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# Virginia Rail

This is a long-legged marsh bird about the size of a Bantam chicken. It has a long, curved red bill and a brownish orange breast.

I first found this Rail on Cranberry Lake in 1984, in the marsh where the spirea grows thick in the bog.

There, about six feet in front of me, was the Rail on her nest. She quickly jumped off and disappeared into the vegetation. I took photos of the eggs in the nest.

Range is from Southern Canada to Southern United States and Mexico. In California, they have been found nesting as high as 6,800 feet.

I went back a few times and took more photos. She was unperturbed by my presence.

I told her I meant no harm. **PRL**

- Rod Innes



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## ON THE COVER

Elements Yoga Studio owner Andrew Dow and daughter Anika, 15 months, grew this giant pumpkin on their property north of town. Their seed was provided by columnist Jonathan Van Wiltenburg as part of PRL's Great Pumpking Growing Contest.

Photo by Sean Percy



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## CONTRIBUTORS

**LESLEY ARMSTRONG** is on the board of PROWLs. She photographs all the injured wildlife, which keeps her in awe of the beauty and precariousness of life for the amazing variety of beautiful birds that move through and live in the Powell River area.



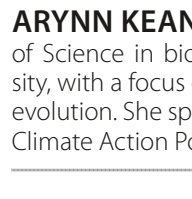
**PATRICIA BARNsLEY** moved here 14 years ago "because I don't parallel park." She is a watercolour artist and a retired teacher. She especially enjoys walking and painting with friends in the old Townsite golf course.



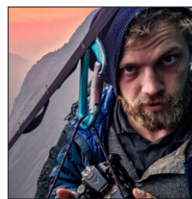
**LIZ BRACH** retired from her career as a teacher four years ago to embark on the next chapter of her life. In 2015 along with some friends she formed the group Hands Across the Water. The group has sponsored two families and they hope to sponsor another group of refugees within the next year.



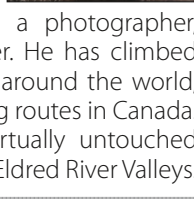
**SHELLEY CHANEY** has a Bachelor of Child and Youth Care Counselling from UVic, with 20 years of experience working with teenagers and their families and has raised three children of her own. At PRCYFSS, she provides support to parents of teens.



**ARYNN KEANE** is finishing up her Bachelor of Science in biology at Simon Fraser University, with a focus on ecology, conservation, and evolution. She spent this summer working with Climate Action Powell River (CAPR).



**DREW LEITERMAN** is a photographer, rock climber and adventurer. He has climbed in many different countries around the world, and developed new climbing routes in Canada. Drew is amazed by the virtually untouched climbing in the Daniels and Eldred River Valleys.



**SHEILA PAQUETTE** was born and raised in small town Alberta. She moved to Powell River three years ago. She is a wife, a mother of two beautiful children, Deagan and Sophia, and I am honored to work as the Public Health Nurse for Tla'amin Nation.





## EDITOR'S MESSAGE

# Parking is us at our worst - fall brings out our best

**P**arking wars broke out in Cranberry just as we went to press. Drivers, befuddled by the new bike lane across the street from Mitchell Bros, parked. In the past, shoppers parked their cars there. Now, they aren't supposed to, as indicated by the new bright yellow line... and the scornful looks from cyclists if ya do.

On Facebook, someone posted a panorama of cars parked in the bike lane, with the line, "Grrrr." The on-line comments came fast and furious, as locals weighed in on who was to blame for the tension: naughty drivers, entitled cyclists, or overly-philosophical officials.

Meanwhile, a friend reported to me that one driver parked on the sidewalk to avoid parking in the bike lane.

Why didn't drivers immediately comply with the new yellow line on the street? Was it obstinacy? Ignorance? Or civil disobedience?

You'd never guess that parking would be such a hot, hot mess. But even before the Cranberry situation erupted, PRL publisher Isabelle Southcott dashed off the Last Word column after a heinous parking-related

encounter in Townsite (see "Park in Front of Your Own House!!!" on Page 58).

This September issue - PRL's largest yet, at 60 pages - is full of big, important topics: the upcoming City, Regional District and School Board elections and referenda (starting on Page 19); community climate impacts (Page 26); PTSD (Page 27); cultural revival (Page 24); Refugees (Page 47), and so much more.

But after 15 years in media, I just know what's going to get readers talking: parking.

Why? On the surface, it's so petty. Where you put your car should not be an epic drama. Yet, so much plays out in our parking interactions, it's practically Game of Thrones: Road Rage Edition.

I'll say it: it's weird that we behave this way about parking, here in Powell River. Especially given how excellently we behave in other parts of our lives.

For example, it was genuinely inspiring to put together the Labour Day unions package (Page 6). In spite of growing inequality and the brutal push against orga-

nized labour over the past 30 years, many members of this community continue to advocate for fair treatment for workers in their jobs - and win. In addition, I appreciated learning about how the labour movement is morphing to include non-traditional jobs.

So many of us grow food, and spend September harvesting and preserving it for the winter. In a world of Pizza Pops and Lunchables, growing a giant pumpkin and turning it into smoothies or pickles is a revolutionary act (Page 11).

One of my favourite stories this month is Patricia Barnsley's ode to the Butternut Walnuts growing in the old golf course in Townsite (Page 40). Truly, this is us at our best: knowledgeable, curious, protective of nature, community-minded. More trees, please. And fewer parking wars!

PIETA WOOLLEY | [pieta@prliving.ca](mailto:pieta@prliving.ca)

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**STRIKE AT BLUBBER BAY:** English and Chinese language signs warning strikebreakers to stay away attest to the solidarity between white and Chinese workers during their determined strike at Blubber Bay on Texada Island in 1938.

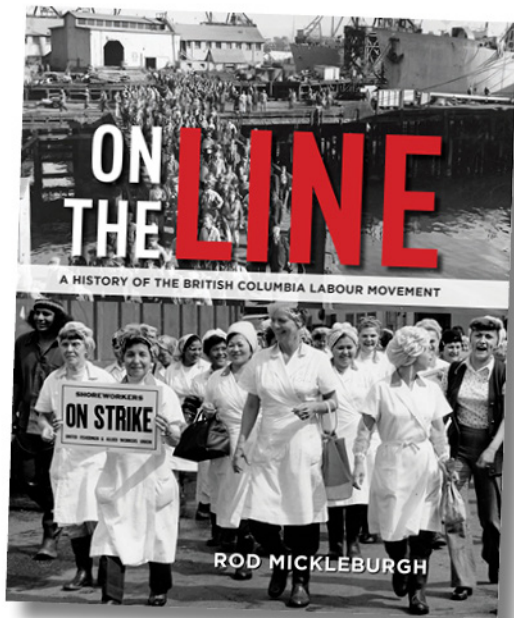
*photo from On The Line: A History of the British Columbia Labour Movement*

# Solidarity

## Ethnic unity helped fight depression-era tactics on Texada Island

*On the Line: A History of the British Columbia Labour Movement* chronicles the history of labour organizing and push-back from pre-Confederation to today. Author (and retired Vancouver Sun labour reporter) Rod Mickleburgh profiles the teachers' fight for improved classroom conditions, the steelworkers' battles for safer workplaces and highlights the role played by women, Indigenous peoples and minority workers in improving communities and workplaces. But for locals, the chapter that highlights the role workers at the Blubber Bay limestone mine had in the history of the labour movement, will prove particularly interesting.

*The following is an excerpt:*



***On the Line:***  
***A History of the British Columbia***  
***Labour Movement***  
**By Rod Mickleburgh**

Published by Harbour Publishing

Launched May 1, 2018

A project of the BC Labour Heritage Centre  
and the Community Savings Credit Union

Finally, in 1937, with a stated goal of furthering labour harmony in BC, the Liberal government of Thomas Dufferin “Duff” Pattullo passed the Industrial Conciliation and Arbitration Act (ICA).

The legislation mandated conciliation, then arbitration, to settle labour disputes. It also recognized a few union rights. But tellingly, it put company unions and ad-hoc employee groups on the same legal footing as legitimate unions.

Employers remained free to ignore unions chosen by the workers, a situation unchanged since the first organizing efforts of Nanaimo-area coal miners in the early 1870s. Still, as part of its recent embrace of reform over revolution, the BC IWA decided to give the ICA a chance at Blubber Bay.

The one-time landing spot for removing blubber from captured whales on the northern end of Texada Island was now the site of a small sawmill and an enormous open-pit limestone mine.

For thirty years workers, many of them Chinese, had quarried the 250-foot-deep “glory hole” with little labour turmoil, despite wretched working conditions. But an obstinate new manager and a wage cut spurred the workers to join the IWA.

A six-week strike brought a modest wage adjustment and promises by the Pacific Lime Company not to single out union activists.

Instead, once production resumed, PacLime fired local president Jack Hole and twenty-two other pro-union workers. Rather than strike again, the IWA opted for the ICA.

After lengthy hearings, the arbitration board appointed under the act recommended reinstatement of

**“[Blubber Bay] turned into a strike like no other, where authorities acted as a law unto themselves, reminiscent of the Deep South.”**

those fired. But the board refused to recognize the IWA as the workers’ union, allowing PacLime to brush off the recommendation.

The ICA had proven useless.

On June 2, 1938, after an angry public meeting, two-thirds of the company’s 156 employees walked off the job. For the union’s credibility, this was a fight the IWA had to win.

It turned into a strike like no other, where authorities acted as a law unto themselves, reminiscent of the Deep South.

Along with the usual trappings of a company store and company housing, PacLime owned virtually all property and every facility in the community. During the strike, schoolchildren had to obtain a pass to cross company roads merely to attend school. Strikers were denied access to telephone and telegraph services.

When union leaders were able to find a phone, police monitored their calls. Strikers were followed and often thrashed by company thugs if they wandered too far astray.

High barbed-wire fences surrounded PacLime production sites. The officer in charge of the squads of provincial police sent to protect strikebreakers helped recruit the scabs from provincial relief rolls. *Read the rest in On The Line.*

# idarity Forever?

Unions once dominated qathet's job sites - at a time when the region reputedly boasted the highest family incomes in Canada.

The balance has changed. Memberships are down and income inequality is up.

But unions are far from gone. For Labour Day, *PRL* has rounded-up a dozen reps to highlight local worker solidarity in 2018.

BY PIETA WOOLLEY | [pieta@prliving.ca](mailto:pieta@prliving.ca)



**Mike Rumley**

**UNIFOR Local 1 (papermakers) president**

*Job:* Lab Technician

*How long you've been a union rep:* 20 years.

*Number of members:* 225 members representing Catalyst Paper and Brookfield

*Current issues:* The local has just recently completed bargaining new collective agreements for both Catalyst members and Brookfield members. We are working with all levels of government on the US countervailing and anti-dumping duty issue.



**Gary Jackson**

**Unifor Local 76**

**(production and maintenance) president**

*How long you've been a union rep:* 28 years

*Number of members:* 85 members - all at Catalyst Powell River.

*Current issues:* We will be losing up to 40 percent of the local in the next three years due to retirements. We have been warning the company for years of this bubble and now we are in it. The safety of our new members is the highest of priority.



**Patrick Johnson**

**UFCW 1518 union rep**

*Job:* Patrick works to develop local worksite leaders, represent members' concerns and ensure their rights under the collective agreement are defended. Some of the worksite leaders Patrick has mentored include stewards Darlene Rekke and Allan Hansen at Powell River Home Support; Nick Robbins and Gord Fraser at Save-On-Foods; and Melanie Simpson and Gary Johnson at Safeway. Stewards are the first person that our members turn to if they have a workplace problem.

*How long you've been a union rep:* 10 years with UFCW 1518.

*Number of members:* 224 members at Powell River Home Support, Save-On-Foods and Safeway

*Current issues:* It's been a busy year! We've been in bargaining for all of our Powell River members, and concluded new agreements with improvements for Save-On-Foods and Powell River Home Support. Right now we're in a serious battle with Sobeys, which owns Safeway. Sobeys wants to gut the collective agreement, which means taking away hard won benefits and wages from our 4,000 Safeway members. We don't think that's fair, so we're fighting back.



**Chris Bolster**  
**CUPE 4601 president**

*Job:* Residential support worker  
*How long you've been a union rep:* Since June 2018  
*Number of members:* 160 members who provide community support services through inclusion Powell River.  
*Current issues:* Helping our members achieve better job conditions and greater job stability, but also to stand beside the people we serve and continue to advocate for the community inclusion movement.



**Aileen O'Keefe**  
**CUPE 476 president**

*How long you've been a union rep:* Since June 2018 (with 20 years of advocacy beforehand)  
*Number of members:* Over 120 where the majority work part-time in eight schools and other district sites (Bus Drivers, Custodians, Education Assistants, School Secretaries, IT Workers, Strong Start Facilitators, Trades and Maintenance Workers).  
*Current issues:* We are drawing nearer to Provincial & Local collective Bargaining.



**Paddy Treavor**  
**BC Nurses' Union full time steward at large for Coastal Mountain Region and steward coordinator for Powell River**

*Job:* I am a Registered Psych Nurse with Intensive Case Management  
*How long you've been a union rep:* BCNU rep since 2015 and involved with Labour Relations since 1987  
*Number of members:* About 130  
*Current issues:* The main nursing issue in BC is safe staffing levels. Powell River is no different.



**Terry Joyce, Unit Secretary**  
**United Steelworkers Local 1944**

*How long you've been a union rep:* 12 years  
*Number of members:* Nine, all of whom work as Technicians for TELUS.  
*Current issues:* Making sure our members in Powell River and elsewhere have a good work-life balance. Contracting out and moving jobs to lower-wage countries – work our members used to perform in Canada. Strengthening solidarity and ensuring TELUS employees across Canada are compensated fairly.

## Q&A with Irene Lanzinger, BC Federation of Labour president

**Powell River was once a very strong union town - and wages, benefits and pensions were among the best in the country. We've seen a real decline in private sector unions here. Is this the same elsewhere?**

**Irene** • Powell River was a strong union town because union members fought hard to create good working conditions for themselves and their communities. Whether in fishing or forestry, workers through their unions helped to establish not just strong collective agreements, but better laws for health and safety on the job. The good, stable jobs in these communities also supported a public sector (schools, health services, government and community services) that was unionized.

Union decline is not a new phenomenon, and not just happening in Powell River. Most decline happened in the 1980s and the 1990s when jobs in Canada's manufacturing sector (traditionally unionized) moved jobs out of our communities to other jurisdictions, and the resource sector started declining.

The growth in private sector jobs is happening now in the retail and professional services sector, which are largely non-union due to the small size of their operations.

(Note: Since 1981, about 30 percent of working women have been union members. But for men, unionization rates have fallen from 42 to 27 percent.)



**The region's biggest growth is in service jobs: retail and tourism, especially. Apart from some membership in the UFCW union at Safeway and Save On, these sectors haven't unionized. Why not?**

**Irene** • Large multi-national retail chains like Walmart have aggressive campaigns to keep workers from unionizing, and the current Labour Code works against people trying to organize.

We are currently engaged in the consultation around reforms to the Labour Code to address some key areas where the rights of working people to organize have been eroded by the BC Liberals.

