

# Powell River LIVING

20 ✕ 16

## BEST *of Powell River*

BEST NEIGHBOURHOOD

BEST YOGA

BEST TATTOOS

BEST PLACE TO RUN

BEST PLACE TO SEE WILDLIFE

BEST CAMPFIRE FOOD

BEST COCKTAIL

BEST BC FERRY

BEST BRUNCH

BEST COFFEE SCENE

BEST UNOFFICIAL CITY SLOGAN

BEST PLACE TO EAT FOR \$5

BEST LAKE FOR FROGS

AND MUCH, MUCH MORE

FREE  
AUGUST 2016



The executive committee  
of Powell River Logger Sports  
would like to thank  
all the sponsors, volunteers,  
and the community for this great event.

**Just wait until next year!**

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Freeze it...



Smoke it...

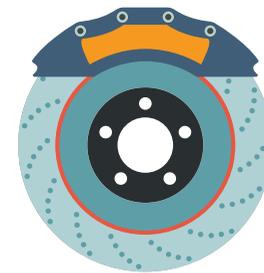


Can it...

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Who wants to miss a ferry or have the added expense of an extra night in a hotel, just because you forgot to get your brakes inspected before you headed out? Rest assured we will inspect your vehicle's brakes and get you on the road with peace of mind.



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There were times when I  
wanted to smack you.  
But thanks.

- Bob to everyone. Everyone to Bob.

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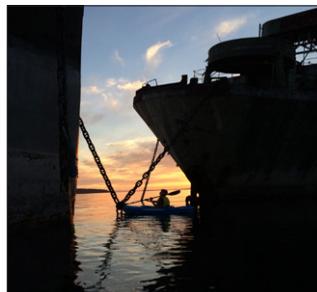


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lauri@prliving.ca

**ON THE COVER**

Few things makes you feel as small as paddling a kayak beside one of the giant hulks that form the breakwater of the Powell River millpond. Here Isaac Percy has a front row seat for a sunset.

Photo by Sean Percy



We welcome feedback from our readers. Letters may be edited for length. Email [isabelle@prliving.ca](mailto:isabelle@prliving.ca), or mail letters to **PR Living, 7053E Glacier St, Powell River, BC V8A 5J7.**

**MAILBAG**

**Dear PRL,**

If I had known what I was getting into when Pieta Woolley interviewed me about Logger Sports for the 2015 edition of Powell River Living's *Ferns & Fallers*, I probably would have run the other way.

I'm so glad I didn't.

I would never have believed your team could galvanize such a outpouring of support for Logger Sports. I thought we were just chatting about the good ol' days, and when you asked if I would bring Logger Sports back, I flippantly said that if 5,000 people asked me to, I would. I never expected that to happen. But you wrote that article in *Ferns & Fallers*, and I started getting calls.

Then Sean Percy started that Facebook page, whatever that is, and it snowballed from there.

There were hundreds of volunteers who made this happen, but without that spark that the *Powell River Living* team ignited, and help you gave along the way as our official media sponsor, Logger Sports 2016 would never have happened.

There were times when I wanted to smack you for getting me into this again! It was a lot of work, but hearing the roar of the crowd and seeing the smiles on the faces of spectators and world champion competitors made it all worthwhile.

Powell River put on a heck of show. Thanks for starting it off!

*Bob Marquis*

*President, Powell River Logger Sports*

**Correction from July:** The spelling of the names of two artists who did that Paul Bunyan mural as featured in last month's Powell River Living were incorrect.

*Fred Hollingsworth and Bob Maslin are the correct spellings. We apologize for this mistake.*

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## PUBLISHER'S MESSAGE

# Your votes are in: Powell River is the best, naturally

The verdict is in....Powell River is definitely the BEST place to live, work and play! Okay, we may be just a little biased but if you look at all the great things this community has to offer you have to agree.

This issue features the winners of our Best of Powell River contest. Voters told us what they liked best in Powell River. You determined the winners in this contest and we thank everyone who took the time to answer the questions in Powell River Living's and the Powtown Post's Best of Powell River contest.

Hundreds filled out entry forms to weigh in on the best dessert, best ice cream, best dentist, best hair guru, best festival, and even the best lake for frogs!

There were also some unexpected answers. None of us here in the *Powell River Living* office had heard of the business that won second for best blog. Take a look at Tracy Raftl's blog, [thelovevitamin.com](http://thelovevitamin.com). It was featured

in *Cosmopolitan* magazine.

And there were, of course, some answers that made us laugh. Best workout: Sex. Best food on BC Ferries: The stuff we bring from home. Best Facebooker: Facebook is evil!

Your answers gave us a snapshot of what you like best about Powell River. If your business didn't win and you think it should, don't worry; we'll do this again next year. Take a look at the blurb on Page 23 for ways to get people to vote for you and promote your business at the same time!

The festivals continue this month. Hot on the heels of the amazingly successful Logger Sports last month, is Blackberry Festival, Art in the Park, and of course the Sunshine Music Festival on the Labour Day Weekend.

Beginning on Page 34, we introduce you to Powell River's two Syrian families who fled Aleppo after the

civil war broke out.

We love to celebrate and this year we're celebrating 10 years of Community Forest in Powell River. The Powell River Community Forest began with a conversation between a city councillor and a local logger. Since its inception, it has put more than \$6.5 million into city coffers. Be sure to turn to Page 36 to learn more about how the project benefits this community.

Pack your beach bag with a towel and the August issue of *Powell River Living* and find some time to relax and enjoy the best that Powell River has to offer this summer.

ISABELLE SOUTHCOTT | [isabelle@prliving.ca](mailto:isabelle@prliving.ca)

## Powell River's favourite lawyers



Congratulations to Stacey McCausland and Rob Villani for being voted the top two lawyers in Powell River.

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## THANKS, POWELL RIVER. WE THINK SO, TOO!

VOTED #1 BEST PATIO IN POWELL RIVER!

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Located on the waterfront at the Beach Gardens Resort

August is all about hosting Powell River's most welcome invasive species: tourists, visiting relatives and vacation-property owners.

Like this American Bullfrog relaxing at Inland Lake, we hope you'll make yourselves right at home. To help you do just that - and to celebrate excellence locally - ***Powell River Living*** and the ***Powtown Post*** introduced the first ever **Best of Powell River** contest this spring.

Hundreds of locals voted in print and online, sharing their insiders' advice. So find a cool place to chill, hunker down in the mud, and get your super-long tongue ready to taste the best of what this region has to offer.



*Photo by Sean Percy*

# BEST

## of Powell River

### CIVIC PRIDE

#### BEST NEIGHBOURHOOD

1. TOWNSITE
2. WESTVIEW
3. WILDWOOD

*Best answers:* Slund (Ed's note: Slund = Sliammon to Lund. Will it now be T'lund?)

*PRL notes:* A National Historic District, the Townsite of 2016 hovers awkwardly between its storied history (the Powell River Paper Mill's philosophy-rich "Garden City") and its idealized future potential (Powell River Stores revival, climbing gym, Sino-Bright, medical marijuana grow facility). In the meantime – minus the stinky dog poo and the threat of an Island Timberlands forest slash - it's a pretty swish place to live. A short walk will get you eggs benny, Powtown Porter, a California roll, stuffed naan, a whirl around the labyrinth, an after-school program, an Americano, chicken wings, hiking trails, a swimming beach, and a party beach. Many homes are still priced under \$200,000.

#### BEST PLACE TO WATCH THE SUNSET

1. WILLINGDON BEACH
2. MY DECK / YARD / BOAT / CABIN
3. THE VIEWPOINT

*Best answer:* Beside a glass of wine.

#### BEST PLACE TO TAKE VISITING RELATIVES

1. LUND (NANCY'S BAKERY)
2. SAVARY ISLAND
3. UP THE LAKE

#### BEST FESTIVAL

1. BLACKBERRY
2. KATHAUMIXW
3. DIVERSITY (TEXADA)

#### BEST UNOFFICIAL CITY SLOGAN

1. POWTOWN
2. POWELL RIVIERA
3. I HAD A GOOD TIME, ACTUALLY

*Best answers:* Bowel Quiver. From the River, wanna giv'er? Home of 'Lord of the Rings' woodlands. If you do not like the weather, wait five minutes. It's just steam. It's a two-minute drive. P-dot. Where young people go to retire (ed's note: originally from Portlandia). Powell Rumour. The little town that could, but hasn't yet. Two ferries can't be wrong.

*PRL notes:* Locals heart "Zunga" big time. Many voters worked it in to this category.

#### BEST TOURIST ATTRACTION

1. SUNSHINE COAST TRAIL
2. THE VIEW
3. LUND

#### WEIRDEST THING YOU BOAST ABOUT THIS COMMUNITY

1. ZUNGA
2. THE PEOPLE AND HOW HELPFUL / ECCENTRIC THEY ARE
3. GEOGRAPHICAL FACTS

The localized word for a rope swing over water

Third shortest river; shortest highway; largest lake on an island on a lake; isolation; etc.

*Best answers:* Almost none of my friends work 9-5 jobs. Best Legion. Cleanest air. Commute. Good pot. Having a large amount of personal space. How early in the spring we mow our lawns. It doesn't smell anymore. Lots of old cars. Low crime and we will catch you at the ferry terminal! More deer than people. Nicest trimmed hedges. Nosy people but deeply in touch with each other. Number of traffic lights. Choral capital. Palm trees. Prawns. The 1950s airport experience. Vegans.

*What makes a politician  
"the best?"*

Their colourfulness, considering the answers below. The personable MLA Nicholas Simons (right) rides chopper bikes decorated like rubber ducks and BC Ferries in Sunshine Coast parades (but don't let that fool you - he has a background in First Nations child protection services, among many other serious pursuits.) Mayor Dave Formosa is known for his flamboyant personal style and his big-picture business ventures (but is also an excellent listener). And both Powell River city councilors Caroleann Leishman (far right, in July's Sea Fair Parade with Pow! Town roller derby) and "Bad Karen" Skadsheim can seem zany. Like the others, though (and unlike colourful headliner Donald Trump) they're competent and compassionate political voices.



**BEST LOCAL SOUVENIR**

1. TOWNSITE BEER
2. POLLEN SWEATER / FLOWER ROCK
3. THICK T-SHIRT

*Best answers:* Bucket of blackberries. Oyster shell. Art. Blackberry jam. Canned salmon. Driftwood. Ferry ticket. Kings jersey. Love your Elders bumper sticker. Mosquito bites. Outdoor rejuvenation. PR Living mag (seriously, we didn't make that up). Prawns. Sand. Shells. Some home-grown bud. Sunburn. Blackberry tattoo.

**BEST LOCAL POLITICIAN**

1. MLA NICHOLAS SIMONS
2. MAYOR DAVE FORMOSA
3. CITY COUNCILLORS CAROLEANN LEISHMAN AND KAREN SKADSHEIM

*Staff notes:* We'd also like to give serious props to Hegus Clint Williams, who led Tla'amin Nation into its final treaty implementation earlier this year - among many other achievements.

**BEST BC FERRY**

1. SNARKY COMMENTS SUCH AS "THERE IS NONE" AND "HA!"
2. MV ISLAND SKY (To lower Sunshine Coast, usually)
3. QUEEN OF BURNABY (to Comox, usually)

*Best answers:* A bridge. A free one. Al's Water Taxi. The Queen of Suck. The one that's reached its destination.

*Staff notes:* Voters noted that ferry workers are awesome; advisory committees formidable. Management, policies and the corporation as a whole, not so much.



Jacob Bristow, best barista



**Thanks for the votes,  
Powell River**

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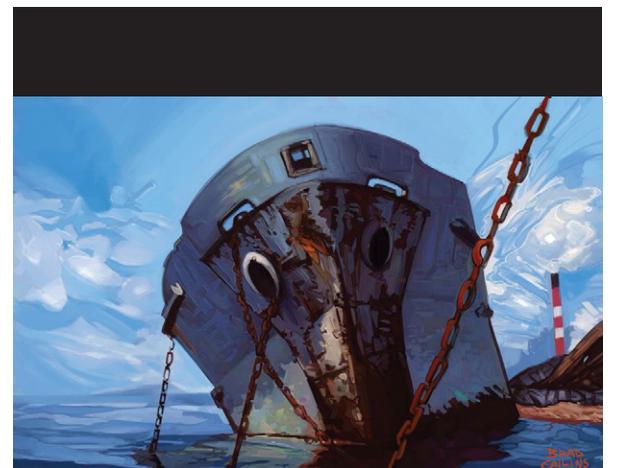


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# ARTS

## BEST GALLERY

1. ARTIQUE
2. TUG GHUM
3. WIND SPIRIT

## BEST BOOK ABOUT A LOCAL THING

1. HUT TO HUT HIKING ON THE SUNSHINE COAST TRAIL

by Eagle Walz

2. ADVENTURES IN SOLITUDE: WHAT NOT TO WEAR TO A NUDE POTLUCK AND OTHER STORIES FROM DESOLATION SOUND,

by Grant Lawrence

2. WRITTEN AS I REMEMBER IT

by Elsie Paul, Paige Raibmon and Harmony Johnson

## BEST LOCAL BAND

1. SCOUT MOUNTAIN
2. FRENZY
3. ZOOT SUIT RIOT

## BEST PLACE TO WATCH LIVE MUSIC

1. WILLINGDON BEACH
2. PALM BEACH
3. RED LION

## BEST PLACE TO SHAKE YOUR BOOTY

1. THE ZOO
2. THE RED LION
3. LUND GAZEBO / DWIGHT HALL

*Best answers:* Bathroom at home. In my glorious rain shower stall. Sugar Vault... I hope.

## BEST FACEBOOKER

1. ARI DUBLION
2. SWAP & SHOP
3. JOSEPH MCLEAN

*Best answer:* Facebook is evil.

### *Best Facebooker:*

Ari DubLion was born in 2004 in the early days of MySpace, the now abandoned amusement park of the internet. In those days, known as Irie Ari, he cruised the back roads of social media, making connections with reggae musicians to build up content for his radio show on the "old" CJMP, Bass Culture Radio.

In early 2009, Ari was "born again" having seen the light of The Saviour and God, Facebook. Originally Ari Irie Lion, then Ari Dub Lion, and finally, after proving to the dark forces that search Facebook for fake accounts, that he really is the original Ari DubLion.

Shortly after that, CJMP was reorganized and Ari used Facebook to promote the community radio station and his new radio show The Pow!Town GetDown. (Ari also accepts credit for coining and proliferating Powell River's now famous nickname, Pow Town.)

Ari DubLion learned quite quickly that Facebook offers so much more for networking than MySpace ever did. He discovered that people are wrong all the time, and immediately accepted the mission bestowed upon him by The Saviour and God, Facebook, to go to work correcting all



the wrong in cyberspace.

The DubLion has spent the last seven years honing his skills of debunking hoaxes, inspiring people to garden more and consume less, winning arguments, and awaking Swap N' Shop members, IRL and on FB.

His uncanny ability to cut through bullshit, unwavering dedication to expose racists, homophobes and misogynists, and skill at expressing ideas and concepts that a lot of people share has earned him the title of Powell River's Best Facebooker.

Ari knows he's doing it right when publicly he endures ad hominem attacks while privately accepting praise and agreement from some who are less gregarious but in agreement with his non partisan culture of politics and social justice. Ari hopes that those reading his posts and comments will also be inspired to seek the truth, to speak out against the wrongs, to live more simply, and to work harder to build community. - AD



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#3 Best produce  
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*Thanks,  
Powell River!*



**CHOPPING BLOCK**



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# Best of The new library

BY REBECCA BURBANK

In anticipation of the new library, I would like to share a few of the highlights slated for the new space so you can get excited too. The bottom line—book in hand or not this is a space you will want to be a part of!



*The new children's area, opening late fall, 2016 at Crossroad's Village*

## Top Five New Library Highlights

### 1. A place to sit and work/listen/watch/write/surf/think or read

Imagine a comfy chair in a sunny window, a table with room to spread out all your work or maybe a couch to curl up with your little one for a story.

### 2. Garden space

Just outside the doors of the new library will be a garden space and large cedar deck with wifi and seating for events, workshops or enjoying some sun.

### 3. Teen space

We are looking forward to a huge upgrade here—the teens of PR will have more than just a wall in the new locale! An expanded collection, study tables, sunny reading nook and a stunning mural by Luke Ramsey (another amazing effort by our dear Friends of the Library).

### 4. Meeting and Community Rooms

Two well-equipped meeting rooms for public use will be available as well as a large community space that can seat up to 120 people.

### 5. More of everything

More materials (thanks to the wonderful Friends of the Library), more computers, more space, more art. The new library will offer more ways to connect and learn, and more ways to be inspired!

## Rapidfire

with Rebecca Burbank, the  
PRPL's Assistant Chief Librarian

**When is the new library opening?**

**Rebecca** • Late Fall 2016

**How much larger is the new space?**

**Rebecca** • Three times bigger.

**How many new books, DVDs, CDs, videogames and audiobooks?**

**Rebecca** • We are adding 4,500 new items in 2016.

**Opening hours?**

**Rebecca** • Hours remain the same, Sunday hours are back from September to May from 1-5 pm.

**What's the coffee bar thing?**

**Rebecca** • Coffee will be sold at the new library by the PREP Society.

**Who are the artists and crafts people who contributed work?**

**Rebecca** • We are thankful to be contracting with local artists and crafts people for furnishings and art, this list includes: Colin McRae, Leo Zagwyn, Luke Ramsey, Leah Rourke and Clayton Brandon. Once

open, the library space will be equipped to display art and staff are talking with local arts groups to coordinate this work.

**What's happening with the entranceway off Alberni?**

**Rebecca** • The lane closest to the new library is transforming into a garden space for events and relaxing, the Shell station will still be accessible off Alberni.

**Total capital cost of the new library?**

**Rebecca** • The capital cost for our new library is \$4.9 million; the Library is fundraising for \$1.4 million.

**How much did Friends of the Library raise for the new Library?**

**Rebecca** • Over 50K for new materials— books, CDs, DVDs, videogames etc. We have great support from our Friends.

*Follow the library on Facebook or at [buildafuturepr.ca](http://buildafuturepr.ca) for new library updates and charitable opportunities.*



## BEST GRAFFITI

1. WILLINGDON
2. EAGLE RIVER
3. SEWAGE PLANT IN TOWNSITE

*Best answers:* Catnip. Anti-graffiti.

## BEST PLACE TO LEARN AN INSTRUMENT

1. ACADEMY OF MUSIC
2. MUSIC ROOM
3. ROCKIT MUSIC

*Best answers:* Forest. Home, alone. At the beach. Roy Carson's band class.

