

Powell River LIVING



The Pet ISSUE

FREE
JUNE 2017
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PET EXPO JUNE 10 • CANADA 150 • PRISMA • CENTRE LAKES
GRAD 2017 • THIRD CROSSING • BEST OF POWELL RIVER: VOTE NOW!

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COAST CIRCLE ROUTE ALE TRAIL



POWELL RIVER

DAY 1

Begin your coastal adventure with an arrival mid-afternoon - just in time for a stroll down Marine Ave to take in all the artisanal shops. Afterwards, head over to the brewery for a pint in the historic Townsite District after checking into The Old Courthouse Inn. Complete your first day with dinner at Costa Del Sol for the best fish tacos in town followed by a walk down to the pier for an epic Powell River sunset.

DAY 2

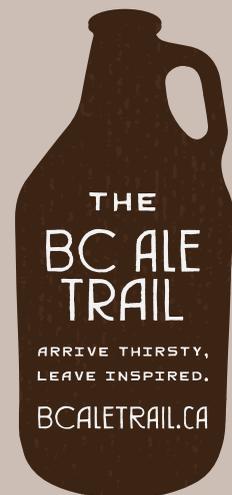
Start with a wonderful breakfast at Edie Rae's just downstairs from your room. Afterwards, gear up and take in the beautiful views after a hike to the top of Scout Mountain. Treat yourself to a delicious lunch at Sli City Grill just outside of town followed by a walk along Gibsons beach. Pre drinks at Townsite's tasting room before heading to Westview for dinner at any one of the great internationally inspired restaurants such as Little Hut Curry, Minato and Vietnam Cuisine.

DAY 3

Continue with breakfast at Magpies in quaint Cranberry followed by a Townsite heritage tour, a visit to the Henderson House and Manager's Row. Wet your whistle at the brewery along side chips and dips before heading across the street for popcorn and a show at The Patricia Theatre - Canada's longest running movie theatre.

DAY 4

Remember to fill your growlers before heading out for coffee at Base Camp or River City Roasters and remember to save some time for window shopping before heading off to the ferry. Bon voyage!



June beetle: neither pet nor pest

BY ROD INNES

Maybe you will get to see one of these beautiful beetles this season. They are found in our area from late June, through the summer. They fly low on warm evenings and sometimes fly around lights at night.

The Ten-Lined June Beetle is part of the Coleoptera Families. Approximately 23,700 species have been recorded from Kansas and New Mexico, to California, north to British Columbia.

When threatened, these beetles make a hissing sound, by forcing air out between their wings and their back. Adults grow to five centimetres long. The adults do no damage, and just feed on leaves. These beetles do not bite, and are not poisonous.

Search for my videos on YouTube by typing "Rod Innes" and "Ten-Lined June Beetle" after my name. [RL](#)



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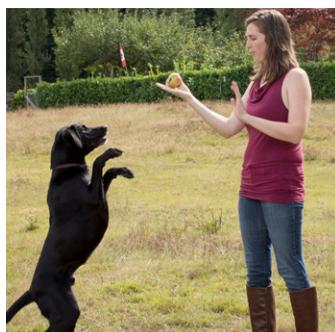


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ON THE COVER

Dog trainer Milan Jackson trains her dog Bump. She'll be at the Pet Expo June 10 with her business Dogworx Pet Ranch.

Photo by
Leah Laurie Photography



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CONTRIBUTORS



PAT BUCKNA is an executive board member of the Cranberry Community Hall Association. He is active in the Powell River music community, hosts house concerts in his home, a monthly Song Circle at Cranberry Hall, and sponsors several live music concerts throughout the year. Pat is also completing a memoir and is a songwriter and composer.

GEORGE ELSBETT is a Catholic priest who will lead a group of 16 young Austrians through the proposed "Third Crossing" this month. In Vienna, he is the head of the John Paul II centre and ministers to youth through promoting active service, such as assisting refugees. His parents live in Wildwood.



TYLER LESLIE is a young photographer who started his own business when he was eight years old and has now successfully been running it for seven years. He loves hiking and mountain biking, which he incorporates with his nature photography to get the most out of all his passions. naturallyinfocus.wix.com/photo



CLARKE SLOOTWEG is retired after 35 years as a Senior Manager with BCLiquorstores. He is a 50 year resident of Powell River. Clarke and Karen are avid hikers/trekkers/wannabe mountaineers. Clarke says, "our back country is hard to beat."





IN THIS ISSUE

The Squamish hike: Better them than me!

Later this month, a team from Austria will attempt to hike from the back roads of Squamish through to the back roads of Powell River.

I'm excited for them, with feelings mixed of jealousy, and relief that I'm not going with them.

George Elsbett, a priest and youth leader whose parents live in Wildwood, is leading 17 Austrian young people on 80-90 kilometres of the proposed Third Crossing.

Almost 10 years ago, my surveyor brother-in-law Caleb Allen and I hiked the ugliest part of that route, up Simms Creek and over the Mount Casement pass. It was a beautiful, horrible, challenging, rewarding hike, and I'm glad I did it. But I'm not lining up for a repeat – at least not until someone cuts a trail. So I wish them well, and look forward to their trip report. With a provincial report due soon on the viability of various road and bridge connections to the Sunshine Coast, the Third

Crossing Society is also looking forward to the attention the Elsbett trek will bring. Read about the Austrian group and their plans on Page 20.

Nearly every week for the last few months, a trio of the most energetic people I know have been meeting at the Powell River Living office, preparing for the Powell River Pet Expo. PRL's publisher Isabelle Southcott, Mother Nature manager Heather Claxton, and Dogworx owner Milan Jackson occasionally pulled me into the conversation, but just being in the same building as they planned was enough to give me a sense of how fun this event will be. The energy is those meetings was electric. Now, those organizers have rounded up a team of animal lovers who are going to make the Pet Expo a day to remember! Check out our Pet Expo section starting on Page 6, and be sure to attend on June 10 at the Thunderdome.

As usual, June in Powell River is packed with exciting events. Graduation events for Brooks happen Saturday, June 3. PRISMA runs June 12-24, with two weeks full of concerts and recitals, many of them free. Get your tickets for the main free concerts now, and plan to be at the beach for the big free concert at Willingdon on June 14.

Then, on July 1, there's the sesquicentennial of Confederation. Page 15 lists the Canada Day events. But also, read on Page 38 why local aboriginal leaders have mixed, complicated feelings about the Canada 150 celebrations.

SEAN PERCY | sean@prliving.ca



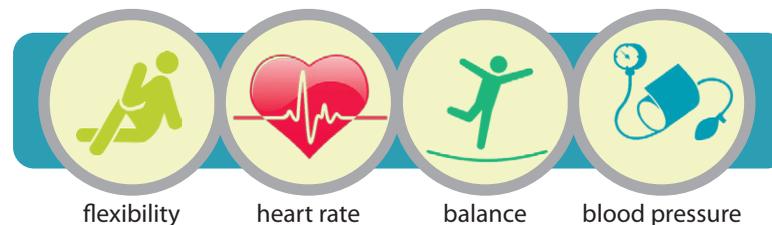
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June 7th, 1957

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Saturdays 10-11am Safeway

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Speaker Forum

Thursday, June 8, 2017 6:30pm to 8:30pm
Max Cameron Theatre

www.prwellnessproject.com

Animal lover credits his dogs and snake with helping him survive a heroin addiction

Rescued by pets

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

Leonard is a large, white, beautiful cat. He snoozes peacefully on the hood of an aquarium filled with tropical fish while Tink and Stella sleep in boxes below. His sister Lucy lifts her head from the top of the kitchen cupboard to see what all the commotion is about but soon decides it's not worth getting up for.

Besides being named after Leonard Cohen, Leonard's claim to fame is the fact that he shares his home with 10 other cats, five dogs, five snakes, two rats and many many fish. And that's just part of his family. There are also two adult humans; Tyler Pantalone and Melanie Kretschmar, and two teenage girls.

When Tyler and Melanie got together two years ago, Melanie had six cats and Tyler had four cats and one snake.

"We have an open door policy."

– Tyler Pantalone, on how his family accumulated 22 pets - plus six tanks of tropical fish.

"We had 10 cats between us and then we added another for good luck," explains Melanie. Their lucky charm, Jiminy, a stray they found in the middle of a road during a storm, purrs in agreement. All their cats are indoor cats.

Next came Wyatt the dog who was adopted through the Arabian Saluki Centre of Canada; this organization rescues street dogs from the Middle East and adopts them out in Canada.

Three months later, they decided to leave Ontario and move to Powell River. Tyler, who had lived in Sechelt at one time, had visited Powell River before and liked it. They purchased an old school bus and packed up their 11 cats, one dog, one snake and all their worldly possessions and drove across the country in five days. They ar-

rived ten hours before the first day of school so Melanie's daughters were able to start the new year on time.

The two adults, two girls and the animals lived in the bus for a few weeks. It was challenging.

"Teenage girls don't like camping," said Melanie noting that there are pay showers at Willingdon. Before long, they found the perfect home and moved in.

Once they had their house and a fenced yard Tyler and Melanie adopted four more rescue dogs through the Arabian Saluki Centre of Canada. They now have: Wyatt, Lucky, Layla, Lola and Lilah. "We have an open door policy," says Tyler.

That's how he came to have a piranha.

"He was brought into the store (Mother Nature, where Tyler works) accidentally so I took him home."

Tyler's snake Gris Gris will be at the Pet Expo on June 10, at the Thunderdome on Joyce Avenue, where he will be manning the "Face Your Fears" reptile tent.

He also has two ball pythons and a corn snake named Zelda that he recently adopted because she needed a home. There's Vindi, a jungle carpet python, who is not a nice snake.

"He's nasty," says Melanie explaining that although Tyler likes snakes, she does not. "We have them in our home but I am not a fan."

Upstairs, you'll find a pair of rats snoozing in their hammocks.

The six aquariums of tropical fish are scattered throughout the house.

Although Tyler and Melanie have rescued many animals Tyler says animals rescued him.

After he dropped out of high school, Tyler got involved in drugs – and also got his first dog Panama.

"If not for my dogs, who knows, I could have been in a lot worse shape. Through the addiction there was depression," he continued adding that the love his pets gave him always helped. Caring for animals gave Tyler the reason he needed to carry on. "I always looked after my pets no matter what," he said.

Tyler and Melanie grew up in Ottawa and went to school together.



"We have been friends since Grade 8," said Melanie. They maintained a close friendship even though their lives took different directions.

Melanie married, had two daughters, bought a house in the suburbs and got divorced.

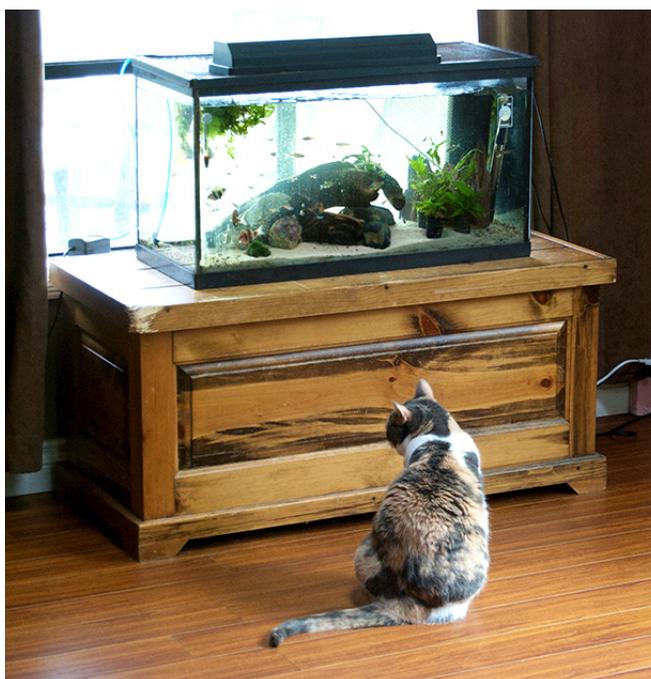
Tyler's heroin addiction lasted 20 years.

In May 2015, Tyler called Melanie from a treatment centre outside of Ottawa and he said he was clean. He said he'd wasted 20 years of his life; his addiction had run its course and he'd like to move out of the city and away from his old lifestyle. She had a basement rental suite so he moved in when treatment ended.

Tyler has now been clean for two years.

These days, he works at Mother Nature. He's known to many as the reptile and fish guy and many customers come into the store asking for advice.

"I don't know everything," he says quickly. "I've always loved all animals but in the late 1990s I got more interested in reptiles. I started learning about them and worked at a small reptile zoo in Ottawa. As soon as we



moved here I applied at Mother Nature.”

Tyler also started the Facebook group, Powell River Fish Keepers.

Their Salukis are fed a raw food diet but the humans in the house are vegetarians, vegans and one forced vegetarian due to circumstances. “We don’t buy meat for ourselves but we do for our dogs,” says Melanie. “It takes a lot of time and money to properly care for all of our furbabies. It is a big commitment. Some people have boats or cabins; some people have fancy cars; we have furbabies and we love them.”

Salukis don’t like to sleep on the floor. They prefer the comfort of the couch for naps or the king-size bed with the twin add-on that they share with their humans. Despite the size of the bed, a five-dog night can be a little squishy! Thankfully, the cats, Leonard, Lucy, Little Kitty, Bubba, Stupid Stewie, Mouse, Tinkerbelle, Stella, Eddy, Sonora and Jiminy, don’t insist on sleeping in the bed.

A family who recently visited said: “Your home is a zoo, even a circus, but you guys make it work and make it fun.” **RL**

Pet Expo Powell River

Because we love our furry friends so much, each year in June, *Powell River Living* publishes a special pet issue. This year, we’re upping the ante by sponsoring a great event: the first ever **Powell River Pet Expo on June 10 at the Thunderdome!**

Read on, animal lovers, for the full scoop on how to get the most out of the show, from contests, to demos and fun races. You, your kids (and maybe your pets) will have a blast!

A VERY NICE SNAKE: Gris Gris, an albino rat snake, likes to cuddle with his owner Tyler Pantalone, who has cared for him for 14 years. Top: Saluki Lola prefers to nap on her owners’ bed: a king-size with a twin add-on to accommodate the animals. Middle: Like watching TV, seven tropical fish tanks provide 11 cats with hours of entertainment. Bottom: Tyler and Melanie, out enjoying some enthusiastic canine companionship in their yard. *all photos by Tyler Leslie.*

Pet Expo Powell River

Saturday, June 10

Free admission!

10 am til 2 pm

At the Thunderdome
(Roller Derby Arena)

4320 Joyce Avenue

2 pm til 3 pm

At the new City Dog Park

Put the Pet Expo
in your calendar!
Because I want to go, too!

Come & enjoy:

Battle of the Breeds Dog Show (Purebreds)

Trick and Treat Dog Show (All dogs)

Rodent Races

(Pick up entry forms for the above three events
at Mother Nature, Powell River Living, or Pet Valu.)

'Face your Fears' tent

Bump the Wonder Dog

Raw food seminar

How to be Dog Smart

Canine Good Neighbour Testing

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95.7 Coast FM

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Meet the voice behind the microphone

95.7 Coast FM's morning show host Bobby Fields will be the emcee at the Powell River Pet Expo. Here she is shown taking some time out with her fur friend, Mr. Ed.