It should also be noted that retail and tourism jobs are often smaller operations, rely on part time workers and have high turnover of employees. This makes them more difficult to organize. It is a challenge the labour movement ►



**Tyler Doubt (above)**  
*Powell River Local*  
**Trevor Connaghan**  
*Powell River Health Care Workers Local*  
**Heather Hegen**  
*Olive Devaud Local*  
**Hospital Employees Union chairpersons**

*Number of members:* Almost 300. They belong to three separate HEU union locals, and every day, they are providing a range of care and support services to patients and residents at the Powell River General Hospital and Willingdon Creek Village (formerly Olive Devaud).

*Current issues:* With the highly controversial privatization of food and housekeeping services in 2004 – which fired health care support workers and slashed their wages – these HEU members have fought hard over several rounds of bargaining to gradually secure better wages and benefits from their corporate employers.

And like their HEU sisters and brothers who are employed directly by the Vancouver Coastal Health Authority, they struggle with short-staffing and heavy workloads to meet the needs of patients and residents.



**Ken Holley**  
**Powell River and District Teachers Association president**

*How long you've been a union rep:* four years, and 14 years involved

*Number of members:* We have about 115 full-time members and about 160 total, counting teachers teaching on call and retired teachers who are also on-call.

*Current issues:* As this is a bargaining year (the contract was up in June of 2018), we would like to bring some local issues to the district table, such as improvements in prep time for high school teachers, more support for students with special needs, among other issues. However, in the present format, we can not bargain anything locally that involves money so we are hoping the current government will allot some funds locally for us to look at local issues that are important to our members. We currently have a good working relationship with our district and board and look to build on that this coming year, both in bargaining and in working together for the future of all teachers and School District 47 personnel.

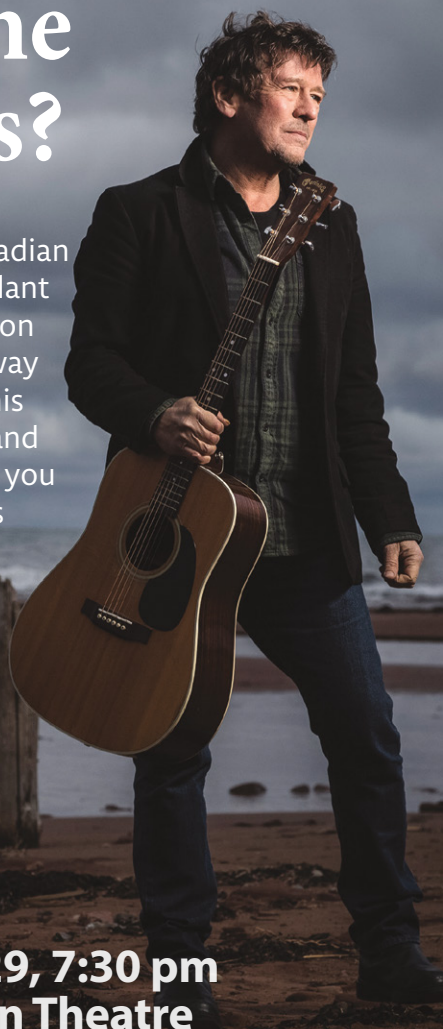


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**Mat McGreish**  
**The Labourers Union 1611**  
**Rep / Organizer**

*How long you've been a union rep:* 12 years

*Number of members:* We have 24 members in Powell River, working in sectors that include: road building, pipeline, paving, utility, mining, diamond drilling, industrial plants, dock and shipyard, healthcare, security, waste to energy, manufacturing and production, cemeteries, funeral homes, janitorial, parking lots and landscaping.

*Current issues:* The Union is busy supplying Workers for the Site C Dam in Fort Saint John. We also have pipeline work in Dawson Creek with Banister Pipelines.



**Mike Cafik, Local 6 President**  
**(unlicensed members)**

**Aaron Mitchell, Local 16**  
**President (Ships's officers)**  
**BC Ferry & Marine**  
**Workers' Union (BCFMWU)**

*Number of members:* 130 in the Powell River area working on ships and shore at Westview, Terminal Maintenance, Texada, Saltery Bay and Earl's Cove.

*Current issues:* BCFMWU places a high priority on work place safety for our members, their family, friends, neighbours and the traveling public.

We wish everyone a safe and happy Labour Day long weekend. Special thanks to our members working on this busy weekend.



► needs to tackle. More and more jobs are falling outside a 'traditional' work day model and these workers are falling through the cracks.

**What's the relationship between growing inequality and the decline of unions?**

**Irene** • There is a direct relationship. As unionization rates go down, the income gap grows bigger.

I like to say that unions are a critical part of a poverty reduction strategy. Because unions provide a worker with security and a good wage, it allows them to provide for their family and contribute back into their local economy.

**What's the future of unions? Where do you see hope?**

**Irene** • The labour movement is strong and is focused on the challenges ahead, including how to help organize workers in the new economy.

I am encouraged by the NDP government's review of the Labour Code. I am pleased to see the government commit to a \$15/hour minimum wage and the elimination of the liquor servers wage.

The BCFED is also aggressively lobbying for changes to the Employment Standards Act, including the introduction of paid sick leave and paid leave for victims of domestic abuse.

And I am always inspired and encouraged by the strength of workers to fight and strike for decent wages, respect and better working conditions.



**Ernie Gorrie**  
**BCGEU Staff Representative**

*How long you've been a union rep:* Ernie has held various activist, elected and appointed roles in the BCGEU since 1977.

*Number of members:* Over 200 members at First Insurance and Westview Insurance, First Credit Union, Community Living BC, Forest Lands and Natural Resources, Vancouver Coastal Health, the Liquor Distribution Branch and more.

*Current issues:* BCGEU just ratified new three-year collective agreements. After 16 years of staff cuts and wage restraint, these agreements provide a good foundation to build on. In Powell River, BCGEU members in the insurance industry are currently negotiating for more secure language in their contracts to ensure all new employees are represented by a union; certainty around work hours and compensation for themselves and future workers; elimination of precarious work schedules; and equitable treatment of women workers. **PRL**

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**UNDER PRESSURE:** Canning up the bounty of the fall harvest is a way of life for Ros Sherrard on Hammil Hill Farm. Here, by cold-packing peaches and then pressure canning them, she has the process down to mere minutes. The results of her labours will be among those displayed at the Fall Fair, which runs September 15 and 16. For more details or to learn how to enter the many categories, visit [prfarmers.ca](http://prfarmers.ca).

*Photo by Sean Percy*

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**Website** [nicholassimons.com](http://nicholassimons.com)

**Nicholas Simons MLA**

SERVING THE SUNSHINE COAST

# PUMPKIN

August was all zucchini, all the time. September? Pumpkins.

Especially if you've been participating in  
PRL's Giant Pumpkin-growing contest (See Page 15 for more).

Make the most of your abundance with these locally-submitted recipes.

## PALEO MARBLE PUMPKIN CHOCOLATE BREAD

Submitted by Terri Cramb

By Adrian Harlan, from the cookbook, *Living Healthy With Chocolate*  
"I love this one!", says Terri Cramb, owner of T-Fit Training Centre.

1 cup pumpkin puree  
2 tablespoons coconut cream\*  
3 tablespoons coconut oil, melted  
2 eggs  
1 teaspoon vanilla extract  
1/3 cup raw honey  
2 cups blanched almond flour

1 teaspoon baking soda  
1/2 teaspoon salt  
2 tablespoons flaxseed meal  
1 1/2 teaspoons ground cinnamon  
1/2 cup pecans  
1/4 cup raw cacao powder  
handful chocolate chunks

In a large bowl, whisk together the pumpkin puree, coconut cream, coconut oil, eggs, vanilla and honey

In a separate bowl, mix the almond flour, baking soda, salt, flaxseed meal and cinnamon

Chop the pecans in a food processor and mix with the almond flour mixture

Using a rubber spatula, gently mix dry ingredients into wet to form a batter. Do not over mix. The batter will be thick.

Remove two cups of the batter and pour the remaining batter in an 8 1/2 x 4 1/2-inch medium loaf pan greased or lined with parchment paper

Take one cup of reserved batter and mix in the cacao powder.

Evenly spread on top of the batter in the pan

Top chocolate batter layer with the remaining one cup of reserved batter and using a knife gently swirl the layers of batter together. Do not over swirl or it will become all chocolate.

Sprinkle chocolate chunks on top and bake at 350°F until a toothpick inserted into the center comes out clean, approximately 40 minutes

*Cook's Notes:*

\*coconut cream - thick cream that forms on the top of a can of full fat coconut milk when left in the fridge overnight

To preserve freshness, wrap loaf in paper towel and store it in an airtight container in the refrigerator.



# PUMPKIN

## PUMPKIN CHOCOLATE CHIP COOKIES

*Submitted By Alexandra Nixon*

- ½ cup canola oil
- 1 cup 100% pure pumpkin
- 1 cup sugar
- 1 egg
- 1 tsp. vanilla
- 1 tsp. baking soda
- 1 tsp. milk
- 2 tsp. cinnamon
- 2 tsp. baking powder
- ½ tsp. salt
- 2 cup flour
- 2 cup semisweet chocolate chips (adjust amount to your taste)

### Instructions:

Combine oil, pumpkin, sugar, egg, & vanilla.  
 In a separate bowl, combine baking soda & milk. Add to pumpkin mixture.  
 In a separate bowl, combine cinnamon, baking powder, salt, & flour. Add to pumpkin mixture.  
 Fold in chocolate chips.  
 Preheat oven to 350°.  
 Allow batter to sit for 15 minutes.  
 Using a cookie scoop (1 tablespoon sized), place batter on baking sheet.  
 Bake for 10-12 minutes (check around 9 minutes as oven temperatures vary).

## PUMPKIN PIE SMOOTHIE

*Submitted by Heidi Jackson*

"Every year I have done it people love it," says the owner/operator of Fruits & Roots Juice Bar

- |                        |                          |
|------------------------|--------------------------|
| Blend:                 | ½ tsp Pumpkin Pie spice  |
| 2 Medjool Dates Pitted | ½ tsp Vanilla            |
| ½ tbl Hemp Seeds       | 1 Cup Almond Milk        |
| ½ tbl Almond Butter    | 2 Coconut milk Ice Cubes |
| ½ tbl Flaxseeds        | ½ cup Pumpkin Puree      |

## PUMPKIN CAKE

*Submitted by Tracey Ellis*

Her motto is (as mom of three young boys and a full time worker): It's not worth doing if it can't be done in 15 minutes!  
 Here's an easy one: Add a can of pumpkin puree to any cake mix and voila! I can cheat anything!

## PUMPKIN PICKLES

*Submitted by Linda Wegner*

"These are especially delicious with pork."

- 1 ½ cups vinegar
- 1 cup water
- 3 cups sugar
- 1 stick cinnamon
- 5 whole cloves
- 3 cups of pumpkin

Bring all ingredients to a boil in a large pot (tie spices in a piece of cheesecloth or put in tea ball).

Cut pumpkin in pieces and boil in the liquid just until tender but still crispy. Heat jars in warm oven (225°) then fill, being sure that liquid covers the pumpkin. Put the filled jars back in the oven for 15 minutes then turn oven off and leave them until cool.




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A Thought For The Day

**"The earth is but one country and mankind its citizens."**



~ Bahá'í Writings

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These extremely kooky, summer-long events wouldn't have been possible without the generous gifts of time, skills and donations from:

- Bethany Browne
- GWE Construction
- Nicholas Simons and Slim Milkie
- Bill Hopkins
- Rona (Pat Hull)
- Powell River Living magazine
- Resilient Streets
- (Powell River Parks, Recreation and Culture)

*A special thank you from Pieta and Martyn Woolley*

**CRUSTLESS VEGAN PUMPKIN PIE**

*Submitted by Jan Grants*

"Whenever cans of pumpkin go on sale, I buy a dozen. I love this 'dessert'. And it's good for breakfast, lunch or dinner!"

- 398 mL can pumpkin
- ¾ cup raw cashews (soak overnight and dispose of water)
- ⅓ cup non-dairy milk (dairy milk, if not vegan)
- ½ cup real maple syrup
- 2 tsp lemon juice
- ½ tsp vanilla
- 1 tbsp of cornstarch (original recipe calls for arrowroot powder)
- 1-½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp allspice
- ⅛ tsp cloves
- ⅛ tsp salt

Mix everything up in a power blender (Vitamix works well because the tamper allows you to push the mixture down onto the blades). Cook at 350°F for 20 to 25 minutes - you be the judge. Cool in fridge before eating.

**GOURMET PUMPKIN & MINCEMEAT PIE**

*Submitted by Shawn Moore*

"This is a pie where you don't count the calories; its all about elevating the 'delicious' factor."

- Half fill a pie shell with mincemeat (store bought out of the bottle works well ...)
- Then the top half of the pie: Fill the remainder with pre-spiced pumpkin pie mixture (out of a can works really well...)
- Bake at 350 until done.
- Eat and enjoy.
- Don't forget to smother the top with whip cream!

**PUMPKIN PARFAIT**

*Submitted by Tyanna Pollard*

- Layer:
- 1-½ cups cold heavy whipping cream 1 cup powdered sugar
- 1 teaspoon vanilla extract
- 8 oz cream cheese (softened)
- 1-¼ cups pumpkin puree
- ½ teaspoon ground cinnamon, 2 cups crushed gingersnaps
- 1 cup pecans
- ¼ cup cold butter, 2 tbsp brown sugar, 1 tsp nutmeg
- Preheat oven to 300°.

Chop pecans roughly and place on baking sheet. Place cold butter in pieces over pecans, and drizzle brown sugar and nutmeg over top. Bake for 10 minutes, stir, and turn oven off, leaving the pan in the oven. Take out to cool after 10 more minutes.

Using a mixer, beat cream, 1/4 cup powdered sugar, and vanilla extract until soft peaks form.

In a separate bowl, beat cream cheese, pumpkin puree, 3/4 cup powdered sugar, and cinnamon until smooth and combined. Fold 1/2 cup of whipped cream into pumpkin mixture.

In small glasses or individual trifle dishes, layer the crushed gingersnaps, candied pecans, pumpkin cream, and whipped cream. Top each portion with a sprinkling of crushed gingersnaps.

**PUMPKIN CREAM CHEESE SWIRL MUFFINS**

*Submitted by Amy Heather*

- 1 ¾ cups all purpose flour
- 1 tablespoon pumpkin spice
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 (15 oz) can pumpkin (pure pumpkin puree)
- 1 cup granulated sugar
- ½ cup packed brown sugar
- 2 large eggs
- ½ cup vegetable oil
- 1 tablespoon vanilla extract
- 8 oz cream cheese
- ¼ cup granulated sugar
- 1 large egg yolk
- 2 teaspoons vanilla extract

Preheat oven to 375°F. Place paper baking cups into muffin pan. Set aside.

In a medium bowl, whisk flour, pumpkin spice, baking soda and salt until well combined. Set aside.

In large bowl, whisk together pumpkin, sugar and brown sugar.

Beat in eggs, vegetable oil and vanilla extract. Slowly whisk in the flour mixture, until there are no lumps. Fill muffin tins three-quarters full.

In a medium bowl, beat cream cheese until smooth. Add in sugar, egg yolk and vanilla extract and beat until well combined.

Top each muffin with about 1 tablespoon of cream cheese mixture and use a toothpick to swirl it into the batter. This will not look smooth, but it will bake up much prettier.

Bake muffins for 18-20 minutes, or until a toothpick inserted in the center comes out clean.