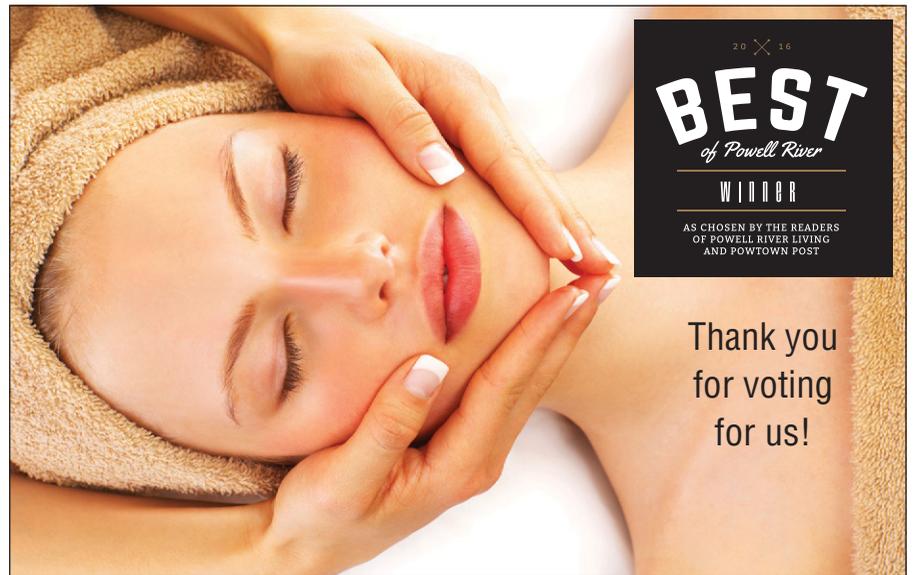
## BEST FARMERS MARKET BOOTH FOR CRAFTS

1. SWEET EARTH SOAPS
2. HUBER INK
3. ROBIN NEWMAN (THE WOOD BOWL GUY)

## BEST BLOG

1. POWTOWN POST
2. THE LOVE VITAMIN
3. SWAP & SHOP

*Best answers:* Admittedly, the result here may have been skewed by the fact many answers were submitted via Powtown Post. But we'll take it.



20 x 16  
**BEST**  
of Powell River  
WINNER  
AS CHOSEN BY THE READERS  
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Congratulations to Irv Stoddart, who entered his votes for the **Best of Powell River** contest and was drawn for the prize of a two-night stay at the Old Courthouse Inn, and gift certificates to Edie Rae's Cafe, Pappy's Poutinerie and GASP! Vintage. Here he is inspecting his winnings with hotelier JP Brosseau and *Powell River Living's* Isabelle Southcott.



**Powell River LIVING**  
Showing the best of Powell River

## Investing in our community



Profits from Powell River Community Forest (PRCF) forestry operations are returned to the community in the form of grants for community projects. The City of Powell River has established the Community Forest Reserve Fund (the fund) to receive PRCF's annual dividend payments.

Since it was established, the fund has supported a variety of projects of different themes and sizes from both community groups and the city. To date PRCF has contributed approximately \$6.6 million to the fund and 63 separate project grants have been approved.

We welcome new grant applications and updates to existing applications at any time. The "rolling" project list is updated and reviewed on an ongoing, collaborative basis with city staff. Our usual practice is to recommend the majority of grants in the spring when we present our dividend check to city council, however we may also announce others throughout the year. With substantial monies left in the fund we expect to recommend additional 2016 grants early this fall.

More information on the process to apply and our evaluation criteria can be found on our website: [www.prcommunityforest.ca](http://www.prcommunityforest.ca). Click on "Community Projects"

Applications may be submitted at any time by mail or sent electronically to both:

Powell River Community Forest Ltd  
4760 Joyce Avenue  
Powell River BC  
V8A 3B6  
attention: Greg Hemphill, President  
[greghemphill@telus.net](mailto:greghemphill@telus.net) 604-223-4887

City of Powell River  
6910 Duncan Street  
Powell River, BC  
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attention: Kathleen Day, Chief Financial Officer  
[kday@cdpr.bc.ca](mailto:kday@cdpr.bc.ca) 604-485-6291 local 222



It's only August, but local stores have stocked their shelves with binders, calculators, felt tips and much more. September will be here before you know it and kids will be heading back to school.

Likely, they're both excited and scared. Not to worry. That's normal. Whether your child is attending Kindergarten or Grade 8, there are strategies parents can use to prepare them, so they feel less anxious and overwhelmed.

Two educators spoke with *Powell River Living* about how to help your child succeed.

# Back to School



SCHOOL DISTRICT 47

Want to learn more?  
Contact us.  
School District #47  
4351 Ontario Ave  
604 485-6271  
[www.sd47.bc.ca](http://www.sd47.bc.ca)

## For children entering elementary school

Westview Elementary School Kindergarten teacher Brenda Butula has been teaching for 30 years, and has seen hundreds of first timers arrive at the "Big School." Because she knows what parents and small students worry about, she helped write a pamphlet with other SD47 teachers called Kindergarten Gradual Entry. Find the pamphlet at [tinyurl.com/z5qdpsx](http://tinyurl.com/z5qdpsx).

Starting Kindergarten can be overwhelming, she says. Gradual entry lets them get used to new routines slowly.

Over the summer parents can walk to school with their child and have a picnic using containers that will be used during the school year.

Organized morning routines make it easier for everyone and it creates less stress for the little ones. "When a child arrives at school and is calm it makes it easier to learn," said Brenda.

"Kindergarten students need to go to bed early," said Brenda. She suggests a bedtime of 7:30 pm and then a story.

Read lots of books, encourage play dates with other children and make sure they know how to share and take turns with others.

### SET YOUR KINDERGARTENER ON TRACK FOR SUCCESS:

- Practice putting on and taking off shoes.
- Practice packing and unpacking bags and backpacks.
- Choose shoes your child can put on and take off independently.
- Choose containers your child can open and close.
- Allow your child to become independent with bathroom routines in different settings.
- Make sure he or she can use fasteners and zippers on their clothing.
- Show your child the entrance to the kindergarten classroom.
- Make up a fun goodbye routine so they have a morning ritual.
- Establish a bedtime and morning routine.



## For teens heading to high school

For students entering Brooks Secondary, Grade 8 can be exciting and a bit scary. Brooks counselors Allison Burt and Jocelyn Williams visited the elementary schools and talked to students about what to expect, electives and answered lots of questions.

Grade 8s are usually excited and a bit nervous or anxious. They have many opportunities to visit the school for open houses and tours and get comfortable with the layout and meet the staff before the first day of school.

On September 6, Grade 8s go to the gym and meet their teachers and the LINK leaders, a trained group of students in Grades 10, 11 and 12 who mentor Grade 8 students. LINK students take their Grade 8 students on scavenger hunts and support them in other activities for the entire year. A welcome barbecue will take place on September 6 for all Grade 8 students and a dance will be held later that week.

Some students are more anxious than others and Allison encourages

parents and guardians to talk about their own experiences. "The more you talk about something the more you normalize the worries and the easier it becomes to talk about it."

### SOME OF THE MORE COMMON GRADE 8 CONCERNS INCLUDE:

- Will I keep my friends?
- Who will I eat lunch with?
- Will I like my teacher?
- Will my teacher like me?

Allison says the concerns listed in the sidebar are all totally normal, and suggests that students get involved in school activities or sports to meet like-minded people. "Do a lunch time activity or after school activity. There are many to choose from and they are not all sports."

# OUTDOORS

## BEST PLACE TO RUN

1. WILLINGDON BEACH TRAIL
2. INLAND LAKE
3. SEA WALK

*Best answer:* The Knack on Boxing Day. I try not to unless chased by a bear.

## BEST TRAIL TO HIKE WITH KIDS

1. WILLINGDON
2. INLAND LAKE
3. TRINKET TRAIL

*Best answers:* From the living room to the kitchen.

## BEST MOUNTAIN BIKE TRAIL

1. SUICIDE CREEK
2. INLAND LAKE
3. BOB'S YOUR UNCLE

## BEST TRAIL TO POWER HIKE

1. SCOUT/VALENTINE MOUNTAIN
2. TIN HAT
3. BLACKWATER / SWEETWATER CREEK

## BEST DOG PARK/AREA

1. TOWNSITE (HENDERSON)
2. MANSON AVENUE (LARRY GOUTHRO PARK)
3. SEA WALK

*Best answers:* Around the block. Seems like dogs are banned everywhere.

## BEST TRAIL FOR HORSES

1. TANGLEWOOD TO DUCK LAKE
2. WEST LAKE
3. WILDWOOD

## BEST ATV TRAIL

1. THEODOSIA INLET
2. A-BRANCH
3. DUCK LAKE CONNECTORS

## BEST FOOD GARDEN

1. MINE
2. COMMUNITY RESOURCE CENTRE
3. MORRISON'S FARM IN WILDWOOD

*Best answers:* Clam gardens in Okeover. Neighbour Ed. Used to be my own but moved and am starting over again.



## BEST ZUNGA

1. TOWNSITE BREWING
2. POWELL LAKE
3. WILLINGDON BEACH

*Staff notes:* Well, duh. Of course beer wins. What we meant was the rope swings, but we'll give it to the brewers - they know what Powell River loves. Powell Lake has a number of zungas dotting its shores, and we weren't always sure which one voters meant. We think the best is the one where you always hit the water, not the tree, at the end. And if you can do it with a beer in hand, the more power to you.



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# SUNSHINE COAST TRAIL

BY EAGLE WALZ

In 1992, a group of likeminded people set out to protect some of the remaining patches of old growth and other natural gems near Powell River.

To do so, they established the Powell River Parks and Wilderness Society (PR PAWS), a non-profit charitable society. The society built the 180-kilometre Sunshine Coast Trail to link these marvels of nature.

Eight years later, a business plan and feasibility study helped access funding through a variety of sources to enhance the trail with huts. Grants and donations went directly into paying for materials, and transportation to the remote shelter sites, while volunteers provided free labour.

The motto of “It takes a community to build a trail” rings true.

Over the last seven years, the volunteers of PAWS and friends have built 12 shelters along the Trail, with a thirteenth planned beginning this summer.

Each hut is a day’s hike away from the next, but also accessible for popular day trips. These free huts allow hikers to enjoy Canada’s longest hut-to-hut hiking trail, and to visit stands of old growth as well as many other beautiful sights from lakes to rare flora and fauna to panoramic mountain tops.

The hike has now reached the status of one of the “best 50 hikes in the world” and is seeing rapidly-rising visitations by trekkers from around the world, drawn to Powell River by word of mouth, and extensive media coverage.

The SCT is a hidden gem, awaiting you.



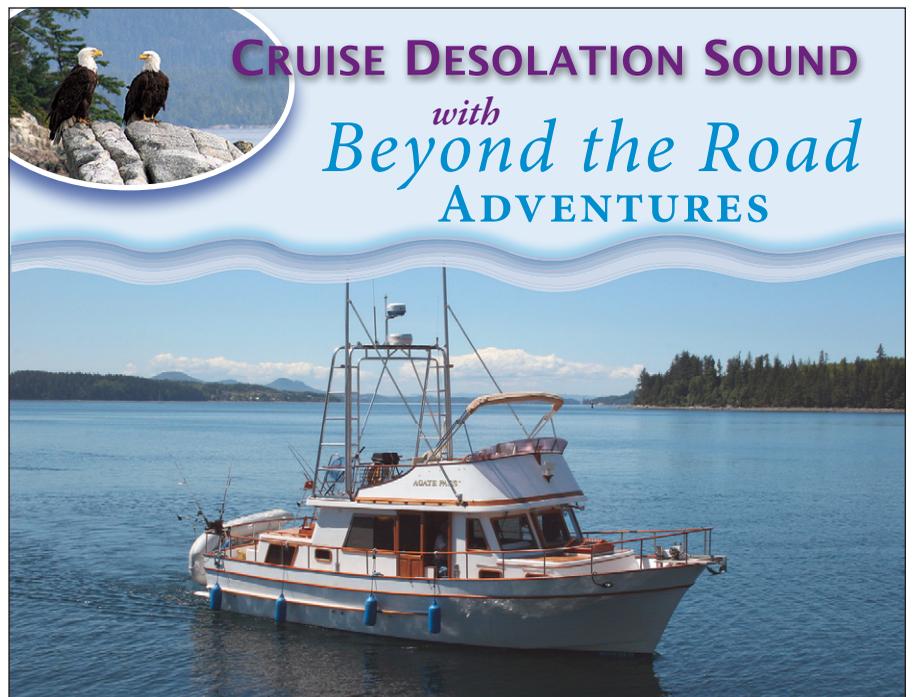
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## BEST HUT ON THE SUNSHINE COAST TRAIL

1. TIN HAT
2. MANZANITA
3. FAIRVIEW BAY



### *Asked along the way:*

The mother-daughters team of Miriam, Johanna and Adrea Itzeck of Edmonton, trekked the Sunshine Coast Trail in July. They chose to visit here because the SC Trail was on a list of 50 best hikes in the world. They were amazed at how few people were on the trail and the solitude of having an entire lake to themselves. They hadn't seen Tin Hat yet, (they were interviewed at Inland Lake) but they said the best part of the first half of the trail was the relaxing campsite at Kokanee Creek on Sliammon Lake. "Powell River has really good beer, too," said Miriam.




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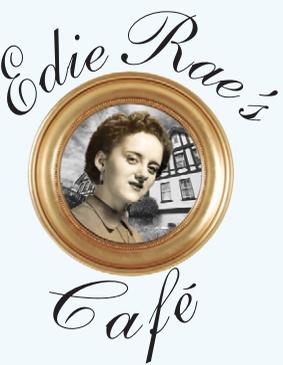
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## BEST PLACE TO SEE WILDLIFE

1. EVERYWHERE
2. WILDWOOD / IN TOWN.
3. DESOLATION SOUND

*Best answers:* Riding my bike to work. The Zoo at the Westview. The boat ramp at the Shinglemill. Wildwood garbage day.

*Note from Marika Varro:* Black bears gain weight most rapidly in July and August, and blackberries are their main diet in coastal BC.

They can consume 30,000 berries a day. They pick them with their sensitive lips and swallow them whole. The berries enter a two-part stomach, which grinds the pulp off the seed. The seeds pass through unbroken and are thus able to germinate. This is how they spread the seeds throughout their territory, making sure of future supply.

After the berries run out and before the salmon spawning, there is little else for bears to eat before they enter their dens in October so we see many black bears in our gardens in August and at the beginning of September.

For more about blackberries, see Page 24



## BEST LAKE FOR FROGS

1. INLAND LAKE
2. CRANBERRY LAKE
3. POWELL LAKE

*Best answers:* Eww.

## BEST FLOWER GARDEN

1. MINE
2. BOXWOOD COTTAGE - DIANA WOODS
3. WILDWOOD GARDENS & NURSERY

*Best answers:* Charlene at Safeway. Mom's house.

## BEST PLAYGROUND

1. WILLINGDON
2. HERNANDO PARK
3. PR CHRISTIAN SCHOOL

## BEST OFFICIAL CAMPGROUND

1. HAYWIRE BAY
2. INLAND LAKE
3. TIE: DINNER ROCK / WILLINGDON BEACH

*Best answer:* Any free one.

## BEST UNOFFICIAL CAMPING SPOT

1. DUCK LAKE
2. HASLAM LAKE
3. SAVARY ISLAND SOUTH BEACH

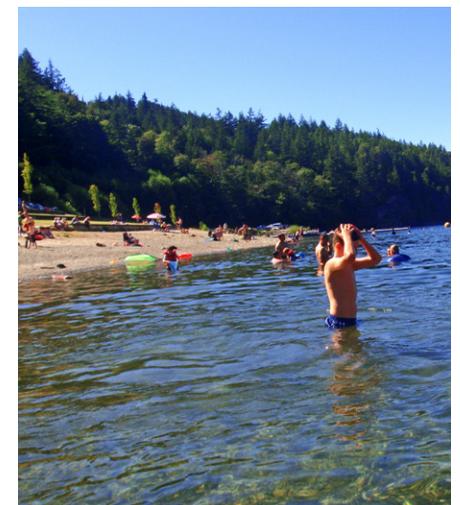
*Best answers:* I'll never tell. Wal-Mart parking lot. Shttt.

## BEST BEACH FOR SWIMMING

1. MOWAT BAY / MAHOODS BEACH
2. DONKERSLEY BEACH
3. SECOND BEACH / HASLAM LAKE

*Best answers:* Complex pool: no sharks.

*Staff notes:* Lots of variety and lots of close contests, and two ties. Powell River knows its beaches, and they are awesome.



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# FOOD & DRINK

## BEST LOCAL COCKTAIL

1. COASTAL COOKERY - RIVER CITY BREEZE
2. COSTA DEL SOL - RUMBO
3. SHINGLEMILL - LOADED CAESAR APPY

*Best answers:* Gramma's local fruit cocktail. Homebrew. The water.

## BEST LOCAL BREWSKI

1. ZUNGA
2. SUNCOAST
3. POWTOWN PORTER

## BEST LOCAL SEAFOOD DISH

1. COSTA DEL SOL - FISH TACOS
2. LAUGHING OYSTER - GUNPOWDER PRAWNS

3. BOARDWALK - FISH & CHIPS

*Best answers:* BBQ salmon. Crab. Prawns. Purple laver.

## BEST BURGER

1. COASTAL - SALMON AND MIKE'S MEATY
2. STRIKER'S - CANADIAN
3. A&W - TEEN

*Staff notes:* Great burgers can be made in most people's backyards, so a restaurant burger must be exemplary - an inspiration for the next home barbeque session. And these four absolutely do. Coastal Cookery's salmon burger is a saucy, soft and succulent, and surprisingly filling. Their beef burger is hefty and more than meets the expectation of the name. Striker's Canadian introduces maple syrup, poutine cheese and other patriotic flavours. And the A&W teen is classically delicious, made with happy meat, fast, local and very affordable.

## BEST RESTAURANT TO IMPRESS VISITING GUESTS

1. LAUGHING OYSTER
2. THE ALCHEMIST
3. COASTAL COOKERY

*Staff notes:* The food? The ambience? The view? The personalities? What makes a restaurant impressive to visitors? These places have it.

