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BACK TO SCHOOL

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SEPTEMBER 2017

QUARRY QUIBBLES • SHORELINE CLEANUP • FOOD FORAGING • YOGA VS CHURCH

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The Powell River Regional District is in the final stages of updating the **Solid Waste Management and Resource Recovery Plan** (SWMP); which includes more opportunities to recycle; compost yard, garden and food waste; clean up the contaminated former waste incinerator site and build a Resource Recovery Centre (including a waste transfer station). **Now we need your input!**



SWMP PUBLIC EVENTS - JOIN US!

| COMMUNITY | DATE & TIME | LOCATION |
|-------------------------|---|---|
| Electoral Area B | Wed. Sept. 20 • 6 – 8pm Presentation at 7pm | Myrtle Point Golf Club 2865 McCausland Rd, Powell River |
| Marine Avenue Site Tour | Sat. Sept. 23 • 11:30am – 2pm | Old incinerator site Marine Ave, Powell River |
| Electoral Area D | Sat. Sept. 30 • Noon – 2pm Presentation at 1pm | Texada Community Hall 4913 Gillies Bay Rd, Texada Island |
| Electoral Area C | Mon. Oct. 2 • 6 – 8pm Presentation at 7pm | Lang Bay Hall 11090 Hwy 101, Powell River |
| City of Powell River | Wed. Oct. 4 • 6 – 8pm Presentation at 7pm | Recreation Complex 5001 Joyce Ave, Powell River |
| Electoral Area A | Sat. Oct. 7 • 1 – 3pm Presentation at 2pm | Northside Community Recreation Centre 9656 Larson Rd, Lund |
| Tla'amin Nation | Tues. Oct. 10 • 4 - 6pm Presentation at 5pm | Tla'amin Governance House 4779 Klahanie Dr, Powell River |

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Watch for a newsletter that will be mailed to each household that accepts unaddressed admail in early September for further information. To complete the **Online Survey**, visit powellriverrd.bc.ca and click on:



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Spur-throated Grasshopper

Grasshoppers can be found in dry grassy areas around this time of year. They over winter in soft soil. Nymphs appear in the spring and become adults by June.

Approximately 12,500 known species of grasshoppers, crickets and katydids occur world wide, with over 1,000 species in the United States and Canada.

Orthopterans have bodies that are very tough. The antennae are long. Both sexes usually have auditory organs called tympana, located on the abdomen.

- Rod Innes 



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ON THE COVER

The Jungs makes the most of the family's first summer here in Powell River, with a trip to idyllic Willingdon Beach. Soon enough, it's back to school. See Page 8.

Photo by Pieta Woolley



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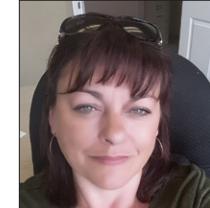
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ALEXANDER COSH is a PhD English student at the University of British Columbia, specialising in poetry and ecological theory. Originally from the U.K., he moved to Powell River from Vancouver with his partner and dog. He is delighted to be joining the *Powell River Living* team as a content contributor.



CHANTAL EDMUNDS has been the Employment Case Manager at the Powell River Model Community Project since March 2016, having previously worked for inclusion Powell River for eight years. Chantal grew up on Texada Island and has been living in Powell River since 1989. She is a single mom of two with a passion for helping others. #lovewhereilive !!



KIRK FRANSKE is a long-time Powell River resident, and an outdoor enthusiast who is passionate about nature and preserving our wild places and their inhabitants. He has a deep appreciation for our coast line and the lifestyle it provides us.



ZANE SAMPSON is a BC-born broadcaster that was born in Duncan but raised in 100 Mile House. He went to BCIT for broadcast communications after graduation and went on to working in various radio stations around BC and Calgary. He also had a short but successful career doing voice-overs for National commercial campaigns and animation features like the Canadian version of Dragon Ball.



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PUBLISHER'S MESSAGE

No more pencils, books, but back to school leaves a hole



Back to school. How did summer come and go so fast? It seems like my youngest just graduated from Grade 12 the other day and now, students are heading back to the books.

For the first time in a very long time, I haven't had to go back to school shopping. I didn't have to buy new shoes for my kids, binders, calculators, pens, pencils and all the other items on their lists. I thought I'd be happy when this day finally arrived but I'm not because I realize that my kids are growing up way too fast and I'm having a hard time letting go.

But let go we must and luckily for me, we have adorable five-year old twins living next door. The girls were

more than happy to cure my back to school blues and quickly said they'd love it if we did a bit of back to school shopping with them!

September is a new chapter for many. The changing of the seasons signals cooler nights ahead and the return of organized activities that took a back burner during the long and lazy days of summer. The family featured on the cover of this issue of *Powell River Living* moved here from Korea to improve their English. Their story on Page 8 is the first in a series of articles about new immigrants to Powell River. When students head back to school at Brooks on September 5, they'll be greeted by a new principal. Bill Rounis, who is now at the helm of Powell River's only secondary school, is looking forward to the coming year.

Texada is front and center this month as concerns

over an abandoned quarry commonly known as Heisholt Lake are raised. For years, locals, and many of us from Powell River, have gone swimming in the quarry. I remember first going there 20 odd years ago and jumping off the cliffs. Although it is privately owned, it seems everyone and their dog knows about it and likes swimming there. But like everything these days, there are liability issues, health issues and what if's which have resulted in letters. See "Quarry Quagmire" on Page 34.

While it's back to the books for many, it's back to more structure for most. Whatever your September looks like, make it a good one! **PRL**

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- Huckleberries



Alexander McNaughton can't get over the abundance of wild food in Powell River. It's one of the first things he noticed when he moved here earlier this year with his girlfriend.

But Alexander is a professional food forager so it stands to reason that he would notice different wild food sources that might be missed by others.

Alexander finds wild food and sells it. It's his job. It sounds pretty straightforward but actually, it isn't. There are tons of blackberries in August and earlier it was huckleberries and salmon berries. But those sweet Pacific trailing blackberries are tiny and it takes a whole whack of them to fill a bucket. As Alexander explains the place where he picked them was in a remote area, on the side of a scree, littered with bear scat.

Kind of sounds like cleaning a window on the 49th floor of a building, doesn't it?

But wait, there's more. Alexander also has to find a buyer and ship these perishables to the buyers in a very short period of time.

There's more to food foraging than meets the eye. Using maps, looking at water sources and the type of trees growing, Alex figures out what food grows where before venturing out. "A lot of my job is research," he explains.

Food foraging isn't for everyone but if you love hiking and being outdoors, it can be a lot of fun. "It's kind of like cross fit meets hiking," says Alexander.

Wild edibles have existed for thousands of years and can be found everywhere, you just have to forage for them. Our ancestors depended on edible weeds, flowers and herbs to eat and for medicine.

Once he's gathered the wild food, he arranges to have

it couriered to its destination. And because those berries or mushrooms or fiddleheads are perishable, he has to get it there fast.

Alexander grew up in the Comox Valley. He has a degree in international studies and a sustainable community development certificate from Simon Fraser University. After he graduated, he launched his own business, Umami Consulting, a food systems consulting firm. "I'm interested in food sustainability," he explained.

Also known as "Alex the Forager," he's done everything from food planning work to community gardening to wild foraging guided hikes.

He got his start in the business by selling figs in Vancouver. "I brought fresh figs to everyone. They couldn't get over how good they tasted." He expanded by harvesting and distributing a salad mix for farmers: spring nettles, fiddleheads and spruce tips.

Alex and his partner moved to the west coast where he was the president of the Ucluelet Farmer's Market. He spent the last three years as the community food coordinator for the Tofino Ucluelet Culinary Guild or TUCG.

"The Guild provides a huge service to farmers," he said. TUCG, a group buying coop on the west coast, does a million dollars a year through restaurants and families. It is easier to have one person buying from the farmer and distributing everything, he noted. For instance, if a restaurant is looking for broccoli or beets or even fiddleheads, they would call the Guild. In his role as coordinator, Alex would know all the local farmers who were growing broccoli or beets and if it is wild food they're after, he knew where to get that too. The restaurant saves time because they don't have to phone every-

free food

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

one and the farmer saves time because he or she doesn't have to spend time marketing their product. Part of the role of the culinary guild is to train farmers to grow to suit the needs that restaurants have and to teach restaurants to work with the farmers.

Since moving here in March, Alexander has been busy meeting and networking with restaurateurs and others involved in the food industry. He's into seasonal edibles.

"I met with Townsite Brewing and I brought them some salmon berries and they made an amazing salmon berry release," he said.

Alexander has also been working with Russ at the Chopping Block. "These are the kind of businesses I like working with," he said.

Alexander is a proud supporter of Farmer's Markets. "Farmer's Markets are more than cute, social events. They are more than train rides and a place to engage with the community. Everyone needs to go with \$100 cash in their hands and fill a bin with groceries for the week, go home and eat them and come back next week. That's how you can help keep farmers here. We have farmers in Powell River who could use support financially. That is how you will see growth. If they sell their food maybe next time they'll plant an extra row or two," he said. "Everyone eats and most prefer local food."

Alexander has lots of ideas and is a strong supporter of the coop model for farmers. He says a carrot washer seems basic but he doesn't know any farmers in Powell River that have one. However, it would make life easier for farmers to have access to one.

"In Merville, they have an Organics Coop and they share one tractor amongst five farmers." **PR**



LAND OF PLENTY: Professional forager Alexander McNaughton knows that what grows naturally on BC's coast - including here in Powell River - is highly desirable to urban restaurants and their discerning customers. Above: Bull kelp. Left: Chanterelles.

Photos by Keith Ladzinski www.ladzinski.com.

Back to school from South Korea

choosing play



"In Korea, we start to run from elementary school, even in pre-school and stop when we get into college. In Canada, they walk slowly until high school and run when they get into university. Therefore, everyone gets to point A after all but in different ways and with different experiences."

- Jayoung Jung

This is the first in a series of articles about new immigrants to Powell River. The initiative is a partnership between Powell River Immigrant Services and Powell River Living magazine, aimed at increasing the compassion for and awareness about immigrants from different cultural backgrounds who have chosen to call Powell River "home."

Jayoung Jung, Ji and their children Yoobing and Junyoung arrived in Powell River from South Korea on February 1, to study at Assumption School.

How long have you been living in Powell River?

Jayoung • It has been five months. We will stay for a total of one and a half years and then we will go back to Korea.

Did you live in Canada before you came to Powell River?

Jayoung • No, this is the first time we have lived in Canada.

Why did you decide to bring your children to Canada to study?

Jayoung • We felt that speaking English as a second language would be very helpful for their future. For example, they will be able to meet and make friends with all kinds of people from everywhere and also they will be able to get jobs anywhere they want - Singapore, Hong Kong, Japan, anywhere. I would say they will have more options to choose from in the future.

