

Powell River LIVING

Showcasing the best of Powell River



100% LOCALLY OWNED • FREE

APRIL 2018

EARTH MONTH • NEW REFUGEES • BEST OF POWELL RIVER • GARBAGE

Take the
PLASTIC FREE
Challenge
For
EARTH MONTH

Or as close to as you can...

f **Let's Talk Trash.ca**
WHAT IS WASTE?

Plastic pollution is a pervasive global problem and one of our largest environmental challenges. Help raise awareness and make a difference by challenging yourself to go plastics free (or close to) for a month. Sign up at info@letstalktrash.ca

FREE
Film screenings of
Life off Grid & Rising Waters
Sunday, April 22, 1:30pm
PATRICIA THEATRE

Celebrate your efforts and get inspired to be the change. Both filmmakers will be in attendance. *Wear your accumulated plastic waste to the film for a chance to Win Prizes!*

Will retirement catch you off balance?

Savings are important for a secure retirement. But so is having the right mix in your investment portfolio. Over time, as markets change, your portfolio can get out of balance, becoming riskier than you want. And that's a problem, especially as you approach the time when you'll need to withdraw those savings. Whatever your age, we can help you build and rebalance an investment mix that's right for you.

Call us today for more information.



RAYMOND JAMES®

Raymond James Ltd.
Unit D - 4670 Marine Avenue
Powell River, BC V8A 2L1
604-489-9797

Rene Babin, CFP
Financial Advisor

Leslie Eckland, PFP
Financial Advisor

Lisa Boese
Administrative Assistant

Read a fund's prospectus and consult your financial advisor before investing. Mutual funds are not guaranteed; their values change frequently and past performance may not be repeated. Investors will pay management fees and expenses, may pay commissions or trailing commissions and may experience a gain or loss. Raymond James Ltd. is a member of the Canadian Investor Protection Fund.

©2018 Fidelity Investments Canada ULC. All rights reserved. Reproduction in whole or in part by any means without the prior written consent of Fidelity Investments is forbidden. Fidelity Investments is a registered trademark of Fidelity Investments Canada ULC.

Sponsored in part by:



585278.4.0

Go green this summer with Alpha Star!

Solar grid tie-in systems

Solar off-grid systems

(Yes, Alpha Star services Texada,
Savary and Powell Lake!)

Alpha Star Electric also does:
renovations • new construction • commercial
industrial • residential • generator sales & service

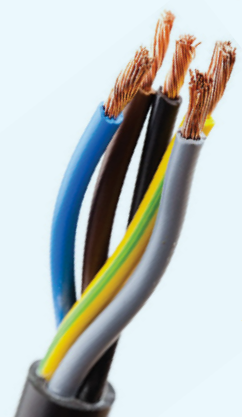


AlphaStar.ca

electric@AlphaStar.ca

for immediate assistance, text Eric at

604-578-8882



Let electrician
Eric Amundsen
make it easy.



Scan this to learn more
or contact Alpha Star:



Eric is also EVITP
certified to install
charging stations
for your electric
vehicle!

Come to Powell River's very own Home + Garden Show

More than **75 booths** with products and services ranging from home renovation and gardening to epicure and kitchen knives. **Food vendors** will be on hand to feed the masses thanks to Eat Street sponsored by Valerie Griffiths. A parent-supervised **kidzone** presented by Cranberry Preschool gives the young ones a chance to get creative, learn, and maybe even blow off some steam between vendor visits with mom and dad.



Friday, April 27th
5:00 pm - 9:00 pm

Saturday, April 28th
10:00 am - 4:00 pm

Recreation Complex Arena



Enter to win one of two CASH prizes
at the 2018 Home + Garden Show.
Admission is by donation... and each donation will get
you an entry into the draws for \$500 and \$250 cash!

Enter the LEGO contest! Details on this and more at prhomeshow.com

Pollen Sweaters' Sixth Annual We Love Our Locals SALE

April 14th, 11am until April 28th, 4pm

Featuring

- half-price "Franken" multi-coloured sweaters
- seriously marked down bamboo poncho seconds
- 20% off any instore "off the shelf" sweaters
- \$5 book bin

Sale does not apply to toques or ponchos. All sales final.



We will make it as fair as possible...

First come, first served, but a 2 "Franken" max per person and a 20 min allowance time as we will be letting 5-6 people in at a time on the first day of the sale.

Thank you Powell River!

Made in Lund, BC

Find us above Nancy's Bakery in Downtown Lund

11-4 Daily


604 483-4401 • pollensweaters.com



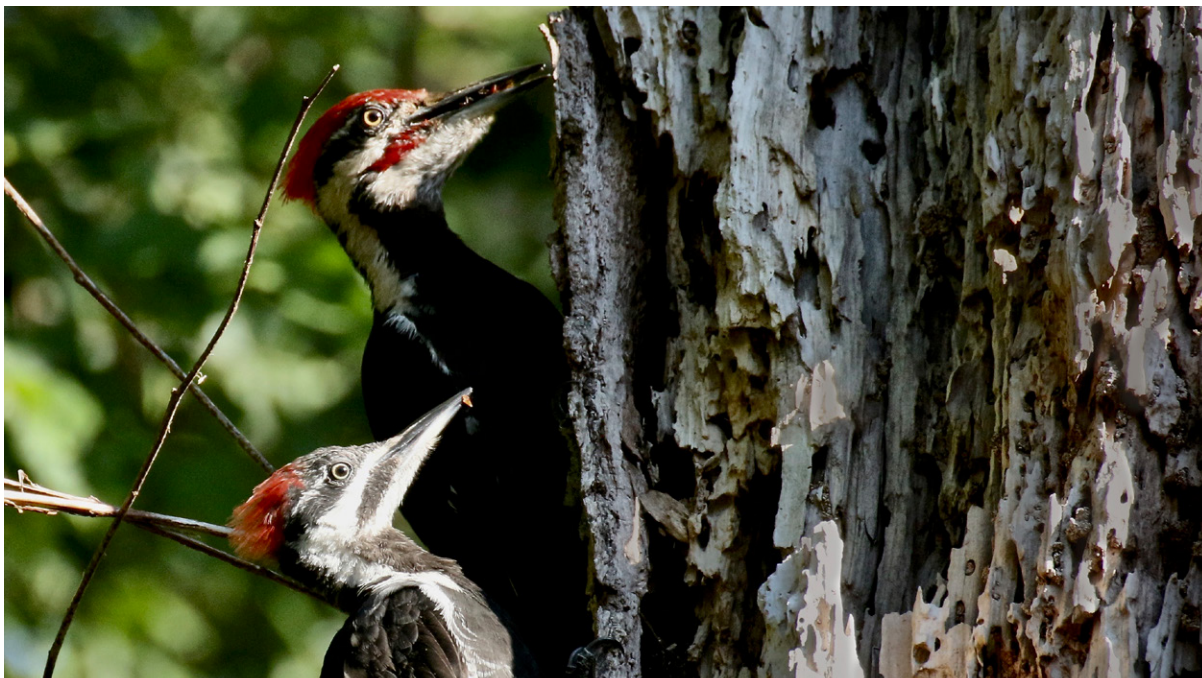
Pileated Woodpecker

I photographed this male Pileated and its young one last July. They are drilling into a rotten alder, going after carpenter ants and grubs, their favorite food. They drill into the tree and with their long sticky tongue, can reach the ants.

I love woodpeckers. This young one hung around for a few weeks and would land in our blueberry bushes. Sometimes when we were picking, he would land real close to us and scold us as though it was his blueberry patch. I think he adopted us, and we looked forward to seeing him every day through the summer and fall.

We are fortunate to have these beautiful woodpeckers here every year. 

- Rod Innes



Powell River Living is a member of:



This magazine is supported entirely by our advertisers. We encourage you to choose the businesses that you see in these pages. We do.



Publisher & Managing Editor
Isabelle Southcott
isabelle@prliving.ca



Associate Publisher & Sales Manager
Sean Percy
sean@prliving.ca



Editor & Graphics
Pieta Woolley
pieta@prliving.ca



Sales & Marketing
Suzi Wiebe
suzi@prliving.ca



Accounts Receivable
Skylar Friesen
office@prliving.ca

ON THE COVER

Jonathan van Wiltenburg and Jenna Adema, and their kids Silas and Asha get the green growing by planting some seeds and seedlings. Check out Jonathan's pumpkin growing contest on Page 17.

Photo by Sean Percy



CONTENTS

APRIL 2018

Getting to Green Garbage and Hair clippings	6
Rest Stop Species at risk find respite here	10
The \$50,000 solution Carbon offsets for ethics	15
Great Pumpkin Contest Jon's Seedy Idea	17
100 years Since the fire on Tla'amin Lands	19
TFW reunited with family A heartbreaking reunion	21
Volleyball hall-of-famer Thanks her childhood coaches	23
Less-sweet success Hometown kid's Nude Vodka	26
I Made the Move Catalyst and family draw couple	27
Can you identify these pix? Glamour girl and old schoolhouse	30
Business Connections Boat launch and much more	32
April Events 5 completely new events	33
Take a Break Crossword and Tarot	44
Best of Powell River form Fill it out to win!	46

CONTRIBUTORS

LESLEY ARMSTRONG earned a Master's of Education in Environmental Education in her 50s because she noticed what is now labelled "nature deficit disorder." She took students out into the bush so they could hike, look at and listen to wildlife, become aware of ecology and draw their impressions together. Retired from teaching, she continues the learning and drawing and now, photographing wildlife. Being on the boards of PROWLS, and being able to photograph all the injured wildlife, keeps her in awe of the beauty and precariousness of life for the amazing variety of beautiful birds that move through and live in the Powell River area.



TERESA DINGWELL is a long-time resident of Powell River, coming here at age 11 from London, England. She is now retired but worked in many fields during her working years. "Terry" now considers herself a "leisure-ologist", spending many months travelling with her husband in their RV and flying to bucket list destinations. She loves a good mystery!



STEVEN GROVER is a photographer living in Powell River, with a keen interest in the natural places of our region. He's a member of the Malaspina Camera Club.



JONATHAN VAN WILTENBURG has a degree in horticulture. He worked at Butchart Gardens before moving to Powell River, where he has been working as a professional gardener and groundskeeper.





PUBLISHER'S MESSAGE

Green hair is PR's most popular new look



I was having my hair cut by Andra Garrett at Scizzors one day when I noticed a certificate hanging on the wall that said, "Green Circle Salon." She told me about a program that recycles hair into marine oil-trapping hair booms made by women prisoners in Maple Ridge. I was fascinated (See Page 7).

Each April, *PRL* publishes a "Green Issue." Small initiatives like this one about hair salons can often seem well, too small, up against the overwhelming challenge of halting climate change. But in this year's issue, you'll be able to read about how local and international efforts are working together and truly making a difference.

The Regional District is helping substantially reduce our waste – which ordinarily heads to a landfill in Wash-

ington State. PROWLs is both healing individual birds that are at-risk, and educating students about biodiversity. The 150 folks behind Climate Action Powell River are encouraging locals to choose electric cars over gas or diesel ones and waste less food – but they're also drawing our collective attention to becoming carbon neutral immediately through international offsets (Page 15).

Choosing to go green often starts with an emotional or spiritual "aha" moment, and nothing triggers those like getting your hands in the dirt and tending a garden. So this month *PRL*, together with our amazing gardening columnist Jonathan van Wiltenburg, launches the first Great Pumpkin Contest. We encourage families to pick up packets of giant pumpkin seeds from Mother Nature, Springtime Nursery or *Powell River Living's* office on Glacier Street. Plant, fertilize, water, grow. And when you're done... bring your pumpkins to the Fall Fair and have them weighed to win a prize.

When Dr. Pawel Makarewicz told me his son Julius made *BC Business* magazine's 30 under 30 list of top entrepreneurs for his product Nude Vodka Soda, I was pretty excited! We always like it when someone from our own community succeeds but we also like it when that route to success is a non-traditional one. Julius, who dropped out of university, learned much of what he knows about business by working for others he admired in businesses he wanted to learn about.

Inspiration is indeed all around us, so this month we launch our third annual Best of Powell River contest. Find out about changes to the contest on Page 22, and fill out the form on Page 46, or online at www.powtownpost.com.

Happy greening!

ISABELLE SOUTHCOTT | isabelle@prliving.ca

Valley is pleased to be a stocking dealer of Makita Outdoor Power Equipment.

— Building Supplies Ltd. —
604 485-9744 www.valleybuildingsupplies.com



Gre



Photo by Steve Grover

Powell River has a long way to go, but its residents are remarkable catalysts for effective change.

What we're getting right:

- Reducing our garbage *(Page 6)*
- Using local hair clippings to soak up oil spills *(Page 7)*
- Saving birds at risk of extinction *(Page 10)*
- Carbon-neutrality and emission reduction *(Page 15)*
- Driving electric vehicles *(Page 16)*
- Hosting Earth Month events, including film screenings, workshops, and much more *(Page 34)*

Each Powell Riverite generates 53 bags of garbage per year

And other fun facts about our messy lives. But there is hope! And the Powell River Regional District aims to get us there.

WHAT'S IN OUR GARBAGE?

- 35 percent compostable organics
- 12 percent plastic
- 12 percent paper
- 7 percent metal
- 3 percent glass
- 8 percent building materials
- 6 percent hygiene

WHERE DOES IT GO?

Currently, PRRD's residential and ICI garbage is buried at the Roosevelt Regional Municipal Solid Waste Landfill in Washington.

The Regional District has recently updated Powell River's Solid Waste Management Plan, which includes the following goals:

1. Wasting less

The current waste disposal rate is 478 kg per person per year. Upon full implementation of the Plan, it is estimated that in five years the PRRD can reach the Plan's target of 325 kg per person or better.

One garbage bag is approximately 20 lbs. With this weight that would be equivalent to 52.5 garbage bags of trash per year. This is essentially one garbage bag a week.

Our next goal to aim for with 325 kg/person/year is scaling down to one garbage bag every other week for six months and one bag a week for the remaining six months.

2. Separating out more compost

In 2017, the PRRD's 'Community Organics Recovery Exchange'

(CORE) program diverted over 280 tonnes of food scraps and yard waste for composting. This equals a carbon dioxide reduction of 532,000 kg and is equivalent to an energy savings of 47,500 days of electrical consumption for an average household through composting as opposed to landfilling.

3. Recycling more

To help Powell River move closer to Zero Waste, recycling opportunities at the new resource recovery centre (old incinerator site) will expand as new opportunities for diversion are identified.

Recycling and organics diversion will be further supported by the enforcement of disposal bans.

4. Making a plan

The Powell River Regional District is also looking to complete the Regional Greenhouse Gas Reduction Strategy in early 2018 which will provide a roadmap and potential projects that will guide the regional district to carbon neutrality.

Getting to Green



CUT IT OUT: Andra Garrett deals with a hairy problem by re-using our trimmed locks, thanks to Green Circle Salons' recycling program.

Photo by Isabelle Southcott



Your hair clippings are busy cleaning up marine oil spills

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

The average person grows 395 inches of hair over the course of their lifetime (or six inches a year) but until recently, most of it wound up in a landfill.

Not any more. Four salons in Powell River – Scizzors, Image 1, Afterglow and Beyond Bliss – are part of Green Circle Salons, a program that recycles hair clippings, used spa products and other salon waste.

In BC, the hair goes to the Alouette Correctional Centre for Women in Maple Ridge. For a wage, inmates make hair boons to help clean up oil spills all around the world (see sidebar for other purposes).

A year and a half ago, Andra Garrett's salon Scizzors signed on to the program.

"We went from three to four garbage bags of waste a

"It's super easy to do, and you feel really good about what you're doing".

– Andra Garrett, Scizzors

week down to barely one full bag," she told *Powell River Living*.

Andra is proud of the certificate hanging on her wall that shows how much waste Scizzors diverted last year: 475 pounds of waste plus 23 pounds of liquid waste.

"It's super easy to do," says Andra adding that she had no problem getting her staff on board. "And you feel really good about what you're doing."

"For years, most hairdressers have felt terrible about the amount of waste we've put into the garbage. Plastic, foil, left over hair colour, it all got thrown out. I literally order five or six boxes of foils per month and there's 4,000 foils or so in each box. All that used to go into the garbage before and we're just a small salon."

Salon owners save their recyclables in separate boxes



WHERE YOUR HAIR GOES: In BC, Green Circle Salons such as Powell River's four - Scissors, Image 1, Afterglow and Beyond Bliss - send their hair clippings to the Alouette Correctional Centre for Women in Maple Ridge (above right). There the clippings get made into hair boons to soak up oil spills.

and containers and when they have enough, they're packaged up and sent via "hair mail," (or courier) says Sheona Scott, owner of Beyond Bliss.

Like Andra, Sheona feels better knowing that she is disposing of products in a more environmentally friendly manner. Although her salon recycled what it could before she got involved with Green Circle two and a half years ago, there were certain things, like hair foils, left over hair colour, and spa products, that were just thrown in the trash.

In 2017, Bliss diverted 795 pounds of solid waste and 24 pounds of liquid waste (leftover hair color that would have normally been flushed down the drain.) Things like nail files, cotton pads, gloves, nail polish bottles and

We used to have an overflowing garbage can by the end of the week and now we have approximately half of that.

— *Afterglow owner Holly Barnes*

pedi slippers are all part of the spa recyclables.

Holly Barnes, owner of Afterglow has been involved in the program since 2016. "We used to have an overflowing garbage can by the end of the week and now we have approximately half of that," she told *Powell River Living*.

"My employees have always supported the program, and are happy to share what we do with their guests. People are usually pleasantly surprised to hear how much impact it has."

Afterglow diverted 248 pounds of solid waste and 15 pounds of liquid waste from landfills and water streams in 2017.

HOW GREEN CIRCLE WORKS

Green Circle Salons (GCS) helps the salon and beauty industry reduce its environmental footprint.

Founded in Toronto in 2009, the organization has quickly expanded across the country and into the U.S. and set up a regional office in BC in 2012.

GCS has diverted over 3.2 million pounds of salon and spa waste from landfills and waterways by building a network of certified salons and providing them with a comprehensive pathway to sustainability. GCS diverts waste from landfill spaces in every Canadian province and 48 states in the US.

When a salon signs on with Green Circle Salons, a one-time fee of \$99.95 is required.

After a salon is on board, a representative from Green Circle Salons comes in and does a 45-minute orientation with the team. "GCS salons charge an environmental fee to each client that ranges from \$1-\$2," he explains.

Shannon Stevens, who co-owns Image 1 with Ann Roberts, says their staff supports the program and finds it easy to do. Since joining Green Circle, Image 1 cut their garbage in half.

"We used to have a full black garbage bag every day," said Shannon. "Now we have two or three a week."

Stylists are also more conscious about what they are mixing.

"The amount of color waste has lessened. It feels like a walk of shame when you come into the back room with extra in your bowl and have to dump it into a container in front of everyone!"

"Last year we saved 72 pounds of colour waste from going down the drain by diverting it to Green Circle," Shannon explained.

Green Circle created a partnership with the Alouette Correctional Centre for Women in Maple Ridge. Wom-

en in the penitentiary are paid a wage and they make hair boons to absorb oil.