Schedule of Events

10:00 am

FACE YOUR FEARS TENT OPENS

Join Tyler and take a walk through our reptile room. You will see a variety of lizards, spiders, snakes and a Tagu! For those who are curious, see what its like to hold one. If reptiles are not your thing, don't worry! All reptiles will be out of sight and contained for those who are nervous.

RAW FOOD SEMINAR WITH DONNA

Interested in raw pet food?

Donna Blower, raw food expert, will be on location to present an interesting and informative seminar on the benefits and simplicity of feeding RAW.

11:00 am

DOG SHOW #1

TRICK AND TREAT DOG SHOW

Entry fee by donation.

All dogs are welcome to enter this FUN, informal dog show for kids. Costumes and tricks welcome. Bring the family pooch down for this adorable event. Show off any special tricks or just take a walk around the ring. Every dog takes home a prize because we know that every dog is a winner!

Registration forms available online at Powell River Pet Expo's Facebook page or at Mother Nature, or enter at the Pet Expo.

TOENAILS FOR CHARITY

Donna from Mother Nature will be on location to clip your pet's nails for a charity. Nail clipping is by donation.

12:00 noon

BUMP THE WONDER DOG

Bump and his awesome owner/trainer Milan Jackson of Dogworx Pet Ranch, will showcase their top tricks.

12:30 pm

RODENT RACES

Hamsters, Gerbils, Mice and Rats welcome!

Bring your furry little friend down and enter them into this fun and interactive race. Our friends at Valley Building Supplies have created a fantastic, four-level race track for this event! The winner takes home a NEW deluxe habitat complete with winner's plaque.

Stop into Mother Nature to register your rodent today, or enter at the Pet Expo.

CANINE GOOD NEIGHBOUR PROGRAM TESTING

This Canadian Kennel Club approved behavioural testing program is used to determine a dog's ability to become a good canine citizen in our community.

1:00 pm

DOG SMART WITH SELINA SMITH

Join Westcoast ACCESS's Selina Smith for a demo on how to safely greet a dog you've never met before, and when you shouldn't. A great way for kids to learn how to deal with unfamiliar dogs, but relevant to all ages.

CHICKEN OOPS BINGO

Experience Bingo with a twist!

Place your bets on the square you like and watch the chickens and see what they do and where! If the chicken poops on your square first your number could be drawn and you could be the lucky winner!

2:00 pm

DOG SHOW #2 BATTLE OF THE BREEDS AT THE NEW DOG PARK

To be opened by a jumping demonstration with Buddy and Olivia Tibbles. See how many different breeds we have in Powell River! Big, small, we love them all.

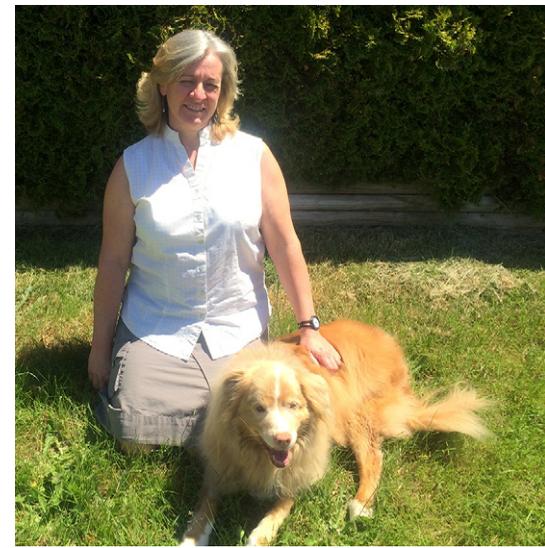
Pet Expo Powell River

Do you love pets? Dogs, miniature horses, rodents and creepy crawly critters?

If yes, you'll want to attend the Powell River Pet Expo.

There is so much to BARK about beginning with the Trick and Treat Dog Show hosted by Coast FM's Bobby Fields and Mr. Ed. Every entry wins a prize! Kids and adults can enter their pooches in the costume class or best trick class.

You'll want to visit Mother Nature's Face Your Fears reptile tent. Snakes, spiders, lizards and other creepy crawly crit-



EVERYONE LOVES PETS

Pet Expo is a fundraiser for local pet-related, non-profit charities including West Coast ACCESS and the Powell River Therapeutic Riding Association.

Please curb your dog before joining us inside. If your dog hasn't been socialized or struggles with behavioural issues, please leave him at home. We promise you'll leave with a handful of treats for your dog.

IT'S ALL ABOUT THE PETS: PRL publisher Isabelle Southcott and her Nova Scotia duck tolling retriever Hunter are running (and sitting) buddies. The Powell River Pet Expo is brought to you by Mother Nature, *Powell River Living*, and Dogworx Pet Ranch. Special thanks to Valley Building and 95.7 Coast FM! Proceeds benefit local animal charities.

ters. There's also Chicken Oops Bingo. You never know when or on what square a chicken will let go on! If you win, your prize will definitely help your garden as it is the gift that continues to give. Chicken manure!

Valley Building is sponsoring the Rodent Races and has built an amazing race track for these little critters. Ready, set, go! Watch our racing rodents and see who is the fastest.

Pet portrait artist Lowell Morris is raffling off a gift certificate. If you are the lucky winner, he will sketch a gorgeous portrait of the pet of your choice.

Professional dog trainer Milan Jackson of Dogworx Pet Ranch and her Wonder Dog Bump will demonstrate a variety of tricks. You won't want to miss Bump jump, twist, and turn as he performs a

whole slew of tricks. Twelve-year-old Olivia Tibbles will guide her Labrador Retriever Buddy over a course of jumps and obstacles.

There will also be some yummy cupcakes for sale with a puppy paw print on them!

There's a raw food seminar, meet and greet with Frodo the miniature horse, toenail clippings for charity and a dog smart talk. Check out Battle of the Breeds at the City of Powell River's new dog park beginning at 2 pm. You'll see everything from a Newfoundland dog to an itty bitsy teenie weenie miniature pooch no bigger than one of those rodents you'll see on the racetrack.

For more info contact isabelle@prliving.ca or call 604 485-0003. **PRL**



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Pet Expo Powell River

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Bunny snuggles

Powell River Brain Injury Society employee Samantha Sherman bring her rabbits to work once a week. "Wednesday is bunny therapy day. It's amazing how calming and therapeutic the bunnies are," says Debbie Dee, Executive Director of the Society. [PRL](#)



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Powell River Trail Riders

is a club for horse lovers in Powell River and the surrounding area, and is a great place for people to connect with other horse people in Powell River.



Learn more about the club and facilities at the Pet Expo, or visit our website.
powellrivertrailriders.com




Powell River Therapeutic Riding Association

was formed in 1991 to provide Therapeutic Horse Back Riding for children and adults with physical, mental, emotional and learning disabilities.

Learn more at Pet Expo or at prtherapeuticriding.com

Est. 1991



Capturing their essence: Pet portraits

Creating portraits of people and fancy houses was one of the ways Lowell Morris supported himself as he attended art school in the 80s. Now, most of his portrait subjects have fur.

The idea to offer pet portraits emerged when Morris took a self-employment program through Powell River's Community Futures—a perfect service for a pet-loving community.

“People genuinely love their pets as important family members,” Morris confirmed. “It’s because of those feelings that a pet portrait ends up being an emotional experience for everyone, including me.”

Isn't it difficult to get a pet to sit still that long? No. Morris meets the pets, if possible, but his realistic drawings and paintings are created from a photograph. “The technique of accuracy is the most challenging part, especially the fur,” Morris shared, “But the most important part—capturing the soul, essence or the character of the pet—comes easier to me. Maybe because I love animals,” he added.

Most often pet portrait commissions are from people planning a special surprise gift for a loved one with a much-loved pet. Being in on the secret is fun for the artist. Sometimes the process is more of a special honour.

“If the pet is no longer alive, this is a way to memorialize it,” Morris said.

Geoff Allan, who had a portrait of his dog Georgia done, said, “I was very impressed that Lowell was able to skillfully capture her essence, which is her gentleness and concentration. In other words, he managed to capture the ‘look’ that Georgia fixed on me whenever she was near.” Allan also said that the portrait, which hangs proudly on his art wall, brings him great joy, especially now that Georgia is gone.

Morris is able to accommodate most budgets with options from a simple sketch to more detailed black and white or colour drawings, and has even done full-colour paintings.

Pet portraits make up the majority of business for Lowell Morris Portraits and Fine Arts, now in its seventh year. Morris is also commissioned for non-pet portraits and sells nature prints and greeting cards in Powell River and online.

Samples of Morris' work, including the drawing of Georgia, can be viewed at lowellmorris.com

“Seeing the joy and excitement on my client’s face when they see the portrait makes my job rewarding,” he said. **PR**

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Not your average grad Not your average grad class

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

Over the past year, Rose Cardinal-Redfern conquered not just Grade 11, not just Grade 12, but also the first year of a carpentry apprenticeship.

Rose, just 16, was the youngest in the carpentry program this year and the only girl. She received the third highest mark in the class.

All of this academic achievement is impressive. But it's only half of Rose's remarkable story.

Powell River Living chose to profile Rose as a representative of the graduating class of 2017 because of her resilience, and her exemplary work ethic – two character attributes that should make her a role model for any young person.

Rose was home-schooled by her mom up until Grade 8, skipping Grade 3. Then, her mother died.

Last year, she moved to Powell River to live with her dad, step-mom and family.

Rose works as a laborer in her dad's business, Redfern Roofing, and says it is because of her father that she developed an interest in carpentry.

"She's very mature for her age. She was a bright light in the class and she did very well."

– Gary Huculak, Brooks' carpentry instructor

GRAD 2017 GRAND MARCH

What: The Grand March is truly a community event. "I'm always blown away at how many people come out to support our kids," said Brooks principal Jamie Burt.

When: June 3, 6pm (doors open at 4pm)

Where: Hap Parker Arena

What: Some of the Grade 12 recognitions will be incorporated as part of the evening. Dry Grad festivities will follow.

"I watched what he did in the yard and all the renos he did on the house. He's really good at building....I like carpentry because it's never repetitive, there's always something else to figure out."

Rose plans to continue to work towards her red seal. She was employed by WB Contracting while doing her practicum.

But that's not all. On weekends, the soon-to-be graduate works at Tim Horton's. Within days of moving to Powell River, Rose dropped her resume off at the local coffee shop.

"They called me for an interview the same day and three days later I was working there," she said.

In her spare time, she helps look after four younger siblings.

Rose's teachers say she is an excellent student and a lovely young woman.

"Her grades are all 80 to 90 per cent. She's totally motivated and has a wonderful work ethic," said SD47 teacher Diane Green.

"She's very mature for her age," says Gary Huculak, Brooks' carpentry instructor. "She was a bright light in the class and she did very well."

Just 160 students will receive a diploma June 3.

"This is the smallest graduating class we've had in a long time," says Brooks Secondary School Principal Jamie Burt. Last year, 215 students graduated. [PRL](#)

GRADUATED STAIRS

If you watch this year's grad ceremonies, you will see stairs leading to the stage (above). Those stairs were built by this year's carpentry class.

"We learned about the rise and the run and how you calculate that out," said graduating apprentice Rose Cardinal-Redfern, seated on the stairs above with her carpentry instructor Gary Huculak. "Then we went into the shop and built stairs."

Students also built sheds and learned how to do common rafters, hip rafters, how to frame floors and walls. They learned how to survey, do drafting and read blueprints. "This course has a lot of practical as well as theory," said Gary.

There were 11 students in the SD47/VIU Dual Credit Carpentry Program. Some were high school students like Rose, while others were adults who had previous carpentry experience.

"We all got along really well," she said.



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19 2 pm Cello Master Class 3:30 pm Horn Master Class 5 pm Horn Recital FREE!	20 2 pm Oboe Master Class 3:30 pm Bassoon Master Class 7:30 pm Raven Tales Chamber Concert	21 2 pm Flute Master Class 3:30 pm Viola Master Class 5 pm Viola Recital FREE!	22 2 pm Trumpet Master Class 3:30 pm Harp Master Class 7:30 pm Chamber Music Concert	23 2 pm Violin Master Class 3:30 pm Percussion Master Class 5 pm Percussion Recital FREE!	24  7:30 pm Closing Symphony Concert

All master classes, recitals, and indoor concerts take place at the Evergreen Theatre (5001 Joyce Ave). Master classes are \$5 daily admission (free for youth and passholders) and discounted concert tickets are available for youth. Raven Tales entry is by donation.

Purchase tickets and passes online at prismafestival.com/tickets or at the PRISMA office in the Town Centre Mall until June 9th and at the Evergreen Theatre from June 12th.

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Learn more about FireSmart and what you can do to protect your property at www.firesmartcanada.ca



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DINE & DANCE

Get one of \$30 tickets to the July 15 dinner and dance with the band Shattered at the Carlson Club. Just 100 tickets available.

VOLUNTEER

Attend the volunteer meeting on June 5, join the Powell River Logger Sports Facebook page, or call Laura at 604-483-1089

HOST A BOOTH

Does your business or organization want a booth at Logger Sports? Email office@powellriverchamber.com

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THE FEEL OF REAL WOOD: After nearly 10 months of hands-on work, the welcome pole at Brooks Secondary will be raised and installed June 14. Here, students Cole Mostat, Frank Wang and Brody Krause are mentored by Heiltsuk carver Ivan Rosypskye.

Brooks carves a welcome pole

The official unveiling of a welcome totem pole carved by Brooks Secondary students and carvers Ivan Rosypskye and Phil Russell, will take place on June 14 at Brooks Secondary School.

Students began working on the pole in September and although there have been many different students helping out Cole Mostat and Jacob Hebert have worked on the pole the entire time.

"It's been a long haul but it has been fun," says Ahms Tah Ow teacher Jason Rae who, along with Education Assistant Lindsay Louie thought it would be a good way to include First Nations Culture into the school's curriculum. The board supported the idea.

When Hegus Clint William heard about the idea he said Tla'amin First Na-

tion had a cedar pole they could donate.

"It started with a simple idea and one thing led to another. With the truth and reconciliation talks and including First Nations Culture, the project was a perfect fit," said Jason.

While students learned how to carve using traditional First Nations tools complimented by modern technology (electric sanders), Ivan has shared stories about his mother's time in Alert Bay Residential School and Phil shared stories about growing up in Belfast, Ireland. "And they also had informal discussions that goes along with that. This is true reconciliation. Cultures getting together and working on a common project," said Jason.

The pole will stand near the front entrance of Brooks. 

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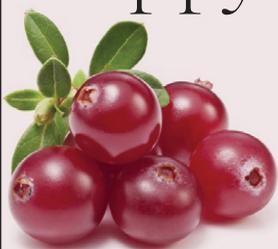
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I MADE THE MOVE

UK West Coast to BC West Coast

Monique Harwood-Lynn had been feeling homesick to return to Canada for many years and thought retirement would be the earliest she could make that move. However, having been to Powell River a few times and having brought her now-16 year old son, Solomon, out to visit as well, their plans came forward many years.



