno Award winning guitar veteran Oliver Gannon, World Champion in Digital, Acoustic and Jazz Accordion Cory Pesaturo, Canada's multi-instrumentalist wunderkind Quinn Bachand and his sizzling hot gypsy jazz ensemble Brishen and special guest, Powell River's own Walter Martella! 7:30 Powell River Academy of Music. Tickets at River City Coffee.

May 27 & 28

POWELL RIVER DREAMS

- An Exhibition of Art and Ideas!

Presented by The Vale. At The Arc Hall, at The Jean Pike Centre 7055 Alberni St. See Facebook for more.

May 27 to 29

Lund Shellfish Festival

Seafood booths, cooking demos, chowder challenge, silent auction, kidzone, arts and music. See ad on Page 9, and check out lundbc.ca/Shellfish_Festival for the full schedule.

May 28 & 29

Soap Box Derby

Sunset Park in Wildwood. See story, left, and see Page 20 for ad.

May 28

100th anniversary of Freemasons in Powell River

Dwight Hall celebration, dinner by David Bowes, music by Jim Baron. Dinner and dancing. Black tie. \$50. 604-414-7164. See ad on Page 29.

May 28

A Walk in the Park

The success of this phase of the Millennium Park trail-building project will be celebrated with a community event. Come and bring your walking shoes.

Fishing Masters annual Fishing Derby

\$150 per boat, til May 7, then \$200 per boat. Dawn til 7pm. Big prizes.

May 29

Askable adult workshop

Tools for navigating sexual health and Internet safety for children and youth, with Jessica Wollen. She also works for the Down Syndrome Society and Developmental Disabilities Association to foster health and appropriate sexual expression. Noon til 4 pm Cranberry Seniors Centre. Tickets at 4children.ca

May 30 to June 5

Bike to Work Week

See story on Page 30, and ad on Page 11.

June 2

Fusion Art & Poetry

New works launched by Arthur Nouwens, book launched by Kaimana Wolff. Opening reception at Vancouver Island University from 7 to 9 pm. Live music and appies.



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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

After last month's Six of Wands encouraging us to achieve our goals, it is no surprise to me that today I have drawn the Four of Swords, the card of rest.

The Four of Swords shows a knight in a church lying on a tomb under a stained glass window, his hands folded in prayer. He has one sword beneath him and three above him pointing down towards his head, heart and stomach. The three swords above our knight pertain to the struggles at hand and remind us of the need to rest not only the body, but the mind and spirit as well.

The suit of swords usually represents action, communication and conflict, but this card challenges us to be still and quiet. The Four of Swords is about contemplation and recuperation, it's about stepping back and gaining a new perspective; it's about rest.

If you have been dealing with health issues, the Four of Swords is a reminder to allow the body time to heal. Avoid overexertion, gather your strength and recover.

Overworking our minds trying to learn a new concept or skill can be exhausting and deplete us of energy. Take a break and review where you are, you may find that with some distance you gain clarity.

Experiencing conflict with those around you? Now is the time to retreat and examine your motives.

Or maybe, after having accepted the challenge of last month's card, the Six of Wands, the Four of Swords is simply reminding you to take time to review your progress, gather your strength and set a new goal.

Just like the diamonds, hearts, clubs and spades of a regular deck of playing cards, the tarot consists of four suits; wands, cups, swords and pentacles. Each suit begins with a one or ace of the suit, and finishes with the king. These suits represent an aspect of ourselves or our lives.

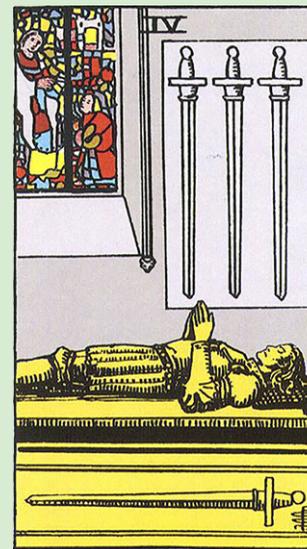
Wands are all about creativity, inspiration and career. They are usually illustrated as wooden clubs often showing buds of new growth. Wands represent the season of spring.