## MOST VEG-FRIENDLY RESTAURANT

1. FRUITS AND ROOTS AT ECOSSENTIALS
2. RIVER CITY
3. THAIDAL ZONE

## BEST COFFEE SCENE

1. RIVER CITY
2. BASE CAMP
3. TIM HORTONS

*Staff notes:* Here is where Powell River's real cultural divide manifests itself. Are you a River City person? A Base Camp person? Or a Timmies person? There are vibrant coffee scenes at Starbucks, Rocky Mountain, McDonald's, the Community Resource Centre, 32 Lakes, and elsewhere. We're not saying your coffee scene preference is as significant as race, class or gender. But as an identity-crafter, it's up there.

## BEST PIZZA

1. PAPARAZZI
2. HAYLSTONZ
3. GRANADA

*Staff notes:* Happily the two pizza joints got top billing here. But the variety of votes here was also notable. Lots of places make pizza. Apparently, lots of them do it well in Powtown.

## BEST KID-FRIENDLY RESTAURANT

1. BEACH HUT
2. RIVER CITY
3. MAGPIE'S

*Staff notes:* Everyone in the PRL office has kids. They range in age from six to 25. So we know. Kid-friendliness is an elusive category that depends entirely on the individual family. If you're broke, it's a money thing. If you try to eat healthy, it's a non-fries thing. If you have maniacs for offspring, it's a zipping around without bothering other diners thing. Also, a place where both kids and adults can genuinely enjoy what's on the menu. Kid-friendly is a tough nut to crack, but these three restaurants do a smashing job.



Come in and try Powell River's

# #1 Best Salads

### Tree Frog Salad

Citrus vinaigrette, orange wedges, dried cranberries and pumpkin seeds

### Warm Beet Salad

Balsamic glazed beets, crisp apples, toasted cashews, goat cheese with our citrus vinaigrette on a lettuce blend

### Heritage Blend Caesar

Asiago-garlic dressing, croutons, and parmesan

### Texada-Mex Salad

Corn, carrot and bean salad, Monterey jack, green onions and avocado with corn chips and sour cream

### Seafood Avocado

Ripe avocado, rock crab meat, cream cheese, shrimp, apricots and orange wedges on a bed of lettuce with a brandy Marie Rose sauce

### Insalata Di Mare

Sautéed salmon, cod, shrimp, mushrooms, onions, tomatoes, and peppers then topped with Asiago-garlic dressing and parmesan cheese

Add chicken, salmon, garlic prawns, Louisiana prawns, a prawn and scallop skewer, or falafel



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## BEST BRUNCH

1. MAGPIE'S
2. EDIE RAE'S
3. JULIE'S

*Staff notes:* Who doesn't love brunch? It's the trendy meal, and this was hotly contested. Serving eggs and pancakes isn't enough to get you noticed in this category. It was also one of our most-voted categories. Powell River takes brunch seriously!

## BEST DESSERT

1. COSTA DEL SOL - KEY LIME PIE
2. SKEETER JACK'S - CHEESECAKE
3. ALCHEMIST - CREME BRULEE

## BEST PLACE TO EAT FOR \$100+

1. ALCHEMIST
2. LAUGHING OYSTER
3. COASTAL COOKERY

*Best answers:* Grocery store. Up the lake (the gas costs \$100)

*Staff notes:* You can, of course, eat at any of these places for far less than \$100. But they are lovely to splurge at.

## BEST PLACE TO EAT FOR \$5

1. A&W
2. MCDONALD'S
3. SUBWAY AND TIM HORTON'S

*Best answers:* Brooks. Home. Doesn't exist. Get real. Good luck with that one. United Church spaghetti dinner. Westview Baptist.

*Staff notes:* Apparently the fast food joints are the go-to places when we're on a budget. Grab a Buddy Burger and go!

## BEST SALAD

1. TREE FROG
2. COASTAL COOKERY
3. COSTA DEL SOL

*Best Answer:* You can't make friends with salad.

## BEST BUFFET

1. LAUGHING OYSTER
2. ROYAL ZAYKA
3. DRAGON HOUSE

# JUST FOR THE HEALTH OF IT

## Health and Wellness Fair

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- Nutrition - Emma Larocque, Kitty Clemans & Meghan Molnar
- The Importance of Physical Activity - Roché Rossouw
- Mental Well-being - Rick Berghauer
- Environmental Health - Dan Glover
- Spiritual Wellness: - Deborah Meier

**Pop-up Cafe by Fruits & Roots**

- Fitness Demo - Terri Cramb
- Tai Chi Demo - Chung Choo
- Yoga Demo - Keely Fandrick
- Drumming Circle - Chris Weekes & Mitchell
- Smoothie Demo - Emma Larocque

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Please also see our website. Application forms are available online. [www.assumpschool.com](http://www.assumpschool.com)

**A/S ASSUMPTION**  
Catholic School

## BEST ICE CREAM

1. PUTTER'S
2. SASSY MACK'S
3. RENE'S PASTA

*Staff notes:* Three very different products sharing one category. Putter's is classic fountain ice cream served by a crew of absolutely lovely teens (think Gen Z is hopeless? Let these scoop-wielders make you believe in the future again). Sassy Mack's artisan decadence is only available at markets and festivals, so it inspires hunting. And Rene's store-crafted gelato is a fresh taste of Venice right here on Marine. Close your eyes and think of the Grand Canal.

## BEST RESTAURANT FOR ROMANCE

1. ALCHEMIST
2. LAUGHING OYSTER
3. SHINGLEMILL

*Best answers:* At home. Whoooters. Wish I knew.

## BEST PATIO

1. SAVOURY BIGHT
2. SHINGLEMILL
3. COSTA DEL SOL

*Best answers:* "Shinglemill – for entertainment." "Need more patios!"



## BEST FOOD ON BC FERRIES

1. SNARKY STUFF

such as "Are you kidding me?" and "My packed lunch."

2. WHITE SPOT LEGENDARY BURGER

3. FRIES AND GRAVY

*Best answers:* M&M's peanuts. Mentos. Thaidal Zone take out. The hot water for your tea. The little Kraft peanut butter servings. The paper towels. Vending machine Cheesies. Water. Barf.

*Staff notes:* Someone wrote in "Ferry toast," and we know exactly what you mean. Crisp, light and flavourful, coated with a juicy salt-fat splurt of butter, and slathered with peanut butter and jam. That's eating. And at the low, low price of \$25 per slice, you can't go wrong.





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## BEST FARMERS MARKET BOOTH FOR PREPARED FOOD

1. COTTAGE CREEK
2. VIETNAMESE
3. LITTLE HUT

*Staff notes:* Readers were very enthusiastic about this one, but had trouble remembering names. So we got a lot of this kind of thing: "Homemade bread place" and "The one with British foods."

## BEST FARMERS MARKET BOOTH FOR PRODUCE

1. DON MORRISON FROM MORRISON'S FARM
2. PAUL KEAYS AND KRISTI MCCRAE FROM BARNDANCE FARMS
3. KATHLEEN RICHARDS

## BEST CAMPFIRE FOOD

1. CHOPPING BLOCK
2. QF / SAFEWAY
3. SAVE ON / MITCHELL BROS

*Best answers:* Bacon-wrapped hot dogs. Banana boats. Burnt smokies. Nachos made over the fire. Oysters in the shell. Pudge Pie. Sliced garlic sausage. S'mores.

*Staff notes:* We were looking for a store name, here. But thanks everyone, for suggesting "hot dog." We'll try that sometime.

## BEST PLACE TO ASSEMBLE A CHEESE PLATE

1. QUALITY FOODS
2. SAVE-ON-FOODS
3. CHOPPING BLOCK

## BEST PRODUCE

1. FARMERS MARKET
2. QUALITY FOODS / SAVE-ON-FOODS
3. CHOPPING BLOCK AND HATCH A BIRD FARMS

*Best answers:* Corn. Kale. Lettuce. Zucchini.

## BEST SERVER

1. JODIE - ALCHEMIST
2. LEANNE WALDORF - SHINGLEMILL / HEIDI BASTINE - STRIKERS
3. JACOB BRISTOW - BASE CAMP

*Staff notes:* Oi! Looking backwards, of course we should have had a separate category for "best barista." Jacob Bristow was a popular write-in choice here. Sadly, Jodie is leaving The Alchemist after five and a half years.



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#3 best local seafood dish



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## BEST LIVE PLANTS

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2. MOTHER NATURE
3. WILDWOOD NURSERY / BARB'S PLANT SALE

## BEST THING YOU'VE FOUND AT A GARAGE SALE

1. ANTIQUES
2. PAINTINGS
3. RECORDS

*Best answers:* A boat seat. A jarred skull. A server. A window from Modern. Antique barrel ice cream maker. Chickens. Cowboy coffee pot. Electric meat slicer. Heritage doors from Townsite. Original Viewfinder.

## BEST WORKOUT

1. COAST FITNESS
2. HIKING TRAILS
3. AVID

*Best answers:* Bar hopping. Farming. Future climbing gym. The one you don't show up for. Golfing in January. Roller derby. Sex.

## BEST YOGA FOR A SWEAT

1. COAST FITNESS
2. T-FIT/NOURISH
3. KEELY FANDRICK



## BEST YOGA FOR THE SPIRIT

1. T-FIT/NOURISH
2. COAST FITNESS
3. KEELY FANDRICK

*Staff notes:* The connection with individual instructors carried lots of loyalty here, no matter where they teach. Fans of Keely Fandrack won the day.

## BEST BOOZE

1. CAPONE'S
2. TOWNSITE BREWING
3. DUKE'S

*Best answers:* Any. Free.

## BEST GAS STATION

1. CHEVRON
2. SHELL
3. VANDERKEMP'S

## BEST USED STUFF

1. HEALTHCARE AUXILIARY
2. MCC
3. SWAP 'N' SHOP

*Best answers:* Mom swap

*Staff notes:* As anyone who's shopped local garage sales, Swap n' Shop, and local thrift stores knows, the trade in used goods in this region is fierce, to say the least. And why not? Buying used stuff is affordable, often-high quality, and more environmentally-sound than the greenest new product.

Above, staffers at Healthcare Auxiliary thrift store show off their new expanded digs. The store has been around since 1963.



## Wow, Powell River!

Thanks, readers, for voting Fruits & Roots Juice Bar your No. 1 vegetarian-friendly restaurant!



Try our blackberry-inspired creations in August!



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**Fruits & Roots**  
Juice Bar

fruitsandrootsjuicebar.ca ❖ 6812 Alberni ❖ (604) 485-2346 ❖ Inside Ecosystems on Marine

## BEST CONVENIENCE STORE

1. 7-11
2. PACIFIC POINT
3. TOWNSITE GROCERY

*Best answers:* My neighbours, the Edwards. Wiltshires (like, 30 years ago, where Magpie's is now).

*Staff notes:* The convenience store is the great unsung hero of the retail scene. Candy, cigarettes, milk, Lotto tickets, dish soap and much more. Again, here are three top choices that are as different from each other as Red Bull and Creamo.

## BEST LAWYER WHEN YOU'RE GUILTY

1. STACEY MCCAUSLAND
2. ROB VILLANI
3. JAMES GARRETT-REMPEL

*Best answers:* Glad I don't know. I'm always innocent. The truth.

*Staff notes:* Yay for home-grown lawyers! Rob Villani doesn't even do criminal law, so he thought it was interesting that he would place in this category. Stacey's win in this category is a vote of confidence for VIU, where she started her post-secondary education.

## BEST MASSAGE CLINIC

1. KOASTAL THERAPY
2. WESTVIEW MASSAGE
3. MALASPINA MASSAGE

## BEST FACIAL

1. BEYOND BLISS
2. IMAGE 1
3. NUESSENCE

*Best answer:* My ex-wife.

## BEST DENTIST

1. DR. SMILLIE
2. DR. VARMA
3. DR. MACHIN

*Best answer:* The one you avoid

## BEST JEWELLERY

1. PEOPLE'S
2. PAPERWORKS
3. NITESTAR GALLERY

## BEST HAIR GURU

1. STEPHANIE CONTE  
- AFTERGLOW
2. ANNE ROBERTS - IMAGE 1
3. HOLLY BARNES - AFTERGLOW  
/ SHANNON STEVENS - IMAGE 1

## BEST TATTOOS

1. MARK PICKERING - PR TATTOO
2. TYLER PULKRABEK  
- PR TATTOO
3. SKYE MORRISON

*Best answers:* Those unseen. Mine.

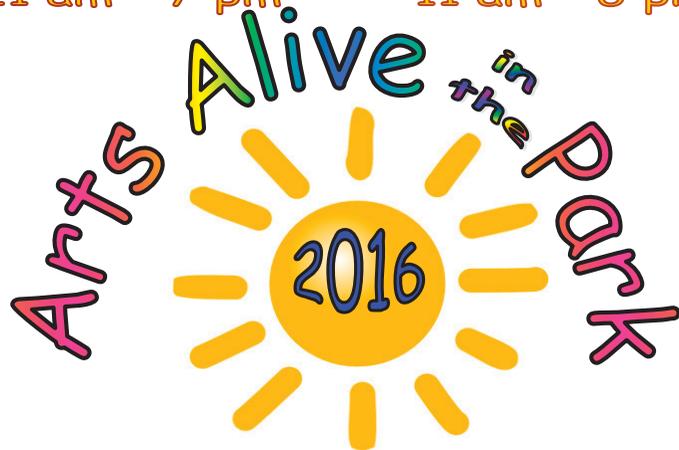
## BEST LOCAL WEED

1. TEXADA TIMEWARP
2. TEXADA GOLD
3. BLACKBERRIES/DANDELIONS

*Best answers:* Yay weed! Do you think I'd bust my guy?

Saturday August 20  
11 am - 7 pm

Sunday August 21  
11 am - 6 pm



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Thanks for voting Pollen Sweaters as the second-best souvenir.

We think placing second only to beer is pretty darn good!

May we suggest doing both?



AS CHOSEN BY THE READERS OF POWELL RIVER LIVING AND POWELL RIVER POST



**LOG YOGA:** Melissa Fuller, Patti Kawolski, Danica Work and Ashley Robertson take yoga to the next level on Powell Lake. Photo by Shawna Rahier

# Best of Bloopers

On the *Best of Powell River* ballots, we invited locals to write in their favourite spots for awards. Usually, it was a straight-forward task. And then, there were the bloopers. We like to think that these places really exist in a Powell River parallel universe somewhere.

Can you identify all of these in *our* universe?

- |                 |   |
|-----------------|---|
| Nancey's Bakery | Baseline  |
| Salty Bay       | Moet Bay (if only the playground featured Moet Champagne) |
| Omox            | Alchemust   |
| Caleidoscop     | La Casita   |
| JP Bourasia     | Loughing Oyster   |
| Oakover         | La Fiesta   |
| Oystr           | Ocean Gardens   |
| Zaika           | The Amethyst  |
| Coasta          | Royal Zaytak  |
| Beach fatdens   | Chopper block   |
| Roots & Shoots  | Ecoessentials   |
| Skeeter havks   | Hondle's  |
| Papporazzi      | Starry Night  |
| Poparazzi       | Toghun  |
| Rckty           |   |

## Not a winner?

Are you concerned that your business didn't win a Best of Powell River award yet? Next year's contest will be here soon enough. In other jurisdictions with similar contests, businesses take control in a number of ways. Here's how:

1. Get more people through your doors this year: This is a desire for any business, and the number one predictor of who will

win a category.

2. Ask your regular customers and fans to fill out a form on paper or online.

3. Promote the contest through your Facebook page with a link-through to the 'Best of' form.

Why? Everybody wins when Powell River promotes itself. **PR**

Thank you, Powell River, for voting Capone's Cellar



# #1 Best place to buy booze

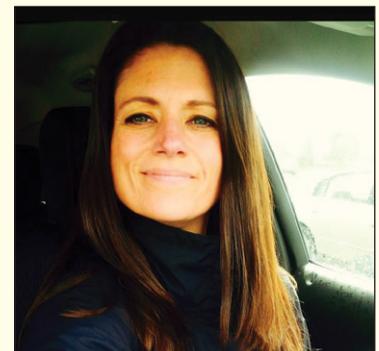
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Help us celebrate our wins! Our **Caesar Sunday Appy Drink** won a "best cocktail" award. **Leanne Waldorf** won second place for "Best Server" of Powell River!

**Come find out why we placed in the top 3 for:**

- Best patio
- Best restaurant for romance
- Best cocktail
- Best server

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Thank you  
for voting  
River City

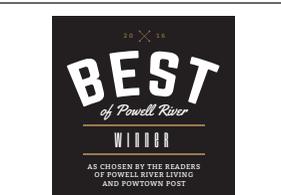
## #1 Best coffee scene!

#2 Best vegetarian-  
friendly restaurant

#2 Best kid-friendly  
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### BLACKBERRY COFFEE CAKE

- 1 kg blackberries
- 4 Tbsp icing sugar
- 1 tsp cinnamon
- (Gently toss to coat berries with sugar/cinnamon mixture)
- 2 cups flour
- 1 tsp baking powder
- 1.5 tsp baking soda
- ¾ cup soft butter
- 1 ½ cup sugar
- 3 eggs
- 1 ½ cup sour cream
- 1 tsp vanilla
- 1 small lemon rind & juice

*For topping*

- 3 Tbsp coarse sugar (I use sugar in the raw)
- 1 tsp cinnamon

Sift together flour, baking powder & soda, set aside  
In a separate bowl, cream butter and sugar  
Add eggs one at the time and beat well  
Add sour cream, vanilla, lemon rind & juice and beat well  
Mix in flour mixture. If using blueberries you can mix them  
in, but other berries would bleed too much  
Pour half into a prepared pan (large rectangular) & top it  
with half the berry mixture  
Spread evenly; it's ok if it gets mixed up  
Pour second half of dough and top with berries  
Spread berries evenly, slightly pressing into dough  
Sprinkle with coarse sugar and cinnamon mix  
Bake 45 minutes to 1 hour, or until done. Do the toothpick  
test and check the bottom if using a glass dish. Cool on wire  
rack. Serve at room temperature. Cold is pretty good too.



**TASTE FULL**  
BY MARIKA VARRO | convenientchef.pr@gmail.com

# Blackberry Abundance

## Nothing says "summer!" in Powell River like freshly picked, sweet and succulent blackberries!

We have an abundance of these delicious berries and each year we look forward to celebrating the season with the Blackberry Festival street party on Marine Avenue, where one can find blackberries incorporated into many delicious savoury or sweet dishes as well as cocktails.

We have three varieties of blackberries in British Columbia: Himalayan, Trailing and Highbush.

They grow on thorny bushes called brambles, and are technically not just one fruit. Each blackberry has many drupelets that are arranged in a circular fashion, similar to a grape bunch. Blackberries belong to the same family as dewberries and raspberries.

