

# Powell River LIVING

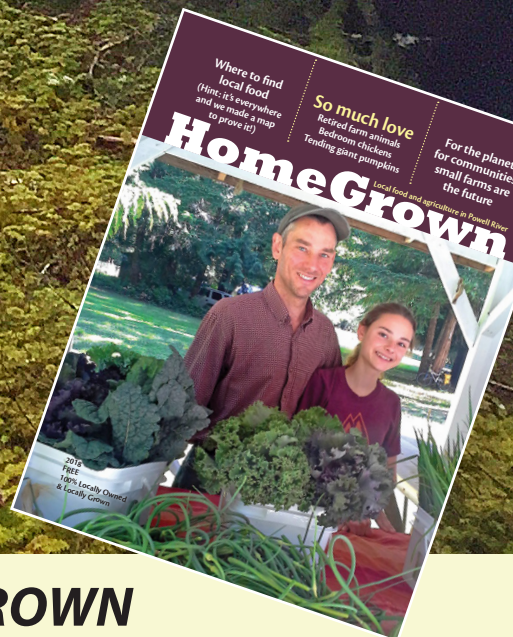
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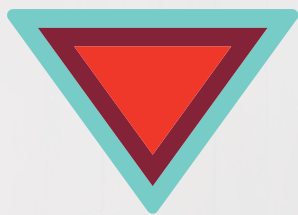
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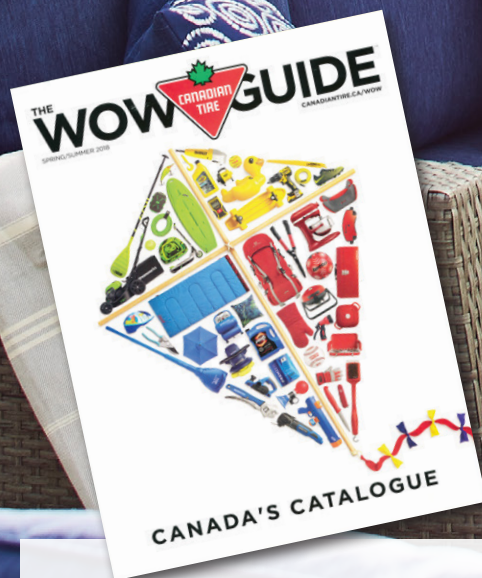
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# Swainson's Thrush

The Swainson's Thrush is common, but quite secretive. You may have heard it call in the forest, a whistle that sounds just like another human trying to get your attention. You just have to whistle back!

The nest is a cup nest, made of leaf, twigs and roots, often with moss. They have three to five blue eggs with pale brown markings. I did get pictures of the nest with eggs, along a trail on the Bluffs. The nest was about four feet up, and there were the eggs! I would have missed if I hadn't noticed the parent flying off, as I walked by.

A common bird across Canada, most of BC and up into Alaska and the West Coast of the US. Winter migration to South America.

May is the nesting season for many birds. [PRL](#)

- Rod Innes



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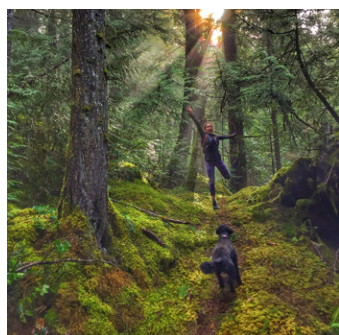


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## ON THE COVER

Karin Burnikell and her dog Mali run the trails of Powell River together.

Photo by Joseph McLean



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## CONTRIBUTORS



Dutch-born conductor **ARTHUR ARNOLD** is the Music Director of the Moscow Symphony Orchestra. Each June, he also leads Powell River's Pacific Region Institute Summer Academy, a two-week pre-professional learning and performance event.



**JOYCE CARLSON**, a Powell River native, is a retired journalist and publisher. Her first "newspaper" job was editor of her Grade 7 class newspaper - the beginning of what became a 45-year-long career. For the second time, she is serving as the marketing chair for International Choral Kathaumixw's organizing committee.



**ESTHER DYCK & PAM BROWN** One of us is a fish technician and loves being on the water, the other works with books and likes feet on the ground. We both love people's stories, are in awe of Mother Nature and feel privileged to live here.



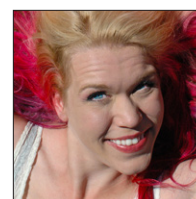
**MARY LOU MACMILLAN** lives amongst rhododendrons that her late husband, David Moore, planted thirty five years ago. After all these years, she is still crazy about gardening. But not quite as crazy as she is about her grandchildren who frolic in the garden with her.



**BILL SMITH** is a husband, father, and grandfather, who retired after raising two sons with his wife Donna. Bill plays banjo, loves to read, garden, travel and would love to be a better cook. He believes strongly in electoral reform.



**JESSYCA VAN BELLE** is a local entrepreneur who makes delicious popsicles and gourmet treats for the farmer's market. She enjoys thrift store shopping, lazy beach days and spending time with her amazing partner and two beautiful children.



**PAUL ZIENICKE** is a 16-year old German exchange student living in Powell River and attending the school district's Coast Mountain Academy. He enjoys playing music, the world of literature and travelling to exciting places.





## ASSOCIATE PUBLISHER'S MESSAGE

# Art, food, hospitality: ka-bam, Lund is the place to be this spring



**H**ow does such a tiny place have so much going on? You could well ask that about Powell River, as our monthly events section overflows with activities.

But this month, I was thinking that about an even smaller enclave of our larger Powell River community. Lund has a lot going on this month. Normally, it's easy to think

of the little village as a place to get away from it all. But this month, it's where you go to get to it all.

On May 5, Tidal Art Centre hosts a long-anticipated open house in the former Forestry building on Finn Bay Road. Stop by to meet the artists and see the incredible transformation of this building into a place that will be a hub of arts for years to come. The centre is not quite finished, and the owners have been firm that this is not

a "grand opening" as there's lots left to do. But for those eager to get a peek and the creativity that has been unleashed here, this is your chance.

This month is also the start of the prawn season, which means Lund becomes a bit of an economic hub, as well as a place to get some of those tasty crustaceans.

Then the last weekend of the month hosts the Lund Shellfish Festival. This has been mostly compressed into a single day (though some pieces, such as the Chowder Challenge, remain on Friday evening) on May 26. Fill your ears with local music and your face with the creations of local chefs.

All this is happening against the backdrop of big changes at the core of Lund. Any way you slice it, the Lund Hotel is the foundation piece of the community, and the upgrades and new vitality evident at the hotel are bound to not only reinvigorate that building, but will spread the energy across the village. They've ex-

tended the fuel dock to handle more visiting boaters, and they've hired Lund chef John Walls who has reinvented the restaurant. (If you haven't eaten his food yet, you're in for a treat!) Read all about how the new ownership isn't really new at all on Page 20.

Meanwhile, back in town, the City of Powell River is punching well above its weight in the arts world, too, as we prepare for PRISMA next month (see below) and Kathaumixw in July (see Page 27). We have stories on both those in this issue. If you're feel unqualified to appreciate classical music, PRISMA music director Arthur Arnold shares 10 classical pieces you should know, to prepare your ears for next month (Page 31).

*Sean Percy*  
SEAN PERCY | [sean@prliving.ca](mailto:sean@prliving.ca)

# Tickets on sale now!

Available at the PRISMA Office (in the Town Centre Mall, across from Subway) on Tuesdays & Thursdays, and 24/7 online.

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SYMPHONY CONCERT:

"A Journey to Italy"

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PRISMA ON THE BEACH

Saturday, June 16th, 6pm, Willingdon Beach **FREE!**

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VOICES RISING:

BC Composers Concert

Wednesday, June 20th, 7:30pm, Evergreen Theatre **\$15**

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CHAMBER MUSIC CONCERT

Thursday, June 21st, 7:30pm, Evergreen Theatre

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SYMPHONY CONCERT:

"Diaghilev and the Ballets Russes"

Friday, June 22nd, 7:30pm, Evergreen Theatre (Evening)

Saturday, June 23rd, 1:30pm, Evergreen Theatre (Matinée)

POWELL RIVER LIVING • may 2018 • 5



Graham Harrop

# Political cartoonist still drawn by pets

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

When award-winning cartoonist Graham Harrop discovered there is a Powell River cat named Boots who scratched on a blackboard when he wanted treats, he created a comic strip about it.

"I love cats," Graham told *Powell River Living*. So much in fact that he created an online comic strip called *Ten Cats* several years ago. Graham's *Ten Cats* comic strip won a national cartoon award in 2013.

His comic strip about Boots begging for kitty treats might not win him another national award, however it has made Graham a favourite with *Powell River Living's* publisher Isabelle Southcott.

Graham, whose editorial cartoons appear in the *Vancouver Sun*, and were in the *Globe and Mail* for over 25 years, grew up in Powell River. He has close ties with the community and visits whenever he can. His latest book, *The Sunshine Coast Is*, was released in March and a selection of his work was on display at Magpie's Diner in Cranberry.

**"Excuse me," said Graham. "Is that Walt Disney on board?"**  
**"Yes," said the cabin boy...**  
**"I said: 'I'd sure like to shake your hand.' And I did."**

— Graham Harrop

*Powell River Living* first met Graham several years ago when he began drawing cartoons about Ginger the resident cat at the Olive Devaud Residence. Whenever he'd visit his mother at Olive Devaud, he'd hear tales



## Ten Cats



from the nurses about Ginger's latest adventures and cartoons would form in his mind.

Graham began drawing when he was a child. By the age of 10, he knew he was going to be an editorial cartoonist.

"I truly believe it is a gift from God because it makes people smile and laugh," he said. His first big break was when he walked through the doors of the old *Powell River News* and sold a cartoon to publisher Al Alsgard.

"Al paid me \$3 a cartoon," Graham said.

In 1960, at the age of 16, Graham became a copy boy for the *Vancouver Sun*. He spent a couple years doing that then headed back to Powell River and got a job at the mill.

"I worked in the steam plant from 1963 to '65 and really enjoyed it."

He drew a couple of larger cartoons about the steam plant during his time there and the originals were hung in the office. After he left Powell River (again) he worked at a variety of jobs until he was hired as a full time editorial cartoonist.

Before landing his dream job, Graham worked at the

## SEE MORE BOOTS

A video of Boots demanding treats can be found on Powell River Living's Facebook page and on YouTube. Does your pet do crazy tricks? Share a video on our page!

Woodfibre mill in Squamish. On a trip home to visit his parents in Saltery Bay, he took his 12-foot runabout out for a spin - and just happened to meet one of his most inspirational mentors.

"I was heading toward Nelson Island and in the distance I saw a huge white boat and I saw this man leaning on the rail looking at me."

He wondered if that was really the celebrity he thought he recognized. Graham tied up to the dock on Nelson next to the big yacht. He walked along the dock hoping for another glimpse of the man, when he saw the cabin boy.

"Excuse me," said Graham. "Is that Walt Disney on board?"

"Yes," said the cabin boy.





# I ♥ my animal

They're messy. They're expensive. They multiply when you're least expecting it. But they turn your heart to goo. *PRL's* annual pet issue celebrates our special relationship with familial critters.

Graham looked up at the huge ship. Walt Disney was here? He couldn't believe it.

The ship was called *The Campana* and it was a 90-foot yacht, owned by Canadian industrialist Max Bell on loan to Walt Disney.

Walt Disney came to the rail of the huge ship. Graham looked up from his little boat and Walt looked down.

"Are you Walt Disney?" asked Graham.

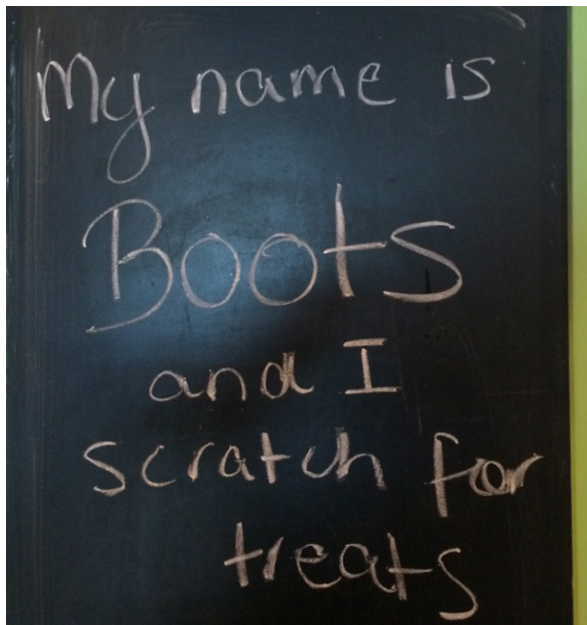
"Yes I am," said Walt Disney.

"I said: 'I'd sure like to shake your hand.' And I did."

And that was that. A year later Walt Disney passed away. Interestingly enough, just a year before Graham met Walt just off of Powell River, he went to the Disney Studios in California with his family and tried to meet him. "I said I was a reporter from the *Vancouver Sun*," said Graham. He didn't get to meet Walt on that trip.

Many years later Graham was given a book about Nelson Island that has a photo of Walt Disney taken in the same location where Graham shook his hand.

Graham will never forget this epic meeting. And although the conversation was short, the memory of that day will last forever. Like Walt said: "If you can dream it, you can do it!" [PRL](#)



**CATS RULE DOGS DROOL:** Top: Powell River-born national newspaper cartoonist Graham Harrop's piece about *PRL* publisher Isabelle Southcott's cat, Boots (right).





Spring is here.  
Let's enjoy our  
community together!  
Here's how:

- Clean up your pooch's poop. Don't leave it for someone to step in!
- We have lots of places for you and your dog to play. But from May 1 to September 15, it's people only at Willingdon Beach and Mowat Bay Park.
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# Dog-Friendly

Powell River



## Spring Labri-Corgis: mysterious in paternity but adorably wriggly

**W**e were delighted to find out that our family dog Aya was expecting.

Due to her sweet nature and intelligent disposition I knew that her pups would make some beautiful additions for some local families. She is a very unique breed; her mother is a chihuahua spaniel cross and the father is a Shiba Inu.

I jokingly call her my 'Labri-corgi'. We aren't quite sure of the breed of the rascal who fathered them; we speculate that it could be a Golden Retriever of questionable morals.

Her labor started at 7am and went

well; five beautiful puppies! And then at 7pm, another. And still one more at 7pm the next day!

Seven healthy, wriggly little puppies. They are oodles of fun, but a lot of work and quite taxing on the mama; this will certainly be her one and only litter.

We have had no trouble at all finding wonderful homes for them. Though they are all gorgeous and sweet, we have decided to keep this little blonde one that looks most like Aya and call her Eva.

Maybe we'll see you at the dog park!

- Jessyca VanBelle



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# Wild at Home

BY PIETA WOOLLEY | pieta@prliving.ca

## My husband Martyn and I are not pet people.

Grudgingly, because our kids are, we keep one live hamster, Bubbles – plus we have another long-gone hamster and four beta fish buried in the garden. But nothing too fluffy or feathery is welcome in our home. Too much mess. Too needy.