What do you like about the Canadian education system?

Jayoung • I do not know the details of the two systems. However, I feel like my kids have more free time and more activities here in Canada and I like it. I hope that my kids play more, run more, see more, experience more while they are children. In Korea, even when they are young, they spend most of their time in school and private institutions studying English, math, Korean etc.

What is the difference between the education systems in Korea and Canada?

Jayoung • I think the difference between Korean and Canadian education systems is timing. What I mean is the timing to get to point A (point A would be the point where we should reach in terms of knowledge). In Korea, we start to run from elementary school, even in pre-school and stop when we get into college. In Canada, they walk slowly until high school and run when they get into university. Therefore, everyone gets to point A after all but in different ways and with different experiences. I think Koreans are missing out on lots of things.

What do you hope your children will gain from their experience here?

Jayoung • I hope that they learn to speak, read, and write English as much as they can and also experience a different culture, people, and environment. Good memories work as a good base for their future.

How has your experience been so far?

Jayoung • It has been fantastic.

How about your children? How do they feel about studying and living in Canada?

Jayoung • They love it here. They love it because they work less and play more.

What do you and your children like about living in Powell River?

Jayoung • We love it because living here costs less and is more relaxing. Powell River is a small town but it has everything such as beautiful parks, lakes, beaches, a sports center, as well as international restaurants.

Have you been meeting people in the community and getting involved while your children are at school?

Jayoung • I've met some friends through the Newcomers' Parents Group at Family Place and the Conversation Club with Canadians at the Immigrant Services Learning Centre. 



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On behalf of the Powell River Logger Sports committee we would like to extend our sincere appreciation to our sponsors, volunteers, vendors and spectators.

To our sponsors, we would like to thank you for supporting this year's event. As a result of your generosity, we have had another very successful Logger Sports weekend. Preliminary numbers indicate that we have exceeded this year's expectations and last year's attendance.

To our volunteers, all of you made time in your busy schedules to step up and support Powell River Logger Sports 2017. Thank you for your commitment of time, expertise and energy.

To our M.C.'s and participants, thank you for providing Powell River with a weekend of world class entertainment.

To all of you, the success of the event is dependant on each and every one of you. Thank you all for enriching our community.

See you next year!

Powell River Logger Sports Committee



photos courtesy
Michelle Pennell



Brooks secondary school

New principal, new outlook

When school opens on Tuesday, September 5, Principal Bill Rounis will be at the helm of Powell River's only secondary school.

Bill, who moved to Powell River from Nanaimo two years ago to take over as Principal of Kelly Creek Community School, is up for the challenge and excited about the year ahead.

"I always thought I would eventually go back to high school," he said smiling. So when the opportunity presented itself, he was ready. "The school facility, staff and array of programs are incredible."

Bill's vision includes building on what is already in place while honouring the tradition and culture of the school. "It's important to support the First People's principles of learning, and support the families and the community. Student learning is at the forefront of everything we do."

Educational excellence is the key goal at Brooks. "We'll continue to focus on academic excellence, the trades, arts, project based learning and personalization," said Bill.

Communication is another one of Bill's priorities. "We'll look at all levels, with parents, the community partners and each other. Communication is, from my perspective a strong predictor of future success. I want to build on that and give students the best chance possible."

With three administrators and four teachers each term and the same counselor every year, students will get to know the team over the course of their high school career so they can build consistent connections.

Teamwork and collaboration are also important. Working together to plan is critical to Bill. Be it students working together on projects or staff planning big events such as trips or assessments, Bill believes it is important to get everyone on board.

His eyes light up as he talks about how the students at Kelly Creek School built a 3D replica of the climbing wall they wanted, put together a proposal and then went to the School Board to present their idea and ask for funding. "They were able to go through the entire cycle of learning and inquiry with this. This is where real learning happens; when you can see a product at the end or the work that is required to come to a solution." They even did a post mortem on the project and discussed what they could have done differently.

Leadership. Bill has been looking at a change in the school's leadership model and although he hasn't got it all figured out, it is beginning to take shape.

"I'd like to see more leaders in the building like a flattened hierarchy. I'd rather have one per cent of 100 people than 100 per cent of one person," he said quoting J. Paul Getty.

He's already changed up the Principal and Vice Principal roles. Vice Principals, Jen Kennedy and Lisa Gunn, will share the Grade 8 to 11 students and Bill will work with grads. Gone are the department heads who have been replaced by Learning Leaders.

Bill believes extracurricular teams and clubs are integral to a well rounded school. Throughout his career, Bill has coached volleyball. He was head coach of the Brooks junior girls last year and will continue to coach this year.

School upgrades. What used to be the Brooks library is being converted to a 'learning commons'. There will be more portable furniture and a different design so the room can accommodate more people and is easily reconfigured to suit different needs. A new look seating area around the bay windows, along with some cutting edge technology for presentations. "It is almost like a Starbucks inside of a Chapters with a fabulous ocean view," said Bill, noting that this is part one of a two-part renovation.

About Bill

Bill has 21 years experience in the educational field having taught and administered at both elementary and secondary schools. He has a Masters in Leadership and Administration.

He is married to Siona and they have two daughters, Panagiota, 10 and Anastacia, 5.

Bill is Greek and he and his family speak Greek and a bit of French at home as both girls are in French Immersion at James Thompson.

Siona breeds and shows Sheepdogs and Havanese all over BC and the Pacific Northwest. Their daughters also show their dogs. The Rounis family spent much of their summer travelling to dog shows. "I do the cooking and set up the campsite," said Bill, who also hauled an inflatable swimming pool with them to three dog shows this summer. Needless to say, they were the favourite family to visit! Besides their own two dogs, the family has other dogs coming and going that they show for clients.



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SWIMMING HOLE: Texada's quarry - or Heisholt Lake - offers a "blissful" dip to travellers. In the story below, writer Alex Cosh suggests developing more opportunities for eco-tourism on the island as a way to diversify the economy beyond mining. However, swimming in the quarry, which is owned by Ash Grove Cement, is not permitted. See more about the "Quarry Quagmire" on Page 34.

Texada: No LNG! No coal! Yes ecotourism?

BY ALEXANDER COSH

Recently, I was lucky enough to become acquainted with one of Texada Island's 1,000 or so inhabitants. I say lucky, because, as a newcomer to Powell River, I had badly wanted to catch the ferry across the Malaspina Strait and explore the small island that people had told me so much about.

With the guidance of a local, I looked forward to being shown some of the island's finest swimming holes and camping spots.

I wasn't disappointed.

We were taken to a stunning flooded quarry which required a sharp right-hand turn down an overgrown track: untrained eyes would easily miss the turn-off and rusted "Private Property" sign.

The water was blissful to swim in—the area serene and secluded. As a non-local, I almost felt unworthy of having had the privilege to enjoy such a delightful spot. At night, we camped out at Shingle Beach on the west side of the island (close to where the biannual Diversity Festival is held), and enjoyed the magic of bioluminescence as we paddled in the shallows.

I confess that at the time I knew almost nothing about the island's mining industry. As we lay in the morning sun, I naively asked my friend: "are all the quarries on the island abandoned?"

The answer is no—not by a long-shot. After 65 years, Texada still boasts the oldest mining operation in the province. Lafarge, the company that took over the island's quarries in 1998, still produces as many as eight million tonnes of limestone per year.

In 2013, Jonathan Moser, the public-affairs director at Lafarge, told *Business In Vancouver* that Texada lime-

"The water was blissful to swim in—the area serene and secluded. As a non-local, I almost felt unworthy of having had the privilege to enjoy such a delightful spot."

—Alex Cosh

stone mining could be sustained for at least another 200 years.

Texada is in many ways a microcosm of the environment-versus-jobs debates that go right to the hearts and souls of many coastal communities in British Columbia.

Back in 2007, Westpac LNG announced that it intended to build a liquefied natural gas receiving terminal at Kiddie Point, sparking opposition from Texada Action Now and Alliance to Stop LNG—groups formed by residents.

However, mining advocates point out that Texada Quarrying Ltd. employs (in 2013) 90 people, and is at the centre of the island's economy and community. Furthermore, the modern world's demand for limestone shows no signs of abating: it's an essential ingredient in everything from infrastructural building materials like concrete and glass, to industrial products like animal feed-filler and mine safety dust.

Notwithstanding, Texada Quarrying Ltd. has been

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embroiled in other contentious debates over the past few years.

In 2013, the company was tipped to be the transfer point for thermal coal shipped from Fraser Surrey Docks bound for Asia, igniting a heated row over environmental safety versus employment opportunities on the island. In a separate matter, which unfolded earlier this year, *The Tyee* reported an industrial dispute which saw 70 families on the island affected by a 14-week lockout of quarry workers, bringing tension and discord to sections of the small community.

Whilst unrelated to environmental concerns, the lockout was a case-in-point of the risks of a community becoming reliant upon one industry. Small changes in the workplace and global-markets are felt acutely, and the consequences can be severe.

Given the island's exquisite and largely unspoiled natural beauty, the Texada community might consider developing and expanding its eco-tourism sector.

The Retreat motel on Texada already promises its guests glimpses of black-tail deer, which roam freely across the island. Moreover, with no bears or cougars to worry about, hikers can enjoy the wildlife without fearing for the safety of their own furry four-legged friends.

There is an abundance of amphibious species on the island, including the

"The modern world's demand for lime-stone shows no signs of abating."

— Alex Cosh

Painted Turtle and tree-frogs— so many, in fact, that there are road signs warning drivers of frog-crossings.

Scuba-diving near Shelter Point gives tourists the chance to see wolf eels, otters, seals, and sea lions. Bald eagles, loons, and kingfishers (to name but a few bird species) are also common in the area.

With many aspects of the community already managed by locals (including Shingle Beach campground), the residents of Texada clearly have the capacity to band together and push such initiatives forward.

Whilst local residents might understandably be hesitant to encourage hordes of out-of-town pleasure seekers, a carefully managed, low-impact, and respectful showcasing of the island's ecosystems could afford the community a more diversified local economy and an enriched understanding of everything the island has to offer.

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In love with Powell River and each other

Alex McCallum and Chelsea Kern are both new to Powell River. Their story is unique; not only did they fall in love with Powell River but they fell in love with each other!

Why did you choose to move to Powell River?

Alex & Chelsea • We both loved it! With Chelsea having lived here for work in the past and me riding out here last summer to check out an area of BC I'd never been to before, we both fell in love. With each other when we met at Costa del Sol, and the town.

When? Where from?

Alex & Chelsea • We made the move just after July long weekend. I'm originally from Osoyoos and Chelsea is from Maple Ridge, however, we were living in Port Moody before moving to the Riviera.

What surprised you about Powell River once you moved here?