PUPPET PARADE: Monique Harwood-Lynn thinks Powell River needs one.

Why did you choose to move to Powell River?

Monique • To be nearer family. I have a sister and brother-in-law, Teresa and Ben Fairless, here and my parents are down the coast in Gibsons.

When? Where from?

Monique • My son, Solomon, and I arrived in Powell River in August last year. We decided in January last year to make the leap from Cornwall in South-West England to Powell River. I was rather pleasantly surprised when Solomon asked if we could come in August 2017 as the original plan was to move in August 2018. Having been here a few times since Teresa and Ben arrived about three years ago I knew this was where I wanted to live in Canada, though I grew up in Edmonton and have spent the last nearly 30 years in England.

What surprised you about Powell River once you moved here?

Monique • I was quite overwhelmed (still am) by the generosity of Powell Riverites when it comes to raising money for causes. It hardly seems possible that so much giving and doing can take place in a small city yet people keep on giving and doing for others.

What made you decide to move to Powell River?

Monique • The ocean...the mountains...the trees!! We had lived in Cornwall, England before which is very 'softly rural' so this is quite a contrast. And, of course, local family.

Where is your favourite place in Powell River?

Monique • Where I live, overlooking the Padgett Valley with mountains and a wee glimpse of the water and Texada. It is just five minutes out of town but very rural feeling. Today, sunrise and coffee on the deck was at 6:30 am. I also really like Townsite.

How did you first hear about Powell River?

Monique • My sister and brother in

law made the move here three years ago from Port Coquitlam and haven't stopped singing its praises!

What would make Powell River a nicer community?

Monique • If we could be sure there were enough services for the aging population. Many folk are anxious about this for themselves and their older loved ones.

What aspect of your previous community do you think would benefit Powell River?

Monique • One of my favourite aspects of Lostwithiel, in Cornwall, where we lived was the New Year's Eve procession of Giants. Huge bamboo framed tissue paper puppets made by enthusiastic locals and paraded around town with the various local bands to ring in the New Year. I think anywhere would benefit from such a Giants procession. It was an amazing community event.

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

Monique • I would work hard to make the lives of Powell River's children even better with more opportunities.

What are Powell River's best assets?

Monique • Its people, without a doubt!

What is your greatest extravagance?

Monique • Making a new life in a beautiful place. I am so fortunate and grateful to be able to make this choice having previously made a life in one of England's most beautiful counties. **PRL**



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name
Steve Bennett

job
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years at Pinetree
2



Steve, his wife Marnie and their 2 dachshunds Bella & Loo moved to Powell River from Squamish in 2015. Steve has been in the Automotive business for over 20 years and felt right at home when he came to Pinetree. Both Steve and Marnie have family in town and moved here to enjoy our gorgeous city, be closer to their parents and indulge in our garage sale circuit!



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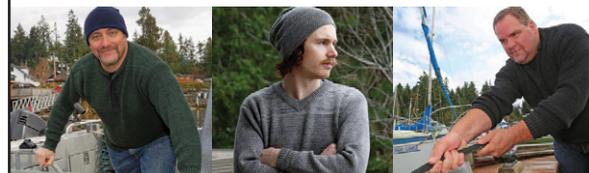


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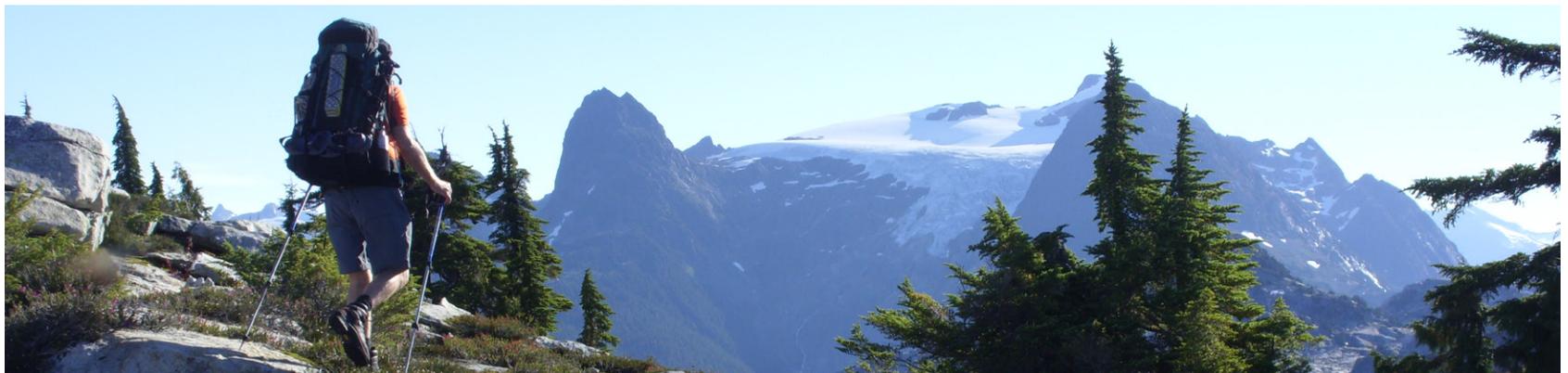
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Centre yourself here



Last August, Clarke and Karen Sloomweg hiked and camped in the Centre Lakes area in Powell River's backcountry. Here's a glimpse of that adventure complete with gorgeous photos!

BY CLARKE SLOOTWEG

To get to the Centre Lakes trailhead you will need a 4x4 vehicle that you don't mind rubbing up against the brush. There are a few areas where you will need to have some 4x4 experience.

Being in bear country, bear spray, and bear bangers give you a small sense of security. Always be bear aware. Cougars are in the area as well. There is no cell service. A satellite device would be good to have at your disposal.

The trail itself is overgrown but quite well marked. Give yourself two to four hours to get to Little Crater Lake from the trailhead. There is a nice tent spot carved in the moss near the trail beside this lake. It's a very good place to spend the night.

Head up from Little Crater Lake towards Ethelwulf peak and, if you desire, West, then South along a ridge to a peak we have named Twister Peak (apparently it's name is Chippenham), two to four hours. So named by us because we experienced a small twister on our last stay.

Fantastic views of the Rainbow Range, the Emma Lake area, Mount Alfred, and an excellent place to raise your tent for the evening.

The next morning head back along the ridge over Ethelwulf to Northumbria Peak, with great views of Little Crater, and Crater Lakes, all the while wonderful views of Alfred, and an array of scenic vistas to be enjoyed. Climbing Northumbria Peak requires a bit of route finding and scrambling, but it's not overly difficult for a somewhat fit individual.

Skirting the East side of Mucill Peak brings you to a perfect tenting spot on its North East slope. Views of the North end of the South Powell Divide along with Alfred's glacier are quite enjoyable from this location, about six hours to this location.

Ascending Mucill Peak from this spot the next morning is not overly difficult, but descending to Centre Lake requires a bit of route finding.

The North side is best. There is a wonderful tenting spot above the lake if you desire, a nice dip in the lake is quite refreshing.

Heading down from Centre Lake begins at the top of a large rockslide where the creek exits the lake. It's a bit scrambly on the way down.

Down to Big Crater Lake through the slide takes an hour or two. From Big Crater it is two to three hours back down to the trailhead. An easily discernible path takes you on a meandering route passing Little Crater Lake and down the trail you traversed a few days earlier.

A few well placed beverages could await the experienced hiker in the creek at the trail entrance. [RL](#)

BY FATHER GEORGE ELSBETT

It's -20 Degrees. And that in mid-October. But this is no ordinary place. The peak of the massive 4163m high glacier covered Breithorn ridge offers a spectacular view of another Swiss giant and its most famous mountain: the Matterhorn.

I am overcome by an incredible sense of wonder and even awe. Often enough these high mountains are covered in clouds. Today there is not even a speck in the sky. Mont Blanc on the horizon, the mountain village Zermatt cozying at our feet.

In the distance to the Southeast, and with a little bit of imagination, the Italian city of Milan.

Mountain peaks offer a sense of exhilaration and freedom known only by those that have climbed them.

Faith &

Adventure



A Vienna-based Catholic Priest with a Wildwood connection will lead 17 Austrian young people through the Third Crossing - 90 kilometres from Squamish to Powell River, starting July 1. They plan to arrive in town on July 8.

YOU CAN HELP: And you don't even need to get cold. The expedition's hikers are looking for pick-ups and home stays in Powell River. If you can host one or more, please contact Geraldine Elsbet at elsbet@telus.net. Above, the crew are on the Breithorn in front of Mont Blanc.

But some are in a category of their own. And of these, the Swiss Alps have not just a few to offer.

That was last fall. But it's not the first time we've been out and about.

Up until relatively recently, "we" were just a loosely clad group of individuals with common values and interests. If it's backpacking in the Himalayas or Freeride Skiing in Iceland or simply taking a half day tour on a split board up and down a mountain on the outskirts of the city, we love challenges, we love the outdoors and we love to work on our relationships and friendships in these settings.

"Adventure & Faith" is the working title for the initiative that has grown out of this group of freedom lovers, and is developing into an outreach program involving university students and young professionals. We are based in Vienna, Austria.

Rewind. Summer 2016. Six of us have been brainstorming all day and thinking of ways to get this start-up off the ground.

Tabea is a member of the national young women's soccer team and an avid climber, crazy about the out-

doors. Edi, climber and former extreme parachutist for Red Bull, is now a social worker helping young people in difficult personal situations, primarily through nature experiences in the Austrian Alps. Dominik, psychologist, is an adventurer and nature freak who has been developing survival seminars with a friend from the COBRA (Elite Task Force of the Austrian Police Force) for years. Klemens is an all-round outdoorsman and snowboarder. And then there's me.

"Greatness begins beyond your comfort zone" turns into our motto. We define three areas where we see possibilities for adventure experiences to facilitate growth: personally, relationally and spiritually. And, in startup fashion, we decide not to roll out a finished product, but to try out different approaches, gather experience and fine tune as we go.

Fairly quickly the British Columbia Coastal Mountain Crossing idea is borne.

Actually, different elements have come together.

First, we've been dreaming of the Canadian outback for years - long before our project started. Adventure & Faith just ignited a smoldering flame.

Chad Sayers and Forrest Coot's Crossing Home: A Skiers' Journey expedition (available on YouTube) birthed the idea of the crossing. Just that we knew we didn't have that kind of time nor finances to attempt the Homathko icefields. The "third crossing" movement delivered inspiration and cast the mold - especially the 1970 Dogwood Trek and 2008 trip by Caleb Allen and Sean Percy.

Not everyone on our team can come this summer, so we might be back. But this is this summer's "us": we are 16 Austrians, one Swiss and one Canadian - 10 university students, six young professionals, of whom two are medical doctors, two are business practitioners, one works for a medical research lab, one is a teacher. Our ages range between 18 and 32. We are nine women and eight men.

Oh, and I haven't spoken about myself. I out-age the rest of the group by about 20 years, I don't parachute, I do no extreme climbing, I am only a moderately good skier and I love hockey more than soccer and peanut butter more than schnitzel. But I do love the mountains and I love working with people.

So to explain - I am a Roman Catholic priest ministering to students and young people in the larger Vienna area. I head the "John Paul II. Center" in this city - by way of comparison, the center runs like Assumption Parish in Powell River, with this difference, that we focus primarily on integral formation of young people. We offer coaching, training, networking and launch different projects in service of this city and beyond - from support for refugees, to art projects, to communication seminars, to marriage counseling, to helping young women in need, to ... well a lot of different projects.

Our plan. We are basically following 80 km of the proposed road. Starting point is Upper Squamish - via Elaho River, Casement Mountain, Jervis Bay, Mount Alfred.

We're taking our ropes, climbing belts and crampons if we have some extra time or one of the peaks along the trek perks our interest. But judging by mid-July satellite images of snow conditions, we might even need them to get past Mt. Casement.

We are a lively bunch, so we are looking forward to making new acquaintances once we hit Powell River.

On a personal note, I am looking forward to visiting home (my parents live in Wildwood) and showing the Austrians I have the privilege of serving what an incredible country Canada is. **PRL**

“All that we are is story. From the moment we are born to the time we continue on our spirit journey, we are involved in the creation of the story of our time here. It is what we arrive with. It is all we leave behind. We are not the things we accumulate. We are not the things we deem important. We are story. All of us. What comes to matter then is the creation of the best possible story we can while we’re here; you, me, us, together. When we can do that and we take the time to share those stories with each other, we get bigger inside, we see each other, we recognize our kinship – we change the world, one story at a time...”

- Richard Wagamese, (deceased) award-winning author and journalist, an Ojibway from the Wabaseemoong First Nation in North-western Ontario.



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Canoe journey prep inspires learning

For generations, the Tla’amin people have relied on oral story telling to pass on history, teach important lessons, and sustain their culture and identity. Learning how to sing different songs important to the Tla’amin people and the stories attached to these songs is one of the reasons that Gail Blaney was inspired to create a story-to-song workshop four years ago.

“When students hear a welcome song, they don’t understand the meaning of the words,” she said. “Here, they learn the words and the meaning and the dance that goes with it.”

Last month, 45 students, elders and other members of the Tla’amin community attended a two day story-to-song workshop at SD47’s Outdoor Learning Centre.

With the help of Elsie Paul, Devin Pielle and Drew Blaney, the students transformed stories to songs. “They helped with the words and the drumbeat,” Gail explained adding that it is important to pass on the teachings of her people. A young couple sitting in the middle of the circle started laughing. “They are composing a love song for their wedding.”

“The teachings,” said Gail, “are generational.”

She recalled how she used to bring her own children with her when she went somewhere to learn about the language or weaving. “The children are learning while their parents learn.”

Gail loves how teenagers seem to lose their inhibitions during these workshops. “There is no judgment,” she said. “Every single one of them got up and danced.”

Students who attend this workshop receive credits towards high school graduation or community hours. “When I first planned this I noticed that many kids were short one or two credits to graduate from high school and most would not go back and finish next year. It seemed like such a shame.”

This year, story-to-song focused on the Tribal Journey as it happens this summer and some members of Tla’amin Nation will be in the two canoes that leave Powell River and go to Campbell River in late July/early August.

Students worked collaboratively on hats, paddles and drums. They learned new skills and had fun in the process.

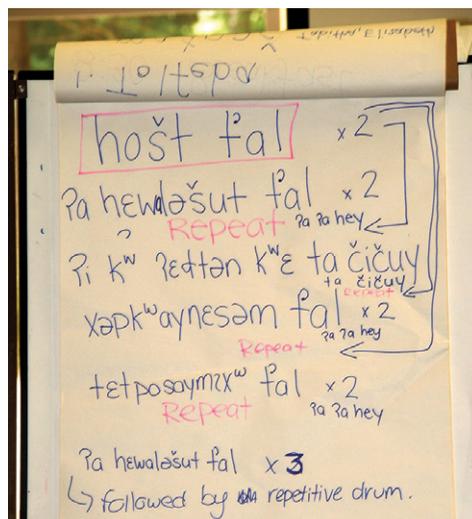
At the canoeing station, manned by John Louie and Drew Blaney, students learned how to hold a paddle, how to come ashore, and the language they need to get in and out of a canoe. Of course, they got to spend some time on the water too! The language station was run by Elsie Paul, Devin Pielle and Maggie Wilson.