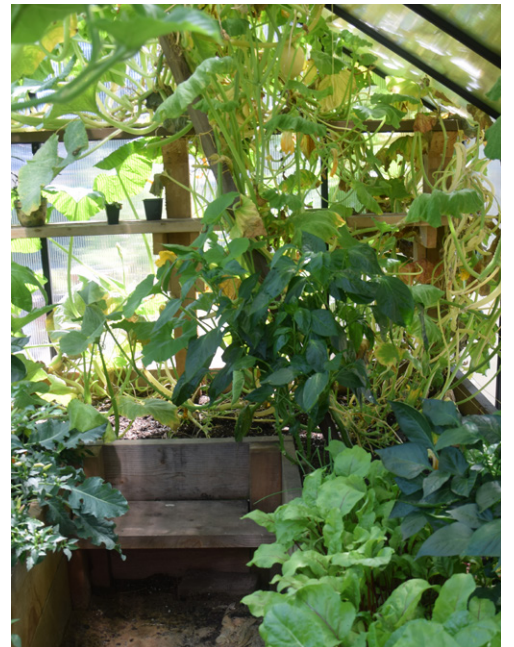
I liked these best at room temperature or even slightly chilled! Store in an airtight container in the fridge.

**NO BAKE PEANUT BUTTER PUMPKIN DOG TREATS**

*Submitted by Tanya Close*

- 1 cup pumpkin puree
- ¼ cup peanut butter (make sure it doesn't contain xylitol)
- ¼ cup milk
- 3 cups oatmeal, divided
- Mix the pumpkin, peanut butter and milk until well combined. Stir in 2½ cups of the oatmeal.
- Using a cookie scoop, create balls of dough and roll them in the remaining ½ cup of oatmeal to coat each treat.
- Cover the balls and refrigerate for 1 hour.





It is down to the end for our pumpkin competition. Other than hazy skies and lack of rain, it has been a splendid season for growing pumpkins.

There were countless sweltering days and, more importantly, plenty of hot nights to spur on the growth. All summer long we have been hearing from keen pumpkin growers. Some have had great success, while others have not. This is to be expected.

There is a lot to learn about growing pumpkins. For the most part, everyone

expressed enthusiasm for growing their pumpkins and have considered it to be a wonderful way to stir curiosity and learning through gardening.

This was the ultimate goal!

Despite our family's late start, our pumpkin seems to be growing much better than expected. We have been watering it regularly and with a little luck it may just surpass last year's 80-pounder. We are looking forward to seeing some behemoth pumpkins at the upcoming Fall Fair September 15.

**PUMPKIN TAKEOVER:** Gardener Jeff Winter's pumpkin was a tiny plant in the back of the Food Bank greenhouse (top left photo on March 25). Now, the plant is more than 15 metres long, and has taken over the garden. The vines boast many hefty pumpkins, but like many gardeners, Jeff is plucking the smaller ones to get the plant to focus on its biggest fruit.

## The bold and the beautiful Giant Pumpkins

### The Competition

Just to refresh everyone's memory, back in early spring 2018, 1500 giant pumpkin seeds were dispersed throughout Powell River and the Great Pumpkin competition began. The hope was families would get out, get dirty, and grow a giant pumpkin. The competition has been going all summer and will end September 15th in conjunction with the Fall

tember 15 at the Fall Fair (Farmer's Market) site on McLeod Road. Alternately, you can drop it off Thursday or Friday afternoon (Sept 13 and 14) if that works better for your schedule.

### Moving Your Giant

For most of us, moving our giant pumpkin will not be too much trouble. For somewhat larger pumpkins (100 +

example a small hill that you can back up against can make the lift much easier.

However if you took this competition really seriously, and your giant pumpkin is much too big to load by human power, you will need a small crane truck or Hi-ab. There are many of these types of vehicles in town, so hopefully you know someone with a crane truck that won't mind lending you a hand. Otherwise you may have to hire a lift.

measurements add them together, and look for your OTT sum on the chart, and you will have your weight. Until a scale is found we will be using the Giant pumpkin Commonwealth OTT 2017 chart to establish our pumpkin weights.

### Calculate your Pumpkin's Over the Top (OTT)

In order to use the OTT Chart, you need to calculate the OTT for you pumpkin.  $OTT = Circumference + [Over-the-Top (from the ground to ground, side to side)] + [Over the Top (from the ground to ground end to end)]$ .

If you're still confused about how to make the measurements, there is a great video posted on the GPC's resources webpage that demonstrates this method to its entirety. Find the chart and the video explanation at [www.gpc1.org](http://www.gpc1.org) under "Resources." [PR](#)

### Weighing The Pumpkins

As of writing this, there is no scale available to weigh the pumpkins at the fall fair. We're working on it! However this is no cause for worry. Over the last decade pumpkin enthusiasts have weighed thousands of pumpkins and have developed a mathematical equation and corresponding chart that quite accurately predicts the weight. It is called the over the top method (OTT). Just take three simple



## A growing concern

BY JONATHAN VAN WILTENBURG | [jonathan\\_vw@yahoo.com](mailto:jonathan_vw@yahoo.com)

Fair. The grower with the largest pumpkin will receive \$100, the second largest will receive \$50, and the third \$25.

For those that want to enter your pumpkin into the Fall Fair (I encourage everyone to do so!) all pumpkins must be dropped off by no later than 10am Sep-

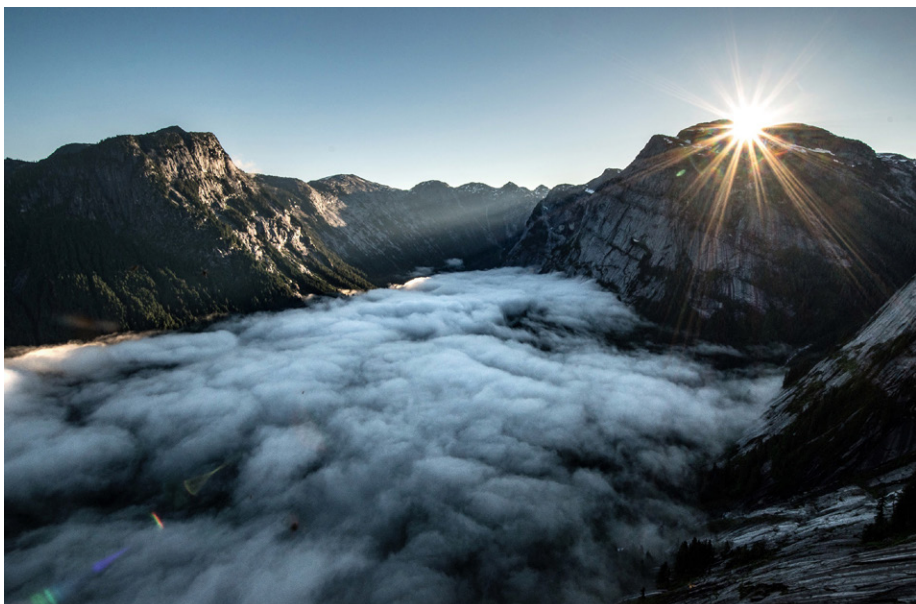
tember 15 at the Fall Fair (Farmer's Market) site on McLeod Road. Alternately, you can drop it off Thursday or Friday afternoon (Sept 13 and 14) if that works better for your schedule. For somewhat larger pumpkins (100 + pounds), a few good strong backs and a tarp will be all that is necessary to get it from point A to B. Just carefully slip the tarp under the giant pumpkin and then use it to both drag and lift. One good hint is to look for landscaping features that will aid in the loading process. For

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Fame comes to Daniels Valley, beyond Powell Lake

# First successful ascent of 'Super Unknown'

PHOTOS BY DREW LEITERMAN

Two Cranbrook rock climbers were back in the Daniels Valley this summer, after last year doing a first ascent on one of North America's largest walls.

This year, Travis Foster (whose mom Maureen lives here) and Drew Leiterman tackled a new 1,020-metre vertical route on the northeast face of a wall dubbed

Super Unknown. They were on the wall from August 7 to 13.

It was their second attempt on the wall. In July, they ran into storms and dwindling food supplies when they were two-thirds of the way up the wall and had to rappel down.

Last summer, they climbed a 1,500-metre near-vertical wall they dubbed "Red Alert Wall," and vaulted the Daniels Valley into rock climbing fame.

To get to the Daniels Valley, climbers have to travel up Powell Lake, then travel 13 kilometres on logging roads before hiking another 10 kilometres to where they make base camp. That requires multiple trips for food and camping gear, plus the equipment for multi-day climbs.

The new route on Super Unknown was named the "Vercoe-McMahon Memorial Route" after friends who attempted to climb the route with them earlier this

spring but didn't make it due to poor weather.

There are lots of first ascents left to be done in the Daniels Valley, says Drew.

On one wall "there's close to 450m of dead vertical, in your face climbing with endless potential for free climbing if you want to put in the time to clean out the cracks."

For more photos from the climb, follow @drewmagoo66 on Instagram. [PRL](#)

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## I MADE THE MOVE

# Living with less so they can do a lot more

**A**fter years of scrimping, in 2016, the Van Tol family left their home in Vancouver for the adventure of a lifetime. They sailed the Caribbean for eight months, then bought a caravan and toured Europe for another four months. At [www.ventilly.com](http://www.ventilly.com), they bogged their journey. They also explain in detail how they made it work, from finances to their reasoning. Now they're back and have moved to Powell River for a simple life near the ocean.

### Why did you choose to move here?

**Matt & Frances** • After living on a sailboat for the better part of a year, we were looking for a town that kept us close to the water. We were also looking for a calmer pace of life, where the simple things in life stayed simple (groceries shouldn't be an intense endeavour!).

### When? Where from?

**Frances** • We moved here on Valentine's Day of this year. Matt and I had spent almost 15 years in Surrey together (Matt having done all of his growing up within 10 city blocks, whereas I did all mine in Prince George).

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

**Matt & Frances** • People are really nice here. It was such a refreshing surprise, especially after spending a year abroad. Also, the ocean is always in view. It is so good for the soul to have that always in sight; it recalibrates you somehow. I mean, our storage locker had a fantastic

view from the parking lot.

### What made you decide to move here?

**Matt & Frances** • Coming home to Surrey, we realized our priorities had changed. Traffic was raising our blood pressure, the housing prices made our hearts break and the goals of our peers were just not lining up with who we were. We had grown out of our town. Here, we could afford a home, we could get outside and explore without spending an hour on the highway, and we could (someday) own a sailboat in the marina down the road (that still blows me away).

### Where is your favourite place?

**Matt & Frances** • We've made some great memories at Mahoods beach and Mowat Bay, and we lived in the campground at Willingdon Beach for a couple months, so that place will always have our heart.

### How did you first hear about us?

**Frances** • I had come up to Powell River a number of years ago for some photography work. I remember texting Matt early on saying, "This is our town! I can just feel it!"

### What would make Powell River a nicer community?

**Frances** • I am always a glass-half-full type of person, so it's hard for me to see a community's failings, but being a visual person, Powell River could use a fresh coat of paint in some areas of town.



**WORLD TRAVELLERS CHOOSE POWELL RIVER:** Matt, Frances, Piper and Diggory Ventilly at the Colosseum in Rome, part of the family's year-long sailboat adventure. Learn more about their voyage at [www.ventilly.com](http://www.ventilly.com).

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

**Frances** • Having moved here in the winter, there were days I really craved some inside spaces that the kids could play on those dreary rainy days.

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

**Matt & Frances** • We'd heard that housing market was changing and felt the pressure and the pickings were slim, especially in February. Luckily, we reached out to the community, hoping perhaps someone was wanting to sell their home privately - and bam! We found a small house with a gorgeous ocean view.

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

**Matt & Frances** • Get a city-wide compost pick-up system and educate folks

on the 4 R's (refuse, reduce, reuse, recycle). We were amazed by the PRISMA no-waste event down at Willingdon Beach.

### What are Powell River's best assets?

**Matt & Frances** • The ocean view, also easy access to adventure, no matter where you are.

### What is your greatest extravagance?

**Matt & Frances** • We are pretty frugal, so we often make our own food, but whenever we get a chance, we go out to eat. As a family, we love the Chinese food at Quality Foods, or if it's just us adults, we sneak off to Coastal Cookery for happy hour and legitimately feel like superstars.

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

**Frances** • It's always a tie between breathing underwater and flying. These are big life decisions: I'm still undecided. **PR**

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# 2018 Local Election

Want to learn more about local elections?  
Please visit the Elections Page on the City of Powell River website at  
[www.powellriver.ca/content/election-2018](http://www.powellriver.ca/content/election-2018)



## Contact Information:

### General inquiries

[elections2018@powellriver.ca](mailto:elections2018@powellriver.ca)

### Chief Election Officer

Chris Jackson, 604-485-8603  
[cjackson@powellriver.ca](mailto:cjackson@powellriver.ca)

### Deputy Chief Election Officer

Malonie Shaffer, 604-485-8601  
[mshaffer@powellriver.ca](mailto:mshaffer@powellriver.ca)

### General Enquiries:

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City of Powell River, City Hall,  
6910 Duncan Street  
Powell River, BC, V8A 1V4

The next General Local Election will take place on **Saturday, October 20, 2018**, when one Mayor, six Councillors, and five School Trustees will be elected for a four-year term.

### Interested in serving your community and running as a candidate in the 2018 General Local Election?

Nomination packages for Mayor, Councillor, and School District Trustee are available for pick up from the Administration Department located in City Hall. There is no fee to pick up a nomination package, and there is no longer a deposit fee when packages are dropped off.

Those wishing to be a candidate must drop off fully completed nomination packages between 9:00 am Tuesday,

September 4 and 4:00 pm Friday, September 14 at City Hall. Please make an appointment with the Chief Election Officer to drop off nomination packages.

Once completed nomination packages are submitted, they will be available for public inspection at City Hall. And the City's Election Webpage will be updated with the list of candidates as they come in.

After 4:00 pm Friday, September 14, the Declaration of Candidates will be provided by the Chief Election Officer. If anyone wishes to challenge

a nomination they have until Tuesday, September 18. If a candidate decides not to run in the election, September 21 is the deadline to withdraw.

To find more information on nominations including qualifications, visit [www.powellriver.ca/content/election-2018](http://www.powellriver.ca/content/election-2018).

After September 21, the Chief Election Officer will determine if there are enough candidates for each position, if candidates can be acclaimed, or if an election needs to be held. If an election is required, ballots will be prepared and sent to the printers.

Key 2018 Dates	
Election Period	January 1 to September 21
Nomination Packages Available	Tuesday, August 7 at 9:00 am
Nomination Period Starts	Tuesday, September 4 at 9:00 am
Nomination Period Ends (this is the deadline for submission of Nominations)	Friday, September 14 at 4:00 pm
Declaration of Candidates	Friday, September 14
End of Challenge to Nomination and Endorsement Period	Tuesday, September 18
Last day to withdraw from being a candidate	Friday, September 21
Campaign Period	September 22 to October 20
1st Voting Opportunity	Wednesday, October 10
2nd Voting Opportunity	Wednesday, October 17
General Voting Day	Saturday, October 20
Preliminary Results	Saturday, October 20 (after close of voting)
Declaration of Official Results	Monday, October 22
Inaugural Council Meeting	Tuesday, November 6
Campaign Financing Disclosure Statement Deadline with Elections BC	Friday, January 18, 2019

## Candidate Information

Elections BC is responsible for managing campaign financing disclosure requirements, investigations, and enforcing the campaign financing and third-party advertising provisions set out in the Local Elections Campaign Financing Act.