Tubes filled with hair are used to help clean up oil spills. Hair is also recycled and repurposed for emergency bedding; some was used in Haiti following the 2010 earthquake.

Meredith Karcher, Green Circle marketing manager, says the company is also very close to the completion of a bio-composite recycling bin that is based out of hair fibre.

"Green Circle is re-inventing plastic," she said. Hair collected from Green Circle member salons across North America is now used to create a biocomposite plastic. It is combined with recycled plastic to create a fibre-reinforced material that can be injection-molded to create new products.

"Of all the waste generated by hair salons, hair colour has the greatest potential to pollute waterways. Every shipment of colour waste Green Circles receives is sent for characterization at their processing partner's wet labs prior to a number of different treatments before it can be reintroduced to waste streams.

"Perhaps our proudest achievement with respect to recycling hair salon waste is our diversion of dirty foils," she said. Traditionally salons have thrown dirty hair foils in the waste bin designated for the landfill. But aluminum is one of those materials that can be recycled infinitely and its contribution to reducing environmental impact is larger than any other material stylists interact with on a daily basis.

Working with specific vendors, GCS can ensure that foils from salons all over North America join the recycling stream.

In 2016, 229,281 pounds of aluminum were recycled by GCS.

The energy savings from this could power 3,744 hair-dryers for one year running at two hours per day, six days a week. [PRL](#)

Honda VersAttach™

The Ultimate Yard Work Companion

The Honda VersAttach™ system is cleverly designed to take on a wide range of residential and commercial landscaping tasks.

Discover available attachments at honda.ca

HONDA
honda.ca

7125 DUNCAN ST
604.485.5041

THUNDER BAY SAW SHOP
OUTDOOR POWER EQUIPMENT

Always operate electrical equipment at a safe distance from water. For optimum performance and safety, please read your owners manual thoroughly before operating your Honda Power Equipment product. Specifications subject to change without notice. Model colours may not be exactly as shown. Dealer order/trade may be necessary. Errors and omissions excepted. See your Honda Power Equipment dealer or honda.ca for full details.

PRISMA presents:

Award-winning pianist

Edwin Sungpil Kim

"Magic in atmosphere, individuality and poise"
- INTERNATIONAL PIANO MAGAZINE

Enjoy an extraordinary evening with Edwin Sungpil Kim, recent winner of the 3rd Australian International Chopin Piano competition.

Special VIP ticket!

Enjoy a world-class concert, followed by a meet-and-greet reception with **Edwin Sungpil Kim**.

\$77.25 includes your ticket, wine and appetizers catered by *House of Walls - Culinary Magic*.

Only 50 tickets are available! Visit prismafestival.com/tickets for details.

Thursday, April 26, 7 pm

Evergreen Theatre – Powell River, BC

General seating

\$27.25 (Concert Only)

\$77.25 (Concert + Meet & Greet Reception)

Tickets available online at prismafestival.com/tickets

or at the PRISMA office (26-7100 Alberni St.)

1-855-5PRISMA

This concert is made possible thanks to the support of PRISMA's founding sponsor, Balfe/Somers Wealth Management of RBC Dominion Securities.

Mark your calendars for

PRISMA 2018 – June 11-23 in Powell River, BC!



Stay safely in your own home!

UP TO \$20,000

Grants available for home adaptations

Help seniors keep their independence

For information contact

tilebystephencantryn.com



Go ride a bike!

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



Gear Up for Spring

Bike Tune-up

\$49.99

plus parts



Thanks for shopping at home!

tawsonline.com



4597 Marine Avenue 604-485-2555

Ree

At-risk birds are coming here for help and habitat

BY LESLEY ARMSTRONG

Birds that are at-risk of being endangered are finding homes, migratory respite, and care here in Powell River.

Powell River Orphaned Wildlife Society founder Merrilee Prior has received at least two dozen phone calls from concerned local residents reporting an injured bird that is on the 2015 Species At Risk Registry.

Awareness and concern for injured wildlife has grown. 2017 saw over 300 patients receive care. Increasingly, PROWLS is treating birds and mammals that are listed in Canada's Species at Risk Registry.

The goal of PROWLS is to set up a clinic complete with flight cages, while contributing a vital education component to the Powell River

School District curriculum.

An example we'd like to follow is Oliver, BC's. For over ten years, Houdini the Great Horned Owl has been an educational tool enabling children to develop their science, language arts and art learning.

PROWLS next meeting is April 16 at 7 pm at the Church of Saint David and Saint Paul. PROWLS welcomes new members and volunteers.

If you are 18 or over, and exploring a career in biology or ecology, there are many opportunities for summer volunteerism. PROWLS bursts with orphaned babies and injured migratory adults at this time of year.

Contact us at prowls.org Remember if you find a bird put it in a covered box, keep it warm, dark and quiet, and call 604-483-9787.



Stop



#1 Night Hawk

Although there have been more PROWLs endangered bird rescues, perhaps one of the most unusual species was the Night Hawk. Resembling a piece of peeling bark when it is still (which is most of the time), its eyes resemble blue orbs while its beak appears almost nonexistent at first glance. This bird is a voracious insect eater. It has an eating adaptation which allows it to spread its

jaw from ear to ear to sieve mosquitoes and other airborne insects from the air at dawn and dusk as it rapidly soars and loops through the air. If you are fortunate enough to see a Common Nighthawk on a July evening, you might think you are looking at an unusually shaped large bat because of its erratic flight patterns. They will mine the air for insects as high as five hundred feet.

#2 Northern Goshawk

The most exciting release in 2018 has been a young female Northern Goshawk. Exotic and fierce in appearance, and capable of speeds up to 60 kilometres an hour with the ability to turn on a dime, the young bird was reported by a Black Point resident lying on the ground near her home.

She had sustained head trauma and soft tissue injuries, yet was still able to race to a fence, then climb to the top of it in her efforts to evade her captors.

Veterinarian Dr. Brian Barnes was optimistic about the Goshawk's survival chances. She rehabilitated well, and was banded and DNA'd by federal scientists prior to her return to Powell River.

When Merrilee reported we were ex-

periencing a bit of an Arctic weather front, they kept her at Delta's OWL rehabilitation centre until weather conditions were optimum for her return and release.

On a cool sunny day in the first week of March, her crate was placed on the ground at Black Point close to where she'd been picked up four months ago. She shot straight out of that crate at about thirty kilometres an hour, then swooped up to the highest boughs of an old growth Douglas Fir, where she surveyed her kingdom, and will hopefully soon find a mate.

So endangered is the Northern Goshawk, the federal government has ordered the province to preserve at least 53 nesting sites by not logging within a 200 metre radius of each nest.

#3 Northern Saw Whet

You never know where you'll encounter a threatened species in Powell River though. This mature Northern Saw-Whet, standing about an index finger tall, looking like the 1963 Canadian World's Fair mascot, the Ookpik, was discovered hungry and dehydrated in the rafters of a house under construction.

The new home was at lock up stage

when construction workers spotted him. The fierce little owl had spied Flickers flying in and out during construction, and had hid in the rafters so he could scoop his unsuspecting prey from his secret perch. After rescue, he ate two mice every twenty-four hours for the next few days; and was soon a happy healthy little owl ready for release.

#4 Short-eared Owl

The Short-eared Owl, with his wing splinted for his journey to an orthopaedic surgeon at OWL, was registered as 'threatened' by the federal government in 2008. This exotic pigeon-sized owl, with his black rimmed eyes, was found by a trucker at a barge terminal

on the mill site in the morning. This is an owl, which if its numbers weren't so threatened, could be easy to view as they hunt in the daylight by flying low over grassy open meadows like the old golf course, and perches at human eye level in trees.





LIVE THE DREAM!

Enjoy the unobstructed ocean views from this custom-built .81 acre oceanfront estate in Gillies Bay. Is this your new family home or vacation getaway?



\$1,150,000
4316 SANDERSON ROAD
TEXADA ISLAND
3 bdrm • 4 bath • 3821 sq ft



TERRY KREISLER
MAKE A MOVE YOU WILL LOVE

LovePowellRiver.ca
terrykreisler@royallepage.ca
604-223-8345



#5 Blue Heron

Herring milkshakes (Recipe: blended-to-a-pulp herrings, a soupçon of water and a multi vitamin) kept this baby Blue Heron alive while waiting for his Pacific Coastal flight to Wild Ark in Victoria the next day.

But first, the “wild goose chase.” After surviving a fall from his nest one balmy summer afternoon, the nestling raced towards the swimming pool at the Recreation Centre. It took an equally speedy custodian to capture the little sprinter, who gently placed the gangly youngster in a cardboard box.

The mother of the baby bird, frantic at the loss of her chick, flew through the Recreation Centre’s open doors into the swimming pool, where she too had to be rescued.

Happily, within one month, the Great Blue Heron family was reunited and living communally in their colony next to the Recreation Complex. **PR**



5

READY, SET, LEARN

Preschool children and their families are invited to visit School District #47 elementary schools

Come and enjoy a mini school day designed for preschool children.

May includes visits to the kindergarten class, library, music room & gym. Meet school staff and ask questions about school.

LOCATIONS AND DATES:

Henderson Elementary School (604) 483-9162
Tuesday, April 24, 2018 1:00 – 2:30 pm

James Thomson Elementary School (604) 483-3191
Wednesday, April 25, 2018, 1:00 – 2:30 pm

Kelly Creek Community School (604) 487-9022
Tuesday, May 8, 2018, 1:00 – 2:30 pm

Edgehill Elementary School (604) 485-6164
Wednesday, May 9, 2018, 1:00 – 2:30 pm

Texada Elementary School (604) 486-7616
Monday, May 14, 2018, 1:00 – 2:00 pm

Westview Elementary School (604) 485-5660
Tuesday, May 15, 2018, 1:00 – 2:30 pm

REGISTER BY CALLING THE SCHOOL

For more information about RSL, contact Rita John at 604-485-6271 ext 2244 or rita.john@sd47.bc.ca

WHY BUY BULK?

SAVE MONEY • LESS PACKAGING
• GET JUST WHAT YOU WANT



save on foods

Powell River:
7100 Alberni Street

CULTURAL SUSTAINABILITY

Provide and promote respect for diversity and heritage

ENVIRONMENTAL SUSTAINABILITY

Ensure the resiliency, conservation and protection of the natural environment



POWELL RIVER
REGIONAL DISTRICT
2018-2019 STRATEGIC PLAN

FOUR PILLARS OF SUSTAINABILITY

SOCIAL SUSTAINABILITY

Provide access, support and advocacy for a safe, secure and inclusive community

ECONOMIC SUSTAINABILITY

Provide and support ongoing economic benefits for the community



OUR GUIDING PRINCIPLES

The Powell River Regional District Board of Directors have developed and adopted a 2018-2019 Strategic Plan that identifies key priorities to focus on in the final year of the Board's term in office. Incorporating these four pillars of sustainability provides a mission and a vision for the region's long-term future, where it is economically prosperous, environmentally healthy, socially equal and culturally vibrant.

THE STRATEGIC PLAN WILL FOCUS ON:

Climate Change • Economic Development • Transportation
Parks, Recreation & Culture • Safety • Social Planning

In its operations and decision-making processes, the Regional District values service excellence, community support and accountability.



**POWELL RIVER
REGIONAL DISTRICT**

202 - 4675 Marine Avenue
Powell River, BC V8A 2L2
604-485-2260

administration@powellriverrd.bc.ca
powellriverrd.bc.ca

13th Annual Powell River

TRASH BASH

**SATURDAY
MAY 5**
9:30am to 3:00pm
**WILLINGDON
BEACH**
(gravel lot)



HOW TO TRASH BASH:
On May 5th, clean up the public site of your choice & deliver the trash to Willingdon Beach OR select a location from the map at our registration table.

DOOR PRIZES!
Draw is at 1pm

BACK TO BASICS:

Join us in cleaning up our coastlines, trails and back roads.

ILLEGALLY DUMPED ITEMS ONLY - NO ITEMS FROM HOME!

REGISTRATION (Free) opens at 9:30am at Willingdon Beach.

FREE LUNCH 12:00-1:30pm

Report a littered site!
For questions & info contact:

trashbash@powellriverrd.bc.ca
or call **604-485-2260**



**POWELL RIVER
REGIONAL DISTRICT**



Let's Talk Trash.ca

WHAT IS WASTE?



www.trashout.me
TRASHOUT!
LOCATE ILLEGAL DUMPS

Volunteers put out fires, bake cupcakes, visit our elders, sell tickets, play music, host tables, flip burgers, and so much more! All volunteers are important to someone. They are our heroes!

SHOUT OUT TO ALL VOLUNTEERS THANK YOU FOR ALL YOU DO!



**CHECK OUT OUR VOLUNTEERS OF
POWELL RIVER PHOTO REEL**

www.unitedwayofpowellriver.ca



PRUNITEDWAY



PRUNITEDWAY



United Way
Powell River & District

Volunteer
Powell River
Sustainable Communities Through Volunteer Support



The \$50,000 Solution

ELECTRIC AVENUE: Lund's Jack Anderson with two of his besties: this Nissan Leaf - which costs just \$1.50 in electricity to drive from Lund to Powell River and back - and a copy of Climate Action Powell River's January 2018 sustainability report.

BY PIETA WOOLLEY | pieta@prliving.ca

Do you ever feel dirty knowing you're contributing to climate change? Sitting with the knowledge life for future generations will be a little worse – more toxic, more scary – because of your terrible habits?

Climate Action Powell River has a solution. Well, a few of them. And the easiest, most do-able, fastest fix that will make Powell River carbon-neutral costs just \$50,000 a year - for the entire region.

That's the cost for off-setting residential carbon emissions for a year – as calculated in CAPR's action plan report, released in January. Our cars make most of the 121,000 tonnes in CO2 per year, explained spokesperson Jack Anderson.

Grinding that number down by one third by 2020 and down again 80 percent by 2050 is a top goal of CAPR – numbers that were set by the UN Conference on Climate Change in Paris in 2015. Reducing emissions locally is a project that depends on the often-slow tasks of increasing transit use, switching to electric vehicles when necessary (see sidebar, next page) encouraging walking and cycling instead of driving, and renovating our homes for efficiency.

Food is also a main source of local emissions. Watch for CAPR's booth at VegFest May 6.

To speed things up, off-setting carbon seems like a no-brainer.

"Climate change needs to be tackled internationally and the scientific principal is that emissions caused

BE PART OF THE CLIMATE SOLUTION - HERE AND INTERNATIONALLY

Climate Action Powell River will hold its Annual General Meeting at the Recreation Complex April 14 at 2 pm. You're welcome to attend.

Become a member by signing up at the 150-member group's Facebook page.

The CAPR executive, which penned "A Road Map of Climate Action for Powell River, British Columbia, Canada – A Report Detailing Our Mission and Plan of Action," are, Jack Anderson, Cynthia Barnes, Don Fodor, Michael Gelber, Fred Guerin, Bill Lytle-McGhee, Mary Morgan, and Yvon Ricard.

"My family chose Assumption School because of the small class sizes and wonderful reviews on the teachers and staff from other parents. We really love that the school has a strong family feel and that is evident in the students from Kindergarten to Grade 9."

- Jolene Sutcliffe, mother of Cora, 2, and Alexander, Kindergarten.



assumpschool.ca
604-485-9894

ASSUMPTION
Catholic School

Preschool to Grade 9 registration starts now! Contact us for a tour.

Note: In February, the school issues income tax receipts for tuition paid which can be used as deductions. See our Web site for details.



BATTERY SERIES

This spring, Husqvarna makes it easier to work longer, stronger and lighter. Husqvarna batteries are interchangeable between all Husqvarna battery products, so you're ready to work no matter what the task.

GASOLINE PERFORMANCE WITH BATTERY CONVENIENCE.



THUNDER BAY
SAW SHOP
OUTDOOR POWER EQUIPMENT

Husqvarna
READY WHEN YOU ARE

7125 Duncan Street 604.485.5041 dana@thunderbaysawshop.ca Mon-Fri 9-5:30 • Sat 9-5



**TICKETS
GO ON SALE
APRIL 17**

Coming July 2018
*A thousand voices;
A single passion*



**International Choral
Kathaumixw**
SINCE 1984

Welcome the world to Powell River this July 3 – 7
To volunteer or host billets, go to kathaumixw.org



or reduced anywhere in the world are equal," said Jack. "So if you support a wind farm in India that replaces a diesel generator, that's just as legitimate as if you do that same thing in Wildwood. We need to understand the international context and how Powell River fits into that."

Replacing dirty infrastructure in the developing world can be easier and cheaper than in Western industrialized countries. And, it's an ethical imperative to help. Eleven years ago at a Bali climate conference, a group of developing countries told wealthier countries that their priority was alleviating poverty; if wealthy countries wanted climate action in developing countries, they would have to pay for it.

One of the ways to do that is through carbon offsets. Essentially, you can buy your way out of your own environmental sins while supporting clean energy technologies elsewhere. These might include wind farms, carbon capture, small hydro, geothermal, solar, or other infrastructure. Credits can be bought for as cheap as 40 cents per tonne. That's how CAPR arrived at the \$50,000 number.

Of course, the intention of offsets isn't to just pony up cash and then fizzle on your own greenhouse gas reduction commitments. You have to do both.


"So we do what we can in our community," said Jack, "while we reach those reduction targets. Especially in the long term. That gives us 31 years to reduce by 80 percent. In the meantime, the moral imperative is to be carbon neutral, to take

"The moral imperative is to be carbon neutral, to take an international perspective and help other countries become carbon neutral too."

– Jack Anderson

an international perspective and help other countries become carbon neutral too. It's not going to help if wealthy countries are carbon neutral and developing countries are still polluting because they can't afford not to."

In the report, the authors recognize Powell River's long-time commitment to international action. "In the 1980s we sent tools to Nicaragua," it reads. "We host an international choral festival. We had a sister city in Haiti for 14 years. The "Go-gos" have supported the Stephen Lewis Foundation in its program to help grandmothers who are caring for the children of their deceased children, all victims of HIV.

"The Rotary Club in Powell River does an international assistance project every year. The list goes on and Powell River is richer for this spirit of cooperation and solidarity. We are poised to achieve the highest realization of that spirit within the mutual context of saving the planet. 

Does everyone mumble?

If so, it's time to get your hearing checked.

Powell River
32-7100 Alberni St.

604.485.3028
connecthearing.ca



#1 PHYSICIAN[†] REFERRED

Connect Hearing
YOUR HEARING PROFESSIONALS 

VAC & WorkSafeBC accepted. Registered under the College of Speech and Hearing Health Professionals of BC.
*Free hearing tests only applicable for clients over 50 years of age and no fees or purchase are necessary. See clinic for details.
†Based on national physician referrals over the tenure of the corporation's Canadian business operations compared to the disclosed referral count of leading competitors.



Get ready for more Leafs blowing around town

Jack Anderson lives in Lund – which comes with a cost. Or at least, it used to. When he drove his old pick-up in to town and back, the fuel could cost \$20. In his Subaru, the same trip was \$10. But in his Nissan Leaf, the electricity costs just \$1.50 – and that's when he doesn't charge up for free in town.

Jack, along with about 20 other electric vehicle owners in town, is forming a group to promote the benefits of owning an electric vehicle. For residents, Powell River's biggest emission culprits are gas-powered car CO2 emissions (see story) - with much of the region's 131,000 tonnes in annual CO2 emissions coming from the private car.