At the story station, UBC linguist Marianne Huijsman and Karina Peters helped students discover stories. “Each group learned a different story,” said Gail. “The next day they had to teach their story to the rest of the group.”

At the weaving station, they helped weave four cedar hats with Sosan Blaney. “You need a cedar hat on a tribal journey,” said Gail. And the paddle carving station, led by First Nations Carver Ivan Rosypsky and carver Phil Russell, saw the creation of four paddles.

Students worked well into the evening making drums and drumsticks.

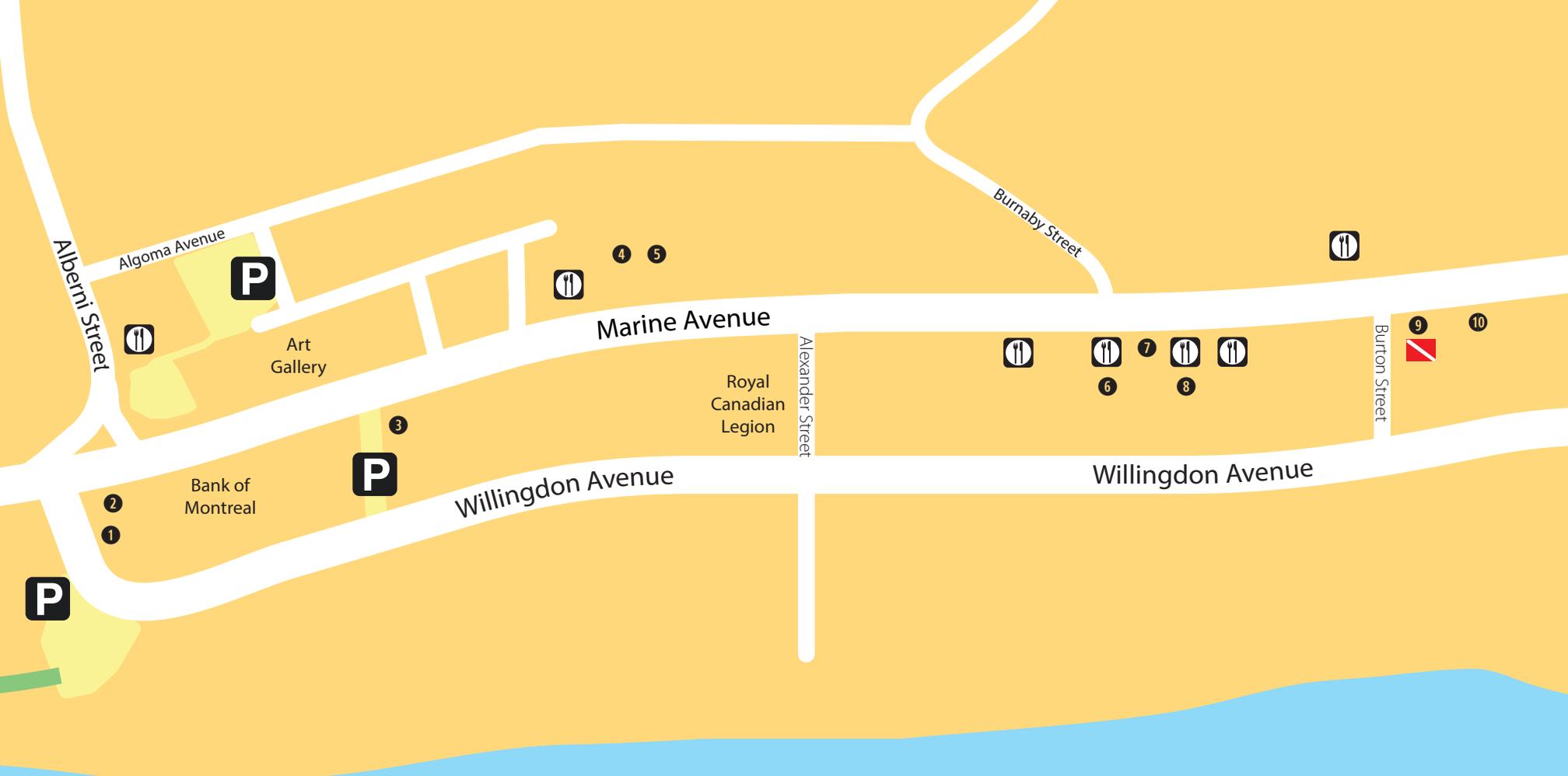
Gail says the workshop creates a special space for students and members of the Tla’amin community to come together, learn and share. “This is a collaborative effort between SD47 and Tla’amin Nation.”



Story-to-song workshop at the OLC:

In May, 45 students, elders and other members of the Tla’amin community spent two days transforming traditional stories into new songs – and learning language, canoeing, cedar weaving, carving and much more. Far left, Brooks’ Elizabeth Sheard weaves cedar. Left, one of the songs written out in Tla’amin. Right, JT’s Dion Marriott and Matthew Louie beat the rhythm.





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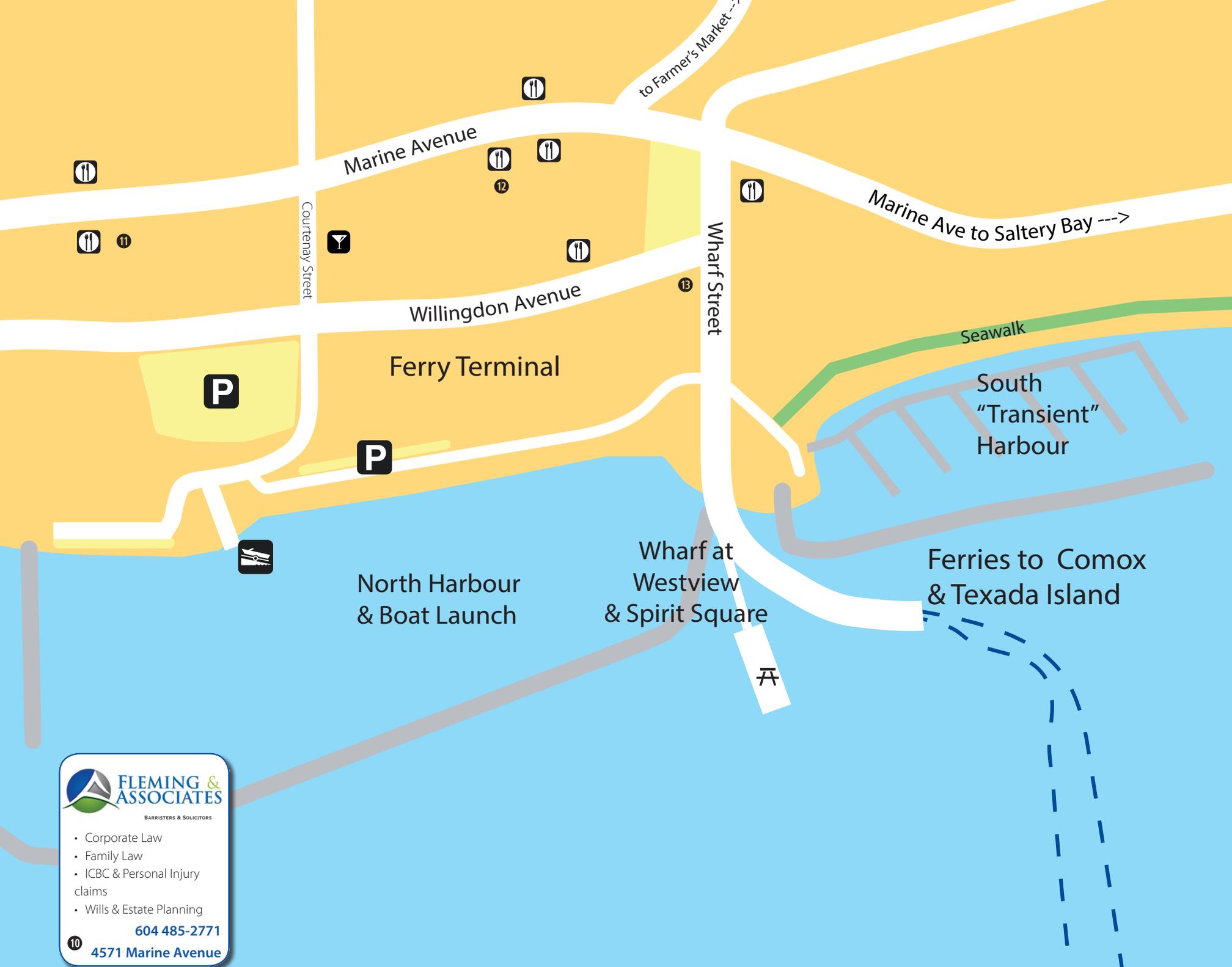
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Covering our assets they fail

One of the most significant duties of local governments is to manage assets. All across Canada, many assets were constructed 40 to 60 years ago when grant funding was abundant. They are now reaching the end of their life and are beginning to crumble or fail.

Previous generations built assets without concentrating on saving for renewal or taking action to extend their useful life through planned maintenance, thus the “infrastructure deficit” outcry.

Now, reality has set in. If we do not take care of our infrastructure through proper asset management, we risk losing our trails, underground pipes, parks and more. Or we’ll face an unplanned spike in taxes to restore or replace our failing assets.

It is far more prudent to budget for planned improvements and future renewals or upgrades.

The Powell River Regional District has \$20 million in assets which include:

- Underground pipes delivering water • storm and waste water services • buildings • bridges • docks • parks • campgrounds • airport • cemeteries • forested areas • wetlands • streams

Our high quality of life here depends on managing these assets wisely.

The Regional District is taking asset management seriously with a department (Asset Management and Strategic Initiatives) focused on improving our data and methodology.

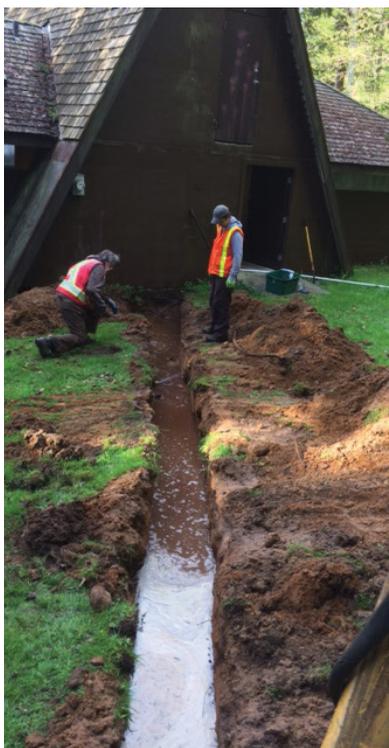
We plan for repair and renewal so our assets can be continually used well into the future – with an effort to minimize the need for large tax increases.

Some recent examples of asset management:

Above: The **Broom Road** (Black Point) trail was improved to provide safe access to the beach.

Right: A new waterline was installed at **Palm Beach Park**, running directly from the water system as the original line was historically installed off a neighbouring property, resulting in numerous issues.

Far right: The **Savary Island Wharf** will undergo a major upgrade in the Fall of 2017.



POWELL RIVER REGIONAL DISTRICT

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administration@powellriverrd.bc.ca

powellriverrd.bc.ca

The secret of my (lettuce) success

I love eating my own lettuce. Nothing beats the texture and flavour especially when you have it straight from the garden to the plate. But have you ever wondered how the market gardeners have such a splendid supply all season long?

tions and sowing new seed all season long.

Lettuce is sensitive to two main conditions: Heat and moisture. Too much heat and not enough moisture and the leaves will begin to toughen and taste bitter. Lettuce prefers cool conditions of around

seedling plug trays with one seed in every plug. That way I know exactly how many plants I will have and also it makes transplanting a breeze.

Timing of sowing is the most critical. In order to have a continuous supply you must sow seed every 2-3 weeks. This is easier said than done with our busy lives, but nothing a bit of will and organization can't accomplish.

I find it best to set aside a day a week when I plan to get all my successive seeding done. That way when the day rolls around you can ask yourself do I need to sow anything this week?

It also is important to note that varieties selection plays a huge role in quality throughout the growing season. The market is teeming with different types of lettuces and varieties, and each are suited to a particular growing condition. Have a look at the seed pack description and choose one that best suits your current growing conditions. Some varieties

will grow best in a cool spring; others are bred for growing in hotter conditions.

Also it is important to note that because you would be sowing and planting so often growing lettuce continually requires significant real estate in the garden. If you don't have the space in the garden that can accommodate multiple plantings then maybe you're better off just growing it on a more seasonal basis. Or you can try growing them in pots. Due to their shallow roots, lettuce plants grow quite well in pots. Furthermore, you can easily manipulate the growing conditions.

It is best to harvest in the morning when the leaves are coolest. Wash your lettuce in cold water then dry them out using a salad spinner or other means. I have used an old mesh bag on a string that I whip around until the lettuce is dry. Wet salad greens never seem to last very long in storage. You can store it in the refrigerator up to a week. [P.L.](#)



A growing concern

BY JONATHAN VAN WILTENBURG | jonathanvw@yahoo.com

Well it is not as easy as you might think. This month it was suggested to me by a gentleman in Okeover that I give info on how to grow a fantastic crop all season long. So I put together a few notes, and with a little organization, you'll be doing it just like the pros.

Lettuce is a fairly easy crop to grow. But the secret to producing great greens is by manipulating the growing condi-

10-15 degrees, which can be difficult to achieve in the middle of summer. In summer this can be achieved by planting in a cooler shady location or by installing shade cloth over them.

Lettuce germinates easily. Place the seed on soil surface and cover with a millimetre or so of soil. Water them, and in five days or so you will see the new plants popping up. I like to sow in my seed in

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The local climate is changing. Time to get FireSmart(er)

Fighting a raging wildfire in Sechelt a couple of summers ago, Marc Albert was shocked by what he saw. Normally in a coastal forest fire, the flames lick along the ground, burning dry, dead branches, and by-passing the towering trees. Shade from the canopy usually keeps things cool and fires relatively small. Not this time.

Instead, this intense fire burnt thick logs on the ground, and roared up the bark of mature Douglas-firs, setting the forest's canopy alight and consuming entire trees. The scene left the Stillwater resident with a sense of awe. And also disappointment: this fire was likely caused by human negligence.

"The climate is changing, and we have to adapt to

Marc has served on the local wildfire crew for eight years, but says even that's too short a time to definitively measure environmental change in the woods. Things are increasingly unpredictable – drier dries, wetter wets, stronger winds – and anomalies are the new normal. So, he's keeping his job as wildfire crew leader, but as of May, he's also taking on a public education role, too: helping locals understand how to protect their properties as fires likely become more frequent and more intense here.

FireSmart is a national program that is being instituted in Powell River this summer, by the Regional District, the City and Tla'amin. Like Let's Talk Trash and Bear Aware, FireSmart aims to help locals adapt to change through knowledge and friendly engagement.

HOW FIRESMART ARE YOU?