For more information, go to the Elections BC Website, [elections.bc.ca](http://elections.bc.ca), or contact them at 1-855-952-0280 or [lcef@elections.bc.ca](mailto:lcef@elections.bc.ca)

The Local Government Branch of the Ministry of Municipal Affairs and Housing has excellent resources including videos and reading materials you can find online at [www.gov.bc.ca/localgov-thinking-running-local-office](http://www.gov.bc.ca/localgov-thinking-running-local-office)

## Voter Information

### Who can vote?

Voting rights are granted to citizens based on residency or property ownership. A person cannot vote on behalf of a corporation, or as a non-resident property elector, when the property is owned wholly or in part by a corporation.

To be eligible to vote, you must be either a Resident Elector, or Non-Resident Property Elector.

### Resident Electors:

- 18 years of age or older on general voting day,
- Canadian citizen,
- Have lived in B. C. for at least six months before they register to vote,
- Have lived in the City for at least 30 days before they register to vote, and
- Not be disqualified under the Local Government Act, or any other enactment, from voting.

### Non-Resident Property Electors:

In addition to all the requirements for resident electors, if you have owned property in the City for at least 30 days but live elsewhere, you may be eligible to vote as a non-resident property elector.

Only one person is eligible to vote as the non-resident property elector for that property. The designated non-resident voter must have the written consent of the majority of the other property owners and provide that documentation when attending a voting place.

**Advance and General Voting Day Opportunities:** There are three different days to choose from. All eligible voters can vote on any one of these days! Stay tuned for the October edition of *Powell River Living* for details on the various locations to vote.

- 1st Advance Voting Day: Wednesday, October 10; or
- 2nd Advance Voting Day: Wednesday, October 17; or
- General Voting Day: Saturday, October 20



**Special Voting Opportunities:** A special voting opportunity will be held at the Kiwanis Garden Manor and Willingdon Creek Village for residents, their visitors and staff.

**Mail Ballot Opportunity:** If you are unable to attend any of the voting days (October 10, 17 or 20) in person, you still can vote through the Mail In Ballot Method. Please give us a call or send an email and we will be able to assist you further.



# Formosa vs. Woznow (so far) *For Mayor*



**F**or the first time in six years, Powell River will elect (rather than acclaim) a mayor. Nominations don't officially close until September 14, but as of right now, two men have stepped forward: incumbent Dave Formosa, and newbie Ron Woznow.

What kind of place do you want to live in? Who best

shares your vision and your values? These are questions to hold in your head when you're thinking about voting for a mayor, City councillors, qathet Regional directors, and School Board trustees on October 20.

Because of *PRL's* monthly deadlines, covering the election can be tricky; we won't find out who is running

for another few weeks. But because this election is so critical, we thought we'd get going with a couple of getting-to-know-you profiles of your mayoral candidates.


Next month, we'll be ready to dive in with the tough questions for all of your City Council, qathet Regional District and School Board candidates. Happy voting!

Sept 24 • Cranberry Hall • 7 pm




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Electoral Area B




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604-414-8654  
janetmay4areab@gmail.com

Voting Day is **Saturday, October 20, 8 am - 8 pm**  
**Therapeutic Riding Building**  
4356 Myrtle Avenue  
(for Electoral Area B)

logo design: Meghan Hildebrand  
Authorized by A. Gunn, Financial Agent, janetmay.financialagent@gmail.com



# On October 16, vote to keep Powell River economically on track

Dave for Mayor!

## Why re-elect Dave Formosa?

Because Powell River is in the midst of many exciting opportunities and growth, **now is not the time to change direction.**

Mayor and Council's achievements over the last 7 years are numerous. Here are just some examples of what Dave and Council need to complete:

**SANTE VERITAS:** Dave, with the support of Council, arranged for the City to buy the old mill offices for \$1 and then lease them to Sante Veritas (SVT). SVT has now achieved the license to produce medical cannabis and has raised approximately \$20 million to date. The company has since amalgamated to become Tilt Holdings and is in the process of raising \$70-plus million through the public markets. Dave is dealing with Catalyst to get Sante Veritas more land for growth that could see over 200 employees.

Sante Veritas is also now a new taxpayer (before that, the building was lumped in with the Catalyst tax bill.) They are looking to buy the lands and building, which will be a good return on the City's \$1 investment.

Dave also negotiated an equity stake for the City of 1 million share options of Sante Veritas' newly formed amalgamation with Tilt, so we have stock options at 10 cents. The stock was halted on the merger at 80 cents. So even if they don't go higher, the City has an opportunity to make a minimum of \$700,000.

**AIRPORT:** We have attracted a group to long-term lease 11.5 acres of land at our airport for \$600,000 and to build within two years phase one (at a minimum) of an aviation industrial park, housing a possible pilot school, aircraft maintenance school, with small aircraft manufacturing possibilities. Dave is also negotiating with the proponents for a new airport terminal to be included in phase one. We desperately

could use a new airport terminal, but this will go ahead only if the lease is at a minimal cost to the city - such as \$1.

**THE MILL:** Dave played a key role in stopping the closure of the Powell River mill in 2012, and helping save Catalyst from bankruptcy that same year, protecting jobs and pensions. Now that the mill is in trouble again, Dave has created another plan to diversify the mill and re-invest in it, so that it will keep making paper for years to come.

**GETTING IT DONE:** Dave attracted the \$17 million investment in fibre-optic, a huge economic driver.... Many local businesses have successfully sold thanks to Dave's work with investors from as far away as China.... Dave helped with the development of Hummingbird Cove land base aquaculture project.... Many new homes, subdivisions, condos and apartments are being built.... And many more...

**ABOUT DAVE:** Dave Formosa is a born-and-raised Powell Riverite, who has lived here all his life, owning and managing a number of local companies that employ more than 100 people. First elected to City Council in 2008, Dave has served as Mayor since 2011. In 2013, he was awarded the Queen Elizabeth II Diamond Jubilee medal to honour his significant contributions and achievements. He and his wife, Laurie, also born and raised in Powell River, have four children and four grandchildren, all but one living in Powell River.

# Re-elect Dave Formosa for Mayor

Approved by Cindy Temple, Financial Agent for Dave Formosa | 6233 Powell Place, Powell River, BC V8A 4S6



If I missed you while I was out knocking on doors please contact me to discuss issues that are important to you.

ronwoznopr.com  
rjwoznov@gmail.com  
604.414.5844

## Ron Woznow for Mayor

### Priority issues for me are:

- Attracting new businesses  
I believe the key to developing sustainable business in Powell River is to have our local entrepreneurs directly involved in economic development. I would restructure the City's approach and budget for economic development to include successful local business and labour leaders.  
Examples of new business we could develop in Powell River are: A saw mill, which will provide both jobs and fibre for Catalyst mill; customized aluminum boat building; and computer software development.
- Removal of the Inn at Westview  
I believe this should be done at no cost to the taxpayers.
- Effective, efficient and responsive municipal government
- Timely and transparent communications on issues like use of public lands (eg. the old golf club lands), waste treatment and deteriorating infrastructure.

*"I will bring openness, respect and proven leadership to the Office of the Mayor"*

Authorized by Ron Woznow rjwoznov@gmail.com

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- Dan and the Koastal Team



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# Dave Formosa

**Goal:** Re-elected as mayor of Powell River, October 2018

**In office:** Completing his second term as Mayor of Powell River, and was a city councillor for one term before that.

**Family:** Married 34 years to Laurie. Four children (three of whom live in Powell River) and four grandchildren who also live in Powell River.

**Born in:** Powell River

**Has lived in:** Powell River

**Work:** Owns several companies under Dave Formosa Holdings, for example the Shinglemill Pub, Bistro and Marina, Powell River Taxi, Key Alarm, Top of the Hill Solutions.

**Volunteer:** He has sat on many community and corporate boards, some examples are Island Coastal Economic Trust, the Powell River Chamber of Commerce, the Hospital Foundation. Dave was a founding director and Executive Director of the Bruce Dennison Bone Marrow Society, a director of the Sliammon Development Corporation, President of the local BC Liberals Riding Association, member of Knights of Columbus, Founding director of Powell River Economic Development Society (PRSC).

## What are you most proud of from your time in office?

**Dave Formosa** • Over the past nine years all the hard work of myself and council has come together - to create a liveable, sustainable, healthy, strong, diversified community that will retain existing citizens and attract new ones.

Powell River is creating a buzz, people are discovering us and are moving here. We have jobs, we have culture, we have an arts community to die for! Real estate is stable and still affordable. We are finally building numerous affordable housing projects. Our waterfront is completed and beautiful, we have created hundreds of acres of new parks with more to come. If we can stabilize the mill we will be golden for another 50 years. If not, we have all the foundations in place to continue to rebuild our new economy.

## Why is keeping taxes low challenging?

**Dave Formosa** • We were once the child of major industry paying approximately 40 percent of our tax base. Now they pay 10 to 12 percent. So that's a big hit. And our infrastructure is getting old. We need a new liquid waste system and a new earthquake-proof fire hall. The increase in wages and ongoing basic costs is hard to keep up with given that we have had no new industry and residential growth, until lately.

## Why save the Mill?

**Dave Formosa** • One of the main reasons I am running for re-election is to make sure mill is stable before I leave this office. I know I have the talents, contacts, and know-how to help our mill transform itself. I also believe that we can use underused assets within the mill's footprint that can create new and vibrant economic opportunities.

I know some folks don't agree with the importance or how vital the mill still is to Powell River, but I can guarantee this: if it were to fold we would see service reductions within the city, layoffs within the city and the school district. Real estate values will become depressed for a number of years.

The mill pays about \$3.2 million of an approximate \$20 million City budget. A one percent property tax increase equals approximately \$127,000. How many of those increases do you need to cover just the mill's tax revenue to the city?

## You've spent a lot of time attracting Chinese investment.

**Dave Formosa** • Yes, you're correct, I have, but that is not the only direction I have looked for investors. For example, our \$17 million fibre optics project, our Sante Veritas medical marijuana project, as well as a number of other non-offshore entrepreneurs.

As for the Chinese investment, companies such as Hummingbird Cove and Pacific Aquaculture International are already up and running. We have secured land for Sino Bright School and hope to announce it very soon.

We recently announced a new aviation industrial park enterprise to be housed within our airport. We are working with proponents that could include a pilot school, and an aircraft maintenance school with SD47 and other partners.

We are hoping to be able to announce some Asian and Canadian investment partnership we were able to attract within the high tech industry within the next two to three months.

It all takes relationship building and time.

# Ron Woznow

**Goal:** Elected as mayor of Powell River, October 2018

**In office:** This would be Ron's first term

**Family:** Married, three children and four grandchildren.

**Born in:** Creighton Mine, ON

**Has lived in:** Edmonton, Fredericton, Vancouver, Guelph and Toronto.

**Work:** Long history of executive positions with health and environmental businesses and non-profits including The Arthritis Society of BC and Yukon, Chief Executive Officer (CEO); the Canadian Genetic Diseases Network (CEO); Fletcher Challenge (VP Research and Environment); and the BC Hazardous Waste Corporation (CEO). His consulting business, The Woznow Group, helped businesses and non-profits develop and implement strategic plans. He has a Ph.D. from UNB in organic chemistry.

**Some examples of his volunteer experience:** In 2008 he co-founded the Verna J. Kirkness Education Foundation that has provided over 300 scholarships to Indigenous students (15 from Tla'amin). In Powell River, he started The Wellness Challenge, chaired the Library Fundraising Committee and donated \$20,000 to the Powell River Public Library for the Anne Woznow Children's Reading Room. He also sat on the Board of Science World BC, the Board of BC Child and Family Research Institute (CFRI) and chaired the Board of the Healthy Heart Society of BC.

## Why do you want to be Mayor of Powell River?

**Ron Woznow** • We love living here. I have the skill set and the experience to make Powell River an even better place to live. I have demonstrated the ability to build teams of diverse individuals to make good things happen.

## You have no experience as an elected official.

**Ron Woznow** • The Community Charter states that the mayor is the CEO of the City. As stated above I have extensive experience as a CEO and as President of a large ratepayers association, so I have a good understanding of municipal governments. If you get governance right, it facilitates making good things happen.

I have no business conflicts. I own a house and a boat. That's it. Being conflict free will allow me to lead the identification of a wide range of business opportunities.

To date we have knocked on 3,700 doors and people have told us that City Hall could be more responsive to their needs. As mayor I would work closely with the Chief Administrative Officer (currently Mac Fraser) and his team to meet the needs of the community.

## How would you do economic development differently?

**Ron Woznow** • Today there is no committee to assist the Mayor and Scott Randolph in identifying economic opportunities. I would immediately recruit a group of Powell River entrepreneurs to work on opportunities like a sawmill and boat building.

I've been talking with business and labour leaders and government officials including MLA Nicholas Simons, about the importance of a sawmill in Powell River. In addition to creating good new jobs it would provide a source of fibre for Catalyst mill. The biggest threat to keeping the mill open is a lack of fibre.


## What about Chinese investment?

**Ron Woznow** • In 1997 and 1998 I lived in Beijing and salvaged a \$30 million water park development for Canadian investors. I probably understand Chinese business protocols as well or better than anyone in Powell River. Rather than trips to China, I would focus on working with Powell River entrepreneurs to identify new opportunities. This could include offshore partners.

## You've just been here seven years – an "outsider." What would you say to those who would only vote for a local?

**Ron Woznow** • My experience is that Powell River embraces newcomers like physicians and hockey players who bring unique skill sets. I believe voters will appreciate the importance of my CEO experience and my demonstrated commitment to Powell River.

## What happens if you're elected?

**Ron Woznow** • If I'm elected, I'm going to ask residents who want to create opportunities for their children and grandchildren to become involved in economic, social and wellness initiatives. I've played both individual and team sports starting with Little League Baseball when I was 10. As mayor I would support athletic programs for all ages and abilities. 

ELECT

# ALAN REBANE

For  
AREA B director



If you live between the City boundary and Whalen Road,  
on October 20, vote at Therapeutic Riding.

**ABOUT ALAN REBANE:** I am 60 years old and married for 43 years. I am strongly committed to my family with three kids who have all moved to Powell River. I run a construction company that employs 10 people full time. I am the president of the Agricultural and Farmers Institute, and was very much involved in the decision to merge the two organizations. I am the chair of the Paradise Exhibition Park Society. Having served as an active alternate on the Regional Board, I understand the issues that develop in the regional district and understand the roles of the regional district, city and provincial government.

## Vote for Alan if these are important issues to you:

**WATER:** I feel that water could be one of the top issues in the near future. In the next 4 years we need alternate water sources for the Myrtle Creek Estates area, Centennial Drive, and the golf course residential development area. Water is essential to life and therefore we need to find reliable and affordable sources for this area. I've heard this loud and clear from the water users of Myrtle Creek and am prepared to help replace the aging infrastructure of Centennial Drive water supply. I will take the province head on to receive grant monies and whatever funding is available by the federal or provincial government. I was part of the board's proposal to study all the alternatives and cost.