Then there's the smell. If you are a pet person and you don't know what I'm talking about, it's because your nose is desensitized. Go for a long walk in the forest and then visit a friend with a new puppy. You'll know what I mean.

This was us, up until three weeks ago. Happily pet-free. No dog hair on the couch. Skipping the entire pet aisle at Save-On-Foods.

Then something happened. Actually two things.

I've always wanted backyard chickens, so I ordered three "Buffex" chicks (a heritage mix of Buff Orpington and Light Sussex) from Family Farm Bed & Breakfast, down near Zilinsky. Incubation took a couple of weeks. In that time – Spring

Break – the kids and I converted our greenhouse to a chicken coop. Chickens are not really pets, I reasoned, because they live outdoors (see the "Chicken Invasion" story in *Home Grown*).

Also during Spring Break, I took the kids to Victoria. Returning home, they rushed into the house to see Dad, but then noticed a pet carrier on the table. I just assumed it was empty, because the idea that Martyn had brought home a pet was less imaginable than North Korea shelving its nuclear program.

There...was a pet. A very fluffy little black rabbit that we named "Onions" or "Mr. Buns."

There was also a story. Onions was abandoned by his/her owner in Wildwood, and a neighbour live-trapped him/her. She brought the rabbit to the Community Resource Centre, which Martyn manages.

In a uniquely-soft moment, Martyn conceded to bring the bunny home.

The kids were thrilled. They took turns holding this very docile pet on their laps watching TV. They read to it. It was - legit - a nice addition to our home.

A few days later, I drove the kids down to pick up the Buffex chicks. Soft and



**IT'S A GOOD THING THEY'RE SO, SO CUTE:** Surprise! It's baby bunnies.

brown, they were adorably vulnerable little peeping beings. Jade, Ginger and Dinah lived - pet-like - under a heat lamp in a refrigerator box in Abi's room (thanks, Westcoast Appliance). In the next room, Onions occupied a hospital supplies box in David's room.

For about a week, it was the Peaceable Kingdom up there. Except, Onions had figured out that if he/she took a big

enough leap, he/she could exit the box and roam free around David's room: a skill that he/she practiced religiously between about midnight and 3 am. Onions also enjoyed bouncing onto David's bed at night, so he/she could gaze wistfully out his second-floor window like a Folsom Prison inmate.

While at work a couple Fridays ago, I got this Facebook message from Martyn:

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"You know how we didn't know whether Mr. Buns was a boy or a girl?"

"Yeah," I replied.

"Now I know."

"How did you figure it out?" I asked, oblivious to even guessing what was coming next.

"She had babies under David's desk."

That night, I counted six tiny bodies in the corner of my son's room, surrounded by shredded toilet paper and homework, with chunky fluffs of black bunny fur warming the nest. I recalled that Mr. Buns had spent the previous night thumping his / her feet against the baseboard under David's desk. Aha, I thought. Right. That was birth.

Two baby bunnies died within hours, and they're buried in our garden, too. But four remained, curled on to a towel and growing fluffier each day. Now, their little ears are starting to stand up, and one baby bunny's eyes has opened.

So to sum up, we journeyed from being a one-hamster home to extreme bedroom pet farmers in mere days. Five rabbits in my son's room; three swiftly-growing pullets and a hamster in my daughters room. And all the smells that go with it.

Here are some things I've learned.

1. If either Martyn or I had brought home pets and the other one did not, we would have lost marriage points. Because we are both to blame for filling our upstairs with pine shavings and scat, we are

"Pets are just  
as gross as we  
anticipated... [but]  
no regrets, I swear."

even. Marriage homeostasis achieved.

2. The price of greens is astronomical. As a nursing mommy, Mr. Buns can eat through a good \$6 worth of spinach, lettuce, kale and cilantro in a day. I've since converted her to a yard-greens diet with some grocery store treats. But I often reflected, while shopping, that the bunny's diet was considerably healthier than the rest of ours.

3. Pets are just as gross as we anticipated. The fur, the poops, the constant cleaning, the noise and the waste. On the other hand, bonding with animals - for both my kids and us adults - is precious and unique. Just like having kids, it's a life experience I actually don't want to miss out on. And just like kids, you've got to put up with some chaos for the greater good.

The chickens will move out to their yard coop this weekend, and the bunnies will soon follow.

No regrets. I swear.

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# Mamma Rania's garbanzo bonanza

BY ISABELLE SOUTHCOTT  
isabelle@prliving.ca

"I'm a huge fan. It's the smoothest, most flavourful hummus I've ever tasted," said Annabelle Tully-Barr enthusiastically as she sampled Mamma Rania's Syrian Cuisine Hummus at Save-On-Foods.

'Mamma Rania' is Rania Chakkl, and the hummus she began selling at the Open Air Market last summer is now available at The Chopping Block, Save-On-Foods and Quality Foods. Recent demos at these stores mean more people have been able to taste her locally made hummus and feel more connected to her.

Rania and her family are one of the Syrian refugee families this community adopted. Rania, her husband Gaby Dayekh and their four children left war-torn Syria and arrived in Powell River in June 2016. The family left everything behind and with the help of this community, they've been rebuilding their life.

Rania, who studied theology in university and taught Arabic back in Aleppo, is now a full-time English student at

Camber College. Her husband is working and her two youngest children are at Assumption School. One of her older sons is at BCIT and the other is an apprentice carpenter.

Last summer Rania cooked and sold Syrian cuisine at the Farmer's Market. The menu changed every week but people always asked for her hummus, said business mentor and friend Mar Grantham. "I asked her if she thought it would be a good idea to wholesale it in the grocery stores and she said yes."

The learning curve was steep for Rania to get her hummus into grocery stores but with Mar by her side she's had the support she needs.

Mar, who is a volunteer ESL teacher at PR Immigrant Services, was thrilled when asked if she'd like to help Rania.

"I love business. All of it. If I can bring some of my enthusiasm and use some of my knowledge and experience to help her, that would be great," said Mar who started The Knack and was a partner in River City Coffee years ago.

"The response to Rania's hummus has been amazing. We sold out of hummus at



**TWO CHICK PEAS IN A POD:** Rania Chakkl offers samples of Mamma Rania's Syrian Cuisine Hummus at Save-On-Foods - and eagerly accepted by Annabelle Tully-Barr.

the market every weekend last year and sold out within a few hours when she did a sampling demo at both Quality Foods and Save-On-Foods this month."

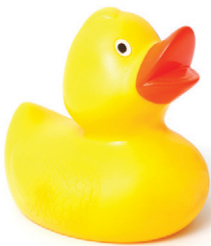
Rania's face is printed on the label of her hummus and this has worked well for her. "Lots of people recognized her from the Farmer's Market and said, 'Oh good, I've been wanting to be able to buy this

year round!" said Mar.

Rania had a lot of learning to do before she could get her product to market. "This is really new to her. The Canadian guidelines for food or selling food are very stringent," said Mar.

When asked about future plans for marketing her hummus, Mar has advised her mentee to "walk before we run." [PR](#)

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2. Available in more than 25 colours, including her favourite.
3. Pollen Sweaters are machine-washable, so the grime from cooking, cleaning, fixing, driving, and generally being awesome will wash out.
4. Would make her 50-90% more beautiful. If that were possible.
5. She deserves the best.

(Mother's Day is May 13. Don't forget.)

For more fun, and fabulous wool sweaters and toques, wool and bamboo ponchos, books, and jewelry, find us above Nancy's Bakery in Lund.



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# Three New Regional District Parks

you've got to visit this summer

## Diver's Rock Park:

Pictured here, Diver's Rock Park is a natural state park located in Lund BC. A wonderful seaside Regional Park for watching the sunsets and viewing the sea life.

## End of the Road Park:

End of the Road Park is a Regional Park located in Lund, BC. Approximately 10 acres of land donated from the Lund Water Improvement District to be used for recreational purposes. It has a large gazebo that offers overhead protection from the elements. The park is open year-round for your enjoyment.

To access the park, take Hwy. 101 north (from the City of Powell River). Turn right on Finn Bay Road the park is located on the right approximately 300 meters after the first corner.

## Rossander Regional Park:

Donated by Martin Rossander to be used as a natural state Regional Park. This park is located south of the City of Powell River in Area C and can be accessed off of Dixon Road. The existing pedestrian trails will be maintained for non-motorized public use.

**For further information please contact our Operational Services Department at 604-487-1380**



## We Want to Hear From You!

**Regional Parks offer a range of outdoor recreation and education opportunities. They provide accessible links with the natural world and promote appreciation for biodiversity.**

**Starting in early summer the Regional District will be reaching out with a survey**

**to better understand how you enjoy the parks, how you would like to see them operate and how they could be improved.**

**Your feedback is important to us please visit [www.powellriverrd.bc.ca/parkssurvey](http://www.powellriverrd.bc.ca/parkssurvey) this summer to let us know what you think.**

## Regional Districts: Services and Their Budgets

**R**egional Districts are legislated to operate within discrete budgets. This literally means that taxes must be collected for a specific service or function, deposited into a separate account for that initiative and all corresponding expenses for it flow through that same account.

The legislation prohibits taking funds from one account to help pay for an initiative in another

account. For example, taxes collected specifically to operate a fire department cannot be transferred to make up a funding shortfall in the delivery of drinking water.

No subsidies allowed, only those benefitting from the service pay into it.

If the public wants street lights then a service

or function needs to be established; most often ratified by the public through a petition, referendum or in limited conditions, a representative vote of the Board of Directors.

Then and only then can the Regional District provide ongoing funding to deliver the desires of the public.



**POWELL RIVER  
REGIONAL DISTRICT**

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

**administration@powellriverrd.bc.ca  
[powellriverrd.bc.ca](http://powellriverrd.bc.ca)**



# 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](http://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: \_\_\_\_\_



## WHAT'S UP

### Ham radio club preps for the worst

During disasters, dependable communication can fall apart quickly. Imagine hydro lines failing; there goes cell phones, radios, TVs, land lines, and other ways you would normally reach your loved ones and find critical information. Even during the 2016 wildfire that burned Fort McMurray, families were separated and couldn't find each other for hours.

Here, a crew of ham radio operators is building an off-the-grid communications network in case of a catastrophic event. Find out more at [www.prrc.net](http://www.prrc.net).

The Club's Emergency Radio Communication Unit has a small trailer equipped to handle emergency situations in Powell River, and is completely self-contained and mobile, with generators and batteries. Nearly anything can happen, and they'll still be able to communicate.

If you know you'd like to be a part of it, ERCU meets on the last Wednesday of the month, at 7pm at the flying club. ERCU training includes, setting up the trailer unit, setup of the grab-and-go radio kit and setting up at the Regional District, so that messages can flow through the emergency system there. The members are also training through the use of Win Link to send and receive messages to other areas.

~ Lucy Achibank

### Five local musicians made Nationals

We know that Elijah Carson, Steve Carson, Duncan McDonald, Hannah Schweitzer and Sarah Schweitzer are talented young musicians. But did you know that all



### NATIONAL TALENT ON THE QUIET COAST:

Elijah Carson, Steve Carson, Duncan McDonald, Hannah Schweitzer and Sarah Schweitzer are heading for Toronto in May to compete at MusicFest Canada.

five of them have been selected to be part of The Nationals at MusicFest Canada 2018 in Toronto in May?

Yes, that's right. These Brooks Secondary School students will travel to Toronto to compete in MusicFest, Canada's biggest educational music festival from May 13 to 18.

Steve Carson, aged 16 and Duncan McDonald, aged 18 were accepted to the Conn-Selmer Centrestage Jazz Band directed by Gordon Foote, an honour group for high school jazz players. Young musicians auditioned

from across Canada to compete for the honour to play with the Honour National Big Band. This is a very prestigious honour reserved for the best young Canadian jazz musicians.

Hannah Schweitzer, aged 17 and Sarah Schweitzer, 15, have both been granted a spot in the Ellison Canadian Honour Choir under the direction of Scott Leithead. This group offers outstanding young vocal musicians the opportunity to rehearse, perform and study with world-renowned Choral educators. This is Hannah's second invitation to this select group of choristers and Sarah's first.

Elijah Carson, aged 18 was chosen as the drummer of the National Youth Jazz Combo. Elijah earned one of only four spots in this national honour ensemble, that provides the opportunity for young jazz musicians to move their playing to a new level through rehearsal, performance and study with some of the finest professional jazz artists in the world.

### Teachers in sports hall of fame

Two School District 47 teachers were recently inducted into the University of Victoria's sports hall of fame.

Graham Cocksedge, a Brooks Secondary School teacher and Lucien Ervington, a Kelly Creek Community School teacher, received the prestigious recognition for being members of the Vikes men's cross-country team from 1994-1997. The team won the Canadian Interuniversity Athletic Union (CIAU) national championships four straight years in a row, from 1994 to 1997.

Graham was the only runner out of the 14 runners who was on the cross-country team all four of the years. He was also named a CIAU All-Canadian all star each of those years. [PR](#)



### Here To Help

As your provincial government representative, I can help. If you need assistance or have any concerns please contact me.

Here are some topics where we can help:

- Welfare
- Seniors Issues
- Health Care
- Residential Tenancy
- Employment

**Sechelt Office** Pier 17, Davis Bay 604-741-0792  
**Powell River Office** 4675 Marine Ave 604-485-1249  
**Email** [nicholas.simons.mla@leg.bc.ca](mailto:nicholas.simons.mla@leg.bc.ca)  
**Website** [nicholassimons.com](http://nicholassimons.com)

**Nicholas Simons MLA**

SERVING THE SUNSHINE COAST



We welcome feedback from our readers. Letters may be edited for length.

Email [isabelle@prliving.ca](mailto:isabelle@prliving.ca), or mail letters to **PR Living, 7053E Glacier St, Powell River, BC V8A 5J7.**

## MAILBAG

Dear Powell River Living,

We want to thank you for your wonderful magazine! It is such a positive contribution to our community!

*Elaine and Brian Mackee*

Thank-you Powell River Living,

You did a beautiful job of showcasing the endangered bird photos. Fabulous!

We appreciate everything about this article's presentation in this April issue of *Powell River Living*.

*On behalf of PROWLs,  
Lesley Armstrong*

Hi Powell River Living,

I picked up a copy of the magazine recently and wanted to tell you I thought the editor did a great job on the Iditarod article I had submitted. Quite a few people have commented to me how much they enjoyed reading it.

*Sincerely,  
Rich Montagna*

Hi Powell River Living,

I've had great response from the article and the first six people that phoned all said [the Mystery Woman in the old photograph in April's issue] is Barbara Lansing.

I went to Canada411 on the odd chance that I'd find her and there was a Barbara Lansing in Delta. Amazingly, it was her as she kept her maiden name when she married. (Not usually done in the 60s.)

When she saw the portrait, she was blown away, a "blast from the past" as she put it. She was in the Miss PR Contest and shortly after left PR for nurses training. She never returned and has lost contact with most of her friends here. We will be getting the portrait to her very soon.

Thank you so much for running the article. It's obvious to me that many people read the magazine and take an interest in what's going on. Keep up the good work! I hope that Ben McAulay was as successful in finding information about PR's first school.