"There's a lot of interest," said Jack, of his group's presentations to City Council and the

Regional District, as well as other venues – including at Blackberry festival last year.

"I'm saving so much money – if you accept that the initial cost is the same. But there's no oil to change, no filter, no anti-freeze. There's one moving part in the drive train as opposed to thousands in a conventional motor. They're not a hard sell, really. Plus, the government has just announced they're putting a bunch of money into new charging stations."

The group's initiatives include the car club, encouraging local dealers to carry electric vehicles, putting a carbon calculator on the Climate Action Powell River Web site, and presenting to the public. Watch for their booth at VegFest.



Jonathan's Seedy Idea

PRL's gardening columnist invites you and your family to pick up some of his free pumpkin seeds, grow all summer, and may the beefiest squash win!

Gardening with kids is usually a hoot. Digging holes, chasing worms, throwing seeds everywhere. Apart from just physical activity, gardening is wonderful work to cultivate curious, well-rounded little humans.

Gardening requires developmental capacities that we adults take for granted: fine motor skills, attention to detail, and long-term vision. Think about planting a tomato seed. It's no big deal. Pick up the

in the moment.

My wife and I do our best to get our two kids out there regularly and many of our 'kid centric' garden projects are flops. What the heck at least it gets some grime under their fingernails.

Last year, we had a little project that actually came to fruition. It was dreamt up by our then five-year-old son, Silas. We had recently finished reading the Laura Ingalls Wilder book "Farmer Boy,"



A growing concern

BY JONATHAN VAN WILTENBURG | jonathan_vw@yahoo.com

tiny seed, put it the pot, water and wait. If all goes according to plan you will grow some tomatoes in the next four months or so. Now, try and explain that to someone who can barely put on their own shoes, can only count to 10 and lives completely

and Silas was paging through one of my seed catalogues, when he declared we should grow a giant pumpkin.

In the novel, the protagonist grows an enormous pumpkin with care and meticulousness, and then enters it into the fall



HOW TO ENTER THE GREAT PUMPKIN GROWING CONTEST

1. Pick up your seed packages at Mother Nature, Springtime Garden Centre, *Powell River Living*, or the PRL booth at the Home + Garden Show. This package includes five Dill's Atlantic giant pumpkin seeds, which are capable of growing into pumpkins weighing over 1,000 pounds!
 2. Plant and grow
 3. Weigh-in is at the Fall Fair, September 15 & 16. Prizes are for biggest pumpkin. First prize: \$100 and bragging rights. Second prize: \$50. Third prize: \$25.
- If you have questions, email jonathan_vw@yahoo.com, call *Powell River Living* magazine at 604 485-0003 or visit our Facebook or Instagram page.



Want summer blooms? Plant now!

Get your bulbs and seeds now for beautiful Dahlias, Lilies, Peonies, and more.

It's also time to plant small fruits and berries. Nothing beats home grown Strawberries, Raspberries, and Blueberries! All in stock now.

Mother Nature has the best seed potato selection in town - organic & regular!



Who knows better than Mother Nature?

garden & home decor • lawns • pets • plants

7050 Duncan Street 604.485.9878
fb.com/MotherNaturePowellRiver
mother-nature.ca @mothernatureghp

agricultural fair. My son liked the idea and after some discussion we decided to start a family giant pumpkin competition.

All of our extended family likes to putter in the garden, so it wasn't hard for my enthusiastic junior gardener to encourage them to plant some seeds. We had a total of four entries. Some started theirs off in early April (maybe a little too early), and another started theirs off then took off on a holiday for a couple weeks (a little risky).

"Having this competition brought us closer together as a family and extended family and will be something we can remember together for a long time."

— Jonathan VW

Our kids planted their seed in late April. The seeds were easy to plant because of the large size, and pumpkins grow so quickly the kids could almost watch them grow right before their eyes!



81 POUNDS OF ORANGE FLESH: Last summer, Jonathan Van Wiltenberg's family grew this huge beast. Enter the PRL contest, and see if you can beat his record!

As our specimens grew we had a wonderful time inquiring and exchanging braggadocios photos with other family members. They gave tours to all the guests that came by.

As the growing season fizzled, our pumpkins swelled considerably. Our best and biggest pumpkin turned out to be from our plant near the edge of the pond,

a plant we did not water once through the entire growing season. It was now the size of a fairly large beach ball on the verge of being too big for me to lift alone.

The competition ended in the cool days of October. All the competitors coalesced to weigh our pumpkins. The weights ranged from five pounds (pretty embarrassing!) to ours, at 81 pounds

(which even then was not too big by giant pumpkin standards). It was a happy day for our kids who reluctantly shared their winnings with their cousins who placed second with their 50-pound giant.

Who would have thought that throwing a couple of seeds in the ground could have such a positive impact? First off, the competitive spirit got us all out in the garden.

We became physically active, learned something about growing pumpkins and engaged with our natural world through gardening. Moreover, having this competition brought us closer together as a family and extended family and will be something we can remember together for a long time.

We had so much fun with this family competition that it got me thinking: wouldn't it be even better if more people were involved? How about having a town-wide giant pumpkin-growing competition? I pitched the idea to Isabelle Southcott, publisher of *Powell River Living*, and she loved it!

I have packaged up seeds and they are available for free to anybody who is interested in growing a giant pumpkin. Do it just for fun with a kid or grandkid and join our first ever Powell River Giant Pumpkin Challenge.

Happy gardening and good luck with your giant pumpkin! [PRL](#)

Fitness should work. If it isn't, call Nancy.



Spring Challenge

6 weeks to a new you!

Includes 12 sessions and all homework!

Accountability Coaching 24/7

\$499

Offer expires: April 30, 2018

It's like having a gym all to yourself!

- Train safely in your private gym with no distractions or intimidations. You are always the only client in the gym.
- Customized workouts for weight loss & strengthening.
- Special consideration for anyone with joint or medical issues
- Free consultations. See if it's right for you!



Call today!

604-223-4158

totalbodytraining.ca

YOUR NEW HAPPY PLACE
IN A BEACHCOMBER HOT TUB

With RONA Advantage, you can take one home today!

Check out our new 2018 floor models!

RONA

604 485-2791 Mon-Sat 8-5 Sun 10-4 prrona.ca [fb.com/prrona](https://www.facebook.com/prrona)

BEACHCOMBER HOT TUBS
Local Logic

Choose to Shop Local



100 YEARS SINCE TLA'AMIN LANDS FIRE

On Easter morning 100 years ago, a huge fire ripped through Tla'amin destroying all of the entire original villages throughout the traditional territory and much of the surrounding Powell River area.

The March 31, 1918 forest fire was devastating by all accounts. Somehow, this statue from Tla'amin's Roman Catholic church escaped destruction (see left). The statue was later refurbished to its original colours and can be seen today in the alcove of the rebuilt church.

Powell River photographer Rod LeMay's images show what little remained following the fire.

Photos 1967.1.16 and 1967.1.17 courtesy of Powell River Historical Museum & Archives.



You wouldn't wear these
to go hiking.

But are you wearing the same
pair of glasses for everything?

Ask us about glasses designed for your work or hobbies.



DR JOHN WYSE
DR EKATERINA MEDINA

powellriveroptometry.com • iris.ca
#106-4801 Joyce Avenue
In Crossroads Village 604 485-7115

In May, *Powell River Living*
will publish the 8th
annual edition of

Home Grown

*Powell River's ONLY magazine dedicated
to agriculture and local food*

More than a grower's or diner's guide, *Home Grown* also takes you **behind the scenes** to see who's creating food, where and why.

We'll look at how you can grow your own, who is growing food, and share maps and instructions to help you find **where to get locally-produced food.**



- Want to get on Powell River's food map?
- Want to get the word out about your products or services?

Contact Sean at
604 485 0003
sean@prliving.ca

or Suzi at
604 344 0208
suzi@prliving.ca

DEADLINE IS APRIL 6



Edgehill Grade 1 students Mackenzie Manzer and Mason Rae appreciate volunteer dance instructor Jack Vluga.



Students enjoy help in the schools from volunteers like the Powell River Kings (above) and Derek Russell and Erin Gatt (above right).

VOLUNTEERS help at school!

School District 47 has some amazing volunteers. From Texada Island to Kelly Creek to James Thomson and all schools in between, volunteers enrich the lives of students and staff.

National Volunteer Week takes place from April 15-21 this year. It's a time to celebrate and thank volunteers for their many contributions. In local schools, they help out in the classroom, library, and on class trips; take on extra-curricular activities like Tai Chi and Chinese New Year lunches; and teach Scottish dancing. They run hot lunch and breakfast programs, bring therapy dogs to school, read with students, and help with sports days, book fairs and crossing guard programs says Westview Elementary School Principal Jamie Burt. Some of his school's volunteers have been helping out for more than 15 years!

"The many volunteers that help out at Henderson allow us to accomplish things we normally would not," said Principal Kristen Brach.

Derek Russell is a 19 year old who volunteers at Henderson every Monday with Erin Gatt. Together they cook up something special for students to enjoy at lunchtime.

"Some days we make soup, stew or chili," said Erin. "Today we're making grilled cheese sandwiches."

Erin began volunteering at Henderson nine years ago when the first of her four children began attending the school. Derek started volunteering at Henderson when Erin, who is also Derek's inclusion support worker, thought it would help him connect with the community.

"We can't run the hot lunch program without volunteers," said Erin. "I volunteer to be involved in my children's lives. It's important to support them and the other kids at the school."

Although Derek likes helping out in the kitchen, he enjoys being outside on the playground with the Henderson students. "The kids love him," said Erin. "He's very nurturing."

Derek nods in agreement. "I like helping the kids."

Hockey players are another familiar face around Powell River schools. During the regular season, Kings players visit all the schools. This year Henderson's players were Gavin Rauser, Jonny Evans and Matteo Paler-Chow and they became an important part of the school community, says Kristen. "As soon as they arrive, the children run up to see them," she says.

The players read with the students each Thursday and then played

hockey with them at recess. "I loved the way they encouraged the younger children and interacted in such a positive manner," she adds.

In Wildwood, volunteers are appreciated for all they do and what they add to James Thomson School. Principal Jasmin Marshman says the parents who run the school's breakfast program are amazing and she's grateful for all they do.

Different parents come every day to prepare something fresh for the students. They shop, cut up fruit and prepare healthy meals for students. But like most programs, volunteers are always needed. If you can help please contact jamesthompsonpac@gmail.com.

Every year, volunteer Jack Vluga generously donates his time to share his passion for Scottish Country dancing with students across SD47.

"Jack's energy and enthusiasm is contagious, and our students always look forward to his visits," says Edgehill Principal Tawnie Gaudreau.

Edgehill School is grateful for the time and effort of all their volunteers. "We are fortunate to have several volunteers who regularly visit our school to build positive relationships and explore new experiences beyond the traditional curriculum," she adds.

"Extending our school connection to our broader community is an important goal for us," says Tawnie. Nina Knapp is a volunteer in Mary Payne's Grade 1 class at Edgehill. Nina's own children, who are now independent young adults, attended Edgehill when they were young. "In an effort to give back to the school community, Nina graciously donates her time at Edgehill to help out in the classroom with art projects, reading time and field trips," says Tawnie. "The children are always eager to have her visit their class."

The value of volunteering is as equally enriching for students as it is for volunteers, and principals say they love how their volunteers have become valued members of their school community.

Want to learn more? Contact us.
 School District #47
 4351 Ontario Ave
 604 485-6271
www.sd47.bc.ca



After 11 years apart... They're finally here!

BY PIETA WOOLLEY | pieta@prliving.ca

For a moment this fall, Precilla Misajon thought she would never see her husband or four daughters again.

She was in the hospital in Vancouver, recovering from a hysterectomy, when her chest started seizing in pain. Precilla, a nurse, knew she was having a heart attack.

And, she was alone. As a Temporary Foreign Worker, Precilla has been in Canada for eight years without citizenship or even a Permanent Resident status. That means she was unable to bring her family to Canada from the Philippines as she had dreamed of and worked for.

In October 2017, *Powell River Living* ran a story written by Precilla; she explained that she'd left the Philippines 11 years before when her youngest daughter was just seven, after her husband had broken his back in a work accident.

"I've cried every night since I left the Philippines," she wrote. "My children are my life, but I need to make their life better and the only way I could do that was to leave for a better paying job."

She started in Saudi Arabia, then moved to Alberta – where she was so broke she wore rubber shoes through her first winter – and finally Powell River. Though the TFW program suggests that workers can bring their family over after two years (that would have been 2011 for Precilla), an administrative backlog meant that she and her family were separated an additional six years. In the meantime, she was working four jobs to support her husband and daughters back home.

This past fall, everything changed in just days.

On November 15, Precilla's Permanent Resident status came through, meaning she could finally apply for her family to come.

On November 20, she underwent a hysterectomy in Vancouver.

Then, while still recovering in hospital, she had a



REUNITED (AND IT FEELS SO GOOD): After 11 years apart, Powell River's Precilla Misajon has finally been able to bring most of her family from the Philippines: from left, daughters Felisse and Sheila May and husband Hermoso. In the middle is MP Rachel Blaney, whose office helped move the family's file along. Precilla is second from left – overjoyed her family is here, but heartbroken the federal government denied her two eldest daughters the chance to live in Canada.

heart attack. (Kelli Henderson, the program manager at Powell River Immigrant Services, travelled to be with her then). She survived.

Less than two weeks later, on December 7, her husband and two youngest daughters arrived.

In March, the re-united family celebrated with MP Rachel Blaney and her Powell River constituency assistant Drewen Young at their office on Marine Avenue. Precilla brought flowers, and so did Rachel. The MP's office staff has been working to get Precilla's family here, in collaboration with PR Immigrant Services Society.

The MP's office is often called on to help citizens sort out problems with federal departments. Rachel said that the number-one problem her constituents contact her for is tax-related: dealing with the Canada Revenue Agency. But number two is immigration.

"There are 29,000 caregivers [TFWs] in the backlog across Canada," Rachel heatedly explained. "It's a very unfair system, and as a parent, you have to make these crazy decisions. Many TFW's are afraid if they complain, they will not get their permanent residency. And these are not well-paid jobs, so you can't hire a lawyer."

After so long waiting and losing hope, Precilla's family's feelings of joy and relief filled the office.

Husband Hermoso is a marine engineer – and spent much of the 1980s working on Japanese vessels moving logs off BC's West Coast and across the Pacific. He is now working with CareerLink to upgrade his credentials so he can work in his field again in Canada. Her youngest daughter, Felisse, is in Grade 12 at Brooks Secondary, and is looking forward to taking the VIU Culinary Arts program next year. Her middle daughter Sheila Mae is working at MacDonald's as well; she was studying to be a nurse before she came. She's looking forward to start-

ing her studies again this year.

But there was a shadow over the celebrations. Precilla's two oldest daughters were not approved by Canada to come here. They had "aged out" while the family was waiting for approval.

"It's heartbreaking," said Precilla. "My youngest daughters were crying when they left Philippines, because they were being separated from their sisters."

It's because of situations like these that MP Rachel Blaney is pushing the government for more resources to be devoted to processing immigration claims. She noted that the Liberals promised new larger immigration

"There are 29,000 caregivers [TFWs] in the backlog across Canada. It's a very unfair system."

– MP Rachel Blaney

numbers to respond to the Syria crisis, and have also been hit by the new challenge of people walking across the US border and seeking asylum in Canada. So she has some sympathy for the government – but the situation is cruel to individuals such as Precilla and their families

In 2012, she noted, the Conservative government let go of one-third of its immigration workforce – a crew that was never replaced. Immigration offices in Nanaimo and Victoria were shut down at that time; now Blaney's constituents must travel to Vancouver to get in-depth immigration help. **PRL**

PINETREE AUTOBODY LTD.

ICBC **certified** shop
Accredited Collision Repairs

Our message to those who text and drive: CU soon!

604.485.7676
4487 Franklin Avenue
pinetreeauto@shaw.ca

Your guide to Best of Powell River

Powell River Living's third annual **Best of Powell River** kicks off this month. It's a way for locals to recognize the best of who we are and what we do, and show it off to the thousands of visitors who descend on our little region in the summertime.

Enter by flipping to Page 46, filling out at least 15 categories, and dropping your form at the PRL office. You can also enter online at www.powtownpost.com.

You'll be entered into a draw to win a Pollen Sweater or 3.5 hour Zodiac tour with Terracentric. Also, we'll be awarding the most thoughtful / funniest forms with some super-hot *Powell River Living* swag.

This year, we've made a few changes – nothing scary – just tiny tweaks to fan the flames of Powell River's greatness even further.

Want to win? Make sure you ask your customers and your mom to vote for you.

1. Best of Powell River is running in July instead of August

Because tourists use BOPR to help them decide where to visit and shop, we're backing it up to hit the streets just as visitors flood into town.

2. The contest winners will be highlighted in PRL July through September

Winners may choose to appear in a Summer Savvy spread each month for three months, highlighting the best of what Powell River offers locals, their guests and independent tourists.

3. Check out these new categories

• *Best Local Celebrity*

This can be someone who is from here and now lives away, or someone who is famous and moved here. What makes them the best? You decide.

• *Best Reason to Move Here*

What do you tell your out-of-town friends and family? Why did you come?

• *Best Reason to Stay Away*

What were the unintended consequences? What should people know before they arrive?

• *Best Craft Event*

Craft fairs and workshops are on FIRE here now. Recognize your favourite with this category.

• *Best piece of public art*

Around town, new murals and carvings have cropped up alongside older ones. What's your fave?

• *Best local beer, cider, kombucha or wine*

This replaces the "Best Local Brewski" category – because Townsite brewing always won the top three spots. We're making it harder for them by broadening the category a bit. Nominate your favourite fermentor.

• *Best free food*

Several churches and non-profits chef up free meals each week. Which one hits the mark for filling, nutritious, and delicious?

• *Best meal under \$10*

This has become an elusive find. Cheap n' delish. What's your go-to?

• *Best restaurant for a quiet conversation*

Part of dining is enjoying the folks you're with. Where can you hear them speak?

• *Best coffee for drinking*

We added this to the "Best Coffee Scene" category, as they are two distinct things.

• *Best prepared food at a Farmers Market*

Because there's so much more to going to the market than just buying produce...

• *Best gardening store*

We replaced "Best Live Plants" with this one, because there's much more to a gardening store than just plants.

• *Best service at a tool or hardware store*

Anyone can order a tool online now, or buy it on the Island. Which local store are you loyal to for their excellent staff team?

• *Best pharmacy*

So, so many pharmacies now. Which is your favourite?

• *Best butcher*

Whether stand-alone or in a grocery store, service and quality counts.

• *Best bakery*

Where do you go for buns?

• *Best contractor or tradesperson*

Everyone talks about their experiences when they need to hire; if you've had a great one, tell the town about it.

• *Best marijuana or vape store*

So many of these have opened since the last BOPR, we can hardly keep up. Where was your best experience?

• *Best second-hand stuff*

Again, there are just so many new used stores. Used stores, that are new. New stores that are selling used stuff. You know what we mean. **RL**

LET'S TALK PAIN!

