

# Powell River **LIVING**



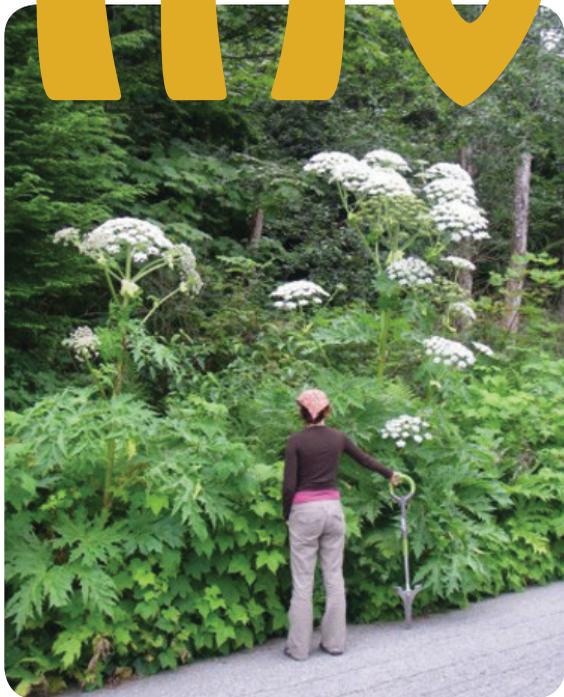
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Attack of the

# Invasives



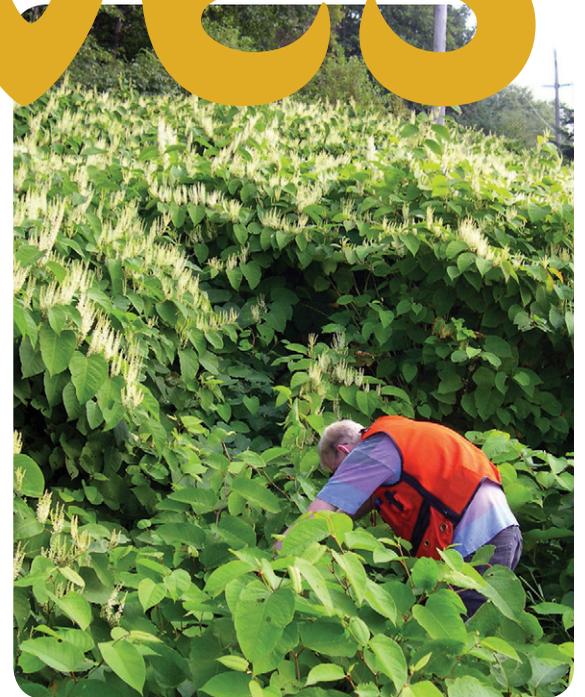
**Giant Hogweed**

**Claim to fame:** Contains a toxic sap that can cause severe burning, blistering and scarring of the skin. Infestations can cause soil erosion.



**Scotch Broom**

**Claim to fame:** Causes allergy symptoms; increases wildfire risk; and interrupts growth of conifer seedlings, such as Douglas-firs.



**Knotweeds**

**Claim to fame:** Covers trails and waterways and makes recreation sites impassable. Threatens biodiversity. Disrupts food chain.

## What is your Regional District doing about invasives?

Invasive plants are spreading across BC at alarming rates, making control efforts difficult and eradication especially challenging. Invasive plants reduce biodiversity, alter ecosystem functions, create management costs to natural resource industries, reduce recreational opportunities, reduce property values, and ultimately cost taxpayers millions of dollars each year.

The World Conservation Union has declared that invasive plants are the second largest threat to biodiversity on the planet, second only to habitat loss. There is no "quick fix" for the invasive plant issue.

The Powell River Regional District (PRRD) is committed to addressing Invasive Plant issues in the region.

A **Regional Invasive Plant Management Strategy** was adopted by the PRRD Board of Directors in January 2017. This Strategy establishes a framework for a collaborative approach to reducing and eradicating invasive plants.

Included in the strategy is the creation of a Regional Invasive Plant Technical Review Committee composed of representatives from the PRRD, City of Powell River, Tla'amin Nation, Provincial agencies, and other key landowners and managers.

This committee will be the mechanism for a collaborative approach to invasive plant management in the region.

The **Integrated Pest Management Program Policy**, adopted by the PRRD Board of Directors in 2016 is an important tool which will be used to achieve success in the Strategy. This Policy ensures that the least toxic method will be used whenever plant management is required.

Invasive plants were brought to Canada and into BC both accidentally and intentionally. Many invasive plant species arrived with increased trade, immigration, and colonization in the 1800's.

Gardening and landscaping activities have also resulted in purposeful introductions of invasive plants. The same characteristics that are ideal for the garden, such as self-seeding, fast growth, and adaptability to a variety of growing conditions, are also what make invasive plants a threat to natural resources.

Resident participation in fighting the spread of invasives is a critical part of the initiative. Watch for next month's page for how you can help.

In the meantime, please visit [www.bcinvases.ca](http://www.bcinvases.ca) for more information about impacts and initiatives.

## Info Booths!

Please visit the invasive species info booth at Seedy Saturday March 11, 9:30am to 2:30pm at the Recreation Complex.

Did you miss that booth? Join us at the Powell River Home + Garden Show April 29 & 30.



## We're fighting invasives because they:

- Reduce crop yields by up to 15 percent
- Damage wild habitats and forage foods
- Are a threat to human health and safety
- Can depress property values when severe
- Spread rapidly, nearly unchecked
- Cause severe damage to infrastructure
- Cost millions to business and governments



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On May 9, elect  
*Powell River – Sunshine Coast's next MLA:*

# Mathew Wilson

## Mathew Wilson, Works for You

Mathew Wilson has been listening to groups and individuals in the *Powell River – Sunshine Coast* riding for months, attending community forums, visiting offices and centres, talking to people over coffee and in their work places. He's met with union and management representatives, community leaders, elected politicians and voters of all ages as well as provincial cabinet ministers. This is what he is hearing:

- People are proud that Premier Christy Clark chose to come to Powell River as a guest of the Chamber of Commerce and did some main-streeting along Marine Avenue before speaking to a gathering at Snickers Restaurant.
- Residents are happy that the *Queen of Burnaby* is being replaced by a new ferry called the *Salish Orca*, and they want assurances that the sailing schedule meets the needs of Powell River. They also want to know the plans to solve the problems in the Langdale – Horseshoe Bay run.
- Voters are pleased that the BC government has signed a \$1.4 billion health agreement with Ottawa for increased funding for mental health and home care. Now they want to know that a percentage of the funds will come to rural communities and not just large centres. Voters want Mathew Wilson to be a strong advocate to make sure *Powell River – Sunshine Coast* receives its fair share.
- The BC Liberal government's funding of affordable housing for Inclusion Powell River and the Pender Harbour Seniors is welcome, and people are counting on this moving forward quickly as the first of several housing initiatives for low and middle-income families.
- Forestry industry representatives, both union and management, want to know that the government and BC residents in non-rural areas of the province recognize the family-supporting jobs, wealth creation and value this sector contributes to the economy. And they want recognition for the innovative practices that are being implemented to ensure that value remains high in the future.
- Persons With Disabilities and their advocates are grateful for the additional \$50 in their assistance rates, and will continue to work towards increasing the quality of services, funding and programs for our riding's most vulnerable citizens.

“After speaking to hundreds of constituents, I am inspired to work hard and see taxpayers' money put back to work in our riding. People want to see investments in transportation, health care, social programs, infrastructure and economic development in our communities. They are seeing this in other parts of the province but they are not seeing it here. I know I can make this happen.”

- Mathew Wilson

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## Where Mathew Wilson is listening next:

**March 4** – Beans and Jeans Social at 6 pm  
at Powell River office, 7035 Barnet Street

**March 10** – Millennial Magic at That Sugar Vault  
with magician John Walls, 7 pm

**March 30** – Members Dinner at 6 pm at Town Centre Hotel

**April 8** – Lund Town Hall, 2 pm at the Historic Lund Hotel,  
everyone welcome

For more details, please call  
the campaign office at 604.489.1999



Today's BC Liberals

Join the team to Elect Mathew Wilson

contact us at 604-489-1999

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**ON THE COVER**

It had to happen eventually. *Powell River Living's* first selfie cover was snapped by Ryan Barfoot during a paddleboarding class.



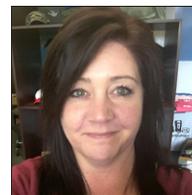
**Chamber awards  
in pictures  
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**SHERRI WIEBE** runs Blue Steel Imaging and T-fundbc. Passionate about photography and screen printing, Sherri was born and raised in Powell River with a few years off working in the Lower mainland and attending school at the Centre for Arts and Technology. While being involved in helping the community through fundraising she is also an Executive member of Logger Sports and will be competing this summer.



**JONATHAN VAN WILTENBURG**, our gardening columnist, lives and gardens north of town. He started gardening seriously in 2003 and loves getting his hands dirty and growing both food and flowers. He has two good unreliable young helpers and a wife that puts up with him. He feels fortunate to be able to call Powell River home and looks forward to another season in the soil.

**SANDRA TONN** is a freelance writer who loves to learn and share through people's stories. She has taught memoir writing to seniors for the past six years through the Powell River Public Library and is also committed to yoga, qigong, hiking and kayaking.



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■ PUBLISHER'S MESSAGE ■

# Learning to be bold

With Education Week March 6 to 10, *Powell River Living* focuses this issue on education and learning. Our cover photo shows Coast Mountain Academy students with teacher Ryan Barfoot on stand-up paddleboards. In your grandmother's day, Coast Mountain Academy and Digital Film School weren't even heard of, let alone offering the variety of courses now available through School District 47.

We begin our provincial election coverage by taking a look at education and the election. On Page 13 award winning journalist and *Powell River Living* editor Pieta Woolley gives us a short history lesson on what's happened in education since the Liberal government came into power in 2002. She explores how issues such as poverty impact education and what's happening in the classroom. All three of our candidates weigh in on a variety of education issues on the following page.

We'll continue to tackle other important topics in sub-

sequent issues leading up to the May 9 provincial election.

The Rotary Walk takes place on Saturday, March 11. Rotarians, along with students who belong to the youth Rotary club, will walk from Lund to Saltery Bay. Adult walkers, Frank Clayton, Lorraine Allman, Martyn Woolley, John Kristof, and I, have been busy raising money so Rotary can send students to leadership camps, provide bursaries for local students and continue the fight against polio. (If you would like to make a donation, let me know and I'll gladly take your money and post your picture on Facebook! Just email [isabelle@prliving.ca](mailto:isabelle@prliving.ca).)

We pay tribute to five amazing women and highlight their stories of challenge and change with an International Women's Day feature beginning on Page 6. The section starts with a story about Marijana Beljan Essex. I've been a journalist for 30 plus years and have witnessed my share of horror. I thought nothing would move me more than

the stories I was told by refugees who fled the Rwandan genocide when I was in Tanzania at the United Nations High Commission Refugee camps. But then I hadn't met and interviewed Marijana at that time.

As this brave young woman told me what it was like to be a child fleeing the Bosnian war, I felt like I was there beside her. Her graphic descriptions of what she saw, witnessed and suffered from during this time both horrified me and filled me with admiration at her strength and courage.

All of us here at *Powell River Living* are honoured to be trusted with the sharing of this community's stories. We are humbled to have the privilege of safeguarding your words and being given the gift of telling them to others.

Thank you.

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

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# Be Bold fo

## Out of 'hell,' a flourishing heart

BY ISABELLE SOUTHCOTT  
isabelle@prliving.ca

From 1992 to 1995, **Marijana Beljan Essex** survived the Bosnian war on foraged food, dodging landmines and bullets – all before the age of 10. She watched as soldiers beat, raped and killed people she knew. Now safe in Powell River, Marijana shares how she became bold for change.

Long ago, Marijana Beljan Essex wasn't scared of loud noises. She wasn't startled by the sound of pots and pans banging together – but that was before the war.

"I grew up on a farm with dogs and

cats, and horses and cows and pigs," said Marijana. "I was happy; we had a good life. We had everything we needed. One day I was a beautiful young girl with a family taking the cows out and the next day I was hiding under dead bodies."

In 1984, Marijana was born into a Catholic family in Travnik, Bosnia – then part of Yugoslavia, a political creation assembled after World War II. With borders drawn along ethnic and historical lines, Slovenia, Croatia, Bosnia and Herzegovina, Serbia, Montenegro and Macedonia together formed Yugoslavia.

