

# Powell River **LIVING**



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Face climate change head-on: The Powell River Regional District can help you

# Shore up your shore

**A**s a coastal region, where most of our development is along the shoreline, Powell River will become increasingly vulnerable to the impacts of climate change. Those impacts include sea level rise, increased storm surge, coastal flooding and erosion.

Since 2014, the Regional District has collaborated with the Stewardship Centre for British Columbia as one of four local governments selected to join the Green Shores for Homes Pilot Project.

Green Shores for Homes is a voluntary and incentive-based program designed to help

communities restore natural shorelines and enjoy the many environmental, recreational, scenic, and shoreline-protection benefits they bring.

Over the last two years, the Powell River Regional District has hosted workshops by the Stewardship Centre for BC and University of Victoria, for residents and contractors to learn about the Green Shores approach. More workshops and training opportunities are planned for the coming year.

For information on Green Shores visit [greenshores.ca/](http://greenshores.ca/) and contact the Regional District.

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Green Shores for Homes helps property owners manage their shorelines to mitigate the impacts of climate change. Aggressive shoreline fixes such as retaining walls are costly, and can significantly enhance erosion.

Green Shores encourages residents to use natural materials (trees, logs and native plants) that work with natural environmental processes, instead of against them. The Regional District can help you transition to a Green Shores approach by connecting you with professionals and resources to make this cost-effective, beach access-friendly solution work for you.

---

## Alternate Directors

The council of a municipality may appoint a council member as an alternate director.

However, 60 days after being elected, an electoral area director must appoint an alternate. An appointee must have the same qualifications necessary to be nominated as a director and be approved in writing by two electors who reside in the electoral area.

If an electoral area director does not appoint an alternate director

then the Board as a whole must. On behalf of an absent director, the alternate director may take the place of, vote and generally act in all matters for the absent director, including in relation to a matter delegated to that director by the Board.

If the office of an electoral area director becomes vacant through resignation, disqualification or death then the alternate director holds the office until that person's successor takes office following a by-election.



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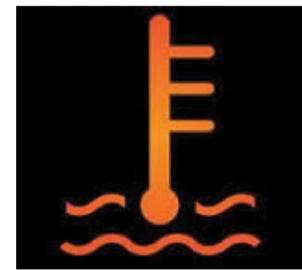
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Modern engines run hotter than older ones, so coolant helps to prevent overheating, as well as freezing. Without coolant, the heat produced through internal combustion would destroy the engine very quickly. The coolant in your vehicle also acts as a lubricant for the water pump that circulates the coolant. Water is not adequate to keep the system cool or lubricated. In addition, water will not prevent freezing.

Now that winter is just a few months away, do not be caught in the cold. While the main ingredient of coolant, ethylene glycol does not expire, the lubricant ingredients do. On average, coolant should be flushed every 50,000 km (check your owner's manual for the specifics of your vehicle).

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**"The only really good paintings are the ones that challenge you, same goes for hikes."**

**- Rick Cepella, Page 12**

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**ON THE COVER**

Jing Zhong and her brother Ying play violins that were donated to them after word got around that the two were sharing a single instrument. Now, they can play duets, and they do so beautifully!

*Photo by Sean Percy*



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**TRACEY ELLIS** manages Tourism Powell River's visitor centre, while also managing her young family and protecting her brood from bears. She has followed up a successful career in the magazine industry with a return home to Powell River with

her Aussie husband to raise her boisterous boys. She now considers herself semi-retired!



**CARA MARSHALL** is a 19-year-old student at Camosun College, in Victoria. She recently lived in Sydney, Australia for six months where she worked as a nanny. Cara grew up in Powell River and loves animals.



**CATHY RECKENBERG**, violinist, is a Powell River native who now teaches for SD47 and the Academy of Music. While music has taken her around the world, she's always glad to be home, working with our next generation of young musicians.



**RACHEL SNYDER** is a wife, sister and mother of three. She is also a birth doula, and a professional photographer with recognition as a Canadian Birth Photographer. Rachel owns RS Imaging and Design.



**FRANCINE ULMER** is Powell River's WildSafeBC coordinator for the British Columbia Conservation Foundation. Locally, the program is sponsored by the Regional District. Through education, innovation, and cooperation WildSafeBC works to reduce human-wildlife conflict in all

aspects of our lives including how we live, work, play, and grow.



**LINDA WEGNER** owns Words of Worth and is a professional writer and speaker whose work continues to appear in a number of business and agricultural magazines as well as rural weekly newspapers. She's on the board of directors of the Powell River Chamber of Commerce, among her many volunteer activities.



## PUBLISHER'S MESSAGE

# September brings changes, healthy opportunities

**Y**ou know you're growing up when your kids start leaving home.

My oldest son is heading to Victoria and soon there will be only one child left. One kid to cook for, one kid to clean up after and one kid to shop for. What am I going to do?

I'm sure I'm not the first mom to feel both excited and sad as she watches her children grow up and leave home. But it is hard to let go. It seems like just yesterday I was dropping them off for the first day of Kindergarten.

"He's nineteen," Dwain reminded me gently at breakfast the other day. "You don't have to ask him if he brushed his teeth and washed his face anymore."

He's right of course. I don't even realize I'm mothering, it just happens the same way they just grow up.

September is that month of transitions for parents and children alike. For many, back to school means back to routine, back to fitness, back to classes, and back to reality.

This issue of *Powell River Living* is about all the changes we need to make but put off doing. Letting go of what's not working and trying something different.

I had a conversation with school trustee Mary James the other day and she assured me I'm not the first to feel this way. Thanksgiving, she said, will be a benchmark date because I'll be able to see how my son is faring after six weeks away from home. (I immediately began planning our Thanksgiving menu and then realized it was still August).

Change and letting go has been part of Rachel Snyder's journey this year. After winning a contest at Coast Fitness, she dug deep and found the courage to make some big changes in her life. Her story on Page 25 is inspirational and one that many women will be able to relate to.

We've devoted an entire section to the *Just for the Health of It* - Health and Wellness Fair taking place September 24 at the Rec Complex. The fair is part of a move-

ment to increase awareness about health-related opportunities and information so Powell River can become the healthiest community in BC!

Our *Hello Powell River* feature on Page 12 with artist Rick Cepella is also about transformation. After being bitten by a tick and contracting Lyme Disease, Rick's life changed overnight. This talented artist rose to the challenge of reinventing himself and his art.

I don't know about you but I'm not quite ready to say goodbye to summer just yet. I'm hoping September will be kind and have at least a few warm, sunny days so I can do things like the Terry Fox Run or sit on the deck and enjoy a few more barbecues.

So enjoy...it will be fall before we know it.

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

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# 'Keep the spirit of the music alive'

## Brooks student Ying Zhong earns his instrument

BY CATHY RECKENBERG

This is a story about a wonderfully uplifting and inspiring cycle of events that took place in the month of June. I guess it starts back at the Powell River Academy of Music, where I teach violin. But the story is not about me. It's about a student of mine called Ying Zhong.

Ying was in the seventh grade in June, at Edgehill Elementary. He and his older sister Jing both take private lessons with me, and both are hard-working, high-achieving students.

Jing is one of the best young pianists in the province and is consistently recommended to compete in the provincial finals. Ying, having had such an older sister to watch for many years, took up violin. He is a tour de force on this instrument as well.

The problem started when Ying grew into a full-

size violin. Jing was already playing on their family's one and only full-size violin, a not-so-great factory-made model. Now Ying was practicing on it too. But it is very hard to play duets, or play any music together, on one instrument.

They were learning all of my wedding album music so that they could play some weddings together. On one violin, that is not possible. As a temporary solution, a teacher at Edgehill Elementary loaned Ying her daughter's violin that was no longer being played. It was an upgrade from Jing's violin, but still not the quality of violin that Ying really needed.

Ying is such a skilled player that he needed a really great instrument, not just a student model. But violins, well, they're incredibly expensive. And elementary school students don't typically have very much money, nor many ways to earn an income for saving.



**STRUNG TOGETHER:** Big sister Jing Zhong, one of the top young pianists in the province, plays violin alongside her violin-prodigy little brother Ying Zhong. Both are Brooks students this fall. *Photo by Isabelle Southcott*

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**PLAYING FOR THEIR HAGGIS:** Ying and Jing play with the Celtic ensemble, *Ceilish* (KAY-ish) at the market on Saturdays and Sundays, doing so well and having such fun that they've decided to head for Scotland in 2018 to attend a summer music camp and experience Scottish music and culture through immersion. The original band by that name went over in 2010 and had a fabulous time; alumni still join them occasionally to share a tune or two. Their fundraising (through busking) is well under way, and they also played at the opening ceremonies of Kathaumixw, a fantastic experience for these young fiddlers (age 11-17). This is a young group who are enthusiastic, dedicated, and inspired that the sky's the limit with the support of this hometown.

*Text by Cathy Reckenberg, photo by Isabelle Southcott*



So I suggested to Ying that he go busking to make some money. He was very reluctant; it's a scary thought if you've never done it before, especially in a town where you know everybody. I finally persuaded him to come to the Farmers' Market one Sunday to try it out. We spent some weeks preparing his "busking repertoire," and off we went.

I spent two summers of my youth on BC Ferries earning money for university by busking on board, so I have some experience and some knowledge of what goes over well with a crowd, and how to get the most bang for your buck - or buck for your bowing, I guess.

Ying brought a beautiful hand-made wooden music stand, I brought a sign, and the unfailingly-kind manager of the market, Juhli Jobi, allowed us to set up on the grounds.

The sign had two arrows, one pointing at Ying and

one pointing at me. The one pointing to Ying said, "This is Ying. He is 13. He is borrowing this violin. Ying is saving money for his own violin. They are very expensive!"

The other arrow, pointing at me, said, "This is Cathy, Ying's teacher. She thinks Ying needs a fabulous violin. He works hard and loves to make music."

Ying's playing that day drew a lot of attention! Phil Williams, who had a time slot on the stage that afternoon, heard Ying and declared that Ying would be taking over part of his own stage time. Phil promoted him and solicited more tips.

All told, Ying made more that afternoon than I make in a long day of teaching! People were so incredibly generous and welcoming. But that is not the story. That is just the beginning.

After busking that afternoon, I went to the grocery store where I ran into Sue Cecconi, a educational assis-

tant at Edgehill Elementary - Ying and (formerly) Jing's school. We chatted and she asked what I'd been up to, so I mentioned that I'd been out busking with Ying. She wasn't sure about the term "busking," (performing on the street for tips), and was intrigued. She was also chewing on the problem of Ying needing a really good violin.

"I've got some friends online," she said. "I'll put it out there."

Now, violins (good ones) are not things that just materialize or fall from the ether. They're items you save and save for, or for which, at some levels, people will re-mortgage their homes. A good violin is handmade, has been honed to sound its very best by a skilled luthier, and produces the many kinds of tones and sounds that a skilled player asks of it.

The best ones are old, broken in like a good pair of



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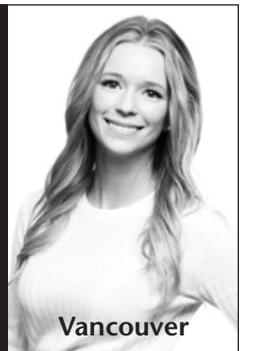
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jeans. The more they are played, they more they open up and vibrate. And a good violin will appreciate, not depreciate, in value. The good ones don't come cheap!

So it was definitely a huge surprise to hear that someone in Sue's circle of friends responded, offering not one, but *two* violins. She had them sent to Edgheill School and called me when they arrived.

I admit I was skeptical at this point - free violins? From where? From whom? What kind of quality would these instruments be? But I picked up Mei, Ying's mom, and headed to the school for the grand unveiling, set to happen during Ying's music class that day.