They are high in vitamins C, A, E, K and B, minerals like copper, manganese, magnesium, potassium, pantothenic acid, pyridoxine, riboflavin, niacin and folic acid.

Their dark colour is a sign of their high antioxidants

which protect against aging, inflammation, cancer and other neurological diseases.

Blackberries have a sweet, tart flavour that is very satisfying. They can be enjoyed by themselves (only 62 calories per cup), they can be added to salads or smoothies, or they can be a topping for yogurt. Use them in desserts and savoury sauces. Make them into jellies, jams and wine.

Blackberries will keep for several months in the freezer; just rinse and drain them off and store them in a Ziploc bag.

The plant is extensively used by First Nations people. Young, edible shoots are harvested in the spring, peeled and used in salads.

The root-bark and the leaves are astringent, useful for treating diarrhoea, and for soothing sore throats, mouth ulcers and gum inflammations. Traditionally, using the blackberry fruit and root bark in honey, medicinal cough syrup was made.

We must share these delicious berries with our local bears (See Page 16 for more). What do you get when you eat blackberries? Bluetooth! 



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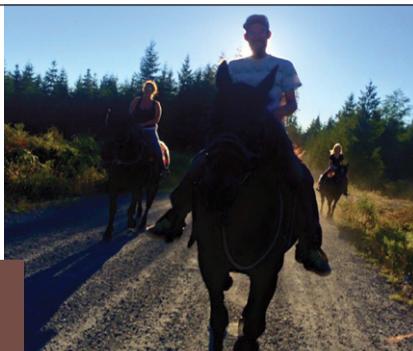
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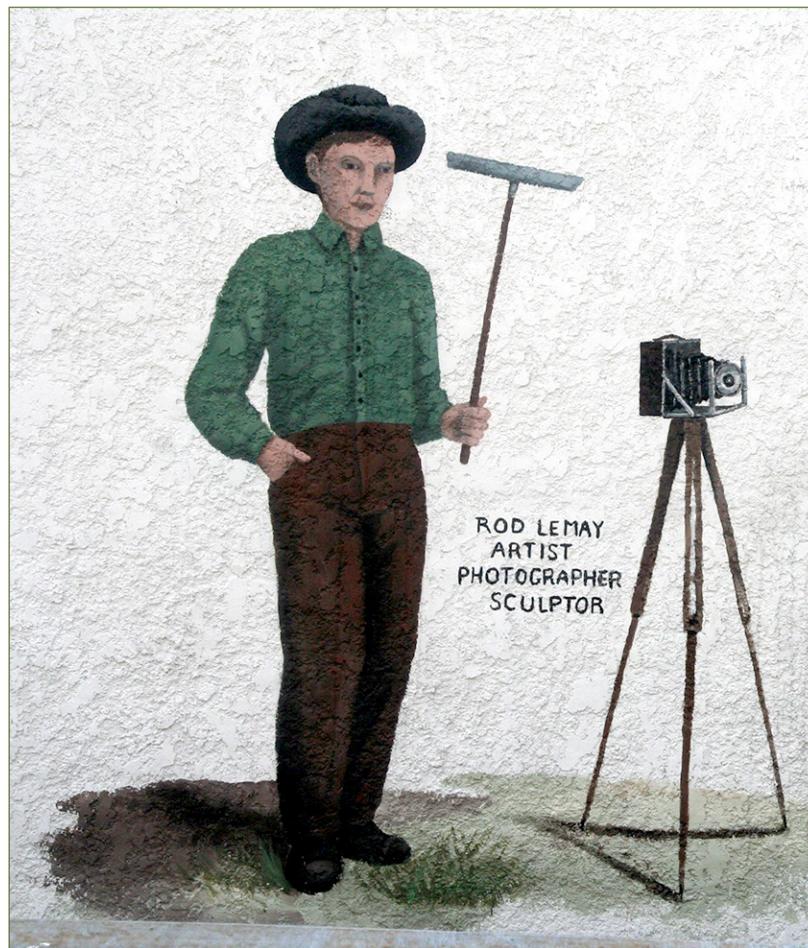
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# MURALS ON MARINE



Rod LeMay is one of Powell River's most famous photographers. Although his life here was short (he arrived in Powell River in 1907 and died in 1949) the legacy of his photographs play an important role in preserving Powell River's early history. The master photographer, who was also a sculptor, worked in a logging camp during the early days.

The first image in the Powell River Historical Museum and Archives collection is that of the Michigan Puget Sound logging train in 1907. When construction of the mill began in 1910, LeMay documented both the mill's growth and that of the Townsite around it.

His images reflect the community and its people as well as the tragic forest fire that wiped out a major village for Sliammon First Nations in 1918. LeMay stopped taking photographs and sold his studio to Maud Lane in 1922.

This painting of Rod LeMay is one of four in a portrait collection by artists Janet Blair, Whitney LaFortune, Roberta Pearson and Caroline Jobe. It was painted in 2001. [RL](#)

## Could you be 1 of the 10?

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Kitty Clemens  
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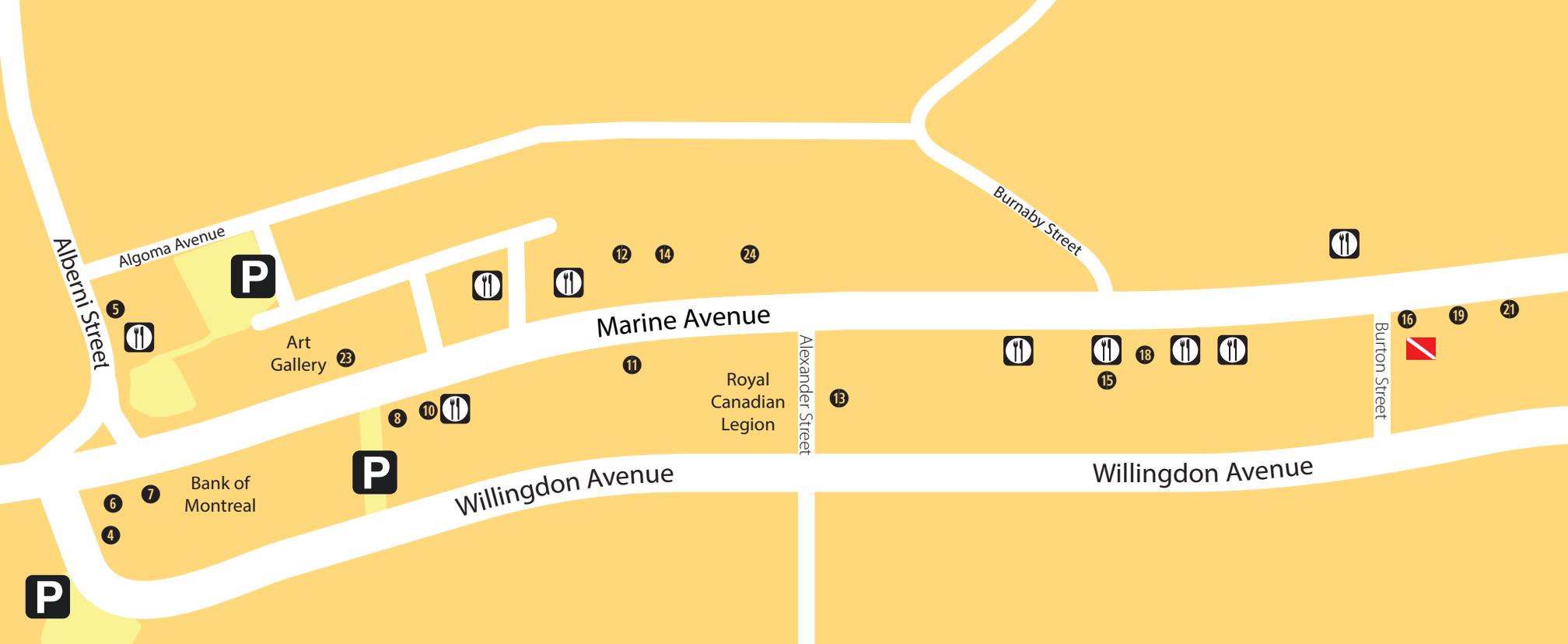
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### Visiting?

The businesses and organizations who are part of the Chamber of Commerce are the very best providers of goods and services available in the Powell River Region. Check out the directory on our website, and know you can count on the high quality of their products and services.

### Staying?

The Powell River Chamber of Commerce office can assist you whether you are moving, relocating your business, looking to buy a local business or are trying to start a new business.

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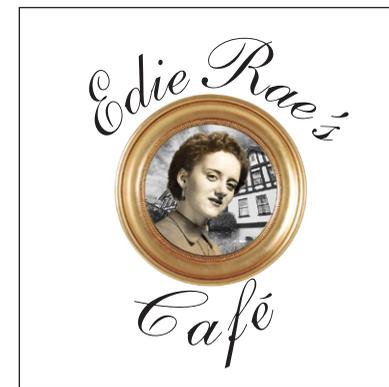
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**P**owell River Townsite is a unique coastal community of British Columbia, Canada that was designated as a National Historic District of Canada in 1995, one of only seven in Canada and the only one in western Canada.

Historically, our community was pre-planned with principles generated from progressive philosophical movements arising as a result of the excesses of industrialization in the late 19th century.

The Garden City and Arts and Crafts Movements influenced Powell River's planners of 1910 in regard to the location and architectural style of our homes, parks, green belts, commercial buildings and recreation facilities.

The prime mover behind the town's development was the Powell River Company, which was responsible for pre-planning, constructing and providing for most of the community's needs.

*Don't miss this gem of a neighbourhood!*

*Make Townsite part of your Coastal vacation.*

## WHAT'S UP

### Funny signs on three continents

In last month's issue, Sean Percy's "Last Word" column about signs invited our readers to share some of their favourite signs, and you didn't disappoint.

Stan Glen told us that the article took him down memory lane and he shared a few pictures with us, including one taken in Lima, Peru, of the local urologist's office. The image is small and a bit grainy, but the words are legible enough. The physician's name is Dr. Igo. You can't make up this stuff. Stan said he collected those kinds of names because he used to have a dentist called Dr. Lovely. But he prefers the dentist who is Powell River Living's landlord, the aptly named Dr. Smillie. He also shared images he took in China, where translation clearly went a bit awry.

But you don't have to go halfway around the world to find funny signs. Milda spotted this one at the Lund Hotel and sent us a photo of it.



### Announcer wins provincial award

Alex Rawnsley has been named co-BC Hockey League Broadcaster of the Year with Dan Marshall. Rawnsley says Dan, who is the voice of the Nanaimo Clippers, sets the gold standard in the BCHL and to be on par with him on this occasion is wonderful. "To be recognized by my peers for my work with Powell River Kings is a huge honour," says Alex.

Last season marked Alex's last with the Powell River Kings as he's now managing the website sportscasterlife.com among other things.

### Resident attraction campaign deemed most attractive

Powell River's Resident Attraction Campaign has brought home honours from the provincial economic development organization.

Scott Randolph, Manager of Economic Development for the City of Powell River, said at the BC Economic Summit

the BC Economic Development Association announced that the Powell River Resident Attraction Campaign had won the award for marketing innovation for a community of 20,000 population or less. That was out of a pool of about 15 nominees in that category.

"It was a real honour to have the campaign recognized and the work of our team recognized," Scott said. "Whenever I speak about the resident attraction campaign, I always take great pride in highlighting that it was developed and built using local talent."

### Why she paints

Carmen's Art will be on display at Magpie's Diner from mid-August until the end of October.

Although artist Carmen Gehring has had several showings on Vancouver Island before moving here last year, this will be her first Powell River showing.

Carmen's work features original oil paintings. She says her paintings take as their subject matter the people she meets and the places she lives or visits.

She says her art is born from an early desire to communicate her inner musings.

"I paint portraits because every human is a bitter sweet work in progress. I paint landscapes because nature's drama teaches and entertains without end. I paint still life because it's fun to give rise to a mood, a message, a mystery. I paint flowers because their sacred song heals my soul."

### Two VIU Instructors lend knowledge to Energy East Process

Pipelines are top-of-news in Canada this year - and two local Vancouver Island University professors are right in the middle of the fray.

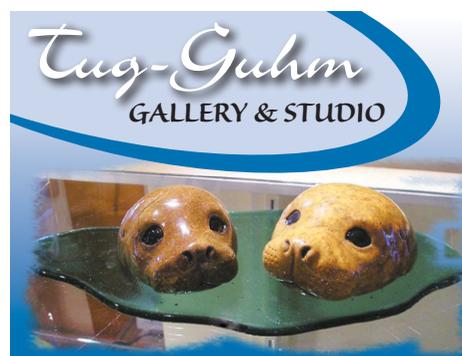
In part, that's because the Federal Court of Appeal struck down Northern Gateway's permit to build a bitumen pipeline through northern BC in July - for reasons related to First Nations rights. That's where Dr. Michael Thoms and Dr. Kelly Chapman (who are both teaching

at VIU Powell River this fall) come in.

"The ruling rewrites the book on the Crown's duty to consult with First Nations," explains Dr. Michael Thoms. "This ruling is timely as Dr. Kelly Chapman and I are independently reviewing Energy East's proposal to pipe bitumen through Red Rock First Nation's traditional lands on the northern shore of Lake Superior. I'll be teaching the Court's ruling and its implications in my course 'Introduction to Canadian Law' (CRIM 135) at VIU."

Dr. Chapman has a PhD in environmental management and is examining the project's environmental impacts. She will be teaching Environmental Geography (GEO 101) in September at VIU and will bring her field experiences to the classroom.

Thoms will also assess how the Energy East pipeline contributes to cumulative social effects on the First Nation. "The First Nation reports cultural trauma," says Thoms who also teaches the many practical roles for Canadian sociologists in his courses SOCI 111/112. [PRL](#)



### Thanks for voting Tug-Guhm one of Powell River's best galleries

Why did people vote for Tug-Guhm? Come find out! See a carefully curated collection of some of the West Coast's best artists, and watch owner Debra Bevaart work on one of her sculptures!



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# Stillwater Bluffs

## A fine balance

BY ANDY DURIE

**T**he Stillwater Bluffs are well known as a fantastic area to hike, swim, rock climb, snorkel, or simply gaze! This 118 acre area located south of Powell River has been enjoyed by locals and tourists for decades.

The number of visitors is steadily increasing in part because the area is highlighted on several recreation maps as well as in numerous magazines and publications that detail the unique flora and fauna, and the network of trails and granite bluffs that make the Bluffs such a worthwhile destination.

Less known is that the Bluffs are currently owned privately by Island Timberlands, a harvest company with a history of being tolerant of visitors accessing their lands for recreational purposes.

The Bluffs are accessible by water (nearest launch - Frolander Bay) or by two different roads. The most popular road access is via Stillwater School Road. Visitors can park at the intersection of Loubert and Stillwater School Road ideally well away from local residences but then must walk across the neighbours' private property to reach the Bluffs.

A history of tolerance for pedestrian access to the Bluffs exists only because of mutual respect and good relationships.

The second road access via Hollingsworth Road also required travel over neighbours' land until the trail was recently rerouted. [PRL](#)



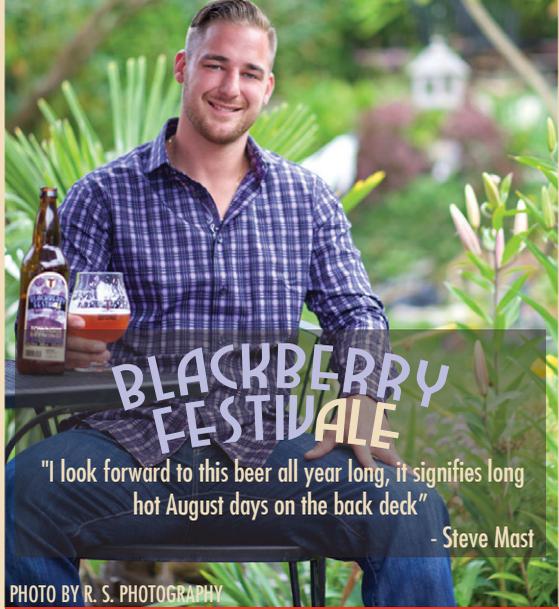


## Respect and relationships

With a rising numbers of visitors it is more important than ever we all respect the natural beauty of the area and the private owners described in this article. When visiting the Stillwater Bluffs consider:

- Parking in a way that does not impede local residents
- Keeping noise to a minimum day and night
- Staying on existing trails
- Minimizing impact; pack out what you pack in
- Keeping dogs on a leash
- Educating children to respect the unique environment and local residents

*Photos by Jason Addy and TJ Watts*

**BLACKBERRY FESTIVALE**

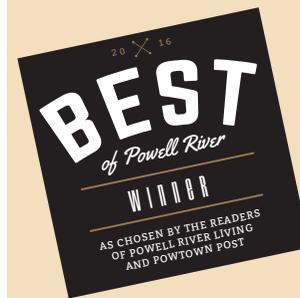
"I look forward to this beer all year long, it signifies long hot August days on the back deck"

- Steve Mast

PHOTO BY R. S. PHOTOGRAPHY

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BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

**“I feel like I’m in heaven,” says Charbel Abboud Azrak, breathing deeply as he looks around at his wife, children, parents, and mother-in-law. “We’re safe.”**

Charbel and his family are sitting in the yard of their Townsite home, thousands of kilometers away from Aleppo, Syria. Far away from their old home where bombings and killings are now a daily occurrence as the Syrian civil war continues.

Charbel and his wife Kinda Shikh Abboud, and their two sons, Abboud, 9 and Charbel, 6 arrived in Powell River on June 23 with Charbel’s parents, Aboud Kamel Azrak and Mouna Kwefati and Kinda’s mother, Sonia Krikorian. The family is sponsored by Welcome Refugees Powell River, a group of volunteers sponsored by the Baptist and Evangel Pentecostal Churches.

Charbel and his family had lived in Aleppo for generations. They were born there and expected to live there forever. Charbel had a restaurant and a small factory in Aleppo where he made hummus and falafel.

But that all changed when civil broke out in 2012. His factory was robbed and his employee was kidnapped. The cars that transported his goods were stolen.

“The fighting between the rebels and the govern-

ment was getting closer and closer until it was just a five minute walk from our home,” said Charbel through interpreter Mary Gatt.

“People were getting killed in the crossfire and there were many explosions. Two in our neighbourhood, one just 100 metres from our house.”

One day, Abboud and Charbel’s school was bombed. Luckily, the school was closed that day.

He never knew when another bomb would go off. Charbel was worried about his family’s safety so they decided to leave.