A shooting at a wedding – the result of rising religious and ethnic tensions between the former independent states – helped start the civil war. It soon hit Travnik and life changed overnight.

"We knew it was coming. It kept coming closer and closer. We'd spend days watching it from our balcony," she recalls. "I remember hearing the bombs and grenades and the loud sirens and we had to hide in our basement for days."

Marijana and her family were an anomaly; Catholic Bosnians in an area that was predominantly Muslim and therefore they weren't welcome when the war broke out.

As nine-year-old Marijana watched buildings burning, and bombs exploding, people kept telling her there was



**CUDDLE TIME:** Marijana Beljan Essex and her eight-year-old daughter Haley and three-year-old son Jaxon.

photo by Isabelle Southcott

# r Change

International Women's Day March 8

Unless you asked, you'd never guess that so many Powell River women carry stories of deep courage, striving and strength.

Meet five local women – **Marijana Beljan Essex, Betsy French, Jean Powell, Karina Peters, and Agnieszka Sliwinski** – who bring to life the United Nations' 2017 IWD theme, "Be Bold For Change."



nothing to worry about. "They kept saying it wasn't coming to our town."

Still, many people left. "My cousins and uncles ran for Croatia but my family decided to stay."

Her father left to fight.

Marijana and her mother stayed behind.

"Our village was attacked," Marijana said. "A neighbour came in screaming, 'Lucija, get out of here, get out of here.' My mom grabbed me and we were running up the stairs and three bullets hit by our feet so my mom picked me up and ran to the kitchen upstairs. She threw me under the table and said I had to stay under the table and not move. She said if a grenade hit the house I'd be protected by the table because the grenade would go straight."

So Marijana sat and waited beneath the table. Meanwhile her mother went

outside and let all the livestock go free.

"Then I heard a loud noise. It kept coming closer and closer and it hit the house and all the windows broke. There were bits of wall and pieces of grenade all around me. The TV shattered but the table protected me."

Unable to see through all the smoke and screaming her mother's name, Marijana ran outside.

"My mom came back, grabbed me and said 'We gotta go.' So we just left."

Marijana pauses for a moment during our interview at her Westview home, while tears run down her cheeks. Her red-haired three-year-old son Jaxon snuggles into her arms.

"And from there, there was nothing but hell. There were people everywhere. Lying on top of each other, dead, alive. Trying to survive. Kids lying there, half dead, half alive and we couldn't do anything about them. I wanted to save them but I couldn't. That is my biggest regret."

Marijana and her mother lived in the bushes for months. They'd escaped with nothing and lived on whatever they could find, trying, like others, to get to safety over the Croatian border. When they heard people coming, the pair would hide because soldiers were looking for people to shoot.

"One time my mother put a kid who

was half dead on top of me so they wouldn't see me and would think that I was dead too," Marijana said.

She remembers the time when they had to act like they were Muslims and call out to Allah instead of God. Lucija hid her cross in her underwear.

"We finally made it to a safe house. There were thousands of people, kids with no parents, people injured, hurt, screaming and crying. UNICEF trucks came every couple of weeks, full of food. They'd throw out food and water and we all fought for it."

One day Marijana's mom told her they had to leave because the Muslims were coming and they'd be shot and killed if they stayed.

"We'd heard there was a UNICEF truck coming that would rescue anyone who would get on it and that they'd drive us to Croatia where we would be saved." But getting to the truck wasn't easy.

"We had to go through bushes on foot and hope that we didn't get caught and killed or step on a land mine. There were 20 of us who started out and every hour there would be one less. The rest got shot or injured or stepped on a land mine."

Marijana, her mother, and another woman were the only ones who made it to the truck. "I was thrown into the back of the truck with hundreds of people, one

on top of the other. I jumped out when I realized my mother wasn't coming with me."

Again and again Marijana jumped out of the truck because she wouldn't leave her mother behind.

"Then the lady who walked with us gave her spot on the truck to mom. She said, 'You still have family; I've lost mine.' That lady stayed behind as the

**"We knew it was coming, it kept coming closer and closer. We'd spend days watching it from our balcony. I remember hearing the bombs and grenades and the loud sirens and we had to hide in our basement for days."**

*– Marijana Beljan Essex*

## WHAT WOMEN FACED

During the Bosnian War, soldiers raped as many as 50,000 women. Most rapes were perpetrated by Bosnian Serb forces of the Army of the Republika Srpska (VRS) and Serb paramilitary units, who used genocidal rape as an instrument of terror as part of their program of ethnic cleansing.

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**A FAIRYTALE AGAIN:** Marijana's pretty hometown of Travnik, after the war.

truck drove off. I don't know what happened to her."

They spent five days in the truck travelling to Croatia. There were no bathrooms, everyone did whatever they had to just to survive.

The whole time, Marijana's mother was pregnant.

In the fall of 1993, they finally arrived at a refugee home. A few days later, one of Marijana's uncles who'd moved to Croatia earlier, found them.

"Things started getting better but they were never the same. We were very poor. A few days before my brother Marijo was born we learned that my father had been shot in the eye three times by his neighbour. My grandmother was also killed by the same man."

Marijana's mother went to work and Marijana looked after her baby brother.

"There were times when he thought I was his mother. It was a sad life."

One day Marijana met a reporter who wanted to hear about the refugees' experiences. "She asked if she could publish my story and I said yes. I told her everything."

That story was published in Canada and read by Simon Fraser University employee Rita Gold - who was inspired to sponsor the family.

Three years later, on July 16, 1998, Marijana, Marijo and Lucija arrived in Vancouver. They were met by the Gold family, with whom they lived for five months.

"We didn't speak any English," said Marijana. "Rita helped us get set up with an apartment, apply for welfare and sign up for school."

Marijo learned English quickly, but it took longer for Marijana.

"I was put in Grade 8 but I'd only done Grade 1 in Croatia."

Settling in was hard.

Other students "put fake grenades in my locker and would get pots and pans out because they knew I was scared of loud noises. The kids were so mean."

But Marijana was bright and caught on quickly. Her teachers were very worried about her because of the bullying and her depression, so arrangements were made for her to graduate early. Next, she went to hairdressing school. Riding the Sky-train one day, a man asked her if she'd

ever modeled. "The minute I set my foot in the door at John Casablanca, they said 'She's the one.' I modeled for five years."

Through friends, she met her husband Mike Essex.

"And we've been inseparable ever since! It was 14 years yesterday," she said during our interview. "He is the most amazing man."

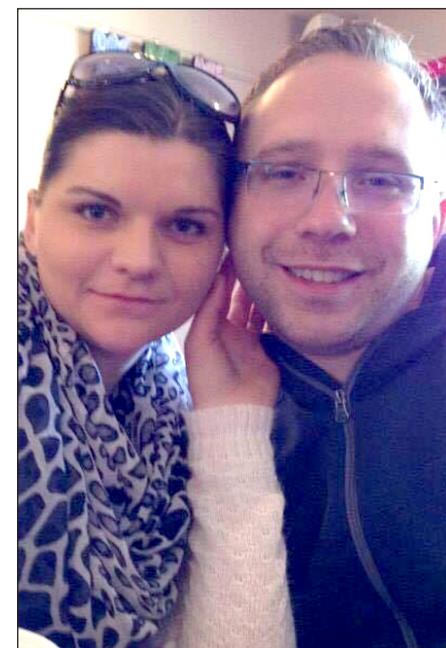
Marijana is also an amazing woman who has transformed her childhood experiences into charitable action. I first heard about Marijana's story from 95.7 Coast FM's Bobby Fields. In early December, I went to Safeway to donate money to the food drive, which *Powell River Living* and *City Transfer* helped sponsor with the radio station.

"You've got to do a story on this woman," Bobby told me. "She filled a cart up with groceries and donated it all to the Food Bank." Bobby was crying as she told me what she knew of Marijana's story and soon, I was too.

"I help wherever I can," said Marijana. "People have helped me so much. When I help someone I feel really alive. I love my family. I love my husband and I love my kids but I also love to help."

Today, Marijana works as a pharmacy assistant at Pharmasave. She's just 32 but there are days when she says feels so much older.

"I've gone through so much," she said. "Somedays I feel like I am 80."



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# Tla'amin role model humbly learns as she teaches

BY PIETA WOOLLEY | pieta@prliving.ca

As a student at James Thomson Elementary School two decades ago, Karina Peters was no academic stand-out. She could read and write, sure. And she was happy – at home on what's now Tla'amin Lands, she was surrounded by aunties, cousins, a story-sharing grandfather, and loving parents. But thinking about her future? Not so much.

Now at 28, Karina is back at James Thomson and also Brooks Secondary as both the First Nations language teacher and the support worker for targeted First Nations youth.

She and husband Tyler Peters, who is also a teacher but works with youth through Tla'amin Health, are “tag team”

role models for youth. They often work together in the schools and in the community, sharing their skills and outlook.

In other words, she's following in the tradition of women in other generations: Betty Wilson, Elsie Paul, Gail Blaney, and many more, achieving their goals in academics and passionately passing on a language that's in danger of extinction. To do so, Karina had to transform from lackadaisical preteen to bold adult.

She credits her parents, but also very much Tyler, for getting her there. The pair started dating when she was just 13.

“Tyler saw the potential I had,” she said in an interview at the school library. “He helped me focus a little more, and pushed my limits.”

“That's when I saw what I was capable of. I made the honour role. And I started



**BEHIND EVERY SUCCESSFUL WOMAN:** Karina Peters credits her husband Tyler Peters for first seeing her potential and motivating her as a high school student.

thinking about what I could achieve.”

To get to where she is today, Karina had to graduate from Brooks, of course – which, as a First Nations teen, was still fighting the odds in 2006 – and make it through the rigorous Indigenous Teacher Education Program at UBC, with an additional specialization in Special Education.

Tyler was there along with her. The pair lived with his brother in South Vancouver, and shared expenses throughout the five years at university. Karina planned to get a Master's degree right away, but her community asked her to come home for this job.

While Karina is passionate about the Tla'amin language, she is not a fluent speaker. Her late grandfather was. Her parents retained some language, but weren't fluent. So she has been working hard to learn, herself, even as she teaches it in the schools.

For her, this is what being bold for change is about: pushing ahead for her ideals, even as she's still learning. Karina is bold for cultural change. And bold for personal change.

“It's about commitment. About using everything you have to make that change, and being the difference.”



CARLA MCKAMEY

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# End of communism forced many new beginnings

BY SANDRA TONN

**B**y the time Agnieszka Sliwinski and her family became front page news, her world had been crumbling for some time. When she was 16, the Berlin Wall fell. As the official dismantling of the stone border began in 1990, her mother, like so many in the Polish city of Gubin nearby, lost her job in the factory.

Agnieszka's parents were divorced and her father had migrated to Canada. He proposed they all join him, and Agnieszka's mother took a leap of faith, sold everything and they left.

"I didn't want to come to Canada," Agnieszka admitted. Her friends and future plans in Poland were her life. With no English, attending school in their new city of Edmonton was tough for her and her brother, and their family transition was even tougher.

"We only lived with my father for a short time," she remembered. "He just wanted his kids brought here, then tried to get my mother deported."

With the language barrier, it was difficult for her mother to find well-paying work, but she moved them to an apartment and worked two jobs—dishwashing by day and cleaning at the *Edmonton Journal* by night.



**BOLD** **STARTING OVER AND OVER AND OVER:** After the fall of the Berlin Wall in 1989, Agnieszka Sliwinski had to find her footing in Canada. Years of hard work and optimism helped her open NuEssence.

"I worked with her at night," Agnieszka said. "I would go to school all day and then work from 7 pm to 1 am cleaning."

It was during this time that the story of her mother's possible deportation made the front page of the *Edmonton Journal*—from which they earned part

of their living.

"My mother is a strong, independent woman," Agnieszka said with pride. Her mother was able to stay and they did get by.

Perhaps it was her mother's strong character and work ethic that inspired

her daughter to turn the end of one life into a new beginning that would end in success.

After a number of years training and working as an esthetician in Edmonton, raising children at home, and then five years working at Beyond Bliss after settling in Powell River, Agnieszka took a brave leap of her own.

When she turned 40, two years ago, she wanted something more for herself and her family, so she left her job and opened NuEssence—a day spa on Marine Avenue.

"I love doing esthetics, she said. "I like to see people come in for a change and leave happy." She also praised her staff of five. "We are a team," she smiled. "I have a little family here."

The Polish city where she spent her early years is no longer home to the friends she left behind. They all had to move away to find work.