Chronic Pain Public Seminar

April 26, 2018 • 6:30 pm to 8:30 pm
ARC Community Event Centre

Doors open at 5:30 pm

REGISTER YOUR SEAT at www.painbc.ca/PowellRiver
(click on "register now" to go to the Eventbrite link)

- Expert panel
- Keynote address by leading chronic pain educator, Neil Pearson
- Information & discussion
- Health care providers to address your questions
- Loads of resources to help manage your pain

Learn about the many resources available to support you on your pain journey.

YOUR QUALITY OF LIFE CAN CHANGE. JOIN US!



For more information and local resources anytime,
visit www.painbc.ca/PowellRiver

Powell River
Division of Family Practice
A GPSC initiative



Jennifer Cote Barisenkoff has just become an Athletic Hall of Fame inductee

Thank you, childhood coaches

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

Twenty-five years have passed since volleyball coach Doug Skinner stopped an 11-year-old Jennifer Cote (now Barisenkoff) in the hallway and asked: “How would you like to play volleyball?” Although Jen didn’t know it at the time, it was a turning point in her life.

On May 5, Jen will be inducted into the Central Connecticut State University Athletic Hall of Fame. The Powell Riverite now lives in Kamloops.

She began playing in Grade 5 at JP Dallos Elementary School. Her volleyball career lasted through high school, playing with Team BC each summer - and then four years at Central Connecticut State University – a Division 1 NCAA school.

At one time, she held rank nationally as one of the top 12 hitters in the NCAA Div I athletes, under coach Linda Sagnelli. For most of her senior year at university, she ranked within the top 30 players in the USA for hitting percentage with her highest ranking being the week of Oct 24, 2004 where she made number 11. In her junior year she ranked 35th in America for blocks per game.

“It’s funny how little things can happen that turn out to be integral milestones in your life and you don’t realize how key they are until some time down the road,” reflected Jen.

“Their enormity comes with experience and when you look back on them you come to realize ‘Wow, that was huge.’ I vividly remember the day Doug came up to me and asked me to play, and wow, that was certainly the beginning of something pretty special, and I’m super grateful.”

As a teen, Jen was part of the club team that reigned during the Powell River Aces Gold Medal era. She has many great memories of her teammates over the years. Coaches too: Doug, Jason Christensen, Tony Rice, Gerald Lambert and Tom Freeman.

“I remember the UBC Gym warm ups as well as our ‘Eye of the Tiger’ visualizations in the upper back hallways of the War Memorial Gym and our big trip to New-



THE HITTER: Back in the late 1990s, Jennifer Cote was part of the top-ranked Powell River Aces team. Her play landed her a spot at Central Connecticut State’s team - and now a sport at the university’s Athletic Hall of Fame.

foundland to play at Nationals. I was also lucky enough to be one of the girls who would occasionally have the opportunity to play a league up with older athletes whom

I really looked up to, like Lindsay Cooper, Kyla Smith, Amy Cripps, Alisa Wilson, and Diana Caldarone.

“My high school and club career really couldn’t have been a better experience and I feel so lucky that I got absolutely every opportunity to improve as a player and teammate each year; it really did set me up for success. I so wish I could relive a few of those games with my teammates as those times will always have a very special place in my heart,” she said.

Teammates included Doris Paquette, Louise Belanger, Jessica Philip, Jen Hoekstra, Candice Pollinger, Amanda Welp, Reanne Woodhead, Sharlene Skorey and Nanami Iwatsubo.

To play on a Division 1 NCCA volleyball team was an incredible opportunity for Jen.

“The years I played marked the beginning of a very successful run for the volleyball program and I was happy to be a part of that.”

Jen’s mom Claudia Cote smiles when she talks about the volleyball days. “Those girls ate, slept, and dreamed volleyball,” she said. “They were together for six years. It was a busy, busy time. I did a lot of chaperoning and wore out my van!”

Like her mom, Jen remembers her volleyball days fondly.

“One of the most memorable moments, and probably because it’s an easy one to remember as it marked the end of my high school career, was when our Brooks Team won the Provincial Championships in Kimberly, with Jason and Diane Christensen heading up the team.

“It was an honor to be named most sportsman-like team as well that year, a combination that rarely occurs.”

When Jen reflects on being inducted into her university’s athletic hall of fame she is grateful for the many opportunities she’s had, her teammates and the great coaching along the way.

When she found out about the induction into the hall of fame, she emailed Doug and Jason and thanked them for all their hard work. [PR](#)



FRUITS & ROOTS JUICE BAR: Alicia Yantz, left and Owner Heidi Jackson, pictured right. NOW OPEN at The Powell River Town Centre.

Come in and say hello to the many new faces of the Powell River Town Centre!



HEIDI JACKSON
Fruits & Roots Juice Bar

Heidi Jackson has been working in restaurants since she was 15 years old. After taking the Hospitality Management Program in college, she spent a few years working and traveling around the world. After returning to Canada and helping open and run a number of restaurants as a general manager, she moved to Powell River seven years ago, first working with Marika Varro at Tree Frog Bistro, then with her own Fruits & Roots Juice Bar. “I love to cook and playing with flavors,” she says. “Knowing that what I create makes people feel good is very rewarding which makes what I do with Fruits & Roots Juice Bar the most satisfying career. I am very excited to be in the Town Centre Mall so we can bring our healthy alternative take on fast food to a broader market. Heidi and her team look forward to “Powering Up Your Day!”



CARRIE AND CHRISTIAN OLNEY
Panago Pizza

Christian Olney started his career with Panago Pizza as a 16-year-old delivery driver. Together with his wife Carrie, they are proud to open their new Panago location in Powell River. Christian and Carrie were looking to move to a city with strong small-town values, where they could raise their daughter in a family-friendly community, which they have found here in Powell River. Panago offers quality ingredients and is sensitive to health and dietary requirements, with a wide range of vegetarian, vegan, dairy-free and gluten-smart options. The Powell River Panago offers delivery and take-out for lunch and dinner from 11 am to midnight Sunday through Thursday and is open until 1 am on Friday and Saturdays.

NOW OPEN
604.485.2346
fruitsandrootsjuicebar.ca



NOW OPEN
310.0001
panago.com



**Come check out our ALL NEW
19+ Products & Accessories!**



**SHEFFIELD
EXPRESS™**

CONVENIENTLY LOCATED IN THE TOWN CENTRE MALL

604.485.2360 | www.sheffield.com

**Powell River
Town Centre**

CENTRALLY LOCATED AT JOYCE AVENUE AND BARNET STREET



PRIME RETAIL AVAILABLE

OPPORTUNITIES FOR:

Dentist / Doctor / Shoe Store / Insurance / Fitness
Ladies Wear / Fabric / Healthcare / Bakery

YOU'LL BE SURPRISED JUST HOW AFFORDABLE WE ARE!

PRTOWNCENTRE.COM  **604.485.4681**

the Sweet Shoppe & Plus is moving!

We're moving to unit #30, across from Subway. OUR NEW LOCATION IS OPENING SOON



LAURIE ROBERTSON & JULIA HUCZEL
Snack Attack Shack

Born and raised in Powell River, Laurie took the first-year chef's apprentice program with Wolfgang Goudriaan. She then finished her apprenticeship in Lake Louise and schooling at S.A.I.T in Calgary, Alberta where she received her cook's and Red Seal chef certificate in 1987. Laurie brings over 31 years of cooking experience to the Snack Attack Shack which she co-owns with her sister Julia. Julia was also born and raised in Powell River, and was a long-time server at the Granada Restaurant. During 12 years away, she found her passion in the chocolate industry managing Olivier's candy store in Calgary. She moved back to Powell River with her husband Joe to start new endeavours and open the Snack Attack Shack with her sister Lauri. They both look forward to meeting and serving their customers with down to earth home cooked meals and sweet treats!

NOW OPEN

604.489.0560
[facebook.com/Shack2017](https://www.facebook.com/Shack2017)


Snack Attack Shack



DIKRAN ZABUNYAN
NEW Town Centre Hotel Manager

Before moving to Powell River this year Dikran Zabunyan had more than 20 years of experience with hotels and resorts across Canada from Toronto to Whitehorse. He recently managed Rockwater Resort in Halfmoon Bay, where he met Town Centre Hotel owner Jack Barr, and they soon arranged for him to succeed Shelley Halliday. After moving from Turkey to Toronto at age 12, Dikran went on to success in basketball, being named one of the top 100 basketball stars to have come out of the city. Dikran played professionally for Turkey, then later ran a semi-pro team out of Toronto. He maintains an interest in the sport, coaching the Vancouver Dragons of the new Minor League Basketball Association, and hopes to get involved in local hoops. Welcome to Powell River Dikran, we look forward to seeing you around town!

604.485.3000
prtowncentrehotel.com

 **Powell River
Town Centre Hotel**

Sweet success for less-sweet cooler

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

Julius Makarewicz was a terrible student. He didn't care about school and he didn't get great marks.

"I caused a lot of trouble," he told *Powell River Living*. "I got kicked out of class and sent to the principal's office a lot."

Traditional schooling bored Julius. When he graduated from Brooks, the now 28-year-old Powell River-raised entrepreneur left home to attend the University of the Fraser Valley.

He spent three years there followed by a month at Simon Fraser University working on a business degree before dropping out.

Last month Julius made BC Business magazine's top 30 under 30 list. The annual ranking celebrates the province's brightest young business talent and ranges from research scientists and beverage makers to guitar makers and a fintech startups.

Here's the story of how a young man who grew up in Powell River made that list.

Although Julius didn't learn much at school, he was always an avid reader. He read books. Lots of them. He also reached out to entrepreneurs he admired and picked their brains. And he read articles about business.

"We're thinking about doing a blackberry one as an homage to Powell River."

*— Julius Makarewicz,
Nude Vodka Soda*

At the age of 21, Julius began working at startups like Vision Critical Communications Inc. (a tech and digital marketing firm) where he became head of sales and marketing.

He didn't look for jobs by responding to ads, instead he figured out what company he wanted to work for and who he wanted to learn from. "I always went in and gunned for a job," he said.

Julius didn't make much money in the early years but that's not what it was about for him. "I was there to learn," he said.

His last job before launching Nude Vodka Soda was

Q&A with Julius Makarewicz

Did you look up to any local business people growing up?

"Dave Formosa. He always had a lot of deals going on and rolled around in that yellow Porsche. I also really looked up to developer Jim Agius."

Any advice for young entrepreneurs?

"Learn as much as you can. Read books, the info is there. Go work for companies that are similar to what you want to do. Work for smart people and don't be afraid to pick up the phone and ask someone for a job."

What do you have to do to succeed?

"Work your ass off and work with the best."

with the publicly traded clean tech company GreenPower Motor Company. As operations manager, he worked, watched, listened and learned.

He learned how to run a business. How to raise money, the legal side of business, accounting, and sales. And while he was learning, he was waiting. "I was just waiting for an idea," he said.

Julius enjoyed vodka but noticed all the ready-to-drink vodka products (those that were premixed in a can) were too sweet. Too many beers left him feeling full.

To get what he wanted he mixed his own.

"I saw that everyone was drinking it (vodka and soda) but no one had done it in a can," he said.

And that's how Nude Vodka Soda was born.

Julius knows how important branding is. He also knew that the name of his vodka soda said it all. "It's nude of sugar and sweetener and gluten free."

Julius and partner Jerin Mece (who worked in the liquor industry for years) launched Nude last July and have created one of Vancouver's fastest growing beverage brands.

"We are projected to be one of the top three cooler RTD's (ready to drink) beverages in BC," Julius said.

Nude Vodka Soda sold more than 24,000 24 packs in private stores with more than \$1.3 million in sales since launching.

"And we're killing it in Powell River," he said noting that Duke's and Capone's are getting big numbers.

Nude Vodka Soda hit BC Liquor store shelves last



TOP 30 UNDER 30: Sure, he's a BC Business big shot now, but Julius is a Powell River hometown boy. Dr. Pawel and Ewa Makarewicz brought him here as an infant when they escaped Poland under martial law in the early 1980s.

month.


He credits his success to "having the right team," which consists of three full time employees and four contract staff.

"Not only do I have an industry rockstar as a business partner, but we have a whole team of amazing employees, friends, and investors that have helped us get to this level."

With lime, cucumber mint and strawberry kiwi on shelves now, he is toying with peach and several other flavors.

"We're thinking about doing a blackberry one as an homage to Powell River."

Living and working in Vancouver is different than Powell River but Julius carries a part of his hometown with him wherever he goes. "There's something about growing up in Powell River that gave me good values. Everyone has been so supportive and there for me. It's those small town values that you don't always get in big cities."

Julius's dad, Pawel (a local surgeon) and mom Ewa came to Powell River when Julius was six-months old. "They came to Canada 30 years ago from Poland when it was under martial law," Julius explained. 

Congratulations to Powell River's own Julius Makarewicz on the success of Nude Vodka Soda

Get Nude at Capone's!



Open 9am to 11pm daily • Corner of Duncan & Joyce • 604 485-9343

Great Selection • Cold Beer • Coolest Prices
Our prices include all applicable taxes!



604 483-3545
reservations@shinglemill.ca
www.shinglemill.ca

Proud Member of the PR Chamber of Commerce

Beautiful Day?

Our decks just may be open!

Gas dock open daily 9:30-4:00



Launching a daughter and moving close to mom: 'Sandwich generation' couple makes a cozy nest

Lisa Heavenor was born and raised in Powell River. After a couple of decades in Port Alberni though, several situations made 2014 an ideal time for her and her husband, Hubert, to move back here. She is an Early Childhood Educator with Cranberry Preschool and a consultant for PacificCARE Family Enrichment Society (Child Care Resource and Referral). He works at Catalyst.

Why did you choose to move?

Lisa • My husband was given an opportunity for a work transfer through Catalyst Paper in the summer of 2014. We decided it would be an opportunity for him professionally and most importantly an opportunity to spend valuable and precious time with my mom Flo Heavenor (néé Gaganoff). She was born and raised in Powell River and has so many wonderful stories and memories to share. Moving here gives us the time to hear them and pass them down to the next generation.

When?

Lisa • My husband moved to Powell River in August of 2014 and I joined him along with our 10-year-old Golden Retriever Girl "Buddy" in September 2015.

Where from?

Lisa • We moved from Port Alberni. My husband was born and raised there and I moved there in August of 1992. Our daughter Sophie was also born in Port Alberni.

What surprised you about Powell River once you moved here?

Lisa • We visited often so I saw the changes in the community especially in the commercial and housing developments. It was sad to see a lot of the locally-owned stores that I have fond memories of close down. There are still a few that are still here and it brings me great joy to walk through the doors and see the same people there that I remember as a child.

Running into family and friends that I haven't seen in many years and catching up and sharing stories and memories of the past with them.

What surprised us most is all of the amazing outdoor trails to explore and they were all developed by volunteers. Thank you to all the volunteers.

Where is your favourite place here?

Lisa • Ultimate favourite place is Palm Beach and sitting on my mom's sun deck watching the world's best sunsets.

How did you hear about this place?

Lisa • On the day I was born at the Powell River General Hospital in the Townsite to my loving parents Puddy (George) and Flo Heavenor. I am a second generation Powell River Girl.

What would make Powell River a nicer community?

Lisa • I think it is lovely the way it is.

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



FAMILY DRAWS FAMILY: Lisa Heavenor (middle) is a second-generation Powell Riverite. Husband Hubert works at Catalyst, and daughter Sophie comes and goes with university. Lisa's mom Flo Heavenor lives here.

Lisa • Our cherished friends and family and Fisherman's Bread.

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

Lisa • Moving here without our daughter Sophie as she started her university journey in 2015. She came home to her new community the past two summers and worked at Quality Foods and as a summer student at Haywire Bay. In September 2017 Sophie moved to Prince George to begin her Bachelor of Science Degree in Nursing where she is living with family and braving the cold north.

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

Lisa • Build more affordable housing for families and road improvements as there are so many roads in dire need of repair.

What are Powell River's best assets?

Lisa • The world's most beautiful sunsets, view, location (surrounded by the ocean), lakes, trails, camping, Patricia Theatre, library, dining experiences and local shops. Our guests rave about the food, shops, local brew and scenery when they visit.

Your greatest extravagance?

Lisa • Visiting our daughter, eating out at the various restaurants, our 11 month old Golden Retriever Dash and opportunities to try new things (kayaking, snow shoeing) and visiting friends and family who live outside of Powell River.

Which talent or superpower would you most like to have?

Lisa • My superpower would be to bring peace to our world. **RL**

Starting your journey towards your retirement dreams?

At First Credit Union our team can help you build a strong financial foundation to ensure a smooth ride.



www.firstcu.ca/financialblueprint

DO YOU HAVE CHRONIC PAIN?

Mark your calendar for the following upcoming Chronic Pain Events in Powell River

April 3 Powell River Self-Management Support Group
2:00 pm Powell River General Hospital

April 9 (through April 30) Relaxation & Gentle Movement for Chronic Pain Management
Mondays 10:30 am Cranberry Seniors Centre

April 10 (through May 1) Relaxation & Gentle Movement for Chronic Pain Management
Tuesdays 10:45 am Nourish Wellness Centre

April 26 Chronic Pain Public Seminar
6:30 pm - 8:30 pm ARC Community Events Centre

April 27 Chronic Pain Patient Workshop: Overcome Pain. Live Well Again.
10:00 am to 12:00 pm Powell River Rec Complex

For more information and local resources anytime, visit www.painbc.ca/PowellRiver

 Powell River
Division of Family Practice
A GPSC initiative

WHAT'S UP

Midgets win provincials

Powell River Midget Rep Kings beat Mission 3-1 in their final game to become the provincial champions at the BC Hockey Midget Tier 3 Championships in West Vancouver last month.

Winning the title wrapped up a five-day hockey tourney that featured big saves, great goals and excellent play.

The Kings dumped defending champions from Terrace 7-2 in the semi-final to earn a spot in the gold-medal game. In the final later that day, Powell River fell behind 1-0 in the first period, before Griffin Beauregard tied it on a power play in second frame.


Carson Cecconi scored what would stand as the winning goal with just three seconds left in the second period. Drew Sundberg got the insurance in the third while shorthanded. Powell River outscored their opposition 43-10 in nine playoff games. The midget reps finished with an overall record of four wins and one tie at the four-day tournament.

Bantams get bronze

Powell River Bantam Rep Kings also medaled at their provincial championships. They missed the final after losing 6-2 to host Nelson in a semi-final. But the team regrouped for the bronze-medal game later that day, and edged Penticton 3-2 on goals by Jeffrey Chernoff, Luke Shipley and Matteo Porchetta.

Cue Sport Champions

Players from Powell River's Crazy 8 pool team won the men's mixed team 8-ball open division at last month's Canadian Cue Sports BC Championships.

Held in Penticton, the team went undefeated. The winning team, made up of Derek Schwartz, Chris Moore, Brian Mansell, Rick Gaebel and Paul Marier, were the best team in BC. A total of 13 Powell River players competed against 800 players from across the province. Wayne Clancy won the men's singles 8-ball qualifying event. 



Powell River BRAIN INJURY SOCIETY
tel 604 485-6065 • info@braininjurysociety.ca
www.braininjurysociety.ca



Make a real difference.
Donate to the Powell River
Hospital Foundation.