Alex & Chelsea • The sense of community! Everyone is so friendly and welcoming. It really feels like you're a part of something bigger here and we love it.

What made you decide to move to Powell River?

Alex & Chelsea • Well we both secured employment before moving so that definitely helped push us to the ferry terminal with our U-Haul.

Where is your favourite place in Powell River?

Alex • Costa del Sol. Not only does it support my taco addiction but it's where Chelsea and I met last summer. Sunsets on their balcony with a Double Rumbo in hand isn't too bad either!

Chelsea • The Sunshine Coast Trail. My love of hiking and the outdoors makes Tin Hat my go to spot for a night with a view.

How did you first hear about Powell River?

Alex & Chelsea • I don't actually remember but the Sunshine Coast was just another place in BC that I had never been, so last summer I changed that and it was the best decision of my life. Chelsea was sent here for work and immediately fell in love with this hidden gem.

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

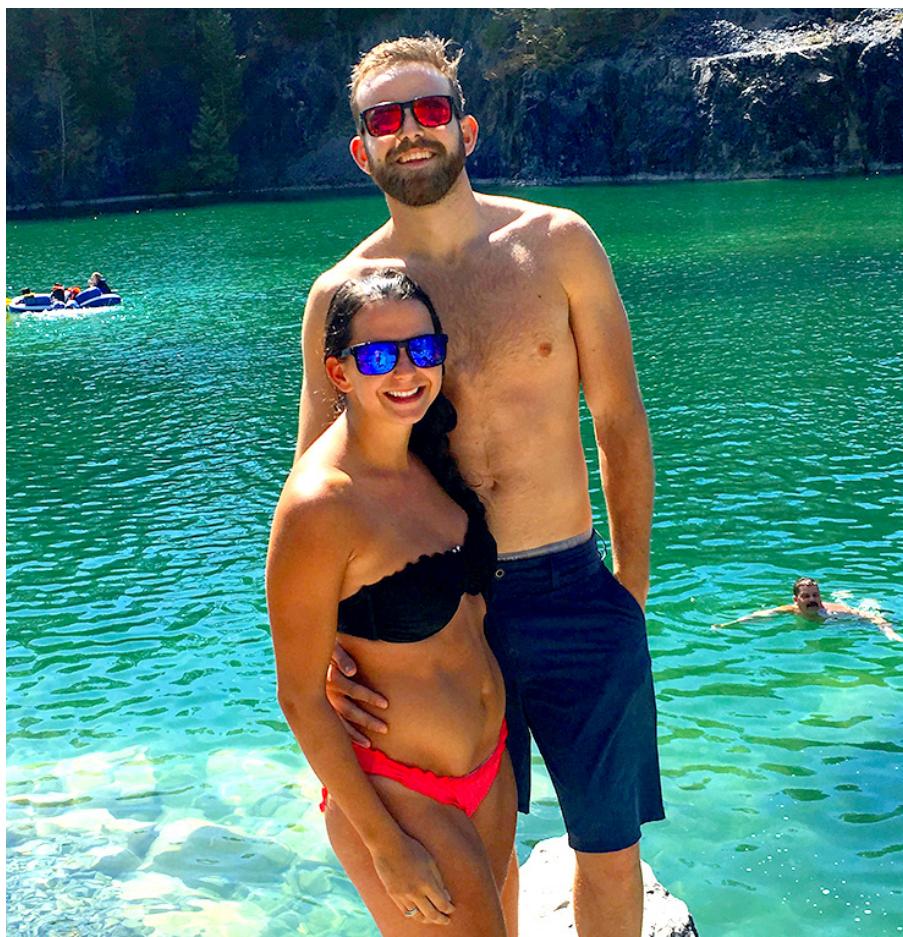
Alex & Chelsea • Uber! It creates jobs for those that want to be their own boss and it would minimize wait times for rides.

What challenges did you face in trying to make a life for yourself here?

Alex & Chelsea • The isolation. Though many see it as a good thing, it would be nice to see Ma and Pa a bit more often. And with ferry costs rising, it's becoming more and more difficult.

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

Alex & Chelsea • Push for more rental properties. We were lucky to find a place



DIVING IN: Coastal Cookery & Costa Del Sol employees Alex McCallum and Chelsea Kern are enjoying everything Powell River has to offer... but they had to face down Powell River's ugly rental situation before settling in. They say lack of rentals limits community growth.

to rent and we think the lack of rentals really limits the growth of the community.

What are Powell River's best assets?

Alex & Chelsea • Its people. Everyone is so friendly and nobody is in a rush. It's a wonderful change from the hustle and bustle of the city. Feels like home.

What is your greatest extravagance?

Alex & Chelsea • Food. Without a doubt. Coastal Cookery and Costa del Sol sign

our pay cheques but they might as well pay us in gift cards. They were our stomping grounds even before we started working there.

Which talent or superpower would you most like to have?

Alex & Chelsea • It would be great to be able to fly. Fly to Texada for a swim in the quarry, to Savary for a day on the beach, or up the lake for a weekend on the water. 

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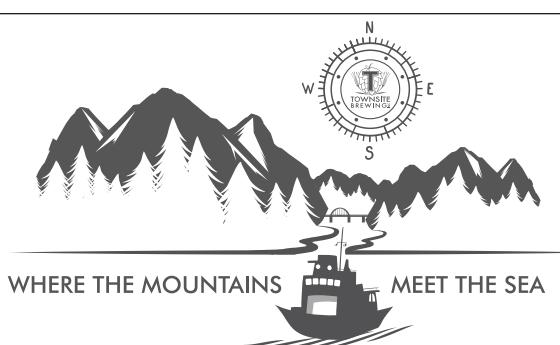
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Vacant lot + 30 years of Flamingos

Craig Park comes into its own

In 1985 many of the families in the Craig Road and Lund area learned that a wooded acreage near the intersection of Craig Road and the highway was marked as potential park.

A grant application was drafted, and sent off to the federal government. The resulting grant was used to employ a crew of locals and work began...

The Friends of the Lost Flamingos - created in 1986 as a fund raising group for the newly created Craig Park - is celebrating 30 years as a non-profit society. The group was named after two iconic yard flamingos Steve Hansen, the park's caretaker, put high up in a tree behind the baseball diamond.

The Friends sponsored the two softball teams for many years - the Flamingos & Flamingals. They hosted the Lund

Christmas Craft Fairs, annual softball tournaments and dances held at the old Lund Community Hall.

Over the years they raised money for park improvements such as the bleachers and the wonderful covered bridge spanning the creak running through the park.

The park has seen many new improvements with the addition of a newly surfaced tennis/pickle ball court and a Disc Frisbee course with nine challenging holes. There is a popular system of trails located in the ravine behind the field.

Many thanks to the staff of the Powell River Regional District for keeping the park in such pristine condition!

The Friends are planning a celebratory dance - date to be determined - commemorating their 30 years. Do not miss it! 



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YOU'VE COME A LONG WAY, CRAIG-Y: The amenities in this formerly vacant lot are remarkable. This year, the Powell River Regional District installed a nine-hole Disc Golf course (top). A tennis court, gazebo, new playground, and, of course, natural elements make this park a true north of town destination.

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Sunshine Coast Shoreline Pristine

BY KIRK FRANSKE

Here on the Sunshine Coast, traditional lands of the Tla'amin and shíshálh Nations, we are blessed with hundreds of kilometers of shoreline that is some of the most beautiful on the planet. The rich waters here have been sustaining wildlife and humans for thousands of years.

Unfortunately human activity has created a threat to the health and beauty of our shorelines and the ecosystems around them.

Marine trash comes in many forms, some more menacing than others. Anything man made that floats can end up on shorelines, delivered there by the wind and the tides. All this trash takes away from the beauty of our coastlines, and much of it is harmful or deadly to the creatures that live here.

Lost and discarded rope, netting and fishing line can entangle and kill all kinds of sea creatures, even whales. Containers with paint, oil or other toxic materials can break open on beaches and spill, poisoning shellfish and other marine life.

Countless sea creatures die every year by ingesting plastic and other trash. There are some graphic images of the harm that is done at <https://goo.gl/47vWFb>.

Plastics break down into tiny particles and are often consumed by marine life as well. This pollution is passed up the food chain even to humans. Floatation foam is an abundant and horrible form of shoreline pollution. It is often used for buoyancy in dock construction and shellfish farming. Blocks of foam that break loose end up on shorelines where they are tossed by waves and grind down into

VOLUNTEER FOR CLEANER BEACHES

If you love beautiful beaches, abundant marine life and uncontaminated seafood, please help keep our shoreline clean.

Get together with friends and clean up beaches that are polluted, or if you are out for a shoreline walk and you see trash, take it home and dispose of it properly. Advocate with local, provincial, and federal governments to reduce or ban the use of floatation foam in marine environments.

We can make a difference.

People wanting to participate in the coastal cleanup project should contact the PRRD office at 604-485-2260.

thousands of tiny beads that are nearly impossible to clean up.

The good news is that the Powell River Regional District (PRRD), in response to requests from local citizens, has allocated funds to support volunteer efforts to clean up the coast in our area from 2017 to 2021.

These funds cover tipping or recycling fees and in some cases the transport of refuse. This year a number of volunteers cleaned beaches on Savary Island, Texada Island, Black Point, Thunder Bay and Scotch Fir Point.

A small mountain of trash was collected and a large amount of it will be recycled locally and with the assistance of the Ocean Legacy Foundation. (oceanlegacy.ca) Many thanks to all the volunteers who participated in this worthwhile effort! 

"The good news is that the Powell River Regional District, in response to requests from local citizens, has allocated funds to support volunteer efforts to clean up the coast in our area from 2017 to 2021."

- Kirk Franske

or Polluted?



CLEAN TEAM:

Opposite page: Mahood's Beach like it should look: clean and pristine (*photo by Maria Glaze*).

Above: Let's Talk Trash team member and volunteer Abby McLennan atop a pile of collected foam blocks.

Inset: Volunteers from left to right are: Reid Moore, Chris McClelland, Guy Chiasson, Brendan Clarke, Gord Kennedy, and John Cogswell. (*photo by Abby McLennan*)

Top right: Floatation foam beads collect around an otter's whiskers. (*Photo by Maria Glaze*)

Middle and lower right: the volume and variety of garbage collected from local beaches is extreme. (*Photos by Abby McLennan*)





This disco-era radio kid is leading BC into 21st century indie broadcasting

BY ZANE SAMPSON

I was 10 when I had my first radio experience.

It was 1972.

My dad took me to Irly Bird lumber in 100 Mile House. There, in the middle of the building supplies, stood a guy with a microphone with a long cord that went to a bunch of other equipment. My dad told me to watch and listen to the radio that was on the counter. Ken Wilson started to speak...and like magic it came over the radio.

I knew then that that's what I wanted to do with my life.