"Now I'm glad I came to Canada," she said. "This is a better life and I'm thankful my mother made the decision."

Glowing and happy in her own decision, Agnieszka acknowledged that growing her new business has been challenging but, "it takes time," she smiled.

She knows about new beginnings.

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“Nursing is about compassion. You look after all kinds of people no matter what.”

- Jean Powell



## Demanding RN training, critical skills

BY PIETA WOOLLEY | pieta@priving.ca

When Jean Powell was still a young teen, a neighbour had a few words of advice for her. He was a doctor. “Don’t become a nurse. You won’t like it.”

Eager to defy him, she headed



**READY TO HELP YOU HEAL:** Jean Powell’s gruelling, hands-on training at Vancouver’s St. Paul’s Hospital in the early 1940s readied her to help Powell River through the polio epidemic, tuberculosis, and hundreds of births.



straight for training at St. Paul’s Hospital in Vancouver. At that time—the very beginning of WWII—nurses lived and trained at the hospital, working 12-hour shifts and wedging lectures and homework into breaks and late evenings.

A bib and apron criss-crossed over her white dress, starched and uncomfortable. She learned to tuck Kleenex around her neck, to prevent chafing. Within just a few weeks, she was responsible for patients. From military-standard bed-making to delivering babies to assisting in the operating room, Registered Nurses did it all.

In short, Jean liked it.

After three years, the new graduate moved alone to Powell River to nurse at the hospital in Townsite.

Years earlier, Jean had camped with her parents—both teachers—at Thormanby Islands, just off Halfmoon Bay, and she recalled loving the coast. Still, she “shed a few tears,” leaving home.

Maternity and pediatrics were her favourite.

But she was shocked that Tla’amin women weren’t allowed to have their babies in the maternity ward, and were instead relegated to the general ward. It jarred with her upbringing. In an era of casual racism, her father clamped down on derogatory language at their home in ethnically-diverse Point Grey. At 12, a year going to school next to Hawaii’s Waikiki Beach showed her what a (usually) tolerant, ethnically-diverse society looked like.

“Nursing is about compassion,” she said.

“You look after all kinds of people no matter what.”

Jean nursed Powell River through tuberculosis outbreaks, through polio, and through accidents, illnesses, births and deaths. She left full-time nursing

to raise her three children, but worked casually until she retired.

Now 91, Jean still lives in Townsite, just a few short blocks from Henderson House, her nurses’ residence when she first moved here.

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# Prognosis no match for creativity and can-do

BY SANDRA TONN

“Adapt, adopt and improve,” is artist Betsy French’s motto and it has served her well—for her hobby of “upcycling” materials, such as old coats and pants, to create gorgeous handbags - and for her recent transition to life in a wheelchair.

Physical symptoms started as young as 15. It wasn’t until Betsy was 19 and a new mother that she learned she had Multiple Sclerosis (MS). Doctors told her she’d be in a wheelchair within two years. She ignored that prediction. For years she remained mobile, working as a potter and supplying West Coast galleries, raising children, and hiking. The couple made her love of walking in nature a priority, including conquering most of the Sunshine Coast Trail.

When she and her husband Timothy decided to sell their large house north of Powell River and live on the *French Kiss*—a 42-foot sailboat—she simply gave up her kiln and took up pen and ink. They lived aboard for four years and had many adventures.

“I refused to wait for retirement,” she said.



**BAGS OF ENERGY:** Betsy French, who was diagnosed with Multiple Sclerosis at 19 and only recently started using a wheelchair, makes fabulously-coloured leather handbags - because she loves to do it.

The unique handbags she’s become known for came a few years later. Betsy wanted to buy a new purse, but could only find overpriced, fake leather ones. So she bought a lambskin jacket at the thrift store and made a purse for herself.

“I had so much fun making that one that I made 10 more,” she remembered.

Twelve years later it’s still a fun obsession. She sells her hand-crafted handbags, now made with new leather in both funky and traditional colours, through Paperworks Gift Gallery. Sales pay for her supplies, to keep up her hobby. Her latest handbags include braiding and weaving.

“I love it when I see someone walking around town with one of my creations,” she said. Once, a woman ap-

proached her for a custom job. She wanted an old leather coat of her late husband’s to be made into a handbag so she could carry the familiar garment with her.

Just over a year ago, Betsy’s progressive imbalance and weakness caused a fall that broke her leg. The wheelchair that doctors predicted more than four decades ago had finally become necessary for her health and safety.

“Having no balance is awkward,” she admitted, and was reluctant to talk about the neuropathic pain she endures. “That’s not important to the art,” she said.

Betsy said she isn’t sure how many handbags are left in her hands, which are weakening and somewhat misshapen.

In keeping with her commitment to adapt, she said, “I have today and will do the best with it I can.” 



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# Education and the election



BY PIETA WOOLLEY | pieta@priving.ca

I'm a mom of two kids in the Powell River public school system. They're still young — in Grades 2 and 5. So for me, like other parents, education is personal: it's a top concern of mind heading towards the provincial election.

Each morning when I send David and Abi to school — after a solid 90 minutes of breakfast- and lunch-making, battling over hair and teeth, homework-checking (on our best mornings), anxiety-calming, and drama-allaying — I have to trust that the Province of BC is taking the future of my children as seriously as I do.

And, as a citizen and community member, I want to believe that every child in BC is spending their day supported and challenged to achieve their full potential.

Start talking to nearly anyone about education, though — parents, kids, teachers, administrators — and it's easy to get distracted from core ministry issues, such as curriculum and setting budgets. Schools are where every social challenge can be seen up close, on the faces of the students. Poverty, mental health, globalization, addictions, parental anxieties, disabilities, family stability and much more impact students' ability to sit in a classroom and, say, learn long division.

Plus, the job market has changed, and is changing rapidly again. Unlike previous Powell River generations when the mill would hire nearly any young man who walked out of senior high, this generation is facing grueling years of post-secondary, to be able to compete in the global knowledge economy.

Wading in to this hairy mix of crisis and change comes education policy and the election.

Before we dive in, though, a little history. The current Liberal government came into power in 2002, and was re-elected in 2005, 2009, and 2013. Over those 15 years, public school enrolment has declined, aging schools have needed significant upgrades, and social pressures on schools have increased significantly. Last year, the province introduced a new curriculum — including new assessments. The government has also increased the dollars flowing to independent schools such as Assumption and Powell River Christian School, up to 50 percent of the per-capita amount going to public schools.

But the biggest headlines — and headaches, likely, for everyone involved — came from the fiery relationship between teachers and the province.

In early 2002, the Liberal government removed teachers' collective ability to negotiate class size and composition — shorthand for how many high-needs and behaviourally-challenged students each classroom would have.

That was the beginning of an all-out war between

## PRL ELECTION SERIES: WHAT TO EXPECT

This is the first in a series of three Powell River-centred articles leading in to the May 9 provincial election.

We've started with K to 12 education — as BC Education Week is March 6 to 10. In April, we'll consider forestry, mining, fishing and the environment. And in May, just before we go to the polls, we'll tackle health care.

Each candidate will have the chance to speak to the issues, and we'll hear from locals most affected.

We encourage you to write letters to the editor for publication in Powell River Living, and express your own ideas. Please send them to pieta@priving.ca.

government and teachers. The conflict culminated in a three-week teachers strike in September of 2014, and a 2016 Supreme Court victory for teachers, when the province was forced to give them back class size and composition negotiating power, and hire more teachers. Here in Powell River, the equivalent of four full-time teachers are being hired.

That's not everything that happened, of course. But it does set the scene a bit.

Ken Holley is the current president of the Powell River District Teacher's Association, on leave from his job as a physical education teacher at Brooks. He believes May could bring another possible win for the Liberals — largely because the NDP has been too quiet and have not made their platforms clear in regards to education and other issues that the existing government has been talking about in the media.

In local classrooms, he noted, the biggest change over the past 15 years has been class composition and student needs.

"Having 30 kids in a classroom today is not the same as 30 years ago," Ken said in an interview at the *Powell River Living* offices.

Local school districts have not been given the provincial funding to provide the number of teachers needed to address these changing issues, Ken argued. For example, the entire district employs a single elementary school counsellor — who serves six elementary schools — and just one behaviour support interventionist, also for those same six schools.

Special Education teachers have huge caseloads, he explained, and classrooms teachers have little support. The district does a good job with the funding they have been given he said. Still, Ken believes, too many students slip through the cracks, not getting the attention that is needed in order for them to be successful in today's unique world.

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April 13 **Maunder Thursday**  
7pm • St. David & St. Paul

April 14 **Good Friday**  
10am • St. David & St. Paul  
7pm • Tenebrae • Faith Lutheran

April 15 **Easter Vigil**  
7pm • St. David & St. Paul

April 16 **Easter Morning**  
10am • St. David & St. Paul  
10am • Faith Lutheran

## Meet the new priest

Rev. Faun Harriman joined St. David and St. Paul Anglican from the Lower Mainland in fall, 2016. Haven't met her yet? Lent is your opportunity!

Check her out on Page 24



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# Meet your candidates

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**Nicholas Simons**  
NDP incumbent

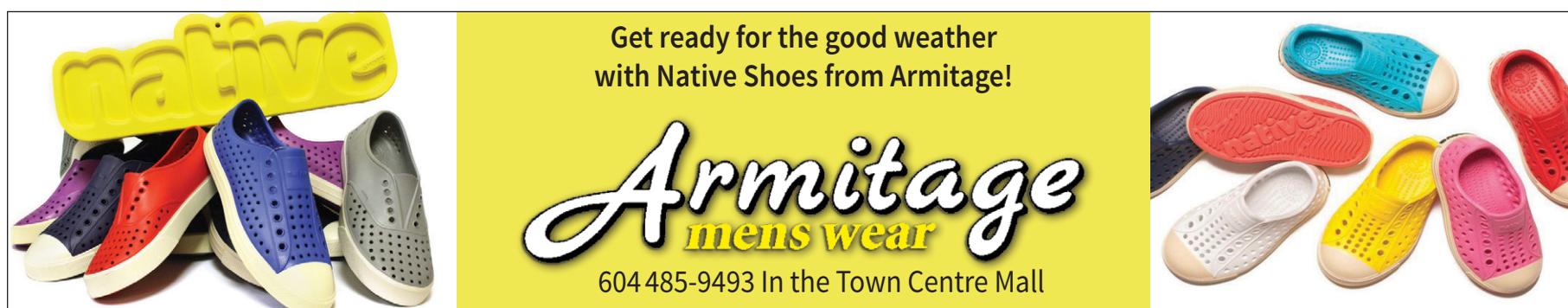


**Kim Darwin**  
Green Party



**Mathew Wilson**  
Liberal Party

	<b>Nicholas Simons</b> NDP incumbent	<b>Kim Darwin</b> Green Party	<b>Mathew Wilson</b> Liberal Party
A bit about you	First elected as MLA in 2005. Child Protection social worker then Executive Director of a Delegated First Nations Social Services agency. I am an accomplished cellist with two gold records.	The president of the Sechelt Chamber of Commerce and a mortgage broker. Moved from Lasqueti to Sechelt when she was two and has remained since.	Federal civil servant with INAC, administers residential school settlement hearings across Canada. Son of former Liberal leader Gordon Wilson.
Where did you go to school?	School of Fine Arts Education in Montreal. Then Marianopolis College for CGEP. Master's degree in Criminology from SFU.	Davis Bay Elementary School and Chatelech Secondary, both in Sechelt. Trained through the Sauder School of Business at UBC.	Madiera Park, Davis Bay and then Chatelech. UVic for political science and economics.
Have you had any other touches with BC's education system?	God-children and nieces and nephews in the school system in Gibsons and North Vancouver. Worked with schools as social worker. Mom a special ed teacher, dad a former voice professor at McGill.	All three (now-grown) children graduated from Chatelech, plus a niece who lived with Kim's family. Volunteered in schools.	Two daughters are in Grades 3 and 6 at Robert's Creek Community School. His mom was a special needs teacher.
Education area you'd most like to improve:	"To enhance the support system for kids in school - especially those with special needs."	"The relationship between government and the BCTF. If we want to improve our entire school system, that has to get better."	"Support in the classroom. Children have learning challenges, behaviours, lack of support at home, families have dual incomes, parental separations."
Government relations with teachers have been strained for the past 15 years. Thoughts?	"We believe schools should be an equalizer, and we can only do that in partnership, collaborating with teachers - not by issuing edicts."	"It's been three decades of bitter battle. We need to build trust. The provincial leader of our party is an educator. We will bargain in good faith."	"The government response to the Supreme Court challenge was to increase funding by \$100 million a year. I think that's helpful."
Parents are complaining there are too few resources for students with special needs and other challenges.	"I've heard the concerns. It's inherently an issue of overall school funding. Inclusion is essential. It's a value society has. But we need adequate supports."	"We will increase funding - and eliminate per-student funding and bring back block funding. Some children wait years for assessments."	"It's a place to target funding. It's a benefit when people at the local level can set those funding priorities."
What do you think about the increased private school funding?	"How they're funded is a conversation the public should be involved in. If public schools were adequately supported, this wouldn't be such an issue."	"It is not fair to group all independent schools as one (Catholic, special needs, elite). Perhaps modify funding criteria to include diversity, inclusiveness and financial need."	"It's a misnomer that private schools are only for the rich. Parents need to have choices in education. And the way to do that is to make sure they have a source of funding that's secure."
The Powell River board chair and BCTF representative both identified poverty as a major learning disruptor here. Ideas?	"The province needs a poverty reduction strategy with a timeline and targets. We're the only province in Canada without a strategy."	"Our education system needs to be constructed in a way that recognizes the challenges that children experience on a daily basis as they learn. We'd do a basic income pilot program so kids aren't going to school hungry."	"As the premier will say, the best way to lift someone out of poverty is a job. Modelling by a parent who has a job is one of the ways you break the cycle."
Anything else you'd like to add?	"Our system needs to find and nourish the special and unique seeds of talent - and develop the strength that children have."	"Public education represents one of the most important investments government can make for the future prosperity of our province. Its like a retirement savings plan."	"We need to make sure we're attracting families here, because if we lose our schools, we lose our community."