“Leaving was hard,” said Kinda, who had to dress up as a Muslim woman with a scarf covering her head while her husband dressed as a poor Muslim man. Because Charbel and his family are Christians and Isis controlled the way out of Aleppo, it was important that they appear as Muslims.

“The children were terrified going through the checkpoints,” said Kinda explaining that Christians are targets.

Charbel, Kinda and their children left Aleppo on April 8, 2013 for Tartus, a safe city on the Syrian coast. About, Mouna and Sonia stayed and experienced more bombings, days and days without electricity and no running water until Aboud’s home was bombed and they too left.

“There were many people leaving Aleppo,” said Charbel.

The family left Tartus for Amman, Jordan and Charbel went to work. But Amman was crowded with Syrian refugees like Charbel and his family and the cost of living was going up, jobs were scarce and there was no help from the government.

There was no future for us there, said Charbel. So

**“We are so lucky to be here but there are so many more people who need help.”**

**- Charbel Abboud Azrak**

After a warm Powell River welcome

# Syrian family

they applied to come to Canada through a church in the neighbourhood where they were staying.

“Our friend said this church will help people immigrate through the United Nations. We got lucky and found a sponsor,” said Charbel.

Their sponsor, Westview Baptist Church and Evangel Pentecostal Church, jointly sponsored the family. “Not everyone gets a sponsor,” he noted.

Medical examinations, and interviews followed. Eight months later, after 47 hours of travel on planes and ferry, the family arrived in Powell River to a warm welcome.

But now, sitting in their yard on this warm summer day, they are overcome with gratitude.

“When we knew we were coming to Canada we started reading about it. We knew it was safe, democratic and people had freedom. We didn’t have that back in Syria,” said Kinda.

The whole family thanks everyone who has helped them get to Powell River and especially the churches that sponsored them. “We are very touched by the kindness of the people and how we were greeted when we arrived,” said Kinda.

The two boys have already attended a soccer camp and everyone is taking English lessons. They’ve also attended several events and are making new friends.

“We are lucky,” says Charbel. “Lucky that we are together.”

But he knows that is not the case for everyone. Kinda still has a sister and two nephews back in Syria. They hope that they are safe and will be able to leave.

“We are very thankful that God was with us the whole journey. We are so lucky to be here but there are so many more people who need help.”



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## When images of toddler Alan Kurdi's drowned body circulated in the media last year, Canadians were finally moved to respond.

That's when Prime Minister Justin Trudeau pledged to welcome 25,000 Syrian refugees, and fast-track their entry.

Many Powell River residents wanted to help, including Kate Sample. "Last fall, I had tea at Liz Brach's house with a group of amazing women," said Kat. It was here that Hands Across the Water, a group with the goal to resettle a refugee family, was formed.

There were many hurdles to overcome, but less than a year later, the second Syrian family arrived.

"Group members watched their dream become a reality as the Dayekh family emerged from the Pacific Coastal flight," said Liz Brach, chair of Hands Across the Water.

Within days of welcoming the Azrak family (see left), Powell River opened its arms and embraced a second family of Syrian refugees.

The Dayekh family arrived on Saturday, June 26. Gaby and Rania along with their four children, Rezq, 21; Daniel, 18; Noella, 10 and Elia, 4, were sponsored by Hands Across the Water, a local group that worked with Assumption Parish and the Roman Catholic Archdiocese of Vancouver's Refugee and Social Justice organization.

"The compassion of so many people in Powell River, from individuals who wrote cheques, to those who helped in fundraising and to all the businesses who contributed... It was overwhelming!" said Liz.

The Dayekh family lived in Aleppo where Gaby worked as a lathe mechanic. After the civil war broke out in 2012, Gaby and his family escaped to Amman, Jordan where he was able to find small jobs. As his oldest son Rezq explained, wages are very low in Jordan and it is difficult to support a family unless you have your own business.

There, Rezq studied electronics engineering at university and the other chil-

dren went to school. But the family wanted to leave and so they applied to come to Canada.

"We found out in May (of this year) that we had been accepted," said Rezq who, like his brother Daniel, speaks excellent English. His parents understand English and can speak it but they sometimes struggle finding the right words to express themselves.

Leaving Aleppo was hard for everyone, said Gaby, who is fluent in Italian and French. They had to do so quickly when the civil war broke out because Rezq was 17 at the time. In Syria, men are conscripted into the army at age 18 for three years of mandatory military service.

"I would have been gone," said Rezq.

When asked if they are homesick, Gaby nodded. "Yes we are sometimes but leaving was something we had to do." The move means Gaby will likely never see his siblings together again as they are now scattered all over the world. He has one sister in Holland, one sister in Jordan, one sister in Spain, one sister in Australia and two brothers in Vancouver.

"You lose all your life," said Gaby. "I lost 50 years in Aleppo. I left it all behind."

But the family is grateful and happy that they are in Powell River. "The people are so kind and lovely," said Gaby. "We like it here and we are safe."

Gaby knows his children have a better future here in Canada and they are thankful for everything that has been done for them by so many people to get them here and for the help they continue to receive.

And they are adjusting to their new life. Rezq has a summer job at LaFarge Quarry on Texada Island and has been practicing with Powell River Villa soccer club.

Daniel has a summer job at Quality Foods.

Gaby and Rania are taking English lessons and Rania takes the children to Family Place, for play dates with the other Syrian family and they are meeting new people every day.

Daniel and Noella will go to school in September and Rezq hopes to go to Simon Fraser University to continue his studies. 

# Families settle in

## Leaving Aleppo



Aleppo is the largest city in Syria and the country's industrial and financial centre.

In July 2012, the city of over 2 million people became a key battleground in the Syrian civil war, which started elsewhere in 2011. Rebel fighters launched an offensive to oust government forces and gain control over Northern Syria.

Some of the civil war's most devastating bombing and worst fighting have taken place in Aleppo, often in residential areas with many major historic buildings bombed,

burnt and ruined. Factories in Aleppo have been ransacked and their goods stolen.

International humanitarian organizations estimate that 13,500 have been killed and 23,000 injured so far. Of those, 1,500 children under the age of five have been killed.

Currently, there are 4.9 million Syrian refugees.

Today Aleppo remains divided. Opposition forces control mainly the east and the government controls the west.

*Photo by Charbel Abboud Azrak*

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For a decade now, a large chunk of forested land behind Powell River has been managed by and for the community. So far, it has put more than \$6 million into local projects. How did this come about? Where does that money come from? Will it keep coming? What impact is it having on that forest and our water? Read on to look back - and look ahead.



# 10 YEARS of Community Forest



**FROM THIS, TO THIS:** Turning logs into sports facilities is what the Powell River Community Forest is best known for (to wit, the sports rink at the Powell River Christian School, the famous bike park at the Recreation Complex and the Timberland track). But the company has also turned logging profits into renovations for the Youth Resource Centre, renovations at the Academy of Music and to Townsite Heritage's Henderson House, a community garden project at the Brain Injury Society, and many more. They're accepting applications now for more community projects. *Photos by Anji Smith*

## How did Powell River get a community forest?

Perhaps it's not surprising that the conversation that launched the Community Forest began at a hockey game.

The billboards and banner advertisements that ring the Hap Parker arena are peppered with sponsorships from forest companies. David Gabelhouse, then a new City councillor, was sitting near one of those advertisements when Vern "Butch" Kinley approached him. They knew each other from a shared love of the game.

"He told me that the best thing I could do for Powell River would be to get a community forest," remembers Gabelhouse. "I didn't know anything about a community forest."

Kinley's pitch was simple: It could contribute \$1 million a year to the city coffers. (It hit that mark in 2013 and has been over a million ever since.) Kinley knew the industry. He had owned a sawmill and also worked as a timber cruiser and organized bids for logging.



**DAVID GABELOUSE:**  
The City Councillor behind the Community Forest

"I don't know anything about forestry, but if you're willing to help me, I'll try," Gabelhouse told him.

It took more than six years, by which time Gabelhouse had completed two terms on Council and left politics, before the agreements handing control of 7,100 hectares of forest land to the people of Powell

River, was signed by the Minister of Forests.

Today, Gabelhouse says the work he did in getting the community forest in place is far and away the most important thing he worked on during his two terms on City council. (The seawalk is a distant second.)

He says all the meetings surrounding the project were upbeat and positive. "It felt like we were doing a good thing," he said.

"The community forest will continue to contribute to Powell River's infrastructure for a long, long time."

Like most hockey players, he's quick to deflect the glory from his individual effort, and points to the work done by his teammates.

Working with forest experts such as Kinley, Ron Fuller and Rod Tisdale on the City-appointed board created to quarterback the application to the government for the forest tenure gave him confidence that it would be done right.

And it had to be done right, because the land they were looking at was smack dab in the middle of a couple of Powell River's most important watersheds, including the one feeding the municipal water supply.

But Gabelhouse said he never had any concerns about the watershed, because early on they established watershed agreements and forest practices that would protect the water.

"Sadly, the history of the industry is that it destroyed some fish runs. But our whole concept was to do it right."

The project also found an ally in Greg Hephill, then the district manager for the Forest

Service. He has since retired from the ministry and serves as the president of the Powell River Community Forest Ltd.'s nine-member board of directors.

"It would probably never have happened without Greg," says Gabelhouse. "He was very supportive in the right places, helping us navigate." (Not surprisingly, Hemphill says the same thing about Gabelhouse.)

The timing was also right. The provincial



**ON THE LAKE:** The Community Forest helped replace the boat launch dock at the Shinglemill.

government had run a few pilots and was ready to reallocate tenures, taking timber away from some of the large corporations that had held it in Tree Farm Licenses and, in Powell River's case, Timber Supply Areas.

But the timing also proved challenging in other ways. Council was concerned that the

venture was happening during a down point in the forest sector economy.

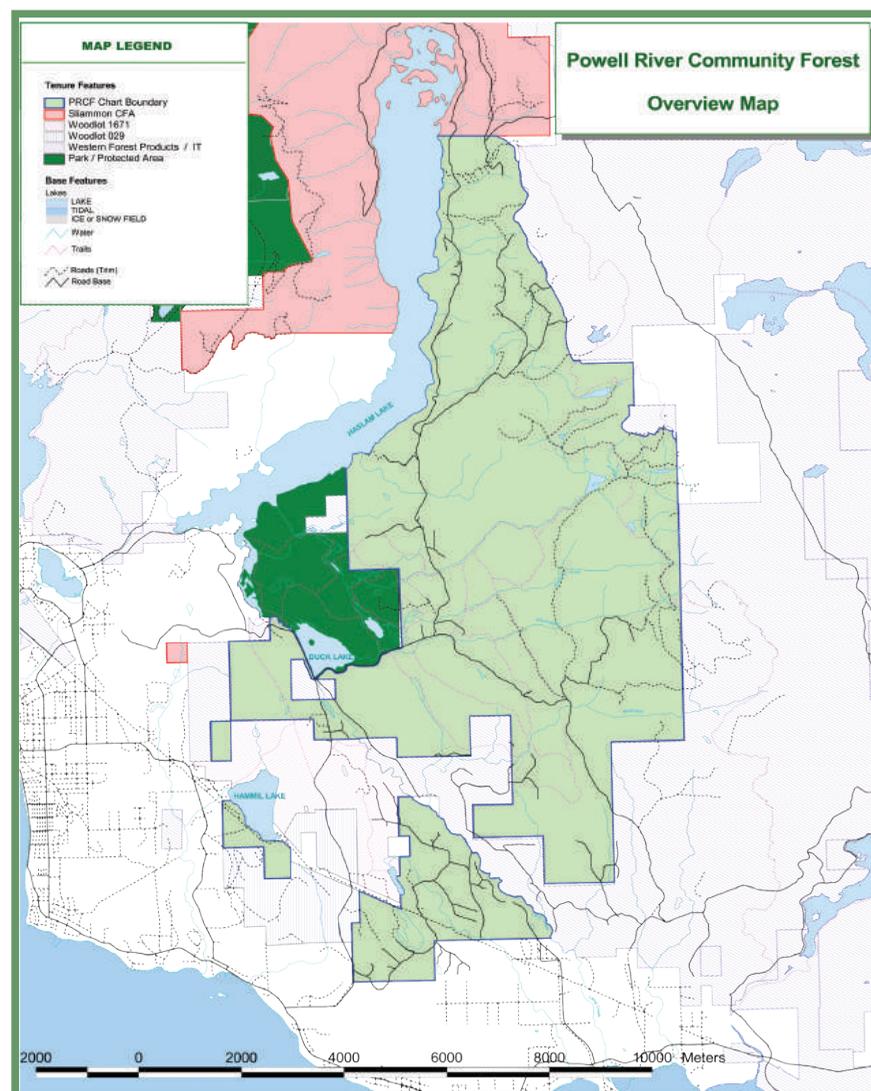
In August of 2006, the license was issued, and Powell River Community Forest Ltd was ready to roll. The following year, the company paid off the loan and returned a dividend to the city fund set up to hold the forest money for special projects.

The founders were adamant that the money not go into the city's general revenue. For one, it was supposed to benefit the entire community, not just the taxpayers inside the city limits. And they also worried that "stuff wouldn't happen if you tried to get it out of general taxation. It was designed to keep it out of Council's hands, and I totally accepted that," said Gabelhouse. Even though he was a councillor at the time? "Governments are famous for spoiling opportunities by dumping funds into general revenue. The community forest is a special gift from the province to the people of Powell River - not just to City Council."

But it's more than just a gift - because Powell Riverites manage the forest (Chris Laing and his company Results Based Forest Management does forest management), work in the forest (local companies are hired to build roads, fall and haul timber, plant trees and so forth) and decide how the money is spent (Council and the board cooperatively determine which grant applications are approved.)

"Powell River as a community can and should feel proud of the community forest. They have a special relationship with that forest."

**WHERE'S GREG?:** Dwarfed by first trees planted in 2008 by the Community Forest, Greg Hephill, president of the board of directors of Powell River Community Forest Ltd, inspects a stand of Douglas-firs that he hopes will be harvested by the next generation.





### What is a community forest, anyway?

It is a forest tenure held by a community. It allows harvest of timber on provincial forest land.

### Who owns Powell River's community forest?

Technically, Powell River Community Forest Ltd holds the Community Forest Agreement, and the City is the sole shareholder of Powell River Community Forest Ltd. But in principle, the City holds it in trust for the entire Powell River area community. So in short, you do.

### Where is our community forest?

Our community forest covers 7,100 hectares of forest area, around East Lake, Duck Lake and the east shore of Haslam Lake. It's the light green stuff in the map at left.

### Wait a minute - that's our watershed!

Yes, the Community Forest logs in the City of Powell River's watershed, and around the Lang Creek watershed, too. The Community Forest and other licensees with operations in the community watershed completed a new Community Watershed Assessment Procedure last year. The Community Forest also funds the Powell River Salmon Society to do water quality sampling in the watersheds.

### How much wood can be logged?

The annual allowable cut (AAC) for the Powell River Community Forest is set at 25,000 cubic metres. Following a recent timber supply analysis that showed the forest is

healthy and can sustain more harvest, an application has been made to the provincial government to increase the AAC.

### Who does the logging?

Powell River Community Forest Ltd is a for-profit independent forest company set up by the City of Powell River. It holds the tenure on behalf of the entire community, and is managed by a nine-person volunteer board. The board hired local forester Chris Laing of Results Based Forest Management to provide forest management. Actual logging operations are done by a variety of local companies hired by the Community Forest.

### Who sells the logs?

Because the Community Forest is a relatively small operation, it uses a log broker to sell the wood, combining it with wood from other harvesters to make it saleable. Where possible, wood is also made available to small local companies, such as Lois Lumber, for manufacturing.

### Where does the money go?

Profits from the forestry business are returned directly to the community in the form of grants for community projects. Under bylaw, the City established the Community Forest Reserve Fund to receive the annual dividend deposit. According to that by-

law, "Monies received will be used for special community projects which will benefit the community as a whole. Before deciding on the use of fund, the City will seek input from Powell River Community Forest Ltd."

Grant applications are received by the community forest board and the City and reviewed on an ongoing basis.

So far, 63 grants have been approved by the city for projects ranging from acquiring and protecting the Millennium Park trees, to invest in UV water treatment at the rec complex to reduce the amount of chlorine the pool uses.

### How much money are we talking about?

In 2006, the City gave a two-year, \$200,000 start-up loan. In 2007 the Community Forest paid off the loan and also returned a dividend to the city of \$59,701. Including that, the Community Forest has deposited \$6,566,225 to the fund. See the sidebar. While the forest remains sustainable, and the Community Forest will log the same amount this year as last year, how much money it produces is dependent on log markets, which can fluctuate widely, but are currently holding strong, meaning the 2016 dividend is likely to be larger than past years.

## Your forest at work

Dividends paid to the City of Powell River's Community Forest Reserve Fund:

2007	\$59,701
	(+ paid off loan)
2008	\$514,951
2009	\$404,691
2010	\$501,947
2011	\$659,554
2012	\$539,950
2013	\$1,213,457
2014	\$1,364,055
2015	\$1,307,919

total deposits  
to date - \$6,566,225

# What grant money does

“It made me feel proud.”

As an employee of Powell River Child, Youth and Family Services Society, Erin Bradley has seen a handful of Community Forest grants help out projects, such as renovations to their Oceanview meeting rooms and the Youth Resource Centre. But when a Community Forest grant helped establish the library at their new headquarters, it tugged at her heart.

“I don’t own a Kindle,” says Bradley, who, among other job descriptions, holds the title of librarian at PRCYFSS. “I love holding a book. And when I see a four-year-old engrossed in a book instead of a video game, it makes me proud of what our Community Forest has done. I brag about it all the time.”

The library, stocked with kid-friendly furniture and books, and self-help books for parents, is a refuge and resource for parents, and wouldn’t have been completed without the Community Forest.

Powell River Community Forest Ltd accepts grant applications at any time. Visit [prcommunityforest.ca](http://prcommunityforest.ca) to see evaluation criteria.



## SUSTAINABILITY

# Will the forest last?

Powell River’s community forest provides millions of dollars for community projects – many that would probably never get off the ground if they were to come from the tax base. It’s easy to love the money that the forest brings.

But there’s much more at stake here than dollars and infrastructure.

“When it’s working right, our Community Forest should provide benefits that are financial, but also recreational, environmentally sustainable, economic and social,” says David Gabelhouse, who helped found the operation.

That’s where having control of the community forest in local hands is particularly beneficial. Not only do we have the most to gain from a functional, sustainable forest - we also have the most to lose if it gets messed up. Our

watershed, our hiking and biking trails, elk populations, and future financial benefits are on the line.