604 485-3211 ext 4349 | 5000 Joyce Avenue, Powell River, V8A 5R3
www.prhospitalfoundation.com

Choose eco-friendly caskets and urns,
made with 100 per cent natural material.

Pine and bamboo caskets are stained beautifully with coffee.

Eco urns are made from bamboo, willow, sea grass,
mulberry bark or recycled paper.

*Our burial and cremation services honour people
of all beliefs, traditions and cultures.*

And we are here to help you every step of the way.

You care about your environmental footprint.
Make arrangements that reflect your values.
Talk to us about eco-friendly funerals.

Make your
last act a gift
to the planet.

Providing dignified service
to the region since 1969

STUBBERFIELD
FUNERAL HOME LTD

7221 Duncan Street • 604 485-4112
stubberfieldfh.com

Electrical Upgrades • Renovations • New construction



FOXTROT ELECTRICAL SOLUTIONS LTD.

 ENPHASE

Lower your energy costs.
Save the planet. We can help.
Ask us about solar grid tie-in
and how to benefit from BC
Hydro's Net Metering Program.



604.414.3929

www.FoxtrotElectricalSolutions.ca

info@foxtrotelectricalsolutions.ca



Powell River trades-youth have skills



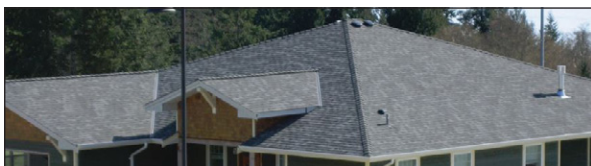
Powell River students brought home a fistful of medals at the Skills Canada BC regional competition in Nanaimo last month.

Twenty-three students from Brooks/Vancouver Island University dual-credit program competed in carpentry, welding, hairdressing, automotive and TV/video production with four Powell River students medaling.

Konner Koshey won a gold in carpentry, Jacob McDonald won bronze in carpentry, Eden Bourcier won silver in hairdressing (see photo at left) and Zak Forsyth won silver in welding.

The whole team is pictured above.

Skills Canada BC's 2018 Provincial Competition April 18, 2018 (Tradex) Skills Canada BC's 2018 Provincial Competition will be held on April 18, 2018 at the Tradex, in Abbotsford, BC. More than 600 competitors in 58 competition areas will compete in fields as diverse as: aerospace, automotive, 3D Animation, baking, welding, robotics -- and much more! **PR**



Roofing you can trust.

As Powell River's leading roofing contractor since 1980, we provide high-quality installations of all types of roofing systems, and all of our workers are trained and ticketed in each specific roofing application.

- Commercial and residential
- Torch on membrane systems
- Single ply roof systems
- Hidden fastener metal roofing
- Cladding and corrugated metal
- Fiberglass asphalt shingles
- Composite shingle roofs
- Green roofing certified
- Repairs and maintenance
- Roof consulting and planning
- Custom sheet metal and flashing sales
- Mechanical and HVAC sales and service
- Red Seal Certified Tradesmen

FREE Estimates



Better Business Bureau & Roofing Contractors Association of BC
www.nelsonroofing.com (604) 485-0100

Why build with Cedar?

Longevity • Build it and forget it. Cedar is durable and naturally resistant to rot, decay and insect attacks, which means anything you build with it will last longer and require less maintenance.

Versatility • Western red cedar accepts and holds a wide range of finishes from dark stains, to bleaches, to beautiful semi-transparent.

Availability • Lois Lumber has cedar in a variety of dimensions and grades. And it's harvested and milled locally.

Mill Direct Quality Cedar Products

Cedar Shakes & Shingles
Exterior & Interior • Haida Skirl Siding
Decking & Siding • Post & Beam
Trim • Panelling • Fencing

Shipping & delivery available.



Mon-Fri 8-5
1.855.79.CEDAR
604.487.4266



Introducing:

Frankie's Place

@ **The Old Courthouse Inn**

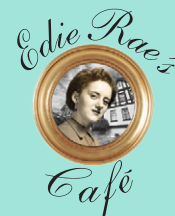
Full Esthetic Day Spa with Frankie Lutz

Call for an appointment 604.223.7133



The café is now open 7 days a week

Hours: Mon-Fri, 7-11 am Sat-Sun, 7-1 pm



The Old Courthouse Inn & Edie Rae's Cafe
 6243 Walnut Street, Townsite
 604.483. EDIE (3343) oldcourt@telus.net

Sober Sports

Sober and Recovery Friendly Sports



Ball hockey

MONDAYS from 6-7:30 pm
at Christian School Outdoor Court

\$3/drop-in

All gear provided. No experience necessary.



Just come and have fun!

For more info visit www.SoberSports.ca



Jill Merrick (néé Atchison)



Carol McClinchey (néé Clayton)



Lorraine Stokes (néé Venus)



The mystery woman

Can you identify this 1960s glamour girl?

BY TERESA DINGWELL

It all started over dinner with my cousin, Cheryl Guistra, while talking about what to do with our parent's "stuff" after they pass away. Cheryl had a dilemma over four studio portraits that were taken by her parents, Fay and Cliff Sandwell at Westview Photos between 1960 and 1967.

She knew she wanted to return the portraits to the women pictured but only knew the name of one of them. So, I offered to help her name and locate the other three mystery women.

Easy, right? I've lived here a long time and thought I knew just about everyone from back in the 60s. With help, I've named and located two more of the women but I'm baffled by the remaining beauty.

Far right is our "Mystery Woman." I've shown the picture to many, many people

and most say "I know that face but I can't remember the name". I've had many false leads and spoken to several women who say it's not them but they wish it was.

The consensus is that she's lovely, and that the picture was probably taken in the early 1960s. She looks like a Miss Powell River contestant.

Cliff worked for MacMillan Bloedel in the Engineering Department but his passion was photography. When they bought Westview Studios, Cliff's hobby became a viable business and Fay quickly learned the art of taking portrait pictures. The address was 4679 Marine Avenue, the old "Five and Dime" store. The Sandwell Family lived below the studio with their four children, Cheryl, Lori, Glen and Debbie.

From what the family remembers, they sold camera equipment, developed black and white prints downstairs in the

"dark room," and sent colour film out of town for processing. Most of the early portraits were done in black and white but the Sandwells had them painted with colour oils by local resident and artist Lorna McCahon. The resulting "colour" portraits were stunning.

Both Fay and Cliff captured local weddings, high school graduations, and many portraits of the young women who entered the Miss Powell River Contest.

Cliff did commercial work for the MacMillan Bloedel Pulp and Paper Mill and some photography work on Texada Island. Fay entered some of her in-store portrait work in competitions and won some awards. Her most notable award (first place as we remember it) was for her portrait of Jill Atchison and was named "Madonna". (Note, this was the only woman that the family could initially identify.)

Both Fay and Cliff Sandwell have since passed away but these portraits remain in the family's possession. However, we can only name three of these beauties. We would like to know the name of the remaining "Mystery Woman" so we can return all of these portraits to the women and/or their families.

The portraits are approximately 16 x 20" and are black and white or painted with colour oils.

If you are the "Mystery Woman" or if anyone in Powell River can identify her, the Sandwell family would be very grateful and happy to reunite the owners with their pictures.

If you can help us please contact: Teresa Dingwell 604-489-9777 in Powell River (Fay and Cliff's niece) or, Cheryl Guistra (néé Sandwell) in Vancouver cgiustra1@gmail.com. 

What do you know about this former school house?

Long time Powell River resident Ben McAulay is looking for more information on what he's been told was Powell River's first school.


He was told that this building was a two-room schoolhouse and owned by a logging company in the late 1800s. It was located at the top of Nootka Street in an area known as Fiddler's Field.

This photo was taken last spring. Since that time, this building has been dismantled.

Barbara Lambert, author of several local history books including *Chalkdust & Outhouses*, hadn't heard of the school Ben spoke of, however she did not dis-

count it. She said that logging camps often set up schools for the children and when the logging camps moved on they moved the schools right along with the camps.

This one may have remained in place because it was too difficult to move, however that's just a guess.

Sadly, the person who told Ben that the building was a school has passed away and he doesn't know the name of the logging company so he'd appreciate any information that *Powell River Living* readers can provide about this building. Please email isabelle@prliving.ca if you can help. 



2016/03/2



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

Hi Isabelle:

We usually love your magazine but was sad & disappointed to see your article on the Iditarod.

There is so much cruelty involved with this so called "sport" just like the Grand National in England where horses die every year, and the chuck wagon races at the Calgary Stampede. The animals have no choice.

Fun for the participants and onlookers, not much fun for the creatures forced to take part.

*Sincerley
Martin Hill, Audrey Hill*

Dear Editor:

I just picked up a copy of the March issue of *Powell River Living* and I was surprised at the photo you went with on the cover. Where is safety first in this photo?

The grinder is clearly running because you can see sparks flying off the drill bit. She has no gloves on, no proper safety

glasses or shield on.

There doesn't appear to be any ear protection on and no hard hat all while she's looking at the camera getting her picture taken.

I'm not trying to be a stick in the mud and I'm all for women in jobs that are normally done by men. Just turn off the power tool for the photo because this is not a good photo showing safety first.

Chris McClelland

Editor's note: Thank you for your letter, Chris. In our efforts to showcase a story on women in the workplace, PRL staged a photo that did not reflect the outstanding safety culture that Catalyst Powell River is known for.

We probably should have run one of the many other pictures we took where Lindsay was posing in accord with all safety rules, but they weren't quite as photographically pleasing.

We apologize for our photo choice.

**Learn to use
Tech
At the Library**

**Tech Tip
Tuesday & Thursday
eReader
Help Sessions
Access to Lynda.com**

prpl.ca
604-485-4796
info@prpl.ca

All New!

Festivals pull-out section

In print, online and circulated on Facebook May to September 2018

Reach 14,000+ local residents,
their friends and families,
plus BC Ferries passengers

**Powell River
LIVING**
Showcasing the best of Powell River

Suzi Wiebe
suzi@prliving.ca
604-344-0208

Sean Percy
sean@prliving.ca
604-485-0003

The best festivals deserve the best marketing.

Brandy Peterson

*Reliable answers to your
real estate questions.*

ROYAL LEPAGE
Powell River
COMMERCIAL REAL ESTATE

powellriverrealestate.net brandypeterson@shaw.ca
1-877-485-4231 toll free **604 344-1234 direct**
4766 Joyce Ave

**CLEAR IT
DIG IT
PREP IT
ROCK IT**

open Mon-Fri 7-5
Sat 9-4

4240 Padgett Rd
604-485-2234

Sand & Gravel

You pick up or we deliver.

Wide variety of
construction
aggregates

Slinger Truck
HIAB Truck
Dump Trucks
Excavators
Quarry Rock
and more...

tandrcontracting.ca

**T&R
CONTRACTING LTD.**
SAND, GRAVEL AND GARDEN

East Meets West

A Congolese refugee family will arrive in Powell River in the next month or so. Help them by attending "East Meets West"—Doors open at 5:30, Dinner at 6:30.

Middle Eastern Dinner - St. Joseph's Hall - April 21

\$50 Tickets available at The Knack, 32 Lakes Coffee, Assumption Parish Office or call 604.483.6625.

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

**Where service and safety move volumes.
Next day, damage-free delivery.**

CITY TRANSFER

WWW.CITYTRANSFER.COM POWELL RIVER | SUNSHINE COAST | VANCOUVER **310-CITY (2489)**

BY KIM MILLER | office@powellriverchamber.com



Aero Design Ltd., a helicopter cargo basket and accessories company, recently purchased the BearPaw line of products from Helitowcar of Quebec.

BearPaw is a product that lets helicopters perform safe landings on snow, clear ice, spongy soil and in rivers.

“The Helitowcart Bearpaws are well known for their quality and design,” said Jason Rekve, Aero Design president in a press release. “Bearpaws are an obvious fit with our existing cargo baskets and bike racks so it was an easy choice when the option to purchase the line arose.”

The Texada Island Inn has undergone massive renovations following the fire in 2015. New owners Cymry and Evan Morris opened the bar in December 2017. The restaurant opened recently. Room rentals will open at a later date this spring. If you come for a visit find Cymry and she’ll be happy to show you all the renos that have been done.

Dikran Zabunyan is the new general manager of the **Town Centre Hotel**. He takes over from **Shelley Halliday** who will someday retire but not just yet. In the meantime Shelley will be in charge of special projects including some upcoming renovations. Dikran brings with him more than 20 years of experience in the hotel and resort industry. He spent four years as general manager at the Rockwater Secret Cove Resort and Spa in Half Moon Bay before moving to Toronto to work for for the Dass Group of Companies as regional director of hospitality. Dikran and his wife missed the Sunshine Coast so he was happy when the position at the Town Centre Hotel became available.

Sea Warrior Prop Repairs, a new arm of Road Warrior Welding, is now open at the Aero Services location at 7327 Duncan Street. Linda Haist, who co owns the business with her husband Pat, said no one had been offering prop repair in Powell River and people had to send props out of town to be fixed. The business is run out of Aero Powell River Services on the Bowness Avenue side. Linda will be running Sea Warrior while Pat will continue to run Road Warrior Welding. Pat is a level A red seal journeyman, pressure ticketed welder with more than 45 years experience. For more info call 604 223-1457 or lphaist@gmail.com or visit seawarriorproprepairs.com.

The **Powell River Chamber of Commerce** joined the BC Chamber in voicing their opposition to a 22.16% anti-dumping duty deposit on exports of uncoated groundwood paper products by the US Department of Commerce. The protectionist tariff added March 14 to **Catalyst**


In January, Canadian newsprint producers were hit with a 6.53 % tariff. The final determination of both the countervailing duty and anti-dumping duty is expected around August 2. Uncoated groundwood paper is a printing and writing grade of paper used in the production of paper products such as newspapers, directories, flyers, catalogues and books, and is

nominations in for Powell River Women in Business’s annual awards. You have until May 1 to nominate an outstanding woman for: A) Outstanding Woman in Business; B) Outstanding Woman with a Home-Based Business and C) Influential Woman in Community Service. Forms available online at prwomeninbusiness.com or at the Nutcracker on Marine Avenue or *Powell River Living* magazine on Glacier Street. The dinner ceremony will be held May 16 at the Town Centre Hotel.

Frankie’s Place is a full esthetic day spa opening at the Old Courthouse Inn in Townsite on April 3. Offering massage, reflexology, manicures, pedicures, gel nails, and body wraps, owner Frankie Lutz is a holistic therapist with almost 20 years experience. You can reach Frankie at 604 223-7133 to book an appointment or find her on Facebook at Frankie Lutz.

Avid Fitness has opened **Avid 101**, a training center next door in the space formerly known as Aroma’s. Avid 101 is an optimal space for individuals, teams and groups of people with similar goals to work together and with a trainer to increase mobility, agility, balance, coordination strength and agility. For more info visit www.avidfitness.ca or call 604 485-9580.

There’s a new appliance repair service in Powell River. William Pallot—who volunteered for PRISMA—opened **Pacific Coast Appliance and Installations** in Powell River last October. William is a manufacturing engineering technologist. He completed a diploma program in appliance repair and spent 14 months training with an appliance repair company on Vancouver Island. William opened his business in October 2016 on Vancouver Island and decided to move his company to Powell River in October 2017. William is licensed, insured and is the certified extended warranty provider through TGS. Contact him at 604 223-4707 or 604 485-2098.

Sandra Tonn is offering qigong classes at Cranberry Hall and city parks this summer. “Qigong is accessible and helps people to live their best lives,” said Sandra, who is a writer, editor, yoga and meditation teacher. She also teaches a memoir writing class for the The Powell River Public Library. Qigong is an ancient practice based on traditional Chinese medicine philosophy. Her classes include guided meditation, qi self-massage, dao yoga stretches and breathing and standing flow movements. For more info contact Sandra at 604 483-3509, email@qisandra.ca, go to www.qisandra.ca or visit her Facebook page. 



New Texada Island Boat Yard

When Texada Island residents Alan and Wendy Davis purchased the old quarry site on Marble Bay Road, they saw the potential for creating **Texada Island Boat Yard**, a new boat haul out service and boat storage yard. They purchased a Conolift marine hydraulic boat trailer and built a concrete boat ramp and boat wash pad.

Construction is underway on the chandlery building and an extension to the existing floats for more boat moorage is also planned. In addition to operating the boat yard, Alan will continue to provide tool and equipment rentals, milling of timbers, and

sand and aggregate sales to Texada Island customers.

Wendy is preparing to launch a new business providing laser engraving services, laser engraved industrial tags, signage, and customized products.

Texada Island Boat Yard is located at 1844 Marble Bay Road, Van Anda, west of the Texada Boat Club docks and adjacent to Caesar’s Boat Club.

To schedule an appointment for a boat haul out, or for more info contact Alan at 604 414-9817 or email aldavis@telus.net or visit texadaboatyard.com.

Paper Corporation’s newsprint products is unwarranted and without merit, said Ned Dwyer, Catalyst’s President & Chief Executive Officer. “They pose a threat to our competitiveness and the sustainability of our business and we will continue to vigorously defend ourselves against them,” said Dwyer in a press release. The company faces up to \$6 million per month in dumping fees. Catalyst’s Powell River mill employs 383 people and operates two paper machines that produce newsprint and uncoated mechanical speciality papers that are used in catalogues, magazines (including *Powell River Living*), newsletters, inserts, flyers and high-volume weekend newspaper magazines.

produced at Catalyst’s Canadian mills. Uncoated groundwood directory paper was excluded from the duty. “Even with the exemption of directory paper, the remaining anti-dumping and countervailing duties are onerous and a critical cost challenge for Catalyst,” said Dwyer.

Powell River Women in Business elected a new executive at their March 14 annual general meeting: Isabelle Southcott, president, Leah Rourke, vice president, Elaine Steiger, treasurer, Alice Ward Cameron, secretary, directors Christine Konopelski, Jennifer Konopelski, Emmanuelle Burelli, and Heidi Howe. There’s only one month left to get your

APRIL 6 TO 8 WEEKEND



Townsite Jazz Festival
Spring Homesteading Bootcamp
Free Family Swim
Patsy Cline Tribute

APRIL 13 TO 15 WEEKEND



Academy Cabaret
Cosi Fan Tutti
Fishing 101 Burger & Beer
Grizzlies, Gales & Giant Salmon
Scout Mountain

APRIL 20 TO 22 WEEKEND



Big Ups
E-Couture Fashion Show
Earth Day
East Meets West Refugee Fundraiser
Blind Side at the Max
Mimosa Jazz

APRIL 27 TO 29 WEEKEND



PR Home + Garden Show
Marathon Shuffle
Vancouver Island Soccer
Championships
Friday Pro-D
Open Air Market opens
A Taste of Art

Start scribbling: April is a calendar-filler of a month. See all events pages 34 to 43

Dig in the dirt, head out to a show

5

Completely new things happening here this month

1. Townsite Jazz Festival

Sure to be an annual event, April 5 to 7 is the trial for this already-popular festival. Black Gardenia, Dr. Tony Genge, local students and much more take over the region's coolest 'hood. www.townsitejazz.com.