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## POWELL RIVER SCHOOLS PROFILE

**SD47 public schools:** Edgehill, Henderson, James Thomson, Kelly Creek, Westview and Texada elementary schools, plus Brooks Secondary school, and several alternative programs.

**CSF public school:** Ecole Cote de Soleil

**Private schools:** Assumption Catholic, Powell River Christian School.

**Number of children in the PR region aged 5 to 19 (latest stats: 2011):** 2,140

**2002 SD47 school enrollment:** 2,821

**2016 SD47 school enrollment:** 1,842

**2002 per-capita provincial funding:** \$7,029

**2016 per-capita provincial funding:** \$10,675

**2016 operating capacity:** 76.5 percent

**Capital investment, 2001 to 2016:** \$24.36 million

**Major capital projects:** An addition to Brooks Secondary • The new Westview Elementary School • Seismic Mitigation at Henderson • School Enhancement at James Thompson • Two classroom conversions for Full-Day Kindergarten.

**School closures:** J.P Dallos Middle (2002) and Max Cameron Secondary (2006)

Poverty is another issue that affects how children come to school and how well they are prepared to learn.

“Here in Powell River, only about 50 percent of the working population have average middle class incomes or above,” said Ken.

“In almost every school in our district and the province, the Parent Advisory Committees and the districts run a breakfast and lunch program. That shouldn’t be paid for by parents or the district. It should be paid for by government. That’s a social program.”

Cuts to social services such as the Min-

**“Having 30 kids in a classroom today is not the same as 30 years ago.”**

– Ken Holley

istry of Children and Families, stagnant income assistance payments, a poverty-level minimum wage, and other financially reduced social policies unrelated to education are having a significant impact on children and youth learning, he said.

Ultimately, Ken believes the Liberals are starving public schools with a suspected plan to introduce a charter-style system.

“The damage that has been done to a generation of children and to the system will not be repaired by a revised curriculum without funding,” Ken said, “a revised graduation plan yet to be implemented, a literacy and numeracy exam, yet to be developed, and a token amount of money to hire teachers back into a system that should never have lost them.”

“It’s a credit to the teachers in the province that we have a system that’s as good as it is.”

Speaking on behalf of the Powell River Board of Education, chair Doug Skinner echoes Ken’s concerns about child poverty and its impact on classrooms.

As a board, they’re most concerned about the stability of funding. For example, in mid-2016, the Liberals announced a grant for rural schools funding that Texada might have qualified for.

However, boards were not consulted or even warned the grant would be available.

“In some cases, school districts had to scramble [to apply,]” said Doug. “It’s great that rural education funding was made available, and we knew we wanted to be a part of it. But we didn’t even know it was in the works.”

Indeed, School District 47 has received \$2.6 million in one-time grants since 2001 (the annual district budget is about \$20 million a year).

“That’s the number one issue for Powell River,” Doug said. “Make funding predictable and sustainable, and we can handle just about anything.” **PR**

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# Palliative Care.

## Is it about Life or Death?

BY THE POWELL RIVER DIVISION OF FAMILY PRACTICE

For many of us, when we hear ‘palliative care’ we think that it means stopping treatment and making someone comfortable until they die. We might describe someone as palliative when they have stopped undergoing other forms of curative treatment. We might even use the word palliative instead of dying. However, in each of these contexts we are describing only a fraction of what palliative care truly is and undermining its importance as a supportive treatment for all people at all stages of a life-threatening illness.

Palliative care addresses the physical and emotional impact of a life-threatening illness. It provides practical and emotional support for caregivers and families as they struggle to support a loved one with a terminal illness. It aims to improve a patient’s quality of life and align treatments with what is most important to that patient.

For Laverne Dalziel, Pam Kenny and Georgia MacLennan, palliative care

Palliative care benefits the caregiver  
Palliative care is for the whole family  
Palliative care is about living

means life; life in the face of death. Each woman has undergone a unique journey when they cared for their husbands through life and death.

For them, palliative care was not a last resort, reserved only for the last weeks of life. Palliative care helped them to provide the care that aligned with their partners’ wishes. It ensured that they could keep on experiencing life with their partner until the end, whether that was years away or weeks away.

To share their experience, the three women volunteered to be part of the All Care Support awareness campaign.

Next time you hear the word palliative, don’t think about death. Think about life and how to make it meaningful until the last moment.

If you or someone you love is dealing with a life-threatening illness, talk to your family doctor or nurse practitioner about palliative care. [PRL](#)



**THE CAREGIVERS:** Pam Kenny, Georgia MacLennan and Laverne Dalziel all cared for their husbands with the help of palliative care providers. The three women appear in a video produced by the Powell River Division of Family Practice, which can be found on the division’s YouTube channel at <http://yt.vu/+prdfp>.

### PAM AND PETER KENNY TEXADA ISLAND

Palliative care helped Pam to fulfill Peter’s wish to die at home. This was what he wanted but only if it was okay with Pam and did not negatively impact her in any way. Pam was agreeable to this but she was exhausted when trying to manage the symptoms of his esophageal cancer on her own.

When her physician asked why she was not accepting more help, she didn’t have an answer at first.

Later, she realized how she and Peter had always made life decisions together, but the decision for more help was one that Pam had to make on her own.

“If I regret anything,” Pam adds, when looking back on that period, “it was not making that decision soon enough, and I hope that helps someone else accept help. Sure it’s six people coming through your house everyday, but then there are peaceful times after they’ve gone, times where you can reconnect again.”

### GUS AND GEORGIA MACLENNAN POWELL RIVER

“I wish it hadn’t happened,” Georgia said, when we interviewed her for our video about caring for her husband through cancer, “but it did, and things went as well as they could in a situation like that.”

Her husband Gus, who had been a teacher in Powell River for many years, became sick in April 2014. Both were overwhelmed by all the kindness they received from the community.

“One community group brought me a blanket, a symbol for a hug, as they thought I could need one.” All these kind gestures helped her and Gus cope. A big help for them was also the palliative care she and her family received.

“It meant that we were both getting the support we needed,” enabling her and her family to spend quality time with Gus until he died at home.

### JOHN AND LAVERNE DALZIEL POWELL RIVER

For Laverne, palliative care enabled her to make the decision to bring her husband home from the hospital to give John the greatest quality of life for his remaining days. He was suffering from complications related to a spinal-cord injury he sustained in retirement.

Laverne knew what John wanted. They had talked about his goals of care, so she was comfortable making decisions for John when he was no longer able to make them himself. “Palliative care is not just for the last few days, it is for living and I think some people miss that out.”

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# PALLIATIVE CARE support

**It's ALL about life!**

**ALL Care Support** is a campaign about life! It aims to change the perception that palliative care is only appropriate near death.

Palliative care **improves the quality of life** of patients and their caregivers facing a life-threatening illness.

It focuses on the **prevention and relief of suffering** by early assessment and treatment of pain and problems: physical, emotional, and spiritual. It intends neither to speed up nor delay death.

## How does palliative care fit with treatment?

Palliative care does not replace your treatment; it works with your treatment to prevent and ease suffering and to improve your quality of life.

## Who provides palliative care?

A family doctor or nurse practitioner is primarily responsible for providing palliative care. Other people may be involved, such as specialists, nurses and hospice volunteers.

## Why are goals of care important?

Establishing your goals of care enables care providers to align your care and treatment with what is most important to you. This can improve your quality of life and death.

**SharedCare**  
Partners for Patients

**Powell River**  
Division of Family Practice  
A GPSC initiative

divisionsbc.ca/powellriver



**EARLY PALLIATIVE CARE BENEFITS**

Palliative care can be broken down into **supportive care** and **hospice palliative care**.

Supportive care is received early after diagnosis and can be provided at the same time as other treatments. Hospice palliative care is received at the end of life.

**Goals of care** are decisions and plans about your care and treatment based on your desires and fears for the future.

## Do you need help deciding if palliative care is for you? Take the palliative care test!

Do you, or someone close to you, have a life-threatening illness and...

- have symptoms that impact your activity level or quality of life?
- experience any difficult side effects from treatment?
- need help making medical decisions about treatment options?
- need help coping with the stress of a life-threatening illness?

**If you answer yes to any of these questions, palliative care might be helpful.**

Contact your family doctor, nurse practitioner, or other health care provider to talk about this.

## Resources:

- **prhospice.org**  
Local hospice palliative care resource
- **theconversationproject.org**  
Support to talk about end-of-life wishes
- **nidus.ca**  
Personal planning resources

## BLUES BUSTERS NEW ALBUM

# Get your dose of blues at the Max

Like the main event in life, Ron Campbell and the BLUES BUSTERS the band's new album, *The Main Event*, is the main event in his musical career. "It's something I've wanted to do for a long time," Ron told *Powell River Living*. "So I thought it was a good theme for an album."

Recorded over a two-year-period, the album features 16 original tracks written by Ron and Dennis Fox. Some are brand new songs, others are re-recordings of old favourites.

"We're pretty excited about our new album," said Ron. They are planning a Friday, March 24 release party at the Max Cameron Theatre. "It will be a great show at a great venue."

Ron, the band's leader, discovered music at the age of eight when he began playing the bongo drums. He's a singer and multi-instrumentalist who plays the ukulele, piano, guitar, and harmonica. Like

Ron, Dennis Fox, is also a multi-talented musician who plays many instruments and is a vocalist. "Dennis and I have been together since 1979. Dennis was on the recording of the Powell River song which was written by my dad, George."

Saxophone and keyboard player Ted Durnin has been with the BLUES BUSTERS for seven years. "He's a great musician and a wonderful addition to the band," said Ron.

And Neko is the band's drummer.

Most of the songs on the album are fun, but some, like *Luck of the Draw*, is about not taking things for granted and has a serious, philosophical message.

Here's short excerpt from "Luck of the Draw."

*One man lives on Easy Street, one struggles just to get along  
One man never worries, one lies awake til dawn  
Some have more than they deserve,*



**THE MAIN EVENT:** The BLUES BUSTERS are, clockwise from top left, Dennis Fox, Ron Campbell, saxophonist and keyboarder Ted Durnin, and drummer Neko.