So the Powell River Community Forest Ltd., the company charged with managing the forest, spends a lot of time and money on ensuring that the forests will be here, and healthy, for generations to come.

Understanding the land and the forest - how many trees, how fast they’re growing and so forth, is critical to deciding how much logging can be sustained in the long term. In 2012, the Community Forest acquired light imaging, detection, and ranging (LIDAR) surveys of the forest. Aerial digital frame imagery was added in 2013. In 2014, a new vegetation resources inventory was produced, and that same year, updated Terrestrial Ecosys-

tem Mapping was completed. All this helps foresters better determine the characteristics of the existing growing stock and to refine the growth potential of future tree crops.

Based on that info, a 2015 timber supply analysis suggested that the forest could support an annual cut of 44,500 cubic metres per year. In other words, the science says the Community Forest could harvest more than half again the current annual allowable cut of 25,000 cubic metres and still have a sustainable forest.

Precautionary principles prompted the board to adjust those numbers down, and ask for a 35,000 cubic metre annual allowable cut. On July 7, that request, contained in the latest management plan, was approved by ministry.



# 'Surreal' summer

## Local soccer star plays for Canada

BY ISABELLE SOUTHCOTT | [isabelle@prliving.ca](mailto:isabelle@prliving.ca)

**F**ive months ago, Duncan McDonald's soccer career took a tremendous leap when he was chosen to play on Canada's national para soccer team. From July 29 to August 6, his team competes in the 2016 International Federation of CP Football qualification tournament in Vejen, Denmark.

The outcome of this eight-day tournament will determine whether Duncan - and Canada's para soccer team - will advance to compete in Argentina in 2017 at the World Championships.

"Being involved with a national team is quite surreal. I get to travel and play soccer in Europe and meet new people who are dedicated to playing soccer and training hard.

"It's just a great experience."

The 15-year-old is no stranger to working hard at sports. He grew up in a soccer family.

Father Barrie both coaches and plays soccer while brother Malcolm and sister Lynne also play. Duncan, who's played "the beautiful game" since age three, is also

**FIRST NATIONALS, THEN WORLDS:** Brooks student and mid-fielder Duncan McDonald is off to Denmark early this month to play on Canada's national para soccer team. This photo was shot at a Toronto training camp this spring.

### PARA SOCCER PRIMER

Canada's Para Soccer team is made up of athletes who have cerebral palsy or have had a stroke or brain injury and are classed C-5, C-6, C-7, and C-8. According to competition rules, the Cerebral Palsy team must field one class C-5 or C-6 player at all times.

Each team can only have a maximum of two class C-8 players on the field of play. The classification process is an important day for us as a group, but it will also be stressful for the athletes and the coaching staff, said Drew.

Because he is a new athlete in this program, he will have to undergo the classification process.

Athletes that are interested in Canada's Para Soccer Team should contact coach Drew Ferguson at [dferguson@soccercan.ca](mailto:dferguson@soccercan.ca).

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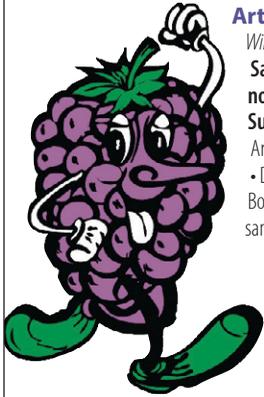
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Wednesday, August 17 • 1 pm & 3 pm  
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## Arts Alive in the Park

Willingdon Beach

**Saturday & Sunday, August 20 & 21,**  
noon to 7 pm Saturday and noon to 6  
Sunday

Artists • Musicians • Artisans • Writers & Poets  
• Demonstrations • Food Booths • Information  
Booths • Arts for Kids • Fun family games in the  
sand at the beach

## Blackberry Street Party

Friday, August 19 • 6 to 10:30 pm

Marine Avenue

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to the entertainment, enjoy the music, dance in the street, sample great food, enjoy  
the arts and crafts, and SHOP!

From 5:40 pm to 11:00 pm, buses will leave Town  
Centre Mall from the liquor store entrance every  
20 minutes to Marine/Alberni and then return via  
Marine/Duncan.

## Festival of Lights - Fireworks

Friday, August 21 • 10:10 pm

Willingdon Beach

Quality Foods presents the Festival of Lights, with  
fireworks simulcast to music on 95.7 Coast FM.

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## WATCH FOR RESULTS AUGUST 6

The 2016 IFCPF Qualification Tournament runs from July 29 to August 6, with Canada's three group matches being played over four days at the start of the competition.

Canada needs to finish first or second in their group to qualify for next year's 2017 IFCPF Intercontinental Cup.

"Most importantly, we need to finish first or second in our group to qualify for next year's Intercontinental Cup," said Drew Ferguson.

"Hopefully we can win the group and get a favourable cross over in the quarter finals." The final classification matches (including the gold medal match) take place on August 6.



on the Powell River Grizzlies rep team.

Duncan qualifies for the para team because he was diagnosed as an infant with left-sided spasticity which was caused from several strokes that likely occurred before he was born, said his mother Claire (see sidebar on Page 41 for more).

**Canada's para soccer team** is coached by Powell River's Drew "Fergie" Ferguson, a former member of the Canadian Men's National Team who began his training with Leeds United and played for the Vancouver Whitecaps.

When Drew took over as head coach of the para team in 2005, the team was ranked in the low 40s in international para soccer standings. Today they are

ranked tenth out of 70-odd countries. Duncan isn't the first Powell Riverite that Drew has recruited to the national team. Todd Phillips joined in 2005 and played for several years and Cam Kleimeer joined in 2009.

Being ranked in the top 10 is a coup for Drew.

"We are the highest world ranked team under the Canadian Soccer Association's umbrella of teams," and that is something that all Canadian soccer fans should be very proud of.

Back home in Powell River, Duncan has been training hard on his own. He's really excited about the opportunity to play high-level soccer while representing his country.

In his other life, the Grade 11 Brooks student is also attracting attention. He plays trombone in Take 5, a



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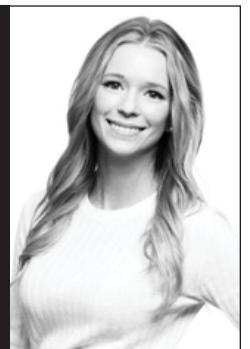
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youth jazz band that made the nationals last summer in Niagara, Ontario.

The band will play on Friday, August 19 at Blackberry Festival's street party.

But his soccer focus is strong. Earlier this year Duncan flew to Toronto where he attended two training camps. He plays mid-field most of the time although he sometimes plays defense.

He attended some of Fergie's soccer camps when he was younger. "Drew also came to some of our practices for the rep team and coached us."

Ages on Canada's para soccer team range from 15 to 50 something. Duncan is the youngest member on the team competing in Denmark. "You need to be 15 to compete in this event," Drew explained.

"We're a young team. We have two 17-year-olds and one 18-year-old," said Drew.

"Duncan will get some playing time and the experience of going to an international competition and seeing how things work. It's quite different than travelling with his team on a ferry and playing on the island."

Included in Canada's squad are the program's two most experienced players, Dustin Hodgson (58 international appearances) and Matthew Brown (48 appearances), and two-time Canadian Para Soccer Player of the Year, Liam Stanley.

Although Drew is the team's head coach, he also manages the team and the entire program. In 2007 the team won a bronze medal at the Pan Am games in Rio de Janeiro. 

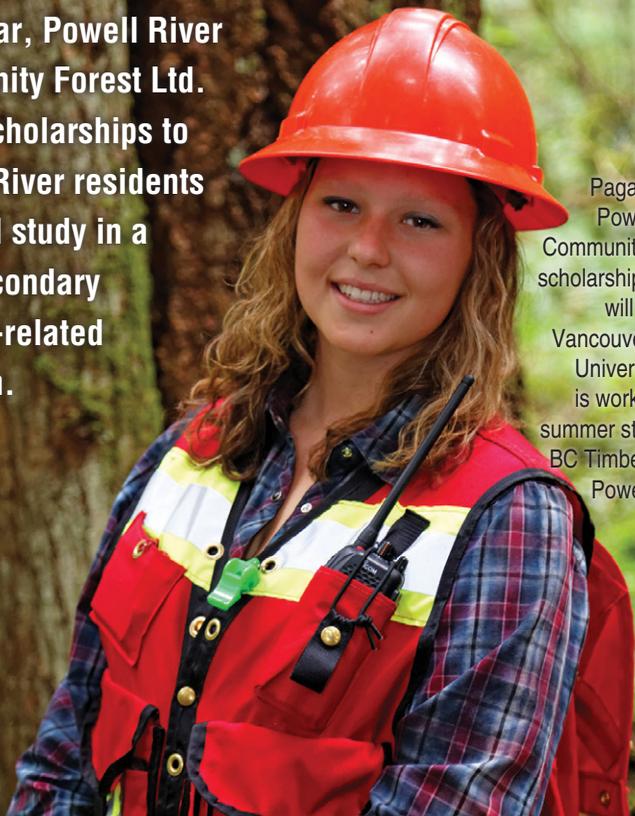
**TORONTO TRAINING:** Duncan McDonald gears up for his big tourney in Denmark this month at a training camp this past Spring.

### DID YOU KNOW?

Alan Frew, the lead singer for the Canadian band, Glass Tiger, had a stroke in August last year. Now in rehab to regain motion, he wants to help others avoid the same fate he did by opening people's eyes to possible warning signs.

"Alan trained with us in Toronto," said Drew. "I went to his house in July and Duncan was hanging out with him. Alan is a big fan of soccer in general, and is a massive Glasgow Rangers fan and has now become a fan and ambassador for our national program."

**Each year, Powell River Community Forest Ltd. offers scholarships to Powell River residents who will study in a post-secondary forestry-related program.**



Rosalea Pagani, 2016 Powell River Community Forest scholarship holder, will study at Vancouver Island University, and is working as a summer student at BC Timber Sales, Powell River.

Two scholarships of \$2,500 each are offered for people entering either a forestry-related trades training program or a graduate program. For more information, visit [prcommunityforest.ca](http://prcommunityforest.ca)



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# Think winter in summer



## A growing concern

BY JONATHAN VAN WILTENBURG | jonathan@edenhort.ca



It is funny to me when I have to start thinking about winter gardening right now in the middle of summer.

But now is the time to sow all the crops we can eat throughout the winter. It is a bit too late to sow some of the winter crops that take a while to mature (things like cabbage and Brussel sprouts), however you can still get away with planting some carrots, beets, peas, kales, chard, and spinach. Greens of course can also be sown.

Lettuces are great and they are easy, but the one draw back is they do not sur-

vive the winter frosts.

One of the best performers we had last year was a little heart shaped winter green called miners lettuce (*claytonia perfoliata*) as seen above. It was a welcome alternative to the kales and other leathery winter greens.

It makes a wonderful salad all on its own and was a major hit on the winter potluck circuit.

We sowed in a raised bed and it grew right into spring. It is easy to grow, and well worth giving up a bit of space for it in the winter garden. 



## Top priorities in the garden for August

**Irrigate.** With all this beautiful dry weather it is important to get the water down deep. Five or 10 minutes here and there won't cut it. Be sure to stick your finger in the soil and see how far the water has penetrated.

If you're interested in planting a winter garden you should plant out your beets, chard, and extra leeks now. It is too late to plant seeds for cabbage, broccoli, cauliflower, or Brussels sprouts. Take a trip out to one of the local nurseries and purchase starts that will mature in time for winter harvest.

Be on the look out for pests and disease. Aphids, cabbage white moths, powdery mildew, blackspot, and tomato blight are the main culprits. To control aphids, blast them with a strong stream of water. For cabbage white moth, remove by hand picking. If infestation persists, spray with BTK.

To keep those summer annuals beautiful, deadhead and prune them regularly. This should include your hanging baskets and pots, too.

Sow your colourful biennial ornamentals like poppies, foxgloves, English daisies, wall-flowers, and forget-me-not's for next year.

Don't forget to take a few photos of your garden this year for your records. It is always nice to look at them in the future and it's an excellent aid when you go to edit in the fall or spring.

Be aware of the fruit on your trees. Check for ripeness and pick as soon as possible to alleviate bear and human confrontations. If you are overrun with fruit, find someone in the neighbourhood to share your harvest. And if you planted potatoes feel free to sneak a few new potatoes for a meal.

**Harvest.** Harvest young and often and keep those plants producing.

Give some attention to your compost pile. Flipping it is always a good idea. If it is dry and crumbly and not breaking down quickly you may need to add some water. If it smells and is sopping wet you may need to cover it with a tarp and let it dry out. Remember your compost pile is a living system that needs adequate amounts of water, air, carbon, and nitrogen for rapid, efficient breakdown.

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# 5

## free & nearly-free ways to execute the rest of summer with kids and a bit of style

### 1. Our public facilities are bringing it

At the pool, the Mini Olympics August 11 and Freezie Friday swim August 19 are regular admission (or free with the kids' \$25 summer swim pass). The library is in *total overdrive* with an all-free line-up. It includes Teen Drama Camp, the Travelling Puppet Show (both August 4 to 6), Saturday storytimes at the farmer's market, and special events about healthy snacks (August 9) and LEGO (August 10). Plus, like, loads of kid- and teen-friendly materials to borrow.

### 2. Late nights: Movie Under the Stars and Blackberry Fest fireworks

Snuggled under a blanket, surrounded by family and friends, and watching magic happen. For a kid, this is Nirvana. Rio 2 starts at 8:45 pm August 9 in Larry Gouthro Park on Manson. The Blackberry Fest Fireworks start at about 10:30 pm August 19. Plenty of time to recover for back to school.

### 3. Church camp

Add "values" to your summer with these two super-affordable daycamps. The United Church is hosting *100 Acts of Love* August 8 - 12, which offers care from 9 to 3 for just \$50 per child for the week (see ad on Page 53). Westview Baptist is hosting *Cave Quest* 9 am til noon August 22 to 26, for just \$10 per child (or \$25 for a family of 3+).

### 4. Horses galore

Spend Saturday, August 20 at the Paradise Expedition Park (conveniently next to the Powell River Farmer's Market). Barrel races, costume class, concession, and the Coastal Cowgirls Equestrian Drill Team performs at noon. Gates open at 10 am.

### 5. Pride, Arts & Music

Why stick to kid-sanctioned events? Bring your offspring to Powell River and Texada Pride - most of which is all-ages. The Powell River and Texada Studio tours offer inspiration to budding artists, as does Arts Alive in the Park. Plus, the very kid-friendly Sunshine Coast Music Fest is right before back-to-school. Broaden their little horizons.

## Dances with technology

As if Powell River weren't surreal enough, reality here has been augmented. It started in July when roving gangs of 10 year olds playing *Pokemon Go* overtook Willingdon Beach. Now, the city's first *Sun Coast Super Smash Bros. tourney* comes to the Complex August 5. And, for the cosplay artist in you, the *Cogs in the Sand Steampunk Picnic* brings subtle commentary about technology, humanity and history to Willingdon August 28.



Mmmmm. Screen time.



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### POWELL RIVER STUDIO TOUR

**What:** 31 artists, 20 locations from Lang Bay to Lund. Self-guided.  
**When:** August 27 & 28  
**Where:** Find map and more at [www.powellriverartists.com](http://www.powellriverartists.com)  
**Above:** Artist Meghan Hildebrand in her studio

### TEXADA ARTISTS STUDIO TOUR

**What:** 19 painters, potters, fabric artists, and jewelers open their studios on Texada Island  
**When:** August 13 & 14  
**Where:** Find map and more at [www.texadaart.com](http://www.texadaart.com)  
**Above:** Texada Island Quilters and Needlework guilds

### ARTS ALIVE IN THE PARK

**What:** Festival showcasing visual artists and artisans, traditional or original music and dance & the literary arts  
**When:** August 20 & 21  
**Where:** Willingdon Beach  
**For more:** [www.powellriverartscouncil.com](http://www.powellriverartscouncil.com)

# Get in touch with the creative class

Two open-studio events and Arts Alive in the Park showcase the region's artists

BY BRAD COLLINS

I myself live in an art studio - and though I doubt I'll ever have the will to make it visible to the public, it's always fascinating to get inside someone else's creative space. Part sanctuary, part workspace, part gallery, part cabinet of motivating curios - a studio can be as unique as the artist that inhabits it.

In August, Powell River's painters, potters, sculptors, weavers, jewellers and photographers fling open their doors and make their workspaces available for the public to see. And guess what? You don't even need a golden ticket to get inside.

The Powell River Studio Tour was started back in 2004 by Alfred Muma, the event has been Powell River's best way to get to know the frankly massive community of artists that live here.

The Texada Artists Studio Tour does the same - and offers a free shuttle from the ferry dock.

And Arts Alive in the Park brings the artists and their work into the Sunshine at Willingdon Beach. [PR](#)

Here's what visual artist Meghan Hildebrand (pictured above, left) had to say about her experience hosting visitors to her studio.

**What kind of benefits does participation in the studio tour give you?**

**Meghan** • It's an opportunity to meet fun people with an interest in art, and engage in some critical discussion. My studio practice is usually quite private so it will be something new for me as well as the art-walkers.

**How does a studio tour differ from a gallery showing?**

**Meghan** • The gallery show is a much more controlled event, usually an hour or two in a neutral location. The studio tour is long, casual, with a better opportunity for conversation. Some people are very curious about the artist's studio and

practices, so this is a special chance for them to go behind the scenes.

**How do you curate a studio tour? Do you show works in progress?**

**Meghan** • My approach will be to show a range of my work from over the years, providing a bit of a story arc, and show some new works for the first time. I will also show my favourite works from other artists that I love, I think they inform the work that I do. I will most likely have some works in progress displayed in the studio. Depending on how the weekend goes, I think it would be fun to do some demos.

**Edible Garden Tour**  
 Sunday, August 14, 2016

See local food gardens in action. Download a guidebook from [prfoodsecurity.org](http://prfoodsecurity.org) or pick up a copy from Tourism Powell River, Mother Nature or Springtime Nursery.

For more info email [fsp@prepsociety.org](mailto:fsp@prepsociety.org) or visit [fb.com/PowellRiverEdibleGardenTour](https://fb.com/PowellRiverEdibleGardenTour)

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# If you love horses

**H**orse-admirers of all ages should set aside the third weekend in August for two remarkable but different equine events.

On the Saturday (August 20) the Powell River Trail Riders Club will be hosting the Coastal Cowgirls Equestrian Drill Team, as part of a “fun for all” gymkhana and games day at the Paradise Fair Grounds. Barrel racing, slow trot racing, costume class and more are open to all horses and the people who love them.