My next radio encounter was in Grade 7, junior high. We had electives, and one was a Radio and Television course. So I signed up for that. A couple weeks into the course I told my teacher that I really wanted to be on radio. He said I should go down and talk to the station, CKBX 1240.

So being a 13 year old who didn't know any better, I marched down and talked to the station manager - the same Ken Wilson - and asked him if I could do a radio show. He said, "yes" if I pick out my own music and talk about school events and get someone else to go on the air with me.

And that's how I got my big break in radio. I was a 13 year old with keys to a radio station...I am still amazed by that kind of trust Ken showed us.

Back then, even big city radio stations were doing school programs. 14 CFUN had students from different Vancouver schools on Friday nights.



POWELL RIVER'S OWN VENUS FLYTRAP:

Top, a 14-year-old Zane Sampson DJs his own show on 100 Mile House's CKBX 1240. Above, as owner of Powell River's only digital radio station, PRX101.com, Zane independently produces the local flavour and personality that initially drew him to radio more than 40 years ago.

Radio stations didn't try to be local...they just naturally were. And computers were just starting to make their way into the larger market stations. Even the TV

In the 1980s, "I remember saying 'these computer things would never catch on.' Talk about missing the boat!... This year, Norway is ending all FM radio in favour of Internet radio. It's the future, and it's coming."

- Zane Sampson

show *WKRP in Cincinnati* featured computers in one episode. At BCIT in the early 1980s, we were introduced to computers...but everything was still in DOS. I remember saying "these computer things will never catch on." Talk about missing the boat!

From BCIT I went on to work at some of the smallest radio stations in B.C. to some of the biggest in both Alberta and B.C.

That episode of *WKRP* I mentioned earlier, actually was a preview of things to come in radio. Venus Flytrap was hired by a radio station that was completely run by computers. No live DJs. But during that time, radio was personality driven, so an all computerized radio station seemed like something only for big cities in the very distant future. My personal favourite radio personality during all of this, was Racoon Carney on 14CFUN.

So a quick history of radio looks something like this: first there was AM, then in the 70's FM started to take

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on AM. FM became king in the 80's and remained unchallenged until a little thing called the Internet came along.

And now the Internet is where most people get their music. This year, 2017, Norway is ending all FM radio in favour of Internet radio. It's the future, and it's coming. A magazine out of Vancouver did a survey asking "What is your favourite radio station?" In first place was CBC Radio 3...which is an on-line only radio station.

The advantage of on-line radio is it's like the wild west. There really are no rules that one has to follow. There are SOCAN fees so artists are still getting paid, but besides that, there really are no rules.

I guess the rules are more regulated by the community in which you live. If you want listeners, you need to please the people where you live.

I remember when I first moved to town, I heard Patty Coburn do a radio ad for the Rec Centre - and how local that felt. Then I went on to have coffee with the Mayor, and then coffee with our MLA.

I think it's that kind of stuff that makes radio special and fun to listen to.

The state of mainstream radio today is kind of a shadow of how great it used to be. Many stations have very small music playlists...some as few as 500 or 600 songs. That means they go through all of their songs in less than two days. That becomes painful after listening for a few months.

Plus, like that WKRP episode, most of the day is pre-recorded by someone that doesn't even live in the town they are broadcasting to. If you've ever heard something like "what a beautiful day" and it's raining, that's because that was recorded hours before, by someone who doesn't live in the area.

The great thing about being an Internet only radio station is that I answer to nobody. So if I want to play over 8,000 songs and counting, I can. If I want to play local artists once an hour throughout the day, I can (and do). If I want to chat with the mayor or MLA for long periods of time, I can. If someone comes into the studio and wants to talk about their event, we don't have to keep it under, say, a minute. We can talk as long as needed to give that event proper coverage.

I look forward to serving Powell River with my new on-line only radio station. 



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PART OF THE TEAM: September is Disability Employment Month. Last fall, Aero Design's Jason Revke (top row, second from left) hired Jeremy Tobie (top row, second from right) through an employment program - and the two couldn't be happier.

Aero shoots for diversity

BY CHANTAL EDMUND

A diverse workforce sounds like an uplifting ideal, but how can you make sure it's successful?

That's the question Aero Design had. The Okeover Inlet company manufactures helicopter cargo baskets and accessories.

So last September, owners Jason and Wanda Rekve and engineer Jeff Clarke went to the experts; they attended a 'Mentorship Breakfast' to learn about local job seekers programs.

The session was part of a Disability Employment Month presentation by the Powell River Model Community Project and inclusion Powell River's Employment Services.

Disability Employment Month celebrates employees with disabilities and the communities that support them. Employers are encouraged to prioritize hiring people with a disability and build a more inclusive workforce. More than 90 job seekers have been hired by more than 50 employers in Powell River in the past two years.

In other words, it's working. "Employers are opening the doors more than ever," says Connie Polman-Tuin, Employment Services Manager at inclusion Powell River. "And we're thankful."

Aero Design has certainly opened its doors. Jason invited employment case managers to tour the facilities and explained the operation and the products they manufacture.

Afterwards, the case managers reflected on which job seeker would be a good fit for this position. They assessed the needs and qualifications for this position and found the person who was the right fit. By the time the details were hammered out and schedules matched up, it was the third week of November and Jeremy Tobie and his case manager were on their way to meet with Jason and his team.

After introducing Jeremy to the prospective employer, it was apparent to us that there was an immediate

connection. This was confirmed by the nod Jason gave a short time into the tour.

Jeremy seemed truly engaged by the idea of working in the aeronautical industry, chatting nonstop all the way back to the office.

An unpaid two-week work experience was arranged. At that time, the employer was offered a wage subsidy to help support Jeremy through training. They were so pleased with Jeremy that they waived the wage subsidy and hired him part-time as soon as the work experience was complete!

"I struggle to see Jeremy's barriers as he is such a good fit with the other employees at Aero Design and he is incredibly intelligent and hard working."

– Jason Revke

Nine months later, Jeremy is now working four days a week and is a valued member of the Aero Design team. With the support of Jason and the crew he now specializes in certain areas of the shop and has seniority over two new team members.

Jeremy calls this his "Place of Zen." He loves the work and is still talking about the incredible support he has received from his employer.

Jason, on the other hand, has stated several times that he doesn't feel like he gave Jeremy any extra support, just communication. Jason says, "I struggle to see Jeremy's barriers as he is such a good fit with the other employees at Aero Design and he is incredibly intelligent and hard working."

Because of this new job, Jeremy has flourished. As a result of this opportunity and support, Jeremy is now specializing in certain areas of the plant and expanding his personal knowledge.

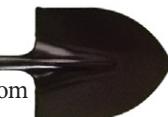
In Jason's words "Jeremy is now a part of the Aero Design Family." **PR**

Top plants 2017



A growing concern

BY JONATHAN VAN WILTENBURG | jonathanvw@yahoo.com



All summer long every single one of our windows are open day and night.

We love the sound of the ocean and the warm breeze. It brings a sense of outdoors inside.

But a few days ago something was different. In the morning the house was cool. I mean almost chilly.

I had to put on a sweater while nursing my coffee (and yes it was a Pollen). For me this is always the first sign that summer is drawing to a close. But what a summer we had, it was truly glorious (as long as you could keep up with the watering!).

There were many days in the high 20s with pleasant warm nights. Ahhhh. And there were not many days that you could not use the old clothesline.

While gloating on the lovely summer, I thought I would list my top performers in the garden for summer 2017.

These are plants that required minimal care and little to no watering. These are plants that just kept batting their eyes no matter what the conditions seem to be.



Catmint, cat nip (*Nepeta*)

As the common name suggests, *Nepeta* is a member of the mint family. It is very drought resistant and easy to grow.

The plant itself has grey-green minty foliage that stands out nicely when the lavender coloured flower spikes are revealed. One of the best things about this garden plant is once the flowers have finished just cut the plant back, and new fresh growth and flowers will return.

It is not unusual to have 3-4 bloom cycles throughout the summer. Width 2' Height 1.5'.

Spurge (*Euphorbia wulfenii*)

A stunning evergreen shrub with grey-green leaves and longer yellow-green flowers. This *Euphorbia* (take note as there are many varieties, some are invasive) is extremely drought tolerant and requires little to no care apart from pruning once a year.

The flowers show up early in spring, and are attractive for months. The remainder of the year the grey-green foliage provides great colour and texture in the garden.

This species readily self seeds, however the seedlings are easy to weed out. The stems when pruned exude a white latex that can irritate the skin and eyes. Definitely worth growing. Width 3' Height 3'.



African Lily (*Agapanthus*)

A beautiful perennial with long bright lime green leaves and stunning starburst shaped blue flowers. Compared to the two other plants suggested above, agapanthus do require a little more care. But it is well worth the effort and still one of my top performers.

Agapanthus will require a weekly watering and a good feed at the back end of the season to set flowers for the next season. *Agapanthus* grow just as well in containers as they do in the ground, and look extremely good if planted in larger groups. If your garden or patio is in need of a serious long lasting punch of lime green and bright blue, agapanthus is for you. Width 2' Height 4'. 



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September is Disability Employment Month!

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For more info about inclusive hiring resources, services and supports to help people with disabilities obtain employment, contact:

inclusion Powell River:
Connie Polman-Tuin
Program Manager Employment Services
es@inclusionpr.ca 604-485-4628

Model Community Project:
Chantal Edmunds, Program Manager
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What's the difference between yoga and church?

In last month's Best of Powell River feature, we threw out a challenge to readers: explain the results of the "Best Spiritual Experience" category (see inset, next page). We were delighted to receive two very thoughtful letters.

If you have further ideas, please write in!

Dear Editor,

I was saddened by the fact that "church going" was relegated to the rubric of "Best Spiritual Experience", and even more saddened that readers would prefer nature encounters, labyrinths, yoga and drugs to that of church.

Certainly these non-church experiences can produce immediate and short term pleasure, but they aren't the same as church. As you point out, half of Powell Riverites would claim themselves Christian, yet very few darken the door of a church for regular worship.

Perhaps an answer might be found right in the response of this category... "the best"... according to how it affects me. It would seem there is a huge misconception in society that "it is all about me and how I feel," and that is not exactly what church is all about. Hedonism (do whatever to make me feel good) and narcissism (excessive interest in me) certainly seem to trump

a few of the ideals of "church going."

Where is the element of worship of the Creator? Accountability and responsibility as found in the Biblical Christian community? And a major one: sacrificial living and doing for others as Christ commanded?

Maybe if society would add these thoughts to "the best" category, then there might be a different society with long term benefits for all.

Thank you for your enjoyable publication. It is a great service to Powell River and beyond.

Sincerely,

The Rev. David Zomer
President, Powell River Ministerial Association
Minister, Powell River Reformed Church



ence" is something very real, as Lewis points out, and it is not limited to something that only happens or should only happen in a certain kind of building on a certain day of the week at a certain time.