*that's just the way it goes  
Don't bother asking why 'cause nobody really knows*

*(Chorus)  
Sometimes you win, sometimes you lose  
Sometimes you can't help singin' the blues  
You can't just buy in, there's an unwritten law  
In the end, it's the luck of the draw*

*One man works at nothing, one man breaks his back  
Some folks dress in silk suits, and some from the second-hand rack  
One man has a happy home, one man is doomed to roam  
Some find the perfect lover, others spend each night alone.*

Tickets are \$15 and available at the Peak or at the door. CDs will be available after the launch at Rockit Music. [RL](#)

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"I like the independence, being in control of my own destiny. It's like running your own business."  
~ long-time Realtor and now Powell River's Royal LePage franchise owner Warren Behan

"I like the independence - working own hours, having keys to the building, the freedom that comes with having a managing broker and not a 'boss' telling you what to do or micro managing you."  
~ Realtor Neil Frost

"The ability to really make a difference to people and help them through a stressful time is extremely rewarding."  
~ Realtor Brandy Peterson

"The best part of being a Realtor is meeting new people and hearing their story."  
~ Realtor Bill Bailey

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~ Realtor and Managing Broker Dawn Adaszynski

"When we help someone sell and/or buy, their lives are improved in so many intangible and measurable ways. It makes me proud to know that."  
~ Realtor Josh Statham

"I love the diversity of the job. It never gets stale, everything is constantly changing."  
~ Realtor Kathy Mack



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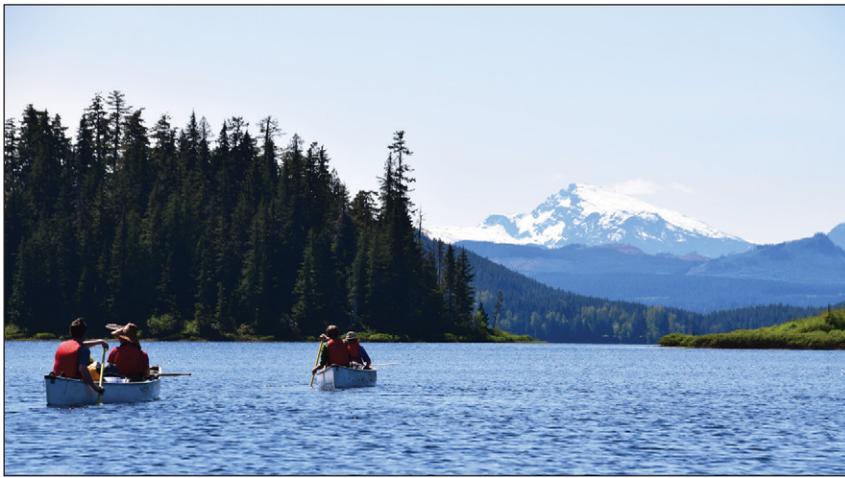
**WARNING:** If you're constantly looking for how to extend your coffee break, or searching for security, being a Realtor™ is not for you. Don't expect being a Realtor to be like a regular job. It takes \$5,000 to get licensed, and costs about \$500 in monthly expenses - before you've even made your first deal.



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# SD47 celebrates diversity and achievement

By Rod Perrault  
District Principal, Personalized Learning Programs

The shift to more personalized learning has given School District 47 (SD47) the opportunity to look at diversity and achievement more broadly. The diversity of our learners requires us to offer programs that sustain and challenge students while supporting them as they prepare for life beyond secondary school.

While achievement can be measured by good grades and exam scores, it can also be measured in every student's success at meeting their own personal goals. These broader ideas of diversity and achievement are reflected in the wide range of programming available in SD47.

This tour of diversity and achievement starts at Brooks Secondary School, which is, in many ways, the anchor for much of what is available for secondary students in our District. In a conversation about diversity, it's important to remember that traditional learning is still important.

Students at Brooks have the flexibility to pursue their individual interests, including a full range of academic subjects while still taking a variety of others such as physical education, arts, technology education, shops, textiles, food, business, and second language courses.

SD47 also provides many opportunities for students who benefit from programs designed to build their strength and resiliency. Jade Coast Discovery Program focuses on using outdoor and personal challenge to build strengths for school success. Brooks Offsite Program (BOP), the District's alternative school, provides a full range of secondary courses for students in grades 8 to 12 in a smaller, more intimate environment.

Dual credit programs (students earn both high school

and post-secondary credit) are a great option for students to transition from secondary to post-secondary school. For over 10 years, SD47 and Vancouver Island University have offered trades foundations programs in the areas of automotive technician, carpenter, chef's training, hairdressing, and welding. Students completing these programs leave school with training and certification they can use to begin working immediately in their chosen trade.

VIU and SD47 also offer dual credit opportunities for students interested in pursuing an academic career. While still in secondary school, students can take a wide range of academic courses at VIU including Business Computers, English, Psychology, and others.

SD47 also offers the Powell River Digital Film School (PRDFS) and Coast Mountain Academy (CMA) programs. PRDFS students learn the technical and creative sides of film making while having the opportunity to earn credit through Emily Carr University. CMA is our outdoor education program that encourages students to pursue their best selves through challenging outdoor leadership pursuits while also earning credits toward VIU's Adventure Tourism program.

Connect-ED, located at VIU, supports adults to complete their secondary school diplomas through a combination of traditional high school, adult basic education and university courses.

Last year, Connect-ED celebrated the School District's oldest graduate at 64!

Diversity and achievement are truly celebrated in School District 47: diversity in the range of programs available to support our students' interests and goals and achievement by providing programs that allow students to celebrate success in ways that are meaningful to each learner.

**Loving to learn:** When students care about what they're learning, success is easy. **Top left:** Coast Mountain Academy develops leadership skills and earns credits towards VIU's adventure tourism program. **Top right:** Automotive technician training earns students high school credits and a certified skill they can use in the job market. **Bottom left:** Hairdressing too, is a popular dual-credit program with VIU. **Bottom right:** Carpentry training attracts a diversity of students interested in applied learning.

## Education Week

March 6 to 10, 2017



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# And the winners are...

## NOT FOR PROFIT

**Winner** Powell River Brain Injury Society  
**Runner up** Powell River Loggers Sports Association

## LARGE BUSINESS

**Winner** City Transfer  
**Runner up** Pacific Coastal Airlines **16**

## CUSTOMER SERVICE- HOSPITALITY

**Winner** Little Hut Curry **8**  
**Runner up** The Old Courthouse Inn  
**2nd Runner up** Coastal Cookery **4**

## CUSTOMER SERVICE - RETAIL

**Winner** Mother Nature **14**  
**Runner up** Big O Tires **7**  
**2nd Runner up** Pagani & Son's, Shoes & Repairs

## PROFESSIONAL SERVICES

**Winner** Dr Ashok Varma

## HOME BASED BUSINESS

**Winner** Banking on it Bookkeeping **11**  
**Runner up** Cottage Creek Bake Shop **9**  
**2nd Runner up** Alice's Fresh Pasta **10**

## SMALL BUSINESS

**Winner** Canadian Marshall Arts Academy  
**Runner Up** Mother Nature **14**  
**2nd Runner up** Tla'amin Convenience Store

## AGRICULTURAL BUSINESS

**Winner** Myrtle Point Heritage Farm  
**Runner up** Funky Beets Farm

## TOURISM BUSINESS

**Winner** Townsite Brewing Inc  
**Runner up** Beyond the Road Adventures

## EMPLOYER

**Winner** Jason Schreurs – Powell River Peak **5**  
**Runner up** Melanie Alsagar – Sunshine Coast Health Centre **13**  
**2nd Runner up** Rob Villani – Villani & Company **12**

## FORESTRY SECTOR

**Winner** Powell River Community Forest **2**  
**Runner up** Thichum Forest Products **6**

## ENTREPRENEUR OF THE YEAR

**Winner** Derek Jantz-Two Wheel Tech **15**  
**Runner up** Darren Edwards – Henderson Edwards  
 Developments Ltd.

## NEW BUSINESS OF THE YEAR

**Winner** Pacific Point Market/Serious Coffee **3**

## ABORIGINAL BUSINESS

**Winner** Tla'amin Convenience Store

## BUSINESS OF THE YEAR

**Winner** Tempco Heating & Cooling Specialists **1**

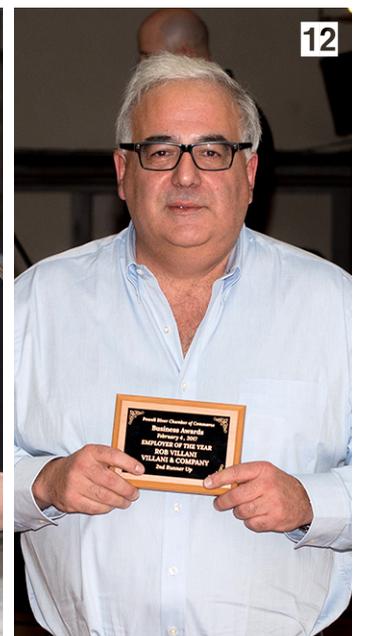


# 2017 Chamber of Commerce Business Awards Excellence & esteem

On February 4, as snow swirled outside Dwight Hall, more than 300 Powell River business people applauded each other's efforts this year at innovation, service and sustainability.

This year's awards featured two new categories: Aboriginal Business and Forestry Sector. Powell River Living magazine was proud to be a gold sponsor of the event.

*All photos by Blue Steel Imaging*





# Lots of seed the key to cilantro

**A**s a food gardener I grow many things, but with some crops yielding varying degrees of success. Brussels Sprouts continue to frustrate me with production being downright embarrassing.

Not long ago I considered cilantro one of these fruitless crops, requiring way too much time and energy for straggly little plants that did not at all resemble a commercially grown bunch.

Then it dawned on me once in the grocery store, that

## My recipe for growing cilantro:

The first thing to do is secure a lot of seed. Growing great cilantro requires a lot of seed, and involves many successive sowings throughout the growing season.

Most of the seed packages you can buy in the store simply do not have enough seed in them for good production all season (it is usually 1 gram).

To give you an idea we use 100g of seed each year (we use a lot of cilantro). The nice thing is buying 100 grams of seeds costs the equivalent of three one-gram packages.

If you don't use it all in a season, you can save left overs for next year.

Second, sow a little bit

of that seed often. I know this sound like an inconvenience but it really only takes a few minutes. I usually incorporate the sowing with another chore, like weeding or sowing of another crop.

I throw a handful of seeds in after I am done disturbing the soil; it's as simple as that.

I have had great success growing cilantro with carrots, beets, tomatoes, and lettuce, potatoes, and kale. It is so quick from seed to harvest it does not put much



added pressure on the other crops either.

I usually begin sowing cilantro in April and continue every three weeks right through until late September.

Lastly, the secret to growing cilantro is that it needs consistent conditions to produce lots of leaves.

Sunshine, nutrients, and moisture levels need to be stable for the plant to form plenty of leaves. When one of these conditions changes, such as dry spell, the plant will switch from growing the desired leaves to producing seeds. This "bolting" is very common in cilantro.

Cilantro prefers a moist, well drained sunny location, with compost-rich soil. The seeds germinate quickly in 7-10 days, and will even germinate in the cool spring weather. Typically cilantro grows very well in the spring and fall as the growing conditions fluctuate less.

I have found that it is much better to sow cilantro directly into its final location, rather than by using transplants as it does not take well to being moved. **PR**



## A growing concern

BY JONATHAN VAN WILTENBURG | jonathan\_vw@yahoo.com

the bunches they were selling were not just one plant but rather 15 young plants wrapped tightly together to look like a strong sturdy plant.

Once I knew this it was obvious, of course, but you don't know until you know.

I have finally found a good lazy way to have quality cilantro for most of the year, and even during the winter. And it is really not hard at all.

**In May, *Powell River Living* will publish the 7th annual edition of**

# home grown



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# Pet Expo

**Saturday, June 10 - 10 am til 2 pm**  
At the Thunderdome (Roller Derby Arena)  
4320 Joyce Avenue



If you sell pet food and supplies, provide medical assistance to dogs, walk dogs, train pets or solve pet behaviour problems, you need to be at this fair.

Early bird discount for vendor booths before March 1, 2017 only \$150 each, includes booth space and a short business card ad in *Powell River Living's* special pet issue! Contact Isabelle Southcott at 604-485-0003 or [isabelle@prliving.ca](mailto:isabelle@prliving.ca).

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- Basic first aid and tick removal
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# Make time for a spring spruce-up

## Clean your gutters

What? Again? Yes, according to experts, gutters should be cleaned at least twice a year.

Inspect the gutter bottoms for loose bits of rock while you're at it. If you find any, take that as a sign that your asphalt roof may need replacing.

If you are older, have a tall house or don't have the time or interest in doing it yourself, call an expert. If you are over 45, think twice before you climb a ladder. Climbing a ladder at any age is risky but reports says the odds for accidents and injury are greater for those over the age of 45 because we lose physical strength and bone density and our sense of balance deteriorates as we age.

"Clean roofs and flowing gutters prevent damage that can be caused to your house," say Sarah Wilson and Guy Pouliot, owners of Frenchie's Pressure Washing and Yardwork.

"If your gutters aren't clean they'll overflow and that can cause damage to your house foundation especially if you don't have good drainage around the house," added Sarah.