On June 17 and 18, the Powell River Regional District is hosting a training event for "Neighbourhood Champions," those who would like to help introduce FireSmart principals to those where you live. Want to get involved? Contact Marc Albert at firesmartpr@gmail.com, and watch for more info at www.powellriverrd.bc.ca.

In the meantime, FireSmart Canada recommends that property owners:

- Complete a site assessment and area assessment around your property to list possible fire dangers (see www.firesmartcanada.ca for instructions)
 - Use fire resistant materials when building or renovating your home's roof or siding.
 - Store firewood at least 10 metres away from buildings.
- For more, see the Web site - and attend the FireSmart Coordinator's mid-summer safety event!



FIRESMARTIE: When he's not leading his crew fighting fires this summer, expect to see FireSmart coordinator Marc Albert around town, teaching locals to make their properties unappealing to flying embers. Originally from Sudbury, Marc worked as a forestry tech in Ontario and Alberta before coming to Powell River to fight wildfires eight years ago.

that," said Marc, Powell River's new FireSmart coordinator. "We're going to need to change our behaviours and the way we build communities and how we do things. Who knows; in 15 years, our climate may look much more like California's, and we'll see these bigger fires on a regular basis."

Remember the yellow smoke that hung over Powell River for three days in 2015, as communities from Pemberton to Gibsons wondered if they'd see flames? Wildfires can make people feel powerless.

However, locals can, in fact, do a lot to protect their homes during fire season, according to Ryan Thoms, Re-

gional District's Manager of Emergency Services.

For example, just after wildfires swept through Fort MacMurray last May, one researcher stepped into the ashes to find out why some homes survived and others did not. In a report shared by Ryan, the Institute for Catastrophic Loss Reduction found that in general, homes that had applied FireSmart principals to their properties (see sidebar) survived, while those that did not, did not.

"We imagine that in a fire, walls of flames run over things," said Ryan. "It wasn't so in Fort Mac. There, small embers falling and catching on porches or in yards – and catching - is how the vast majority of homes burned. That's where FireSmart principals come in. Firefighters focus on the flame front – they can't do much about flying embers. When they land, they either go out, or they find something they like."

Ryan pointed out that every property is different, due to the surrounding trees and grass, building materials, whether it's on a slope, and more.

"Once you understand what you're looking at, sometimes solutions are very simple and no-cost," Ryan said.

Watch for Marc around town this summer, and visit www.firesmartcanada.ca. 

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Civic Pride

- Best neighbourhood
- Best local souvenir
- Best unofficial city slogan
- Best event
- Best local politician (name)
- Best tourist attraction
- Best activist group
- Best kept secret
- Best thing about PR when you're broke
- Best thing about PR when you're flush

Arts

- Best book by a local author
- Best local band / musician
- Best place to watch live music
- Best place to shake your booty
- Best visual artist
- Best music teacher
- Best slam poet
- Best Facebooker
- Best farmers market booth for crafts
- Best gallery
- Best local designer: clothing or jewelry
- Best local designer: Web
- Best locally-printed t-shirt (be specific!)

Food & Drink

- Best local cocktail
- Best local brewski
- Best fish & chips
- Best other local seafood dish
- Best burger
- Best patio
- Best salad
- Best free / cheap food
- Best place to eat for \$100+
- Best ice cream
- Best dessert
- Best appetizer
- Best take-out
- Best buffet
- Best restaurant for romance
- Best restaurant to impress your visiting guests
- Best server (name)
- Best veg-friendly restaurant
- Best coffee scene
- Best pizza
- Best kid-friendly restaurant
- Best brunch
- Best food on BC ferries

Retail & Service

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- Best live plants
- Best men's clothing
- Best women's clothing
- Best spiritual experience
- Best realtor
- Best financial institution
- Best home furnishings
- Best jewelry
- Best sporting goods
- Best outdoors goods
- Best price on groceries
- Best groceries, overall
- Best place to assemble a cheese plate
- Best campfire food
- Best produce
- Best thing you've found at a local garage sale
- Best work-out
- Best yoga
- Best booze
- Best gas station
- Best lawyer when you're guilty
- Best massage clinic
- Best local weed

- Best dentist
- Best hair guru
- Best tattoos
- Best spa services

Outdoors

- Best place to run
- Best hike with kids
- Best hike for a sweat
- Best mountain bike trail
- Best dog park / area
- Best garden
- Best beach for swimming
- Best campground
- Best zunga
- Best diving spot
- Best hut on the SC Trail
- Best fishing spot
- Best place to enjoy the rain



Name: _____

Email address: _____

WHAT'S UP

Ready, set, dunk!

For a donation to Jumpstart, you can christen Rotary Sunrise's brand new dunk tank and help local children from families in financial need get involved in organized sports.

Wanna dunk Sensei Frank Clayton of Canadian Martial Arts? You'll get a chance to watch him splash about in the tank and help kids at the same time on Saturday, June 17 beginning at 12 noon in front of Canadian Tire on Joyce Avenue.

If you'd rather watch the City of Powell River's CEO Mac Fraser, you can pay money to have him dunked. Or if you'd prefer, you can dunk Powell River Living publisher Isabelle Southcott.

Canadian Tire owner/operator Michelle Hodgkinson-Kristof and her husband John, have been raising money for Jumpstart through their store and on a personal level for several years.

Michelle, who is the local chapter chairperson, has completed four, five-day fundraising bike rides as well as a one day ride for Jumpstart. She raised \$22,000 in total during these rides. As well, Michelle and John donate personally to the local Jumpstart Chapter annually and that money is matched by Canadian Tire Corporation.

There is Canadian Tire money collection at the till and cashier fundraising. All money raised in Powell River stay in Powell River. "There are no 'fees' associated to this charity and 100% goes to help kids locally," she says. Mark's Work Wear is also part of the Canadian Tire family and they raise money as well.

In 2016, Jumpstart helped 139 kids with \$22,000 plus in funding for registration, equipment and travel.

The top funded sports in Powell River in 2016 was Therapeutic Riding, gymnastics, martial arts, soccer and swimming.

Learn more at jumpstart.canadiantire.ca



Soccer Masters

Scott Fisher and Tony Leach led a Vancouver Island team to gold in the 55+ category at the World Masters Championships in New Zealand at the end of April. They won the final game 2-0, over another BC team, on goals by Scott and Tony. Scott also scored the winner in the semi-final against Italy. Tony scored one and set up the other two in a 3-2 victory. They played seven games in nine days. "I said it was going to be the last team standing!" said Tony. But he said the ice baths and massages provided after games were rejuvenating. "In fact, the final was played a pretty good level." An estimated 30,000 people attended the games, with 25,000 athletes competing, including 2,900 soccer players.



Dancing stars

Two senior dancers from the Laszlo Tomasik Dance Academy have made Team Canada's Show Dance Team.

Sisters Abby and Eden Head will be competing in Germany in November. They will be representing Canada at the world championships.

In other dance news, ten-year-old Avari Dodd recently learned she made the national tap dance team. In February, Avari's team took home the Studio Spirit Award at a tap dancing competition in North Vancouver. Avari has been dancing out of Sheridan Dance Academy for the last seven years with teacher Mariah Sheridan Runions.

Our apologies

In last month's issue of *Powell River Living* we ran a story about Karla Culos Welch and incorrectly said that her sister was Claudia Medina. That is incorrect. She is Claudia's second cousin. Karla is the daughter of Ken and Gaye Culos and has two brothers, Todd and Adam and one sister, Nicole. *Powell River Living* apologizes for this error.

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BUSINESS CONNECTIONS

BY KIM MILLER | office@powellriverchamber.com



Powell River Women in Business celebrated their tenth anniversary last month with their annual awards dinner.

Winning the outstanding woman in business award was **Melanie Jordan Alsager**, CEO of Sunshine Coast Health Centre. **Christina Maitland** of Raincoast Kombucha won the award for the outstanding woman in business in the under 30 years of age category. **Ashley Hull**, president of the Powell River and District United Way, won the award for the Influential Woman in Community Service.

At the **Powell River Chamber of Commerce's** annual general meeting in

May, new directors Telis Savvaidis, Katya Buck, Ernie Burden, Peter Harvey, Paul Galinski and Kim Wall were acclaimed. They join returning directors Pat Hull, Isabelle Southcott, Linda Wegner, and Cory Carr who takes over from past president Jack Barr. Tye Leishman is the Chamber's vice-president and the treasurer is Michelle Silvester.

The Little Barber has moved to Marine Avenue. Now located at 4710 Marine, Krystal Thompson offers cuts and traditional hot towel shaves with towels infused with scents such as cedar and eucalyptus. Krystal's own line of Beard Etiquette beard oils and balms are also available at the shop. Visit their Facebook page or drop by the shop if you want help with staying handsome!

After spending 10 years as a marriage commissioner in Powell River, Laura Kew is now ordained as a metaphysical minister. She has opened **Coastal Life Celebrations**, a new business, that offers weddings, vow renewal and baby naming ceremonies. She is licensed to perform legal marriages anywhere in BC. A metaphysical minister honors the path of others and chooses to work in harmony with the universe, the earth, the spiritual laws of creation, manifestation and Karma. Laura can offer a spiritual ceremony that reflects your personality and incorporates desired traditions and beliefs in the location of your choice. Laura can be reached at 604 483-7652, or coastallifecelebrations@gmail.com or at coastallifecelebrations.com or via Facebook. **PR**



OUTSTANDING: At the 10th annual Women in Business awards May 17, Melanie Jordan Alsager (right) won the Outstanding Woman in Business award. With WIB president Leah Rourke.



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Thoughtful advocate included in book as one of 50 remarkable Order of Canada recipients

Geraldine Braak has never let the fact that she can't see slow her down. Legally blind since 1971, Gerri, an Order of Canada and Order of British Columbia recipient, is now one of fifty Canadians to be included in a book called *They Desire a Better Country: The Order of Canada in 50 Stories*.

Written by Lawrence Scanlan, this commemorative book celebrates the 50th anniversary of the creation of the Order of Canada and Canada's 150th birthday. Out of the 6,500 people who have been awarded an Order of Canada, only 50

were chosen to have their stories told in this book. One of them is Powell River's Gerri Braak.

Holding a special edition of the book in her lap, Gerri said she was astonished when she received a letter saying she would be included. Some of the others include Clara Hughes, June Callwood, Celine Dion, Chris Hadfield, Hayley Wickenheiser, Lawrence Hill, and James Cheng.

Known for her work with people who are blind and others, Gerri was nicknamed the "Little Lawyer" for her abil-

ity to see all sides of an argument and to arbitrate disputes. Her negotiation skills earned her the handle of "The 50/50 Lady" when she suggested splitting the difference when there was a question about placement of elevator buttons. Should they be located lower down to accommodate those in wheelchairs or higher up to accommodate the visually impaired and seniors who couldn't bend down low? As a member of a committee advising the federal minister of transportation on accessibility issues, her advice was: split the difference.

"I always believed that you should look at things from all sides. You are not the only one with a disability."

Gerri volunteered for many committees and worked on behalf of people with disabilities but still, she was surprised to be chosen as one of fifty.

"I did it because I saw the need," she said simply.

She served on the executive of the World Blind Union and was a member of the Premier's Advisory Council for People with Disabilities. Her life's work took her away from her husband and family but she said they encouraged her every step of the way. **PR**



FAIRNESS SETS HER APART: Left, Gerri Braak at home in Powell River. Above: Gerri Braak's pages in *They Desire a Better Country: The Order of Canada in 50 Stories*.

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**JUNE 2 TO 4
WEEKEND**



Friday the 2nd:

Adam Cramb's This is PR not LA opens at Space Gallery

Saturday the 3rd:

National Health and Fitness Day

Sunday the 4th:

Last day of PR Bike to Work Week

**JUNE 9 TO 11
WEEKEND**



The 9th & 10th:

Laszlo Tomasik year end recital

Saturday the 10th:

World Oceans Week fundraiser at Dwight Hall

Sunday the 11th:

Last day to visit the old Library

**JUNE 16 TO 18
WEEKEND**



The 16th to 18th:

Father's Day Sale at Lang Bay Hall

Saturday the 17th:

FireSmart "Neighbourhood Champions" workshop

Sunday the 18th:

Father's Day Family Fishing Weekend at Inland Lake

**JUNE 23 TO 25
WEEKEND**



Friday the 23rd:

Brooks Grad and Dry Grad

Saturday the 24th:

St. Jean de Baptiste Day at Club Bon Accueil

Sunday the 25th:

End of the Longest Day 110 miler

There's MUCH more happening on the weekends and mid-week. See pages 32 to 34 for full listings.

5

ways to go deeper for Canada 150

1. PRISMA on the Beach

This Jun 14 event can evoke overwhelming feelings of gratefulness for the beauty and safety that surrounds us here in Powell River. The surf, the sounds, the food, the community. Truly, a culmination of the pleasures of living in Canada.

2. National Aboriginal Day

With a still-new treaty recognizing the inherent right to self-determination, Tla'amin Nation has invited the general public to celebrate National Aboriginal Day together on Tla'amin Land June 21.

3. St. Jean Baptiste Day

Quebec's June 24 flag-waving holiday may seem incomprehensible here on the West Coast, where

centuries-old tensions between the French and English are largely forgotten or put aside. Instead, there's a BBQ and a band.

4. World Oceans Week fundraiser

The policies of the Dominion (and lack of regulation) have had devastating effects on Canada's oceans over the past 150 years, from collapsing fish stocks to oil spills. Recovery is happening in some places. Celebrate and aim to repair the damage at Dwight Hall June 10.

5. Canada 150

Hit Willingdon Beach July 1 to celebrate the best of Canada with your community. Eat, dance, play, swim and indulge. [PR](#)

June Events



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Mathew Wilson
BC Liberal candidate
Powell River-Sunshine Coast riding

Mathew in Lund with his daughters Lyla and Evelyn.

Plan your June

Big dates

June 3 Brooks Grand March At the Recreation Complex. Followed by Dry Grad at the complex.	June 23 Brooks Grad Diplomas and awards ceremony at Brooks.
June 5 Pro-D Day SD47	June 24 Saint Jean-Baptiste Day At the French Club, June 24th, 5pm to 11pm. Games for all ages, barbecue (\$10 / \$5 to 12yrs / free under 5yrs), bonfire and music by BLUES BUSTERS and SHACK-A-JAM.
June 11 Goodbye old library Last day the library is open at the old location. Note: all due dates are postponed until the Library re-opens in Crossroads Village the week of June 23.	Week of June 25 New Library Opening
June 18 Father's Day	June 29 Last day of school
June 21 National Aboriginal Day Events at Tla'amin Governance House include crafts, music and more. 12:30 to 3pm. Solstice: First day of Summer	July 1 Canada Day City celebrations 1 to 5 pm, Willingdon Beach. Performances, games, cake, kid zone, photo booth and much more. See ad Page 15.