While spiritual experiences undoubtedly can happen in a church, church attendance is only a wee slice of our larger lives. We are both physical and spiritual beings, and so one would expect that spiritual experiences would definitely also occur outside of church, where most of life is lived.

"Church", I think, is a loaded word, bringing to mind different things to different people, based on their exposure—or lack thereof—and ranging from genuine

Dear Editor,

First of all, I love your wonderful publication! We always save one for my uncle who was born and raised here, but who moved to the city many years ago. He says he always looks forward to them. So first of all a big thank you for all your wonderful work.

And now to share a thought provoked by your little note calling on faith leaders, etc. to explain why "church" didn't rank highest under your "spiritual experience" category. Well, I'm not a faith leader or a yogi or a pothead, but here are my thoughts anyway.

When I read your comment, it reminded me of something written by CS Lewis (which is reproduced below.)

Connecting with God, or having a "spiritual experi-

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2. CHURCHES & LABYRINTH
3. YOGA / DRUGS

PRL notes: Surprisingly, relatively few people voted for 'church' as a top spiritual experience - even though, on the census, half of locals claim to be Christian. Nature handily won this category. Nearly as many voted for marijuana and yoga as "Best Spiritual Experience" as voted for church (if we hadn't included the labyrinth in the 'church' category, drugs and yoga would have been in 2nd place). Any thoughts on this, faith leaders / yogis / potheads? Please write in.

warmth and love, community and kindness, to hurt and misunderstanding or judgment, hypocrisy, corruption, and so on.

Generally people who choose to go to a local church do so to be with others who are on a similar path—who are also trying to do life by taking a look at the biblical world view and drawing near to the God of the Bible by learning what scripture is about and seeking to follow the One who said, "Follow Me."

To my eyes, I think that church is about connecting with others while learning about God. Expecting church to fulfill our "Best Spiritual Experience" expectations every week is maybe not the right expectation.

As Lewis puts it, a map is not as fun as a walk on the beach, but because it is based upon others' real experiences out on the ocean, it is useful for navigation.

Attending church in order to move in the direction of becoming more awake to spiritual experiences in the whole of life, that to me, may come closer to a realistic expectation for church attendance.

Here is another analogy I heard once, which sort of expresses the same idea, I think:

If I learned all I could about the Queen by reading books, watching documentaries, searching online, etc., would that mean that I actually knew the Queen? What if I memorized all of the information I'd researched, would I then be able to say I knew her? I don't think that

learning about someone is the same thing as getting to know them.

Church can be a way to learn about the God of the Bible, but that is not the same thing as getting to know the God of the Bible. To do that involves a spiritual journey which extends far beyond the walls of a church.

Thanks for listening to my "two cents" worth!

Sincerely,
Sharon Piper

Excerpt from *Mere Christianity* by CS Lewis

I remember once when I had been giving a talk to the R.A.F., an old, hard-bitten officer got up and said, 'I've no use for all that stuff. But, mind you, I'm a religious man, too. I know there's a God. I've felt Him: out alone in the desert at night: the tremendous mystery. And that's just why I don't believe all your neat little dogmas and formulas about Him. To anyone who's met the real thing they all seem so petty and pedantic and unreal!'

Now in a sense I quite agreed with that man. I think he had probably had a real experience of God in the desert. And when he turned from that experience to the Christian creeds, I think he really was turning from something real to something less real.

In the same way, if a man has once looked at the Atlantic from the beach, and then goes and looks at a map of the Atlantic, he also will be turning from something real to something less real: turning from real waves to a bit of coloured paper.

But here comes the point. The map is admittedly only coloured paper, but there are two things you have to remember about it. In the first place, it is based on what hundreds and thousands of people have found out by sailing the real Atlantic. In that way it has behind it masses of experience just as real as the one you could have from the beach; only, while yours would be a single glimpse, the map fits all those different experiences together.

In the second place, if you want to go anywhere, the map is absolutely necessary. As long as you are content with walks on the beach, your own glimpses are far more fun than looking at a map. But the map is going to be more use than walks on the beach if you want to get to America. **PRL**



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Congratulations!



Markus Ulrich left, won a Pollen Sweater, but because he already owned one, he gave his winnings to his son, middle, as a birthday gift (here with Pollen Sweater's Sara Wiltse.) And since his son was getting married shortly, Markus bought a matching one for his new daughter-in-law!



From the thousands of votes cast online and in print for the Best of Powell River contest, these were randomly chosen as the winners.

Thanks for voting! And thanks to Pollen Sweaters and Terracentric Adventures for providing prizes.



LouAnne Kerr, here with Powell River Living publisher Isabelle Southcott, won a tour of Desolation Sound with Terracentric Coast Adventures.



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

WHAT'S UP

Ed Sheeran just the icing on a very hopeful cake

Meeting British pop sensation Ed Sheeran was Madison White's "Make a Wish Foundation" big wish... and on July 28, she got just what she asked for.

Not only did the Powell River teen get front row seats to his Rogers Arena concert, she also got a backstage pass - plus hair and make-up styling and a limo service... and she met Ed in person.

Madison is fighting Acute Myeloid Leukemia. She had a bone marrow transplant from her younger brother Tyson last year, and endured two rounds of chemotherapy. Now, she is in full remission.

Though she has been discharged from BC Children's Hospital, she will be living at Ronald McDonald House in Vancouver for at least a few more months.

Health fair

On September 30, head down to the Powell River Recreation Complex for the second annual "Just for the Health of It!" Health and Wellness Fair. From 10 til 4, visit more than 35 booths belonging to local businesses and nonprofits that can help you reach your health goals. Check out the full schedule of events in ZEST, which is included in this issue or, if yours is missing, wherever *Powell River Living* is found or at prliving.ca. The event is free.

Special O surprise medals

Wow, our Special Olympic athletes received more medals than we knew about when we ran a story about their success in the August issue of *Powell River Living*.



We had swimmer Lance Barker down as winning three medals when he actually won four bronze medals! Congratulations Lance.

In softball, Tanya Norman, Michele Lacroix, Richard Lang, Patrick McLaughlin and Robert Lang also won silver medals. And George McVicker won a bronze medal.

Congratulations to all Powell River athletes, coaches and volunteers for all their hard work!

Oops - Best of Jewelry & Clothing

We made an error transcribing the Best of Powell River "Best Local Designer: Clothing or Jewelry" category. In August's issue, it ran as "Best Jewelry Designer." In fact, it should have been both. Congratulations again to Thick for taking first place - Thick sells both clothing and jewelry that is locally-

designed and made; clothing designers Jo'Mamma and Juniper Dragon shared second place; and jewelry designer Enchanted Tree took third place.

Oops - Stephanie at NuEssence

We also messed up in Best of PR when we listed second-place "Best Hair Guru" winner Stephanie Conte as being at Scizzors. In fact, she works at NuEssence.

Oops - kick us to the Curb!

We made a mistake and had a typo in a phone number that appeared in the August issue of Business Connections. The correct phone number for Dave Hodgson of West Coast Curb Appeal is 778-839-2032. Dave and his family recently moved to Powell River from Burnaby and he relaunched his landscaping and yard cleanup business here. [PRL](#)

After-school at the Library

Zine Lab

Create your own zines with old and new technology.

Rotary Makerspace • Tuesdays

Oct 3 - Dec 5, 3-5 pm

Drop-in, ages 8+

Rock and Read: A Teen Book and Music Club

Music and book lovers will combine passions as part of this new book club. Books are intended for teens of all ages.

Meeting Room A • 4th Thursday of the month

Sept 28 - May 24, 3-5 pm

Registration required, ages 11+

Young Writers' Writing Group

Be inspired, practice writing and share your work.

Teen Room • Fridays

Beginning Sept 8, 3-5 pm

Drop-in, ages 11+



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

Help this happen - bring your children to StrongStart

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

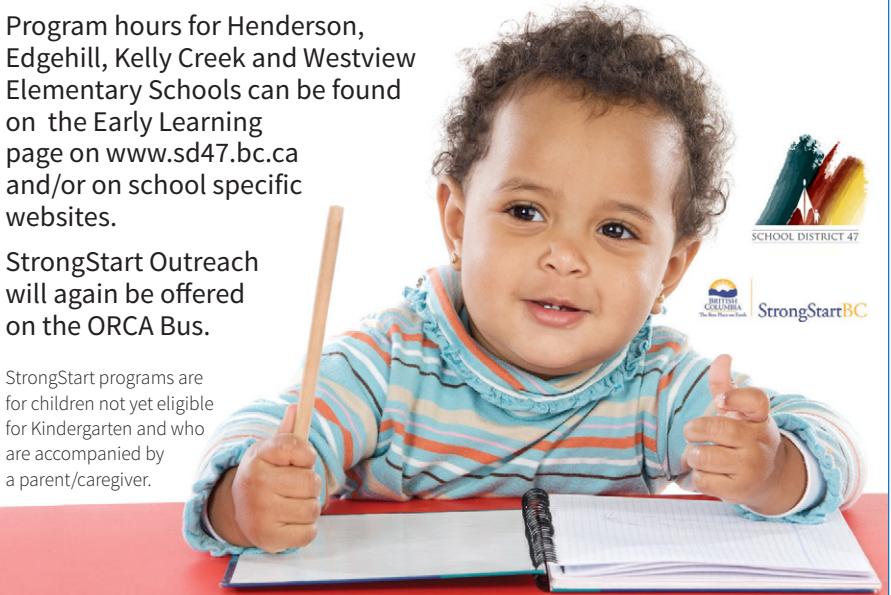
StrongStart 2017-2018 Programs

will commence Monday, September 11, 2017

Program hours for Henderson, Edgehill, Kelly Creek and Westview Elementary Schools can be found on the Early Learning page on www.sd47.bc.ca and/or on school specific websites.

StrongStart Outreach will again be offered on the ORCA Bus.

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



**SEPT 1 TO 4
WEEKEND**



Sunshine Music Festival
Desiree Dawson at CranHall
Gifts of the Forest celebration
The Nut Job (at the Patricia)
Labour Day

**SEPT 8 TO 10
WEEKEND**



Paws for a Cause
Bourne to be Ozz
Kings versus Victoria
Summer Harvest Festival
Mike McCardell at the Library

**SEPT 15 TO 17
WEEKEND**



Fall Fair
Terry Fox Run
Happy Hour at the French Club
Campfire Sessions: Bears
Gifts of the Land Celebration

**SEPT 22 TO 24
WEEKEND**



Pro-D Friday
Salmon Festival
Clansmen Pipe Band Benefit
Solid Waste Tour
Equinox Celebration

**SEPT 30 TO OCT 2
WEEKEND**



"Just for the Health of It" Fair
Petunia and the Vipers
Interfaith Spirit Walk
Blessing of the Animals
Comedy Tour (Sept 29)

There's MUCH more happening on the weekends and mid-week. See pages 26 to 31 for full listings.