*Cheers,  
Terry Dingwell*

Hi Powell River Living,

I doubt if the old log house [pictured in April's issue] is in fact an old school house. The first school house was in fact at the top of Nootka and it was used as a school house and a place to store documents.

Many people had birth certificates, Marriage certificates etc. stored in the school house. Unfortunately, the school house burned down with all of the documents and the school house left in a pile of ashes.

I do not believe it was ever rebuilt, and as a result of the fire, for years later people had trouble proving their ages etc. and had to get sworn documents from their mothers etc. relating to their birth dates etc.

*Regards, Terry Courte*



# Grow For Cheap



**A**s a gardener, it is hard for me not to see the value in growing food: fresh air, a bit of exercise, some time to think, and most of all the quality and taste of food. Mmmmm.

But for some people (like my utilitarian brother-in-law) food gardening is just one of those things that doesn't pay off, and by that I mean really doesn't make economic sense. If I do a crude cost benefit analysis and look at our gardening expenses compared to how much we produce, it definitely does not make economic sense.

I remember having my heart broken in the grocery store when I saw a 10-pound bag of Vancouver Island carrots for the just over the cost of a packets of seeds. I thought, "What heck am I doing this all for?" It can

berries, and kiwi are all great products to grow. Other high value items are herbs and spices. A small container of herbs and spices in the store cost a considerable amount considering the volume. Crops such as cilantro, dill, coriander, cumin, parsley, tarragon, hot peppers, rosemary, and mint are fairly easy to grow and once you start cooking with them you won't be able to live without them.

## 2. Bring down your seed cost

I dug through some of my old seed invoices and found the price of seed has also gone up drastically too. There is no doubt that seeds are expensive. There are a few ways to keep the cost down.

### Save your own seed.

It does require a bit of extra space, time, and a little know how, but the benefits far outweigh the extra effort involved. Not only will you

be saving money from not having to buy seed, you will also be contributing to the selection and productivity of locally suited cultivars.

### Purchase seed in bulk.


The more seed you buy the cheaper it is. You can either save it for yourself next year, or split it up among friends or groups. It is important that if you are going to save the seed until next year that you store the seed appropriately in a cool dark location.

### Participate in your local seed exchange event.

Seedy Saturday is Powell River's seed exchange event where you can trade a packet of your own seeds for another. It is a great way to diversify your collection, and lets you focus on one seed saving crop. It is not only a great way to save money, it is a great event with short courses and vendors to get you ready to grow in spring.

## 3. Gather and compost everything

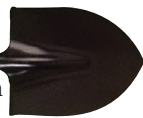
Another one of the major costs can be crop inputs. Whether it be chemical fertilizer, organic fertilizer, manures, or commercial compost, crop inputs can add up very quickly. Compost is simple to make and is a wonderful input to maintain garden health. It is free and really requires mostly time and a bit of know how. It can be made of any collected organic materials such as food wastes, bark mulch, garden refuse, fallen leaves, grass clippings, seaweed, etc. Your compost pile doesn't have to be anything fancy, just a tarp-covered pile hidden away in the back of the yard. Just be sure you have the right mix of rough and green organic materials and you will be making black gold in no time at all (I will be discussing this in greater detail in an upcoming article).

Also you can save money by making your own crude potting mix by combining equal parts compost, sand, and garden soil. You can use this when filling pots and containers rather than buying it in bags. 



## A growing concern

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



be hard to rationalize putting all that time, work, effort, and capital in to growing your own food, especially if it is something you don't really love doing.

Well as I am sure you have heard, our relationship with food and food cost has been changing. The price of food is going up.

The truth is Canadians have been enjoying the benefit of really cheap food for too long. Around 10-15 per cent of your income is spent on food, which is pretty low if you compare it to other countries around the world. But couple the spike in food price with our high cost of housing, increased cost of transportation and fuel, and a possible rise in interest rates, you may really see the belt starting to tighten for many individuals and families.

It is not improbable that we may find ourselves counting our pennies a lot more carefully than we have in the past. And if the situation gets bad enough, growing your own food will definitely start to look more attractive. Even for the utilitarians amongst us.

I don't know if it's just coincidence, but this year, as with last, it is expected that record numbers of people will be starting new food gardens in hope to grow some tasty groceries for the upcoming season.

So in light of the current economic affairs, and the loot we may need ahead, I thought I would recommend a few cost saving measures to help you produce your produce on a shoestring budget this season. Happy gardening.

## 1. Grow high value crops

One of the best ways to save money in the garden especially if space or time is a factor is to grow edibles that are expensive to buy in the store. This is of course particular to your food preference. But high value crops such as fresh fruits and vegetables like asparagus, tomatoes, peppers, peaches, apples, pears, raspberries, straw-

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I MADE THE MOVE

# Foraging and fishing beguile Lotuslanders

**N**atalie Porter and Scott Malin met in Vancouver and have been married for four years. Natalie was hired on as the Assistant Chief Librarian in Powell River, after four years at the Carnegie Library branch in the Downtown Eastside. Scott is finishing up the school year in Vancouver as a Grade 7 Montessori teacher. They both have a passion for the outdoors and Honda XR motorcycles.

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

**Natalie & Scott** • We often talked about moving to a smaller place with immediate access to nature since we met. Two summers ago we were on a motorcycle road trip, which included the Sunshine Coast, and appreciated the warm welcome we received from locals at the Farmer's Market and camp spots. When Natalie saw the job posting, she felt the new library could be a fantastic place to work and it would be the right place to live.

## When? Where from?

**Natalie & Scott** • The library position started in March and we arrived from Vancouver just as Spring Break began.

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

**Natalie & Scott** • The variety of events to attend and things to do around town. And how easy it is to sit by the ocean being mesmerized by the wildlife and

changing scenery.

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

**Natalie & Scott** • The new library, the access to nature, and the positive and active community involvement.

## Where is your favourite place in Powell River?

**Natalie & Scott** • The Powell River Public Library and the Nook! The space is impressive, the collection is solid, the patrons are diverse, and the staff are passionate about their work. As well, the feature carving by Ivan Rosypske is stunning.

## How did you first hear about Powell River?

**Natalie & Scott** • Scott had hiked a portion of the SCT with some friends a few years ago. Natalie had a friend in her all-girls motorcycle club whose parents had a cabin on Savary Island. The girls did a roadtrip up the coast, stopping in Powell River for supplies.

## What would make Powell River a nicer community?

**Natalie & Scott** • That's a challenge because in our short time everything and everyone have been super nice.

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

**Natalie & Scott** • A one-stop health clinic with integrated care teams like the Heat-



**KIND HEARTS, TOUGH BIKES:** Teacher Scott Malin and librarian Natalie Porter discovered Powell River on a motorcycle trip in 2016.

ley Community Health Centre.

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

**Natalie & Scott** • Saying goodbye to people we connected with through work including library patrons, students and their families.

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

**Natalie & Scott** • Natalie attended a community forum on Poverty Reduction at the ARC and the participants discussed a range of local challenges from housing, work, detox, to food security. She left feeling hopeful that the community could and would rally round those who are in need, and imagines a good Mayor making a commitment to support these efforts. As well, follow through with relevant TRC recommendations.

## What are Powell River's best assets?

**Natalie & Scott** • A welcoming community

and willingness to share skills, knowledge, history and culture. We plan to learn more about foraging and fishing, the Tla'amin Nation, and support efforts like the Skookum fruit tree gleaners.

## What is your greatest extravagance?

**Natalie & Scott** • While a goal is to cook more at home, we do love eating out.

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

**Natalie & Scott** • Natalie was an avid skateboarder and snowboarder in her youth and has intense dreams about flying down handrails and launching off jumps. She would love to have a back that doesn't give out and X-Games worthy abilities. Scott has some friends with impressive motorbike maintenance skills and wouldn't mind absorbing their know-how. [PR](#)

**New to the Neighbourhood?**

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[www.firstcu.ca/financialblueprint](http://www.firstcu.ca/financialblueprint)



# Dam destroyed Myrtle Point's abundance

BY PAM BROWN AND ESTHER DYCK

**W**orld Biodiversity Day is a day to celebrate the rich natural diversity of this place we call home. A good time to have a conversation with someone who has lived in the area for over sixty years and witnessed the changes in our environment. So we went to visit **Sylvia Dunn**, a pioneer, avid hiker and naturalist.

Sylvia and Ed Dunn moved to Myrtle Point in 1954. They bought 11 acres of beautiful waterfront with rich fertile soil and a view of Myrtle Rocks. They grew all their own vegetables, drank clear clean water straight from Myrtle Creek and cooked on a wood stove. Fish were plentiful in the creek. With just a net anyone could have their daily catch in minutes.

Nobody knows where Myrtle's name came from. Sliammon people call Myrtle Rocks, Kwethayskin, "little island at the mouth of the bay."

Sylvia spoke about Frank Williams from Sliammon who had a small house on the Rocks where he prepared

**"There were so many salmon they would let the pigs get into the creek to eat them!"**

— Sylvia Dunn

fish in the winter and collected clams in the summer. One night the house burned to the ground. The house is gone but middens survive on the estuary where the earth is lined with decades of clam shells.

Sylvia remembered many stories about Myrtle Creek salmon.

"Someone said before I lived there, there were so many salmon they would let the pigs get into the creek to eat them! People said the fish were smelly." According to Barbara Lambert's book *In Paradise: West Coast Short Stories*, coho and chum were so abundant you could walk on their backs. There were lots of herring and whales too, but people were afraid of 'killer' whales.



**SO MANY SALMON YOU COULD WALK ACROSS THEIR BACKS:** In the 1950s, Myrtle Creek was dense with life and biodiverse. But a historic dam (above) impeded fish migration. Sylvia Dunn (left) remembers Powell River's mid-century biodiversity.

Life had its challenges! Ed worked long hours at the mill. Pregnant Sylvia was on her own when labour started at 2 am and she had to climb over a fence to reach her neighbour for help. Then there was the old leaky 1930s water wheel which provided electricity for the Duns.

"One time it got jammed with ice" says Sylvia, "and the whole thing came whizzing down! We were glad to finally get BC Hydro."

Nasty sewage problems began when little houses were barged from Vancouver and parked on the shore nearby.

"One of my sons was playing by the ditch and fell in. Oh my, that was a bad day!" she chuckled.

An old logging camp had built a dam complete with big spikes to collect the creek water and discourage salmon runs. In the 1940s Hammill (West) Lake became Westview's water supply cutting off an important Myrtle tributary. Eventually water came from Haslam Lake but by then the damage was done to Myrtle's huge salmon runs. Sylvia told us so much about the abundance of wildlife, stories that are hard to imagine today. There is much to think about as we contemplate World Diversity Day. What will be left of the Powell River we love now in another fifty years? [PRL](#)

### BIODIVERSITY AT THE LIBRARY

*A World in One Cubic Foot, Portraits of Diversity* by David Liitschwager.

*Tree of life: the incredible biodiversity of life on earth* by Rochelle Strauss. (kids)

Powell River history books by Barbara Lambert, G.W. (Bill) Thompson and many others.

Earth Rangers. A Canadian environmental education and conservation non-profit for youth. [earthrangers.org](http://earthrangers.org)

"We value the intimate setting at Assumption School. The community of teachers encompasses the same values that we, as parents, choose to instill in our children."

— Sarah Murphy, mother of Grace, Grade 3, and twins Matt and Jack, Grade 2



[assumpschool.ca](http://assumpschool.ca)  
604-485-9894

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Catholic School

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



*Brandy Peterson*

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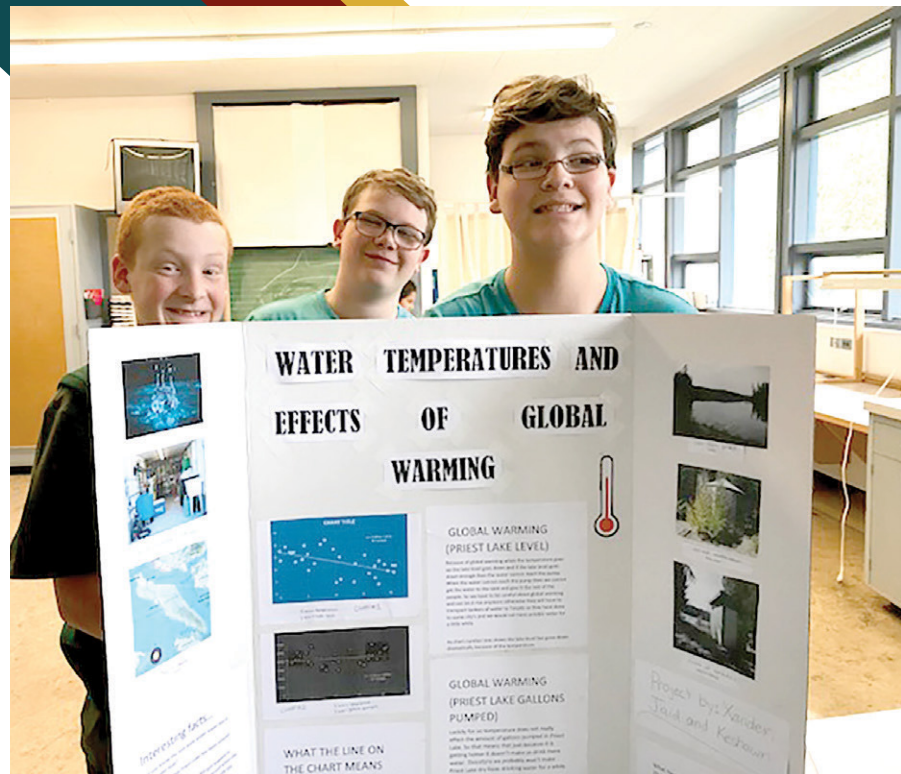
604 485-4838



# Start with a question

Project-based learning gives students the opportunity to learn in depth. Using 21st century skills, students explore real-world challenges. BC's new curriculum encourages teachers to incorporate project-based learning into their teaching. Here in Powell River, many School District 47 Teachers are doing just that.

Here are three examples:



## Local Water Supply Texada Elementary

Three Texada boys took on the challenge posed by the Van Ande Improvement District's Water Workshop last month: develop questions about the local water supply. Grade 7's Jaid Kirzikow, Xander Valentine and Keshawn Smullin compared local temperatures to water levels and to water drawn from Priest Lake. "They were looking into what effect global warming might have on water supplies," said Texada Elementary Principal Rhonda Gordon.

Some interesting facts the boys dis-

covered while researching their projects include:

- The Van Ande water tower has a decent-sized leak.
- Priest Lake has been around since the ice age.
- During the last ice age, stickleback fish got trapped in Priest Lake when the sea level rose. Lucky for the stickleback they adapted quickly to fresh water and didn't die!

On April 21, students presented their water projects at the community water workshop.



## Lego Mindstorm Robotics Henderson Elementary

Corey Gordon, Grade 6/7 teacher at Henderson, has been using project based learning with his class to explore applied design.

"The best thing about a cross-curricular long term project is that it allows each kid to showcase their talents," said Corey.

Using Lego Mindstorm Robots, students built robots and learned coding language. Then Corey created challenges that ranged from simple movements to something more difficult. The pinnacle of this project was the Sumo Wrestling Ring where

robots wrestled each other. Students had to change or add to their robots to beat their opponent.