The event is free to the public, it starts at 10 a.m. with the Coastal Cowgirls performing at about noon. Concession stand will be open. There is lots for everyone to do – both those with horse experience, and distant admirers, too.

The Coastal Cowgirls come from the Lower Sunshine Coast. They’ve performed as the opening act to the RCMP Musical Ride, and join the Chilliwack Drill Team “Denim & Diamonds” for their annual Drill Team Extravaganza.

The Academic Art of Riding is a demonstration event August 20 to 23, from 6 to 8 pm each evening. Powell River’s Shona Watt is hosting Germany’s Alexandra Bohl, to work with her and her three horses.

The Academic Art of Riding is the dressage training of horses using the wisdom and knowledge of The



**RIDING MASTERS:** Top, the Lower Coast’s Coastal Cowgirls show off their sharp drill skills. Above, Shona Watt is learning the Academic Art of Riding, a heritage dressage training methodology.

Old Riding Masters, to develop a horse to its highest potential in a pedagogical and gentle manner. Teaching all exercises from the ground using ground work, work in hand, hand work and long reins to give horses balance, shape, suppleness, tempo, tact and schwung. Dressage is for the horse’s benefit - and to restore our riding cultural heritage. The event is being documented by a filmmaker. **RL**

## ACADEMIC ART OF RIDING

**What:** Demonstrations of an innovative dressage training technique developed in Germany. \$10 per evening.

**When:** August 20 to 23, 6 to 8 pm

**Where:** Twin Firs farm, 10205 Hwy. 101

**For more:** Contact Shona Watt 604-223-0024

## COASTAL COWGIRLS & FUN DAY

**What:** The Lower Coast’s young drill team offers a demonstration ride, gymkhana and games day, open to all riders and non-riders.

**When:** August 20, 10 am gates open, Trailriders perform at noon.

**Where:** Paradise Exhibition Grounds

**For more:** Check the Trailriders Facebook page

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# REST-OF-SUMMER MUST-SEES

## Blackberry Festival

They scratch your arms, tear your clothes, and stain your fingers but once you bite into a sweet, ripe, juicy blackberry, all is forgiven.

It's time to get ready for Powell River's favourite festival celebrating the blackberry. Kicking off this year's Blackberry Festival on Friday, August 12, are blackberry martinis at That Sugar Vault in Crossroads Village.

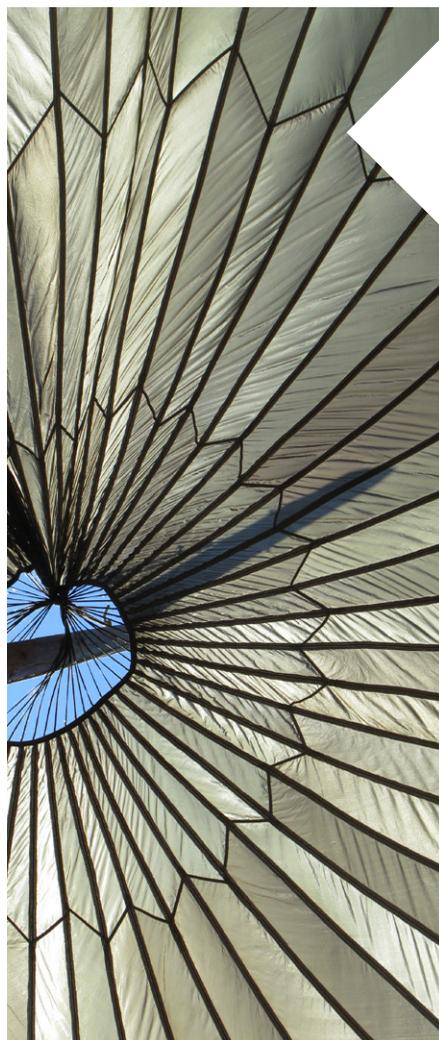
And on Wednesday, August 17, it's time for Blackberry High Tea at The Old Courthouse Inn in the Townsite.

There are two seatings only at 1 and 3 pm so be sure to reserve your tickets ASAP by calling 604 483-9454. And don't forget to wear your best hat! You could win a blackberry prize.

Marine Avenue comes alive on Friday, August 19 with The Blackberry Street Party from 6 to 10:30 pm.

This family fun event features great food, music, arts and crafts and of course shopping!

Co-sponsored by the Marine Avenue Business Association and Quality Foods, the street party is topped off by QF's Festival of lights which gets underway at 10:10 pm. It will be simulcast on 95.7 COAST FM.



## Sunshine Music Festival

The love affair that the good folk of Powell River and peninsula have with live music and the Sunshine Music Festival continues on Labour Day weekend at Palm Beach Regional Park.

Once again, for the 35th year running, the idyllic beach-forest glade that is Palm Beach will be transformed into a festive village of delicious food booths, creative arts and craft stalls, kid zone, massage tables and much more.

But the Sunshine Fest is primarily about music – evolving from a folk music focus, the festival has expanded to feature a wide variety of musical styles and genres, including reggae, blues, latin, jazz, gypsy, worldbeat, alternative pop and rock and more.

There is something in the Sunshine for everyone.

This year the traditional late summer gathering of old friends and new features the sweet vocal harmonies of Matthew and Jill Barber, the tight Latin grooves of Rumba Calzada, the soulful musical stylings of ISKWE, the powerful experienced blues guitar of Jimmy D. Lane, and emerging local talents Jasper Sassaman and Lukah Bouchard of Silver Atlas to mention a few.

While many festivals have grown big

and expensive, the Sunshine remains accessible with low ticket prices, children under 12 free and has retained its intimate human scale sheltered under our iconic cargo parachute.

New initiatives such as the Community Music Award honouring local music leaders and inclusiveness.

Spoken word artists have been added to the line up.

See [www.sunshinemusicfest.com](http://www.sunshinemusicfest.com) for much more

~ Robert Mackle artistic director

## Run the rock

Texada Island proves a sensational location for August 28's Run the Rock, an annual full marathon, half marathon and eight kilometre race.

This challenging course is the "toughest road marathon in Canada," and offers serious bragging rights for those who complete the entire route.

The serene woodland and ocean views appeal to runners from near and far, drawing in athletes from across Canada, USA, and Europe.

Victoria Fiddick of Bermuda wrote, "Wonderful race! Had fantastic time, the running scenery was just beautiful".

More info and registration at [www.runtexada.ca](http://www.runtexada.ca)

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**SATURDAY & SUNDAY  
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10 am – 5 pm each day

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*Because of the distance, in order to see all the studios it is recommended to take the tour both days.*

**Free Self-Guiding Brochure:**

- Powell River Visitors Centre
- Artique Artists' Co-operative
- various local businesses
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[www.powellriverartists.com](http://www.powellriverartists.com)

You can also follow the tour on [facebook.com/powellriverstudiotour](https://www.facebook.com/powellriverstudiotour)

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## Art talk at VIU

Peter Gynd, son of local artist Ursula Medley, will give an art talk beginning at 2 pm at Vancouver Island University on September 1.

This will be Peter's second art talk at VIU. His talks are well attended and popular with both artists and art lovers.

Peter used to live in Powell River before moving to New York City where he is Gallery Director at Lesley Heller Work-

space, a gallery which features the work of emerging and mid career artists.

The talk will give a brief overview of the history of the project, Blanket Series, an artistic project he has been working on since 2010.

Peter will also touch on the evolution of the project through photography, paintings and textiles with a specific focus on his most recent paintings and photographs in that series.

## Show n' Shine n' Easy Rider at the Patricia

Got a motorcycle? On Sunday, September 4, meet at the Lund Mile 0 marker at noon for a group ride to the Patricia Theatre. There will be a motorcycle show & shine and a 2pm matinee showing of the cult classic *Easy Rider*.

Prizes will be given out from Two Wheel Tech, Townsite Brewing, Aero Upholstery, Fast Times magazine, Low-brow Customs, and Rising Sun Motorcycles.

Check out the bikes from the patio at Royal Zayka during intermission or enjoy a drink at Townsite Brewing.

## Blues and roots on Texada

The second annual Texada Blues and Roots Festival is scheduled for August 6 and 7 at the Gillies Bay Ball Park.

This family friendly event has something for everyone with music, food and craft vendors, a kids zone and a place for adults to quench their thirst.

Check out the great lineup by visiting [texadabluesfestival.com](http://texadabluesfestival.com). Tickets are \$40 per person or \$90 per family for a week-end of music and fun. Come for the day or come for the weekend and experience everything Texada Island has to offer.

## Edible Garden Tour

Would you like to start growing your own food but are unsure how to get started? Or maybe you already have a veggie garden but would like to see how others deal with rocky soil or pest control? Come to the free Edible Garden Tour on Sunday, August 14 for a chance to see local food gardens in action! You can talk to the gardeners and in some locations there will be demonstrations of com-



posting, predator management and local Master Gardeners available to answer questions. You can even win great prizes in the Food Literacy Treasure Hunt! From August 1st, you can download your trusty guidebook, with all the information you need, from the Food Security

Project website; or pick up a copy from Tourism Powell River, Mother Nature, or Springtime Nursery.

Visit the PR Edible Garden Tour Facebook page for further info, or contact Vanessa Sparrow at [fsp@prepsociety.org](mailto:fsp@prepsociety.org).

## Thanks for the help with Soap Box Derby

THE KIWANIS CLUB OF POWELL RIVER WOULD LIKE TO THANK our co-sponsors Quality Foods,

Soap Box coordinator Don Allen, Powell River Town Centre Mall, TMS Moving & Storage, and the City of Powell River.

*Huge thanks also to our crew, volunteers and our unsung heroes.*

*A special thank-you goes out to **Guy Sigouin**, of Quality Foods!*

*Without you, we couldn't have done it.*

### WE WOULD ALSO LIKE TO THANK:

Alterra Power Corp  
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River City Music (Mike Lang)  
Shell Gas Bar  
*Powell River Living Magazine*  
Relay Rentals  
Re/Max Powell River  
St. John's Ambulance  
Scouts of Canada  
Shaw TV  
*The Peak*



### SPECIAL THANKS ALSO TO:

Ray Peters	Bill Hopkins	Betty Tosoff	Holly Kliguga
Ken Gordon	Verna Filewich	Nellie Valentine	Annie Jones
Jesmond Balzan	Crystal Nichols	Diane & Paul Wolyniec	Sid, Lorraine & Joyce Allman
John Dueck	Lois Millar	Marilyn Brooks	<i>and all the Lois Street residents!</i>
David Boles	Eunice Sawchuk	Trish Norris	

Thank you to all the racers, young and old, and their support teams and parents!  
*We apologize if we have missed anyone.*

All funds stayed locally! Proceeds to Kiwanis Club of Powell River  
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# PLAN YOUR AUGUST

## To August 4

### Jason Bourne

At The Patricia, 7pm

## August 3

### Pride at the Art Wall

7 - 9 pm at the plastic art wall on Arbutus St near the Old Courthouse Inn

### Pride: Viva screening

Sponsored by the PR Rainbow Alliance. \$10 per person. Beer & wine available. A young hairdresser (Héctor Medina) clashes with his estranged father (Jorge Perugorria) when his dream of performing in drag comes true. Cocktails at 9:30 movie at 10pm. The Patricia.

## August 4

### Pride: A time to remember

Two events. 4pm remembrance ribbons at the fence on Manson at Larry Gouthro Park. All welcome. 9:30pm Moonbag flotilla at Willingdon Beach in remembrance of the Pulse victims in Orlando.

## August 4 to 6

### Travelling Puppet Show!

Join beloved puppets Milly and Jeremy and their troupe of puppet pals at shows for kids of all ages. August 4: 9-9:30 am Preschool Show at Chi Chuy Preschool. 11-11:30 am: School-Age Show at Kiwanis Garden Manor (4923 Kiwanis Avenue). August 5 10:30-11:15 am All Ages Show at Fun in the Sun at Willingdon Beach (4845 Marine Avenue). August 6 11-11:45 am: All Ages Show at the Farmers' Market



## Teen Drama Camp

This action-packed theatre camp for teens ages 12 to 17 features a story building unit, a character development unit and a production unit. 1-5 pm at Cranberry Community Hall. Advance registration required. szagwyn@powellriverlibrary.ca.

## August 5

### Fun in the Sun: Pirates Ahoy!

For young children and their families. At Willingdon Beach 10:30 to noon. Free. Presented by Family Place.

### Sun Coast Super Smash Bros. tourney

Rec complex. Registration starts at 11:30 am, tear down at 8:30 pm. \$5 Venue Fee (FREE if you bring a setup). \$5 Bracket entry for both Melee and Smash 4 (goes directly to prize pool). Melee streamed live at: twitch.tv/electrosandwich. See Facebook for more.

## Pride: all ages dance

By donation, PR\$ accepted. Bring all your friends, just your sweetie (of any gender), or come by yourself. Dress up or dress down or dress wild and crazy. Teens, parents and kids, seniors, all ages welcome. Doors open at 7, close at 11.

## August 5 to 11

### Ice Age: Collision Course

At The Patricia. 2D shows: Sunday August 7th, 1:30 & 7 pm. All other shows in 3D 7 pm nightly and 1:30 pm weekend matinees

## August 6

### Pride beach party

Noon til 7 pm at Willingdon Beach. Texture & Light, Dj Athletic(Adam Cramb), Elonious, Adanak, Boom Taka (Chris Weeks) Hand drumming, MANATAMA (Herman Jensen & Lizz Lester) and more.

### Teen drama performance

At the Powell River Farmer's Market 10:30 to noon.

### Pride: Mina Mercury's drag show

At That Sugar Vault. \$20. Doors open at 7 pm.

## August 6 & 7

### The Texada Blues and Roots Festival

A diverse lineup of performers mostly hailing from within 100 km of where it is hosted. Farmer's market, food and craft vendors. texadabluesfestival.com

## August 7

### Mad hatter high tea Pride

At Edie Rae's Café. Opens at 3:30 with tea at 4pm. \$30. 2pm

## August 8 to 12

### 100 Acts of Love

Powell River United Church's daycamp for kids aged 5 to 11. Music, arts, outdoors. \$50 for the week. Everyone welcome. Register at churchmowse@gmail.com, or 604-485-5724.

## August 9

### Healthy Happy Snacks

10:30-noon, United Church. Learn to make fun, healthy food with local Chef and Registered Holistic Nutritionist Emma Larocque. Children under 9 must be accompanied by an adult. Ages 7-12. Register in

advance. sbartonbridges@prpl.ca or 604-485-8625.

## Movie under the stars

Rio 2, in celebration of the Rio Olympics. Movie starts around 8:45. Sponsored by First Credit Union.

## August 10 & 11

### LEGO Marathon - DIY Time Machine

10:30-noon, United Church  
All Ages - All participants under seven must be accompanied by an adult. Register in advance. sbartonbridges@prpl.ca or 604-485-8625.

## August 11

### Pool mini Olympics

Get in the spirit and compete in a crazy Olympics course!

### Inclusion Powell River Annual Picnic

Willingdon Beach 11 to 2. Everyone is welcome. Lifeguard on duty.

## August 12

### Fun in the Sun: Fire safety with the Fire Department

For young children and their families. At Willingdon Beach 10:30 to noon. Free. Presented by Family Place.

### Blackberry night at That Sugar Vault

## August 12 - 18

### Star Trek: Beyond in 3D

7 pm nightly at The Patricia

## August 13

### Blues Busters

Live at the Red Lion. \$10 cover. 9 pm start.

## August 13 & 14

### Texada Artists Studio Tour

20+ artists, 14 locations on Texada Island. Studios open 10 to 4 pm. www.texadaart.com.

## August 14

### Edible Garden Tour

See what's growing! Plus, demonstrations of composting, predator management and local Master Gardeners available to answer questions. You can even win great prizes Download your guidebook at https://prfoodsecurity.org.

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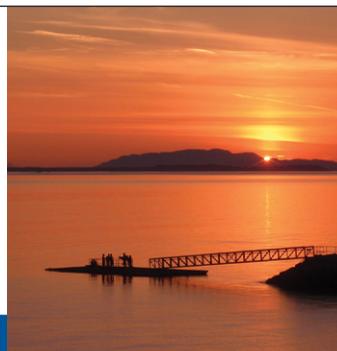
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August 16

**MB Golf Tournament**

Last day to register for this September 6 event. Call Hector Beauchesne at 604-485-7579.

August 17

**Blackberry High Tea**

At the Old Courthouse Inn. A fundraiser for Blackberry Fest. Seatings at 1 and 3 pm. \$20 per person. Wear your best hat to win a blackberry prize.

August 19

**Fun in the Sun: Outer Space**

For young children and their families. At Willingdon Beach 10:30 to noon. Free. Presented by Family Place.

**Freezie Friday swim**

At the pool, 2 to 4pm

**Blackberry Fest Street Party & fireworks**

Street party on Marine Avenue 6pm to 10:30pm. Fireworks at 10:10pm, simulcast to music at 95.7 Coast FM.

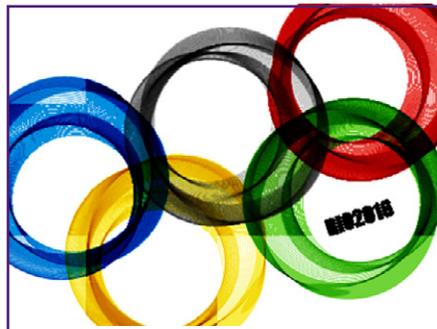
**Riff Raff**

Live at The Zoo, 10pm to 2am.

August 19 to 21

**Texada Rock In Pride!**

At Shelter Point Park. Saturday afternoon parade, drag races and BBQ in Shelter Point park. All welcome. Saturday evening Dragaoke 19+. Sunday morning pancake breakfast at the Shelter Point Concession. Group campsite at Shelter Point park is reserved for Pride goers.



**FIVE-RING FEVER**

Didn't make it in to the Rio Olympics? Give yourself a break. There's always Tokyo 2020.

In the meantime, the Rec Complex is hosting a Pool Mini Olympics August 11, 1:30 to 3pm. (Extra bonus: no zika virus.) It's free with regular admission.

And, for the armchair athlete in you, the Rio games are on August 5 to 21.

August 19 to 25

**Suicide Squad**

7pm nightly at The Patricia

August 20

**Coastal Cowgirls Equestrian Drill Team**

10 am, Paradise Exhibition Grounds. A "fun for all" gymkhana and games day. Barrel racing, slow trot racing, costume class and more, are open to all horses and their people! Lots to do for non-riders, as well. For more information check Powell River Trail Riders on facebook.