It was all a huge surprise - Ying and his mom knew nothing about it, nor did Ying's classmates. Ying had no idea why his mom and his violin teacher were suddenly there in his music class, until Sue Cecconi came in and told the story.

The owner of a music shop in Vancouver had responded to Sue's message, sending two whole ensembles, one new and one old, with violin, accessories, case and bow, and said to choose the one he preferred!

Ying opened the first violin - a brand new instrument - and promptly broke a string trying to tune it. I stepped

in and tuned up the other three strings for him, and he played.

He can make anything sound good, and it sounded great, but we were all curious about the second violin, a much older instrument.

It came with a letter, which Sue read to the class. It kind of chokes you up, the contents of that letter.

It recounts an episode when an older gentleman came into the shop to have his violin appraised. After getting the appraisal papers, the gentleman asked the shop keeper, "Do you play the violin?" The shop keeper said, "Yes, a little, but not well." The gentleman then offered the instrument to the shop keeper, who declined, saying their skills were not up to owning such a valuable instrument.

So the gentleman asked the shopkeeper to hold onto the instrument, and to pass it on to someone young who would "keep the spirit of the music alive."

This was the second violin that was sent to Ying. Ying held it carefully, I tuned it, and then he started to play. Jaws dropped as gorgeous music emerged! And Ying had made his choice.

As I drove his (very surprised) mother home that af-



ternoon with two violins in the back seat, I said to her, "Make sure Ying practices tonight!"

She told me later that Ying flew home from school on his bike, and didn't even take off his helmet before starting to play.

He played through the afternoon and had to be stopped for dinner, and played some more until bedtime, when he slept with the case open beside his bed. He is in love with this new instrument. **R.L.**

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**What happened next?**

Big sister Jing Zhong has upgraded to the other violin, the new one, which she will play until she graduates, at which time it will be passed on to some other deserving young player.

Ying spent some of that initial busking money having his new violin re-strung and tuned up by local luthier extraordinaire, Laura Wallace, who lives and works in Wildwood. As he told me, he got a "deeply discounted price" on her services and supplies (thanks, Laura!), and the violin sounds incredible.

After the success of the initial busking date, Ying and Jing started to play at the market on Sundays. Catch the duo and their group Ceilish at the Powell River Farmer's Market, where they're raising funds for the group's trip to Scotland in 2018.

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# Tla'amin gets Bear Smart

BY FRANCINE ULMER

Last year Powell River saw a record number of human-bear conflicts. Garbage, fruit trees, compost and livestock were the top attractants.

A majority of conflicts came in the fall, resulting in 38 bears being destroyed. Conservation officers have watched and documented this seasonal cycle of peak fall conflicts for years and always warn residents to do their part to manage attractants.

Again, by the middle of this August, bear conflicts were making headlines across BC. Even Powell River had a very rare experience with a grizzly bear coming down to Stillwater and attacking a goat - a good reminder to survey our community for attractants and take proactive measures.

**It is clear that people in Powell River do not want to repeat last year.**  
*– Francine Ulmer*

As WildSafeBC Community Coordinator for the Powell River Regional District, I have heard a call to action by residents who have not forgotten about last year. It is clear that people in Powell River do not want to repeat last year, are concerned about this year, and many are asking me what we can do as a community.

I heard this request for more information and set up a series of Bear Smart Community presentations when WildSafeBC Provincial Coordinator, Frank Ritcey, came to town in June.

One Bear Smart presentation was specifically for the

## BC GOES WILD

This year WildSafeBC is organizing a “BC Goes Wild” weekend on September 17th and 18th. Check out our Powell River Facebook page at [www.facebook.com/WildSafeBC-District-of-Powell-River](http://www.facebook.com/WildSafeBC-District-of-Powell-River) for events and information on exciting local ways to get out and celebrate wildlife. here.

community in Tla'amin after Hegus Clint Williams asked Cathy Galligos, Director of Lands and Resources, to work with the Natural Resource Committee to discuss options for dealing with the bears accessing garbage throughout the community.

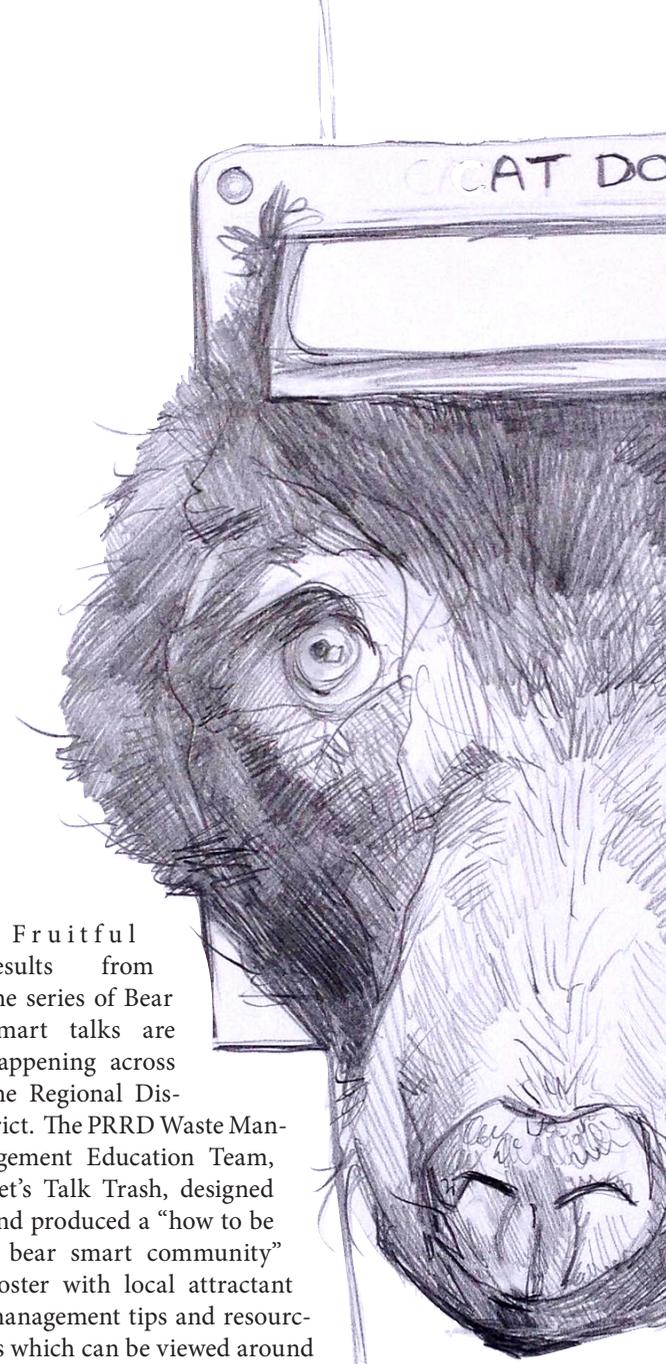
At the Natural Resource meeting, each person had a different idea about potential changes to the garbage system. Reaching a consensus was a challenge. Just a few days later I contacted Cathy offering a Bear Smart presentation and she was happy to have more information to help the community find a solution to the bear conflicts.

After the June Bear Smart presentation Cathy said, “On July 7th, 2016, Tla'amin Nation Executive Council, by official motion, officially approved of our community to participate in the Bear Smart Community program.”

Since then six summer students have been canvassing the community door to door, informing residents that Tla'amin Nation is working toward Bear Smart status. Students are surveying residents about their garbage management practices and preferences, as well as any attractants or bear conflicts they might have. Information from the survey will be mapped and used to make a series of recommendations for attractant management in the community.

Fruitful results from the series of Bear Smart talks are happening across the Regional District. The PRRD Waste Management Education Team, Let's Talk Trash, designed and produced a “how to be a bear smart community” poster with local attractant management tips and resources which can be viewed around town or at [letstalktrashpr.com](http://letstalktrashpr.com).

Tla'amin Nation is the first BC First Nation Community to take steps towards becoming Bear Smart. Working together we can keep wildlife wild and communities safe. 



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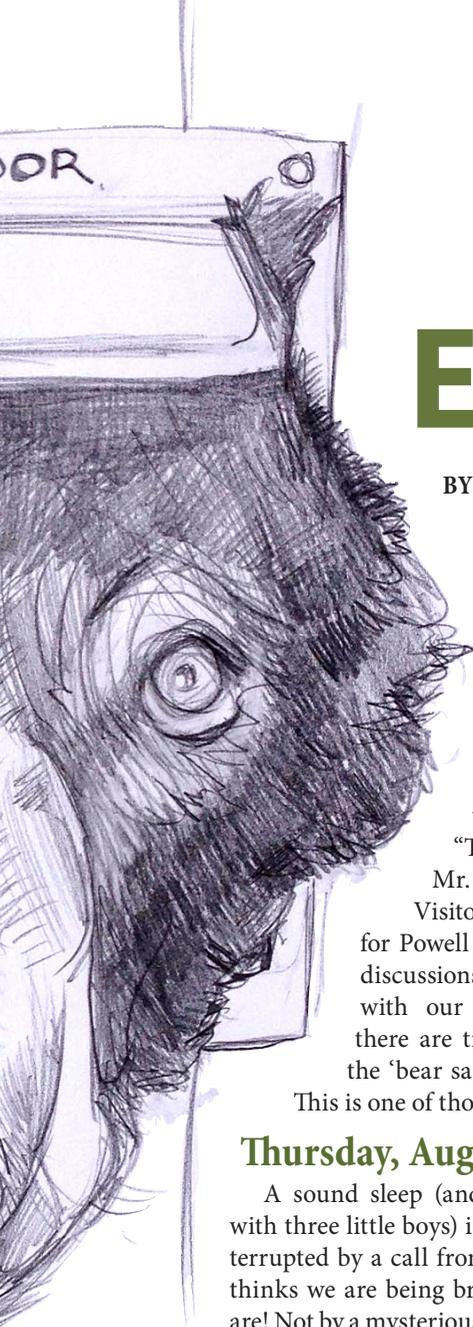


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# Encounter with Mr. Bruin

BY TRACEY ELLIS

A day in the life of a Canadian can sometimes mean interactions with wildlife that border on the bizarre and surreal, or what I'm calling: "The Incident with Mr. Bruin." As the Visitor Centre Manager for Powell River, I have many discussions about bear safety with our visitors, but then there are times when none of the 'bear safety' advice applies.

This is one of those times.

## Thursday, August 18, 2 am

A sound sleep (and I don't get many with three little boys) is quite suddenly interrupted by a call from my husband who thinks we are being broken into - and we are! Not by a mysterious hooded hoodlum - but by a misguided juvenile black bear.

This mischievous bear has somehow managed to push open our outside door into our laundry room, which was locked, but perhaps not secure enough as the door tends to swell and stick. Fair enough, but Murphy's Law dictates that the door closes behind him

and while he sups on my laundry soap he's not all that concerned, until he decides to exit - and stage left is now closed.

## Plan B for Mr. Bruin

The next most enticing exit is our cat flap into the kitchen of our house. The bear rips it out and then proceeds to claw at the wood, which splinters and falls away to reveal to my adrenaline-amped gaze, a bear's nose soon followed by what look like HUGE bear claws continuing to claw away at the hole made to gain entrance into my kitchen.

## Unleashing My Inner Mama Bear

Now, a bear is a bear, but a human mama bear with three young boys sleeping in a nearby bedroom is a whole other matter.

I grab up the kitchen broom and swat at the bear, driving it back into the laundry room and yelling to hubby to call 9-11.

Yelling in my best mom voice, "No, bear!" and swiping at the hole with the broom keeps Mr. Bruin at bay and he's huffing and puffing away in distress in my laundry room, but no way is he gaining entry into my house! And yes, that's the pure adrenalin talking...

Less than four minutes later, no fewer than four police cars arrive with RCMP who help remove my boys from the house. Satisfied that my boys are no longer in danger, this human mama bear exits the house to our Jeep, which we then drive down the street to be out of the way.