**DEVELOPMENT:** I am the best equipped to handle this issue. Being an employer, businessman, landowner and a long time resident in Area B, I understand the desire to live in this area, and the need for some protection to keep it a rural area. Development is inevitable in Area B because of its close proximity of the city. There are large tracts of land in Area B that have potential subdivision development. Development permitting is an essential tool to maintain real living and ensure the development of infrastructure that is needed to support future development. Not only is it good protection for the residents of Area B, but it is also good for a developer to have straight answers and have a clear path to accomplish a development plan that would be acceptable to Area B residents. *Don't confuse development permits with building permits.* As a developer/builder myself, my thoughts on this issue have been very conflicted. But over my past 3 years I have seen some issues that cause great concern to certain residents and I believe strongly that we could put in place development permitting without building permits. We can grandfather all that's been done and move forward with development permits for brand new subdivisions. We already have provincial builders home warranty and the home protection office of the provincial government to rely on for building inspections. Licensed builders are a responsible community and have their licenses and insurance in place. There's no need to regulate something that's already over-regulated.

**SOLID WASTE MANAGEMENT:** The solid waste management and resource and recovery plan for the old incinerator site is in the process of being implemented. The budget is continually growing and if not kept well-managed it will become a burden on the taxpayer. Close attention to this matter and someone that has been familiar with it as it has grown is essential to controlling the expenditures of such facilities. This will be the biggest project that has ever been done by the regional district.

**REC COMPLEX:** The upcoming referendum is very important and I have always been in strong support of a referendum. It is now a referendum item for the upcoming October 20 election and it is based on the operational side of the complex, not the maintenance of the facilities or parks within the city. Also it was agreed that this would remain in place for five years. There will be an open house prior to the election with a full explanation of the tax numbers.

These are just a few of the issues.

With your vote on October 20, I look forward to  
serving the residents of Area B. Want to know more?  
Contact me at 604-208-2079 or alanrebane@shaw.ca

Approved by Alan Rebane | alanrebane@shaw.ca

# AREA B

## On October 20, Electors in **qathet Regional District Areas A, (excluding Savary Island), B, and C** will vote on the following referendum question:

"Are you in favour of the qathet Regional District adopting Bylaw No. 530 to establish with Electoral Areas A, B and C a service for the purpose of providing financial assistance to the City of Powell River for providing regional recreational services and to authorize a maximum annual taxation of \$178,500 or \$0.153249/\$1,000 of net taxable value of land and improvements, whichever is greater?"



## Vote in the Recreation Referendum

For the last 40+ years, qathet residents who live outside of the Municipality of Powell River have not contributed taxes to operate and deliver recreation at the Complex.

Powell River's City Council has asked for the contribution from both qathet Regional District and Tla'amin Nation, as a substantial number of Complex users live outside the municipality.

**The qathet Regional District Board is proposing that electors in Areas A (excluding Savary Island), B, and C contribute annually to the**

**Complex, starting in 2019. On October 20, electors can vote in a referendum on this question during General Local Elections.**

It works out to \$10.48 per \$100,000 of the assessed value of your property (land and buildings). **The Regional District will host a Public Information Meeting on this topic at 7pm, Tuesday, September 25, at the Powell River Recreation Complex.**

For more information on this topic, how to register to vote, polling stations, and elections, contact qathet Regional District.

### Want to Work for the 2018 Elections?

We are looking for election workers to help with this year's rural voting stations.

The rural locations are going to be in community buildings in Electoral Areas A, B, C, D (Texada

Island), and E (Lasqueti Island).

If this opportunity interests you please send in your resume to [vote@powellriverrd.bc.ca](mailto:vote@powellriverrd.bc.ca) or call the Chief or Deputy Election Officer at 604-485-2260.



# qathet REGIONAL DISTRICT

202 - 4675 Marine Avenue, Powell River, BC V8A 2L2  
604-485-2260 • [administration@powellriverrd.bc.ca](mailto:administration@powellriverrd.bc.ca)

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

*Contacts:*

Chief Election Officer  
Matt O'Halloran

Deputy Chief Election Officer  
Michelle Jones

Phone: 604-485-2260  
vote@powellriverrd.bc.ca

**Nomination Period for Candidates**

Starts at 9 am Sept. 4 and ends at 4 pm Sept. 14.  
See qathet.ca for nomination information,  
or contact the administration office.

**Who Can Vote?**

Electors must meet the following criteria:

- 18 years of age or older on voting day
- Canadian Citizen
- Have lived in BC for at least six months before they register to vote
- Have lived in the electoral area for at least 30 days before they register to vote
- Not be disqualified under the Local Government Act, or any other enactment, from voting.
- Note: if you have owned property in the Electoral Area for at least 30 days but live elsewhere, you may be eligible to vote as a non-resident property elector. Only one person is eligible to vote as the non-resident property elector for that property. The designated voter must have written consent of the majority of owners and provide that documentation when attending a voting place.

**Advance Voting**

Wednesday October 10  
8:00 am to 8:00 pm

Please visit qathet.ca for voting place information.

**Mail Ballot Voting**

Available to electors who meet one or more  
of the following criteria:

- Have a physical disability, illness or injury that affects their ability to vote at another voting opportunity; or
- Expect to be absent from the Regional District on general voting day and at the times of all advance voting opportunities; or
- Regularly reside in any electoral area where their only access from their residence to a voting place is by boat or aircraft.

If you are eligible please contact us to arrange delivery of a mail ballot package. Applications and further information are available on our website.

**Electoral Area A**

North from City of Powell River boundary to Toba Inlet, including Savary Island and Hernando Island, excluding First Nation lands.

**Electoral Area B**

South from City of Powell River boundary to west side of Whalen Road including Nootka Street and area.

**Electoral Area C**

East side of Whalen Road to Jervis Inlet, excluding First Nation lands.

**Electoral Area D**

Texada Island, excluding First Nation lands.

**Electoral Area E**

Lasqueti Island

# 2018 Local Elections & Referenda

qathet Regional District

**Saturday, October 20  
8:00 am – 8:00 pm**

**Learn more at  
qathet.ca**

## Do you:

Live in Electoral Area

**A, B, C, D or E?**

You'll vote for:

One Electoral Area Director each for a four-year term.

Live in Electoral Area

**A, B, C or D?**

You'll also vote for:

Five Trustees for School District 47 for four-year terms.

Live in Electoral Area

**A (excluding Savary Island), B or C?**

You'll also vote on:

A referendum to provide financial assistance for the operation of the City of Powell River Recreation Complex. See ad on Page 22 for more.

Live in electoral

**Area E?**

You'll also vote on:

- A referendum on Bylaw 531 to provide financial assistance by agreement with the Lasqueti Last Resort Society for the operation of a health care facility on Lasqueti Island.
- Two Trustees for School District 69 Area G for four-year terms.
- Two Trustees for Islands Trust Lasqueti Island Local Trust Area for four-year terms.

*Note: Voting for elected officials will take place pending candidates.*



**qathet**  
**REGIONAL DISTRICT**

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604-485-2260  
administration@powellriverrd.bc.ca

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& John

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**BIG RED WEEKEND**

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BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

If you happened to be at Willingdon Beach on August 11 and watched a beautiful and traditional First Nations wedding ceremony between Tana Harry and Mario Paul unfold, count yourself lucky. You were part of something very, very, very rare.

The wedding ceremony at the beach was performed by Elder Gerry Oleman of the St'at'imc Nation from Tsal'alh (Shalalth). It hadn't been done in over 100 years and it was a dream of Mario's to bring it back.

Shortly after 1 pm, a ceremonial black canoe skippered by the groom's father, Sherman Pallen, and powered by a team of eight pullers (Mike Luaifoa, Joel Harry, Shawn Louie, Shane Ahola, Jayden Paul, Brandon Knox, Brent Tom, and Matthew Kinch) dressed in black landed on the shores of Willingdon Beach. They were accompanied by singers Devin Pielle and Gary Gonzales. With the help of her father Leonard Harry, Tana stepped ashore. Dressed in a doe skin skirt paired with a sheer top - designed by the bride's father - over a white topper, Tana picked her way up the wet beach to the sandy shore.

Tana's groom Mario, holds his great, great grandfather Bob George's traditional ancestral name Chegah'gemoltx. Tana, whose traditional ancestral name is qaye?, which means water in Tla'amin, was given her name by Elder Mary Harry.

"Sherman made all the paddles for the groomsmen. They are beautiful and each one of the groomsmen was gifted with a paddle," said Cyndi Pallen, Mario's mom, one of the drummers.

Four new blankets, red, yellow, black and white representing four directions and seasons were laid on the sandy beach.

"They will be living together and from now on everything is new," said Elder Gerry Oleman before instructing Tana and Mario to step onto the blankets.

The couple was brushed with cedar boughs to remove any negativity they'd accumulated and then witnesses Elder Mary Harry and Virginia Jones, who had helped them since childhood, were called up along with younger witnesses Luke Williams and Hayley Luaifoa.

Sherman made two cedar headbands that were placed on the bride and groom's head. The headbands are a reminder of the teachings, explained Cyndi. "What you think, regulate your words, and be mindful." During the ceremony, the couple held a canoe that Sherman had made for them. The canoe represents the couple travelling forward as a team.

Gerry tied Tana and Mario together during the ceremony with a deerskin cord which was symbolic of them staying together during the difficult storms of life. "All the love of their relations will shield them from negativity as they start their new life together," he said. "They are one now. They are tied together, and they have a new canoe for their journey through life together."

A blanket was placed over their shoulders to protect them from negativity.

After asking the couple to accept each other into their house, everyone present was asked to say 'emote' on the count of three.

"That's our way of accepting each other into each other's house and they become one," Gerry explained. "They are all one family now and it is their duty to help each other with the children (the newlyweds)."

Cyndi composed a wedding song which they drummed and sang after the traditional ceremony. "I was happy to have honoured this song to the bride and groom," she said.

Family support and love was woven into the entire day and ceremony. "Mario and Tana prepared themselves for this day with lots of support from elders, family and friends," said Cyndi. "It was a blessing to bring back traditions reflected in the teachings of our forefathers who travelled the waters."

The drummers ended the ceremony circling the newlyweds drumming the song Cyndi had composed for them.

A second wedding ceremony was held for the couple at the bride's parents' home, Leonard and Cathy Harry's house, in Tla'amin. **RL**



# Emote

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**WHAT'S WORTH PROTECTING:** Climate Action Powell River (CAPR) hosted a photo scavenger hunt in July in an effort to increase awareness of our environmental impact and to help people rediscover Powell River.

# What's qathet's collective footprint?

BY ARYNN KEANE

I've spent this summer interning with Climate Action Powell River (CAPR) and a team with BCIT to bridge the gap between our economic necessities and our environmental obligations. Most of my summer has been spent collecting data for the BCIT team so that they can calculate the ecological footprint for the City of Powell River. Through calculating our economic footprint and creating a safe environment for discussion, we can both see where we are as a community and work to create a future that sustains both the economy and our ecosystem.

Through obtaining data on food, transportation, buildings and stationary energy use, consumables and waste, and water use, it is possible to determine what exactly is going into sustaining this population.

This analysis looks at more than just the amount of fossil fuels we're using or how much waste we're producing; it takes into account all of the materials we're using, how long structures are lasting, and what goes into bringing in all of the goods that we require.

This method of calculating an ecological footprint is not only advanced, but it has been carried out in only five other communities before Powell River. It calculates a snapshot of where a community is at, in terms of consumption and generation, and it determines how

many Earths it would require to sustain the world population if everyone lived like us. When this project was done on the City of Vancouver – a city that is known for being environmentally conscious and aims to be the greenest city in the world – it was determined that the residents were living a two-planet lifestyle. With two Earths' worth of resources being required to sustain a world of Vancouver residents, the worry about our own lifestyles began to set in.

As an isolated community, everything we consume has the additional impact of having to be shipped in. From the food we ship in, to the waste we ship out, we are creating a much larger impact than that caused by the apple core we forgot to compost or the plastic bag that we were too lazy to recycle.

Our data has not yet been analyzed, but it's safe to say that we have a long way to go in creating a lifestyle that does not take more than it gives.

Transforming your life is hard, but it doesn't require giving everything up. The little changes do make a huge difference, and we should celebrate all of the baby steps that we take into trimming our life back down to a one planet system.

After I graduate I hope to get some more hands on experience in my field. There are some amazing scientists whose research is helping to create a better future for us all, and I'd love to be a part of that. **PR**

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# Local addictions centre set to expand

## Solace from trauma on the front lines

BY ISABELLE SOUTHCOTT  
isabelle@prliving.ca

Melanie Jordan Alsager is scared, but she's doing it anyhow.

The CEO of the Sunshine Coast Health Centre is about to pour over \$1 million into a completely new kind of treatment facility south of town: a post-traumatic stress disorder treatment program for male and female firefighters, police, paramedics, Canadian Forces, and other emergency workers.

The Centre (SCHC), a private drug and alcohol treatment centre for men, opened in 2005. With approximately 280 clients annually, it also offers post traumatic stress disorder therapy in conjunction with its drug and alcohol rehab programs, so delivery of post-traumatic stress disorder (PTSD) programs is familiar territory to the staff there however the centre has never offered the program as a stand alone offering before and it wasn't even on Melanie's radar until an old high school friend begged her to look into it.

### Why expand?

Two recent events lit Melanie's entrepreneurial lightbulb.

Last fall, friend Russ Werner asked Melanie for help in setting up a post-traumatic stress disorder support group.

Russ, a career firefighter with Vancouver Fire Rescue Service for over 23 years, lives in Powell River. He was diagnosed with PTSD in March 2017, after a co-worker committed suicide.

Russ explained that he needed PTSD support as part of his own treatment – something the SCHC offers as part of its addictions program, but not separately.

The situation, Melanie learned, is desperate for emergency personnel suf-

**"People here are so kind, they say hello to everyone, they connect, and they see you. People feel safe here. This town is therapeutic."**

– Melanie Alsager

fering PTSD. She knew that SCHC had the ability, expertise and staff to provide these programs. "We have a functioning inpatient PTSD program," she explained. "We decided, as a team, to start treating people who do not have addictions as outpatients last fall and we did it for free."

By October, they had two men from Powell River at SCHC receiving treatment for PTSD only. One of them was Russ.



**"Everyone has a beautiful backcountry, but there's actually a therapeutic value to Powell River."**

– Melanie Jordan Alsager

**A HEALING VIEW:** Each year, nearly 300 people find addictions help at the Sunshine Coast Health Centre south of Powell River, enjoying healing views like this. Soon, a program for firefighters, police officers and others suffering from PTSD will open on-site.

"Sunshine Coast Health Centre saved me," said Russ. "I was desperate for good treatment and was not being looked after by WorkSafe BC, and Melanie stepped in and offered me the help I was in desperate need of. The road has been long and difficult for both me and my family, but it has been a journey worth travelling."

As a result of his journey through PTSD, Russ founded a support group in Powell River for first responders and military personnel, both active and retired.

"If I can positively affect the life of just one person, then this has all been worth it," he said.

Now Melanie is planning to embark on a full co-ed PTSD treatment program for emergency personnel.

"These people are ill," said Melanie. "Some are so sick they can't leave the house and they are trying to figure out how to get help."

Second, and coincidentally, the prov-

ince has announced changes to BC labour laws that will give first responders and certain other frontline workers more access to services and compensation for disorders like PTSD.

However, there is no dedicated treatment centre anywhere in Canada that treats emergency professionals with PTSD.

### The new centre

Beginning in mid November, SCHC will launch a new outpatient PTSD treatment program. This new PTSD/trauma therapy program will be operated out of three separate buildings located on the 10-acre SCHC treatment property. Accommodations will be available at an 11-unit apartment building nearby.