5

September Events

ways to welcome the changing of the seasons

1. Fall Fair

On Sept 16 & 17, head to the Paradise Valley Exhibition Grounds for big & beautiful vegetables, pies, sewing, animals, LEGO contest, and much more. Nothing says "harvest" like the colours and textures at this event.

2. Salmon Festival

Celebrate the fall salmon run at this September 23 event at Club Bon Accueil. Also, in October, there's the Pacific Salmon Foundation fundraising gala. See ads on Pages 12 and 30.

3. For the Love of Bears

They'll start wandering through our turf soon, and we'll be wandering through theirs. Hear from several bear experts at this entertaining night at the Library on September 16.

4. Equinox Celebration

Twice a year, the day and night are roughly equal. Celebrate the fall event - part of the interfaith Season of Creation - at the Anglican church in Townsite the evening of September 22.

4. Join something

It's September. Everything starts up again, and many groups look for new members. Join a choir, try out curling or roller derby, or participate in one of this month's many fundraisers. Meet friends. Influence people.

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Plan your September

Big festivals & events

September 10

Paws for a Cause

Registration at noon, walk begins at 1 pm, BC SPCA on Duncan Street.

September 16 & 17

Fall Fair and Trail Challenge

Noon til 5 pm both days, Paradise Valley Exhibition Grounds on McLeod Road. See story on Page 14. The Powell River Trail Riders are holding an adjacent event: drills demonstrations and competitions. See Facebook for details.

September 17

Terry Fox Run

See story on Page 29.

September 23

Salmon Festival

At Club Bon Accueil. See ad on Page 12.

September 30

Just for the Health of It Health and Wellness Fair

Powell River Recreation Complex, 10 am til 4 pm. Free. See ad on Page 35 of this issue, and schedule on Page 3 of ZEST.

Big dates

September 4

Labour Day

September 5

Back to School

September 11

Strong Start early learning opens

At Henderson, Edgehill, Kelly Creek and Westview. See ad on Page 24.

September 22

September equinox

Day and night are roughly equal. See event under "Season of Creation" on Page 30.

Pro-D Day

Kids shinny at the Rec Complex 9:15 til 10:45. Everyone Welcome skate 1:30 til 3. Swim \$2, 2 til 4 pm.



Canning Queen

Last month, publisher Isabelle Southcott posted this question on Facebook. "Who is the best home canner in Powell River?" She got lots of great answers! Some were of people she knew about and others she's never heard of. One person's name was mentioned by several people: Elaine Steiger.

This year Elaine expects to do about "4,000 units." That's down from her heyday when she owned Mountain Ash Preserves and often did more than 8,000 a season!

These days she's making jam, jelly, vinegar, syrup, lemonade, pickles and relishes.

What's unique about this 70 something year old woman is that not only does she preserve great quantities of food to sell at her store, The Nutcracker Market, on Marine Avenue, but she also grows a lot of it in her Cranberry Lake garden.

She created a wide variety of blackberry preserves this year, blackberry vinegar, blackberry syrup, blackberry lemonade, blackberry inferno jelly, blackberry raspberry jelly and blackberry plum, blackberry rhubarb and blackberry kirsch. She says some of her local product will be used in her unique blackberry and Powell River gift baskets later this year. PR

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September 1 – 5

The Nut Job 2 in 2D & 3D

7 pm nightly in 3D & 1:30 pm weekend matinees in 2D. The Patricia Theatre.

September 6

Powell River Chorus kick-off

7:30 pm, Powell River Academy. Chance to join the non-audition, all ages community choir. See ad on Page 15.

September 6 & 7

Cinematheque series starts with Beatriz at Dinner

7pm nightly & 1:30 pm Thursday matinee. At The Patricia Theatre.

September 8

Young Writers' Writing Group

First meeting, drop-in Fridays 3 til 5 pm. Ages 11+. See ad Page 24.

September 9

Mike McCardell reading

The author and broadcaster reads from his new book *None of This Was Planned*. 1 pm at the Library.

September 9

Kiwanis Giant Book Sale

10 til 1, 4943 Kiwanis Ave. Fundraiser for Canadian Tire JumpStart.

Sept 13-14

Kedi

Turkish with English subtitles. The Patricia.

September 19

Square dancing for new dancers night

No commitment. 7 til 9 pm, \$5, Timberlane. See ad on Page 2 of ZEST.

Sept 20-21

Lady MacBeth

The Patricia Theatre.

Sept 27-28

A Ghost Story

The Patricia Theatre.

September 28

Rock and Read: Teen Book & Music Club

First meeting, year-long club, Registration required. Library. Age 11+ See ad Page 24.

September 29

Snowed In Comedy Tour

Three of Canada's top comedians perform at the Myrtle Creek Golf Club: Toby Hargrave, Dan Quinn and Peter Zedlacher. 8:30 pm, buy tickets at www.brownpapertickets.com.

Coming Up

God is a Scottish Drag Queen

Motus O Dance Theatre

Both at The Max. See ad at right.

Live Music

September 1

Desirée Dawson and Ken Dunn & Anna Green Concert

Cranberry Hall, 7 pm. Admission by donation. Part of the Sunshine Music Fest.

September 1 to 3

Sunshine Music Fest

Friday Cran Hall, Sat and Sun at Palm Beach. See www.sunshinemusicfest.com

September 8

Live Musick: High Arctic, Royal Jelly, Golden Hand, MC Initial

9pm, McKinney's. \$10 at the door.

September 9

Bourne to be Ozz: The Canadian Ozzy and Black Sabbath Experience

Evergreen Theatre, 7 pm. \$20 in advance / \$25 at the door. Get them at Rockit Music, River City Coffee, Townsite Brewing, and Roxy Records.

September 15

Back to School Special with Kaleidoscope

Local Musicians, Local DJs, Local Painters, Local Artists. \$5 door entry, funds go to musicians

September 15

Happy Hour at the French Club

5-7 pm, Club Bob Accueil. Live music with Devon Hanley and appies. \$15

September 23

March Hare

The Zoo, 9 pm, \$20

September 23

Fundraiser to benefit the Clansman Pipes & Drums

Haggis-free Scottish dinner, Celtic open mic, silent auction, Scottish country dancing, cash bar, live band and dance. Scottish attire encouraged! Registration and details at www.lundbc.ca/ceilidh.html

September 29

Nearly Neil (Diamond)

Evergreen Theatre, \$30. Fundraiser for the Powell River Community Foundation. Tickets at RockIt, Roxy Music, The Peak, and River City Coffee.

Petunia and the Vipers

McKinney's, 9 pm.

September 30

Petunia and the Vipers

Lang Bay Hall, 9 pm.

Experience Entertainment!

THE 2017-18 SEASON AT THE MAX

The Max welcomes five live shows this season, and kicks off with these two returning favourites featuring all-new material. Visit MaxCameronTheatre.ca for the full schedule.



Fri, Oct 13 @ 8 pm (14+ coarse language)

GOD IS A SCOTTISH DRAG QUEEN

The Second Coming

Mike Delamont is back with everyone's favourite deity in a floral power suit in his new show, Second Coming in an unforgettable night of comedy. God as a Scottish Drag Queen is an international sensation with sold-out houses across North America.

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Wed, Nov 1 @ 7:30 pm

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Anji Smith fotos

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The next session will be Wednesday, Oct 4 from 9:30 am to 4 pm

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Ready your gourds, it's time for

Fall Fair

Every year the abundance of agriculture in Powell River is showcased at the annual Fall Fair at the Exhibition Grounds off Padgett Road

This year, it's under the leadership of the newly formed Powell River Farmers' Agricultural Institute.

Walking through the gates into the grounds you'll start to hear the music from the main stage, this year you'll enjoy listening to Snag Alley, Blues Busters, Scout Mountain and Paradise.

If you would like to enter anything, please check out the entry booklet online or stop in at the INFO booth during Farmers' Market hours (Sat 10:30 - 12:30 and Sun 12:30 - 2:30) for more information.

There will be a Kids Zone with activities for the kids to enjoy and the train will be running both days.

There will be agriculture, homesteading, and craft-related demonstrations happening throughout the course of the day with knowledgeable people to help you learn new things. 50/50 Raffle tickets have been on sale from various vendors at the Farmers' Market, \$2 a ticket with five chances to win \$500, you can buy as many as you like.

Therapeutic Riding will be having their silent auction in their building just off of Myrtle Ave and it's easily accessible from the Exhibition Grounds as well.

Come enjoy the day or the weekend, see all of Powell River's best, listen to live music, enjoy local food, let the kids have fun and catch up with your friends.

See you there!

- Juhli Jobi, Manager, Powell River Open Air Farmers' Market



There will be animals, vendors and of course the ever-popular exhibition hall with all of Powell River's finest vegetables, fruit, canning, baking, crafts, art, photography, LEGO and so much more up for judging and ribbons. Adult and

Sports

September 8 & 9

Kings vs. Victoria

7:15 pm, Hap Parker Arena on Friday. Second game of weekend doubleheader goes 5 pm Saturday. First games of the 2017-2018 season.

September 10

Pow!Town introductory Boot Camp and Info Session

Try out roller Derby. 10 am til 2:30 pm, Thunderdome. See Facebook.

September 22

Pro-D Day at the Complex

Kids Shinny at the Rec Complex 9:15 til 10:45

Everyone Welcome Skate 1:30 til 3

Toonie Swim, 2 til 4 pm.

September 23

Ladies Slo-Pitch Tourney

Sunset Park.

September 24

Anyone Can Curl free event

11 am, Powell River Curling Club

September 26

Meet the Kings Family Skate

5 to 7 pm, Rec Complex. Wear green and gold or your Kings jersey!

September 30

Kings vs. Alberni Valley

5 pm, Hap Parker Arena.



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Outfoxing Cancer

Mary-Ann Taves was first diagnosed with malignant melanoma in 1993 and then again in 1994. Later in 1994, she was diagnosed with lung cancer and had her left lung removed in January 1995. The cancer metastasized to her lymph nodes in 1996 and she was put on a new pilot chemo treatment.

She was one of three people out of the 1,300 who were treated to make it through.

"I survived that," she said taking a break from her work at MCC Thrift Store. "And all was good for a while."

Then in 2005, she was diagnosed with another primary in her right lung and needed chemo again. By then, the pilot chemo treatment she'd received in 1996 had now been approved in Canada.

Mary-Ann says money raised for cancer research through organizations such as the Terry Fox Foundation help with research and advancements in treatment.

For instance, the second time she received chemo it took less time. "Instead of being 12 hours in the chair (receiving chemo) it was only four hours in the chair." She had 28 treatments of radiation which concluded in February 2006.