2. Big Ups

An Earth Day-inspired, family friendly festival and CJMP fundraiser at Palm Beach April 20. Bring your kids and your dancing spirit to enjoy drumming circles, DJs, food and new friends.

3. E-Couture Wearable Fashion Exhibit

The fashion show is now in its fourth year, but this is the first post-catwalk exhibit. That's thanks to The Art Centre, a new exhibit space over the Library. If you haven't checked it out yet, now's your chance. It opens April 27.

4. Marathon Half-Shuffle

Normally, the full-shuffle and half-shuffle happen on the same day. But this free event - hosted by PRPAWS, Tla'amin Nation, Club Fat Ass, and the BOMB Squad - has outgrown itself. The half-shuffle is on April 28, the full 29 kilometres happens on the 29th.



5. Plastic Free Challenge

By 2050, plastic could outweigh fish if we do not curb our consumption. This staggering fact, along with photos we have all seen of plastic-choked beach fronts, can be overwhelming to think about, let alone change.

How can we make a difference when the challenge seems so immense?

We can start with little steps; picking up plastic litter we see and taking part in the Plastic Free Challenge. By bringing awareness into our daily lives through this intentional challenge we can each start to curb our consumption.

This action can be witnessed by others and a domino effect can occur.

You can be a catalyst for change by living the change! Sign up through Let's Talk Trash for weekly tips, tricks and encouragement.

- Let's Talk Trash team 

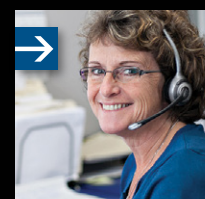
This page sponsored by:



**Where service and safety
move volumes.**

Next day, damage-free delivery.

**CALL TODAY
to schedule
your next
delivery**



WWW.CITYTRANSFER.COM

POWELL RIVER | SUNSHINE COAST | VANCOUVER

310-CITY (2489)

Earth Month

April 1 to April 22

Plastic Free Challenge

See Page 2. If you've been participating in the challenge, wear your accumulated unavoidable plastic from the month to the film screening for a chance to win prizes!

April 7 & 8

Spring 2018 Mini Bootcamp - Food production and more!

9 am – 5 pm, Sycamore Commons. From soap making to backyard biochar to starting seeds. www.fiddlersfarm.com.

April 20

Big Ups

Palm Beach Park – Family friendly event; 11 am to 11 pm. Yoga, healing, drum circle, DJs and live bands. Tickets are \$20 in advance (available at Base Camp), \$25 at the door. People under 15 years old are free.

April 21

The Moment screening

Tourism Powell River premieres The Moment film, 1:30 pm – 3 pm, Patricia Theatre. This film features the birth of free riding in BC. A short film, Respect, will also be screened which, is a call to action for sustainable mountain biking. Proceeds from the film will go to the Powell River Cycling Association.

eCouture Fashion Show

6:30 pm – 9 pm, Dwight Hall. The 4th annual gala of artrageous fashion. Tickets (\$18) at Fibre Space, Ecosentials and Base Camp.

April 22

Earth Day

The theme this year is "End Plastic Pollution."

Life Off Grid screening

Let's Talk Trash sponsored screenings, 1:30 pm – 3 pm, Patricia Theatre. Free admission. Also screening is "Rising Waters," a short documentary from local film maker Claudia Medina. Both film makers will be in attendance for a q&a session at the end of the films.

April 23

Fibre rug making

10 am – 4 pm, Oceanview School, Fibre Space room, 100 – 7085 Nootka St.

April 26

Earth Week Buffet

McKinneys, doors open at 4:45 pm. Hosted by the Wild Ocean Whales Society. Band at 9 pm. Vegan and Omnivor-friendly. Tickets at Hindle's and Capone's, or through wows.org.

April 27

E-couture Wearable Art exhibit opens

At The Art Centre, above the Library.

April 27 & 28

PR Home + Garden Show

Hap Parker Arena. Over 70 booths, with a focus on sustainability. www.prhomeshow.com

May 5

Trash Bash

9:30 am – 3:30 pm. Community cleanup day! Head out to pick up any illegally dumped garbage or clean up roadsides. Bring your collection down to Willingdon Beach where dumpsters will be onsite.



E-Couture Wearable Art From Junk to Jewellery

BY TERESA HARWOOD-LYNN

My grandfather use to say that you couldn't make a "silk purse out of a sow's ear." But he never made earrings from an old brass fishing reel or a bangle from a piece of steel piping.

As an avid metal detectorist, with an ever growing mound of metal, I have turned my obsession for digging into an obsession for jewellery.

In a small room at the back of my house that is home to the furnace, I dig through my stash of metal looking for inspiration. Sometimes the task is easy. My silver-smithing mentor Susan Macpherson has taught me that a strip of metal 6" long is the perfect length for a cuff bracelet. I haul out the key fob I found metal detecting; it is from the old Crown Hotel in Vancouver and is exactly 6" long. A scrap of copper, pitted and worn, takes a bit more vision and is quite literally beat into submission before a piece of jewellery begins to emerge. I used to think there was nothing more frustrating for a metal detectorist than finding a crumpled up ring, or digging up a near perfect charm just to find that it is broken in such a way that it can no longer hang from a chain. But now these finds excite me. A gold ring split into two, softened with heat and then flattened makes a perfect

pair of earrings. A charm layered onto other metals can be fashioned into a ring.

Even my friends are starting to get in on my craze. When Isabelle spotted an ugly little vase in a second hand shop on the Island, she saw what others might have missed. The vase was adorned with a piece of amber and metal fashioned into leaves and flowers. I was doubtful when she gave it to me asking if I could salvage the amber for a pendant. But she has a good eye for treasure it seems. As the leaves and flowers were cut away from the vase with a jeweller's saw and then heated with a torch, it turned out they were made of sterling silver! The glob that was glued on to the ugly little vase has now been fashioned into pendants and earrings. And the vase still holds flowers!

Several of my pieces will be on the "runway" in this year's Ecouture Wearable Art Show. The focus of the show, now in its fourth year, is about upcycled, recycled, local and sustainable fabric and fashion. But what about metal and jewellery? When was the last time you looked in your jewellery box and considered the environmental impact of all those little delights?

I have to admit my inclination to recycle metal into wearable art was more out of a desperate need to do something with my stash than it was about saving the planet. As it is with so many things I seem to have fallen into the "slow fashion" movement more by chance than design.

I'm beginning to find that jewellery can be environmentally friendly, local and sustainable. If ripping metal from the earth is the only way to obtain new precious metals then why not look at how we can upcycle what we already have into something fun and funky. prliving.ca

Plan your April

Big April Dates

April – month long

Backyard burning for the purpose of removal of yard waste is allowed

Permits and other restrictions apply. www.powellriver.ca/content/bylaws

April 3

School re-opens from Spring break

April 6

National Tartan Day

April 9

Vimy Ridge Day

April 22

Earth Day

The theme this year is "End Plastic Pollution." The Earth Day Network writes, "From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet." In response, Earth Day 2018 will focus on fundamentally changing human attitude and behavior about plastics and catalyzing a significant reduction in plastic pollution.

April 27 & 28

PR Home + Garden Show

Hap Parker Arena. Over 70 booths showcasing all different products. www.prhomeshow.com

April 27

SD47 Pro-D Day

April 28 & 29

Open Air Farmers Market opening weekend

10:30 to 12:30 Saturday, 12:30 to 2:30 Sunday. Paradise Valley.

April 30

Income tax due for individuals

May 4

Lion Bear Fox

7:30, Max Cameron. \$24 / \$12.

May 5

Trash Bash

9:30 am to 3:30 pm. Community cleanup day! Head out to pick up any illegally dumped garbage or clean up roadsides. Bring your collection down to Willingdon Beach where dumpsters will be onsite.

Sports & Fitness

Through April

DynaMike's Fat Furnace

April 7

Free family swim

2 to 4 pm, Rec Complex

April 9

Relaxation & Gentle Movement for Chronic Pain Management

10:30 am (Mondays through April 30)
Cranberry Seniors Centre

April 10

Paddling for Life Dragonboat first day of the season

6:30 Shingemill Dock. Tuesdays and Thursdays through September.
New members welcome!

Relaxation & Gentle Movement for Chronic Pain Management

10:45 am Nourish Wellness Centre
(Tuesdays through May 1)

April 13

Fishing 101 Burger & a Beer

Legion 6 pm \$2. Learn about fishing from local outfitters and officials. \$15

April 28

The 2018 Marathon Half Shuffle

April 29

Full Marathon Shuffle

Vancouver Island Soccer Champs
Villa plays at Timberlane.

May 6

Hike for Hospice

11:30 am Willingdon Beach. See story Page 43.

The Great Pumpkin Growing Contest

Jonathan Van Wiltenburg, expert gardener and *Powell River Living* magazine columnist, invites you to

show what you can grow.

He's handing out 1,500 pumpkin seeds this spring. Get yours today at Mother Nature, Springtime Garden Centre, *Powell River Living*, or on April 27 & 28 at the Powell River Home + Garden Show.

Plant, water, feed and weed.

Bring your beast to the Fall Fair for the weigh in.

Win money! Win fame!

Questions? Email Jonathan at jonathan_vw@yahoo.com or call *Powell River Living* at 604-485-0003

**Powell River
LIVING**
Showcasing the best of Powell River



STROKE RECOVERY ASSOCIATION OF BC
POWELL RIVER BRANCH

Powell River Stroke Recovery would be happy to visit anyone who has had a stroke. A stroke survivor or any of the family members just has to ask. We supply support and information to anyone who needs it.

The **Stroke Recovery Group** meets **Tuesday mornings, 9:30-12:45** at the **Legion** (6811 Alexander Street)



Our organization is made up of three groups:

- Stroke Survivors,
- Caregivers, and
- Volunteers

All monies donated or raised by our group remains with our group to benefit stroke survivors here in Powell River.

For further information or to ask for a visit, please call Sandy at 604 489-0024 or Barb at 604 485-5950.

Come to the 4th annual
**eCouture
Wearable Art
Fashion Show**

April 21
Dwight Hall
Tickets at Ecosentials,
BaseCamp & Fibre Space
\$18 includes canapés



eCouture Fashion Show is gratefully supported by
Powell River Council for Arts and Culture and
Vancouver Island University Powell River Campus

ecouturefashionshow.com



Kathy Bowes

Call (anytime)
604.483.1633
kathybowes@remax.net
kathybowes.com

RE/MAX
Powell River



**relish
interiors**
604.485.9333



**Powell River
HOME +
GARDEN
SHOW**
April 27 + 28, 2018

JOIN US AT THE HOME + GARDEN
SHOW TO FIND OUT HOW EASY IT
IS TO BE GREEN, WITH ENERGY
EFFICIENT WINDOW COVERINGS.

**OUR BIGGEST SALE
OF THE YEAR!**
HunterDouglas

IT'S COMING! fresh local... PRODUCE

**POWELL RIVER
FARMERS' MARKET**

Opening April 28-29

SATURDAYS 10:30 - 12:30 **SUNDAYS 12:30 - 2:30**

604.414.5076 | 4365 McLeod Rd.

EGGS

MEAT

BREAD & PIE

ARTISANS

**LOCAL
Hatch-A-Bird
Greens
Chicken
Pork
Eggs
Now available**

CHOPPING BLOCK



Try our deli. Store-made. Not out of a box!

Did you know we make these in-store, too?
Angus Beef Patties • Smokies • Sausages

Treat yourself with our Premium Steaks

4741 Marine Ave **604.485-4838**

**crime
housing
family
debt
child welfare**



**Problems
with the law?**

Contact Dana
dana@prcrc.org
or 604-485-0992



**community
resource
centre**

Got stuff? A suite? Energy? Please help welcome these new refugees

BY PIETA WOOLLEY | pieta@prliving.ca

Three more refugee families are on their way to Powell River – and may get here as early as this spring. The one that may arrive soonest is a family of five; they're fleeing Congo. "Have you got a basement suite?" asked Liz Brach. She's a member of Hands Across the Water, the Assumption parish and community group sponsoring the family through the Mennonite Central Committee, which is the sponsorship agreement holder with the Canadian government. Currently, the local group is pulling together resources to help the family have a soft landing when they arrive. That includes a place to live, furniture and household items, storage for the items until the siblings arrive, volunteers, and about \$23,000.

That's why, on April 21, the group is hosting the East Meets West Feast at St. Joseph's Hall – a fundraiser featuring an exquisite Middle Eastern menu, live performances including one by Rania Chakkl, the mother of the family Hands Across the Water sponsored from Syria, and much more.

**"Please reach out.
Any family that
moves to town
might struggle to
find connections,
but it's particularly
challenging coming
with another lan-
guage or culture."**

– Liz Brach

"There's so much we gain from opening our homes and minds," said Liz. "Sometimes people ask, 'What about our local problems?' I hear all of that. These people need help too... so go do something about it. For me, I try to think about what it would be like to lose everything. To be ripped apart from family. Unless we really put ourselves there, we can't understand. So we're trying to give people the chance to have a life and opportunities for their children."

In 2016, four Powell River groups re-

EAST MEETS WEST FEAST

What: A Middle Eastern dinner and fundraiser for Hands Across the Water's new refugee family, which is arriving from Congo this spring.

When: April 21, doors open at 5:30

Where: St. Joseph's Hall

Tickets: \$50 from The Knack, 32 Lakes, and Assumption Parish Office

sponded to the call from the Canadian government to sponsor refugees fleeing Syria. It is a humanitarian disaster caused by civil war, with about four million refugees leaving the country, and many escaping in precarious boats across the Mediterranean sea. Many have drowned.

Hands Across the Water sponsored a family that is currently here; Westview Baptist and Evangel Pentecostal churches sponsored another family that is here.


Powell River United Church's Welcome Refugee Committee is sponsoring a young couple; the church first filed an application to sponsor in 2016. The pair is currently going through interviews in Lebanon, while the committee continues to raise money.

"It is a long process, which is good for security measures," said committee spokesperson Donna Lloyd. "The problem in Canada is there are so many refugees applying and so few workers to handle all the paperwork."

Similarly, St. David and St. Paul Anglican Church is sponsoring a family. They have completed their interviews and physical exams

There has been a hold-up: Erbil's airport [in Northern Iran] has been closed to international travel as a result of the ongoing diplomatic conflict between the Iraqi and Kurdish governments. However, the airport reopened in late March. Spokesperson Lee Coulter said they're not sure where the family is in the queue to come to Canada.

Even if you're not involved directly in sponsoring refugees to Powell River, Liz notes that everyone can have a role in welcoming them.

"These families come from a culture that embraces close relationships with extended family and friends. This can add to the feeling of strangeness and isolation. So please reach out," Liz advises. "Any family that moves to town might struggle to find connections, but it's particularly challenging coming with another language or culture." 

Get involved & learn something

April 1 to April 22

Plastic Free Challenge

See Page 2. If you've been participating in the challenge, wear your accumulated unavoidable plastic from the month to the film screening for a chance to win prizes!

April 4

Chamber of Commerce Lunch

12-1 pm, Town Centre Hotel. MLA Nicholas Simons on the Provincial Budget. Q&A. \$20, Must RSVP to 604-485-4051.

April 6

Seniors tea, treats & Intergenerational Summer Academy meeting

10 am, PRCYFSS at 7105 Nootka. All seniors welcome.

April 7

Farmers market vendor orientation

1 pm Cran Hall

April 7 & 8

Spring 2018 Mini Bootcamp - Food production and more!

9 am-5 pm, Sycamore Commons. From soap making to backyard biochar to starting seeds. www.fiddlersfarm.com.

April 11

Townsite Heritage Committee Annual General Meeting

7:30 pm at Henderson House. Karen Southern, author of the *House Histories Volumes*, will be available for book signing after the meeting.

April 14

Kiwanis Giant Garage Sale

10 am-1 pm, 4943 Kiwanis Ave

Climate Action Powell River AGM

Recreation Complex at 2 pm. Everyone is welcome to attend. Become a member by signing up at the group's Facebook page.

April 15

PR Pride organizing meeting

6:30 pm, 6464 Sutherland. All welcome: bring your ideas and energy!

PROWLS meeting: looking for volunteers

7 pm at St. David and St. Paul on Sycamore in Townsite. PROWLS welcomes new members and volunteers. If you are 18 years old and up, and exploring the idea of becoming a vet technician, a veterinarian, a career in biology or ecology, there are many opportunities to flesh out your resumes with summer volunteerism as PROWLS bursts with hungry orphaned babies and injured migratory adults at this time of year. See story Page 10.

April 17

CareerLink job fair

11:30 am to 1:30 pm, Rec Complex

Chamber of Commerce Lunch

12-1 pm, Rec Complex with Bite Club lunch. Mayor & Council panel. The past four years. Discussion and Q&A. \$20 Must RSVP to 604-485-4051.

April 18, Wednesday

Open Air Farmers' Market spring cleaning work party

10 am-3 pm, Paradise Fairgrounds. Everyone welcome - lunch provided! Come for an hour (or more if you have the time). Please bring gardening gloves, rakes for leaves, and wheelbarrows.

April 21

West Meets East Feast at St. Joseph's Hall - Sponsored by Hands Across the Water

\$50 See story on Page 36.

April 22

Cran Hall member appreciation

Noon, Cran Hall.

April 26

Chronic Pain seminar

6:30 pm, The Arc. Panel, keynote, information and discussion with loads of resources to help you manage your pain. See more at www.painbc.ca/powellriver.

Earth Week Buffet

McKinneys, doors open at 4:45. Hosted by the Wild Ocean Whales Society. Band at 9 pm. Vegan and Omnivor-friendly. Tickets at Hindles and Capones, or through wows.org.

April 27

Chronic Pain Patient Workshop: Overcome Pain. Live Well Again

10 am to noon Powell River Rec Complex

April 27 & 28

Garage Sale

Powell River United Church. Friday, April 27th - Noon - 4 pm; Saturday, April 28th - 9 am - Noon.

PR Home + Garden Show

Hap Parker Arena. Over 70 booths showcasing all different products. www.prhomeshow.com



Photo by Neils Voss

May 5

Trash Bash

9:30 am - 3:30 pm. Community cleanup day! Head out to pick up any illegally dumped garbage or clean up roadsides. Bring your collection down to Willingdon Beach where dumpsters will be onsite.

POWELL RIVER WOMEN IN BUSINESS

WOMEN of the YEAR

Nomination deadline:
May 1 at 5 pm

8th Annual Women of the Year Awards Dinner:
May 16

Nomination deadline:
May 1 at 5 pm

8th Annual Women of the Year Awards Dinner:
May 16

Nominate an outstanding woman

For the 2018 Awards, there are three categories:

- A) Outstanding Woman In Business
- B) Outstanding Woman With A Home-Based Business
- C) Influential Woman In Community Service

Note: Nominators do not have to be a member of Powell River Women in Business, nor do nominees. Nomination forms can be downloaded from prwomeninbusiness.com and emailed to info@prwomeninbusiness.com, or dropped off at Relish Interiors at 4670B Marine Avenue, when completed.

Awards Dinner

Our 8th Annual Women of the Year Awards Dinner will be held on May 16 at the Town Centre Hotel. WIB had a record number of nominees last year! We are looking forward to repeating that for 2018. Nominations are open until 5 pm on May 1.