Cups explore our emotions, love and consciousness and are represented by chalices. They often have water flowing from them and they refer to summer.

Swords have to do with communication, conflict, intelligence and struggles. They are just as you might imagine, swords. Their season is winter.

Pentacles are more down to earth and pertain to our material possessions, health and finances. They are things that are tangible and are depicted on the cards as coins or discs. Pentacles traditionally refer to autumn.

These four suits and all their cards represent the minor arcana of the tarot. Next month we will take a look at the major arcana. **PRL**



Four of Swords

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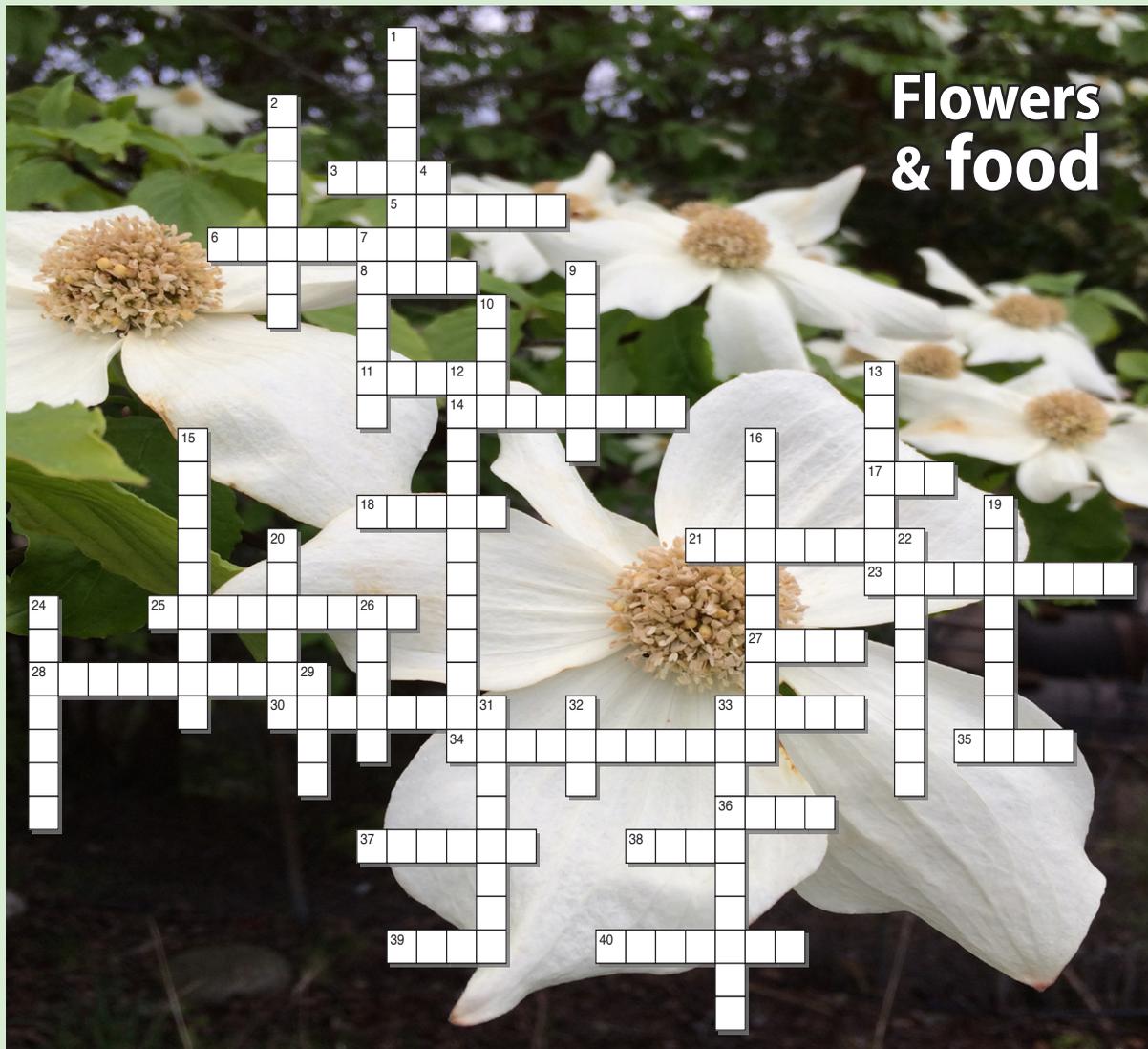
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Flowers & food