August 20 & 21

**Arts Alive in the Park**

11 to 7 pm Saturday, 11 to 6pm Sunday. The 15th annual festival with performing artists, original music, dance, literary arts, visual arts and fine artisans.

August 20 to 23

**The Academic Art of Riding**

With Alexandra Bohl and Shona Watt. Demonstrations of dressage training of horses using the wisdom and knowledge of The Old Riding Masters, to develop a horse to its highest potential in a pedagogical and gentle manner. 6-8 pm \$10. Per evening. Please contact Shona @ 604 223 0024

August 22 to 26

**Cave Quest**

Westview Baptist's Vacation Bible School. 9am to noon each day. \$10 per child or \$25 for a family of three or more. wbchurch.ca

August 26

**Fun in the Sun: Amazing Animals**

For young children and their families. At Willingdon Beach 10:30 to noon. Free. Presented by Family Place.

August 27

**Horseshoe Pitching Tournament**

August 27 & 28

**Powell River Studio Tour**

10 am to 5 pm. Features local artists at their studios. This event is free to the public. powellriverartists.com/.

August 28

**Cogs in the Sand Steampunk Picnic**

11 to 3 pm, Willingdon. Bring your parasols, picnic baskets, and blankets for an impromptu steampunk, dieselpunk, cyberpunk picnic at the beach. Bring your own repast.

**Run the Rock full and half marathon**

Sixth annual Marathon and Half-Marathon, plus 8K, on Texada Island! We will be raising funds for cancer support for residents of Texada. Runtexada.ca

September 2 to 4

**Sunshine Music Festival**

Palm Beach. sunshinemusicfest.com. \$50 for the weekend. \$30 single day. Children under 12 free. Student and seniors \$40 weekend, \$25 single day.

September 4

**Easy Rider screening and motorcycle ride**

Black Point Show n' Shine is hosting a 2 pm matinee showing of the cult classic *Easy Rider*. There will be a group ride to the show meeting at mile 0 at noon, followed by a motorcycle show and shine starting outside the theatre at 1 pm. See Facebook for more.

September 5

**Labour Day**

September 6

**Back to School**

September 6 to 9

**Registration at the Powell River Academy of Music**

Congratulations to our top hair gurus  
Stephanie Conte (#1) and Holly Lowes (#3)!



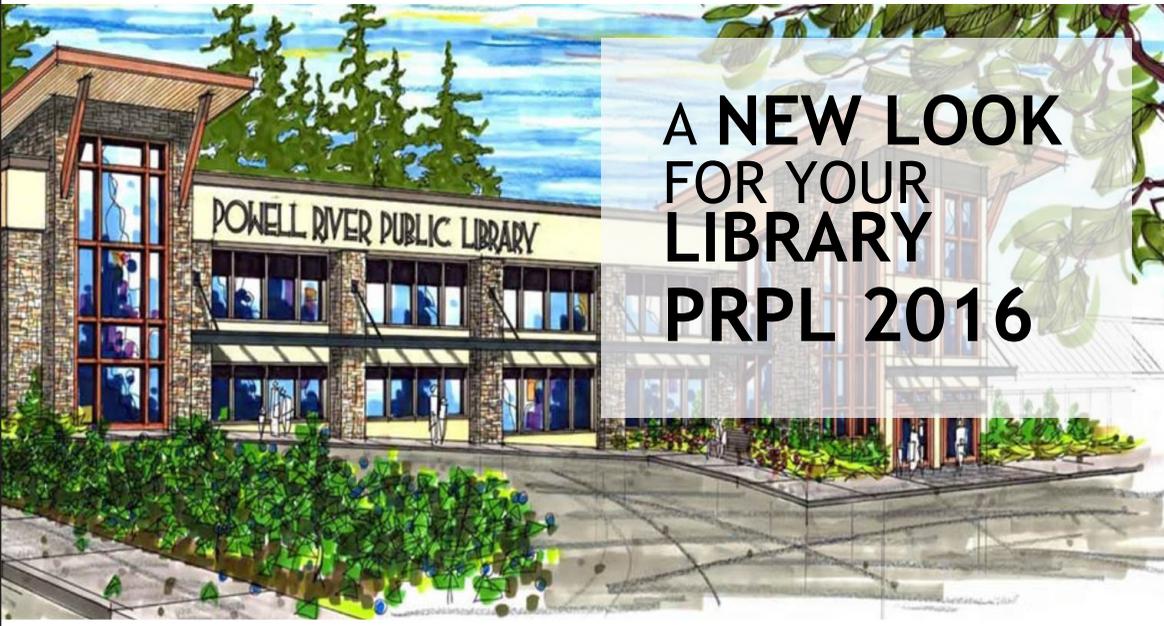



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# Shape your future

## Powell River Tarot: a community reading, by Teresa Harwood-Lynn

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

This month my sister, Monique, and her son, Solomon, will be moving to Powell River from the south of England. Preparations for the move have been nearly a year in the making and the list has been long. Schools had to be researched, minor repairs and decorative touch ups done to the house prior to listing, a review of education/skill compared with Powell River's current job market, and much, much, more.

Not all moves, whether a physical move from one location to another or a shift in thinking, allow for such preparation. Sometimes we are just so uncomfortable we have to go! If this resonates with you, welcome to the Six of Swords!

The Six of Swords portrays a woman and a child in a boat with a ferryman taking them across the water. Inside the boat are six swords all pointing down. The water to the right of the woman and child is choppy, but the water to the left and up ahead is calm and smooth. The distant shore is colourless compared to the boat and those in it.

The boat with the ferryman steering is in motion indicating you are moving forward, and while you might not be sure of where you are going you can be certain it is better than where you were. The swords in the boat represent our past struggles. They are pointing downward but have not punctured the boat. This is a reminder to leave your past troubles behind and only carry forward the lessons learned.

The Six of Swords is usually, though

not always, more about a metaphorical move towards inward change and less about a physical move.

If you notice that you feel less stressed or anxious today perhaps your head is now above water and you are moving on. Feel like you are always running away from something? The Six of Swords encourages you to spend more time shaping the possibilities that lay ahead.

Sometimes, even though the future is not visible the past is finished and it's time to move forward.

Despite this card having an overall feeling of sadness, uncertainty and loneliness it is a card about moving forward towards a yet unknown but brighter future.

### What happens during a Tarot reading?

Typically there are only two people involved, you, (the Querent), and the reader. The reader will have taken a few quiet moments prior to your arrival to clear her mind and prepare for the reading. While some readers will shuffle the cards I prefer to invite the Querent to do so; this engages them in the process and begins to build rapport. The cards are then laid out on the table and the reading begins. The Tarot reader may look at and interpret each card individually or group them together. Some readers have "spreads" they like to use while others just randomly turn each card up. Let's continue this next month by looking at how to prepare for your reading. 



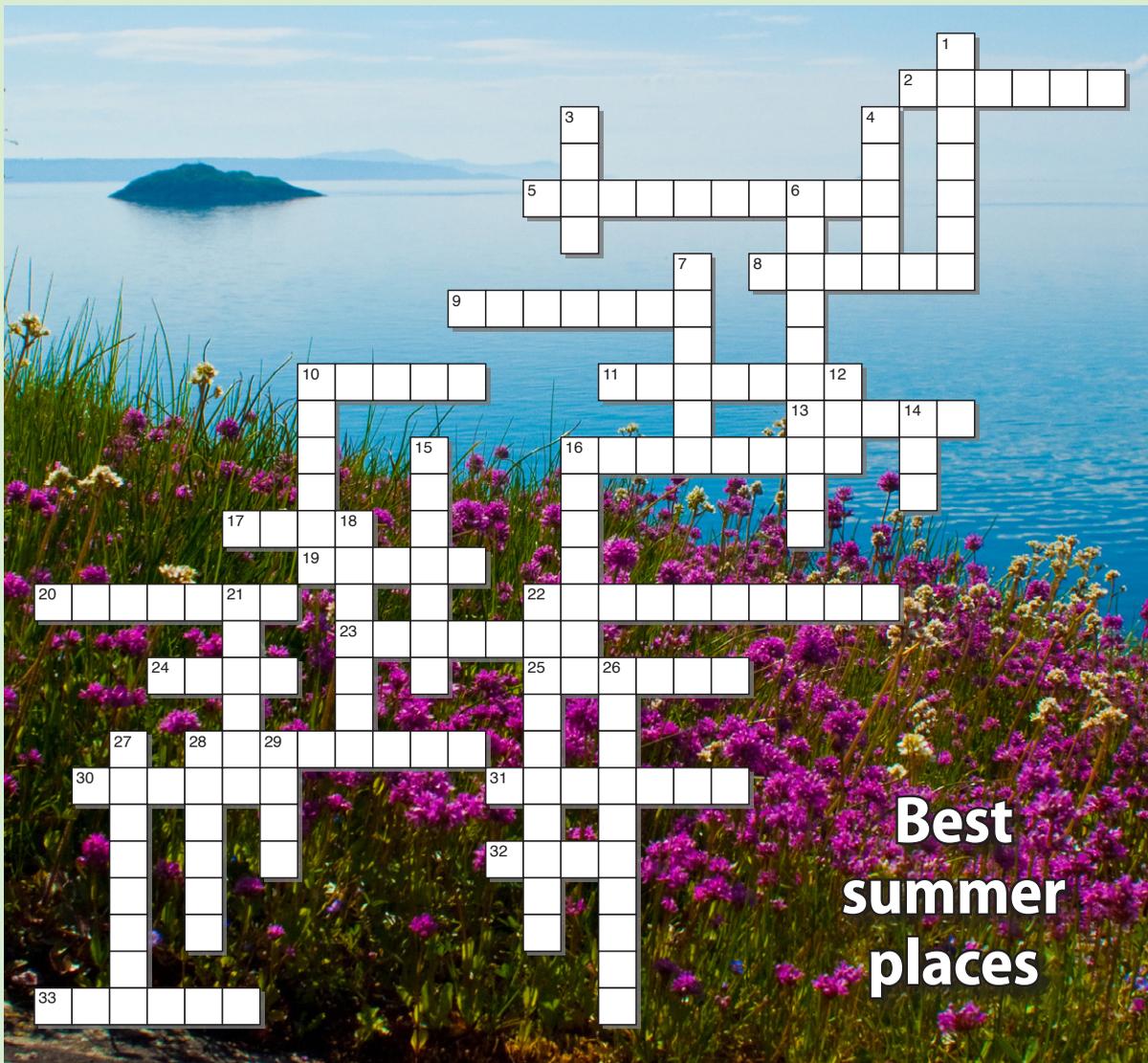
## Six of Swords

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**Best  
summer  
places**

**Across**

- 2) Warmest island beaches
- 5) City beach
- 8) Outlandish loons here
- 9) No roofs or chicken pocks at this beach
- 10) Cranberry beach, but not on that lake
- 11) Works a little, golfs a little
- 13) Look out for this local band
- 16) Quarry for swimming
- 17) No coconuts, just sand and music at this beach
- 19) Locals never call this river Lois
- 20) Beach just north of wildwood
- 22) Rocky beach, but good for supper
- 23) Inlet for oysters
- 24) Beginning of the road
- 25) Not Willingdon Beach, not third
- 28) Voted best neighbourhood
- 30) Blackberry street
- 31) Bay for mermaid
- 32) \_\_\_ & Skate Park
- 33) THE lake

**Down**

- 1) Uninhabited isle
- 3) More canoe starters than swimmers at this lake
- 4) Just let go with this
- 6) Douglas Bay's beach
- 7) Private campground near Saltery
- 10) Rocks, tidal islands, and golf
- 12) Hiker's route, abbr
- 14) Gone to the cabin, abbr
- 15) Point to tent on Texada
- 16) Place to camp, crazy, or for baling
- 18) Beach near Brew Bay
- 21) Boat launch doubles as beach at this little lake
- 22) Anguished misery, boaters paradise
- 26) Louisa's talkative fall
- 27) Good vista and cabin bay
- 28) Best view, and brew, around
- 29) Go to Hammill, young man

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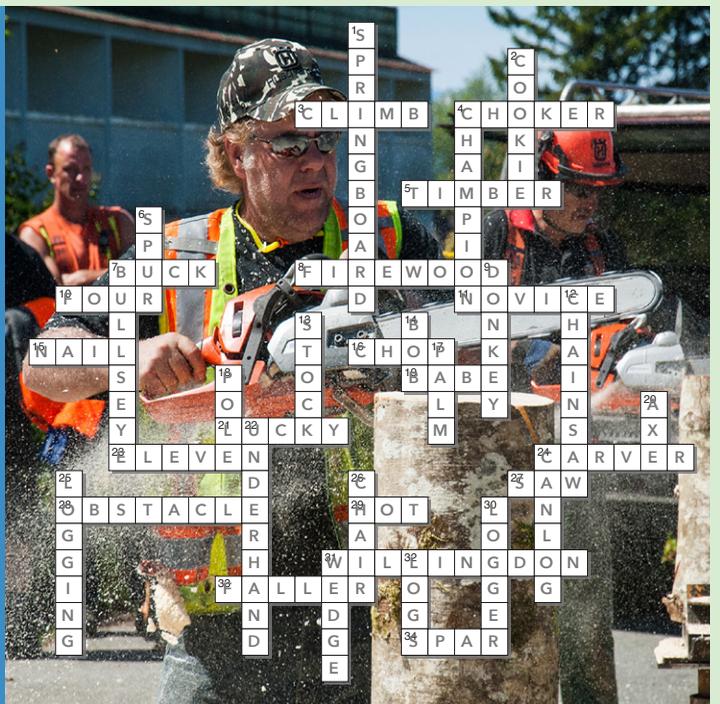


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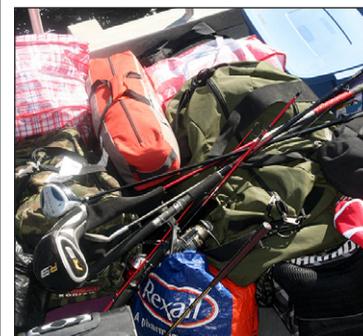
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# Best of Summer



I

t all starts with a boat ride. If you're going to Savary and don't have your own boat chances are pretty good you'll take the Lund Water Taxi.

You might encounter Joe, one of my favourite drivers. Friendly and positive, Joe always has something worthwhile to share. "This season best yet," he told me pulling from a poem he'd learned as a teenager, when I asked him how he made out prawn fishing.

Although his paycheque wasn't the biggest, he said he's learned to appreciate every day and every season more than the one before. Life is truly wonderful. Especially when you're on a boat, surrounded by family and friends, and the sun is shining.

And Savary is the same. Every year I fall in love with it just a little more. It's both magical and whimsical and I love spending time there with our big, beautiful, blended family.

My partner and I rented a cabin and schlepped our coolers filled with food, big blue totes, bedding, duffle bags and of course summer bevies to our island escape. Seven kids between the age of 17 and 20, two adults and two senior dogs. Lots and lots of food because teenage boys are a bottomless pit!

The magic recipe is no TV, no Internet, good food, and great conversations, lots of cards and board games

and just hanging out.

The kids swam, skim boarded, and sunbathed. They even had a beach fire one night. We went for long walks along Sunset Trail. They threw balls and sticks for the dogs who were too pooped to even beg!

Rosemary Moran and Brian Blackman visited us one night. When Rosie pulled a stack of old photos out of her backpack, a flood of memories washed over me. They were pictures from their wedding years earlier. My boys were little then and had been their ring bearers. They'd thrown petals for Rosie to walk on. I caught my breath, it was all so beautiful.

Part way through the week I received a phone call from my neighbour Linda Wegner. "You left a pork roast in my freezer," she told me. "Do you need it?"

I did. Friday night's supper would be pretty thin without it. "Don't worry the Alsgards are going over," she said. "I'll send it with them."

The next day Stuart Alsgard, former Mayor of Powell River, showed up at our cabin driving a golf cart and carrying a cooler containing our pork roast! I smiled, where else but Savary would this happen?

Where else but Savary could this happen? A magical island where anything is possible.

## Last Word with

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# Save the food scraps!

Starting October 1, drop off your kitchen and yard “organics” for free at Town Centre Mall’s depot.

**Zero waste, here we come.**

Five things to know about the PRRD’s new food scraps program:

**1. Food scraps currently make up about 40 percent of what we send to the landfill.** On October 1, you can start diverting your scraps to the depot at the Town Centre Mall. In September, the industrial, commercial and institutional sector (hotels, hospitals, restaurants, etc) may start doing so as part of this region-wide pilot project.

**2. The Town Centre Mall depot, behind RONA, will accept** meat, bones, grains, pasta, dairy products, fruit and vegetable scraps, cooked food, plate scrapings, windfall fruit, food-soiled paper and cardboard, coffee filters & grounds, tea bags, wooden utensils, and yard waste (branches and limbs no more than 1” in diameter). Note: August through October is bear season. Please do us a favour and freeze your compost before dropping it off.

**3. The depot will not accept** biodegradable or compostable plastic products, compostable diapers, shellfish, invasive species (knotweed, broom, giant cowparsnip), pet waste, waxed cardboard, coffee cups, cat litter, metal, rubber or glass.

**4. At first, food scraps will be shipped out of the region to a composting facility.** We anticipate that as volumes grow, the business case will present itself to create a local composting facility.

**5. A curbside food waste program** - collected alongside garbage and recycling - may be coming to the City as early as 2017.

## Toxic Site to be resurrected

### From incinerator ash to Resource Recovery Centre

Diverting compostable material out of our waste stream is an important step in the direction of Zero Waste. Another exciting progression in Powell River is the recent \$6 million grant for the creation of a Resource Recovery Centre.

This five-year project is ambitious, one that will properly remediate the old incinerator site on Marine Ave and then transform and redevelop it in to an innovative community hub for reuse, repair and recycling.

The site will boast an education centre, an area for salvaging building materials, partnerships with universities for research and development with bioremediation and gardens surrounding the site, LEED or similar certification for buildings, and electricity from renewable sources.



## So you want to be a regional district director?

Every four years, residents elect new directors for the Powell River Regional District Board - the next one is in October, 2018.

Rural candidates run in their respective constituencies – officially referred to as electoral areas. Municipal candidates run in the city election.

A person must be 18 years of age or older on election day and a Canadian citizen. They must be a resident of British Columbia for at least six months immediately before the day of the election. This literally means that a person living in Vancouver can run in an election for office in Fort St. John. In other provinces they stipulate that you must also reside in the community in which you are attempting to be elected in. Lastly, the person must not be ineligible due to legal issues.



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