This relatively inexpensive home maintenance chore can save you major headaches and lots of grief in the long run.

## Inspect your roof

The spring is a good time to see how your roof held up during the storms of winter.

If your house isn't too high and you are confident on a ladder, you may be able to inspect your roof yourself. If not, do a visual inspection from the ground with a pair of binoculars.

Look for cracked caulk or rust spots on flashing. Missing, broken or curling shingles indicate a problem. Cracked and worn rubber boots around vent pipes.

Moss and lichen could signal the roof is decaying underneath.

If you find any of these signs, call the experts.

According to Nelson Roofing's website, you don't have to wait until summertime to replace your roof. "Most roof systems can be replaced at any time of the year providing that the weather at the time of installation is good. Certain types of asphalt shingles require the heat of the sun to seal against wind uplift and special precautions should be taken when installing these types of roofs in winter."

## Dethatch your lawn

Now that the snow has gone, it's a good time to take a look at what needs to be done in the yard.

There's always winter debris, fallen branches, and leaves to clean up but while you're at it, take a look at your lawn.

Is your ground uneven? Low spots cause poor drainage, while high spots are often scalped by the lawn mower. Since these situations create poor growing conditions for grass, grab a shovel, cut away areas that are raised, and fill in those that are depressed.

Another issue, especially in high-traffic areas, is soil compaction. When the soil becomes densely packed it is hard for grass to take root and hardier weeds are more likely to take over.

To test for this, stick a garden fork into the ground. If the tines fail to penetrate two inches (5.08 centimeters), your soil is compacted and should be loosened with an aerator designed to remove small plugs of soil from your lawn.

Call the experts, they can help with dethatching and aeration and can also put your lawn on a yearly maintenance program.

**DON'T forget your Septic System on your Spring Cleaning List**

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# Priest finds her place of peace

Faun Heather Harriman is the new Anglican priest at St. David and St. Pauls Church in the Townsite. She came into the ministry late in life after a long and successful media sales career. An animal lover, Faun lives in the rectory with her cat Pita, whom she adopted after fostering. Shortly after moving here six months ago, Faun purchased a cottage by the sea that she plans to move into next year.

She has a daughter, son-in-law and two grandsons who live in Comox and a son, daughter-in-law, grandson and granddaughter in China.

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

**Faun** • I applied for the position of Vicar for the Anglican Parish of St. David and St. Paul in the Townsite. I was fortunate to be hired.

## When? Where from?

**Faun** • I was the Rector at St. Albans in Burnaby and lived in New Westminster. I moved here in September 2016.

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

**Faun** • People are very friendly. For instance, a cashier at QF not knowing me was very friendly and by week two she knew my name. I felt like I was on the set of Cheers.

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

**Faun** • I moved here to work and to be closer to my family in Comox.

## Where is your favourite place in Powell River?

**Faun** • Driving along Marine Avenue and looking at the ocean.

## How did you first hear about Powell River?

**Faun** • I heard the church was looking for a new Priest. I have been able to buy a cottage by the sea.

## What would make Powell River a nicer community?

**Faun** • If everyone came to the Anglican Church!

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

**Faun** • Be very intentional about re-vitalizing downtown Marine Avenue. It is a treasure.

## If you were a fly, which wall would you inhabit?

**Faun** • The Mayor's office.

## What are Powell River's best assets?

**Faun** • Location, Location, Location, ocean, mountains, islands, sunsets.

## What is your greatest extravagance?

**Faun** • Renovating my house.

## Which superpower would you most like?

**Faun** • I would like to have wisdom in all situations. **RL**

*If you know someone we should feature in I Made the Move, please email [isabelle@prliving.ca](mailto:isabelle@prliving.ca) with your idea!*



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# Microgreens for microkids

This past fall, Mother Nature staffers Heather Thrasher and Cathy Ickringill visited eight local classrooms and donated a microgreen seed starting kit to each one.

Microgreens are exactly what they sound like – tiny shoots of edible plants. They're ready to eat within just two to three weeks of planting; grow year-round; are packed full of nutrients (up to 40% more than the full-grown vegetable) and they are incredibly versatile. You can eat them as is, blend them into smoothies, or add them to your soup, sandwich or salad.

Over 200 children grew kale, chard, beets, arugula, peas and sunflowers. Many even had greens to bring home in time for the holiday break.

In each class, the students practiced

their growing skills while learning all about what makes microgreens unique. Some classrooms made posters and even incorporated the program into their science and nutrition plans.

Each classroom planted one tray of microgreen peas and one tray of mixed seeds. The mixed seeds were grown at the store while the peas were grown in the classroom. Cathy and Heather brought the full tray of greens back to the classroom to answer questions, and give the children other plants to try.

Mother Nature brought seed kits to Edgehill's Strong Start program, Assumption's Grade 4/5, Ecole Cote-du-Soleil Kindergarten, Henderson's Kindergarten, James Thompson's Grade 4/5, Kelly Creek's Grade 1 and Westview's Kindergarten. [PR](#)

**TINY PLANTS MAKE KIDS FEEL LIKE GIANTS:** At Edgehill's Strong Start program, preschoolers got to dig in to the dirt in the middle of winter, planting nutrient-dense greens for snacks and sharing.

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## BUSINESS CONNECTIONS

BY KIM MILLER | office@powellriverchamber.com



Squatter's Creek Wines and Designs is under new ownership at the same location. New owner Kelly Munday purchased the business last month. Kelly and her husband Gerry and son moved to Powell River from Terrace in 2015. She retired after 27 years as a customer service rep for Air Canada. Kelly has always enjoyed home brewing and making wine at ubrews so when the opportunity arose to buy a ubrew she knew this was the right fit for her. Karen Andrews, who has been an employee at Squatters Creek for many years, will continue to work there.

Kelly is also an artist and has a business called KGM Designs Alphabet Art. "Alphabet art is taking photos of letters found in nature," Kelly said. She will display her art on the walls at Squatters Creek. In addition to a large selection of wines, Kelly will also have wine accessories for sale at the shop at 103-4871 Joyce Avenue in Crossroads Village behind QF. Call 604 485-7775.

Genki Japanese Cuisine is now open at 4680 Marine Avenue. The restaurant is housed in the same building that the Alchemist was before it sold last year. The new restaurant is totally different than the Alchemist as it serves sushi and Japanese cuisine. Genki Japanese Cuisine has been receiving rave reviews on Facebook. For more information call them at 604 485-4141 or visit genki-powellriver.ca



Avid Fitness is under new ownership. Long time owners Lorne and Lisa Morrow sold the business to Tim and Heather Wall. Tim was a member at Avid for eight years before he purchased it so he is familiar with the gym and most of the people. The fitness centre's hours of operation remain the same as does their phone number, 604 485-9580 however they have a new email, avidfit16@gmail.com. For more information, give them a call or drop in and say hi to the new owners! "We are making a few changes," said Tim. "We're now selling nutrients and supplements which we didn't before and more changes are in the works. A grand reopening is planned for the new future." 

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## MULTICULTURAL FEST AT TLA'AMIN LANDS

The Wu Woom Festival is a multicultural showcase and fundraiser, to support positive activities in Tla'Amin and Powell River.

The event will be held at the Salish Gym, starting at 5:30 pm on March 18, 2017. Organizers seek to celebrate the cultural diversity within the Powell River community through songs, dance, and food.

The festival is seeking performers who would like to share through various musical acts, songs or dance. Local artists will have an

opportunity to display and sell artwork.

Patrons are encouraged to bring an appetizer of their cultural dish to share with others, in hopes of providing a taste of multicultural traditional foods from their background and ethnicity.

All funds from the festival will be utilized for yearly participation in the Vancouver Sun Run.

Entrance fee is \$10. Please forward any inquiries or contributions to Cyndi Pallen at 604-414-3874.

# 5

## ways to tell winter to get outta here - it's spring

Crocuses, time for your close-up. Gotta Facebook you for the Ontarians.

### 1. Prepare for the rut: Expose Yourself

In the spring, wild ruminants engage in all kinds of crazy antler-rubbing, fighting and mud-wallowing behaviour. To them, this is sexy. It's reproduction season. As you're human, why not head instead to Expose Yourself, the erotically-themed multi-disciplinary exhibition in Townsite March 16 to 19?

### 2. National Pi Day

Dig out of your freezer the last vestiges of foraged blackberries and U-Pick blueberries for this annual salute to math March 14. Pie = winter. Berries = summer. Pi day = edible spring.

### 3. Plan to see quilts

Each winter, dozens of Powell River's top quilters hunker down over their sewing machines, stitching brilliant designs. Get dazzled by colour and craftsmanship at the show at Dwight Hall April 8 & 9.

### 4. Cabane à sucre

In the other (worse) parts of Canada where snow is a regular thing in the early spring, Maple Sugar Shacks celebrate the running sap. Here on March 5, you can both enjoy maple syrup candy poured on snow, but without having to stand around in actual snow... hopefully.

### 5. Inhale campaigns, exhale democracy

British Columbia heads to the polls May 9. This month, the three Powell River-Sunshine Coast candidates swing into action, hoping to lure your vote. Events start March 4. See Page 29 for more. Nothing says "spring" like talking tax policy.



# March Events

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March 1-19



**Powell River Community Foundation**

For application guidelines and forms see  
[prcommunityfoundation.com](http://prcommunityfoundation.com)

## 2017 GRANTS

The Community Foundation is accepting grant applications from **registered charitable organizations** for eligible local projects.

Application deadline: Thursday, April 13, 2017 at 4:30 pm

*Kathy Bowes*  
**RE/MAX**  
Powell River  
kathybowes.com

Call (anytime)

604.483.1633



## PLAN YOUR MARCH

### Big Dates

### Live music

March 8

#### International Women's Day

Be bold for change, suggests the United Nations. See PRL's stories starting on Page 6.

March 11 to March 30

#### Kids sail free and 50 percent off BC Ferries... or whatever

Note: This applies to passenger fares only. On the Saltery Bay route, it applies on three sailings a day, but not Fridays or Sundays. On the Comox route, it's two or three sailings a day, but not Fridays or Sundays. Your Experience Card rates don't get dropped by another 50 percent.

In other words, if two adults and two kids under 12 are driving to Comox, their regular one-way Experience Card rate is \$71.95. With this 50 percent discount, the same trip is \$58.85 – a savings of \$13.10.

March 13 to 24

#### Spring Break

School's out for spring! Longer than it looks. Last day of school is March 10. School is back in session on the 27th. The Recreation Complex is offering day camps, and the library has a MiniComic Camp over three days for teens.

March 12

#### Daylight savings begins

March 14

#### National Pi Day

For math nerds and their baker friends

March 17

#### St. Patrick's Day

Check out events at That Sugar Vault.

March 20

#### First Day of Spring

March 31

#### Kindergarten registration deadline, SD47

March 3

#### Petunia and the Vipers

Opening act: The Slim Milkie band. 8pm Strikers. \$15 advance, \$20 at the door. Tix Base Camp and Strikers

March 4

#### Petunia & The Vipers, Royal Jelly, Theo Angell

Lang Bay Hall, doors at 8 pm. \$15 advance (Lang Bay Store and Base Camp), \$20 at door.

March 18

#### Rock n Roll Trivia

That Sugar Vault. Hosted by radio personality Zane Sampson.

March 19

#### Bob Bossin

7 pm Home Routes. \$15 per person (payable in advance only, No refunds). 604-485-5198 or pbuckna@telus.net

March 24

#### Ron Campbell and the Blues Busters CD Release Party

Max Cameron \$15 open 7 pm, show 8 pm. Tix at The Peak or the door.

### Get dirty

March 25 and 26

#### Spring Bootcamp

Get your gardening on (and more!) at the Spring Bootcamp. Lots of hands on food production topics along with more homesteading ideas than you can shake a stick at! Co-sponsored by Sycamore Commons and the Urban Homesteading School.

March 11

#### Seedy Saturday

Powell River Recreation Complex, 9:30 am.

## Go ride a bike!

Every person on a bike is one less person driving. (And this one even helps you pedal up hills.)



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# Film

March 1-2

## Lion

7 pm nightly & 1:30 pm Thurs matinee at The Patricia

March 3 – 7

## Fifty Shades Darker

7 pm nightly at The Patricia

March 4

## Munchie Madness

Watch Cheech & Chong followed by Pineapple Express with theme food at That Sugar Vault.

March 8 & 9

## Things to Come (L'avenir)

7 pm nightly & 1:30 pm Thursday matinee at The Patricia. French with English subtitles.