Highlighting Great Achievers

For the past several years, Powell River Women In Business has held the Women of the Year Awards. This is our way of acknowledging and encouraging the women in our community to continue to do the good works that they put great effort, time and knowledge into, benefiting all of us and strengthening our community.

Powell River

women in business

prwomeninbusiness.com

SMART Recovery® Meetings



**Wednesdays
at 6:30 pm**
At the CRC
(4752 Joyce Ave)

SMART

(Self-Management and
Recovery Training)

is a non-12 step addiction recovery support group for anyone looking for help and support with their addictive behaviours.




Louise Williams
Mortgage Expert

lwilliams@dominionlending.ca
604.483.6489



Arts & Film

Through April 7

Expose Yourself

April 4 & 5

Phantom Thread

7 pm nightly and 1:30 pm Thursday
Matinee, The Patricia.

April 5

Scriptwriting Masterclass

4 pm to 7 pm, Oceanview. Hosted by the PR Digital Film School with Christian Piers Betley, an international award winning screenwriter and producer. We need a minimum of 10 in order to run the workshop so please click going if you can commit. Workshop \$35 for 3 hours. Snacks provided. Q&A after.

April 5 to May 1

Adam Cram Exhibit

Malaspina Arts Society gallery at VIU

April 11 & 12

Bombshell: the Hedy Lamarr Story

7 pm nightly and 1:30 pm Thursday
matinee at The Patricia

April 13

Stand By Me

Schreuers Cinema. 9:30 pm. The Patricia.

April 14

Cosi Fan Tutte at the Max
10 am. Live on screen.

Grizzlies, Gales and Giant Salmon

2 pm at the Library. Author Pat Ardley will share her stories about her experience starting and running the fishing lodge in Rivers Inlet.

April 18 & 19

I, Tonya

7 pm nightly and 1:30 pm Thursday
matinee at the Patricia.

April 18

National Film Day:

Window Horses

6:30 pm reception and 7 pm start. Max Cameron. Fundraiser for the Powell River Digital Film School. By donation. The director of *Window Horses: The Poetic Persian Epiphany of Rosie Ming*, Anne Marie Fleming, will be in attendance. Coffee & Snacks provided. Some films from this year's students will be shown. Prizes and giveaways.

April 20

Blindside at the Max

7:30 pm, Max Cameron. \$20. See Page 40.

April 21

Author Alison Watt presents Dazzle Patterns

2 pm at the Library. Alison Watt will read from her debut novel set in 1917 Halifax at the time of the deadly explosion in Halifax Harbour.

The Moment screening

Tourism Powell River premieres The Moment film, 1:30 pm – 3 pm, Patricia Theatre. This film features the birth of free riding in BC. A short film, Respect, will also be screened which, is a call to action for sustainable mountain biking. Proceeds from the film will go to the Powell River Cycling Association.

eCouture Fashion Show

6:30 pm – 9 pm, Dwight Hall. The 4th annual gala of artrageous fashion. Tickets (\$18) at Fibre Space, Ecosystems and Base Camp.

April 22

Earth Day soundwalk / Project Wetlands

11 am at The Art Centre above the Library. With Donna Lytle.

Life Off Grid screening

Let's Talk Trash sponsored screenings, 1:30 pm – 3 pm, Patricia Theatre. Free admission. Also screening is "Rising Waters," a short documentary from local film maker Claudia Medina. Both film makers will be in attendance for a q&a session at the end of the films.

April 23

Fibre rug making

10 am – 4 pm, Oceanview School, Fibre Space room,

April 24

Movement workshop with Alvin Erasga Tolentino Dance Company

11 am to noon, at The Art Centre above the Library. All abilities welcome. Movement with fabric.

April 24 & 25

Tracing Malong: Alvin Erasga Tolentino Dance Company dance performance

7 pm, The Art Centre above the Library. \$10 suggested donation.

April 27

E-couture Wearable Art exhibit opens

At The Art Centre, above the Library.

April 28

A Taste of Art

\$150 tax includes meal. Contact Jill Ehgoetz or Rotary Club of Powell River.



SPRING CLEANING?

The best part of our day is YOU

Dryer alarms • Duct cleaning • Bottled water • Water treatment
Bulk/camp foods • Fair trade • Organic coffee • Disposable dishware

Residential and commercial

- Janitorial Supplies
- Cleaning supplies (green certified)
- Green certified u-fill station
- Paper products
- Brooms, etc.


\$100 VALUE FREE dryer vent cleaning with whole house duct cleaning

Do you need it? Find out! Free video ducts inspections & dryer air flow tests.

AARON SERVICE & SUPPLY
604 485-5611 • aaronservice.com • fb.com/AaronServiceSupply • 4703 Marine Ave

Expires April 30, 2018.

Everyone is welcome!



Try boxing. It's fun and it's FREE!

4 to 6:30 Mon, Wed & Fri
Powell River Boxing Club gym
at Oceanview Education Centre.
For more info call, 604 485-7095

Improve your self-confidence and learn the "manly art of self defence."



Tug-Guhm

GALLERY & STUDIO

Closed Tuesdays
Open 10 am - 4:30 pm in the Historic Lund Hotel
604 414-0474 debravevaartcreations.com



unifor

Local 76

5814 Ash Avenue • 604-483-4130
local76@unifor76.ca

“Crazy” for this cult PRISMA pianist

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

One of North America’s finest pianists, Edwin Sungpil Kim, will return to Powell River on April 26 for a concert at the Evergreen Theatre.

Edwin, who has appeared as a guest artist at PRISMA (The Pacific Region International Summer Music Academy’s) festival for the past three years is a favourite with audiences as he plays a mix of timeless classics and contemporary music.

This special concert is a fundraiser for PRISMA which takes place from June 11 to the 23 and provides musical training to aspiring orchestral musicians from all around the world. Tickets to PRISMA are on sale now. For more info visit prismafestival.com

Edwin has developed somewhat of a cult following in Powell River, said Andy Rice, PRISMA’s Communications Specialist. “In fact, last year he got a standing ovation just at the very mention of his name and he wasn’t even playing at that particular concert!” he added.


Edwin, who is based out of Baltimore is a “pianist extraordinaire,” says PRISMA’s music director Arthur

Arnold. “Audiences went crazy when he played solo in 2016 and 2017,” he said.

Edwin is “humbly grateful,” that Powell River feels so connected to him and his music. He tries to remain himself both on stage and off. “My goal is to be a person who provides a space to rest for others that spend time with me and for my music to reflect that.”

Edwin says Powell River audiences are among the best. “When audiences truly enjoy themselves and are vulnerable to be moved, a performer is not making music alone,” he explains. “I feel that connection every time I play in Powell River.”

In September 2017, Edwin won the third Australian International Chopin Piano competition. His April Powell River concert will include several Chopin pieces alongside classics by Beethoven and Balkirev and contemporary repertoire by Youngmin Choi, Jason Robert Brown and Alan Menken as well as a guest appearance by Arthur Arnold on cello.

Edwin says his Powell River program has themes that are based on his journey as a musician. “The first piece of my program, Chopin’s Waltz Op. 42, is the very piece I listened to which made me fall in love with the piano!” 



EDWIN SUNGPIL KIM ON PIANO

What: A pre-PRISMA concert and fundraiser with one of the festival’s favourite musicians.

When: April 26, 7 pm

Where: Evergreen Theatre

Tickets: Online at prismafestival.com/tickets or on Tuesdays and Wednesdays at the PRISMA office in the Town Centre Mall. Concert only tickets are \$27.25 while tickets to the concert and meet and greet reception are \$77.25.

ON A MISSION: Edwin Sungpil Kim performs at embassies; wins Chopin competitions; and, as a Yamaha Rising Artist, has performed at arts centres throughout the Pacific Rim. His mission? To make classical music accessible.

Live Music

April 5 to April 7

Townsite Jazz Festival
www.townsitejazz.com

April 6

Patsy Cline tribute
7:30 pm, Legion. \$20 members, \$25 non-members.

April 8

The Cher Show
McKinneys, 8:30 pm, \$25

April 12

Moontricks
McKinneys, 10 pm, \$20

April 13

Academy Cabaret
7:30 pm, James Hall. Reserved seating at round tables. A fundraiser for the Academy of Music. Advance tickets only. Doors open at 7 pm

Luca Mele

6-9 pm, \$25 ALL AGES. Luca Mele After-party (no minors), 9 pm, \$10 or free with Luca Mele admission. McKinneys.

April 14

Tremblers of Sevens and Dipsomania
McKinneys, 9 pm, free/by donation

Scout Mountain

7:30 pm, Cranberry Hall.

April 17

Kathaumixw tickets go on sale

April 20

Big Ups
Palm Beach Park – Family friendly event; 11 am to 11 pm. Yoga, healing, drum circle, DJs and live bands. Tickets are \$20 in advance (available at Base Camp), \$25 at the door. People under 15 years old are free.

Mimosa Jazz

7:30 James Hall. \$20. Mimosa is a Vancouver quintet that draws on Jazz, Brazilian Sambas, French 60s pop and Cabaret music to concoct its own unique sound: gorgeous melodies, quirky lyrics, incredible groove and sky-high improvisations.

April 21

March Hare
8 pm, Carlson Community Club. \$20 members, \$25 non-members

Punk Jams, Smoke Machine, Beaverette, Snakies

McKinneys, 9 pm, \$10

April 26

Edwin Sungpil Kim on piano
Most popular PRISMA guest ever. See ad on Page 9 and story on this page.

April 27

DJ night
Malcolm Jack from Dada Plan, 7-10 pm, \$5, then West Coast Audio Files DJ night, 10 pm, \$5, McKinneys,

April 27 & 28

Lip Sync Battle
At The ARC. A fundraiser for Inclusion Powell River

April 28

Wild Woods Social Club
McKinneys, 9 pm, \$10

May 4

Lion Bear Fox
A little country, a little rock’n’roll, a little growl. 7:30 pm, Max Cameron. \$24 / \$12.



Injured in an accident?

Let us help you
recover.

Experienced.
Local.
Professional.

Call Ian Fleming today
for a free consultation.



4571 Marine Avenue
604-485-2771
fleminglaw.ca



The glass-eyed, cancer-surviving superheroine

Stephanie Morin-Robert was two years old when she was diagnosed with a malignancy in her eye: retinoblastoma. Doctors removed her eye, and saved her life.

"I think it was more of a stress on my parents," she told *Powell River Living*. "When I got older and became more aware of myself, that is when it became a problem."

By the time Stephanie was seven, she began to question her appearance. At first, she'd avoid all eye-contact and hide behind sunglasses. Eventually, she learned to assert herself.

In *Blindsight*, the one-woman play Stephanie is bringing to the Max Cameron April 20, she shows off that sassy push-back. With the help of sunglasses, her cat and her glass eye, she becomes a superhero.

"Writing and doing this show helped me come to terms with myself and help others through laughter," she said.

"Having cancer as a child and having a glass eye is one of the most interesting things about me. Cancer is such a gift - but it could have been a traumatizing life event. Everyone can relate to being insecure about something. Maybe it's their weight, height or something else. It's an extremely relatable show."

Theatre manager Jacquie Dawson says *Blindsight* is especially important for students in Grades 4 to 7 as it tackles care and compassion in a humorous way. On April 19, students will see the show because of ArtStarts in Schools, a charitable organization that seeks to expand the role of arts in education.

"I cried and laughed and cried and laughed some

BLINDSIDE - AT THE MAX

What: A one-woman play about surviving eye cancer by the Montreal-and-Vancouver-based award-winning performer Stephanie Morin-Robert

When: Friday, April 20, 7:30 pm.

Where: Max Cameron Theatre

Tickets: \$20. Available at the Powell River Academy of Music box office, Kemano Street, Powell River Peak, Marine Avenue, by phone 604 485-9633 or at the door 30 minutes before the show.

more when I first saw it," said Jacquie.

Stephanie trained as a professional dancer and attended Concordia University's performance and contemporary choreography program before working for the Montreal Fringe Festival and discovering the power of being able to create and do her own work.

"I became addicted to the Fringe and that's when I discovered *Blindsight*," she said.

The one-eyed storyteller and cancer survivor has performed over 100 shows of *Blindsight* and received five star reviews in the two-and-a-half years since she launched it.

When Stephanie arrives in Powell River, she'll be a new mother. Retinoblastoma is hereditary and Stephanie wondered if she would pass it along to her baby. The answer was no.

"I don't carry the gene so I won't pass it along which is quite exciting," she said. [PR](#)



LION BEAR FOX

Friday, May 4 @ 7:30 pm

LION BEAR FOX

One part folk, one part rock, with a pinch of gospel and a dash of growl. This Vancouver Island trio delivers lush acoustic guitars anchored by rich percussion and three voices in thrilling harmony.

Adults \$24 | Student \$12

Don't miss the final
performance of the
Max season!



GET TICKETS ONLINE at MaxCameronTheatre.ca
The PEAK 4493F Marine Ave
The Academy of Music (7280 Kemano) 604.485.9633
or at THE DOOR 30 min. prior

MaxCameronTheatre.ca 604.483.3900

April is Cancer Awareness Month

Friends, physicians make all the difference after scary diagnosis

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

Jacquie Dawson always thought that someday she'd have cancer.

"Everyone in my family has had cancer," said the manager of the Max Cameron Theatre. "My mom died of breast cancer in her late 70's," she told *Powell River Living*. Colon cancer took her dad and one brother; another brother Doug, who's had skin cancer, is still alive.

But knowing that something is possible and then having it actually happen are two different stories. Besides, like all of us, Jacquie was too busy living her life to worry about cancer. But one day, while doing a routine self-breast examination, Jacquie discovered a lump.

She immediately booked a doctor's appointment. Her doctor took a mammogram, an ultrasound and core samples that same afternoon. A couple of days later she got a call from Dr. Chris Morewood's office saying her results were in.

When Jacquie looks back to that time five years ago, she feels grateful for many reasons. "The universe lined up for me," she said.

She walked into Dr. Morewood's office and sat down. He looked at her and said: "These aren't the results we'd hoped for so let's talk about what we are going to do next."

Although no one wants to hear they've tested positive, Jacquie said she knew she wasn't alone. "He talked about 'we.' It became a discussion about what 'our' next step was."

Jacquie hadn't even reached her car when her cell phone rang. It was the surgeon's office. They'd had a cancellation. "Can you come later this week?" they asked.

Everything happened so quickly that she didn't have time to process it.

"I went home to do some research but instead I just cried. I called a girlfriend, Karen Gordon, and said: I can't do this by myself."

Karen volunteered to help Jacquie research her disease and be the note-taker. They had questions prepared for when Jacquie visited the surgeon.

"One of the biggest lessons I learned from having



MANAGING EACH STAGE: Jacquie Dawson, manager of the Max Cameron Theatre and breast cancer survivor, holds a bouquet of daffodils, the symbol used by the Canadian Cancer Society to increase awareness.

cancer was to ask for help," said Jacquie. Before surgery, she contacted a Vancouver Island prosthetic clinic and booked an appointment. "I asked about the effects of having just one breast removed or having both off." Jacquie decided to have both breasts removed at the same time and in hindsight, wished she'd had one removed at a time.

"It was debilitating. I couldn't drive my car, open the door or cut my food. I was like a penguin, my arms didn't work."

But Jacquie is a survivor. "I learned a lot and I share a lot. I got to know more about community and people." Jacquie is still overwhelmed when she thinks about how many people reached out and helped her while she recovered.

"People dropped off meals, baking, and magazines because they knew I couldn't lift a book. They visited and called."

Cancer is a word, not a sentence, said Jacquie. Some of her family members have died from cancer, others have survived. Nearly everyone has had cancer.

"There's nothing easy about cancer."

As soon as she was diagnosed, Jacquie began strategizing creative responses to her cancer. She looked at herself and asked: "What kind of environment is my body? What defines me?" Jacquie wasn't going to let cancer define her.

"I didn't want to use it as an excuse not to do something," she said.

These days, it's Jacquie's turn to give back.

"I talk to a lot of women about cancer. People just find me. I think it's because I'm so open about it. Someone will come to a show at the Max and ask me if I'll talk to their friend, or sister. It's not really about talking," she said.

"It's mostly about listening." **PR**



Spring fashions are here!

Formal • Casual

Taxi Sparkle Heels

ESPE Vegan Handbags



Fits to a T

fitstoat.ca

4573B Marine Ave 604 485-6163

EVENTS

Big Ups: A Community Celebration

Big ups to the beautiful earth on which we live, and to our beautiful community. Celebrate earth week with your friends, kids and neighbours at Palm Beach on Friday April 20th, from 11 am - 11 pm. Opening ceremonies to bless the land on which we dance, followed by yoga with Keely Sills and a sound healing shavassana with Cindy Babyn.

Musical acts continue throughout the day with a non-stop-jam-packed line up of local talents: Simon Sayz, JFunk, Papa D, TheChad, Slater, and We (Ladies Punk Rock Choir Band); two out of town bands; High Society (funk, blues, soul) and Back Eddy and the Procrastinators (ska, reggae), and MC'd by Ari Dublion. Delicious, local and health conscious food vendors.

This is a ZERO WASTE, leave no trace event. Recycling and compost bins will be provided. Please pack appropriately, bring water, utensils and reusable containers. Community drum circle at 4 pm, bring your drums!

All proceeds go to CJMP. Tickets \$20 at Base Camp, \$25 at the door. People under 15 are free. If you wish to be involved, please email seedabear@gmail.com.



Crafts & beer, together at last

Crafters, makers and creative enthusiasts alike are invited to bring their projects, and works in progress down to Townsite Brewing for a craft social.

We have "Crafters on Duty" available each week for inspiration and motivation as well as a box of crafting goodies if you forgot your project at home or feel like trying something new. Look forward to some handmade goods available for purchase by Huber Ink, Haley Hunt-Bronrdwin, and Jessica Thomson. As well, Townsite's Assemblage will be on special. Perfect for sharing.

Crafternoon is all about inclusive, easygoing craft time. Everybody is welcome and all portable (non-impact) crafts are encouraged.

Crafternoon is a project conceived by Janelle Huber, Jessica Thomson and Haley Hunt-Bronrdwin in collaboration with Townsite Brewing.

Visit the Crafternoon Facebook page for the schedule: facebook.com/crafternoon.pr

- Haley Hunt-Bronrdwin

Hike for Hospice

The Powell River Hospice Society (PRHS) is holding its 4th annual Hike for Hospice on Sunday, May 6th at Willingdon Beach. The hike is a national event that brings communities together to raise funds for local hospice care.

Hospice is a philosophy of care that focuses on comfort and quality of life for those with a life-limiting illness. Currently, hospice volunteers visit those at home, in hospital, or at Willingdon Creek Village or Evergreen Extended Care. Hospice volunteers are compassionate, non-judgemental listeners who provide social, emotional and spiritual companionship as well as caregiver support and respite.

Several times a year the society holds grief support groups. The society advocates for quality end-of-life care by hosting information sessions and workshops.

The society launched a Hike Challenge, asking residents to create teams of co-workers, family members or friends with the hope of raising more than \$10,000. All funds remain in Powell River. The family event begins at 11:30 am with a barbecue, music and warm-up.

For more information, to donate or to create a team, visit: prhospice.org.