Because this is an outpatient program, those in treatment can rent a hotel room, apartment or billet with someone in the



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– Kevin Bunting,  
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**PROVEN COMMODITY:** Left, Melanie and Andy on the shore by the Sunshine Coast Health Centre. This property has been a treatment centre since 2004.

Today Andy is the maintenance/reno guy at the centre who does whatever needs doing.

With Andy's logging background – he owned and ran large logging camps – combined with Melanie's background as a health care administrator and later an MBA in executive management from Royal Roads University, they were a well-prepared team.

"I was a logger's wife," said Melanie downplaying her business acumen. "I learned so much at Royal Roads. I knew the business end of the health industry but there I learned how to blend the two."

Melanie is disturbed by the degree of child poverty in Powell River. In 2015 she founded Friends of Powell River, an organization dedicated to increasing awareness about child poverty in local schools and raising funds to buy food, clothing and other items they need. Before that, she was working quietly behind the scenes to help this community's most vulnerable.

### How it happened

In 2004, Mayor Dave Formosa approached Cathy Jordan about turning the bed and breakfast into a treatment centre.

So Cathy – who was still running group homes in town – did just that. But within a year she was overwhelmed by the amount of work involved.

She sold the property to Melanie and Andy. The rest is history.

"We had one full time staff and 14 casuals when I took over," said Melanie. Today, Sunshine Coast Health Centre has 50 full time and 20 part time staff and contract workers with an annual payroll of \$3.5 million.

With approximately 280 clients annually, Sunshine Coast Health Centre is a significant contributor to the local economy. "Families come to visit clients and stay," said Melanie.

### What drives her?

"I want to be useful to people," said the not yet quite 50-year-old businesswoman. "It wasn't my intention to be quite so focused on the town but as I started aging I'm determined that I'll live in a town where kids aren't hungry and get what they need. I feel helpless when I watch the news so I will focus on my neighbourhood and help local kids in this town, and help my staff build assets. There's a torch being passed to the next generation and those of us who have been kids here are it. It's our time to step forward and I'm really grateful for the opportunity."

Even though she doesn't look the least bit nervous, this dynamic businesswoman is. She looks at her latest challenge and takes a deep breath: "This is what we're doing," she says. "And it scares me to death." **PRL**

community. This will keep costs down and make it more accessible.

"They can stay with their spouses and family," said Melanie. "It will give them some normalcy to their lives."

The apartment building Melanie purchased is pet-friendly. "Animals make a huge difference for those undergoing treatment," she said explained. SCHC can only manage service animals.

### Powell River is healing

"Of the 300 PTSD clients we have treated over the years they tell us that Powell River itself is a huge part of our program. People here are so kind, they say hello to everyone, they connect, and they see you. People feel safe here. This town is therapeutic."

Melanie says Powell River's isolation gives it the ability to provide many services that other towns of a similar size don't have, such as a good airport serviced by an excellent airline; a hospital and doctors with hospital privileges; a large number of qualified healthcare workers and high quality practitioners; and the fact that we are a model community.

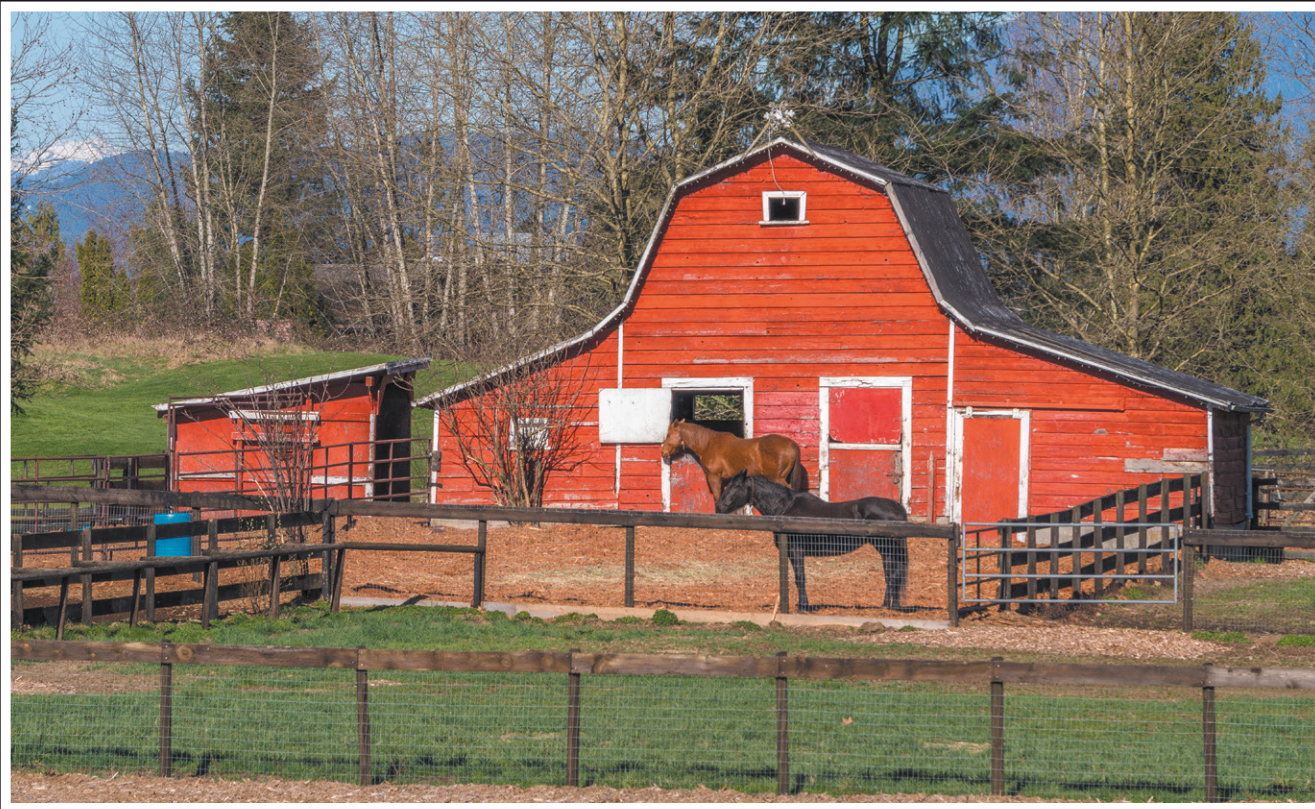
"I want to build programs and take advantage of all the things that make this town unique. This new program is great for these people and great for this town. This town helps our guys and the guys help this town."

### About Melanie

In 1980, Melanie's mother Cathy Jordan bought the Seaview Guest Home, a 36-bed psychiatric hospital for people with mental disabilities and changed its name to the Banyan Centre. Seaview was under contract to the provincial government.

In 1994, the contract was terminated and clients were moved to Riverview Hospital in Vancouver, so Cathy turned it into a bed and breakfast.

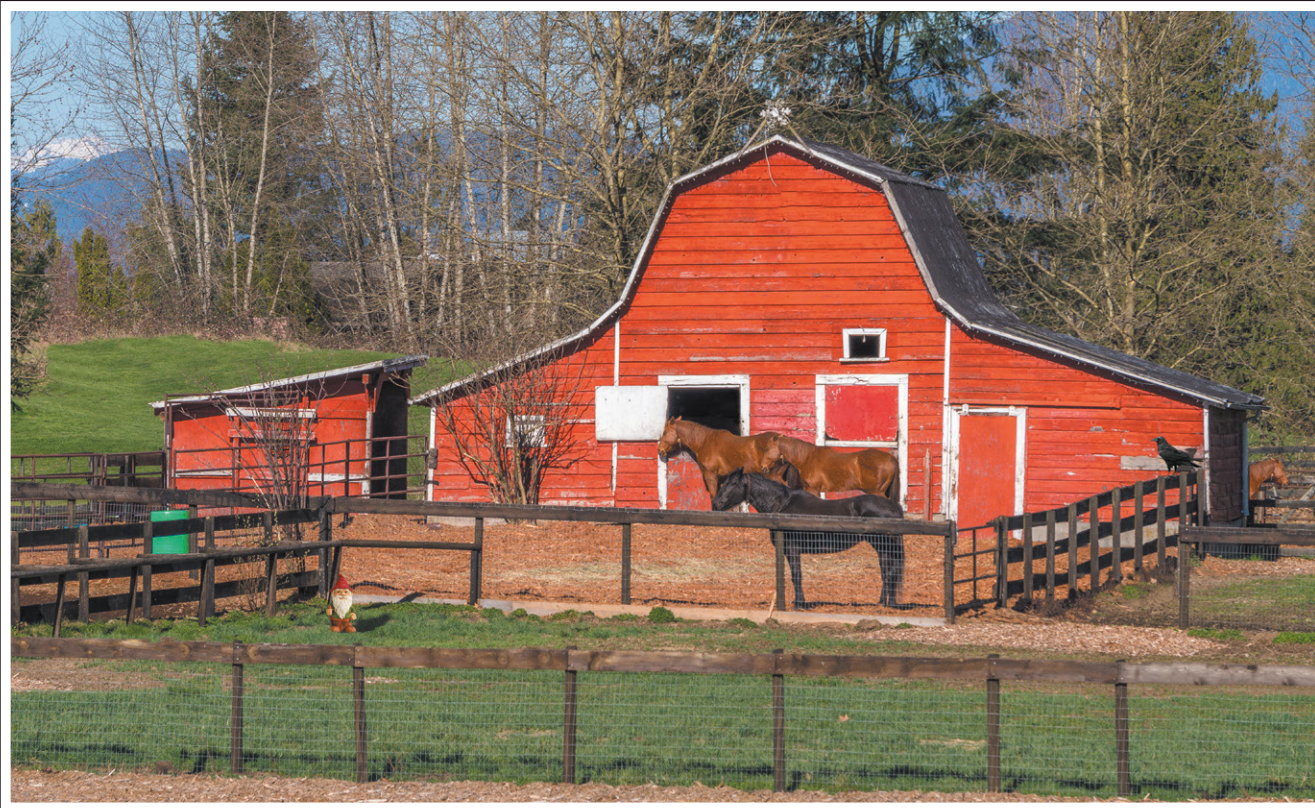
In 1998 a handsome logger by the name of Andy Al-sager came to stay at the bed and breakfast. He planned to stay for three months but after falling in love with Melanie and marrying her, he's still here.



# Find the differences

Can you find 10 differences between these two photos?

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- (Can't look through.)
1. Another horse in front of the barn.
  2. Loft window moved.
  3. Blue barrel turned green.
  4. Metal gate gone.
  5. Horse peeking out behind barn.
  6. Gnome appeared in front lawn.
  7. Two posts moved on front fence.
  8. More lawn on left (pushed back the blackberries).
  9. Raven on fence near barn.
  10. Window on back wall of barn closed.



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BY KIM MILLER | office@powellriverchamber.com

## BUSINESS CONNECTIONS

**Personal Touch Floor and Window Fashions** has moved to Crossroads Village in the space left vacant by the closure of Powell River Appliance and Mattress (formerly Sears). The bigger, brighter showroom gives Personal Touch more room to show off the wide variety of window coverings they carry and to display more samples from Colonial Countertops. Owners **Melanie Sullivan and Chris Brown** say Personal Touch will now be open Saturdays in the new location. For more info, call 604 485-5356 or visit [prpersonaltouch.com](http://prpersonaltouch.com).

**Mandi MacIntosh** has recently relocated herself and her business here from Nanaimo. Mandi does tattoo laser removal, cosmetic procedures such as acid peels, and is looking to expand her business to include laser hair removal. Contact Mandi at 778 984-9322.

**BC Ferries** had record-breaking traffic in its first financial quarter, but had lower net earnings than the same time last year. In a corporation press release, BC Ferries said the drop was because they reduced fares by 15% on most routes on April 1 (the beginning of the quarter) and added more sailings at popular times. The passenger traffic levels experienced during this period were the highest the company has experienced in over 20 years and the vehicle traffic levels were the highest ever recorded. "Traffic across the system has grown and we are working hard to deliver the travel experience our customers expect," said **Mark Collins**, BC Ferries'

President and CEO. Net earnings for the first quarter of fiscal 2019 were \$6.0 million, compared to net earnings of \$17.3 million for the same quarter of the previous year.

**Rexall Powell River** welcomes **Kim Hopper** to the pharmacy team. Kim has served Powell River's pharmacy needs for over 24 years and is excited about working with the new team. Speak with Kim and the team about Rexall's medication management services that can automatically refill prescriptions when they're due, or sync prescriptions so you can pick them all up in one visit, or medication reviews. Visit Kim and the Rexall team at 4794 Joyce Avenue, beside the medical clinic.

**Drew Blaney** is Tla'amin's new culture and heritage manager. He takes over the role from David Louie, who held the position for 15 years. Blaney says the department intends to run cultural program such as language classes, carving, drumming and singing, and traditional arts such as basket weaving. The department also handles bookings for Ohtaqen, Heshwshin and Klichos canoes.

**Sugar Buzz Cake Company's Tamara Endicott** started as a sculptor with clay, but soon turned that talent to fondant cakes for her kids' parties. After moving to Powell River, she created a full business that has taken off, providing custom cakes for weddings, birthdays, anniversaries, baby showers, gender reveals, retirements and more. Find out more on Facebook or at [sugarbuzzcakeco.com](http://sugarbuzzcakeco.com). [PRL](#)

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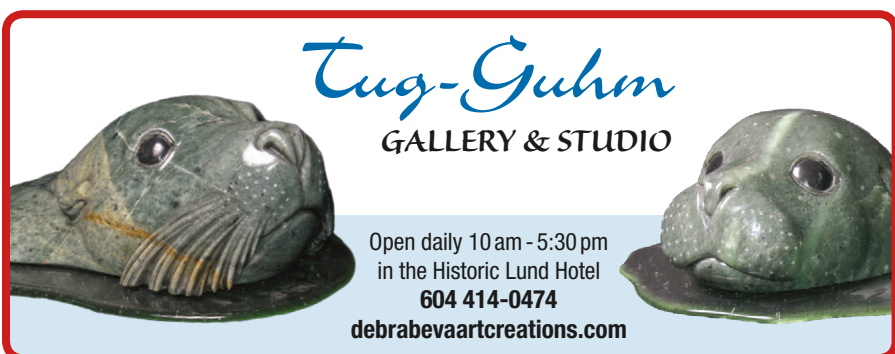
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**SEPTEMBER 7 TO 9  
WEEKEND**



Kings 30th anniversary kick-off  
Recovery Day  
Parkinsons Super Walk  
Harmony Vespers  
Texada Paint Out

**SEPTEMBER 14 TO 16  
WEEKEND**



Fall Fair  
Campfire Sessions: Love of the Journey  
Therapeutic Riding auction  
Bourne to be Ozz  
Terry Fox Run

**SEPTEMBER 21 TO 23  
WEEKEND**



Fall Equinox Celebrations  
Pro-D days - long weekend for kids  
Thanksgiving Food Drive  
PIGS: Pink Floyd tribute  
Walnut Trees Walk

**SEPTEMBER 28 TO 30  
WEEKEND**



Salmon Fest  
United Church Open House  
Adulting: roommates and tenants  
Tech Savvy graphic design  
Guilds of Ravinica

Much more is happening in September. Check out PRL's full coverage of festivals and events on Pages 31 to 41.