- Across**
- 3) Safe for saving sustainable seeds, or money
 - 5) Place where food grows
 - 6) Grocery since 1948
 - 8) Booksellers turned shepherders
 - 11) 32 ___ coffee or fishing spots
 - 14) Local sausage-maker moves, or block where you cut
 - 17) Leaves for cooking, or coastal feature
 - 18) Loves-me-not flower, Donald's hen
 - 21) Common garden at church, tree
 - 23) Popular superfood shrub
 - 25) Hummingbird seed produce
 - 27) Cackleberries
 - 28) Sprinklers, drippers and watering cans
 - 30) Wildwood farm, broken trees, or bonus
 - 33) Mag with lots of these clues: Home _____
 - 34) Recipe in this issue, pink blossom shrub
 - 35) Vegan chef
 - 36) Fertile dirt
 - 37) Christian school pink trees, SWD's fave fruit
 - 38) Shelling machine's product
 - 39) Place where more food grows
 - 40) BC floral emblem, or hike Squamish to PR

- Down**
- 1) Townsite's not square decorative garden
 - 2) Bark-shedding tree with white waxy flowers
 - 4) Leafy, healthy lettuce replacement
 - 7) Tasty garden tour
 - 9) Daffodil bulb replacements in City parks
 - 10) Aquaponic nitrate providers
 - 12) Local sauerkraut and organic food purveyor
 - 13) Stalky tart veg
 - 15) Lois Lake's fancy name for rainbows
 - 16) PR's fave thorny berry
 - 19) Yellow hanging blossoms, or Townsite Ave
 - 20) Fuzzy flowers, or Townsite Ave
 - 22) Bear-proof fence
 - 24) _____ berry tart wild shrub protects sewer's thumb
 - 26) Plant starters
 - 29) Donkersley Farm
 - 31) Yellow hanging blossoms, or Townsite Ave
 - 32) Urban Farmer, nut man ___ Berezan
 - 33) Co-op for buds, or down-to-earth campaign

May Madness Eat & Win!

Edie Rae's Cafe

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Solution for last month's puzzle:

The solution grid contains the following words:

- Across: 3) SEEDS, 5) GARDEN, 6) EDIE, 8) SHEPHERDS, 11) COFFEE, 14) SAUSAGE, 17) HERBS, 18) DONALD, 21) CHURCH, 23) SHRUB, 25) SEEDS, 27) BERRIES, 28) SPRINKLERS, 30) WOOD, 33) HOME, 34) RECIPE, 35) CHEF, 36) DIRT, 37) TREES, 38) PRODUCT, 39) PLACE, 40) FLORAL.
- Down: 1) GARDEN, 2) TREE, 4) LETTUCE, 7) TOUR, 9) DAFFODIL, 10) PROVIDERS, 12) PURVEYOR, 13) VEGETABLE, 15) RAINBOWS, 16) BERRY, 19) BLOSSOMS, 20) FLOWERS, 22) FENCE, 24) BERRY, 26) PLANT, 29) FARM, 31) BLOSSOMS, 32) FARMER, 33) CAMPAIGN.

Last Word

with
PIETA WOOLLEY
pieta@prliving.ca

P



Powell River is hilly.

You might think that Manson Avenue is flat, if you drive it in a car. It's not. Try it on a bike. Your thighs will spontaneously combust.