## Escape Route

Mr. Bruin is then allowed to finish his escape through my kitchen, living room and out the front of the house

with a brief pause to leave his calling card on my kitchen floor before he high-tails it down the street with hopefully a lesson learned - mama bears come in all shapes, sizes and species - and defending our young is always a mama's top priority.

**"Yelling in my best mom voice 'No, bear!' and swiping at the hole with the broom keeps Mr. Bruin at bay ... no way is he gaining entry into my house!"**

*- Tracey Ellis*

A statement made to my husband by one of our local finest: "I can't believe your wife held that bear off with a broom," was met with my husband's rather laconic, but sincere reply, "That's because she wears the pants in our family."

Don't even let me get started on the two-and-a-half hours of bear poop cleanup in both our kitchen and laundry room.

Let's just say - there's a lot of fruit in a bear's diet at this time of year - and leave it at that. [PR](#)

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# Artist keeps on ticking despite Lyme disease

Rick Cepella says the only way to create is to create

BY ISABELLE SOUTHCOTT |isabelle@prliving.ca

The backcountry has shaped, influenced and inspired Rick Cepella since he was a young man. As an artist, he finds himself continually drawn to the source and he hikes the wild landscapes, filling sketchbook after sketchbook with what he sees.

He enjoys the challenges facing a landscape painter: from lugging painting and camping gear up into the mountains for three nights to the grind of getting 30 pieces of art ready for a show.

In 1997, the Langara College student was already an established editorial cartoonist and illustrator, working regularly for *The Vancouver Sun*, *The Province*, *The Edmonton Journal*, *Toronto Star*, and *Ottawa Citizen*. Rick has won several national and international awards, and his work is featured in the permanent collection of the National Archives of Canada.

But sick of the big city, he moved to Nelson to juggle work as a freelance illustrator and biological surveyor.

“Really, I’ve been working towards becoming a full-time painter for the last four decades, starting as a commercial artist while working in the woods as a biological surveyor. The backcountry was so extraordinary that I

found myself sketching at every opportunity – when I was waiting for a helicopter I’d pull out my sketchpad. I didn’t know what I was doing but I knew the only way to create was to create, always thinking of a future when I’d be painting. I lived that way for over a decade; I was living a dream life.”

Rick’s life changed abruptly when he contracted Lyme disease in Southeastern BC. It caused serious and permanent injuries, which continue to challenge him to this day. “The disease has affected my whole body with neurological, rheumatological and other debilitating symptoms. It’s a real nightmare.”

He was no longer able to work in the bush and was – quite literally – fighting for his life.

Rick was unable to hike seriously for over a decade after contracting the illness and because of time spent receiving long-term treatment. His art practice also suffered.

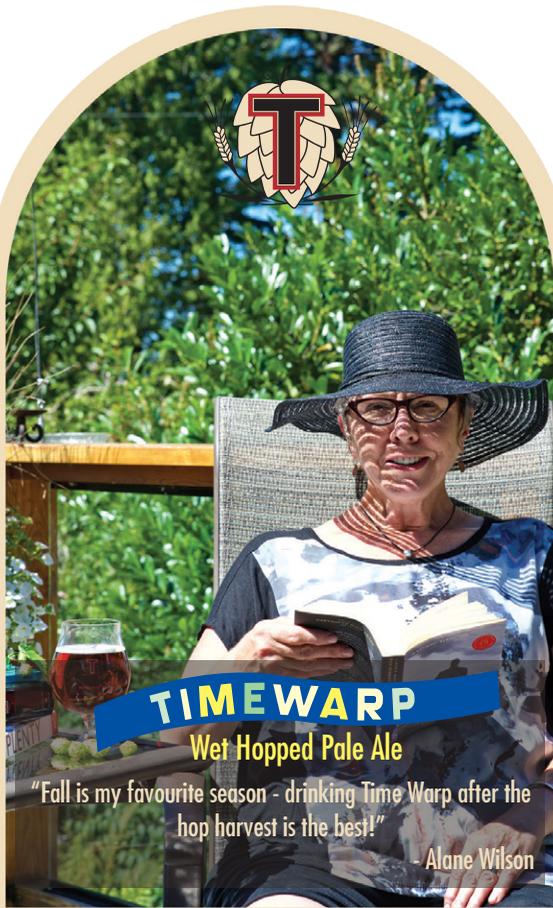
Sick and weak, his approach to art changed.

“I continued to learn the basics of painting but instead of the BC mountains I sketched trees and rocks as I could see them from the bedroom window of my parents house in Ottawa,” he told *Powell River Living*, from his Cranberry studio where he currently lives and works.

When he felt well enough, he’d visit the National Gallery in Ottawa. He remembers being pushed around in a wheelchair and seeing the work of Honore Daumier, a French printmaker, caricaturist, painter and sculptor. That’s when the light went on for Rick.

“I probably took 400 art books out of the library,” he said. By this time he was getting the treatment he needed for Lyme disease. His energy was slowly coming back.

“So I worked and I studied in my little room. The whole time, I was missing BC.”



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**BACKCOUNTRY COMES INSIDE:** Artist Rick Cepella says the only really good paintings are the ones that challenge you. "Same goes for hikes." His sketchbooks are filled with drawings of Powell River's backcountry which he later uses as the foundation of his paintings.

*by Rick Cepella*



### LEARN FROM RICK CEPELLA

Rick is teaching a new class called Drawing for All at Vancouver Island University and the Powell River Academy this fall. This class is an introduction or refresher for artists of any level. Tools and techniques will be discussed and lines, tone and the elements of design and composition will be explored.

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When he was well enough to live on his own again, he moved back to Nelson. It was then that he began teaching.

"I'd learned enough by then and had something to share."

Rick studied visual art and design at the University of British Columbia, the University of Ottawa and Emily Carr College of Art and Design. He began teaching workshops at the Okanagan School of the Arts, Selkirk College and the Kootenay School of Art.

Continuing to fill mountains of sketchbooks and canvasses, Rick continued to develop a "credible painting voice."

Although he was still ill much of the time, he tried to keep going. "I thought I'd never hike again. I didn't think my joints and body could handle it."

In 2008, he moved to Powell River and began exhibiting in public galleries across BC.

"I just produced as much as I could. I knew this was one of the only things that I could still do."

Eventually Rick felt well enough to begin hiking again. "Some days were good, some days were bad. I al-



**FROM THIS TO THAT:** Rick Cepella spends hours and hours sketching the backcountry before he even picks up a paintbrush.

*photos courtesy Rick Cepella*

### Learning later in life

One of the beautiful things about art is that some artists do their best work later in life, Rick notes. Gordon Smith, an artist touted as being a key figure in the history of Modernist painting in Vancouver, is someone Rick has long admired. Gordon, an Order of Canada and Governor General Award recipient, was a professor at UBC. "He's been a big supporter of mine and he didn't really find his voice until he was 70."

ways had my sketch book and if I felt like crap I'd sit down and draw what was around me."

Rick sees real similarities between hiking and painting.

"The only really good paintings are the ones that challenge you, same goes for hikes," he said. Currently, his sketchbooks are filled with drawings of Mount Freda, Emma Lake, the South Powell Divide, the Knuckleheads, and Walt Ridge. He uses what he's captured in the backcountry of Powell River as the foundation of his painting.

River City Coffee, in Crossroads Village, is showing his work this season. And he's passing on his skills by

teaching locally this fall (see sidebar).

"I have thousands of sketches. Drawing informs everything I do," he says. "Everyone has a camera but few want to do what the old masters do. I'm constantly sketching, constantly studying nature."

Drawing gives artists an intimacy with place that no amount of pointing and shooting can substitute for, he says.

"My painting is built upon time in the field, be that in the alpine or down in the rain forest with sketching supplies and a comfortable spot to plant my backside."

Looking back at the changes to his health, he shakes his head. "I used to play college basketball and run marathons. I was a tournament level racquetball player and now some days even walking is out of the question." **PR**

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**Back to Buses**



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September 5

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# Just for the Health of It



## Feel on top of the world - with health and wellness

In August, Peter Behr soloed up Mount Freda to find mostly melted snow, and heather and daisies in full bloom.

"I do it once a year just to prove I still can," says the 68-year-old retired Registered Massage Therapist and businessman, revealing his commitment to life-long fitness.

His day began with a drive up Stillwater Main followed by a left turn up J branch. The steep hike up the trail to Mount Freda took Peter four and a half hours. However, he says it has been done in under three hours by "younguns like Joseph McLean!"

Hikers of Freda gain 1,100 metres in altitude, and find

themselves at the summit 1,865 metres above sea level. (In comparison, hiking the Grouse Grind is an 853-metre gain, and the Squamish Chief is a 600-metre gain).

Peter says he is starting a PUF Club: Pensioners up Freda Mountain Club.

For easier mountain hikes he suggests trying Tin Hat first, then graduating to Alpha Beta Gamma from E 100, then Emma Lake and maybe Centre Lakes.

If you want to feel on top of the world too, join *Powell River Living* magazine at the first ever Just for the Health of It Health and Wellness Fair September 24 at the Recreation Complex.

And read on for more inspiration!



# Health can be hard.

## Getting help? We've made that easy.

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

**H**ealth and wellness are hot topics. We live longer than generations before us did. That's due in large part to vaccines, effective support for childbirth, workplace safety laws, the social safety net, and fewer war-related deaths.

Collectively, though, we're fatter than ever. The global obesity crisis threatens to undo the other gains. Unless individuals change how we live, the life span of today's children could be shorter than that of their parents - due entirely to food and weight-related causes such as diabetes, heart disease, and some cancers.

Research shows what being obese or overweight costs: up to eight years less in life expectancy.

In other words, there's an obesity crisis in Canada and "people are paying for it with their wallets and lives," reads an Obesity in Canada report published by the Standing Senate Committee on Social Affairs, Science and Technology in March 2016.

Most Canadians are overweight - three out of five of us. Since 2003, the number of obese Canadian adults has increased by 17.5 per cent.

Children, too, are larger. According to the Heart and Stroke Foundation of Canada, nearly one-third of Canadian children are overweight or obese.

Health-wise, this is scary stuff. I'm one of those overweight Canadians.

Luckily, I live in Powell River, a community committed to becoming one of the healthiest places to live in BC by 2021. Mayor Dave Formosa is walking the walk (see Page 19).



**BACK ON THE EXERCISE WAGON:** Clockwise from top left, Theresa Harwood-Lynn, Ben Fairless, PRL publisher Isabelle Southcott and Shannon Behan run through the trails near the Recreation Complex.

Most of us want to enjoy a better quality of life. The City's goal of tying health and recreation together includes promoting and supporting healthy diets, exercise, plus social and emotional health.

So what can I do?

Whenever I want to change something I always think of that old saying. How do you eat an elephant? One bite at a time.

Small changes can lead to big results.

I can lose one pound at a time. I can improve my physical fitness one workout at a time.

This sounds easy and obvious, but it eludes most of us - including me at times. Only 15 per cent of Canadian adults get the recommended 150 minutes per week of moderate to vigorous intensity physical activity. And even fewer - just three percent - of Americans have a "healthy lifestyle," including a healthy diet, enough exercise, a moderate-to-low body fat percentage, and not smoking, according to a study published this spring in *Mayo Clinic Proceedings*.

I encourage you to join me and visit *Just for the Health of It* Health and Wellness Fair on Saturday, September 24 at the Recreation Complex. There you will find local experts, demonstrations and speakers to help you on your journey.

The path to change is difficult. Keeping my weight down and my fitness level up is a constant struggle for me. There are times when I take a break (like during the summer) and fall off the wagon. Now that it's fall, it's time to get serious again.

Initiatives such as the *Just for the Health of It* Health and Wellness Fair and the new adult exercise park at Willingdon Beach help make it easier to implement new behaviours.