# Fall For *September*

## 5 ways autumn is a little extra this year

**1. Kings' 30th season**

The Kings regular season usually starts up in September; this year, it's also the 30th anniversary. Watch for special celebrations during the September 8 game.

**2. Fall Fair wants you.**

**Really. A lot.**  
Last month, PRL published a special Fall Fair booklet - a planning guide for how you can get involved. Kids to seniors. Hopefully you can still find yours! If not, go to [prfarmers.ca](http://prfarmers.ca)

**3. Celebrate the Equinox**

Don't just live it: love it. The days and nights are exactly the same length on September 22. Celebrate at the Labyrinth, or join Sandra Tonn for special equinox Qigong that weekend.

**4. Trinity of Tributes**

Ozzy Osborne, Pink Foyd, The Eagles. They're not playing Powell River, but the next best thing is: tribute bands! Starting with Ozz September 15, relive the power of the 70s times three.

**5. Go nuts for trees**

September 22 and 25, you can learn about Butternut Walnut trees on a special walk, then learn how to grow Mediterranean citrus trees in this climate. [PRL](http://PRL)

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## Fall Fair

**Get your entries ready!**  
Categories for produce, baking, art & more  
(Junior Classes & Adult Classes)

**The Fall Fair has been an exciting part of the  
community for 86 years. Don't miss it!**

Check out the Powell River Fall Fair Facebook page  
for bus schedule from town



**Sept 15 & 16  
noon - 5 pm**

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

# Plan your 2018

Music • Arts • Com



## Salmon Festival

September 29

Club Bon Accueil

1 to 4 pm Free Activities

5 pm Cocktails

6 pm Dinner catered by the Laughing Oyster  
and music with Laval's André Theriault (right)

See ad on Page 41.



**COME FOR THE BEER.  
STAY FOR THE POUTINE.**



# Festivals Season

Community • Sports • Food



## Fall Fair

September 15 & 16  
Open Air Market

Agricultural Fair • 4H • Farmers' Market  
Music • Crafts • Miniature Railway  
Zucchini Races • Much More!



## Zucchini cars make your own green machine

BILL HOPKINS

I spent a lot of my youth in an area just outside of Toronto. Pickering, Ontario, was rural 60 years ago. We had a hobby farm, chickens, and a fair-size garden, still remember trying to corral the old rototiller before I was tall enough to hold the handle.

Fall Fairs were a big part of the farm community back then as they are here now, when we moved to Powell River 17 years ago and spent time at the Farmers' Market, taking in all of the sights and sounds of the country, I saw they were going to do zucchini races. I am up for any challenge and will always volunteer my family to join in, usually before I ask them.

Years ago, the Junior Forest Wardens ran the races and they did an amazing job. My girls and I came up with all sorts

Don't forget to get your entry forms in for the Powell River Fall Fair before September 10 for livestock and non perishables and for perishables by September 13.

Entry forms received after Sept. 13 will be charged a 50 per cent late fee. Drop off your entries at the exhibit hall

of racers, tying zucchinis onto skate boards, piercing them with wheels and other sharp objects before piercing was in style. Barbies rode atop of these creations just to top them off. I remember tying one to several motorcycles only to have it crash half way down the ramp to the crowd's calls of joy. My daughter Sierra just said the other day she has fond youthful memories about being part of those races.

So I urge all of you parents to get the kids out to the garden or grocery store and pick out your favourite racing zucchini. Make it your best creation ever keeping in mind this is all for the fun of it and creating memories with your kids that will last a lifetime. The races will be at the fair on Sunday, September 16. Our ramps will be beside the storage buildings on the main driveway. Race time is 2pm Get there early so we can put your

or livestock barn between noon and 6pm Friday, Sept. 14. Judging to take place Friday evening.

Prize lists and entry forms were inserted into all August *Powell River Living* magazines. They can also be found at [prfarmers.ca](http://prfarmers.ca) or at [prliving.ca](http://prliving.ca)



amazing creations on display. We will have two categories: Big Kids and Little Kids. You decide where you want to be. Zany Zucchini Races are back!

For more information contact [bc-billy@shaw.ca](mailto:bc-billy@shaw.ca) or text 604-223-2225.

## Powell River region

September 8

*Texada Paint Out 2018*

September 9

*Salmon festival*

September 15 & 16

*Powell River Fall Fair*

## Pender Harbour

October 6

*Pender Harbour Fall Faire*

October 13-15

*Sunshine Coast  
Mushroom Festival*

October 19-21

*Halfmoon Bay Apple Festival*

## Lower Coast

September 8-10

*Sunshine Coast Fibre Camp  
Langdale*

September 16

*Wood Expo 2017  
Sechelt Seaside Centre*

October 6

*Gibsons Fall Faire*

October 12-22

*Sechelt Arts Festival*

## Comox Valley

September 23

*Comox Valley Farm Cycle Tour*

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## Kings 30th Year kick-off

The Powell River Kings are excited to kick off their **30th anniversary season against the Victoria Grizzlies September 8 at the Hap Parker Arena.**

Come early for a pre-game tail gate party with food and live entertainment, player introductions, ceremonial puck drop and the raising of our Island Division Championship banner from last season.

The Kings are excited to enter a new era here in Powell River with a fast paced, mobile and aggressive team that expects to contend for a Championship again this season.

The team welcomes back returning

players such as Jack Long, Ben Berard and Mitch Adamyk, and is excited about this year's class of recruits.

Kings hockey is the best value sports entertainment in Powell River.

Skip the line and buy your tickets online by visiting [tickets.powellriverkings.com](http://tickets.powellriverkings.com). Adult tickets are \$15, youth (13-18) are \$10 and children (5-12) are \$5. Back again this year is the incredibly popular family pack for \$30.

Included in the pack are two adult tickets, as well as tickets for all the children living in the house.

Cheer "Go Kings Go!" as Powell River chases its first ever Fred Page Cup. [PRL](#)

## Bourne to be Ozz

After a successful performance at Nanaimo's Port Theatre, **Bourne to be Ozz returns to rock the Evergreen again this September 15.**

Comprised of talented Powell River musicians Jeff Koopman, John Tait, Tony Shigeoka, Darron Cound, and Walter Martella, Bourne to be Ozz delivers solid renditions of Ozzy and Black Sabbath studio recordings for an authentic Ozzy experience. From the air raid sirens of

War Pigs to Mr. Crowley's hard driving guitar riffs, the band's attention to detail is apparent throughout.

Their dynamic stage performance is guaranteed to please Ozzy and Sabbath fans alike.

Check out [www.facebook.com/BournetobeOzz](http://www.facebook.com/BournetobeOzz) for videos and details.

Don't miss out on this great show!

Tickets available at River City Coffee, Rockit Music, and the Complex. [PRL](#)



## Texada Paint Out

The first Saturday in September is designated the International Plein Air Painters (IPAP) International Paint Out day. All over the world painters gather on location to paint outdoors.

The Texada Paint Out, will be celebrating its **fifth anniversary this year on Saturday, September 8** at Van Anda Cove, a small park located at 2305 Smelter Avenue, next to the government dock in Van Anda.

The artists gather from 10 am to about 2 pm, rain or shine, to choose a view and set to work.

The number of artists that register for the Paint Out on Texada has been increasing each year with eight residents

and five off island registrants last year.

The public is invited and there is something special about bringing together the art maker and the art appreciator in real time.

Many people come by to visit with the artists and lots of fun and lively conversations happen.

In the evening the artists get together and display their work at the Royal Canadian Legion Branch 232 in Van Anda.

The public is again invited to come speak with the artists and view their works from 7 to 8:30 pm.

Contact Kathleen Scott at [mud\\_otter@hotmail.com](mailto:mud_otter@hotmail.com) or (250) 720-3857 for more information. [PRL](#)



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# Community Invitations

## September 5

**Community Registration Fair**  
5 to 7 pm, Oceanview Ed Centre, hosted by Family Friendly PR. Come out and see what clubs and activities you can join.

## September 5, 12, 19 & 26

**SMART Recovery meetings**  
6:30 pm at the CRC. See Page 28.

## September 6

**Volunteer trail work with Tla'amin First Nation**  
10 til 2 pm. Help with trail work / maintenance in a section on / or near the Sunshine Coast Trail.

## September 8

**Recovery Day**  
11 to 3, Willingdon Beach. This Mental Health and Addiction Awareness event is celebrated all over Canada during the month of September and Powell River is no exception. There will be live performances, free hot-dogs and burgers, as well as information booths

## September 9

**Powell River Parkinsons SuperWalk**  
Timberlane Track Registration: 9 am, Walk Start: 10 am. Contact: Jo 604-485-4148

## September 10

**Spaghetti dinners start back**  
4:30 to 6 pm, Powell River United Church, every Monday night. Free will offering. Everyone welcome, volunteers needed. For more info call Ian McKenzie at 604 414-3379 or mckenzieian@hotmail.com

## September 15

**Campfire Session: For the Love of the Journey**  
2 pm, Library. Different experts share their stories and experiences of their own journey both near and far: from rowing in the Tribal Canoe Journey down the coast to Washington State to walking the Camino de Santiago in Northern Spain.

## September 15 & 16

**Fall Fair**  
12 to 5 pm each day, Open Air Market. Food, crafts, animals and much more at this classic country fair. Plus, Zucchini races! See Page 33 for more.

**Therapeutic Riding Silent Auction**  
in our arena during the Fall Fair on September 15th and 16th. The Silent Auction has been a great fund-raiser for us

## September 17

**PREP Life Cycling housing info**  
5:30-7:30 pm at the Library. Neighbourhood info session led by BC Housing, which will be leasing the property east of the intersection at Joyce and Harvie Avenue from the Regional Hospital District Board to build 40 self-contained studio homes with supports for people at risk of, and experiencing homelessness.

## September 22

**Fall equinox outdoor celebration**  
5 pm at the labyrinth. Followed by a potluck. All are welcome.

**Fall equinox Qigong**  
10-11 am at Lindsay Park. With Sandra Tonn. \$10 drop in. See qisandra.ca for other dates and locations.

**Thanksgiving Food Drive**  
Place a bag of non-perishable food on your doorstep or end of driveway by 9:30 am. Volunteers will pick it up and bring it to the Powell River Food Bank. Call 604-483-1171 for more or see bctfooddrive.org.

## September 25

**gathet Regional District Recreation contributions info session**  
7 pm, Rec Complex. See ad on Page 20.

## September 29

**Club Bon Accueil salmon festival**  
Music by André Theriault. Fun for families and a catered dinner in the evening. See ad on Page 41.

**Guilds of Ravnica pre-release**  
At the CRC. Hosted by High Tide Games.

**Powell River United Church open house and BBQ and potluck**  
5:30 pm, 6932 Crofton St.

## September 30

**End of the year work party at the Farmers Market**  
3 pm. Also, last day of the Open Air farmer's market for 2018

## October 2

**Chamber of Commerce All Candidates Meeting**

## October 6

**Bazaar: Health Care Auxiliary**  
11 am til 2 pm, Rec Complex

**West Meets Africa Harvest Feast**  
Fundraising to reunite the Mgeni family. See Page 46 for more.

Plan your

# September



## Mushroom Month

**D**iane Lackey made a curious discovery in her Myrtle Creek yard in August: this nest of fungi growing in the grass.


What is it? She didn't know, so she took a photo and dropped in to see us.

We sent the photo to Ioni Wais, who teaches classes about mushrooms at VIU. He said, "Looks like a big cluster of individual small brown mushrooms... whiteish stipes (stems) and gills... lots of different things it could be. I'm not confident in identifying them even to genus

level. Definitely don't eat it."

We also sent it to Johnny McDowell, who teaches mushroom hunting at the Recreation Complex. He said, "I looked at my books and it is a cluster mushroom but without seeing the stem and how it is attached it is hard to know for sure. I would be very careful, and I wouldn't eat it"

The bottom line: Don't eat it.

Diane didn't. It turned to mush soon after this photo was snapped. Happy hunting! 

## Big September Dates

### September 3

**Labour Day**

### September 4

**Back to school**

**Start of nomination period**

For City Council, qRD and School Board

### September 10

**SD47 Strong Start programs start up again**

See Page 46 for more

### September 14

**Last day for Candidates**

to declare for City Council, qRD and School Board (election is on October 20)

### September 21

**SD47 Pro-D Day, Assumption School pro-D Day**

### September 22

**First day of fall (Autumnal Equinox)**

### September 24

**SD47 Pro-D Day**



Rob Villani



Stacey Fletcher



Katya Buck

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



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# Learn Something New

## September 7

### 6-week Chronic Pain Self-Management Program starts

10 - 12:30, hospital. Free. See [www.painbc.ca/PowellRiver](http://www.painbc.ca/PowellRiver) for more info.

## September 10

### Zentangle Method class starts

5:15 to 6:15 pm, The Arts Centre. \$35 for four Monday nights. Drawing for relaxation and focus. See [www.painbc.ca/PowellRiver](http://www.painbc.ca/PowellRiver) for more info.

## September 11

### Relaxation and gentle movement for chronic pain class starts

10:45 to 11:45 am, Nourish Studio. Sliding scale: \$5 to \$15 per class. See [www.painbc.ca/PowellRiver](http://www.painbc.ca/PowellRiver) for more info.

## September 15

### Reach your Healthy Weight

11 am at Timber Massage & Wellness, 6935 Harvie Ave. Three strategies you can implement today, plus info about the Weight Loss Grant. Free, limited space. RSVP: 604-223-1272 or [PowellRiverHealthCoach@gmail.com](mailto:PowellRiverHealthCoach@gmail.com). By Health Coach Emmanuelle Burelli

## September 19

### The "F" Word.

6 to 8 pm at the Powell River Public Library in the First Credit Union Community Room. Join Powell River Women in

Business as we explore the topic of Fraud with Lee MacKenzie, bestselling author of *The Charming Predator*, and Staff Sgt. Rod Wiebe of the Powell River RCMP. Free for members, \$5 for non-members. Childminding provided for children 3 & up. Must RSVP with details to [info@prwomeminbusiness.com](mailto:info@prwomeminbusiness.com) by September 17.

## September 20 & 24

### Auditions for Theatre Now Pantomime "Treasure Island"

7 pm. Please see [theatrenowpowellriver.ca](http://theatrenowpowellriver.ca) for registration forms and all the details. Treasure Island will be performed in late January 2019. Everyone is welcome to audition for our plays. No matter what your level of theatre experience, we welcome you to come and give it a try. See ad on Page 57.

## September 21

### Tech Savvy - Digital Memoir Resources

1:30 pm, Gillies Bay Seniors Centre. Discover various digital tools that enable you to capture, preserve, share, and publish your own stories. To register call 604-485-4796 Ext. 206.

## September 22

### Butternut Walnut Trees and Eagle Nest walk

Meet at the Catalyst lookout of Marine Ave in Townsite. 10 am. The walk will last about 30 minutes. See story on Page 40.

## September 25

### How to grow citrus and Mediterranean fruit trees in Powell River

7 pm, Cranberry Seniors Centre. Powell River Garden Club will hold its monthly meeting with guest speakers Bob and Verna Duncan. The Duncans are pioneers in growing citrus fruit trees and Mediterranean fruit trees as in-ground plantings under our climatic conditions and can provide expert advice based on first-hand experience in growing techniques for you to succeed with these fruits.