"Hands-on learning like this is a teacher's dream," said Corey. "If the kids are interested, it's open ended and you can take it to the next level."



## Sensory Garden Kelly Creek Community School

Inspired by the First Nations idea of connection to place, a group of 20-plus students in Grades K to 7 created a sensory garden, with help from Grade 1/2 teacher Jenni Brander. Starting with the inquiry question: "If we were to have a sensory garden what would it look like?" students researched and planned a garden. Because of the difference in age, the exercise required a lot of cooperation and the ability to compromise.

"The kids dug a sensory pathway and put in natural fixtures such as small stones, big stones, driftwood and chamomile."

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





# BUSINESS CONNECTIONS

BY KIM MILLER

office@powellriverchamber.com



**Nate Alcos** is the new manager of **Save-On-Foods Powell River**. He replaces **Brad Carolei** who recently retired after a long career

with the company. Nate, who was working at the Save-On store in Prince Rupert, moved to Powell River in early April. He's been with the company for 15 years, working in Hope and Penticton. **Andrew Warrington**, Save-On Powell River's assistant manager transferred to the Prince Rupert store and **Jared Blanchard**, who was with Save-On Campbell River, is the new assistant manager of Save-On Powell River.

**Kat Richards** is opening a new Stand-Up Paddleboard rental and sales company at Willingdon Beach this month. **Stillwater Paddleboards** will begin offering Standup Paddleboard rentals beginning May 15. "If you've ever wanted to try but don't want to buy here's your opportunity," says Kat. "And if you fall in love with the sport and your rental board, the option to purchase is there." For more info visit their Facebook page or call 604 414-9865.

**The Lund Hotel** and restaurant had a face lift over the winter. The lounge/restaurant overlooks the Lund harbour, which will soon be bustling with boat traffic and tourists alike. It is serving up a brand new menu. The restaurant, which may soon be renamed "Nohom," the Coast Salish word for "shared feasts," is the result of a partnership between Tla'amin and **Chef John Walls** of **The Culinary House of Magic**.



## Bannock on wheels

**Sli City Grill Mobile Food Truck & Catering**, a spinoff of the **Tla'amin Convenience Store**, launches this month, serving the Tiskwat Region.

The truck's first big event will be at the Tla'amin Fire Department

Community Barbecue at the waterfront on May 12 from 1-4 pm.

A grand opening is planned for May 15 and a location to be determined. For information, contact Miel at 604-414-0269.

**Aaron and Nola Morgan** have purchased **Straight Up Greens**, a business that focuses on growing live greens, micro greens and herbs, from their neighbours. Straight Up Greens also have basil towers that are proving to be very popular. The towers allow shoppers to pick the basil they want right off the living plant and pay for it at the till. Straight Up Greens are available at Pacific Point, Safeway and Ecosentials. For more info, visit them on Facebook, email info@straightupgreens.ca or call 604 414-4290.

**Jennifer Konapelski** is the new owner of **The Nutcracker** on Marine Avenue. **Elaine Steiger** is staying on as a mentor and a vendor with her **Basket Case** and **Marigold Lane** products. The store opened in 2016 as a pop-up store for the Christmas season and has remained open and grown. More than 16 different vendors now rent space at The Nutcracker, where you "shop around the world locally."

**Sonia Zagwyn** has taken over from her mother **Deb Zagwyn** as Children's Services Coordinator at the **Powell River Public Library**. Sonia, who was the Teen Services Coordinator, says she is excited to be returning to work after parental leave in her new role in the beautiful new space.


**Rebel Heart Kitchen** will open in the café space at **Ecosentials** by the end of this month. **Olive Sunshine** takes over the space recently vacated by **Fruits and Roots**. The cafe/ eatery will be open for lunches and offering a selection of delicious home made dishes ranging from wholesome decadence to light fair on the go. Olive and her team cater to all dietary needs. "We focus on sourcing local sustainable ingredients as much as possible. The menu will change with our mood because we get bored easily."

**7 Sprouts Plant-Based Deli** opened last month at **Ecosentials**. This plant-based deli has a variety of mouthwatering, guilt-free, plant-based meats and cheeses as well as fresh hummus, dips,

a salad of the day, biscuits and quiche. **7 Sprouts** is open Tuesday to Saturday from 10 am to 5 pm and located at 6812 Alberni Street. For more info visit their Facebook page or call 604 578-1019.

**Sandra McDowell's eLeadership Academy** offers two engaging online programs (eLEAD and eCOACH) for organizations and individuals looking to increase leadership and coaching capacity and effectiveness, while leveraging the benefits of web-based faculty led training. The eLeadership Academy can help individuals and teams reach the next level. For more info contact 604-398-4015, email messages@e-leadershipacademy.com or visit e-leadershipacademy.com.

**Mary McKenzie** is the new manager of Powell River's **MCC Thrift Shop**. She took over from **John Taves** who retired at the end of March. Mary McKenzie, who moved here from the Lower Mainland started with MCC in 2014 at their Abby East Thrift Shop and then was an integral member of the team that merged two Abbotsford shops into one at what is now one of the biggest shops MCC has in BC, Centre Thrift. Some people will remember Mary as she was the interim manager of the MCC Thrift Shop in Powell River when John was off on medical leave.

**Powell River Women in Business** will hold their annual awards dinner on May 16 at the Town Centre Hotel. Guest speaker is **Sandra McDowell**, First Credit Union's vice president of Communications and Culture and author of *Your Mother Was Right: 15 Unexpected Lessons About Leadership and the Brain*. Sandra will share thoughts on how to foster a growth mindset in all areas of your life. Tickets to the gala dinner are available at **The Nutcracker** on Marine Avenue or **Powell River Living** on Glacier Street. 

May is a special month!

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**PAPERWORKS** Gift Gallery

**Rogers' CHOCOLATES**

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

**K**la ah men has been a launching point for the Coast Salish people since the beginning of time.

“The ocean was our highway. Lund is our harbour, a resting place and a key place for launching into other places in our territory,” said Eugene Louie, former Tla’amin Chief and Elder. “It still is today.”

Two years ago, Tla’amin Holdings completed its purchase of the Lund Hotel. “We bought into the Lund Hotel many years earlier,” said Roy Francis, Chair of Tla’amin Holdings.

Roy, who was also the chief negotiator on Tla’amin’s treaty negotiating team, said a key element of treaty negotiations was the conversion of land. “We went from owning 1,900 hectares of former Indian Reserve land to over 8,000 hectares of fee simple lands. Lund forms an important part of that 8,000 hectares of treaty settlement land.”

Today, Tla’amin now has law-making authority over its land including the authority to perform marriages. Roy says they’re looking at performing wedding ceremonies at a to-be-built Long House (where the old Community Hall now stands) in the future.

“I can see us hosting conventions and other gatherings there. It could also be a teaching place,” Roy says. “A growing number of First Nations are visiting Tla’amin to learn from our experiences.”

This year Tla’amin has initiated a number of changes at the Lund Hotel beginning with renovations and a rebranding strategy to reflect Kla ah men’s Coast Salish peoples’ heritage. The hotel is also refocusing its attention towards promoting Indigenous Tourism, and the hotel is the launching point for adventures into Desolation Sound, and the Sunshine Coast Trail.

“We’re still finding our feet,” says Roy, noting that Tla’amin just celebrated their second anniversary as 100 per cent owners of the hotel in March. “The hotel’s character is changing; it feels a lot happier.”

Jason Law, operations manager for the Lund Hotel said the goal is to make it “more open and inviting.” There’s new paint inside with a brand new colour scheme. The hardwood floors have been redone and the layout of the lounge changed. The work of First Nations artist Alano, a Tahltan multimedia artist and entrepreneur, as well as art from many Tla’amin citizens, can be found throughout the hotel. The eating area has been renovated, including the pub and restaurant, with a focus on “Nohom,” the Coast Salish word for “shared feasts.” The brand new menu is the result of a partnership between Tla’amin and Chef John Walls.

The 31 rooms in the hotel, which was first built in 1895 and rebuilt in 1905 after a fire, have all been renovated. Feature walls displaying stunning pieces of Indigenous art hang in every room and gorgeous runners crafted by Tla’amin artist Joanne Williams grace the beds.

On a tour of the hotel, Jason stopped to show off the John Wayne Room. According to legend, John Wayne liked a particular room situated over the bar. “When he got thirsty he’d lower a bucket down on a rope for a drink,” Jason said.

The hotel looks and feels different. “It’s a huge change from what it was,” explains Jason.

Located on the northern tip of the Sunshine Coast, the hotel is ideally situated as a launching point to many activities in Desolation Sound and along the Sunshine Coast Trail.

“I see a big future for the Lund area,” said Roy. “Kla ah men is becoming an important hub for us once again. Our fishing fleets are growing with prawn, geoduck, sablefish/black cod licenses and tenures, and so is tourism.” [PR](#)

# Lund Kla ah men

Your starting point for adventure





**MAY 4 TO 6  
WEEKEND**



Trash Bash  
Hike for Hospice  
Tidal Art Centre opening  
Jazz Vespers  
Catch the Fire Ministries  
Lion Bear Fox

**MAY 11 TO 13  
WEEKEND**



VegFest  
Move 4 Health Day  
Invasive Species Drop-Off  
Carnivale  
Print a baby

**MAY 18 TO 21  
LONG WEEKEND**



Victoria Day  
Harry and Megan's Wedding  
Spring Garden Tour

**MAY 25 TO 27  
WEEKEND**



Lund Seafood festival  
Soap Box Derby  
Bike Rodeo  
Ages & Stages  
CAMRA festival season kick-off  
Texadainnpalooza

Much more is happening in May. Check out PRL's full coverage of festivals and events on pages 21 to 39.

# Make the most of summer 2018

# May

# 5

reasons to crack open your calendars and make a *tasty* summer plan early

Welcome to PRL's first ever summer festivals pull-out section. This page, and the next three, are in the centre of the magazine – perfect for pulling out and mailing to friends and family. Or, sticking on your fridge. To help you plan the best summer ever, this section will run for the next four months.

**1. There's a lot**

This section lists major festivals only. Add events as well, and your summer can get too crowded too quickly. A curated, edited summer with lots of beach and lake time – with your favourite festivals of course – is *on fleek*.

**2. Festivals compete for your time**

On August 11, will you be at the Texada Sandcastle Contest? Or at the Festival of the Rolling Arts in Sechelt?

**3. What will you do with your kids?**

If you work during the day – or just need a break from the kids - camps are an excellent solution. On Page 39, you can see some of what's available this summer. Get your budget in order.

**4. What's new to you?**

Very few festivals attract more than 10,000 people. Given that about 20,000 live in the region, that's a lot of locals that don't get to everything. If you've never seen a springboard chop, or tasted blackberry on pizza, make 2018 your summer of new adventures.

**5. Entertain your out-of-town guests**

Encourage them to come during a festival. Do they love music? Sunshine Music Festival weekend! Are they athletes? Run the Rock! Even better – if you see a festival that you know a buddy would enjoy, invite them here.

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# Plan your 2018

Music • Arts • Com

# Lund Shellfish Festival

May 25 to 27

[www.lundbc.ca](http://www.lundbc.ca)

## Friday, May 25

### Chowder Challenge & Silent Auction

Slammon Centre, Tla'amin

5:30 pm

Tickets \$25.00 each

Noon til 4

### Live seafood sales

**Cooking demonstrations throughout the day**

## Saturday, May 26

10 am - 5 pm

**Kid Zone, Artisan and Craft booths,**

11 am - 4 pm

**Food Booths**

11 - 5 pm

**Waterfront Stage**

## Sunday, May 27

8 am - 10 am

### Pancake Breakfast

\$5 per plate hosted at the Boardwalk Restaurant. The Northside Fire Department will once again serve up lots of fresh pancakes with sausages, bacon, coffee, juice and fruit. All proceeds go to the fire department.

*Schedule is in flux. Check details at [lundbc.ca](http://lundbc.ca)*



# 80s

# DANCE PARTY

## McKINNEY'S PUB

MAY 26TH DOORS @ 8PM DJ @ 9PM



# Festivals Season

Community • Sports • Food

## Powell River region

May 25 to 27

*Lund Shellfish Fest*

June 11 to 23

*PRISMA*



June 11 to 23

*PRISMA: Pacific Region International Music Academy*

[prismafestival.com](http://prismafestival.com)

Galas, a symphony cruise, master classes, evening concerts, and of course the free family-friendly concert at Willingdon Beach (with food vendors) June 16. Can you believe this event happens in tiny, coastal Powell River?

PRISMA is a unique gathering of guest artists and international pre-professional music students for learning and performance. It's an affordable, elegant way to revel in chamber music.

July 1

*Canada Day*

July 2 to 7

*Kathaumixw*

July 7

*BC Bike Race*

July 4 to 8

*Texada AeroSpace Camp*

July 8

*Texada Annual Fly-in*

July 13 to 15

*Logger Sports*

July 21 & 22

*Texada diversity festival*

July 28

*Texada Artists Studio Tour*

TBA

*Savary Island Music Festival*

August 4 and 5

*Texada Blues & Roots Fest*

August 5

*Edible Garden Tour*

August 11-12

*Texada Sandcastle Fest*

TBA

*Blackberry fest & Arts Alive*

TBA

*Powell River Studio Tour*

Aug 25

*Run the Rock*

Aug 26-27

*Powell River Studio Tour*

Sept 8

*Texada Paint Out 2018*

Sept 15 & 16

*Powell River Fall Fair TBA*

## Comox Valley

June 8 to 17

*BC Shellfish Festival*

August 3 to 6

*Filberg Festival*

September 23

*Comox Valley Farm Cycle Tour*

## Pender Harbour

May 18-24

*Attack of Danger Bay*

*longboard festival*

Pender Harbour

May 30

*April Tools*

Pender Harbour

July 1

*Malaspina Regatta*

Pender Harbour

July 7-9

*Pender Harbour Days*

July TBA

*Halfmoon Bay Country Fair*

Aug 18-20

*Chamber Music Festival*

Pender Harbour

Sep TBA

*Pender Harbour Jazz Festival*

Oct TBA

*Pender Harbour Fall Faire*

Oct 13-15

*Sunshine Coast*

*Mushroom Festival*

Pender Harbour

Oct TBA

*Halfmoon Bay Apple Festival*

## Lower Coast

May 13

*Sunshine Coaster Bike Race*

Roberts Creek

June 17-19

*Gibsons Landing Jazz Festival*

June 24

*Gibsons Grind Bike Race*

July 23

*Sandcastle Competition*

Sechelt

July 29-30

*Sea Cavalcade*

Gibsons

Aug 11-13

*Festival of the Rolling Arts*

Sechelt

Aug 17-20

*Festival of the Written Arts*

Sechelt Rockwood Centre

Aug 18-20

*Power of Paint*

Sechelt

Aug 2018

*Howe Sound Outrigger Race*

Gibsons Landing

Aug 19-20

*Hackett Park Craft Fair*

Aug TBA

*Creek Daze*

Roberts Creek

Aug 25-27

*Rogue Arts Festival*

Gibsons

Sep 8-10

*Sunshine Coast Fibre Camp*

Langdale

Sep 16

*Wood Expo 2017*

Sechelt Seaside Centre

Oct TBA

*Gibsons Fall Faire*

Oct 12-22

*Sechelt Arts Festival*

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## Logger Sports

On July 13 to 15, the 23rd annual Powell River Logger Sports takes over Willingdon Beach and Loggers Memorial Bowl.