I know I'll be grabbing my gal pals this fall to do our weekend run followed by a mini workout at the adult exercise park. I'm going to check out all the ways to work my upper and lower body on the new equipment. And it won't cost me a cent because both the health fair and the new exercise park are free! **PRL**



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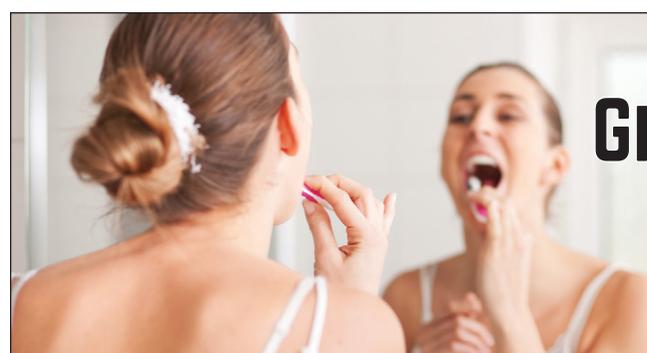
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# JUST FOR THE HEALTH OF IT

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Environmental Health - Dan Glover

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Exercise & the Brain - Roché Rossouw

Yoga Demo - Keely Fandrck

Sculpt Fusion Fitness Demo - Terri Cramb

Canadian Martial Arts - Frank Clayton

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Sensational Smoothie Demo - Emma Larocque

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JUST FOR THE  
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Health and Wellness Fair



**GYM WITH A VIEW:** Minutes after the new adult exercise park was unveiled at Willingdon Beach, a Rotarian from Vegreville, Alberta was trying out the new equipment. "This is great," said Kathleen Bohaychuck (above, centre). "I want my Rotary Club to do this!" The adult exercise park, located near the start of the Willing Beach Trail, is a project of the Rotary Club of Powell River Sunrise (pictured below), with support from Powell River Community Forest and the City of Powell River. The outdoor equipment can be used year round.

photos by Isabelle Southcott



## Take round two of the Wellness challenge

Take the PR Wellness Challenge at Just for the Health of It Health and Wellness Fair on Saturday, September 24. Here's your chance to measure your progress in the following areas: flexibility, heart rate, balance and blood pressure.

More than 800 residents were measured during round one of testing earlier this year, but if you haven't

already, you can take the challenge for the first time at the Health Fair. Round two of testing kicks off September 21 and continues until October 31

The goal of the project was to give people a baseline of where they were so they could make lifestyle changes to improve their state of wellness.

Learn more at [www.prwellnessproject.com](http://www.prwellnessproject.com).

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# 'Healthiest community' starts with mayor

BY LINDA WEGNER

**M**ayor Dave Formosa is dedicated to making Powell River the healthiest community in British Columbia - starting with himself.

"My inspiration was my Mom," Dave told Powell River Living, sharing some of his early fitness motivations.

"She walked Joyce Avenue from one end to the other her entire adult life, before it was ever trendy. I noticed and saw that it's kept her slim, trim and healthy her whole life."

To encourage residents of Powell River to find their own fitness motivations, the Powell River Wellness Challenge launched in April 2016. It's an initiative sponsored by Vancouver Coastal Health, Division of Family Practice, Powell River's Parks, Recreation and Culture department as well as a number of individual volunteers and professionals. Dave has both personal and community-based reasons for accepting the challenge.

"When I graduated I was quite small. I decided I needed to bulk up a bit."

Bulking up for him meant going to the gym on a regular basis and soon, getting into martial arts. Some of those initiatives became the new 'normal' and, in his own words, the mayor admitted that he "kind of overdid it."

"I realized that there was more to life than just working out so I backed off and started concentrating on a career - but I always exercised."

But as so often happens, the lack of a strict regime, employment that didn't always allow for regular training and workouts, as well as the inevitable process of aging led to a decline in his fitness levels. The wake-up



**PRETTY SPRY FOR A BUSY GUY:** Mayor Dave Formosa takes a turn on the new outdoor fitness equipment at Willingdon Beach during the grand opening Aug. 20.

*photo by Isabelle Southcott*

call came several years ago when he was diagnosed with diabetes.

"Since then I've been working out, I turned my diabetes around, lost weight and proved to myself that it could be done."

It was at this same time that the family mourned the loss of Dave's older brother, Ray, from pancreatic cancer.

"My brother also was diabetic; when I discovered I had diabetes, that also motivated me."

The first step in Dave's health transformation was the elimination of sugar and refined carbohydrates from his diet; as well, he re-established a regular exercise routine.

"After work, five days a week, I go downstairs and work hard for half an hour on the walker. Then I do sit-ups, stretching, then ten minutes training with my nunchuks. Remember, I was a martial arts guy. I have a chronic back problem and I believe that exercise is helping that."

Becoming truly healthy involves far more than weight control and physical fitness, though. He notes

**There's a lot of motivation to live. It's a good world... I want to stick around as long as I can; I don't want to leave prematurely."**

*– Mayor Dave Formosa*

that his change in lifestyle has benefited him mentally, emotionally and spiritually. That doesn't mean that he has given up all of "life's pleasures" in his pursuit for health and fitness, though.

"I got to go out and buy some new clothes so that was nice; it's nice to be trimmer, not so big. More than anything, it helps a person's confidence when you're in shape and it makes you feel better about yourself."

A devout and practicing Catholic, he dedicates his 30 minutes on the tread mill to prayer.

Dave was quick to acknowledge the vital role that his wife, Laurie, has played in his physical turnaround. See the recipe for a smoothie they share every day (Page 21).

"There's a lot of motivation to live. It's a good world: grandchildren, and a great family, life in business and politics, and a beautiful earth.

"I want to stick around as long as I can; I don't want to leave prematurely." **PR**

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## Sample healthy snacks

You won't go hungry at Just for the Health of It Health and Wellness Fair. Fruits & Roots Juice Bar will have a pop up café on site.

"We'll have power snacks and some of our lunch items for sale at the health fair," said Fruits & Roots owner Heidi Leaman.

"We'll have some great tasting healthy alternative cuisine for people to purchase."

Menu items include falafel wraps, house made protein bars and granola bars as well as hummus and pita chips. There will also be three flavours of sparkling sodas – grapefruit, pineapple/turmeric and pear/ginger – for sale.

Fruits & Roots will be rolling out a new meal prep/meal planning program this fall for people who are too busy to cook.

"It's been really big in the city," Heidi explained adding this program is suitable for anyone who wants to lose weight or has been told by the doctor they need to change their eating habits due to health concerns. "It's also good for busy professionals and families." 

### LAURIE'S SMOOTHIE RECIPE

This is what Mayor Dave Formosa drinks to fight diabetes and keep his energy up. "The recipe isn't set in stone and I change it up according to what I have on hand and to make it more interesting," says Laurie Formosa, who created this recipe for her husband.

- 1 celery stalk
- 1 carrot
- 2 or 3 broccoli florettes
- ½ lemon
- ½ orange
- ½ apple
- A handful of greens (spinach, kale etc.)
- ½ inch chunk of tumeric
- 1 inch chunk of ginger
- Chia seeds
- Hemp hearts
- Flax seed oil

Additions: avocado, banana, berries, pineapple, plain Greek yogurt.

It all goes in the blender; the better quality the blender the smoother the drink. I have a Ninja and end up with chunks that require a bit of chewing but we are okay with that. I have used a higher quality blender and it completely liquefies it which is also good.





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# Forester & son select trail-rich new home

**A**n import from Prince George, Darwyn Koch is a new face at Western Forest Products here in Powell River, filling Stuart Glen's old position of Operations Planner. The Registered Professional Forester has worked in the woods for more than 30 years, mostly in the BC interior.

Moving to the coast, both Darwyn (born and raised in Calgary) and his son Wyatt, 12, are excited about the big trees, the mountain bike trails, golf, the Kings Junior A team, and the Powell River Minor Hockey program - both play.

Want to meet Darwyn in person? Come on out for the annual Forestry Tour, coming up September 17. Everyone is welcome. Call Amanda at 604-485-3123 to register.

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

**Darwyn** • I relocated to Powell River to pursue a career opportunity with Western Forest Products. I wanted the second half of my career to be situated on the BC coast. The tree growth here is amazing!

## When? Where from?

**Darwyn** • I have been living in the large geographic area known as the central interior for about 25 years. For the past eight years my son and I have been living in Prince George. We made the move to Powell River in late June of this year.

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

**Darwyn** • A few things come to mind. First off is the weather! I have always lived in a dry climate so I was definitely surprised by the humidity. Beautiful sunny days and moderate temperatures that feel much warmer than what the ther-

момeter says. Secondly is the fact that there can be a huge downpour of rain and an hour later any sign of water is all gone. And finally, and probably the best of them all, is that many areas in Powell River have really nice views of the ocean. When I leave my office at the end of the day and travel west down Duncan Street I am amazed at the view of the ocean.

## What made you decide to move to Powell River?

**Darwyn** • About a year ago my son and I came up with a list of things that were important to us with respect to potential relocation destinations. For him it was a good minor hockey program, junior golf, high speed internet, and mountain biking. For me it was working in a healthy forest associated with a vibrant forestry community, the continued enjoyment of cheering on a home town junior hockey team, and the location needs to be within half a day's drive to a decent downhill bike park (Whistler, Coast Gravity Park, and Mount Washington are all real good).

## Where is your favourite place in Powell River?

**Darwyn** • The Duck Lake bike trails. There definitely are some very talented trail builders in Powell River. Suicide Creek Trail is one of my favorite rides so far, but there are a lot more to explore.

## How did you first hear about Powell River?

**Darwyn** • We have family in Vancouver so I always knew where Powell River was on the Sunshine Coast, but never did visit it. Our first trip to Powell River was in April of this year for my interview with Western Forest Products. I really didn't know what to expect with respect to the weather so



**NO FEAR OF RAIN:** The outdoor-enthusiast duo of Wyatt and Darwyn Koch (pictured here at Sun Peaks) are ready for a coastal adventure.

we brought our rain gear, golf clubs and mountain bikes in hopes of getting out.

## What would make Powell River a nicer community?

**Darwyn** • I see Powell River as a community that appreciates the beauty of the environment surrounding it. As beauty is in the eye of the beholder, it is important to showcase differing perspectives. This would include forest conservation as already incorporated into parks, trails, and little hideaways throughout the town, as well as showcasing the idea of the working forest.

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

**Darwyn** • Powell River is a recreation-minded community. In order to attract like-minded individuals and families to Powell River it is important to have infrastructure in place to ensure safety for walking, cycling, and running. Since moving to Powell River I have been spending considerable time biking around town getting to know the lay of the land. If I was the mayor I would contribute some of the Community Forest revenue into developing more safe travel routes throughout the city for the recreational community.

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

**Darwyn** • I have always had an interest in real estate and mortgages. I think listening in on meetings held by the "Powell River Sunshine Coast Real Estate Board" would be fairly interesting given the recent flurry of activity in Powell River.

## What are Powell River's best assets?

**Darwyn** • The forests, the friendly people, the hometown feel of the community, the unique shops and restaurants, the Patricia Theater, and the gem of Powell River...the Historic Townsite.

## What is your greatest extravagance?

**Darwyn** • Mountain biking is our biggest indulgence. Between the two of us we have six bikes, not including the road bike that I pull out on occasion when I have a need for speed. We have a healthy addiction to downhill biking, and as a result I have become a good bike mechanic.

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

**Darwyn** • It would be so much easier if we all could fly. But I wonder how much the fine would be for flying and texting at the same time? [PRL](#)

*Know someone who should be profiled in I Made the Move? Contact Isabelle at [publisher@prliving.ca](mailto:publisher@prliving.ca).*

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# More than just a school

## Kelly Creek Community School

**Y**ou know those schools that are like a second home to staff and students? The kind of school that offers great extra curricular activities? The schools where kids actually go to hang out?