John Taves' battle with cancer began in 2016. "I started having trouble swallowing last year," he told Powell River Living. A malignant tumour was discovered in his

TERRY FOX RUN

What: Annual memorial event raising money for cancer research

When: Sunday, September 17. Registration starts at 8:30 am, the run begins at 10 am after Terry's team members, John and Mary-Ann Taves, who are cancer survivors, say a few words.

Where: Recreation Complex

Other info: The Terry Fox Run is suitable for bikes, wheelchairs, strollers, and roller blades. Dogs on leashes are welcome. A pancake breakfast will be provided by Save-On-Foods after the run for participants and volunteers. Questions? Call Ted or Jan Rodonets at 604 485-9238 or tjrodonets@gmail.com or Barry and Brenda Butala at 604 485-4325.

throat. He had nine weeks of chemo to shrink the tumour and then on December 28, 2016 he had surgery at VGH. "They removed most of my esophagus and the top 30 per cent of my stomach. They also stripped 14 lymph nodes." Nine weeks of chemo followed.

Today, he has restricted swallowing and makes sure he doesn't eat for a few hours before lying down.

Before the run begins, the Taves will say a few words and walk across the bridge, says Jan Rodonets, who has been organizing the run with her husband Ted for many years.

PACIFIC SALMON FOUNDATION
13th Annual Powell River

GALA DINNER & AUCTION

Saturday, 21 October 2017

Dwight Hall, Powell River

The dinner will be catered by Executive Chef, David Bowes starting with an incredible seafood appetizer bar including Fanny Bay Oysters and local prawns from Pebble Beach Prawns, followed by a delicious buffet dinner. Live auction items will include exciting trips, fishing adventures, original artwork and jewellery, giftware and other unique items.

5:30 pm • Reception & Silent Auction 7:00 pm • Dinner 8:30 pm • Live Auction

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At Town Centre Court - Ontario Ave. + Barnet St.

Season of Creation

Last year, Pope Francis invited Catholics to join with their "Orthodox brothers and sisters and other Churches and Christian communities" around the globe to celebrate the "World Day of Prayer for the Care of Creation".

He said that this day offers "individual believers and communities a fitting opportunity to reaffirm their personal vocation to be stewards of creation, to thank God for the wonderful handiwork which he has entrusted to our care, and to implore his help for the protection of creation as well as his pardon for the sins committed against the world in which we live."

The Orthodox church proclaimed September 1st as a day of prayer for the environment in 1989 but it was not until 2000 that the idea of celebrating a Season of Creation was initiated in the Lutheran Church in Adelaide, Australia.

Now it is celebrated by many different churches all over the world.

Most commonly it has been celebrated between Creation Day on September 1 and St Francis of Assisi Day on October 4.

This year, the local Anglican and Lutheran churches are inviting the larger community to join in a number of inclusive creation-focussed gatherings.

- Jeanette Scott

September 3

Gifts of the Forest celebration

Faith Lutheran, 10 am. The Rev. Richard Hergesheimer will lead a service of Holy Communion celebrating the gift of the forest.

September 9

Solar Cooking Potluck & Summer Harvest Festival

Sycamore Commons – 10 am til 5 pm.

September 10

Gifts of water celebration

Faith Lutheran 10 am. The Revs. Jeanette Scott and Ron Berezan will lead a service of the word with healing celebrating the gift of water.

September 17

Gifts of the land celebration

10 am. The Rev. Paul Wiltse will lead a service of Holy Communion celebrating the gift of the land. This service will be held outdoors. For more information, contact Paul Wiltse: 604-485-2008.

September 22

Equinox Celebration

St. David & St. Paul Anglican Church, 7 pm.

September 24

Caring for creation celebration

Faith Lutheran - 10 am - Verna MacDonald will lead a service of the word focussed on caring for creation.

September 30

Interfaith spirit walk

10 am - Monthly Interfaith Spirit Walk to be led by The Rev. Ron Berezan. For more information contact Carla Mobley at kaarlambrey@gmail.com

October 1st

Lutherans and Anglican shared worship at St. David & St. Paul

10 am. The Rev. Laurel Dykstra from the Diocese of New Westminster's Salal + Cedar program will celebrate Holy Communion. This service will be followed by a potluck lunch and a blessing of the animals.



Slow down, Sisters!

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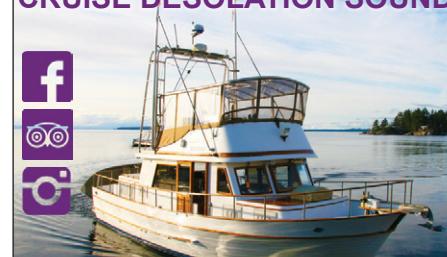
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Learn something new

September 6

PRRD Proposed Name Change

6 pm, Recreation Complex Cedar Room. Public Meeting to help decide whether the PRRD should change its name to Qathet RD (Tla'amin meaning: Working Together)

Self-Employment Program workshop
9:30 til 4 pm. See ad on Page 27.

September 13

Introduction to Plant-Based Cooking

Six-week course starts 5:30 pm at Senior's Centre.

September 14

Earthquakes of Coastal BC talk

By seismologist Alison Bird. Doors 6:30 pm, talk begins at 7, Cranberry Seniors Centre. See ad at right.

September 16

Campfire Session – For the Love of Bears

Experts share their insight into the world of bears. 7pm at the Library.

September 20

Solid Waste Management Plan public consultation for Area B

6 til 8 pm, Myrtle Point Golf Club. See Page 2.

September 22

Tech Savvy –Facebook & Instagram

Come and learn more about the most popular social

media platforms. 7 pm at the Library. To register call 604-485-4796 Ext. 206.

September 23

Tech Savvy –Facebook on Texada

Come have your questions about Facebook answered. 1:30 pm at the Gillies Bay Seniors Centre.

September 23

Solid Waste Management Plan Marine Avenue site tour

Everyone welcome, 11:30 am til 2 pm. See Page 2.

September 28

Food Bank Job Fair

Meet potential employers, share your skills and learn about new opportunities! 10 am til 1 pm, upper floor of the Recreation Complex. Free lunch at noon.

Inclusion Powell River AGM

6:30 pm Jean Pike Centre. See ad Page 19.

Real Estate Career Workshop

5:30 to 6:30 pm, River City Coffee. See Page 10.

September 30

Solid Waste Management Plan public consultation for Area D

Noon til 2 pm, Texada Community Hall. See Page 2.

October 2

Solid Waste Management Plan public consultation for Area C

6 til 8 pm, Lang Bay Hall. See ad on Page 2.

Protect yourself during an Earthquake

Earthquakes of Coastal BC
by seismologist Alison Bird
Cranberry Seniors Centre

Thursday, Sept 14th

Doors open at 6:30

Talk begins at 7pm

- no charge

- refreshments served



The Powell River Regional Emergency Program invites you to participate in the Great BC Shake Out on **October 19, 10:19 a.m.**



Register at www.ShakeOutbc.ca



MEET THE PINETREE TEAM:

name

Carlos Williams

job

Painter

years at Pinetree

1



Before moving to Powell River 10 years ago, Carlos lived in Victoria, where some of his more notable restorations were for Paul Allen, Nicholas Cage and Justin Trudeau.

Carlos has a small acreage out south where he grows his own food and raises animals with the help of his five children. He also sits on Powell River's newly formed Sustainability Committee.

Carlos has been in the industry for over 24 years, earning his Red Seal Paint ticket 19 years ago. He fits in well here at Pinetree, spending his days helping us in all aspects from estimating and teardowns to filling in where needed. He also keeps us supplied with his delicious home canning!



604.485.7676

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pinetreeauto@shaw.ca



We would like to Welcome
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Terry and his family are living the dream and have made the bold move to Powell River from White Rock, BC. As an experienced REALTOR™ he brings with him a different mindset and can tap into big city resources. If you are considering making such a move yourself, whether as a Buyer or a Seller – contact Terry – he knows what it takes to pack up and move into a new community.

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Tarot for back to school success

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

Teresa is available for individual readings, parties and special events.

You can contact her directly at 604-485-5620 or by email at teresaann@telus.net

With school set to begin in a few weeks I find myself reflecting back on my own success and failures as a student. In hindsight I wonder if the use of tarot cards, rather than the letter grade system, would have motivated me to do better.



Take the letter grade A for example; 86% - 100% or thereabouts and what if we substituted that A for the King of Swords? The king of swords is intelligent and grasps information quickly. He is analytical and articulate. He always strives to do his best. If your A is hovering just above a B try applying more of our King's attributes to bring you up to the top of your class!

Letter B is thought to be a very good mark, but what if we could get it even better? The Eight of Pentacles might help. The card depicts a person hammering away on their work bench. They have already completed several coins but have more to go. The Eight of Pentacles is encouraging you to keep doing what you are doing. Be diligent and determined and your hard work will pay off in spades!

Average, who wants to be average? Let's get rid of the letter C and replace it with the Seven of Pentacles. This card shows a man looking at the fruits of his labour. He is taking stock of what he has been doing and where it has gotten him.

Are you getting the returns you'd like for the time you put in studying? If not, reassess, think about a different approach, a new strategy or a complete change in direction.

The letter grade D is much like the Page of Swords. It is a messenger bringing us a challenge to develop a plan, dig in and work harder. The Page of Swords asks you to meet this set back with renewed energy and a firm resolve. Refuse to be discouraged.

Sometimes things just get so far away from us that we find ourselves worried sick over them. We doubt things will improve. Don't let a failing grade get the best of you.

The Nine of Swords is a warning from your gut that you may be going down the wrong path.

Look up to the Page of Swords if this happens. There you will find a champion in your court coaxing you up the ladder.

Use the tarot in the spirit of learning and discover your true potential.