For the past three years, I've casually cycled around Powell River on my cruiser – no gears, comfy seat – the perfect bike for, say, rural Holland, or Saskatchewan. Not bad, even, in downtown Vancouver, where the False Creek seawall connects all things. But Powell River? Yikes.

I'd assumed that I could blame my profuse sweat and dog-like heaving on the fact that my bike was designed for pedaling baguettes in a wicker handlebar basket through leafy (and flat) European parks, rather than tackling Alberni Street, or the Wildwood Hill.

I was wrong.

I bought a new bike in April – to commute from my home in Townsite to my office on Glacier and Joyce. Nothing fancy, but with 21 glorious speeds. The good news: now I zip across town in decent time (a necessity for this working mom). The bad news: the sweat!

During my first ride home, I charged past The Hulks beach up the gravelly hill towards the mill's parking lot, expecting that my handy new gears would take away the pain. A quarter of the way up, my legs felt numb. Halfway up, my lungs were burning. By the time I crested the hill, I was ready to throw my new bike in the ocean.

Gears hadn't erased the hills. And so, they hadn't erased the sweat. I am therefore doomed to be sweaty – and stinky – until the angels of

fitness descend upon my flabby winter body.

I appreciate the intent behind Powell River's Bike to Work and School Week. I really do. Cycling is awesome – for health, for community building, for reducing carbon footprints and enhancing environmental consciousness.

And, unlike most exercise, I genuinely enjoy it. Always have.

But man. This landscape.

A better cyclist (and journalist) than me would take this moment to suggest pro-bike reforms, such as showers at work, new bike paths, a civic bike-share program, or a local Critical Mass movement to help train drivers to share the road.

But the hills are the true enemy! The fitness level required to pedal the perpendicular hill from Glacier and Joyce to the Academy of Music at the top of Manson? Olympian. Tour de Francian. BC Bike Race-ian. Certainly, acquiring those muscles would be a full-time job.

Would the City consider flattening Powell River to sea level, to encourage commuter cycling? A solid fantasy, but unlikely. I believe I'm not alone in finding the coastal steepness challenging – because frankly, it's lonely out there. Commuting by bike is the exception, here.

I hope that changes. But it will require a serious sweat-positivity movement. During Bike to Work Week, maybe I'll see you out there - pushing your bike up the steep bits and heaving like a dog – waiting for those sweet-smelling fitness angels to descend. **PR**



"As a first time home owner I am particularly looking forward to drinking 7800 Saison on my patio overlooking the ocean this summer."

-Daniella Raymond

PHOTO BY R. S. PHOTOGRAPHY

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Powell River has
a new watering bylaw.
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Unrestricted

Restricted

Prohibited

These restrictions only apply to the use of treated drinking water.