Kelly Creek Community School, is one of these schools. In 1988, Kelly Creek became School District 47's only community school thanks to parents interested in reaching out to local residents and getting more public programs going in the area.

Using the school as the hub, Kelly Creek brings together many partners to offer programs and supports to youth, families and adults in the area.

With a focus on outdoor learning, Kelly Creek is also the only school in the District that offers a Grade 6/7 outdoor adventure program. The 110 students enjoy an outdoor classroom, adjacent forest, trails, garden with a composting program and a climbing wall.

Last year, Bill Rounis moved to Powell River with his wife and two daughters, to become the school's principal.

With a degree in physical education, Bill loves the outdoors and being active. The former volleyball coach used to come to Powell River for tournaments.

"Kelly Creek is perfect for me," he says. "I'm also a math guy. Technology has always been a big focus for me."

Bill loves the community school model. His five years as vice-principal of Cedar Community School gave him a good understanding of the important role Kelly Creek plays in the community.

Under his direction, Kelly Creek will introduce the Lego Robotics program. Bill recently travelled to Oshawa, Ontario to take courses in Lego Robotics and Maker Space.

When students return to school in September, it will be to a renewed building. The school underwent a total envelope upgrade this summer, with new windows, doors, and fibre cement siding for energy efficiency. Indoors, students will notice adjusted lighting and a new wall of windows on the front of the library, revealing abundant natural light. This makes it a perfect location for many of the new intergenerational programs that will be introduced this fall.

The school's unique location is minutes away from the beach and close to Lang Creek Spawning Channel.

This allows the students a chance to take on themes such as last October where they looked at the life cycle of salmon. The students spent a day at the spawning channel.

"They learn things such as the science and physical part of the salmon, and the art part of the salmon has kids drawing fish. Students also write stories about the salmon and make salmon art."

Sometimes an entire class will get outside and do things like head to the beach for reading and writing.

"It's calming for students to be at the beach and in the fresh air."

Cross-curriculum learning takes place outdoors. "We want our kids to become critical and creative thinkers so they can problem solve," explained Bill.

Being in the outdoors also supports self-regulation. Students discover how to get ready to learn, how to manage their emotions, and deal with distractions.

Sometimes all it takes is a chance to burn off extra energy and if they are outside, they can do that and more.

### Place-based learning

All Kelly Creek students benefit from place-based learning. It promotes learning that is rooted in what is local, the unique history, environment, culture, economy, literature and art of a students' own place or immediate schoolyard.

### Outdoor Adventure Program

Run by teacher Andrew Shostak for Grade 6 and 7 students, Kelly Creek's Outdoor Adventure Program attracts students from across the District. Students in this program get to go sailing, kayaking, camping, hiking, biking, learn trail maintenance and participate in many other outdoor activities both outside of school hours and during the school day. Students work on becoming student leaders at school and in the community.

### StrongStart

Kelly Creek offers a free daily StrongStart Program for infants to pre-K children.

### Part of the community

Kelly Creek's motto is More than Just a School. "It's the jewel of the community," says Bill. "Everyone comes here for activities. People come as a family. They don't just send their kids here, families belong to this school. We open the school up for events like movie night. Kelly Creek brings everyone together."

Kelly Creek's Community School Association offers a wide variety of programs. September's offerings include Tai Chi, Electronics, Pickleball, Women out Walking, Sit and Be Fit, Ukulele, Knitters Café, Scottish Country Dancing, Guitar, Play Reading and Yoga.

If you are interested in taking an adult class call Pat at 604-223-4537. For more information about the children's programs please call the community school office after September 6 at 604-487-9925.



Want to learn more?

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## WHAT'S UP

### Fiddleheads at CMAs

Julie Kennedy is a 2016 nominee for the Canadian Country Music Association for fiddle player of the year. Winners will be announced this month at Country Music Week which takes place in London, Ontario.

Julie and her twin sister Carli, grew up in Powell River and make up the musical group Twin Kennedy.

Twin Kennedy returns to Powell River on Saturday, September 30, at Max Cameron Theatre. Tickets are \$35 and available at River City Coffee, Beyond Bliss, and the Peak. For more information, go to [twinkennedy.com](http://twinkennedy.com).

### Congrats Bayley

Glider Cadet Bayley Hollingsworth of 22 Red Knight Squadron in Powell River was at the Comox Cadet Flying Training Centre this summer for the Glider Pilot Scholarship course. While there, she was presented with the Commander's coin by Brigadier-General Woiden, Commander National Cadet and Junior Canadian Rangers Support Group and did her first solo.

### Free registration fair

A free Community Information and Registration Fair is set for Friday, September 9 from 5 to 7:30 pm at Sheridan Dance Academy.

Complimentary tables will be made available to anyone who would like to share their information. This will be the sixth time Sheridan Dance Academy has hosted this event, and they anticipate over 200 families will attend. "It's a great opportunity for families to come to one place and schedule all of their fall extra-curricular activities, at once," said Mariah Sheridan. Sheridan Dance Academy is located at Unit 101 in the Crossroads

Village, behind Quality Foods. Call 604-485-0023 for more details, or email [info@SheridanDanceAcademy.ca](mailto:info@SheridanDanceAcademy.ca)

### Cops for Cancer

Kathy Maitland will shave her head at the Cops for Cancer Spaghetti Dinner and Silent Auction on September 23 at the Town Centre Hotel in order to raise money and increase awareness about cancer. "I lost my dad, sister-in-law and a great niece who was only six to cancer," said Kathy. "And my good friend is fighting cancer right now."



The evening gets underway at 6:30 with cocktails followed by dinner at 7 pm. Tickets are \$15 per person and are available at the RCMP detachment and the Town Centre Hotel. All money raised goes to the Canadian Cancer Society for pediatric cancer research and to fund Camp Goodtimes.

If you wish to donate please email Kathy at [kmait@hotmail.com](mailto:kmait@hotmail.com) or call her at 604 483-1440.

### Meatless Monday

A new movement in Powell River urges you to go without meat every Monday, and says the health benefits include limiting the risk of cancer, reducing the risk of heart disease and fighting diabetes.

Meatless Monday will have a booth at Just for the Health of it on September 24. "Pledge to go meatless one day a week... for the environment, for the animals and for your health," says Emma Levez Larocque, Registered Holistic Nutritionist and Certified Plant-Based Chef.

For more information, visit the Meatless Monday Powell River Facebook page. [PR](#)

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# Getting healthy, crushing goals

BY RACHEL SNYDER

If you had told me at Christmas that everything would be different, that I would be embarking on an intense personal mission, I wouldn't have believed you.

Truth is, I was really sad. I was in a rut that so many Mums find themselves in; I was not being a very good friend to myself.

I'd seen an advertisement on Facebook for the "Chance to Change." It was a contest run by Debbie Duyvesteyn at Coast Fitness for an entire year of unlimited group fitness and nutritional counselling from Sarah Hooff. All I had to do was write an entry as to why I deserved the chance; it took me three weeks to write.

I would sit there at the computer and start to type, the tears would roll down my face and I would stop. It was hard to be honest with myself, but I really needed help.

The entries were due on the 28th of December, I finished mine up that morning and sent it in.

I always wanted to go to Coast; but I never made my fitness a priority. I have three kids, a husband who works in camp, I am a community support worker, a photographer, I live out South... I had many excuses - I mean reasons - why I didn't put myself first.

I found out on New Year's Eve that I'd won the contest, and I cried. I stepped on the scale and I was as heavy as I was at nine months pregnant. I took a picture of the number and then I started to make plans.

I used my Christmas gift money from my Dad and Stepnum to buy myself running shoes, workout pants, a couple of sports bras and a Fitbit. I was ready.



My first group class doing the fitness assessment I almost passed out and threw up. I couldn't finish; Debbie made me stop, they brought me orange juice and everyone looked so worried. It was embarrassing, eye opening and life changing.

I am just not someone who can sit with bad feelings. And not being able to finish a 45-minute fitness class was a bad feeling.

When I started, I had a bulging disk in my back and I couldn't lift 20lbs above my head. I started with yoga classes and would find myself silently weeping by the end,

because I was so grateful for a chance to just be quiet and in my skin, just to be aware of my own body and its aches.

Getting a handle on my eating was key. A couple things said to me this year have really hit home: "If it's not on a plate or at the end of a fork, don't eat it," and "Intention, what is the intention behind what you are eating? Are you fueling yourself? Are you bored?"

I love BBQ, I love finger foods and I love every tapas. Truth is I am an 'eat poison in my car running from one thing to the next' kind of lady. I eat crap when I am working hard.

Let's be totally honest, it's time consuming to be healthy. It takes a day a week of meal planning, shopping and prepping to stay on track. That in itself is a challenge.

I have tried all the classes at Coast, worked out with all the instructors, and I have even had the pleasure of taking all their pictures.

If you told me six months ago that I would love spin class I would have said you're crazy. But I do... a lot.

It's never far from my thoughts that this was the first time Coast and Sarah ran this contest, and that if I am successful in my journey, that they will keep offering the contest and give someone else a chance.

What would she do? When I look around the classes at Coast, I think "What would she do if she had won the chance? Would she work harder for it?" It's not difficult to stay motivated at Coast. There is inspiration everywhere you look.

In the past eight months I have changed more than I could have ever imagined, not just physically - but that is the obvious change. I have dropped almost 40 lbs, gone from wearing XL to mediums.

I am also chasing my dreams and crushing goals. I became a Birth Doula and Powell River's only registered Canadian Birth Photographer.

I still have weight to drop, although I am not so worried about the number on the scale anymore. Now I focus on how strong I am, how much endurance I have and how my clothes hang. I am way more concerned that my kids see me as active and healthy than as thin.

I just reread my entry for the "Chance to Change." I am a million miles from where I was emotionally compared to where I am now. I still have work to do; I always will. This is a journey and not a destination. I am ever so grateful to Deb and to Sarah. Sometimes all we really need is a chance. [PR](#)

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## BUSINESS CONNECTIONS

BY KIM MILLER | office@powellriverchamber.com



**That Sugar Vault** is the place for desserts and savory selections from lunch to later in the evening. "There's something for everyone with vegan and gluten-free options and then other items full of dairy, gluten and even bacon, from paninis to house made ice cream to a Nutella S'more," says co-owner Amy Sharp. With a liquor license in the works, there's Buddah's Lemonade, 15 flavours of Urban Earth Teas and more. The menu is on [www.that糖arvault.com](http://www.that糖arvault.com) and [facebook.com/that糖arvault](https://www.facebook.com/that糖arvault). That Sugar Vault is located at 4871 Joyce Ave #105 in the Crossroads Village Shopping Centre and is open Wednesday through Sunday, noon until late, with a full menu available at all times.

**Tempco** will be moving into the old Quality Parts Building at 7239 Duncan St. the week of September 19. "It's a more accessible location for our technicians as well as customers," said Tye Leishman. Tempco's phone number (604 485-5352) will remain the same. "We'll be expanding into appliance repair but will be continuing with all existing heating and cooling sales, installation and servicing for Powell River and Texada Island," he added.

**Pacific Aquaculture's** headquarters in Powell River, which encompasses a shellfish nursery and breeding facility, will open on September 19 at Hummingbird Cove. Pacific Aquaculture is in partnership with Liaoning Ocean and Fisheries Science Research Institute and plans to host a research centre in Powell River, the institution's first overseas research base in Canada.

**For What AILS You** is an Assisted Independent Living Services that offers support for persons needing an extra helping hand to continue the quality of life known by those residing in their own home, said Brenda-Lee Regimbald. An insured and licensed private home support worker helps with daily living tasks focused on physical and developmental health needs, while maintaining dignity, comfort and security. Contact Brenda-Lee, certified Nursing Assistant with First Aid and FoodSafe certifications, at 604 414-9813 for more information or to get care for someone you love.