Cards that inspire

KING OF SWORDS: Strive for your best

EIGHT OF PENTACLES: Work hard

SEVEN OF PENTACLES: Find new strategies

PAGE OF SWORDS: Be resilient

NINE OF SWORDS: Avoid the wrong path

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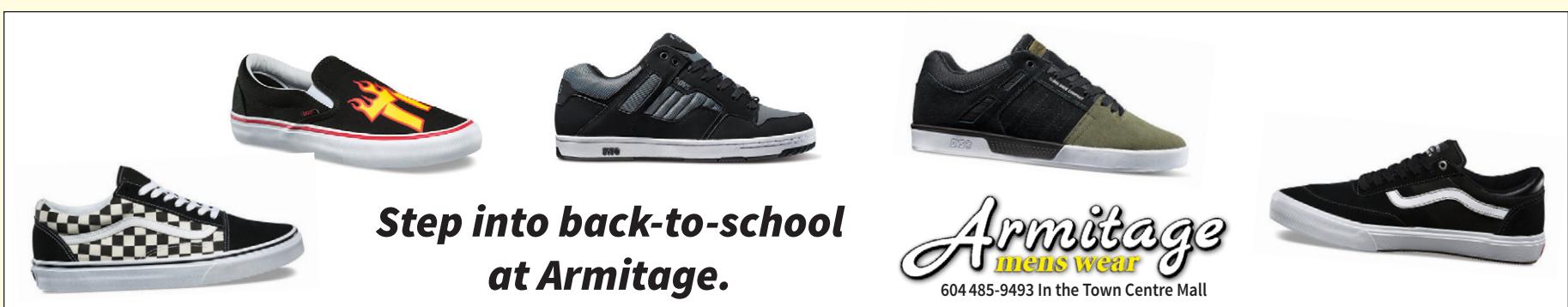
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Powell River Health & ZEST



Across

- 1) ORCA whale rides a ____
- 5) Creek Village
- 8) Storm and recipe-brewing
- 10) TRX train at __Fitness
- 12) Put me in, health advisor
- 13) To feed, or yoga studio
- 16) Just for the Health of
- 17) Auxiliary runs on volunteers and__
- 19) Ballet teacher
- 20) Lotus' colour
- 22) Nothing but itself
- 24) Volunteering is
- 27) Sr assoc HQ, tart fruit
- 29) Price to get in
- 30) Jana Dawn, igneous, ACDC
- 31) To find health info or a stick
- 33) Addiction treatment centre abbr
- 34) Fair location
- 36) In your primary matter
- 37) Peel piece, or enthusiasm

Down

- 2) Hot room for detox
- 3) First Nation Health
- 4) Lifeline provider service club
- 6) Gov't health org's acronym
- 7) Shaggy MDs
- 9) Beachcomber tub
- 11) Better at Home helps
- 14) Not circle dancing
- 15) Blue flower, masseuses
- 18) Stephen makes it easier to get into
- 19) Brittney's light tool
- 21) Courtyard honouree, main drag
- 23) __ Light for healing, or tube for cycles
- 25) Laserworks
- 26) Get together for hearing test
- 28) Pharmacy beside clinic
- 32) __and wellness
- 33) __ Station for healthy eats
- 35) Save-On Pharmacist

Celebrate SEASON OF CREATION 2017

Join us for a month-long series of interfaith events celebrating the harvest, the forest, the water and the land, and ending with a blessing of the animals. All are welcome. See full schedule on Page 30.

Faith Lutheran Church

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St. David & St. Paul Anglican Church

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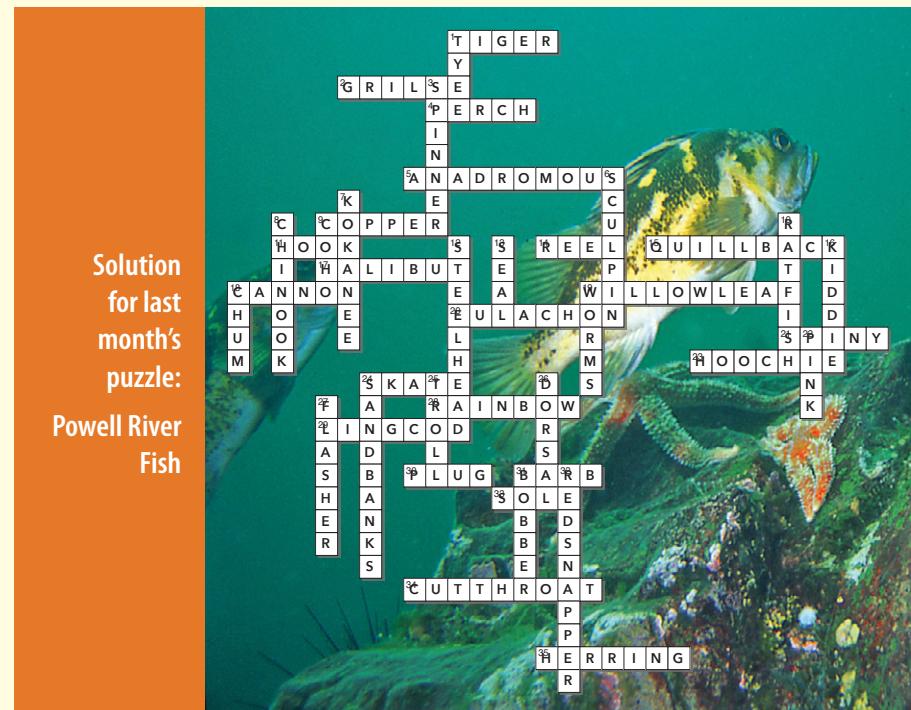
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Quarry quagmire

Editor's Note

On July's *Powell River Living* cover, we ran a picture of a young woman jumping into the quarry - more formally known as Heisholt Lake - on Texada Island. In that same issue, we ran an ad for tourism on Texada Island featuring a bunch of holiday-makers swimming in the quarry.

Then we got letters (see right).

A week later, writer Alex Cosh sent us his article about developing eco-tourism on Texada Island, which starts out with - you guessed it - a very complimentary passage about the quarry. See Page 11.

Finally, our *I Made the Move* couple this month sent us a photo of themselves lovin' their new life here - in swim suits...at the quarry. See Page 13.

So we have a conundrum.

The quarry is owned by the Ash Grove Cement Company. Clearly, safety and liability is an issue for the company. Of course execs can't endorse swimming in the lake.

That's why the Texada Arts, Culture and Tourism Society sent us a note. They can't endorse the use of the quarry for swimming, either.

Given these concerns, we at PRL can't endorse swimming there either.

But here's the problem, as Alex's story so nicely explained. People do swim there. And it's awesome.

That's why swimming in the quarry showed up on multiple BC blogs this summer. It's a tourism draw, and certainly encourages hundreds of Powell River residents and their out-of-town guests to make the trip over to the island each summer.

Given how attractive the aqua water is on a hot day, how does one resolve the conflict between the desire to swim and fact that swimming there requires ignoring the "No Trespassing" sign?

Well, the obvious solution would be a new legal arrangement: could TACT, the PRRD or another body acquire the quarry, maintain it and install washrooms, so locals and tourists can continue to enjoy Heisholt Lake and enhance Texada tourism?

But in case that doesn't work out, we can always follow Trump's lead.

Build a wall.

Make the swimmers pay for it.

~ Pieta Woolley



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

MAILBAG

Dear Powell River Living:

I was shocked to see Heisholt Lake featured on the cover of the July 2017 issue of *Powell River Living*, and again in an advertisement from TACT on page 11.

It is apparently also featured in the *Dreamspeaker Cruising Guide* as "Heisholt Lake" (page 42). These advertisements explain the exponential growth in the number of visitors to the lake in the past couple of years.

On Wednesday (July 26), about 30 people, speaking at least four different languages, complete with elaborate blow-up toys, miscellaneous dogs and beverages, were at the lake. Since there was continual comings and goings during the hour I spent there, I would assume that up to 100 visitors swam in the lake on that day.

The water, pristine a few years ago, is cloudy and has a scum of skin care products. The bushes smell of feces, and bits of rubbish can be observed behind every rock.

Heisholt Lake is on property owned by Ash Grove Cement, and until this year there was a "No Trespassing," notice that indicated it was a dangerous abandoned mining site. Who removed it and put up the current "No Camping or Fires" notice? The present notice implies that public access is assumed.

There are numerous problems with the heavy use of Heisholt Lake that is being encouraged by TACT.

The lack of sanitary facilities is obvious. It is also clear from the visible changes in water quality that the flow from the spring will not support the current usage. Does anyone know what the microbial content is, and could become, in the alkaline water? I am sure it will easily support E. coli.

Can it support organisms causing various forms of hepatitis? Public health authorities will be able to trace the source when an outbreak occurs. Jumping into an unfamiliar quarry with a load of ethanol and Texada Timewarp on board is less safe than doing it sober.

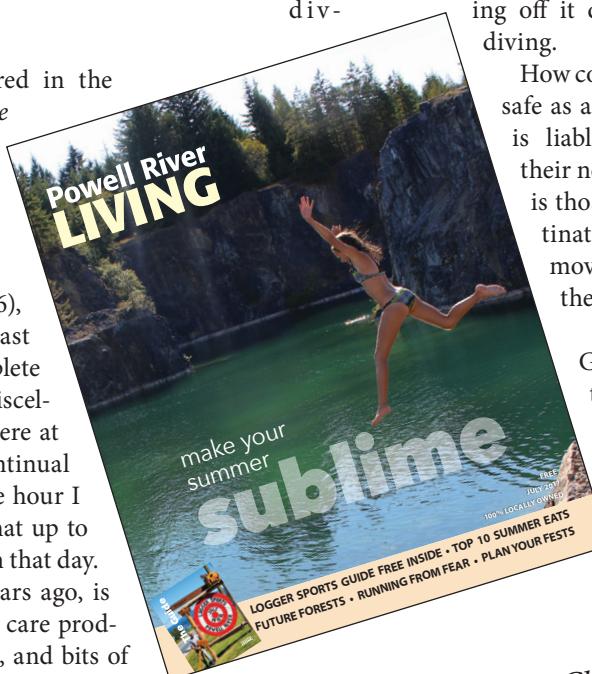
Last summer I observed a young man, who came to Texada on a light plane, injure his back jumping off the high cliff. Fortunately, he was able to hitchhike back to the airstrip to seek medical attention back home.

As it stands, Heisholt Lake is not viable as a tourist destination. I gather that the Powell River Regional District deemed a float at Shelter Point Park too dangerous from a liability perspective because kids persisted in diving off it despite notices forbidding diving.

How could Heisholt Lake be made safe as an official public site? Who is liable when someone breaks their neck? Morally, I would say it is those advertising it as a "Destination," and those who removed the warning signs from the various entrances.

Legally, I suspect it is Ash Grove Cement. There needs to be some discussion as to how this beautiful site can be preserved and what its function could be.

Sincerely,
Frances V. Abbot
Gillies Bay, BC



Clarification from TACT:

Texada Arts, Culture, Tourism Society (TACT) does not encourage or promote the use of Heisholt Lake as a tourism destination. Our advertisement in *Powell River Living Magazine*'s July 2017 issue was not properly scrutinized before approval to publish was given. This oversight was not intentional.

Sincerely, Timothy Atwood,
President, Texada Arts, Culture, Tourism Society.



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- Overcoming Addictions, Geoff Thompson
- Men's Movement, Andrew Dow
- Wheatgrass for Health, Lesley Thorsell
- Dance Performance, LTDA
- Stress Relief, Dr.Jeremy Buhay
- Zumba, Mike Clansey
- Chronic Pain Management, Dr. Bruce Hobson
- Chairs Exercises for Home or Work, Roché Rossouw

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