March 10 – 14

## Split

7 pm nightly at The Patricia

March 15 & 16

## Silence

7pm nightly & 1:30pm Thursday matinee at The Patricia. There will be a brief intermission

March 19

## Seed: The Untold Story screening

3 pm at The Patricia. This award-winning documentary follows passionate seed keepers protecting our 12,000 year-old food legacy.

March 22 & 23

## Elle

7 pm nightly & 1:30 pm Thursday matinee at The Patricia. French with English subtitles.

March 29 & 30

## Paterson

7 pm nightly & 1:30 pm Thursday matinee. Patricia



**CATCH THESE HIPPIES:** If you weren't quick enough to score a ticket to one of the Powell River Film Festival's three screenings of locally-made gem *The End of the Road*, this is your chance.

March 31 – April 2

## The End of the Road

7 pm nightly March 31 & April 1. 1:30 pm Sunday Matinee, only.

## THANK YOU, SPONSORS!

Powell River Living publisher and Rotary Sunrise member Isabelle Southcott says "thank you" to everyone who donated money for the March 11 Rotary walk. If you'd like to donate, call 604-485-0003 or email [isabelle@prliving.ca](mailto:isabelle@prliving.ca)



# Sports

Schedule TBA

## Kings in the Playoffs

Powell River's Junior A hockey team made it to the playoffs! Tickets went on sale in late February. Check for home games at [www.powellriverkings.com](http://www.powellriverkings.com)

March 2

## Skate-a-thon fundraiser

You can sponsor a skater for a set amount or an amount per lap. For more info visit [powellriverskattingclub.com](http://powellriverskattingclub.com)

March 11

## Powell River Sunrise Rotary Walk

Rotarians will walk from Lund to Saltery Bay to raise money to support local non-profit groups and international projects.

March 18

## Thunderdome Season Opener

5 to 7 pm. The Pow! Town Roller Derby Season Opener. Pow! Town Brawl Stars vs Victoria Co-Ed. \$5 at the Door, Kids 10 and Under enter for free. Doors open at 4:50 pm, first whistle at 5:35 pm.

# Campaign

March 4

## NDP Campaign Office opening

1 to 4 pm at 4726 Marine Ave. For Nicholas Simons. Music by Del Riviera, Craig Vishek and Nicholas Simons. Refreshments and lively conversation too. Nicholas will speak at 2 pm about the plan for a Better BC. Everyone welcome.

## Beans and Jeans

Mathew Wilson, 7035 Barnet. Come on in and enjoy some chili and great conversation with the Liberal candidate and his campaign team. Share ideas about how to make our community better.

March 10

## Millennial Magic

With Mathew Wilson Magic show by Chef John D. Walls. That Sugar Vault. \$15 get your tickets at the Vault or at Mathew Wilson's office.

March 30

## Members Dinner

Mathew Wilson. An evening for members and supporters to come together, enjoy some good food and talk about our community and its future.

Two Wheel Tech welcomes to the lineup:



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The album we've been talking about for the past two years is finally done!

Join us for the CD release concert:  
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# Try me

**March 4**

**Giant book sale**  
10 am - 1 pm, 4943 Kiwanis Ave.

**March 5**

**Wedding Expo**  
Town Centre Hotel, 11 am to 4 pm.

**Célébration de la Cabane à sucre / Maple Sugar Shack brunch**  
The French Club would like to invite you to celebrate the Franco-phone week by coming to our brunch and sugar shack from 10 am to noon.

**March 7**

**Call for submissions deadline**  
Ordinary Odes Youth Poetry Contest. See prpl.ca for more.

**March 8 & 22**

**Fairy Readings**  
That Sugar Vault. By Alene of Dragonfly Touch. Get a 15 min reading for only \$10 when you order \$15 of food or drinks.

**March 11**

**Alternative Facts Gameshow**  
That Sugar Vault. Answer trivia questions with the cleverest, most entertaining 'alternative facts' that are judged by our local celebrity panel.

**March 15**

**Murder Mystery Dinner: Beware the Ides of March**  
That Sugar Vault, 7pm, \$15 for dinner, toga party and mystery.

**March 18**

**Tech Savvy – Tablets and Smart Phones**  
1:30 pm at the Gillies Bay Seniors Centre. Learn about tablets and smart phones. To Register call 604-485-8664.

**March 23**

**Tech Savvy – Tablets and Smart Phones**  
7 pm at the Library. Learn about tablets and smart phones. To Register call 604-485-8664.

## Win money, design a great logo!

Did you know that the Carlson Community Club is holding a logo contest? The contest, open to Powell River residents, has a \$250 prize for the winner.

The Carlson Club is a private social club that does a lot for the community. Many non profits hold burger and beer nights at the Carlson Club as fundraisers for their various activities. The Carlson Club supports service and volunteer organizations as well as individuals

in need of financial assistance.

The deadline for logo contest submissions is April 30. Please email [ccc@carlsoncommunityclub.com](mailto:ccc@carlsoncommunityclub.com) with the logo as a pdf, ai, or eps.

Also include your first and last name and whether you are over or under the age of 19 along with a phone number you can be reached at. The winner will be notified on May 15.



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[timberlanequiltersguild.ca](http://timberlanequiltersguild.ca)



POWELL RIVER COUNCIL FOR ARTS, CULTURE & HERITAGE  
4760 Joyce Ave, Powell River, BC V8A 3B6  
Phone 604 485-6506  
artscouncilpr@gmail.com  
www.powellriverartsandculture.com

# Fine & Performing Arts

March 2

## Opening: Barbara Langmaid

7 pm, Malaspina Exhibition Centre, VIU. Exhibition runs to April 4.

## Verdi's La Traviata

Saturday, March 11, 2017 ~ 10 am at the Max Cameron. Live in HDTV. \$27, \$24.

March 2 & 3

## Festival of Performing Arts

Dance performances at the Evergreen Theatre.

Saturday, March 4:

## Festival of Performing Arts Grand Concert

Evergreen Theatre, 7:00pm.

March 15 to 18

## MiniComic Camp

Teens 11+. Create your own comic book. Trinity Hall. Advance registration required. Email szagwyn@prpl.ca or call the library 604-485-4796.

March 18

## Wu Woom Festival

5:30pm Salish Gym, Tla'amin Lands. Multicultural showcase and fundraiser. See Page 27.

March 25

## Tinder Tales Live in Powell River

8 pm, That Sugar Vault. \$20, includes buffet. Professional/Amateur Daters, Storytellers, Comedians, and everyday people confess their most outrageous Tinder Tales and other online dating disasters live on stage. Doors 7 pm 19+ no minors.

March 16 to 19

## Expose Yourself

"An erotically-themed, multidisciplinary art exhibition that has been celebrating diversity through artist contributions, performance + workshops and hilarious group art projects in Powell River, BC since 2008."

March 16

## LGBTQ Town Hall with Robert Beringer

7-9 pm at Edie Rae's Café. Issues Facing LGBTQ in rural areas and talk about what's going right and what's needed here in Powell River. Donations accepted. RSVP not mandatory but appreciated.

March 17

## Expose Yourself exhibition opening night

7pm til late at the Bank of Montreal building, 5813 Ash Ave. (\$20 Tickets at the door). 33 visual artists, interactive installations, performance, DJs.

March 18

## The Play is the Thing

12-2pm. \$20 per participant. Cranberry Hall. Tickets at eventbrite.ca/myevent?eid=31441658848

## Provocative Reflection dinner

7 - 9 pm at Edie Rae's Cafe: 'Provocative Reflection' Aphrodisiac inspired, four course meal with entertainment and silliness.

March 19

## Drop-in Life Drawing

12 til 4 pm at the Bank of Montreal Building, 5813 Ash Ave. Free. Guest models from 1-3 pm.

## Calling all seed savers and food growers!

Seedy Saturday, an annual event that promotes local seed growing and sustainability, takes place from 9:30 am to 2:30 pm on March 11 at the Powell River Recreation Complex.

Event chair Ellen de Casmaker says seed purchased from all large companies in Canada comes from Israel and the United States. "To truly be self sufficient we need to have our own seed source," she says.

Local food providers, some of which are local seed savers, will be featured at the front entrance.

"It is the first event for the newly merged Powell River Farmers' Agricultural Institute (Farmers' Institute and Agricultural Association have now merged)," says Ellen. There will be information on the newly merged organization, workshops, a silent auction, kids zone and information tables along with seed vendors and other garden related material.

There will also be promotional material on the seed bank initiative. The Institute will also be looking for people to work and learn in the new garden which

is out at the Farmers' Market. To get the word out about the seed bank initiative, the group is partnering with the Patricia Theatre to show the film, *Seed: The Untold Story*, at 1:30 on March 19.

## 5 Days a Week

Alternative indie-rockers, Lukah Bouchard and his band released their debut album last month.

*5 Days A Week* was a year in making. The band is made up of local musicians, Ben Wayne Kyle (vocals/guitar/bass), Matt Emig (violin) and Adam Robertson (percussion).

Lukah started writing music after a near-death experience while diving a shipwreck in the waters off Mexico four years ago. He has since penned a style of songwriting that is authentic and distinct, with influences of Radiohead, Tool, Low Roar and My Morning Jacket.

After his first solo gig, and then playing at Diversity Festival and Sunshine Music Festival, he became known as a musician to watch.

*5 Days a Week* is available at Rock-it Music, Nancy's Bakery, Terracentric and will soon be available online. Find Lukah Bouchard Music on Facebook for show listings, videos and more. 



## New Ownership!

Long time home wine-making enthusiast Kelly Munday is pleased to bring her customer service skills and enthusiasm to Powell River's trusted Squatter's Creek Wines.

This month Kelly suggests starting your summer wines and planning what you would like to drink and share this fall.

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POWELL RIVER ARTS COUNCIL GRANT PROGRAM

## THE ARTS COUNCIL...

Powell River Council for Arts, Culture and Heritage invites applications for its **Spring 2017 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

**Thursday, April 13, 2017 4:30 pm**

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

## POWELL RIVER COUNCIL FOR ARTS, CULTURE & HERITAGE



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Powell River, BC V8A 3B6  
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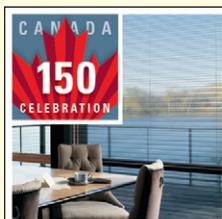


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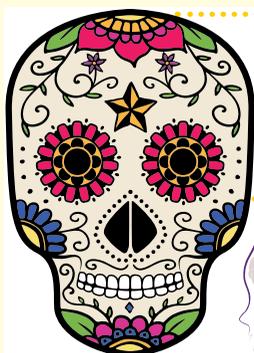
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# Gorgeous grey power

## 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)

The Rider Waite tarot cards typically used for readings were last updated in 1910 by Pamela Coleman Smith.

When I drew the Empress card today I knew I needed an updated image for our reading. I wanted an Empress who has weaved her way through the trials and tribulations of maiden and mother and is now inching comfortably towards crone. An Empress who has discovered her element and is comfortable in it. And so I created my own tarot card.

While both cards represent fertility, sensuality and creativity, if we compare them we can see that our more mature Empress is no longer resting lavishly upon a cushioned throne, but has instead found a comfortable seat in the sometimes cold, hard realities of life.

To her left is the trinity bell representing the three phases of her life: mother, maiden and crone. Draped on the bell is a hand forged chain with a peridot suspended from it.

Unlike most stones, the peridot occurs in only one colour and is a symbol of her uniqueness. It is also a reminder for her to be true to herself. The peridot is a stone thought to decelerate aging. While this crone may be comfortable in her aging flesh there is a desire to be able to prolong her time on this earthly sphere.

On her right we can still see the shadow of her youth.

Her gown, once adorned with

pomegranates, the female symbol of fertility, lushness and abundance has been replaced with a cloak of timeless style and elegance. All that remains of the pomegranates are the red crystals that make up part of the necklace she has hand forged from silver.

Her hand crafted adornments are now her symbol of lushness, her fertility expressing itself in what she creates from the silver, copper and gold elements of the earth.

Her left hand frames the heart on her rosary reminding us that she has both loved and been loved deeply. Around her neck sits Seraphina, a strong willed angel who keeps her head up through difficult times.

The red crystals on the Empress' chain remind us that where there is creativity there is life. Nurture your ideas and find new ways to express yourself.

Take the time to find rewards for your labours and indulge!

The Empress is a feminine archetype reminding us that abundance and beauty are all around and sometimes we just need to look a little closer to see it.