**Music for Young Children** is a brand new music program operating out of the Powell River Academy of Music with music teacher Cindy Sletmoen. "We sing, play rhythm instruments, play games, learn to read music, learn about composers and how to compose our own music too," said Cindy. Parental involvement is a very positive part of Cindy's Music for Young Children classes. The parents get to learn alongside the student and stay there to support them. For more information, please contact Cindy at [myc.com/teacher/csletmoen](http://myc.com/teacher/csletmoen) or email her at [cindymyc@telus.net](mailto:cindymyc@telus.net)

**Sunshine Coast Eyewear** is a new eyewear store that is now open at 4573 A Marine Avenue. Owner Cindy Gaudin is a Canadian Certified Optometric Assistant, which means she can fit glasses. People who have a prescription from an optometrist can purchase glasses from her. "We'll fill any prescription," said Cindy. You can call Sunshine Coast Eyewear at 604 489-1324 or email Cindy at [sunshinecoasteyewear@gmail.com](mailto:sunshinecoasteyewear@gmail.com) [PRL](http://www.prl.com)

**Take charge and get ahead**

If you're lying awake at night trying to figure out how to pay your bills and invest too, debt consolidation may be just the solution. Contact me and I can help you get started.



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7th annual  
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Saturday, September 24th

1-4 pm Free admission

Teepee set up  
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Games • Workshops • Silent Auction  
Canteen • Live Music • Craft Vendors  
**Salmon Barbecue**



**Banquet Dinner**  
6-11 pm (Cocktails 5-6 pm)

Banquet served by the *Laughing Oyster*  
Music with the *Wild Woods Social Club*

Tickets for sale at the **French Club** (no tickets at the door)  
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# September Events

# 5

## feel-good fall events that support local charities and boost your fitness

### 1. Country & Western Saloon Dance

September 10, pull on your cowgirl boots and head on down to Dwight Hall. Rich Hope and his Blue Rich Rangers will have everyone up on the dance floor. Support the PR Brain Injury Society and the CMAA students travelling to Japan.

### 2. Paws for a Cause

September 25, join pooches and their people at Willingdon Beach for the annual Scotiabank & BCSPCA's "PAWS for a Cause" dog walk and fundraiser. Money raised will be used to help wayward pets and fight animal cruelty.

### 3. 9 Holes for the House

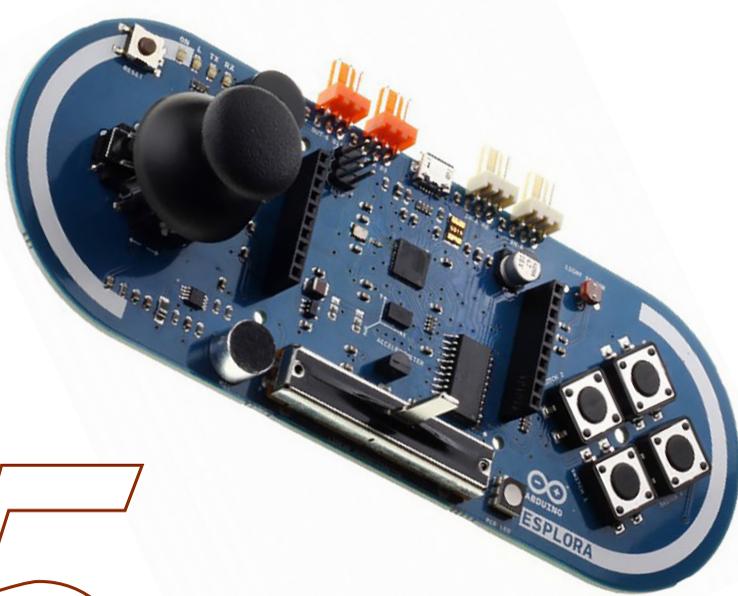
September 16, Powell River & Region Transition House Society will host a fun format nine-hole tourney to raise awareness and funds for Grace House.

### 4. Terry Fox Run

September 18, bikes, wheelchairs, strollers and rollerblades, plus dogs on leashes are welcome at this annual event, starting at the Recreation Complex.

### 5. Forestry Tour

September 17, join this free annual tour offered by Western Forest Products to find out more about what's happening in the woods. Buses and lunch are provided, and donations will go to the Powell River General Hospital's oncology department.



## STEM Cell

The Maker Space is open in Westview! This is a shared high-tech workshop run by the Powell River Technology Coop, and you can learn more at [prmakerspace.com](http://prmakerspace.com), or at a regular Friday afternoon open house from 1 to 5 pm. September starts with a bang: Intro to Laser Cutter on the 10th, Intro to 3D Printing on the 24th, and Intro to Arduino on October 1.

Dig out your dancing shoes



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# Paws for a Cause draws Paws



## Meet Bailey the adventurous cat

BY CARA MARSHALL

Bailey is my three-year-old furry feline who recently moved back to Powell River near the Westview ferry terminal with my family and me.

This summer I have received dozens of phone calls and emails asking me if she is lost. I really appreciate all of the love and concern I have gotten in regards to Bailey, but she is not at all lost, she is actually very much at home!

In a short time Bailey has become somewhat of a celebrity in town through Facebook's Powell River Swap n Shop site. You see, Bailey is no ordinary cat... she is a great adventuring cat. She has enjoyed taking herself on overnight explorations to wherever she pleases as long as I can remember. Unfortunately for me, this has involved many midnight pickups from restaurants, pubs, and often people's homes.

Bailey spends her days roaming around Westview in search of new friends. Any house is fair game in her mind, and if you have a warm lap or bed then she will not hesitate to share that with you. In case you might find this a bit funny, I must inform you that she most certainly still has a loving place in our family, a full bowl of food and lots of warm laps to snuggle up on. She is in no way abused nor neglected. We love sharing her, and she loves to be shared!

Bailey enthusiastically welcomes a pat or a hug from anyone, so don't hesitate to say hello! You can almost always find her wandering the outskirts of the ferry terminal, or taking in the ocean breeze along the sea walk. [PR](#)

**S**nap a leash on your four-legged friend and head down to Willingdon Beach on Sunday, September 25 for Scotiabank & BCSPCA's PAWS for a Cause dog walk and fundraiser. Registration gets underway at 12 noon and the walk begins at 1 pm.

Pick up a pledge form from Scotiabank, the SPCA shelter, Westview Vet Hospital, Powell River Vet Hospi-

tal or register online at [spca.bc.ca/walk](http://spca.bc.ca/walk).

Registration is \$15 for adults who do not collect pledges and free for youths. A silent auction from 12 to 2:30 will be followed by games and an obstacle course for dogs. There are prizes for top pledge collectors.

Money raised will be used to help wayward pets and fight animal cruelty. [PR](#)

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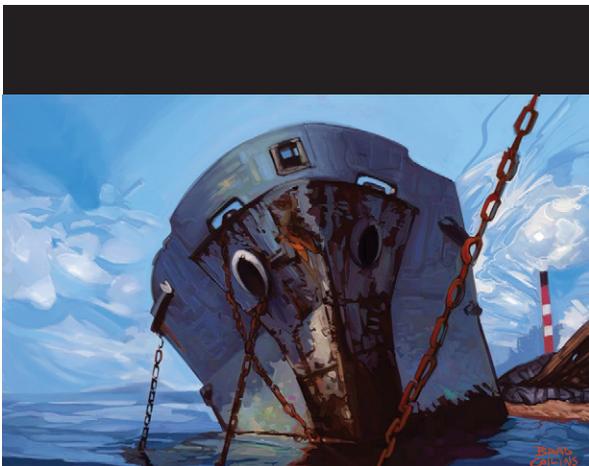
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*Gentlemen,  
start your  
zucchinis*

# Fall fair is back and bountiful

BY BRAD COLLINS

*“Blackberry season is done, and the harvest has come in. It’s time, oh Powell River friends and family thou, for the Fall Fair to begin.”*

My memories of the Fall Fair are about as home-spun Canadiana as it gets. Hay, goats, antique farm machines, livestock, scarecrows, giant pumpkins - the works.

Located at the mouth of the aptly named Paradise Valley, you’ll find your parking space somewhere along a yellow-grass country road near the horse pens and the lumberyard. From there, you’ll be greeted through the dark trees and the fall-coloured trees that surround the property with the sound of live music and the smell of food.

Follow your ears or your nose. Both will lead you in.

Wooden market stalls line the main thoroughfare selling fresh produce from Powell River’s local farms, as well as arts, crafts, preserves, and baked goods of all sorts. A rustic band stand makes up the corner of the market and boasts a packed schedule of local folk performers.

There was a time where you might have even found me there dressed in medieval combat armour, swing-

ing sword, shield, and axe around with the local Vikings and steel-clad knights aspirant. We were there as part of the Society for Creative Anachronism demonstrating the workings of an authentic medieval European encampment. It just so happened to go hand in glove with the equestrian and archery clubs that reside there out on the fair grounds.

Alas, not this year. However, here are five reasons I’ll be at Fall Fair - in my 21st century garb.

## 1. Zucchini Races

Participants need to bring their own zucchinis - they can be decorated and made into “vehicles” that will be raced down a ramp. Kids can use their creativity to make them go as fast as they can (on the zucchini’s own power). \$2 per entry and there will be prizes. There will also be a hay toss competition with prizes.

## 2. Ride the new train tracks

Volunteers with the Powell River Forestry Museum have been working hard to complete the train expansion project by the Fall Fair. It will allow the train to run around the field (to be planted with rye), through the trees and even through a tunnel, until it joins back up

with the existing track for an exciting ride for the kids. An important note is that the train is also wheelchair accessible as a wheelchair car was donated by Rotary a couple of years ago.

## 3. Food & music

Market organizer Juhli Jobi promises lots of amazing food vendors to feed the crowds as well as bakers, farmers and artisans. Listen for the Blues Busters, Jim Baron, Scout Mountain and Paradise while you enjoy your plate of deliciousness.

## 4. Witness the new garden and bank

A “ground-breaking” for the Powell River Seed Bank garden is on the schedule. During the weekend, too, the field beside the train will be tilled so that a fall rye can be planted.

## 5. Barn bonanza

Sheep! Eggs! Jam! Lego! Quilts! The full list of contest categories can be found at [agripr.com](http://agripr.com). They’ll be on display in one barn. Meanwhile, the other barn will be full of animals and local homesteading and farming information. [PR](#)



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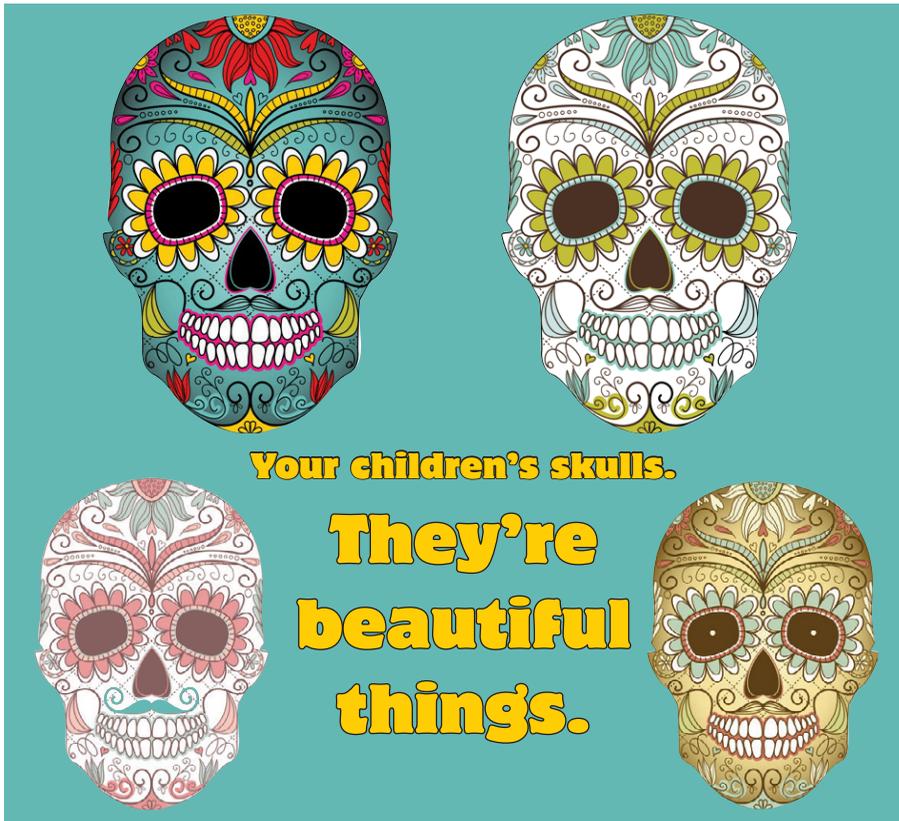


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life beyond acquired brain injury

## Now's the time to lay a foundation for lifelong learning

Help this happen – bring your children to StrongStart

StrongStart programs are designed to encourage a learning partnership between parents, their young children (**birth to 5 years**) and the program Early Childhood Educators. At **no cost**, these early learning play-based drop-in programs expose children to rich learning environments that help prepare them for success in Kindergarten.