This year, we will host contestants from all over the world, including New Zealand, Australia, the US, Germany, competitors throughout Canada and our locals.

They are here to win 16 Canadian Championships and five World Championships - more titles than any


other show on the Canadian Logger Sports Circuit!

A chainsaw carving competition is held at the same time, with an international roster of artists working in the gravel parking lot near the beach.

If you've never seen BC's heritage forest skills in action - axe throwing, chopping, springboard, pole climbing and much more - this is your chance.

To find out more, head to [www.powellriverloggersports.com](http://www.powellriverloggersports.com).





*Tug-Guhm*  
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604 414-0474  
[debravevaartcreations.com](http://debravevaartcreations.com)

## Kathaumixw

Imagine a place where language poses no boundaries, a place where people of different cultures and countries come together to share the common language of song.

That is **Kathaumixw, coming to Powell River July 3 to 7.**

The International Choral Kathaumixw is a five-day biannual choral festival filled with concerts, common song singing, choral & vocal solo

competitions, conductor's seminars and social events. The festival is a place where all can learn from each other and from world renowned choral personalities.

For 2018's event, choirs are coming from Uganda, Australia, Poland, Slovak Republic, Hong Kong, and across the US and Canada.

To see a schedule, sign up to host singers, volunteer, or to buy tickets, go to [www.kathaumixw.org](http://www.kathaumixw.org).



## Lund Shellfish Fest

Come to the **11th Annual Lund Seafood Festival May 25 & 26** for fresh-cooked seafood, listen to local musicians, take tours, watch free cooking demonstrations, buy live shellfish, shop at the craft booths, and sample special menu items at the restaurants - there are activities for everyone and admission is always free!

On Friday, try out the Chowder Challenge & Silent Auction at the Sliammon Centre on Tla'amin Lands, starting at 5:30 pm (\$25).

This is a great evening of locally-made chowders, beers, and treats! There will be ten competing chow-

ders made by local businesses and you get to sample them all, pick a winner, and eat some more.

Tickets available at SunLund By-The-Sea RV Park, Boardwalk Restaurant, Tourism Powell River, River City Coffee, and Cottage Creek Bake Shop booth.

For \$2, you can take a bus from Powell River to Lund on Saturday; they run all day. See the Web site for a schedule.

Sunday morning, try the Pancake Breakfast, \$5 per plate hosted at the Boardwalk Restaurant. All proceeds go to The Northside Fire Department.

Check the up-to-date schedule under "Shellfish Fest" at [lundbc.ca](http://lundbc.ca).

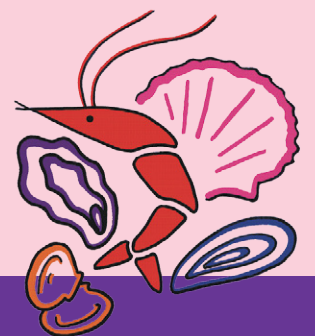
May

Lund Shellfish Festival

25-26

Cooking demos, tours, seafood, music & more. Fun for the whole family!

For all the details and schedule, visit [www.LundBC.ca](http://www.LundBC.ca)





# Plan your May

## Big May Dates

**May 7 to 13**

**National Nursing Week**

**Thursday, May 10**

**Spot prawn season opens**

**Sunday, May 13**

**Mother's Day**

**Saturday, May 19**

**Harry and Megan's Wedding**

Hardcore royal fans can watch it live at 4 am PST (noon their time).

**Monday, May 21**

**Victoria Day**

**Wednesday, May 30**

**BOPR**

Last day to enter the Best of Powell River contest. Enter by dropping your form off at the PRL office (see Page 13) or at [powtownpost.com/bestofpr](http://powtownpost.com/bestofpr). Participate, and you could win a Pollen sweater or a Terracentric kayak tour!

## Outside & Active

**Saturday, May 5**

**Trash Bash**

9:30 am to 3 pm, Willingdon Beach gravel parking lot. See story Page 37.

**Free Family Swim**

Rec Complex, 2 to 4 pm.

**Wildfire Community**

**Preparedness Day Picnic**

See ad on Page 29.

**Sunday, May 6**

**Fourth annual Hike for Hospice**

11:30 am, Willingdon Beach. A fundraiser for the Powell River Hospice Society. Sign Up at [prhospice.org](http://prhospice.org).

**Wednesday, May 9**

**Aquacise Tea Social**

1-2:30 Rec Complex

**Saturday, May 12**

**Move for Health Day community 5k walk / run**

9:30 til noon, Millennium Trails.

**Saturdays, May 12 & May 26**

**Invasive Species Drop-off Dates**

9 am til 4 pm, old incinerator site on Marine Ave. Only clean invasive material will be accepted.

**Sunday, May 20**

**Spring Garden Tour**

9 am to 4 pm, \$15. 8-10 beautiful and lovingly tended gardens around our town, showcasing some of the incredible botanical possibilities and living creative works in our area. See story Page 34.

**Sunday, May 27**

**Soap Box Derby**

See ad on Page 36.

**Saturday, May 26**

**Spring 3-on-3 hockey wrap-up**

**Sunday, May 27**

**Bike Rodeo**

11 am to 2 pm, First Credit Union parking lot. Hot dogs and prizes! All kids welcome.

**May 28 to June 3**

**Bike to Work & School Week**

Register yourself and your team at [biketowork.ca](http://biketowork.ca). Enter to win a grand prize trip to Portugal.

**Friday, June 1**

**Pancake Breakfast for Bike to Work & School Week**

First Credit Union parking lot. Prizes & food!

## Plants & Food

**Sunday, May 6**

**Lund flea market and Plant Sale**

10 am to 2 pm, Lund Elementary School (9654 Larson). Food! Plants! Treasures! Art! Tools! Farm fresh eggs! Furniture! Records! Proceeds to Lund Puddle Jumpers Preschool.

**Garden Club Plant Sale**

1 to 3 pm at the Curling Club in Cranberry. 5750 Crown Ave.

**Saturday May 12**

**Tla'amin Fire Department Community Barbecue**

At the waterfront from 1-4 pm.

**"Cookies by the Pound"**

11 am to 1:30 pm, United Church. Lunch, Strawberry Shortcake and a Plant Sale. Corner of Michigan and Crofton

**Veg Fest**

10 am til 4 pm, Max Cameron Theatre. Free. Speakers, food demos, vendors, kids corner, door prizes and more. Celebration of vegetarianism and veganism. See ad on Page 27.

**May 22**

**World Biodiversity Day**

See story Page 17.

**Friday, May 25**

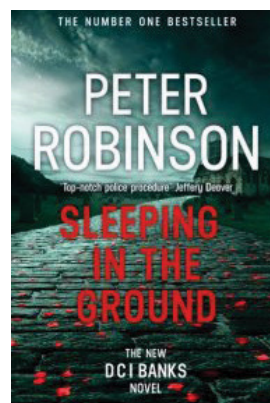
**Chowder Challenge**

5:30 pm, Tla'amin Salish Centre. Locally made chowders, beers and treats! There will be 10 competing chowders made by local businesses. You get to sample them all, pick a winner, and eat some more!

**Saturday, May 26**

**Lund Seafood Fest**

## Upcoming programs at the Library



Join best-selling crime writer

**Peter Robinson** for a reading featuring Detective Chief Inspector Alan Banks. Come early for this popular author.

**Friday, May 15th, 7 pm**

### With the annual Photography contest

deadline looming (June 11th), attend a **Tech Savvy** workshop on the theme of Digital Photography.

Learn strategies for taking better photos, photo editing and managing digital files.

**Friday, May 11th, 4 pm**



[prpl.ca](http://prpl.ca) 604-485-4796 [info@prpl.ca](mailto:info@prpl.ca)

**POWELL RIVER ACADEMY OF MUSIC**  
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**SPRING SING**  
Academy Chamber Choir, Chor Musica & Powell River Youth Choir  
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James Hall • \$18

**ACADEMY CHILDREN'S CHOIRS**  
Academy Apprentice Choir, Powell River Girls Choir, Powell River Boys Choir, Academy Children's Choir  
**Monday, June 11 at 7:00 pm**  
James Hall • \$10 adults, \$5 students

TICKETS Academy Box Office  
7280 Kemano St  
604 485-9633  
Mon - Thur  
9:30 am - 4:30 pm  
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Students 18 & under free with a student ticket voucher

**"May" Days Weekly Sales**

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**Jazz Vespers**  
with talented jazz musician  
**Walter Martella**

Saturday, May 5, 4 pm  
Powell River United Church  
*Music and readings: a moment for contemplation and beauty*



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SATURDAY 05-12-2018

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1-5 PM

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**TIDAL**  
art centre

## Books, Art & Film



**THEY MADE IT:** On May 5, Lund's new Tidal Art Centre is hosting an open house. Drop by from 1 til 5 pm to tour the heritage, sparse Swedish-style digs and meet the artists.



### April 27 – May 3

#### Isle of Dogs

The Patricia, 7 pm Nightly & 1:30 pm Weekend Matinees

Coming Soon to The Patricia in no particular order  
*Black Panther*  
*Love After Love*  
*Chappaquidick*  
*Ocean's 8*  
*The Last Movie Star*

### Wednesday, May 2

#### BC Book Prize readings

7 pm, Library. The BC Book Prizes are visiting Powell River, and you are invited to meet two finalists shortlisted for BC Book Prizes at a free reading event: Roxanna Bikadoroff (illustrator) and K. Jane Watt. [www.bcbookprizes.ca](http://www.bcbookprizes.ca).

### May 3 to June 5

#### Jane Dow art show: Neon and the Masters

At the Malaspina Exhibition Centre at VIU. Opening night May 3, 7 to 9 pm.

### Saturday, May 5

#### Tidal Art Centre opening

1 to 5 pm, 9971 Finn Bay Road, Lund. See ad on Page 26. [www.tidalartcentre.com](http://www.tidalartcentre.com)

#### Friends of the Library book sale

10 am to 4 pm, at the Library. Lots of nearly new and recent titles! Rare finds! Fiction, non-fiction... something for everyone!

### Friday, May 11

#### Tech Savvy – Digital Photography

4 pm, Library. With the annual Photography contest deadline looming (June 11), attend a Tech Savvy workshop on the theme of Digital Photography. Learn strategies for taking better photos, photo editing and more. To Register call 604-485-4796 Ext. 206.

### Saturday, May 12

#### Tech Savvy – Digital Photography

1:30 pm, Gillies Bay Senior's Centre. See above.

#### Print-a-baby

1 pm, Library. Free drop-in event. Bring your baby for an afternoon of non-toxic printmaking. Toddlers welcome.

### Monday, May 14

#### Movie night: Coco

6:30 pm at the United Church, following the by-donation Pasta Dinner at 4:30 pm. Popcorn and drinks are provided, the movie is free. Come for the whole evening!

### Tuesday, May 15

#### Deadline for artists to register for the Powell River Studio Tour

See [www.powellriverstudiotour.com](http://www.powellriverstudiotour.com) for more. The tour is August 25 & 26.

#### Crime fiction reading

7 pm, Library. Join best-selling crime writer Peter Robinson for a reading featuring Detective Chief Inspector Alan Banks. Come early for this popular author.

### Saturday, May 19

#### The Chocolate Pilgrim: A memoir

2 pm, Library  
Author Marie Maccagno presents The Chocolate Pilgrim her story of walking the Camino de Santiago through Northern Spain and healing from difficult life experiences. The event will open with singer-storyteller Colleen Kelba, author of Inhale her story of overcoming an abusive relationship.

### May 25 to May 31

#### Many Handed Makers pop-up shop

Studio Curious, Marine Ave.

Got a business idea?  
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**Kelly Edwards**  
Registered Yoga Teacher  
**Illuminescence**  
*the art of well being*

Anji Smith fotos  
[www.illuminescence.ca](http://www.illuminescence.ca)

### An Introduction to the Self-Employment Program

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

**Wednesday, June 6 from 9:30 am to 4 pm**

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

**Community Futures** Powell River

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## Live Music

**Friday, May 4**

### Lion bear Fox

7:30pm, Max Cameron. 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, Students \$12.

### Dennis & The Menaces

9pm, McKinney's.

**Saturday, May 5**

### Jazz Vespers with Walter Martella

4pm, Powell River United Church. Music and readings: a moment for contemplation and beauty. See ad on Page 25.

### Kitty & The Rooster, Soda Pony, Jeevius Family

9am, McKinney's. \$15

**Friday, May 11**

### Little pharmer and Oceanoid

9pm, McKinneys.

**Saturday, May 12**

### Karakata Afrobeat

8pm, McKinney's. \$15. A multicultural, Ethnic Music, Dance, Entertainment, performance, Afro-western group based in Surrey/Langley.

**Tuesday, May 22**

### Academy Spring Sing

7:30pm, James Hall. Academy Chamber Choir, Chor Musica & Powell River Youth Choir. \$18 or student voucher.

**Saturday, May 26**

### Texadainnpalooza

8pm, Texada Island Pub. No cover.

### 80s party: Townsite Brewing & CAMRA Festival Season kick-off

9pm, McKinney's. \$15 non-CAMRA members, free for members. 19+.

## Kid Stuff

**Saturday, May 5**

### Free Family Swim

Rec Complex, 2 to 4pm.

### Community Picnic

11 til 2pm, Timberlane Track. For Wildfire Community Preparedness Day. See ad Page 29.

**Saturday, May 12**

### Carnivale

École Côte du Soleil, noon til 3pm. Carnival fun for the whole family! Games, face painting, bouncy castle, silent auction, cake walk, food and much more.

### Print-a-baby

1pm, Library. Free drop-in event. Bring your baby for an afternoon of non-toxic printmaking. Toddlers welcome.

**Monday, May 14**

### Movie night: Coco

6:30pm at the United Church, following the by-donation Pasta Dinner at 4:30pm. Popcorn and drinks are provided, the movie is free. Come for the whole evening!

**Friday, May 25**

### 15th annual Ages & Stages event

10am to 2pm, Rec Complex. Free book, healthy snacks, fire truck, prizes, health professionals. Bring your child aged 2 to 5 for this free event

**Sunday, May 27**

### Soap Box Derby

See ad on Page 36.

### Bike Rodeo

11am to 2pm, First Credit Union parking lot. Hot dogs and prizes! All kids welcome. .

## Learn something new

**May 3 & 4**

### Peter Jackson, Catch the Fire Ministries

7pm at The ARC on Alberni. Free. See ad on Page 32.

**Saturday, May 12**

### Veg Fest

10am til 4pm, Max Cameron Theatre. Free. Speakers, food demos, vendors, kids corner, door prizes and more. Celebration of vegetarianism and veganism. See ad on Page 27.