Thanks to Ben Fairless for use of his photo and to Susan Macpherson our Empress. To find out more about our Empress and all her hand forged creations check out her webpage [www.graffiti925.com](http://www.graffiti925.com) or find her on Facebook. [PR](#)



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- BEAUTY



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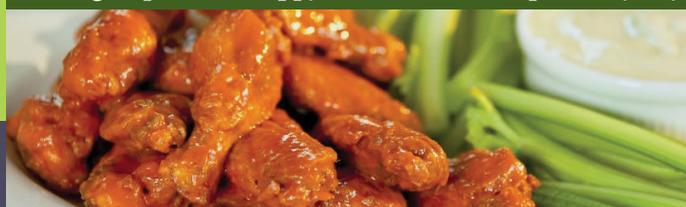


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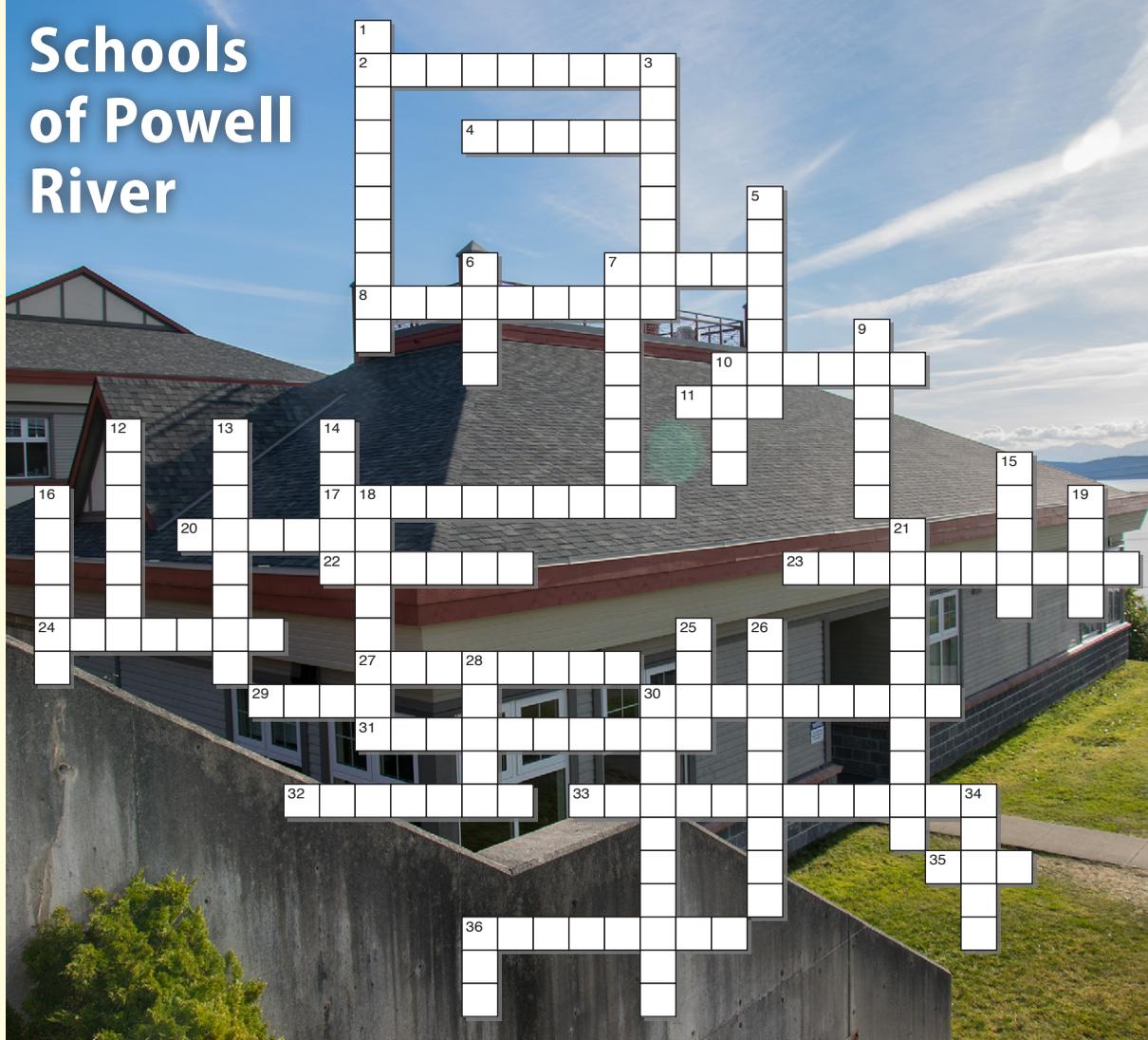
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# Schools of Powell River



## Across

- 2) Tla'amin school
- 4) and Scanlon
- 7) Southern school
- 8) See the sea
- 10) Immersion language
- 11) Homeschoolers acronym
- 17) Log dump, and former school
- 20) College for ESL
- 22) Church school
- 23) Where the uniforms go
- 24) Grad diploma or tree
- 27) Abbotsford school
- 29) School's top doc, or Christmas
- 30) Old school on Manson
- 31) International partner
- 32) Board chair
- 33) Tress trimming
- 35) University acronym
- 36) Kitchen arts

## Down

- 1) Brooks Theatre
- 3) Newest
- 5) Outdoor centre
- 6) \_\_\_ Coast Discovery, green stone
- 7) SD47 school in Gastown
- 9) Academy location
- 10) Papa's program
- 12) Metal melting
- 13) Old Westview school
- 14) Student transporters
- 15) Teacher's group
- 16) Smallest elementary
- 18) Elected reps
- 19) Day off for kids, not teachers
- 21) High schoolers at VIU (2 words)
- 25) High school principal
- 26) Townsite elementary
- 28) French school
- 30) Grief Point's new tenants
- 34) No more point
- 36) Outdoor adventure tourism acronym

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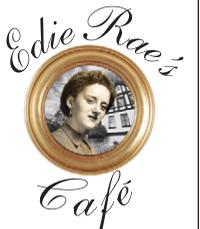
March 14th **Shepherd's Pie**

April 4th **Steak and Kidney Pie**

March 21st **Oven Roasted Ling Cod**

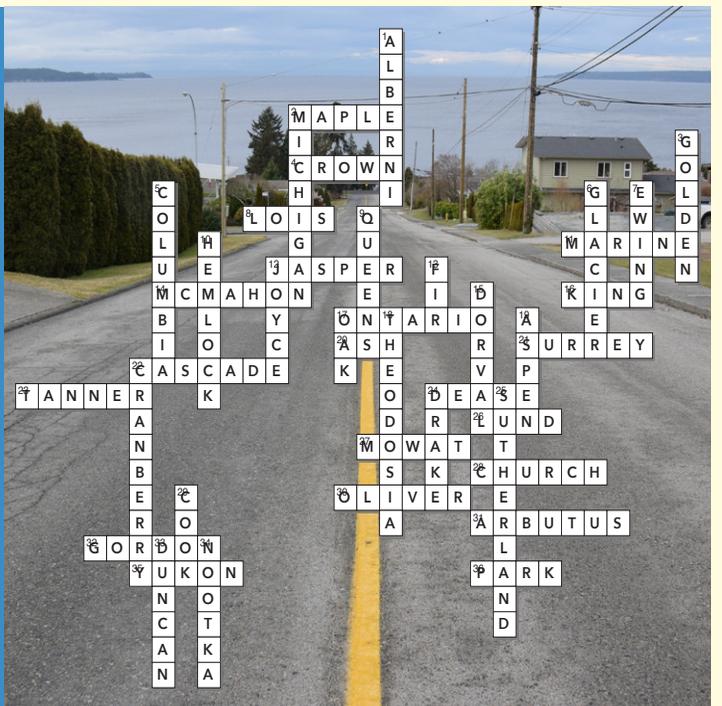
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I

## Another bloomin' senior

*Powell River Living's*  
owner/publisher  
Isabelle Southcott turns  
55 on March 24. In this  
essay, she reflects on  
what it is like to grow  
older and how she looks  
forward to reaping the  
benefits of aging.

*Last Word*  
with

ISABELLE SOUTHCOTT  
*isabelle@prliving.ca*

'm growing older.

When I celebrate my 55th birthday this month, I'll officially be considered a senior. Yes, you heard me. A senior. At 55. And along with becoming a senior and entering my "autumn years" (the term used by one website to describe people 55 years of age and older), my hearing is also going.

Because of this, I ask that when you speak to me, don't mumble. Don't turn your back and talk, look me in the eye and say what you have to say if you want me to hear your every word.

Don't get me wrong, I'm grateful to have reached this marvelous age without any major health issues besides a bit of hearing loss. But I'm also grateful that now I can start taking advantage of a few of the long-awaited perks that aging has to offer.

Did you know that 55 year olds are entitled to age-related discounts at some businesses?

A&W owner Matt Lister says that once I turn 55, I can get my coffee, tea or hot chocolate at A&W Powell River for a \$1.25 (tax included) a cup. And, there's free unlimited refills on dine-in coffee! How great is that? I know where I'll be hanging out with my coffee dates in the future!

A few months ago, I went through the checkout at Shopper's Drug Mart and a nice, young cashier asked if I wanted the seniors discount. "How old do you have to be to get that?" I asked. "55," she said. "Okay, I'll take it," I said, crossing my fingers behind my back. I figured I was in my 55th year so technically I wasn't fibbing. I was pretty excited to see that grey power gave me a 20 per cent discount off my purchases.

Knowing that soon I would be a bonafide senior led me to make the momentous decision to stop colouring my hair. I'd considered kicking the colouring habit when I turned 40 but my best friend Carma Sacree said

she couldn't hang out with someone who looked so old and even offered to pay to have my hair coloured. And my youngest son Alex wasn't too sure he wanted a grey-haired mom while he was still in school so I caved and continued to dye.

But with Alex's graduation set for June, I've thrown away the dye box and am happy to be just me. Carma is politely ignoring my grey. There comes a time in everyone's life when they are comfortable in their own skin because they know who they are. I'm proud of my age, and I'm not ashamed of my laughter lines or my gray hairs. Like an outfit where your shoes match your dress, I want my hair to match my face.

Did you know that older people love free stuff? I responded to a post on Facebook from an (older) friend who was looking for an old (free) film camera so I offered him my old Canon. When he came to pick it up we chatted about becoming a senior and how seniors love free stuff. We talked about people who love to fill their pockets up with free packets of ketchup and sugar and how they like to complain about stuff costing too much. But you know what? Truth is, we all like to complain about price; it's just that seniors have more time to shop for bargains and know where to find them.

Lots of hotels offer a discount for the 55 plus bunch but most don't loudly advertise it. I tripped over the hotel discount a few months ago when my (older) partner Dwain and I booked into a hotel in the lower mainland and were asked if we wanted the seniors discount.

Hell yeah! Of course I want to save money. Who doesn't?

I'm honoured to have been on this planet for more than half a century. If my age means I can reap a few benefits, I'm all for it. Autumn years? Well, the jury is still out on that one. Right now I feel more like I'm in full flower. **RL**

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Authorized by the Campaign to Re-elect Nicholas Simons, financial agent Michael Goldberg 604-740-8044



## Investing in our community



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

Since it was established, the fund has supported a variety of projects of different themes and sizes from both community groups and the city. To date PRCF has contributed approximately \$6.6 million to the fund and 75 separate project grants have been approved.

We welcome new grant applications and updates to existing applications at any time. The "rolling" project list is updated and reviewed on an ongoing, collaborative basis with city staff. Since our usual practice is to recommend the majority of grants in the spring when we present our dividend check to city council, projects wanting approval this spring should apply before the end of March. However we may also announce others throughout the year.

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

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

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

City of Powell River  
6910 Duncan Street  
Powell River, BC, V8A 1V4  
attention: Kathleen Day, Chief Financial Officer  
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## Here's what Brandy Peterson's clients said:



Brandy, we would like to thank you for all your hard work, honesty and integrity as our Realtor. We have now been homeowners for a year. Although it is still surreal at times, we know we made the best choice. It was such a learning process (as you know). The patience you had for explaining every step (sometimes two or three times), helped

us to feel confident in making the right decisions. You always had time for us. We thoroughly trusted your knowledge and professional opinion. We appreciated your willingness to have the "tough" conversations with kindness and clarity.

You played such a huge role in making our experience fun, exciting, informative and grounded. We are so grateful for your wisdom and generosity of spirit. Most especially, thank you for putting your heart into your work of helping people to find their own home. It has been a year, and we are still so grateful for that. We will be for many years to come.

*Bethany, Joel, Leander and Suzannah*



*Brandy Peterson*



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