### StrongStart 2016-2017 Programs

will commence the week of Monday, September 12, 2016

#### NEW in September 2016

The StrongStart at James Thomson has been relocated to Edgehill Elementary School

StrongStart hours for Henderson, Edgehill, Kelly Creek and Westview Elementary Schools can be found on the Early Learning page on [www.sd47.bc.ca](http://www.sd47.bc.ca) and/or on school specific websites.

StrongStart Outreach will again be offered on the ORCA Bus and will include visits to Wildwood.

StrongStart programs are for children not yet eligible for Kindergarten and who are accompanied by a parent/caregiver.



## PLAN YOUR SEPTEMBER

**Fri to Sun, September 2 to 4**

### Sunshine Music Festival

At Palm Beach, 2-6:30 Friday and noon-9 on Saturday and Sunday. [www.sunshinemusicfest.com](http://www.sunshinemusicfest.com)

**September 2**

### Songwriting workshop

Free and open to the public, 2:30 Cran Hall. Chris Ho will share philosophies on song-writing/poetry/art. Chris will provide handouts and the group will write a song together then put this to music. Pre-registration not required. Co-sponsored with the Cran Hall and Sunshine Music Fest.

**Sunday, September 4**

### Easy Rider at The Patricia

Cult classic shows at 2pm, \$10. A motorcycle ride from Lund ends with a Show & Shine at the theatre by 1 pm. Contact [blackpointshowandshine@gmail.com](mailto:blackpointshowandshine@gmail.com) for more.

**Monday, September 5**

### Labour Day

**Tuesday, September 6**

### Back to School

**Tuesday to Friday September 6 to 9**

### Free Fitness Week

Visit the Recreation Complex to take advantage of free classes! Check out details in the *Active Living Guide*, or see [powellriver.ca](http://powellriver.ca).

### Registration at the Academy of Music

Choir, dance, instruments and much more.

**Friday, September 9**

### Community Information and Registration Fair

Visit Sheridan Dance Academy 5-7:30 pm and get signed up for all your fall activities. Call 604-485-0023 for more details, or email [info@SheridanDanceAcademy.ca](mailto:info@SheridanDanceAcademy.ca)

**Saturday, September 10**

### Giant book and Marmalade sale

10 til 1, 4943 Kiwanis Ave. Cheapest books around. Organized by Kiwanis International.

### The 3rd Annual Texada Paint Out

10 am to 2:30 pm Texada Boat Club. Part of the Plein Air Paint Out worldwide.

### Intro to Laser Cutting

Basic design for the laser cutter and safe machine use. After this class, you will be qualified to operate the laser at the Makerspace. Preregistration is required via [prmakerspace.com](http://prmakerspace.com). \$50

### Country and Western Saloon Dance

7:30 Dwight Hall. 19+. Rich Hope and his Blue Rich Rangers will have everyone up on the dance floor, or tapping their feet at the gambling tables (Poker, 50/50, and more) Prizes for Best Dressed Cowboy and Cowgirl! Support the PR Brain Injury Society and the Canadian Martial Arts Academy students travelling to Japan. Tickets: \$20 each at the Canadian Martial Arts Academy, PR Brain Injury Society or the Powell River Peak.

**Sunday, September 11**

### Sunday Song Circle

2 til 5 Cran Hall. Monthly gathering to play songs, sing,

or just listen to others. Each month we pick a theme and everyone is welcome. Admission by donation. Visit the Facebook page for more info.

**Monday, September 12**

### Strong Start

Programs begin at Henderson, Kelly Creek and Westview Elementary Schools. See ad below left.

**Wednesday, September 14**

### Powell River Sunshine Gogos

Fall meeting 7 pm. Canadian Grandmothers to African Grandmothers Campaign, an initiative of the Stephen Lewis Foundation. For meeting location call 604-485-6202.

**Thursday, September 15**

### Tech Savvy – Facebook

7 pm at the Library. To register call 604-485-8664.

### Beer author reading

Craft beer pioneer Frank Appleton will be at Townsite Brewing at 3 pm to promote his new memoir, *Brewing Revolution: Pioneering the Craft Brew Movement*. Free, complimentary refreshments.

**Friday, September 16**

### 9 Holes for the House

Powell River & Region Transition House Society is hosting a fun nine-hole golf tournament to raise awareness and funds for Grace House. Prizes, dinner, and fundraising. Sign up starts at Myrtle Point Golf Club at 1 pm, tee off is at 2 pm. 604-485-6980 to register your team.

### Reel Rock 11 Screening

Screening of the most exciting, heart stopping climbing & adventure films of the year! Screening is a fundraiser for Powell River Climbing Co-op & the new climbing gym. Max Cameron Theatre, 7 pm. \$18 presale, \$20 at door. [prclimbinggym.com](http://prclimbinggym.com)

### Happy Hour

At the French Club from 5 to 7 pm. Live music with Sheila Butts. Appetizers served by Ecosystems.

**Saturday, September 17**

### Forestry Tour

9 to 5 pm. Lunch and transportation provided. Free. Call Amanda at 604-485-3123 to register. See Page 6.

### Dragon Boat Races

The Final Fling! Free event at Mowat Bay featuring Sunshine Coast dragonboats. 9 am to 3 pm.

### Tech Savvy – Facebook

1:30 pm at the Gillies Bay Senior Centre. To Register call 604-485-8664.

### BC Thanksgiving Food Drive

Volunteers will pick up your donations of unopened, non-perishable foods by 9:30 am. Simply leave outside your house in a bag with the flyer or another note attached. Volunteers needed: call Bill Norris at 604-483-2164.

### Tim Williams workshop & concert

At Cranberry Hall, workshop 2 pm, concert 7:30 pm. In 2014 Williams won the International Blues Challenge in Memphis Tennessee, as well as the Calgary Blues Music Association Lifetime Achievement and Hall of Fame awards. [www.cranhall.org](http://www.cranhall.org).

### Lip Sync Business Battle 2

7 pm Evergreen. Fundraiser by the Parents Of Girl Guides/Pathfinder Unit to support an amazing trip to the World Centre in Switzerland.

## Weekend, September 17 & 18

### Fall Fair

The Fall Fair is back! Come to the Paradise Exhibition Grounds and take part in a celebration of the season, our community, the harvest and local foods. This year's theme is "Come Together." Fun for all ages! Admission free for children under 12. Visit [agrip.com](#) for more info or find it on Facebook.

### BC Goes Wild weekend

Provincial event coordinated by WildSafe BC. Check the local WildSafe BC Facebook page for event details.

### Therapeutic Riding Silent Auction

Bid on great items, and even if you don't win, you can come and see the therapy horses at the facility adjacent to the Fall Fair at the Paradise Exhibition Grounds! All funds raised are used to provide therapy on horseback to over 70 riders weekly. Saturday 10:30 am to 4 pm. Sunday noon til 4 pm (last bid is at 3 pm).

## Sunday, September 18

### Terry Fox Run

Powell River Recreation complex, registration starts at 8:30 am, run starts at 10. Suitable for bikes, wheelchairs, strollers and rollerblades. Dogs on leashes welcome. Pancake breakfast provided by Save-On-Foods after the run for participants and volunteers. Questions? Call Ted and Jan Rodonets at 604-485-9238 or [tjrodonets@gmail.com](mailto:tjrodonets@gmail.com), or Barry and Brenda Butala at 604-485-4325.

### Sacred Dance Circle

6:30 pm, Cran Hall. A grassroots movement with a collection of dances for people who enjoy cultivating the sacred energy of community and of the elements. Hosted by Laura Berezan ([lberezan@shaw.ca](mailto:lberezan@shaw.ca)). Monthly event open to the public by donation. Drop-ins welcome.

## Thursday, September 22

### FASD night with lawyer David Boulding

By donation (suggested \$10). Boulding is a criminal and family court lawyer internationally. [contact@4children.ca](mailto:contact@4children.ca).

### Canadian Tire JumpStart swim

Free! 2 to 4 pm at the pool. All welcome.

## Friday, September 23

### SD47 Pro-D Day

Special programs at the Recreation Complex this day: Toonie shinny, swim and skate; plus daycamps. See [powellriver.ca](http://powellriver.ca) or the *Active Living Guide*.

### Cops for Cancer fundraiser

Spaghetti dinner and silent auction at the Town Centre Hotel. Cocktails at 6:30, dinner 7 pm. \$15 per person. Tickets available at Town Centre Hotel and RCMP detachment.

## Saturday, September 24

### Intro to 3D Printing

Basic design for 3d printing and safe printer operation. After this class, you will be qualified to operate the 3d printer at the Makerspace. Preregistration is required via [prmakerspace.com](http://prmakerspace.com). \$50

### Snowed In Comedy Tour

8 pm Max Cameron. Featuring three of Canada's best comedians on one show: Dan Quinn, Paul Myrehaug and Damonde Tschritter. Buy 6 or more tickets and get \$10 off per ticket. Regular Price \$35.

### Just for the Health of It

10 til 4 at the Recreation Complex. A fun, interactive and engaging one-day festival that celebrates healthy living and showcases businesses, organizations and resources that are available locally to help people

live more healthfully. There will be 50+ exhibitors, presentations by health experts throughout the day, a pop-up cafe featuring healthy snacks. Free.

### Seventh Annual Salmon Festival

Powell River French Club (Club Bon Accueil). Everyone welcome. Free entertainment for the whole family from 1 to 4 pm: face painting, Orca Bus, teepee set up, cedar roses workshop, live music, pumpkin carving, games, treasure hunt, silent auction, canteen, salmon barbecue and more. Banquet dinner served by The Laughing Oyster at 6 pm and live music with "The Wild Woods Social Club" (tickets for sale at the French Club: \$32 members. \$36 non-members. \$10 for ages 12 and under. Free under 5 years).

### Walter Martella Trio

Cranberry Hall 7:30 pm. Pat Buckna Presents a great local jazz trio led by Powell River's own gifted pianist and trumpeter Walter Martella along with Doug (Buffalo) Saunders on bass and Rockit Music's Rob Reed on drums.

## Sunday, September 25

### Paws for a Cause

Annual fundraiser for the Powell River SPCA. Willingdon Beach Registration open: 12pm. Walk commences: 1pm. Walk length: 1km. Registration fee: \$15 Adult (\$10 early bird), Free for youth. Silent auction, BBQ, goodie table, games, prizes and vendor booths.

### Acoustic Coffee House

7:30 pm at Cran Hall. Musicians, poets, storytellers, comedians and others performers are welcome, or come and just be part of the supportive, family-friendly audience in a relaxed café setting. Coffee, tea and snacks are available. Admission by donations (\$5 suggested). Performer signup is from 7:00-7:30 only.