**Wednesday, May 16**

### Women of the Year Awards

6pm Town Centre Hotel. Tickets at the Nutcracker or Powell River Living. Guest speaker Sandra McDowell on "The Power of Expectations." See ad on next page.

**Friday, May 25**

### 15th annual Ages & Stages event

10am to 2pm, Rec Complex. Free book, healthy snacks, fire truck, prizes, health professionals. For kids aged 2 to 5.

**Saturday, May 26**

### Electoral Reform – Citizen's Information Session

2pm at the Library. Learn about the electoral process and hear analysis of proposed changes from MLA Nicholas Simons, former MLA Gordon Wilson, Area C Director Colin Palmer and Fair Vote Powell River representative Bill Smith.

**June 6**

### Intro to Self-Employment

9:30 til 4pm. Community Futures. See ad on Page 26.

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[kathaumixw.org](http://kathaumixw.org)



POWELL RIVER WOMEN IN BUSINESS

# WOMEN of the YEAR

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

Celebrate  
outstanding women

**Wednesday, May 16 at the Town Centre Hotel.**  
Cocktails 6 pm • Dinner 7 pm  
**Tickets \$30 for WIB members, \$30 for award  
nominees and \$35 for non-members**

Available at Powell River Living or The Nutcracker or call 604-485-0003

**Guest Speaker: Sandra McDowell**

Speaker, Author & First Credit Union  
VP of Communications & Culture

**"The Power of Expectations"**

Is your glass full or half empty? It depends on your expectations. Research has shown that what we expect a situation to be like (positive or negative) plays a huge role in what we focus on, what we hear and, ultimately, what transpires. This concept isn't new to us. We learned it a long time ago when our mothers read to us from *The Little Engine that Could* and we heard those words, "I think I can. I think I can. I think I can." This concept is known as self-efficacy; believing you can succeed impacts your ability to succeed. Listen to Sandra share her thoughts on how to foster a growth mindset.



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# Pre-teen Kathaumixw guest finds a second home in Powell River

BY JOYCE CARLSON

First-time International Choral Kathaumixw billet family, Lola and Gary Amundsen, have ended up with a chosen extended family member.

Lola said they had never hosted billets before 2016 and didn't really know what to do.

"Talking to people about it, we heard good comments so we signed up," she added, and they welcomed four young singers into their Townsite home. "It was the best thing we ever did. I love those girls like my own." The couple has a grown son and daughter in their 30s.

Lara Bertl, now 13, was one of those four girls who came from Graz, Austria Kinder and Jungendsin Akademie, winner of the 2016 Children's Choir competition.

Once Lara returned to Austria, she continued to call her billets every Sunday night. As a birthday present when she turned 12, Lara was given plane tickets and spent 10 days visiting during spring break.

"I was so in love with Powell River"

Lara said she had always thought about doing an exchange to France or Great Britain, but felt her French needed more work and she did not know anybody in England. "I asked my mom if I could go back to Powell River and she said sure. She knew I would eventually go on an exchange but she didn't know it would be Canada. France and England are only a few hours away by plane."

Lara spoke with her school principal and was given permission for the exchange. She then called Lola who immediately agreed to have her come for five months.

Lola made an appointment with Shan-

## YOUR HOME COULD BE A HOSTEL

Kathaumixw runs from July 3 to 7, 2018. If you wish to help by providing accommodation for a choir member(s) and perhaps have a similar experience to Lola and Gary Amundsen, go to [kathaumixw.org](http://kathaumixw.org) for more information.

non Behan, School District 47 principal of international programs, about Lara attending Brooks. "She is so inspiring, and professional. And she was happy to have a connection to Austria for possible future exchanges. Shannon was very helpful in making things happen smoothly."

All Graz choir members, including her four billets, go to a school where students must maintain a straight-A average, Lola noted. "Everyone in the choir was very disciplined and I noticed that one word from their conductor brought them all to attention."

At the end of January, Lara returned to Canada, where she will remain until mid-July. "We met her in Vancouver and did all the touristy things we could with her," Lola explained.

Lara speaks five languages, "includ-



**A PET AND A PARENT AWAY FROM HOME:** Lola Amundsen has an additional beloved family member, Lara Bertl, who recently brought Leo, the Balinese kitten into their home. The International Choral Kathaumixw 2016 choir participant from Austria is living with the Powell River family for five months.



WILDFIRE COMMUNITY PREPAREDNESS DAY  
**Community Picnic**

Saturday, May 5

11 am – 2 pm

Timberlane Track

For event details visit Powell River Fire Rescue's Facebook page



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TOURNAMENT

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**It was a teary time and one of those moments in life that I will never forget.**  
– Lara Bertl, 13

ing Latin if you can call that speaking,” she laughed. When she returns home, she plans to learn Russian. It will take her four more years to finish high school, then she plans on taking hotel management for two years before going into teaching. Lola chipped in that for years, Lara was declared the smartest child in Austria.

Lara finds school here very different from her regular school. There she would rise at 5:30 am Monday to Friday and be at choir practice by 7 am. Once the regular school day was over she attended choir practice for two hours, arriving home between 5:30 and 6:30 pm. More choir rehearsals were held on either Saturday or Sunday.

“Here in Powell River, I have so much time for myself,” Lara said. Some of that time has been learning to dance hip hop in preparation for a dance recital.

Gary is a paramedic with his own business. He took Lara with him when he provided first aid services at the an-

nual Easter Egg Hunt at Willingdon Beach. There she met Katie Dohm, whose mother is from Austria and who is fluent in German. She has become one of Lara’s four best friends.

Lara describes her 2016 Kathaumixw experience as “intense” and said she enjoyed seeing all the other choirs in attendance. “It was brilliant.” She especially remembers the Gala Closing Concert, ending with all the altos and sopranos singing together. “It was so amazing to be part of that.”

Lola remembers attending a picnic for billets and choir members when the weather was inclement. “All of us got wet standing under a tree,” said Lara.

“We had asked if the choir could sing for us and they sang *Imagine* by John Lennon and *Homeward Bound* by Simon and Garfunkel,” said Lola. “It was a teary time and one of those moments in life that I will never forget.”

Taking the four girls to the bus in which the choir was leaving the festival was Gary’s duty. Lola said she was sobbing when he and the girls left the house. “We had connected with such an incredible bond.”

This Kathaumixw, Lara and her host parents will enjoy the festival as spectators. She wants to come back in 2020 with her choir, and Lola and Gary will once again open their home to billets. “No hesitation there,” said Lola. [PRL](#)

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BY ARTHUR ARNOLD

PRISMA is fast approaching! So here is a listening list to get you on the spirit. All of these classical pieces have meaning to me. Not because these are the greatest pieces ever written (maybe they are, but that's not up to me) but because I have a special memory connected with them.

### 1) Debussy – Claire de Lune

I was three-years-old, on my grandmother's lap, while she played Clair de Lune for me at her grand piano. The piano stool had to be rather high for her to reach the keys, and it was not easy to play with her moving grandson on her lap.

The stool was one of those round ones, with the big bolt as a base; turn it left it goes up. As she played, I turned the stool around and around, pushing myself away from the piano.

We had a lot of fun, after each turn she picked up the piece where she had left. And then, suddenly, the top came off, and we both tumbled. Silence filled the room.

"Oma, are you now dead?" I asked. She started to laugh.

### 2) Bach – Opening Chorus St. Matthews Passion

I sang in the local boy's choir, was probably seven years-old. Every year St. Matthew's Passion is performed on Good Friday. This grand work opens in E minor with music that could be a funeral march.

The tension builds, and then, the boy's choir comes through, in a radiating and contrasting G major chorale tune, like brilliant sunrises. Every Good Friday, first thing in the morning, I listen to St. Matthew's Passion.

### 3) Beethoven 7 – Allegretto

When I did this Symphony with the

Moscow Symphony Orchestra, it felt like the music started to play itself. Together we became part of the repeating rhythm, and when the beautiful melody came through, the music played itself.

There was no need to conduct, only to connect with the music and the musicians. It was a magical moment for all of us. Did you know I conducted this symphony also in Powell River? It was with the Victoria Symphony Orchestra, in 2004.

### 4) Stravinsky - Rite of Spring

Maarten Bon, composer and pianist and the father of my best high-school friend Allard, arranged this piece for four pianos. Allard and I went to the concert which was a very high-profile event in The Netherlands, with live television! I got hooked.

The electrifying, upsweeping music, in which a young girl is sacrificed and dances herself to death, became one of the most influential works of the 20th century. PRISMA will perform this work on June 22 and 23.

### 5) Dvorak - Piano quintet No. 2

I was 16 years old when I visited an open chamber music rehearsal in an Amsterdam canal house on the Herengracht.

It was the house of the famous Dutch pianist, Marja Bon (sister of Maarten Bon).

The group was rehearsing Dvorak's second piano quintet. The cellist in the quintet was a member of the Royal Concertgebouw Orchestra. For some unknown reason he suddenly had to leave, gave me his cello and told me to continue playing. There I was, site reading Dvorak with the Netherlands' top musicians! I must have missed a few notes. You can hear this quintet during PRISMA's chamber music concert on June 21.

## PRISMA

**What:** The Pacific Region Institute Summer Academy

**When:** June 11 to 23

**Learn more:** [prismafestival.com](http://prismafestival.com)

# Ten pieces



Prep your ears for PRISMA by listening to these ten classical pieces, recommended by Moscow Symphony conductor and PRISMA music director Arthur Arnold.

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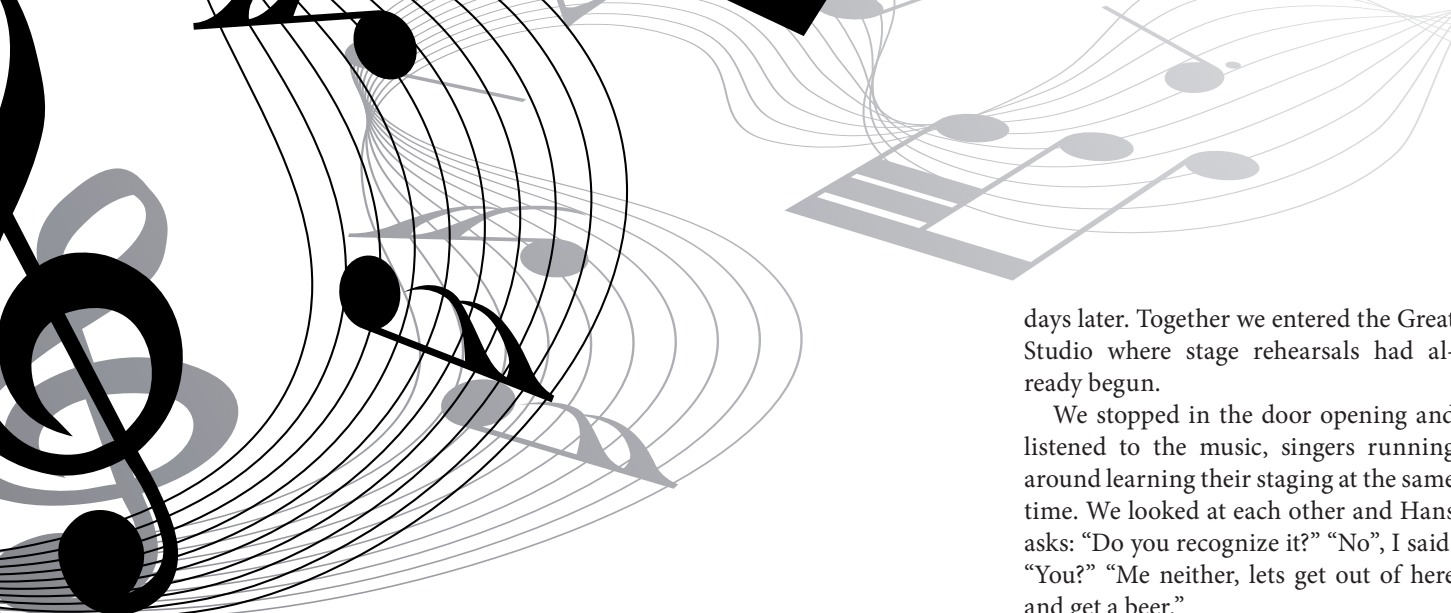


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## 6) Ryabov, Christmas Star

Imagine the historic Grand Hall (Bolshoi Zal) of the Moscow Conservatory, the musical heart of Russia.

Famous composers such as Shostakovich, and the famous Russian musicians have performed there. The piece breathes music history, while the great composers watch you intensely from their paintings on the high walls. This is where we played Ryabov's Christmas Star.

The last Halleluja starts with two flutes. More and more instruments are added and the music grows in intensity and volume. A boys choir joins. They sing from high above, situated on both

the right and left side of the balcony that surrounds the hall. Their angelic sound descends on the listening crowd.

A magical moment that builds and builds toward the final long chord. You can hear it here, it starts at 6:00: [youtu.be/dd0HPKET9s](https://youtu.be/dd0HPKET9s)

## 7) Strauss Elektra (opera)

I was assistant conductor to Hans Vonk who had to conduct Elektra at the Netherlands Opera in Amsterdam, 10 performances. We prepared the opera together in Saint Louis, where I was assisting Hans in other works.

We studied the score for many days, and listened to different recordings before we met again in Amsterdam a few

days later. Together we entered the Great Studio where stage rehearsals had already begun.

We stopped in the door opening and listened to the music, singers running around learning their staging at the same time. We looked at each other and Hans asks: "Do you recognize it?" "No", I said. "You?" "Me neither, lets get out of here and get a beer."

We walked to the other side of the street, to Café Blauwbrug and drank a Heineken. The next day we stayed, and worked. Great opera, Elektra.

## 9) Barber - Adagio for strings.

I was with the Dutch conductor, Hans Vonk, in Paris, on tour with the St. Louis Symphony. ("PRISMA's" Janet Arms played during that tour, that's how I got to know her!) Hans opened the concert with the Adagio for Strings.

The sound of the strings of the orchestra, in the Pleyel Hall, was so colourful and warm, it set my expectation of how the strings in an orchestra should sound.

## 10) Bruckner Symphony No. 3 (1889 version)

2008. My car was stolen in Prague, all my scores and my tails were in it. I was on my way to Romania to conduct Bruckner 3. I searched every corner of Prague to find a replacement score. The Prague Philharmonic didn't have one, neither did the conservatory, not the library, not



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## 8) Bach Cello suite No. 6, Allemande

I was a cellist in the cello octet Conjuncto Iberico, early 90s. In the Spanish city of Gerona, we were preparing a concert tour. Bach cello guru Anner Bijlsma was playing a concert in Gerona and came to give our group a master class on Bach.

This alone was a thrill for me. From when I was 15 until I went to university, I was the last student of his teacher, the famous Dutch cellist Carel van Leeuwen Boomkamp.

During the concert Bijlsma played three of Bach's six suites, ending with No. 6 on a cello piccolo with 5 (!) gut strings.

During the opening chord of the Allemande, Bijlsma kept the F# forever, changing the colour of the sound from harsh and bold, to ever so golden warm, the sound filling the ancient church.

The long echo of the highly acoustical space made the tone sound into eternity. I can still hear it in my mind.

even Czech conductor Jiří Bělohlávek.