- Anna Byrne

*Got a business idea?
We help you make it a reality*



Rachael & Dane
Paradise Valley Produce
paradisevalleyproduce.ca

Anji Smith
fotos

An Introduction to the Self-Employment Program

Ask us about attending. Call 604-485-7901.

Wednesday, May 2 from 9:30 am to 4 pm

The next session will be Wednesday, June 6 from 9:30 am to 4 pm



604 485-7901 • prfutures.ca • info@prfutures.ca



The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

Scholarships



Each year Powell River Community Forest offers up to three (3) \$3,000 scholarships to Powell River students entering (or already enrolled in) a forestry or natural resource management university program or in forestry related occupational trades and training programs.

Applications may be sent at any time.

Students graduating from Brooks Secondary School should submit their application before end of May.



POWELL RIVER
COMMUNITY FOREST
www.prcommunityforest.ca

More information on how to apply can be found on our website.

prcommunityforest.ca

Volunteers needed!

National Volunteer Week is April 15 to 21 this year and you're invited to volunteer! Here are some opportunities.

- Success by 6 is looking for volunteers for their book sale on May 5 from 12 to 4 pm at the Powell River Recreation Complex.
- Powell River VegFest is looking for volunteers to help with their event which takes place on May 12. Ushers, demonstration assistants, booth assistants, and set-up/take-down volunteers desired.
- Willingdon Creek Village Seniors Residence is looking for volunteer Karaoke Singers. Join in to sing karaoke with or for the residents. Music is a big part of seniors' lives. Willingdon Creek owns a karaoke machine with various DVD's and are looking for persons who enjoy singing to join in for some musical afternoons.

More details on volunteer opportunities can be found at www.unitedwayofpowellriver.ca or our volunteering platform of choice, www.dosomegood.ca.

Help for Chronic Pain

Do you have chronic pain? If so, you're not alone. One in five Canadians suffer from chronic pain. If you're one of them, plan to attend the Chronic Pain Seminar from 6:30 to 8:30 pm on April 26 at the ARC Community Event Centre. Here, you'll learn about the many resources available to support you that are available in this community. With a keynote address by leading chronic pain educator Neil Pearson, this seminar also features an expert panel, resources to help you manage chronic pain, health care providers to answer questions and info and discussion opportunities.



Check out Avid's new training centre!

Avid Fitness

– a multi-function fitness facility

Cardio equipment Isolating Weight Machines
Weights & Benches "Core" studio

Now with a training centre for:

- individual one on one personal training
- group training
- classes designed for mobility, agility, strength, speed and conditioning for all ages and levels.

With all this variety we are the answer to every fitness need!

AVID
FITNESS

avidfitness.ca • 604 485-9580
Across from the airport



First PR Veg Fest in May

You're invited to Powell River Veg Fest on Saturday, May 12 at the Max Cameron Theatre from 10 am to 4 pm.

This free family celebration of all things vegan combines great food, informative cooking demos, a variety of local and visiting vendors showcasing vegan products and two incredibly inspiring speakers.

Dan Moskaluk and his wife Sheanne, who have been featured in the documentary Eating You Alive, will share their story of hope, change and an amazing journey back to health. Dan was diagnosed with stage four kidney cancer in 2014. He was given two years to live. Today, they credit Dan's good health and Sheanne's loss of 130 pounds to their shift to a whole-foods, plant-based lifestyle.

Veg Fest is partnering with School District 47 on this project.



Try our new casual lunch menu

Now open **Sundays** at 4 pm

Open Mon-Sat at 11:30 am

culaccinopr.ca 604.489.0103



Bring us your best
Dog Gone Grooming
after-groom photo
and enter to win!



Fetch us your best photo showcasing your dog's new do and be entered to win a deluxe "Spaw Package"

Prize includes a full service groom, teethbrushing, massage, fancy bow or bandana, and gift.

Contest closes May 31, 2018.

Contact your groomer for de'tails' and book your appointment today.

6758 Cranberry Street • 604 483-2293

Starts April 15

TEEN[®] BURGER

\$3.50

Price plus tax.

OUR BEEF GUARANTEE **RAISED WITHOUT THE USE OF HORMONES OR STEROIDS**

We serve every Teen Burger[®] with 100% pure beef, raised without the use of hormones or steroids. We then top it off with double smoked hickory bacon, juicy tomatoes, crisp lettuce and a freshly toasted bun. Beginning April 15, this classic is available for just \$3.50, but only for a limited time.

Open at 6 am
7 days a week
4696 Joyce Ave
604 485-6277

EL's AUTO TEC LTD.
Certified

**Complete Auto Repair
Any Make & Model**



7050 Alberni St ☎ 604 485-7003

Lund Water Taxi



604-483-9749

Daily runs to Savary Island • Charters serving Savary Island & surrounding areas, including Sunshine Coast Trail • Phone for reservations • Phone hours 8 am – 6 pm

MONTHLY TANNING
starts at \$35

Simply **BRONZE**
Tanning & Swimwear

6975 Alberni St (above the Library)
f 604 485-4225 Details in store.



Go Green with Plant-based sunglasses

Try a pair on today at:
Sunshine Coast EYEWEAR

Less plastic in the ocean - Amphibia eyewear floats, so you won't lose 'em!

Locally owned and operated
4573A Marine Avenue

604-489-1324



You love tentree apparel because for every item you buy they plant ten trees, and that's the kind of thing that makes a real-world difference...



tentree

Armitage mens wear
in the Town Centre Mall
604 485-9493

...but it's okay to love them because they're super comfortable, stylish and well-made, too.



What's your shadow?

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

The other day I was thumbing through the Tarot trying to decide which of the cards was most like me. At first I settled on the Eight of Pentacles. The eight of pentacles, in a nut shell, is a card about applying yourself and learning.

My friend, Deb, says I have hutzpah. Whether it is writing, swimming or silversmithing, I am not afraid to seek out mentors. I have been known to ask complete strangers if they will teach me what they know. My sister says I seem to like having an expert in front of me leading the way.

Then I looked at the Page of Wands. A messenger bringing opportunities for creativity, courage and inspiration. The Page represents one's creative self expression. I like that and imagine that I "channel" him when I am tinkering in my shop.

Or what about the Queen of Swords, could that be me? She is all about clear and honest communication. I read once that the Queen of Swords knows when cow manure is being flung and finds clever ways around it! (A handy skill indeed.)

One by one I looked at the cards in the deck and imagined that I possess all of their positive attributes. But each one also represents a darker, or less desirable side that I have to acknowledge within myself.

The Eight of Pentacles makes mistakes and disregards fine details.

Loose ends and not checking and rechecking my work can have disastrous results.

The Page of Wands can be impulsive and charge forth without a solid plan. A free spirited thinker, he is often onto another idea or project before the first one takes flight. My sewing room and metal-smithing workshop are a testament to that!

And how about that Queen? She can be cold and biting, stern and distant. Not qualities I want to brag about, but they are as much a part of me as the queen's positive side.

When we look at the tarot we need to look at both the positive and negative side of each card and of ourselves. Author Debbie Ford called this our "shadow self," an aspect of ourself we prefer to keep hidden from sight.

If we look at only the positives of the tarot we risk failing to notice our own hidden impulses that affect our lives in a negative or unpleasant fashion.

Previously, I wrote that the cards draw our attention to our current circumstance and show us a new perspective. In much the same way, they also draw our attention to our reactions and behaviours and let us know how those affect us and others.

The secret is in acknowledging and embracing our "shadow selves" and using it as a spring board for growth.



Page of Wands

- CREATIVITY
- SELF-EXPRESSION
- COURAGE
- UNFINISHED PROJECTS
- IMPULSIVITY



Rob Villani **Stacey McCausland** **Katya Buck**

Injured in an accident? We deal with the insurer and court matters so that you can focus on getting better.

**Real Estate
Commercial Law
Wills & Estates
Divorce
Family Mediation
Criminal Law
ICBC Claims
Civil Disputes**

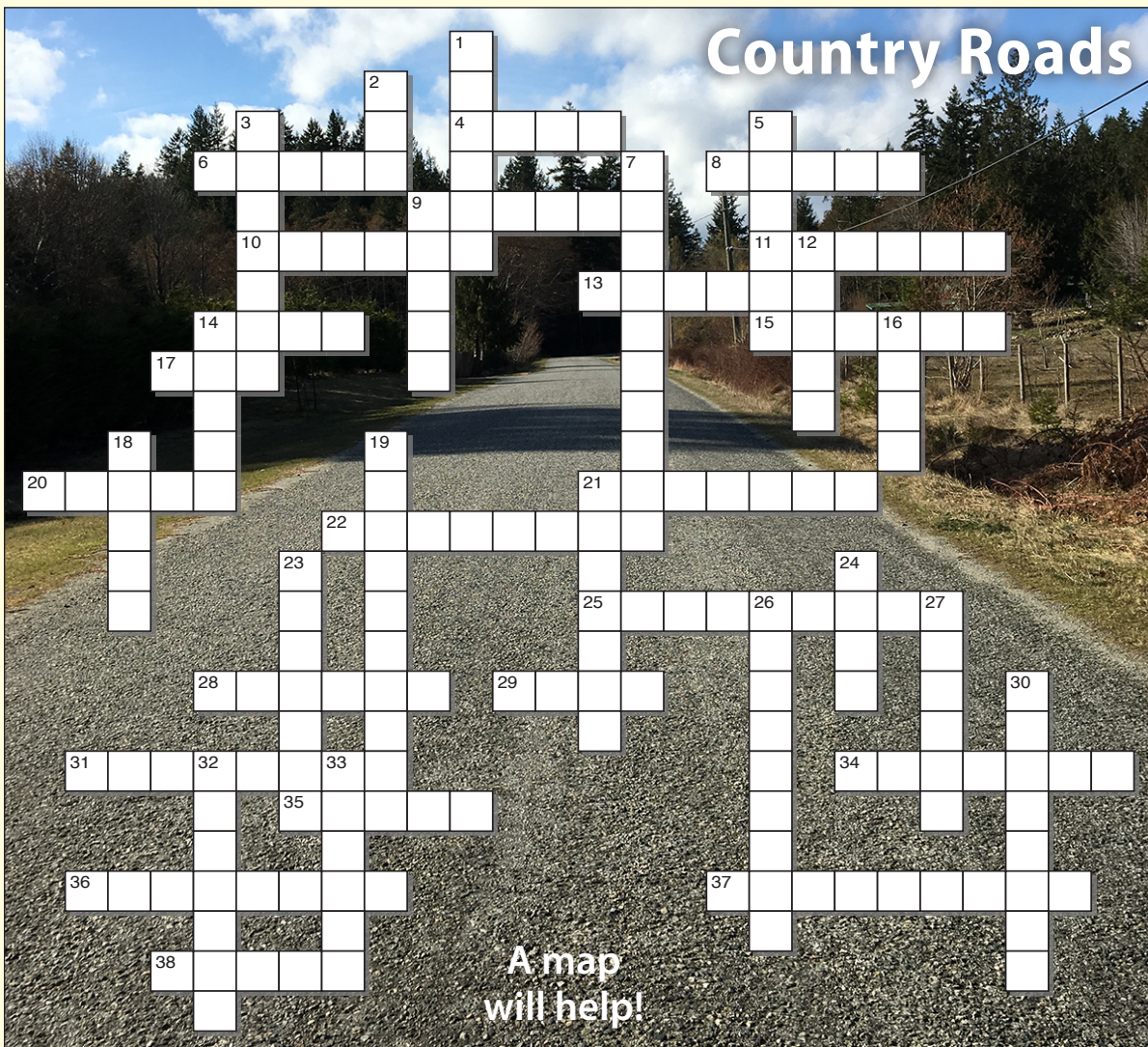
Our goal is to provide quick, responsive services, creative solutions and sophisticated strategies for our clients



VILLANI & COMPANY

Phoenix Plaza • 604 485-6188 • villaniandco.com

Country Roads



A map will help!

Across

- 4) Highway to the end of the road
- 6) Untamed, spelled Oscar's way
- 8) Wreck-It's road
- 9) Small rock beach
- 10) Sudden gust of snow, spelled Theo's way
- 11) Farmer's Market road
- 13) Walk drunkenly, but with one g
- 14) Coffee maker's road
- 15) Must have picked this name out of a hat
- 17) Not the new mine
- 20) Raving mad
- 21) Cuts through Paradise
- 22) Not the north valley
- 25) Okeover's access, or the Strait
- 28) Whiskey Place
- 29) You can see from this road
- 31) Top of Duncan, left past trailers to farm-land
- 34) How to get to Scotch Fir
- 35) Sunshine Coast Trail's start point
- 36) Named after reef
- 37) Man who digs for fish
- 38) Start with a u

Down

- 1) Between the hills
- 2) ___-oh-one
- 3) Has Kathie Lee's name
- 5) Colin, Arnold, or one waving fronds
- 7) A hundred
- 9) Before, spelled Richard's way
- 12) Bond's Alexander never visited this rd
- 14) Really dark point
- 16) This FS road is quackers
- 18) Donald brings flowers
- 19) Almost to Lund, or Comm Futures leader
- 21) Sink fixer, diff spelling
- 23) Beach rd named after former reg director
- 24) Lund road, Star Wars character
- 26) Not looking North
- 27) Soldier's garb
- 30) Former golf course near Okeover
- 32) Bob's longer road
- 33) Up to Myrtle Point Heritage Farm

PERSONAL REAL ESTATE CORPORATION

mycoast

THINKING OF SELLING?

Let an experienced realtor represent your home - at NO EXTRA COST

App of the month
Fishing BC
Tidal (Saltwater) Sport Fishing

THE DON McLEOD MARKETING TEAM

mycoast.ca • don@mycoast.ca • 604-483-8044

THUNDER BAY SAW SHOP

OUTDOOR POWER EQUIPMENT

WE DO RENTALS

604.485.5041
thunderbaysawshop.ca

Join Powell River's Meatless Mondays movement!

Pledge to go meatless one day a week... for the environment, for the animals, and for your health.

Fruits & Roots Juice Bar

Come fuel up at our new shop, now in the Mall!

fruitsandrootsjuicebar.ca • Town Centre Mall • (604)485-2346

Mon-Thurs 9:30-5:30 • Fri 9:30-7 • Sat 9:30-5:30 • Sun 11-5

TRANSMISSION SPECIALIST

and so much more!

BLACK POINT

TRANSMISSIONS LTD.

20 years experience

604 487-9602

Latest diagnostic equipment saves you time and money

Full mechanical repairs

Nation-wide guarantee

A regular transmission service keeps your transmission healthy. When was your last service?

CUSTOM LAND DEVELOPMENT

"A" BETTER BOBCAT SERVICE LTD

Serving the Sunshine Coast for 26 Years

Office: 604-487-0466 • Cell: 604-208-2010

Rock Walls

Landscape Preparation

Perimeter Tiles

Drainage

Certified Onsite Wastewater Systems

Site & Underground Services

Solution for last month's puzzle: Powell River Schools

BEST OF POWELL RIVER CONTEST

Let locals and visitors find the hidden gems only you know about! **Write in your answers—serious and humorous**—and deliver the page by **May 30** to Powell River Living's office (7053-E Glacier St), or **answer the questions online at powtownpost.com/bestofpr** for your chance to win groovy prizes. *Note: One entry per person. You must answer at least 15 categories.*

Prizes:

- Pollen Sweater
- 3.5 hour Zodiac tour of Desolation Sound with Terracentric for two people.



Civic Pride

Best neighbourhood

Best local souvenir

Best unofficial city slogan

Best festival

Best local politician (name)

Best tourist attraction

Best activist group

Best kept secret

Best local celebrity

Best reason to move here

Best reason to stay away

Arts

Best book by a local author

Best local band / musician

Best place to watch live music

Best place to shake your booty

Best visual artist

Best slam poet

Best Facebooker / Instagrammer

Best craft event

Best gallery

Best local designer: clothing or jewelry

Best local designer: Web

Best piece of public art

Food & Drink

Best local cocktail

Best local beer, cider, kombucha or wine

Best fish & chips

Best other local seafood dish

Best burger

Best patio

Best salad

Best free food

Best ice cream

Best dessert

Best appetizer

Best take-out

Best buffet

Best meal under \$10

Best restaurant for a quiet conversation

Best server (name)

Best veg-friendly restaurant

Best coffee scene

Best coffee for drinking

Best pizza

Best kid-friendly restaurant

Best brunch

Best prepared food at a Farmers Market

Retail & Service

Best gifts

Best gardening store

Best men's clothing

Best women's clothing

Best spiritual experience

Best realtor

Best financial institution

Best home furnishings

Best hardware store

Best sporting / outdoor goods

Best pharmacy

Best price on groceries

Best produce

Best butcher

Best bakery

Best contractor or tradesperson

Best thing you've found at a local garage sale

Best work-out

Best yoga

Best liquor store

Best gas station

Best massage therapist

Best marijuana or vape store

Best dentist

Best hair guru

Best second-hand stuff

Best spa services

Outdoors

Best place to run

Best hike with kids

Best hike for a sweat

Best mountain bike trail

Best dog park / area

Best garden

Best place for swimming

Best campground

Best zunga (rope swing, not beer)

Best diving spot

Best hut on the SC Trail

Best fishing spot

Best place to enjoy the rain



Name: _____

Email address: _____



VG

VALERIE GRIFFITHS

Think Real Estate.



Find the differences

Can you find 10 differences between these two photos?

This is difficult. When you choose **Valerie Griffiths** as your realtor, the difference is easy to see.



604.483.6930

val@griffithsproperties.com

griffithsproperties.com

1. Dianne removed her jacket. 2. Ron removed his glasses. 3. Ron's smile. 4. Hand placement. 5. Orchid they're holding turned. Other purple orchid moved. 6. Bonsai tree got bigger (swapped with one of floor). 7. Dogs moved. One is missing. 8. Watering cans added bottom left. 9. Coloured baskets swapped. 10. Rake and shovel swapped. 11. And if you're really, really alert, the light changed on Dianne's shoe. (Photo taken at Mother Nature.)

ROYAL LEPAGE

Powell River
INDEPENDENTLY OWNED AND OPERATED

"I'm proud to be a sponsor of the Home + Garden Show."

Come down to the arena April 27 & 28, meet the vendors and grab a bite on "Eat Street", sponsored by Valerie Griffiths.

Valerie



For your patio

BIG RED WEEKEND

April 19-22

Lowest prices of the season



Find the latest and greatest

BMX bikes



Search canadantire.ca

For fun



For your garden

Soil, bedding plants, tools, storage, hoses, arbours, planters, pots

For great painting results



EXCLUSIVELY AT CANADIAN TIRE
PREMIERTM



SUPERIOR COVERAGE



STAIN RESISTANT



EASY TO WASH



ZERO VOC*



ONE-COAT COLOUR**

TESTED
FOR LIFE IN CANADA



STORE HOURS

Mon – Wed 8 AM – 7 PM
Thur – Fri 8 AM – 9 PM
Saturday 8 AM – 6 PM
Sundays 10 AM – 5 PM

4720 Joyce Ave Store:
604 485-4649

Auto Parts & Services Centre:
604 485-4639



Locally owned and operated in Powell River by Michelle Hodgkinson-Kristof