## Monday, September 26

### An Evening with Author Kyo Maclear

Trinity Hall 7 pm. Children's author and novelist Kyo Maclear will be giving a reading and discussing writing for children. For info call 604-485-8664

## Tuesday, September 27

### Meet the Kings Family Skate

5 to 7 pm. Wear your jersey or green and gold. Meet the players on ice.

## Friday, September 30

### Twin Kennedy Concert

At the Max Cameron Theatre. A Powell River Community Foundation Gala Event. Tickets \$25, available at The Peak, River City Coffee, Beyond Bliss Salon & Spa, PRISMA Office. Doors open at 6:30 pm. Concert at 8 pm. Light refreshments, no-host bar.

## Saturday, October 1

### Food Scrap and Yard Waste Drop-off kicks off

Drop at the Town Centre Recycling Depot. See [powellriverrd.bc.ca](http://powellriverrd.bc.ca) for more.

### For the love of beer

PRPL Campfire Session: Sample local beers while listening to ten experts share their insight into what makes beer great. Cranberry Hall 7 to 8:30 pm. Seating is limited, and there's beer, so this is expected to fill up. Register quickly to get your spot by calling 604-485-8664.

### Intro to Arduino

How to use the Arduino microcontroller board via blinky lights, motion, and sound. Preregistration required via [classes@prmakerspace.com](mailto:classes@prmakerspace.com) - maximum of four participants, please bring a laptop. \$50.

**Country Western Saloon Dance**

**RICH HOPE and his BLUE RICH RANGERS**

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## POWELL RIVER ARTS COUNCIL GRANT PROGRAM

## THE ARTS COUNCIL...

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

Applications and funding criteria are available online at:

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

or may be picked up at the Visitor Centre (4760 Joyce).

## APPLICATION DEADLINE

**Friday, September 16, 2016 4:30 pm**

## GRANT AWARDS

**will be announced by October 3, 2016**

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



**POWELL RIVER COUNCIL FOR ARTS, CULTURE & HERITAGE**  
4760 Joyce Ave, Powell River, BC V8A 3B6  
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[artscouncilpr@gmail.com](mailto:artscouncilpr@gmail.com)  
[www.powellriverartscouncil.com](http://www.powellriverartscouncil.com)



inclusion POWELL RIVER SOCIETY



You're invited to the **Annual General Meeting**  
**Thursday, Sept 22 @ 7 pm**  
 ARC Theatre @ Jean Pike Centre  
 7055 Alberni Street  
*Special guest speaker @ 6:30 pm*  
**Dave Lappin, Co-Executive Director**  
 HOME Society, Gentle Teaching

Refreshments will be served! For more information see [www.inclusionpr.ca](http://www.inclusionpr.ca)

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# Keep calm, stay playful

## 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 the King of Cups has appeared in our reading. He is, as all kings should be, self assured, well balanced and approachable.

He has mastered his emotions and is calm and relaxed. We can think of him as a trusted friend, favourite teacher or counsellor.

As we look at the card we see a king sitting on his throne in the choppy waters. In one hand he holds a cup or chalice, in the other, his sceptre.

The cup is the cup of his emotions and we notice that despite the rough waters his emotions are stable. His sceptre is firmly in his grip and he is in control. The fanciful nature of his crown suggests that despite his calm peaceful nature this king has a fun loving creative spark about him.

In the background, a ship is maneuvering the choppy sea and a dolphin is playing in the waves. Just like the King's crown, the dolphin is there to remind us to take time for some gentle playfulness. The ship invites us to ask ourselves where are we going and how will we get there.

Sometimes the court cards are people in our life and sometimes they are a suggestion that now is the time to take on the qualities of the card.

Have you been feeling afloat at sea and unable to see the shore? Close your eyes, take a few slow deep breaths and notice the solid ground under your feet. Have you been experiencing more than your share of emotional drama? Make a

list and tackle just one issue at a time, then go and have some fun.

These are the habits of our king and just a little can go along way. If things are so out of control that you cannot gain any foot holds, perhaps now is the time to seek out that trusted friend, favourite teacher or counsellor.

If you find that someone is leaning on you for support, maybe it is your turn to play king. Remember to be calm, compassionate and caring. Now is the time to listen, provide balance and be supportive.

### Prepare for a reading

I often find that the best readings occur when the Querent has prepared for the reading. Take a few minutes to relax prior to arriving.

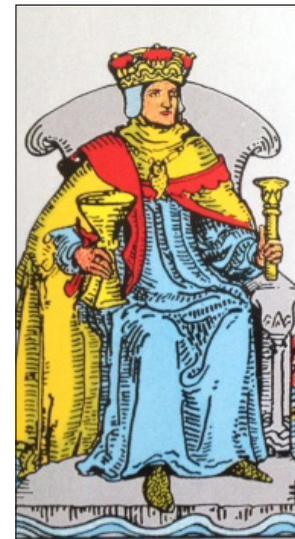
Consider if there is something specific you are wondering about or is it more of a general reading you are wanting.

Do not be afraid to engage in conversation about the cards that turn up in a reading, or the questions that the reader is asking.

Some people are over cautious about giving out "too much information" but truthfully a little bit of conversation goes along way in adding to the richness of your reading.

Don't be shy about asking questions or asking about the meaning of specific cards that have shown up.

Just like the King of Cups a reader should be calm, relaxed and open to listening.



## King of Cups

- MENTORSHIP
- PLAYFULNESS
- CALMNESS
- COMPASSION
- OPENNESS

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### Across

- 2) Stephen can make it easier to get into
- 4) Booth 20 gives minerals from the Dead \_\_\_
- 6) Insect hunter, or healing touch
- 7) Gov't health org's acronym
- 9) Booth #10's light
- 12) Recovery group meets Tuesdays
- 13) \_\_\_ Berghauser Counselling
- 17) Laurie's drink
- 19) Pilates professional Terri
- 21) Uncooked
- 22) To feed, or yoga studio
- 24) Price to get in
- 25) Better at home supports
- 27) Outdoor exercise park making club
- 28) Weight loss support group
- 30) Old style (medicine) shop
- 32) Jana's logo
- 33) Mayor's motivating diagnosis
- 36) Canadian have more of this than ever
- 37) Formosa's martial weapon
- 39) First Nation

### Down

- 1) This whale rides a \_\_\_
- 3) Hiking Peter
- 5) Get together for hearing test
- 6) Mayor \_\_\_ Formosa
- 8) Polly wants them, Connie has them
- 10) Buhay's business
- 11) To find health info or a stick
- 14) Just for the Health of
- 15) Shopper's Hopper
- 16) Outdoor exercise equipment location
- 18) Dentist Bradley won't use this
- 20) Beyond spa
- 21) Cafe by Fruits and \_\_\_
- 23) \_\_\_ and wellness
- 24) Peter's conquered mtn
- 26) Don't eat this on Monday, group urges
- 29) Healing room door
- 31) Save-On, Safeway both have one
- 34) Lotus' colour
- 35) Mayor cut out this
- 38) Fair location

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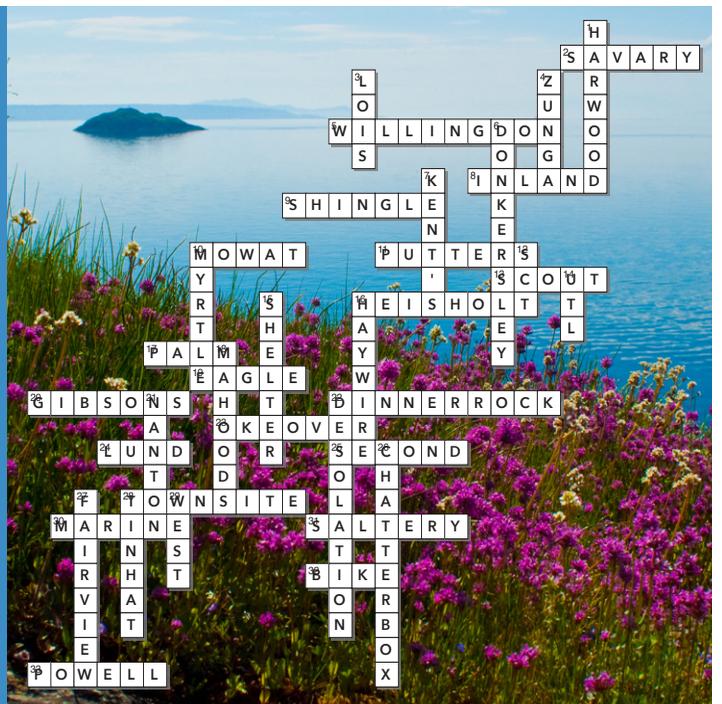
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## Last Word with

SEAN PERCY  
sean@prliving.ca



here are four kinds of litter on the bottom of Inland Lake. Two are accidental, one is sad, and the third is idiotic.

My kids and I spent a good chunk of our recent camping trip snorkeling and free-diving around the lower part of the popular recreation lake, and the junk we collected was remarkable.

We started out with the intention of looking for lost fishing gear. We do this every year, and usually collect enough tackle to fill a small tackle box. This year, we put in a bit of extra effort, and my kids, aged 10 and 12, have become more accomplished free divers, so it wasn't surprising that we found more hooks tangled in branches and trolls stuck on stumps. We would dive down, untangle the lures or cut them free, pocket the treasure, and dispose of yards of fishing line. As a diver, I had long ago taught my kids the dangers of fishing line. If it can ensnare a diver, imagine what it might do to an unfortunate loon or beaver. So we always take the line with us. The anglers who have lost these lures may not be the best fishermen around, but they didn't intend to litter - in fact, they're actively trying not to. I can forgive them.

I can also forgive the second kind of litter - the occasional can or bag or lid that has blown off the dock or out of a boat. It's not good, but it's understandable.

I can even forgive the third kind of litter - though if it happened today, I'd be outraged. The lake contains a smattering of historical logging artefacts - an old boat, some railways tracks, a chunk of cable. Sadly, when

those items were dropped in the lake, environmental awareness was not what it is today. Not a proud part of our history, but understandable.

What really irks me, however, are the cans, plastic containers and other jetsam that have been just tossed into the lake - as if they disappear once they go below the surface. Out of sight is not gone. Litter underwater is still litter, only the environmental impacts are, in many cases, greater when something breaks down in a body of water. All that litter is not accidental. For example, my son queried why there were so many beer cans around a particular stump. I had to explain, with what I hope was an appropriate amount of disdain, that some idiots had probably tied up to the stump, drank their fill and dropped their empties overboard.

Happily, there appears to be hope for the future. When I started picking up cans, bottles and debris, my kids, didn't even ask why. They got it without my telling them. The hordes of curious kids on the dock didn't ask why we were gathering trash from the bottom of the lake, either. It made sense to them. A few folks even thanked us. (We would leave the trash collected on the dock for a few hours just so people could see it, and, we hoped, take the hint.)

Not that our snorkeling adventures are going to save the world or make us saints - we were, after all, after fishing gear at first. But hopefully, we made a little dent, and, even more hopefully, someone will think twice before tossing something overboard. 

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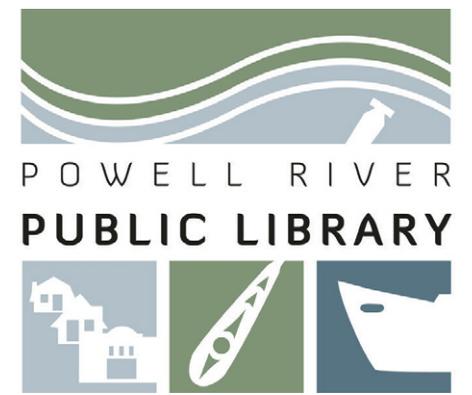
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