I had no choice but to rent a car and speed to Vienna to buy a score at the Bruckner Verlag (Edition). I couldn't make it before closing time, but the musicologist to whom I spoke over the phone heard my urgency and suggested we meet at the stage door of the Musikverein, the famous concert hall of the Vienna Philharmonic. She was going to the concert.

I asked her what was on the program. "Don't you know?" She sounded astonished. "Bruckner 3!" and shook the yellow plastic bag, which contained my new score, "1889 version, with Kurt Masur!"

I felt shivers and knew I had to be at that concert. The box office was closed, and it wasn't easy to persuade the strict Viennese doorman, but his boss let me in.

The sound of the orchestra under the baton of Kurt Masur that evening was life-changing for me. It taught me how Bruckner should sound. I realized that life brought me there. It was well worth the (insured) car. Masur was amused when I told him the story after the concert. **RL**



# You'll be voting soon: Proportional Rep

BY BILL SMITH

**B**ritish Columbia has a very real chance to become the first Provincial Government in Canada to switch from FPTP (First Past The Post) to PR (Proportional Representation). A mail in ballot this fall or sooner will decide if we stay with a process that has led us down the path of income inequality, environmental destruction, and partisan politics that care more for the one per cent, corporate welfare and political insiders, than it does for our kids, elderly, and social systems.

## What's wrong with the old system?

It typically awards 100 per cent of the power to a minority of voters. In our last BC election, nearly 320,000 Liberal votes elected no one. It happens to the Greens, to the NDP and it happens every time in the so called "safe" ridings. Over and over we have seen caring citizens go to the polls to later find their efforts were a total waste of time.

This is creating some of the lowest voter turnout in the civilized world, our 2017 voter turnout was 57 per cent, a recent election in Australia (PR) had a 94 per cent turnout. Sadly FPTP and the false majorities it creates hand so much power to such a small group, that corruption and hidden agendas have become the norm, further alienating the voters.

With FPTP we waste time and money on the reversal of the previous government agenda but studies have shown that in PR systems the need to collaborate reduces the hard swings in policy. The campaign is between those who want the seats they deserve and those who want more seats than they deserve. It really is as simple as that and I sometimes wonder if the folks fighting against change realize it is just as fair to the right as it is to the left.

## How do we know it will be better?

The United States, Canada, and portions of the United Kingdom are the last three major hold outs still using a system we inherited from Westminster. Over ninety countries and growing, use some form of PR, that means that in ninety-four per cent of the developed world governments represent an actual majority of voters. This also means that PR has been studied at length over decades. One study of 36 countries over 25 years showed PR out performing winner-take all systems in lower income inequality, better environmental performances, higher voter turnout, higher satisfac-

## ELECTORAL REFORM: CITIZEN'S INFO SESSION

**What:** Learn about the electoral process and hear analysis of proposed changes from informed speakers MLA Nicholas Simons, former MLA Gordon Wilson, Electoral Area C Director Colin Palmer and Fair Vote Powell River representative Bill Smith.

**When:** Saturday, May 26, 2 pm

**Where:** Library

**Why:** BC votes this fall

tion in democracy (trusting politicians), more women elected and countries using PR have proven to be more innovative.

## Who is against Proportional Representation?

Lobbyists, political insiders and the big money who support the status quo are determined to defeat a change to our system. Why would they want to change? It's working for them.

## Who is fighting for this change?

Everyday people, your neighbours, the youth who will inherit the mess we seem determined to leave them and an Alliance of like minded groups coming together in support of PR. Including Fair Vote, The Broadbent Institute, The Council of Canadians, Lead Now, Unions, Non-Profit Social groups and the list grows every day. We are advocating for an idea that is just common sense to most of the world.


## What will the change mean?

A made-for-BC PR system would make almost every vote count. It will, I believe change the extreme confrontational attitudes that exist today and as it has in other places, it will make politicians listen to and work with each other, rather than demonize each other.

## Where can I learn more?

FairVote.ca is one site where you can learn more with a link to the British Columbia campaign. Our local chapter. [www.facebook.com/Fairvotepr/](http://www.facebook.com/Fairvotepr/)

## How can I help?

If you want to get involved or be on our email list, or if your group/organization would like a presentation email us - [powellriver@fairvote.ca](mailto:powellriver@fairvote.ca) Ask questions, talk about it with friends, come out to information sessions and town halls, voice your opinion, write a letter to the editor, and Vote Yes for PR! 

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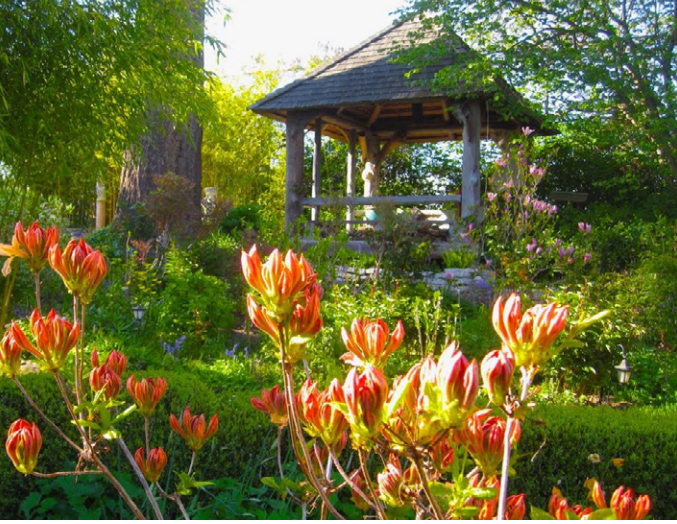
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# Blooming

BY MARYLOU MACMILLAN

It is a warm June evening. My husband, David, and I sit in our little red Toyota at the Little River Ferry Terminal awaiting the last ferry home to Powell River.

We are blissfully remembering all that we have taken in this past weekend; the magnificent fragrant rambling roses, carmine and butter yellow, the voluptuous raspberry pink blooms of late rhododendrons, the handsome red cedar arbours, the whimsical hand crafted garden gates, and the dreamy stretches of strolling green lawns overlooking the sea.

We have been to the 1996 Denman Island Garden Tour and we are enchanted. "We could do this, too!" we proclaim, like children anxious for a party.

And so, along with others, we did. On our return home, we contacted Boxwood Gardens' Diana Wood and enthusiastically recounted our experiences on Denman Island, and our fantasy that we, too, could host a Garden Tour of the same caliber. Diana, in her inimitable way, brought together a small group of us. Effie Keays, Bonnie McKendrick, Lin Morrison, Vickie Tysdal, David and me, intrepid gardeners all, met over tea and cookies in her kitchen.

Together, we dreamed and schemed, plotted and planned, and came up with our first order of business. We would enlist the guidance and expertise of writer and garden guru, Des Kennedy, whose magical sunken garden is a highlight of the Denman Island Garden Tour.

**"A quiet stroll taking in the sweetness and the transient beauty of their garden abloom in the spring."**

And so, with his valuable input and insight, we embarked with beginner's zeal on the first ever garden tour for Powell River. We called ourselves the Garden Tour Committee, and decided that a good starting point for the very essential recruitment of prospective gardens would be our own works in progress along with those of a few other brave and generous gardeners who joined us.

Lin volunteered to be our writer, describing the various gardens for the tickets. Vickie did the typing and layout, while the rest of us circled in the garden numbers on a hand drawn map. We photocopied 200 tickets, folded them, and took them to all of the local nurseries who had agreed to sell them for us.

For our advertising poster, we used a sketch that David had done of one of the gardens. We made several copies on large paper, and then enlivened each one with felt pens, in all the colours of the rainbow.

"Come and visit 12 private gardens at the peak of Spring Bloom," it enticed Powell River garden lovers. We put them up around town and then we waited. And wondered. How would our little town respond to this novel event on the Victoria long weekend of May, 1997?

At the end of that long Sunday of the Garden Tour Day, we were exhausted, but thrilled, at the enthusiastic response and the overwhelmingly positive feedback we had received from all of the garden visitors. Almost all

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# Gardeners

## SPRING GARDEN TOUR

**What:** A self-guided tour of gardens. Limited tickets and maps are available at Springtime Nursery and Mother Nature.

**When:** Sunday, May 20, 9 am to 5 pm

**Where:** Gardens throughout Powell River

**Also:** A lunch catered by David Bowes will be available at Diana Wood's garden from 11 a.m. to 3 p.m. where local musicians will provide entertainment.

of the tickets we'd printed had sold. We were on our way.

Thus pleasantly reassured, we proceeded determinedly to put on an annual event which would celebrate the unique and wondrous beauty of our local gardens.

It has been 21 years since that first Garden Tour, and though some of our beloved members have passed on, others have joined us. Lorraine Cushing, Donna Lloyd, Vicki Sanzalone, and Sherry Worthen have all contributed their energy and skills, ensuring its successful continuance. We have met every fall except one to select gardens, and to visit them before winter sets in.

Slowly but inexorably, the Garden Tour committee has come into the 21st century. We now use the computer to do the garden write ups, to send messages to the gardeners, to communicate with each other and those who print the tickets and number the maps, and also print the posters which are graphically designed and feature the botanical works of local artists.

The event itself has expanded to include a luncheon in Diana's garden, which for many years was prepared by the members of the Garden Tour Committee. Local musicians provide entertainment, while master gardeners are on site to answer all questions horticultural.

Usually visitors are treated to some kind of display,

either bonsai or creative container plantings, or local painters en plain aire, with easels set up in Diana's yard in the sunshine.

Over the years, our community has been introduced to dozens and dozens of fabulous and memorable gardens, and been drawn in by their rapturous charms, by the jubilee of colour, from the stateliness of the manicured to the casual funkiness of the homestead, from the tranquility of the lush rain forest to the tidiness of the tiny backyard.

All of which could never have happened without the generous participation and involvement of countless gardeners who opened up their garden gates and allowed us to wander in for a peek at their private sanctuaries, their places of repose and delight.

To those devoted gardeners, we offer our gratitude.

All of the profits from the Garden Tour support various green space projects, supporting infrastructure for community gardens, purchasing horticultural books for the public library, providing an annual scholarship for a local graduate, and earmarking funds for a future botanical garden, which is still on hold. A significant contribution was made to the establishment of Millennium Park.

In the last few years, the committee has found it more challenging to enlist gardeners willing to open their gardens. And so here it is, a call to those of you, who, like us, find no greater pleasure than a quiet stroll taking in the sweetness and the transient beauty of their garden abloom in the spring.

Come, put reticence aside, and share your creation, remembering that every garden has its own special allure, and more than anything else, that all things are works in progress. You will be overwhelmed by the accolades coming your way. [PRL](#)



## Cheers to the Chain Gang

The Powell River Cycling Association deeply thanks the people of the Chain Gang for all your work maintaining the local trail network for all users.

Please pitch in by hauling trash out of the woods and to the Willingdon Beach Trash Bash on May 5.

**Don't dump trash  
Pack out what you bring in**



[#sharethetrails](#)



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



# WHAT'S UP EVENTS



## Bike everywhere!

Go by Bike. It's simple really. Ditch the car and go by bike.

May 28 to June 3 is Bike to Work and School Week and it's a good time to bike to wherever you're going.

Kerry Jones, coordinator of Bike to Work and School Week Powell River, encourages people to use their bicycles to commute to work or school.

This year, Bike to Work BC's website has been changed to GoByBikeBC. "As

the new name suggests, people are also encouraged to use their bicycle as their mode of transport to meetings, appointments, the grocery store or anywhere that they might have otherwise driven their car in the past."

Kerry, who is the team leader, for a group call Re-Tired, says that since they no longer travel to work they will be looking to log kilometers as they do errands, or meet for coffee.

"I would like to challenge others in

our community to form a team, either in your workplace or outside the workplace. Then get your co-workers (or friends) involved. Cycling is a great way to benefit both your health and the environment," she said.

It's easy to register. Just go to the website; [www.biketowork.ca/powell-river](http://www.biketowork.ca/powell-river), fill in the registration information, then log your kilometers cycled during the week and you will be entered to win a cycling trip to Portugal, courtesy of Exodus Travel, plus other great prizes. You are also encouraged to register as an individual rider. There will be many others out there with you.

Kerry says it's fun to participate in Bike to Work week and encourages teams and individuals to participate. In addition, this year, we will have a team leader prize draw as incentive, she added.

## Got young kids? Don't miss Ages & Stages!

May marks the 15th Anniversary of the Ages & Stages Event for Families in Powell River.

This year's event takes place on May 25 at the Powell River Recreation Complex and focuses on early childhood development for children ages three to five years old, but welcomes all family members.

Local professionals who work in the field of child development, will be available from a number of different agencies to answer questions, and assist families to ensure their child's development is on track. They also look forward to sharing some simple and fun activities to nurture development.

The event features the Ages & Stages questionnaire that will focus on the social-emotional aspects of children's development.

This is a child's ability to manage and express their emotions, develop relationships with others, develop resilience and learn the skills needed to deal with the challenges they face on a daily basis.

"Families can help children develop these skills by participating in activities where they learn to recognize and name emotions in themselves and others, and this helps to develop empathy and understanding towards others," said Event coordinator Laura Kew.

Families who have attended Ages & Stages events in the past have commented that there were so many fun things to do, and they enjoyed and learned something from all of the stations.

Families are thankful to have this opportunity in our community to learn from professionals at a relaxed and fun event.



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K I W A N I S

# Soap Box Derby

**Sunday, May 27, 2018**

Sunset Park in Wildwood

**Ages 7 - Adult** 

Racing manuals available now at the Town Centre Mall office and at Quality Foods. Want to build a new cart? Check out [www.gokit.com](http://www.gokit.com) Weight limit on cart: 70 lb

One day only. Inspections test runs & races on Sunday.







Proceeds to Kiwanis Club of Powell River  
For more info or to volunteer, contact the  
**Kiwanis Club of Powell River: 604-578-8465**



## Can you help?

If you want to feel connected and help your community at the same time, check out some of these great volunteer opportunities. For more information visit [unit-edwayofpowellriver.ca](http://unit-edwayofpowellriver.ca) or our volunteering platform [dosomegood.ca](http://dosomegood.ca).

Powell River Hospice Society is looking for fundraising volunteers. This non-profit is funded 100% by donations. Volunteers work together to plan, organize and host fun, meaningful events. All funds directly provide sustainable end of life and bereavement care to those in Powell River. Enthusiasm and organization are assets. Volunteers meet monthly plus periodically as required for event organization.

Better at Home is looking for volunteers to visit seniors in their home on a regular basis to provide companionship.

Powell River & District United Way is looking for a Special Events Coordinator. If you enjoy organizing special events like hot dog sales, car washes, book sales, bottle drives or golf tournaments, this may be the volunteer opportunity you've been looking for. If you enjoy leading these kinds of activities or have new ideas you'd like to share for a fundraising project or if you'd like to join the United Way team for a current project we want to hear from you.

~Volunteer PR



## Trash Bash: Back to Basics

"To leave the world better than you found it, sometimes you have to pick up other people's trash." Bill Nye, the Science Guy.

Powell Riverites will have an opportunity to do just that once again this year. The 13th annual Trash Bash is scheduled for Saturday, May 5. Volunteers are the reason for its great success in years past, when approximately 10 to 15 tonnes of illegally dumped trash have been collected.