Find the entire bylaw at tinyurl.com/hmyw7lp

Activity	Water Conservation Stages				Restriction Details
	1	2	3	4	
Residential and non-residential lawn sprinkling	1	2	3	4	<p>STAGE 1: Properties with odd numbered street addresses may water anytime on odd calendar days. Properties with even numbered street addresses may water anytime on even calendar days.</p> <p>STAGE 2: Properties with odd numbered street addresses may water between 12am and 9am on odd calendar days. Properties with even numbered street addresses may water between 12am and 9am on even calendar days</p> <p>STAGE 3: Properties with odd numbered street addresses may water between 12am and 9am on Tuesdays and Saturdays. Properties with even numbered street addresses may water between 12am and 9am on Wednesdays and Sundays calendar days</p> <p>STAGE 4: All forms of watering using treated drinking water are prohibited.</p>
New (establishing) residential & commercial lawns, trees, shrubs & flowers	1	2	3	4	<p>STAGES 1-2: Sprinkling outside restricted times allowed only at the discretion of the Director of Infrastructure & with special permits to be displayed on lawn.</p> <p>STAGES 3-4: No new permits issued or renewed. All watering using treated drinking water prohibited.</p>
Flowers & vegetable gardens, decorative planters, shrubs & trees	1	2	3	4	<p>STAGE 3: Only if done by hand using a spring-loaded shut-off nozzle, or using containers or drip irrigation.</p> <p>STAGE 4: All forms of watering using treated drinking water are prohibited.</p>
Commercial flowers & vegetable gardens	1	2	3	4	<p>STAGE 4: All forms of watering using treated drinking water are prohibited.</p>
Private pools, spas & garden ponds	1	2	3	4	<p>STAGES 3 & 4: Refilling is prohibited.</p>
Public & commercial fountains & water features	1	2	3	4	<p>STAGES 2-4: All shut down.</p>
Private & commercial outdoor impermeable surface washing (i.e., driveways, sidewalks & parking lots)	1	2	3	4	<p>STAGES 2-3: Only for health & safety purposes or to prepare a surface for painting or similar treatment. Washing for aesthetic purposes is prohibited.</p> <p>STAGE 4: All forms of hosing of outdoor surfaces are prohibited unless ordered by a regulatory authority (i.e., WCB, public health inspector, etc...)</p>
Private & commercial pressure washing	1	2	3	4	<p>STAGES 2-3: Only for health & safety purposes or to prepare a surface for painting or similar treatment. Washing for aesthetic purposes is prohibited. Private pressure washing prohibited in Stage 3.</p> <p>STAGE 4: All forms of hosing of outdoor surfaces are prohibited unless ordered by a regulatory authority for health & safety reasons (i.e., WCB, public health inspector, etc...)</p>
Outdoor vehicle washing (i.e. cars, boats & recreational vehicles)	1	2	3	4	<p>STAGES 1-2: Only with hose equipped with spring-loaded shut off.</p> <p>STAGES 3-4: No outdoor washing or rinsing of vehicles & pleasure crafts, except for safety (windows, lights & licenses only)</p>
Commercial car washes	1	2	3	4	<p>STAGE 4: Commercial car washes shut down.</p>
Artificial turf & outdoor tracks	1	2	3	4	<p>STAGES 1-3: Hosing for health & safety only.</p> <p>STAGE 4: All forms of watering using treated drinking water are prohibited.</p>
School yards, sports & sand-based playing fields	1	2	3	4	<p>STAGES 2-3: Minimum levels required to maintain areas in useable condition.</p> <p>STAGE 4: All forms of watering using treated drinking water are prohibited.</p>
Municipal parks	1	2	3	4	<p>STAGE 2: These surfaces may be watered only within the once-weekly times.</p> <p>STAGE 3: All forms of watering using treated drinking water are prohibited.</p> <p>STAGE 4: Watering using treated drinking water are prohibited. Shut down faucets in parks & public spaces, except for drinking fountains equipped with spring-loaded shut-off.</p>
Municipal ornamental lawns & grassed boulevards	1	2	3	4	<p>STAGE 1: June 1–Sept 30, even-numbered addresses Mon & Wed mornings 1am to 6 am, odd-numbered addresses Tues & Thurs mornings 1am to 6 am, all non-residential addresses Fri morning 4am to 9 am.</p> <p>STAGE 2: Even-numbered addresses Wed morning only 1am to 6 am, odd-numbered addresses Tues morning only, 1am to 6 am</p> <p>STAGES 3-4: All forms of watering using treated drinking water are prohibited.</p>
Municipal hydrant flushing	1	2	3	4	<p>STAGES 2-4: Only for unscheduled safety or public health reason. Routine flushing to be scheduled outside WUR timeframe.</p>

WATER WISE TIPS

- Limit shower time to 5 minutes per day • Install a water efficient fixture or appliance.
- Use less water outdoors by giving the lawn only the amount of water it needs (2.5 cm of water each week, or the height of a tuna can).
- Turn off the tap when brushing teeth, scrubbing dishes, shaving, or during any other water-wasting activity.
- Don't put harmful substances such as cleaners, paints, pesticides and grease down the drain.



BC Water Week May 1-7, 2016



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