Fundraisers

June 10 World Oceans Week fundraiser Buffet, music, trivia, auction and more at Dwight Hall starting at 5 pm. Tickets at Hindle's and Taws. \$40/person or \$35/person when purchasing a table of 8. Tickets available until June 7.	Concession, June 18 9 am - 2 pm. Pancake Breakfast 9 am - noon. Old Cars 9 am - noon. Silent Auction 9 am - 1 pm
Burger and Beer fundraiser for Kendra McLeod Carlson Club, 5:30 pm.	June 17 Dunk tank fundraiser for Jump Start Noon, in front of Canadian Tire. Help support kids sports.
June 16 - 18 Father's Day Sale at Lang Bay Hall Lang Bay Hall. June 16, 5-8 pm, June 17, 9 am - 2 pm	June 24 Book Sale Powell River Kiwanis Club. All money will go to James Thompson School's Playground equipment.

PR Wellness

Speaker Forum

Thursday, June 8, 2017 6:30pm to 8:30pm
Max Cameron Theatre

Cea Person
Author

Kent Lewis
Coach

Kathseva
Counsellor

Emma Levez Larocque
Plant-Based RHN

Christine Lippa
iWellness Advisor

Frank Radliffe
Educator

6:00pm Doors Open / PR Wellness Challenge

Suggested donation \$10
Tickets available at River City Coffee and Ecosentials
www.prwellnessproject.com f: [prwellnessproject](https://www.facebook.com/prwellnessproject)

This ad generously sponsored by **tempco**

Rotary Bike Rodeo

Saturday, June 10 • Royal Bank Parking Lot • 11 am to 1 pm
Bring your own bicycle and helmet. Challenge your skills with the PR Cycling Association.
Free hot dogs and drinks. Win bikes, helmets and accessories! Ages 4-12.

This space available to non-profit organizations, courtesy City Transfer

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PRISMA

From June 12 to 24, the Pacific Region International Summer Music Academy rolls into town, showcasing sumptuous pre-professional orchestra music. Students from all over the world come here to study and perform on strings and brass and more.

Concert tickets can be bought through the website at www.prismafestival.com, and they're listed below.

The big free event is PRISMA on the Beach on Wednesday, June 14 at Willingdon. It's a celebration of Canada's 150th, with food booths and much more.

Master classes happen nearly every day - an affordable way to experience live music affordably and intimately.

See below for the concert line-up, and check the Web site for much more!

June 14

PRISMA on the Beach

5:30pm at Willingdon Beach. This free, family-friendly community event will feature performances by the PRISMA Festival Orchestra and a 150+ Voices Choir, complemented by local food and art vendors and a salmon barbecue. Emceed by Canadian comedian and CBC Radio One performer Charles Demers, you won't want to miss this event!

June 15

Concerto Semifinals

7:30 pm, Evergreen. Hear the semifinalists perform one movement of a concerto each, accompanied by pianist Sungpil Kim. Free admission.

June 16

Gala Grand Opening Concert

7:30 pm Evergreen Theatre. Adult \$22 / under 18 \$10. PRISMA Festival Orchestra, chamber music by our Guest Artists, and solo performances.



To June 3

Bike to Work and School Week

Friday June 2, pancake breakfast at First Credit Union 7:30am to 8:45am. Saturday June 3, noon til 2, meet at the Bike Park for pizza, prizes and a ride around the paved pathway.

June 3

National Health and Fitness Day

Free Zumba at the Westview ferry terminal from 9 til 10 am, followed by a Zumba dance party at 10:15 am. Ages 12+

June 5

Pro-D Day Tweek swim

At the complex: 2 til 4 pm

June 5 to 8

Free Dance Days at

Sheridan Dance Academy Step Up Week!

Come to as many classes as you would like, and take advantage of this complimentary week of dance! See schedule at sheridandanceacademy.ca.

June 17

Symphony Concerts

1:30 pm and 7:30 pm. Featuring soprano Lauren Margison as soloist, the PRISMA Festival Orchestra will perform under the baton of Maestro Arthur Arnold.

June 20

Raven Tales

Raven Tales is the newest addition to PRISMA's concert series. This unique concert features BC composers (including one of our own Guest Artists, Marcus Goddard) and more modern repertoire than our other PRISMA offerings. Entry is by donation and rush theatre seating.

June 22

Chamber Music Concert Featuring Guest Artists

7:30 pm Evergreen Theatre. Adult \$22 / under 18 \$10

June 24

Closing Symphony Concert

7:30 pm, Evergreen Theatre. Adult \$25 / under 18 \$10. features solo performances of the three selected Concerto Competition finalists, accompanied by the PRISMA Festival Orchestra.

Get Moving

June 8

Wellness Challenge

6:30 pm Max Cameron. Join us for this TED-style educational and entertaining evening providing thought-provoking insights and wellness info by six keynote speakers. 6 pm - Doors open / Take the Challenge 6:30 pm to 8:30 pm - Speakers. Tickets available at River City and Ecosentials. (Suggested donation \$10) www.prwellnessproject.com

June 10

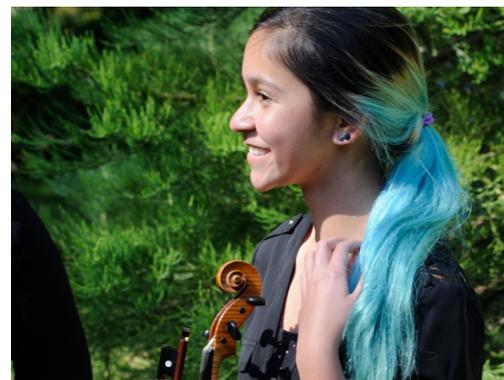
Bike Rodeo

11 am til 1 pm, Royal Bank parking lot at the Town Centre Mall. Bring your own bike and helmet. Learn bike rules and safety in a safe environment. Kids ages 4 to 12. Free hot dogs and drinks! Win bike accessories!

June 23 to 25

The Longest Day 110 miler

Due to the remoteness and difficulty of evacuation, along with the distance between aid stations, this is a graduate level race. The Longest Day race will also offer 115 km & 20 km options. Sign up at webscorer.com/register?raceid=90915



FATHER'S DAY BC FAMILY FISHING WEEKEND

What does dad want to do? Our guess is, an afternoon snoozing in a hammock at Inland Lake. Bring the whole family to enjoy hot dogs (thanks, A&W!), swag and a display by the local conservation officers, and fishing off the dock. Sunday, June 18, 10am to 2pm, Inland Lake.

BEST
Dad
EVER

Film and Arts

At the Patricia

Rise of the Guardians Vol. 2

7 pm nightly in 3D; 1:30 pm weekend matinees in 2D.

Coming soon: *Wonder Woman* (June 9 to 15); *Alien: Covenant*; *Cars 3*; *Pirates of the Caribbean: Dead Men Tell No Tales*; *The Hero*; *My Cousin Rachel*; *Despicable Me 3*; *Spider Man: Homecoming*; *Baby Driver*

June 2 to 8

This is PR not LA

Adam Cramb photo exhibit at Space Gallery June 2 to 8

June 2-3

The Art of Listening

With sound artist Hildegard Westerkamp. On Friday evening, 7 pm, at the new Art Centre, the artist will speak. Saturday at 11 am, at the Willingdon Beach Pavillion, she will lead participants on an excursion to listen to the environment. By donation. heartcenterpr@gmail.com.

June 5

Photo Deadline

Noon: Deadline to submit a digital photo to the Powell River Gardens Photo Competition
Top 12 will be printed in a 2018 calendar Send your entry to mmerlino@prpl.ca

June 9 & 10

Laszlo Tomasik Dance Academy Year End Recital

7pm, Evergreen Theatre

June 20

Gala film school student screening

6pm, Max Cameron. Admission is FREE though donations are graciously accepted.

June 24

Steam Punk: Croquet, Craft & Fashion Show

7pm, The Vault. Show off your Steam Punk look, croquet on the grass, crafting hats and Fashion Show with prizes!



BC beers are tops in Canada

What's happening in this photo?

Well, Townsite Brewing's director of sales, Michelle Zutz, is up on stage at the Canadian Brewing Awards May 27 in Ottawa, accepting Gold in the American Style Sour category for the brewery's Blackberry Sour.

"Brewers – not necessarily the owners – but brewers tend to be introverts," explained Townsite's manager Chloe Smith. "They work in the brewery making beer, and there's not a lot of interaction with public. At the awards, it was just a bunch of dudes going up on stage accepting their awards. We won, and Michelle went crazy. We injected a little life into it, and everyone was cheering. We're very proud."

That night, Townsite Brewing also won silver for Biere d'Hiver in the Belgian-Style Dubbel or Quadruple category.

Overall, British Columbia had a blockbuster evening. In total, 155 beer awards were given out that night, and 54 of them went to BC brewers.

Across the water, Courtenay's Gladstone Brewing Company won bronze for Gladstone Single, a Belgian Style Abbey Ale, and Chemainus' Riot Brewing took home a silver for its Good Vibrations Classical Pilsner in the Kellerbier / Zwieckelbier category. Revelstoke's Mt.

Begbie Brewing Company, an old-timer in the craft beer movement, at 21 years, won "Brewery of the Year."

The rest went largely to East Vancouver's burgeoning beer scene, with a few hitting Victoria and the interior. Full results are available at www.canadianbrewingawards.com.

"BC is a hot spot," agreed Chloe. "Anecdotal, the cool kids tend to move to the coasts, so you just end up getting the really innovative people who want to think outside the box here."

That said, Chloe's favourite beer from the three-day event was not coastal at all. It was a wild ale from Quebec's Trefle Noir Microbrasserie.

"It blew my mind it was so good."

The CBAs also award ciders; BC's Okanagan-based Lonetree Cider Company BC Tree Fruits Cider and BX Press won awards. No one from the coast – yet. Maybe next year. Bricker Cider Company just opened this spring on the lower coast, and Powell River's Malcolm Ciderworks plans to open next year.

In the meantime, back to work, everybody.

"We're all in here with head down and boots on," said Chloe.

"So it's great to hear that people are recognizing our hard work."

Live Music

June 3

Paradise plays McKinneys'

8 pm, \$10

Country music night

7 pm til late, The Vault. Music of Jon Pardi, Luke Bryan, Cole Swindell, Eric Church, Florida Georgia Line & more. Cowboy hats and boots please!

June 9

Cancelled: Whitney Houston, Rod Stewart, Tina Turner & Roy Orbison: A Tribute.

June 11

Sunday Song Circle.

Cranberry Hall, 2 pm.

June 12

Academy Childrens choirs

7 pm James Hall. Conducted by Joanne Hanson, Ildiko Kelly, and Walter Martella. Admission \$10 - students \$5.

Merkules

All ages show at the Italian Hall. 21-year-old hip hop artist from Vancouver. Tickets are \$35 for admission. or \$100 for Admission, + Meet and Greet, which gets you into the show, plus the meet and greet, after at The Vault Restaurant & Venue.

June 17

The HEX, The Poor Choices, Con Man, Sado Mannequin

8:30 pm at McKinney's. \$10 at the door.

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Student filmmakers screen top productions

Tony Papa and the 2017 Powell River Digital Film School class are pictured on the set of the Netflix series, *Van Helsing*. They were en route to the BC Student Film Festival, where the class of 2016 won two awards: Best Senior Editing and technical achievement for the music video *Make a New Dance Up*; and Top Senior Music Video for *Make a New Dance Up*. The film is also nominated for a Leo award: best music video. *Perception*, a dramatic short, is nominated for best student film.

Films produced by the 2017 class will be showing at the Max Cameron Theatre

on June 20, 6 pm reception, 7 pm screening. Admission by donation. Refreshments will be served.

Come out and support our youth and see if you can spot the next year's winners.

- Gary Schilling

Logger Sports gearing up for the main event

Say goodbye to the "ladies nail drive" event at Powell River Logger Sports. This year's event, which will be held at the Loggers Memorial Bowl at Willingdon beach July 14 to 16, will be the first in decades without the women-only event. It hails from back in the day when typical-

WHAT'S UP EVENTS

ly, the men would go off to log for months at a time, leaving the women at home to handyman for themselves. Thus, they learned to pound their own nails.

"It's just not relevant anymore," explained Art Lloyd, vice-president of logger sports, noting that women compete in every event now. "When the ladies are climbing a tree to 80 feet, you don't ask them to drive a nail."

Instead, organizers added two new events for the second year of the revived event: a ladies choker race – in which they must drag a heavy cable over an obstacle course – and a ladies chopping event.

Organizers are expecting a strong showing of competitors and their fans from Australia and New Zealand.

In other news, 12 competitive chainsaw carvers are coming this year, and will again donate their work to the city. Last year 10 came.

Logger Sports is looking for weekend-of volunteers: a set-up and take-down crew, and people to work the gates and the beer garden, help clean up and sell merchandise.

"Last year's weekend was just a blur to me," laughed Art. "Only a couple of times I looked up and saw the size of the crowd, and it really registered with me that it was standing room only."

Another sign of success? Art's friends' family happened to be in town last year from Switzerland. Their teen daughters were so impressed with logger sports, they're returning this year as volunteers.

Bike for heart

The Heart and Stroke Foundation's Big Bike Ride takes place here Tuesday, June 6. The bike and riders leave from the parking lot beside Canadian Tire. Pledge a rider (like Isabelle Southcott who is riding with other Powell River Rotarians) or make a donation to a group.

For 20 minutes, teams of 29 riders will power the Big Bike as they pedal towards the PR General Hospital and back to the beginning. These riders have been collecting pledges for the Heart and Stroke Foundation while raising awareness about heart disease and supporting stroke survivors at the same time.

Texada ferry for grad

BC Ferries has issued a revised schedule of the final sailing from Powell River to Texada Island on June 3 to accommodate students and parents of Brooks Secondary School's graduation class.

There will be a 45 minute delay of the final sailing from Powell River to Texada. Instead of departing at 9:45 pm, the last sailing will depart at 10:30 pm. **PR**



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June is Brain Injury Awareness Month

Injury can be terrifying, but agency offers hope

BY ISABELLE SOUTHCOTT
isabelle@prliving.ca

You have one brain, protect it. Debbie Dee, executive director of the Powell River Brain Injury Society, knows how lives change when someone has an acquired brain injury. It's one of the reasons she goes into elementary schools in June, Brain Injury Awareness month, to educate kids about helmet safety.

"If you break your leg, it will heal. The same can't be said of your brain," she says.

She tells kids to wear bike helmets when snowboarding, biking and skateboarding. "Don't dive into black water and if your parents don't wear helmets biking, speak up and say: what about your brain mom?"

For those who have suffered a brain injury, the society's headquarters on Duncan Street is like a second home. With a

the same sentence but you have no idea of where things will go once you pass your book onto the next person!"

There's art day on Wednesday, games day on Thursday and chair yoga for people with mobility issues on Mondays and Wednesdays. They even work out at the Canadian Martial Arts dojo.

There's also other work, real hard work that enables clients rediscover themselves.

"There's a lot more to this than just shooting pool and coloring," says Debbie. "We are like a village here. We provide support so our clients can heal."

In order to give those with brain injuries more opportunities, Debbie wrote two business and marketing plans. The first, Alternatives to Traditional Employment, is working towards getting 24 Brainiacs (Brain Injury clients) working within 18 months and becoming self-sufficient within four to five years. This employment model enables people who cannot be employed in the traditional way to work to their own capacity.