This year we are going back to basics and collecting only illegally dumped trash - no items from home will be accepted. Everyone is welcomed to join in on the fun, and choose a public site to clean up and bring collected waste and recyclables to Willingdon Beach's gravel lot between 9:30 am and 3 pm. All volunteers will be treated to a delicious locally sourced lunch served between 12 and 1:30 pm and will be eligible for the prize draw happening at 1 pm.

Don't know where to clean up? Come to Willingdon Beach in the morning of May 5 and select a location from a map at our registration table, or download the TrashOut app on your device for a GPS map of identified spots for clean up.

~ Inger-Lise Burns

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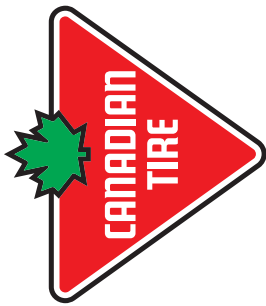
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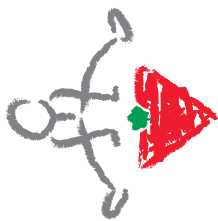
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Hosted at Club Bon Accueil, with fun linguistic activities, arts and crafts, cooking, and outdoor activities such as hikes, gardening, sports, and swimming.



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May 27

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### Pancake Breakfast

June 1

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[gv.ymca.ca/camps](http://gv.ymca.ca/camps)

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Summer Friday Nights  
4:30pm to 8:30pm

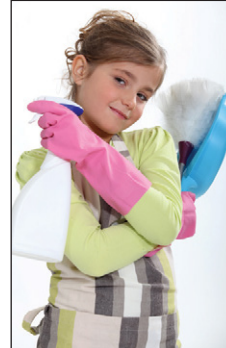
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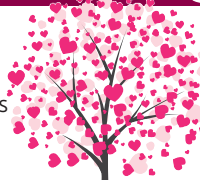
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From local fun or skills-based day camps, to classic Canadian overnight camps, you're sure to find programs that suit your child's interests and your budget.

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---

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### Club Bon Accueil

French Summer Camp  
Ages: 6 to 10  
When: All summer long  
Club Bon Accueil, Powell River  
[www.clubbonaccueil.com](http://www.clubbonaccueil.com)



### Chore camp / Date night

Dishes, laundry, cooking, sweeping  
Ages: 6 to 11  
When: Friday nights 4:30 pm to 8:30 pm  
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### PR Gymnastics Club

Gymnastics and activity camps  
Ages: 4 to 15  
When: All summer long  
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half day \$120/wk full day \$250/wk  
[www.prgymnastics.ca](http://www.prgymnastics.ca)



### Shawnigan Lake School

Rugby camp  
Ages: 11 to 16  
When: July 2 to 7  
Shawnigan Lake, Vancouver Island  
[www.shawnigan.ca](http://www.shawnigan.ca)



### Camp Elphinstone

YMCA overnight camps & programs  
Ages: 5 to 15  
When: All summer long  
Gibsons  
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### Library summer programs

For children and teens throughout July and August. Summer Reading Club launches with this year's motion commotion theme. Book battles, weekly workshops & more. For tweens and teens there will be a week-long writing camp, the Shoot it! Teen Film Camp and more. Teen Writing Contest runs from June 1 to August 31. Stay in the loop about all the camps and programs happening at the Library this summer at [www.prpl.ca](http://www.prpl.ca)



### Grow! Give! Love

PR United Church daycamp  
\$50 per child for the week  
Ages: 16 to 20  
When: July 3 to 7, 9 to 3pm  
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# I'm just a fool for you

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

Teresa is available for individual readings, parties and special events. You can contact her directly at 604-485-5620 or by email at [teresaann@telus.net](mailto:teresaann@telus.net)

**A**s I sit down to write this month's Tarot article about the Fool how is it that seemingly unrelated people and events wind their way into my thoughts?

A few months ago I did a reading for a woman well into her 80's. She was vibrant and upbeat. Throughout her reading the Fool appeared in such a delightful way.

It spoke about new beginnings and an exciting future. It was apparent from talking to her and reading her cards that her life, even in her 80's, could easily be described as adventurous and colourful.

Then, the other day, I had a long chat, over the phone, with a childhood friend. She felt her life was over, that opportunities were missed out on and now she was too old to do what she once wanted to do.

I was not reading her cards, but if I were I bet the Fool would have been front and centre nudging her toward adventure and challenge. He might have shown her all that was waiting; if she was willing to take a chance.

My husband, Ben, prefers to think about the Fool as one of folly with an apparent lack of good



sense. I like to think of the Fool as more a guide showing us where we have been and where we could go if we allow the cards to point us in the right direction.

The Fool is young and naive without a care in the world. He has everything he needs wrapped up in his kerchief tied to the end of his staff. On the card the sun is yellow and warm and the white rose held in the Fools left hand is a symbol of youthful innocence.

He is looking up to the heavens and has put his trust in fate.

To the left of the Fool is a small white dog. Is he barking a warning about the edge of the cliff that is nearing, or simply a faithful companion?

The Fool is numbered zero in the tarot deck, but as we can see he does not always appear at the beginning of our journey. Some times he appears to validate a life well lived, other times to prompt us towards a more fulfilling existence.

Be curious and adventure-some, desire to explore. Believe in yourself and have faith in the future.

These are the messages of the Fool and good rules to live by. **RL**

## The Fool

- ADVENTURE
- CHALLENGE
- FOLLY
- INNOCENCE
- FAITH IN THE FUTURE

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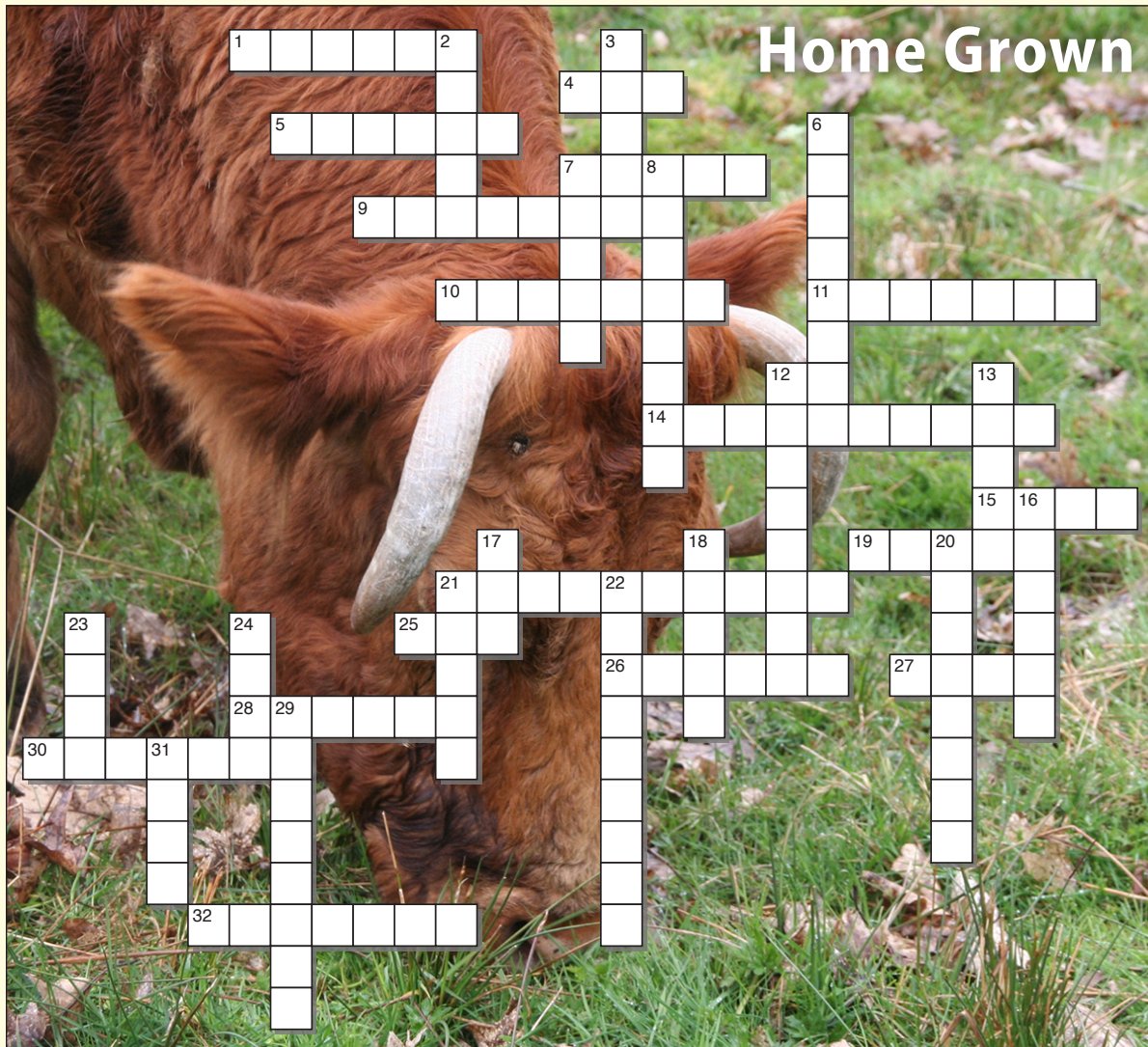
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# Home Grown

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### Across

- 1) Time to plant or Garden Centre
- 4) Leaves for cooking, or coastal feature
- 5) Fuzzy flowers, or Townsite Ave
- 7) Plant starters
- 9) Wildwood farm, broken trees, or unexpected bonus
- 10) Co-housing co-feeding method
- 11) Giant growing contest
- 12) Expanding garden store initials
- 14) Sprinklers, drippers and watering cans
- 15) Fertile dirt
- 19) Blueberry farm, butcher, or exposed old metal
- 21) Like landscapes, but edible
- 25) Wayfinder
- 26) Tasty garden tour
- 27) Leafy, healthy lettuce replacement
- 28) Place where some food grows
- 30) Event for meat-avoiders
- 32) Pat's garden gate farm

### Down

- 2) Mag with lots of these clues: Home \_\_\_\_\_
- 3) Eye colour, or Wildwood nut
- 6) Local sausage-maker moves, or block where you cut
- 7) Fastest growing fish export, or horse island
- 8) Bear-proof fence
- 12) Grocery since 1948
- 13) Berry and Fitness and shoreline
- 16) Aphrodite's fave food
- 17) Shelf where feed is kept
- 18) Herb, not a Fawlty, tower
- 20) Common garden at church, tree
- 21) Pack, posterior or old cow
- 22) Lois' name for rainbows
- 23) Soil sweetener, or in a gimlet
- 24) Cackleberries
- 29) Other ocean salmon
- 31) Place where more food grows

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Solution for last month's puzzle: Country Roads





  
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# Consumption Junction

## *Last Word*

*with*

PAUL ZIENICKE

Not a long time ago, I had an important realization standing in front of my wardrobe.

I had a really hard time choosing an outfit for school, despite the fact that my wardrobe is overflowing with clothes. I looked at a new T-shirt and remembered the excitement I felt when I purchased it recently.

For some reason, now all this excitement had faded. The shirt had no appeal to me anymore, neither had any other piece in the wardrobe. I had been critical towards consumerism and globalization before, but that moment taught me that I needed to make a drastic change in the way I live and consume.

It was then when I first realized that consumerism not only has a negative impact on our climate and environment, but also on ourselves.

Mindless consuming doesn't make us happy.

In Rebecca Solnit's short essay "The Silence of the Lambswool Cardigans," which I recently read, the author explains that nowadays, the products which most of us consume are alienated from the natural and human processes that form them. Primarily, this is the result of our consumerist and globalized economy.

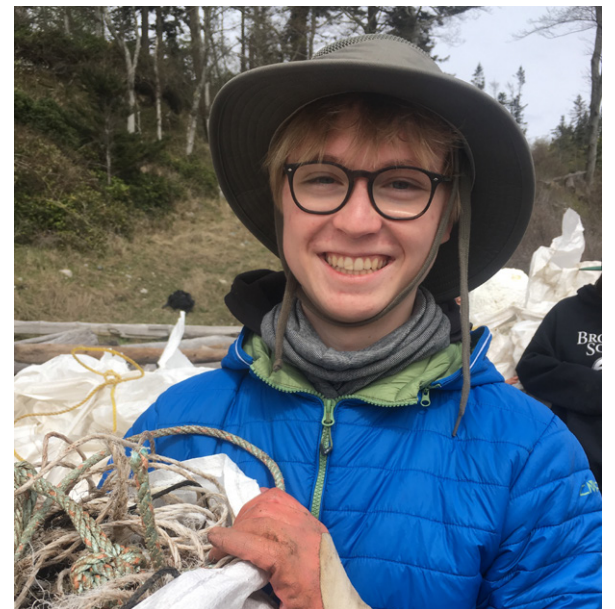
Each time we go to the mall and mindlessly buy something we are a participant in this system. For example, when purchasing a T-shirt, do you usually pay attention to where it comes from? Do you know the person who picked the cotton? What about the factory worker who sewed it?

If you are in the majority, then you don't. Because if you did, you would see more than a cheap shirt. You would see exploited workers in Malaysia struggling to feed their families and huge areas of soil becoming infertile because of monoculture. You would feel guilty. And who wants that?

The way products are presented nowadays encourages us to look away and treat products as if they just arrived out of nowhere onto store shelves. Does the blindness that allows consumerism to thrive enable us to be happy? According to the essay, the clear answer is no. Human beings are "nourished by stories and connections." Without them, our world becomes "meaningless" and we become unhappy.

How can we consume in more fulfilling and meaningful ways?

Generally, there needs to be a change in our consumer culture that allows us to listen to the stories of products



**WHAT'S YOUR FUNCTION?:** to find meaning and attach to our things through stories, according to Paul Zienicke - not to be mindless consumers. Here, Paul is helping to clean up debris on Harwood island with his class, Coast Mountain Academy.

and be filled with joy not guilt. In order to achieve this, I believe that we can benefit from reflecting on the past. More specifically through the lens of a life in accordance with nature. This knowledge is not new, human beings have lived with nature as a guiding force for thousands of years and continue to persist in many contemporary First Nation worldviews.


As a student in the 2018 Coast Mountain Academy, a school program revolving around outdoor education and sustainability training, I have the chance to carve a canoe paddle using the traditional designs and techniques of the Tla'amin people.

For me, this project is a profound experience. It is driving me to the realization that realigning our consumer habits with aboriginal values can help us to become a healthier society. Traditional carving promotes a culture which gives value and attention to the process behind the product.

If you carve a paddle, you don't just get to know the process, you are actively part of a beautiful story. This is a great feeling, one you cannot purchase from the mall.

Realizing this, I have decided to consume less and more consciously. Thankfully, there are lots of opportunities out there for people who want to escape our destructive economic system. Buying fair trade, composting and crafting your own products are just some of them.

If you are really desperate for a shirt, you don't need to buy a new one. Get an old one from the thrift store and decorate it with some unique batik work.

There. Your product has a story. 



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