The second project, Brainiacs Hot 'n' Saucy, is a new hot sauce that will be created using peppers grown in the society's gardens and hopefully incorporating locally-made apple cider vinegar. Plans are underway to launch this business in the fall.

Vanessa Kift, a client at the Brain Injury Society, will be designing and making leather purses with the Alternatives to Traditional Employment program. She and others will cut, sew and accessorise the purses. "Some clients can work four hours a day while others can work longer," says Debbie.

Vanessa worked in the fashion indus-

try in Los Angeles before she was hit by an RV while walking across the street in downtown Vancouver in 2014. She said she went to hospital but didn't receive the treatment she needed. "I went back to emergency for three days until one doctor realized I had a severe concussion.

Vanessa was lost after the accident. "I didn't know who I was as a person," she told *Powell River Living*. "I couldn't read or spell. I lost all sense of who I was. I couldn't design anymore."

She moved to Texada to live with her parents, but that didn't work out. "My whole personality changed after the accident. I was aggressive."

She came to Powell River and that's how she came to find the brain injury society. "I don't know what would have happened if I hadn't found this place and Debbie Dee. I've come so far. I feel like an artist again. I can be creative. I am fulfilling my dreams again."

Tommy Carew is another client who has been helped by the Brain Injury Society. Twelve years ago he was assaulted and left for dead by gang members in the Lower Mainland.

When he began coming to the centre, he was scattered and unrecognizable to himself. "I was one of 20 people at any given moment," he says softly. He was suffering from chronic post-traumatic stress.

"We help people find their way back to themselves," Debbie said.

The support Debbie and the Brain Injury Society offers often goes above and beyond. When Tommy needed help with his children, Debbie took them in and fostered them for a year and a half.

"He finally had a chance to deal with



LA STYLE, PR MADE: Former US-based fashion insider Vanessa Kift was hit by an RV in 2014. The resulting brain injury undermined her career aspirations. But now, thanks to a new program at the Brain Injury Society, she's designing again.

himself," says Debbie. "Tommy rose from the ashes and became a better man."

If you are driving past the Duncan Street/Joyce Avenue intersection this summer and can stop by the Brain Injury Society, be sure to look at their garden.

"It's the fourth year for the little garden that did," says Debbie proudly.

"We get a lot of people who want to come look at the garden. We find them sitting in the gazebo, walking through the garden or just meditating here." [PR Living](#)

I've come so far. I feel like an artist again. I can be creative. I am fulfilling my dreams again.

– Vanessa Kift

kitchen, sitting area, and outside garden, it is a gathering place.

"We have a creative writing class once a week," says Debbie. Sometimes, they play a game called pass the story. "It's belly-laugh funny. Everyone starts with

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Old library closing, new one set to stun

On a quick tour of the still-under-construction new library, assistant chief librarian Becky Burbank paused in the sleek, modern main space. "That's where the coffee shop is going," she said, pointing to a kiosk by the door. "What?" I said. "You can drink your coffee in the library?" "Yup," she said.

Accessibility is the overarching mission of the new library. It's in the busy Crossroad's Village, near everyday shopping and on regular bus routes. So yes, you can come in with your coffee starting the week of June 25. The grand opening is planned for July 22.

I won't give away all its secrets – only to mention that there is amazing locally-produced art that's a must-see, and the space is completely different, far more opulent – than what you could possibly expect in a mini-mall.

Say 'goodbye' to the old library June 11. That's the last day it's open. To make the closure easier, there are no due dates

between June 12 and July 3, keep your books, movies and music a little longer.

- Pieta Woolley

Speaking of health...

If you're interested in health and wellness, plan to attend the PR Wellness Speaker Forum from 6:30 to 8:30 pm June 8 at in the Max Cameron Theatre.

Speakers include Coach Kent Lewis, bestselling author Cea Person, Plant-based RHM Emma Levez Larocque, educator Frank Radcliffe, iWellness advisor Christine Lippa, counsellor and meditation leader Kathseva, and Brooks student and volunteer Asees Kaur.

Tickets available at River City Coffee or Ecosystems or email prdistrictwellness@gmail.com.

While on the topic of wellness, if you haven't taken this year's wellness challenge yet what's stopping you? Commit to your own personal wellness goal online at prwellnessproject.com with a public or private pledge and be part of the statistic to motivate others to make one lifestyle change. 

Cranberry Hall Spearheads 75th Diamond Jubilee Celebration

BY PAT BUCKNA

2017 is an important year for Cranberry Hall and Powell River.

We are celebrating Canada's 150th year of confederation, and the 75th anniversary of the incorporation of the Village of Cranberry which took place on June 9th, 1942.

The Cranberry Diamond Jubilee Celebration will take place on Sunday August 13th, 2017. This also marks the 45th year of incorporation as a registered charitable non-profit society.

With the financial assistance of the Powell River Council for Arts and Culture (and hopefully other funders) we have an exciting day of events and legacy activities planned to mark this special occasion.

The Village of Cranberry was the first 'suburb' of Powell River. Traditionally a gathering spot for the Tla'amin people, the area grew rapidly in the 1940's and 1950's.

Joe Derton built what is now the Cranberry Hall in 1954. The building was first used as a pool hall and barbershop, then a candy store, and several religious organizations, including the Jehovah's Witness, the Pythians, and later the Unitarian Fellowship held services in the hall.

In 1972, the Unitarian Fellowship of Powell River became a registered society and ran the hall for several years. In 2010 the society's name was changed to the Cranberry Community

Hall Association and since then has played an increasingly important role in cultural and social life.

Run by a group of dedicated volunteers, the hall has been renovated inside and out, and is a meeting location for several community groups, including community choirs and dance groups, writers, fitness professionals and many others.

One alcoholics anonymous group, the Grapeviners, have rented the hall weekly for over a decade and a half. Our board has worked hard to keep rental rates extremely low in order to serve the needs of the community. Board members from the hall host a monthly Acoustic Coffeehouse and Song Circle.

The hall has become known as one of the finest acoustic live-music venues in the Upper Sunshine Coast and many award-winning performers have played to sell-out audiences in the 70-seat hall.

The area of Cranberry has been revitalized in the past few years, thanks to new businesses like Magpie's Diner and MAD chocolates choosing to locate in the former 'downtown' of the village. Several artisans reside and work in the community and many new families have moved into the area.

We're certain our Diamond Jubilee celebration will bring more attention to this wonderful part of town and reintroduce both residents and visitors to the heritage of this special place.

Anyone interested in volunteering or sponsoring activities for the August 13th event should contact me at 604-485-5198 or info@cranhall.org. 



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Local streaker & poet extols Canada's extreme freedom

The poetry of one of Powell River's most colourful characters - Captain Underpants - is probably not what Ottawa had in mind when bureaucrats started planning the official Canada 150 celebrations.

But here in Powell River, it's happening. Daniel Rajala, 62, who can often be seen around town in his Captain Underpants garb, sporting underwear and an orange clown wig (or nothing at all), is planning

to offer "flash poetry readings" at locations around town, in celebration of Canada's sesquicentennial.

At first glance, the relationship between Canada 150 and Daniel's poetry may not be clear. However, the flash readings delivered by this guy are in fact a perfect summary of everything there is to truly love about our country.

As a committed anarchist and nudist clown, Daniel lightly pokes fun at contemporary materialism and moralism through performing his Captain Underpants character, through public nudity and through his poetry. He can do all these things because of the unparalleled freedom Canada offers.

"Freedom is so valuable," Daniel told Powell River Living from the couch in the CJMP offices on Marine Avenue, just before he went on-air for his weekly show,

Manic Monday. "Here in Canada, we've inherited the ideology that came out of the Doukhobor [Freedomite] challenges: public nudity as a general protest against materialism. Anarchy, creativity, being myself - this is what Canada is to me."

Perhaps Daniel honours self-expression more than most because of how close he came to an early death. After learning painting at the Vancouver School of Art, he worked in the theatre scene there for years, including the Arts Club Theatre and the East End Cultural Centre.

By the 1990s, he'd become addicted to cocaine. The Downtown Eastside was his home for many years as he struggled with drugs and poverty. That's where he began writing poetry, eventually publishing in *The Heart of the Community: The Best of the Carnegie Newsletter* and self-publishing 34 books. He took a government-

sponsored 'recovery through creativity' course, and bloomed into the anti-capitalist flash-poet he is today.

Daniel has two goals for Powell River - where people are still too materialistic and don't have enough fun, he believes.

The first is to have a clothing-optional beach officially designated in the region. Perhaps, he suggested, local governments would like to tackle this as a Canada 150 legacy project?

The second is to start an annual underwear run to raise money for cancer research - much like the one sponsored by Lululemon in Vancouver.

Exercising freedom, lobbying governments, fundraising - Daniel may be the most Canadian Canadian in town. Except for one thing: all of his poetry and performances are made without a government grant. **RL**

How to

PARTY

while conflicted

Two local indigenous leaders spill on a uniquely Canadian conundrum: celebrating Canada 150 while recognizing five centuries of colonial violence.

Canada 150 has taken a turn for the sombre.

The anniversary falls just as the Dominion and First Nations are dancing an awkward two-step towards reconciliation - maybe.

In the past year alone, Canada has wrapped up the harrowing Truth and Reconciliation Commission, signed on to the United Nations Declaration of Rights for Indigenous Peoples (UNDRIP - after refusing to do so for nine years), and launched the National Inquiry into Missing and Murdered Indigenous Women. These are all efforts to enter into right relations - to reconcile - after 500 years of violence, and also to recognize that the violence has not ended. Much has been left undone.

So, artists and activists nation-wide are challenging Canadians to go deep this July 1 - and see beyond the

fireworks. For example, Métis artist Christi Belcourt, who designed the 2008 reconciliation stained glass which hangs in the House of Commons, has launched #Resist150, a multimedia arts project highlighting Canada's troubled history. The City of Vancouver is seeking to enrich its celebrations, starting by adding a "+" to 'Canada 150,' in recognition of the pre-contact aboriginal presence.

How, then, to celebrate Canada 150, while acknowledging that the country itself was built on stolen land and cultural genocide?

Powell River Living sat down with Tla'amin Hegus Clint Williams and Powell River Métis Association President Russell Brewer to ask for their thoughts about the Canada 150 conundrum.

Tla'amin Nation Hegus Clint Williams

How do you plan to celebrate Canada 150?

Hegus • I haven't been to a Canada Day celebration since I was a child. We agreed to participate with PRISMA on the Beach Canada 150 celebration [June 14] because we were asked by the Regional District and the City to participate. At the moment, that may be the only event I attend. I may go July 1, depending on how PRISMA on the Beach goes.

What was happening for the Tla'amin people in 1867?

Hegus • Contact started in the 1860s, and the people were still thriving. There was a population here of well over 10,000, there were many seasonal village sites around the territory. Life was good. After contact, things started changing drastically. Smallpox was an epidemic and other diseases were introduced. The population dropped by thousands. [Shortly afterwards, the government moved the Tla'amin people onto reserves and claimed their territory as their own, outlawed spiritual practices, and sent their children to residential school, rendering the Tla'amin culture nearly extinct.]

What does Canada mean to you?

Hegus • It's a tough question. We acknowledge that we live in the best country in the world. But we don't want that country to forget the past wrongs. We don't keep bringing this up to rub it in people's faces. But if history is forgotten it is repeated. I don't look at Canada as my country. I look at our people and wanting to provide



June 21
National
Aboriginal Day at
Tla'amin Lands

Head on out to the new Governance Building of June 21 from 12:30 to 3pm. There will be arts and crafts displays booths as well as entertainment.



June 24
St Jean Baptiste
Day at Club Bon
Accueil

A rowdy celebration of all things Quebecois, experience live music, games and a barbeque. The festival kicks off at 5pm, goes til 11pm.



July 1
Canada 150 at
Willingdon Beach

From 1pm til 5pm, enjoy music, family activities, a photo booth, cake and more. Fishing derby, too. See a full list of activities on Page 15

Canada 150
 Shake your

MAPLE LEAF

This month, three nationalist celebrations fall within 10 days of each other - including Canada's sesquicentennial. Anything as complex as a nation deserves some nuanced reflection - as well as some hard partying.

Here, we bring you both: event listings and a closer walk with three contemplative Canadians. *By Pieta Woolley | pieta@prliving.ca*

them a better and more prosperous future. So we need to work with governments: the Regional District and the City, the Province and the Feds. It's a tough pill to swallow, but it's what we have to work with today. Being bitter or resentful is not going to help our people progress.

What do you make of the reconciliation movement?

Hegus • There are some wonderful examples of reconciliation locally. The United Church approached us because they want to insert a line about acknowledging Tla'amin Traditional Territory in their weekly bulletins. SD47 students designed the pole about "Honouring the Future" that now stands at the Government House. On June 14, a welcome figure will be unveiled at Brooks. The Anglican reconciliation pole. And there's a group that wants to jointly carve a canoe in the spirit of reconciliation. But the challenge is the follow-up. We have UNDRIP. We have Harper's 2008 apology. But it seems that we are good at doing the nice photo op, then the work that needs to be done gets forgotten about. We're heading into 30 years of working on reconciliation, and we're still talking about the same things, and making symbolic gestures. How do we progress from here?

What is your source of hope?

Hegus • Reconciliation is a big undertaking, and the work must be carried out and respected by all parties. If any country can do it, it's Canada. We look forward to working with the people of Canada and building healthier and better relationships along the way with all levels of government.

Powell River Métis Association
President Russell Brewer

What do you think about the resistance to Canada 150?

Russell • Even in the Métis community there are different opinions about whether to celebrate or not. I think we can celebrate Canada's 150, but celebrate in the context of needing to address UNDRIP, the TRC and reconciliation. Generally we celebrate Canada Day at a very superficial level. The history is not all great. It's okay to talk about that. And we need to talk about it if we're serious about being in an equal partnership with Aboriginal people. It's a history not a lot of people understand.

Does this conversation resonate widely?

Russell • In artistic and political circles, everyone understands this stuff well. But I worry that some of the understanding is in echo chambers. Canada 150 can help it reach a broader audience. Maybe even at those traditional celebrations, with the party on the beach, maybe we need more emphasis placed on those conversations. They're uncomfortable. But you can't move beyond symbolism without conversations. Maybe we can have them at the same time as cutting the cake and putting the flag tattoos on cheeks.

What was happening to the Métis in 1867?

Russell • The Métis were really struggling and being displaced from their lands. Confederation was not a positive outcome for the Métis Nation and Métis communi-

ties. [Louis Riel was hung for treason in 1885.]

In your role as city councillor, how are you engaging with reconciliation?

Russell • Last year, I brought forward a motion to Council to adopt the TRC final report and adopt UNDRIP, and council asked staff to report back on ways the city government can implement the six TRC items that are specific to local government - and how we go about celebrating Canada Day can be a part of that. Everyone is walking on eggshells about that. As soon as you propose changing anything, there's resistance. That's our role as leadership, though - to push outside those echo chambers. The conversations need to filter out into the coffee shops, the rink, the soccer field.

How would you change the celebrations?

Russell • We've maintained our nationalist celebrations in silos. Canada Day is July 1, National Aboriginal Day is June 21, and St. Jean Baptiste Day [Quebec's nationalist celebration] is June 24. So they're all within two weeks of each other. Really what we need to do is bridge them, to rethink how we celebrate. History is not static. Traditions change. Maybe we need a reconciliation day, or a reconciliation week. Man, would that be a fun job to take on.

*Note: The Métis Nation celebrates Louis Riel Day every year on November 16, the anniversary of Riel's execution in 1885. Louis Riel Day is also a holiday in Manitoba on the third Monday of February. **PR***

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Alone with your thoughts

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Those who know me will tell you that I am anything but quiet. I entered the world making noise and I suspect I will head out the same way. I experience the world from the outside in, not the inside out. So, at best, I may be able to offer you a “text book” only

definition of this month’s card, The Hermit.

As you might gather by his name, the Hermit prefers a quiet solitude. His world is that of seclusion and self reflection. He spends a great deal, if not all, of his time alone with his thoughts.

The lantern he carries is said to house divine light and wisdom and only casts enough light to illuminate his way. His staff is a symbol of hope and guidance. The Hermit wears a robe with the hood up. His eyes and head are lowered. Having left the outside world, to retreat within, his inner most thoughts move him forward. He is the archetypal “old man of wisdom”.

There are very few colours in this card and not as many details as some of the others. The design may be simple, but its message is not.

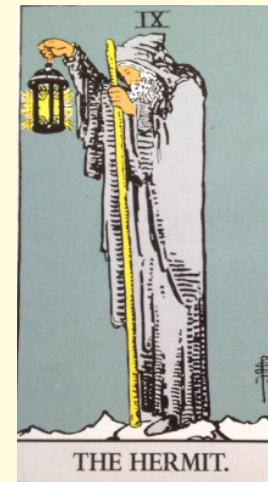
For a variety of reasons we may sometimes find ourselves alone with our thoughts; the Hermit asks us to examine those reasons.

Are you alone or lonely? Is this withdrawal by choice or circumstance?

Do you need time to think things over, or seek a better understanding of what is? Does the quiet allow you to put the pieces of your life back together like a favourite, but long forgotten, puzzle?

If you are like me, noisy by nature, the Hermit asks you to examine whether or not you can be still? Can you be quiet and listen to the voice within? Are you afraid of taking time alone?

While the main focus of the Hermit is to take time to go within he points out that too much time away from



THE HERMIT

SOLITUDE
INNER LIFE
WISDOM
LONELINESS
CONTEMPLATION

others can lead to loneliness. He cautions that there is a risk of turning self reflection into negative ruminations.

The Hermit forces us to look at our relationship to the world around us.

He is about self-determination and seeking one’s own council. He advises that more often than not the answers are within and it is in the quiet moments of our day that we garner the most insight.

“It is in our idleness, in our dreams, that the submerged truth sometimes makes its way to the surface.”—Virginia Woolf. [RRL](#)

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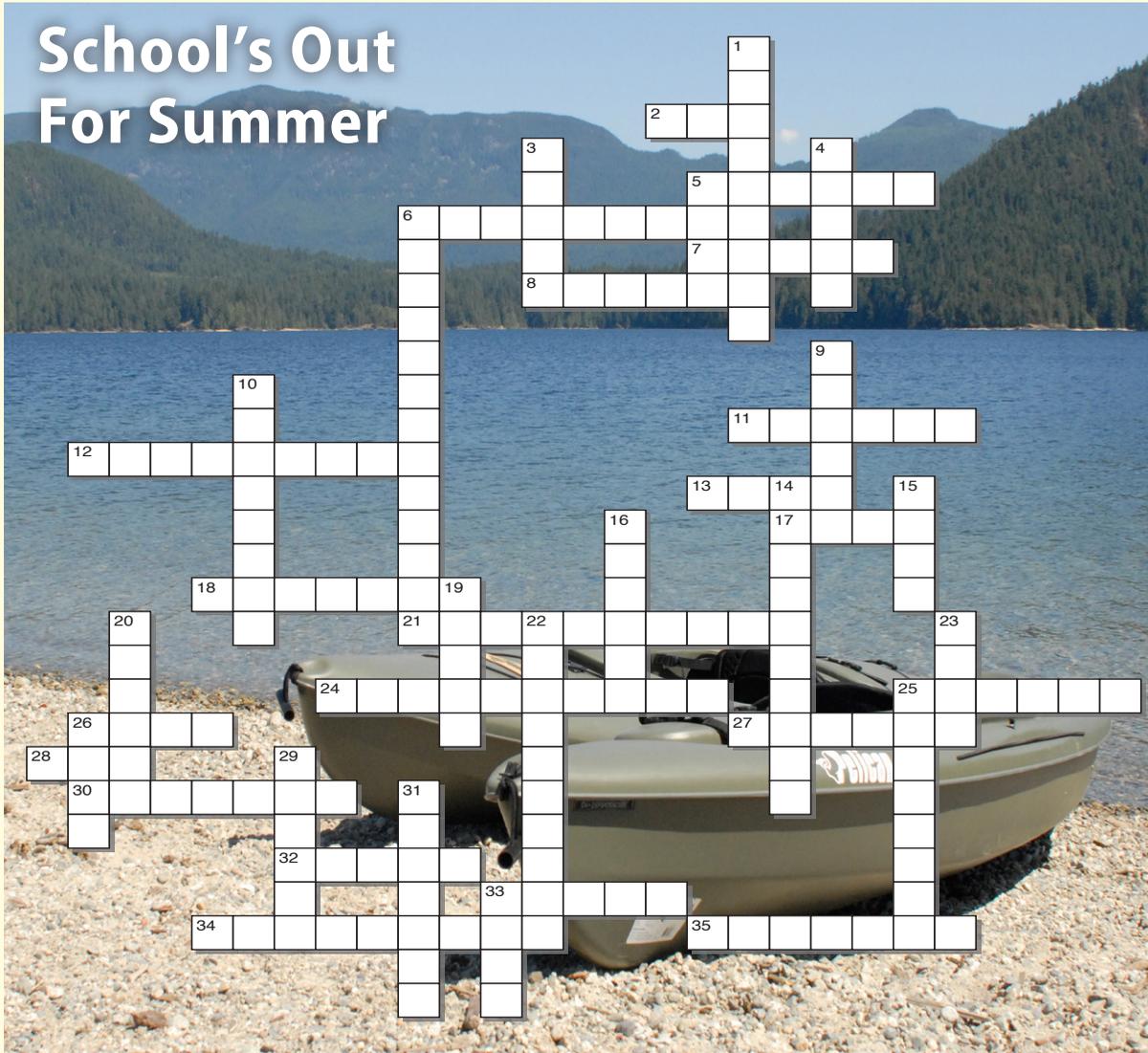
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School's Out For Summer



Across

- 2) Willingdon's Beach eatery
- 5) School or babbling water
- 6) Go bare from the beach
- 7) Two-ended paddle boat
- 8) M or F rod handler
- 11) You'll love this local beach the first time
- 12) Mountain park
- 13) Learn to _____ to make new anemones
- 17) Killer whale
- 18) Duncan Joyce treat
- 21) A crab's home is his
- 24) Town beach
- 25) Sandy island retreat
- 26) Farewell, sound, or sea
- 27) S. of town beach Weldwood
- 28) July 1 colour
- 30) Bay for mermaid
- 32) Bike & _____ park
- 33) How to leave PR if you can't fly
- 34) In-town fishing hole
- 35) Day Camp host centre

Down

- 1) Wet at Willingdon
- 3) Rope swing, or beer
- 4) Cranberry Bay
- 5) Big BC Race
- 6) Little fruits don't taste fishy
- 9) Get your kicks at this camp
- 10) Small putt
- 14) Sandy sport
- 15) Too hot? AC's on at TC
- 16) Wheelie flat trail
- 19) Palm Beach's flighty river
- 20) National Day
- 22) S. of town beach Douglas
- 23) School finisher
- 25) Longest day
- 26) What local swimmers call Hammil
- 29) Orchestra school
- 31) Works a little, or ice cream
- 33) Lakeside kid's pet



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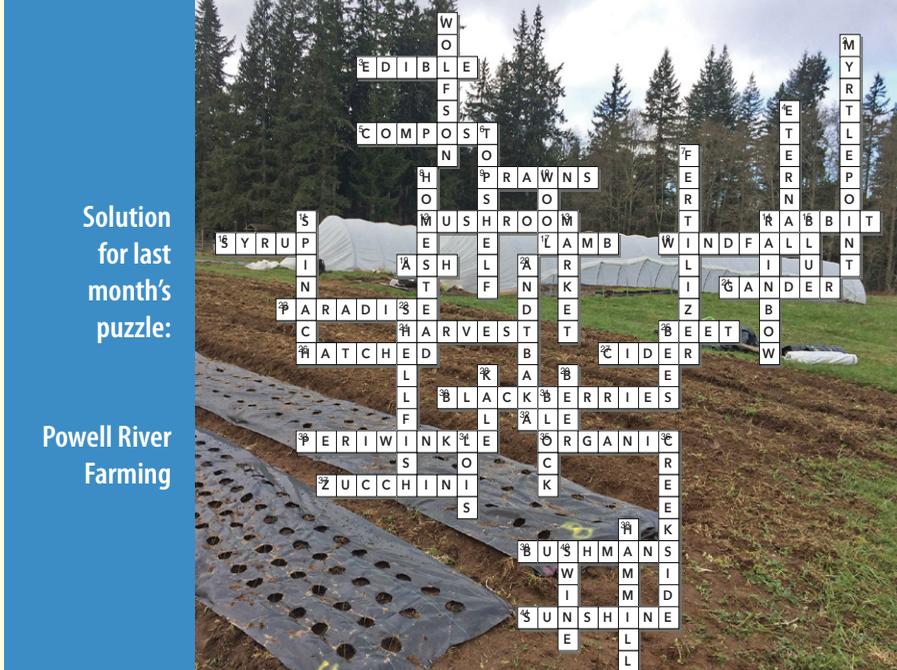


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W

hen the class of 2017 graduates from Brooks this year, it will be the smallest graduating class Powell River has seen in a very long time.

But that doesn't mean it isn't just as important as those who have gone before them or those who will go after them.

Graduation is a rite of passage. It is one of life's milestones.

When I look at my youngest son Alex, who is graduating this year, I see all the ages

beckoning. It is a time of discovery. Some of the grads will travel, others will head off to university or college, some will explore and some will stay right here in Powell River. Everyone is different and everyone is unique. There is no one else like you in this world.

This year Alex, you're my Coast Mountain Academy student/Paparazzi Pizza delivery driving son who drives my car more often than I do! Next year, you may be travelling the world.

Of course things were different in post-war England.

Many of you have been friends since preschool and some of you will remain life-long friends if you're lucky.

Some of you have been blessed with an abundance of self-confidence, others not so much. It's not easy to strike out on your own. New situations can be terrifying but that's okay. Being uncertain is a part of life we all have to face.

And then there's the big F. The fear of failure.

Did you know it is impossible to live without failure? Yup. Some of you will experience large-scale failure while others will fail on a smaller scale but everyone fails at something.

Don't fear failure, recognize it for what it is and move on. For failure is merely a teacher of lessons.

It is the catalyst that enables people to accomplish great and wonderful things. You never know what you can do until your back is up against the wall.

I've always loved this Winston Churchill quote: "Success consists of going from failure to failure without loss of enthusiasm."

Use your youthful energy to find your passion and let that lead you to meaningful work. My hope for you is that you are able to do something that you love and something that you are proud of.

In columns as in life, we often save the best for last. To you my son I'd like to say: If you ever need me, for anything, no matter what time of the day or night it is, I am always here for you. 

Congratulations

and stages of these 18 years blending into one. I see him as a newborn baby and me wondering if I will be a good enough mom. I see him going to daycare and pre-school and then my three-year-old Alex saying "I quit daycare," because he wanted Grandma and Grandpa to look after him. I see him playing hockey and skiing and winning a huge trophy at the Festival of Performing Arts when he was just six years old.

Being a mother is the best job out there. I was worried that I didn't know enough but my sons taught me what I needed to know when I needed to know it.

The day after graduation, Alex and the rest of the grads will embark on a new chapter in their life. High school is over, post secondary, careers and independence are

It's been said that life is the most difficult exam you'll ever take and that many people fail because they copy others. What makes you unique is very different from what makes your brother, your friends, the superstar athlete or the smartest guy in your class unique.

There will never be another you. Never has been, never will be, so celebrate your uniqueness. This month, we celebrate the academic success of graduation.

I remember your pre-school graduation from Lakeside. (Yes, you went back after you quit). Your grandpa says there was no hoopla when he graduated from school. He was given a handshake and a pat on the back and sent on his way. There was no Grand March, no dry grad.

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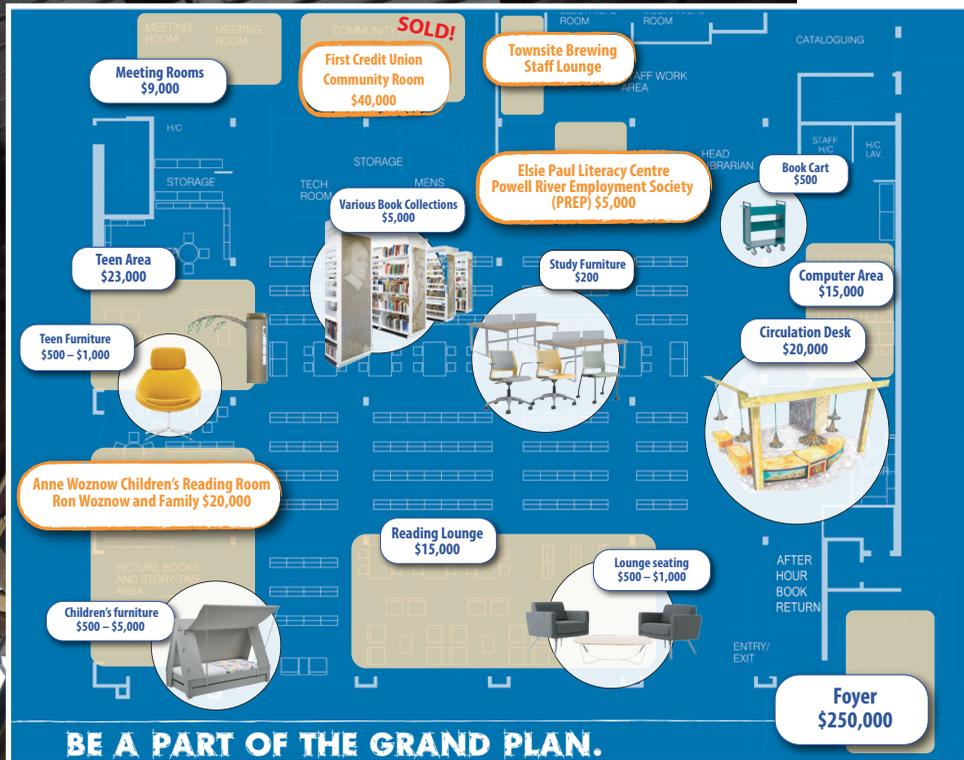
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