## September 26

### Chronic Pain group movement series begins

4:30 to 5:45 pm, Nourish Studio. \$75 / 5 weeks. Includes a pre-post physio assessment Sept. 19 and Oct. 31. See [www.painbc.ca/PowellRiver](http://www.painbc.ca/PowellRiver) for more info.

## September 28

### Tech Savvy Graphic Design

7 pm at the Library. Learn about the free graphic design website Canva and discover how to make professional looking designs for everything from book covers & business cards to banners with ease. To Register call 604-485-4796 Ext. 206.

## September 29

### Roommates and Tenants: What life outside your parent's house is really like

2 to 4 pm, Library. For teens 16+ and young adults - but everyone welcome. The first in a series on "adulting." Panel

discussion meets comedy where four Powell River residents, who've had some pretty hilarious roommate experiences, will gather together to share their stories and give advice to those who might be embarking on this journey. There will also be a presentation by Andrew Sakamoto of the Tenant Resource and Advocacy Centre, who will inform us about what our rights are as tenants. The October adulting session will be on bullet journaling, and in November it will be on personal branding.

## How to Eat Mindfully

11 am at At Timber Massage & Wellness, 6935 Harvie Ave. Bingeing, Stress Eating, Chronically Dieting and Counting Calories? Learn how eating mindfully can help you heal your relationship with food. Free, limited space. RSVP: 604-223-1272 or [PowellRiverHealthCoach@gmail.com](mailto:PowellRiverHealthCoach@gmail.com) By Health Coach Emmanuelle Burelli

## October 3

### Intro to the Self-Employment Program

See ad on Page 38.

### How to talk so Teens will Listen

PRCYFSS program. See Page 44 for more.

## October 3 to December 12

### An introduction to Italian language and culture with Simona Taronna

Wednesdays 7-8:30 pm at the Library. To register call 604-485-4796 Ext. 206.

### 1. Register at [www.shakeoutbc.ca](http://www.shakeoutbc.ca)

Join millions worldwide who will do the drill at the same time!

### 2. Get prepared

Think about how an earthquake might impact your home, school or workplace.

### 3. On October 18 at 10:18 am, drop, cover and hold on

Look around and imagine what would happen in a major earthquake. What would fall? What would be damaged? What steps can be taken to make your environment safer?

# Prepare for the big one

The qathet Regional Emergency Preparedness Service invites you to participate in the Great BC Shake Out on **October 18, 10:18 am.**

## What to do during an earthquake:



qathet  
REGIONAL DISTRICT

[www.qathet.ca](http://www.qathet.ca) • 604-485-2260



In support of Food Banks British Columbia

## We need your help!

Local food banks in our province help feed more than 100,000 people each month. These food banks do not receive government funding and rely solely on the public for donations. Your support will help fill people with hope during this Thanksgiving season.

## How do I donate?

Easy! Just put unopened, non-perishable NOT EXPIRED food items in a bag, and place them on your doorstep or at the bottom of a long driveway before 9:30 am on Sept. 22. If it's raining, please cover them in plastic. Or you can drop them off at 6952 Courtenay Street by 1 pm. Items of need include: canned meat/fish, canned fruit/vegetables, peanut butter, baby formula, baby food, rice, whole wheat pasta, and sauce. We will NOT ring your doorbell on collection day, and we do not solicit financial donations.

## Our volunteers will pick up donations on Saturday, September 22

Please place your bag on your doorstep or at the start of your driveway ready for pickup by 9:30 am.

If your donation is not picked up by 1 pm, please take your donation to the food bank or a food bank bin at a grocery store. Or if you are not able to deliver yourself, please call 604-483-1171.

Sponsored in your neighborhood by:

Powell River Building Centre



In Powell River, the Thanksgiving Food Drive supports:  
Powell River Food Bank • Salvation Army • Seventh Day Adventist Church

For more information, please visit [bcfooddrive.org](http://bcfooddrive.org)

# Film, Arts & Live Music



## Win tickets to Lennie Gallant!

Calling all Maritimers and those who appreciate great music! Lennie Gallant, award-winning Canadian singer songwriter from Prince Edward Island, whose music crosses into the folk, Celtic, rock and country genres will perform at the Max Cameron Theatre on Monday, October 29.

With numerous awards to his name

including the Canadian Folk Music award for Artist of the Year and an Order of Canada, he is one of this country's favourite musicians.

*Win two VIP passes to the October 29 concert by emailing your answers to contest@prliving.ca. Your name will be entered into a draw.*

1. In the song Peter's Dream, what Sea did Lennie dream that he was sailing on?
2. Where was Lennie born?
3. Which Lennie Gallant album went up to the International Space Station with Canadian astronaut Julie Payette?

### September 5

#### Powell River Chorus kick-off

7:30 pm, Academy of Music. All ages and abilities welcome. See Page 50.

### September 5 & 6

#### Won't You Be My Neighbour?

7 pm nightly & 1:30 pm Thursday Matinee at The Patricia

### September 7

#### Cult of the Riff Tour 2018

9 pm, McKinneys. \$10

### September 7 - 11

#### Crazy Rich Asians

7 pm nightly at The Patricia

### September 8

#### Texada Paint Out

10 am to 2 pm, Erickson Beach and Van Anda dock. See Page 34.

#### Harmony Vespers

4 pm, Powell River United Church. By donation. See ad on Page 47.

### September 10

#### Zentangle Method class starts

5:15 to 6:15, TAC. \$35 for four Monday nights. Drawing for relaxation and focus. See [www.painbc.ca/PowellRiver](http://www.painbc.ca/PowellRiver).

### September 12 & 13

#### Leave No Trace

7 pm nightly & 1:30 pm Thursday Matinee at The Patricia

### September 14

#### Arts Council grant apps due

### September 15

#### BOURNE TO BE OZZ

Evergreen Theatre. Tix at River City, Rock-It and the door. See story on Page 34.

#### Campfire Session: For the Love of the Journey

2 pm, Library. .

### September 20 & 24

#### Auditions for Theatre Now Pantomime "Treasure Island"

7 pm. Please see [theatrenowpowellriver.ca](http://theatrenowpowellriver.ca) for registration forms and all the details. Treasure Island will be performed in late January 2019. Everyone is welcome to audition for our plays. See ad on Page 57.

### September 22

#### Coastal Ceilidh

Lund Hotel. Piping and drumming workshops, a traditional Scottish dinner and more: [www.lundbc.ca](http://www.lundbc.ca)

#### PIGS Pink Floyd tribute

Max Cameron, 7:30 pm. See Page 16.

### September 24

#### Diemm in concert

7:30 pm, Cranberry Hall. See ad on Page 19 and story on Page 38.

### September 27

#### Joel Fafard in concert

The first of this year's Home Route's series. \$20 . <http://starbuckna.com>

### September 29

#### Club Bon Accueil salmon festival

Music by Andre Theriault. Fun for families and a catered dinner in the evening. See ad on Page 41.

## Sports

### September 7 to 11

#### SCT ultrarunning event

Ultra running multi day event in teams of two, self-sufficient through a varied terrain on the Sunshine Coast Trail.

### September 8

#### Kings 30th season kicks off

with a game against the Victoria Grizzlies Hap Parker 7 pm. See ad page 45 and story on Page 34.

### September 10, 17, 24

#### Sober Sports: ball hockey

6 pm at the Christian School Outdoor Court. See ad on Page 12.

### September 10

#### Rec Complex pool reopens after annual maintenance

### September 14

#### Kings vs. Nanaimo

7 pm Hap Parker

### September 15

#### Kings vs. Nanaimo

5 pm Hap Parker

### September 16

#### Texada Terry Fox run

Departs from the Gillies Bay ball park

#### Powell River Terry Fox Run

Lower Complex. Registration starts at 8:30 am, run starts at 10 am. Choose the 3.5 or 10km route. Free pancake breakfast provided by Save on Foods to follow Run, walk, cycle or skate!

### September 21

#### Pro-D twoonie swim

2-4 pm, Complex. \$2 for school-aged kids.

### September 25

#### Meet the Kings Family Skate

5 to 7 pm, Complex.

#### Skating Club season starts.

### October 2

#### Curling leagues start up again

### October 3

#### Kings v. Cowichan Valley

7 pm Hap Parker

### October 5

#### Kings vs. Trail

7 pm Hap Parker

## Parkinson's SuperWalk

Do laps on the track. Pledge support at the event, or online at [parkinson.bc.ca](http://parkinson.bc.ca).

Prizes, refreshments and snacks. Contact: Jo 604-485-4148

### Sunday, September 9 at the Timberlane Track

Registration: 9:00 am, Walk Start: 10:00 am

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



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Powell River Health-Care Auxiliary

## Fall Bazaar

Saturday October 6, 11 am - 2 pm

Upper Level Recreation Complex

Bake table, tea room, fish pond, plants  
white elephant, hand crafts, jewellery,  
Christmas decorations, and more...

6-7030 Alberni St  
604-485-0110   
[prhealthcareaux.ca](http://prhealthcareaux.ca)

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

**Julia and Laurie**  
**Snack Attack Shack**  
In the Town Centre Mall  
across from People's Jewellers  
604 489-0560 



Anji Smith fotos

## An Introduction to the Self-Employment Program

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

Wednesday, October 3 from 9:30 am to 4 pm

The next session will be Wednesday, November 7 from 9:30 am to 4 pm



604 485-7901 • [prfutures.ca](http://prfutures.ca) • [info@prfutures.ca](mailto:info@prfutures.ca)



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

# CHANGE PAIN

Have you tried going to a  
Chronic Pain program yet?

### CHOOSE FROM:

- 6-Week Chronic Pain Self-Management Program
- Monthly Powell River Pain Self-Management Group
- 5-Week Chronic Pain Group Movement Series
- Relaxation and Gentle Movement for Chronic Pain
- Somatics Yoga
- Mind Matters
- Zentangle Method – Art for Chronic Pain
- And more!



**Powell River**  
**Division of Family Practice**

A GPSC initiative

Visit [www.painbc.ca/PowellRiver](http://www.painbc.ca/PowellRiver) to learn about the many resources available to support you on your pain journey.

## WHAT'S UP

### Harpist lives in a tree

In a tiny tree house in the Kootenays, an album was created, imbued with mysticism, surrender and trust. And harp! Lots of harp. Actualized by the pixie-like harpist / singer-songwriter Diemm, her debut album *Ten Thousand Miracles* consists of fourteen tracks that draw inspiration from her home.

"I live in the mountains. They're vast and wild. Serene and stormy. Remote and pristine," says Diemm. "The Muse that works through me has a heartbeat that feels like the pulse of the Earth herself, syncopating with my own heartbeat. When I need to resource myself and be inspired, I immerse in the patterns of the woods, the lake; the wise places of the natural landscape."

Produced by Diemm and Adham Shaikh (Outworld Orchestra), and featuring acoustic bass from critically acclaimed folk-roots musician Oliver Swain (Oliver Swain's Big Machine / Twin Bandit / Tower of Song) the album is an ethereal Chamber Folk voyage full of twists and turns. Crystalline vocals. Lyrics like arrows. Layers of harp, acoustic bass and tasty percussion.

This September finds Diemm hitting the road to celebrate the launch of the record, with Oliver Swain and his beautiful bass, and world percussionist Ben Johnson. They're visiting a dozen communities around BC.

"I've chosen sweet churches and halls with great acoustics, to present this music," she says, "I'm curious to see where else the songs will take me."

The rafters will ring in Powell River's Cranberry Hall, September 24th at 7 pm. Tickets available at Rockit Music and Eventbrite.ca for \$15 or \$18 at the door.

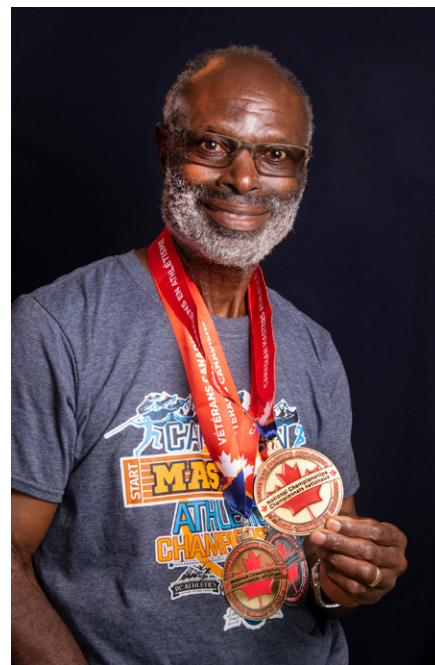
### Don't feed the bears

Fall fruit season is upon us and it is a bountiful year! Many trees are loaded with fruit ripe for the picking and it's time to preserve summer's harvest for the long winter months ahead. Time to make pies and preserves, or share the bounty and clean up the windfall. Fruit is a wildlife attractant that results in many calls to the Conservation Officer Service each year. With school back in session we want to keep students safe out on the streets. Picking fruit helps keep wildlife wild and communities safe!

Here are some resources to share the harvest so that bears do not get access to our food.

- Skookum Gleaners at [skookumfood.ca/gleaners/](http://skookumfood.ca/gleaners/) will pick your fruit or you can register to be a picker.

- Donate to one of our local soup kitchens, find their contact info at [powellriver.fetchbc.ca](http://powellriver.fetchbc.ca).



### Retired history teacher makes history

Powell River's Victor Njume broke a Canadian record and won two golds and a silver at the 2018 Canadian Masters Athletics Championships held in Surrey last month.

The retired history teacher made history when he threw a javelin 39.37 metres to capture the Canadian record for his age group. And Victor, who is 75, said that distance isn't even his personal best!

He also won gold in the 400 metres and silver in shotput.

When asked why he still competes, he says it's for fun and for all the interesting people he meets along the way.

"I try to exercise regularly, and this gives me a goal to aim at," he told *Powell River Living*. The medals are just a bonus.

This month, Victor will be joined by fellow competitor Doug Hudson at the BC Senior Games when they open on September 11.

Victor plans to enter the 200 and 400 metre, javelin, shot put and discus. However sometimes track and field events occur simultaneously, so it might not be possible to enter all of them.

"It depends if I have any energy left," he said smiling. "You never know with senior citizens. When I finished the 400 (at the Canadian Masters) I said to my son where's my chair?"

Senior track superstar Harry Thompson, who is now 96, got Victor going to the Senior Games in the first place.

"I did track when I was young and in high school," said Victor. "I also coached track and field here for years, but Harry encouraged me to go to the senior games."

The 55+ BC Games take place from September 11 to 15 in Kimberley and Cranbrook.



Katherine Bickford

## Roller Derby looking for a new home

Powell River, we need a little help. Unfortunately, things for Pow! Town Roller Derby came to a crashing halt for us at the beginning of our 2017-2018 season when we lost our skating space, lovingly known to us as the Thunderdome.

During our time in the Thunderdome, our numbers were robust and growing: 10+ littles (ages 5-10), 6+ juniors (11-18) and 20+ adults as skaters, refs and NSO's and a host of interested new skaters. Lack of reliable practice space has drastically hurt our numbers and team morale.

We desperately need access to space, even one evening or weekend morning per week. There seems to be a misconception that we will hurt the floors we use; however, we can tape our pads and use non-marking toe-stops.

While we are a roller derby league, we also host non-contact practices to accommodate all skate levels and interests--skating experience isn't even necessary to join!

If you know of a space or have any suggestions, please contact us at [powtownilr@gmail.com](mailto:powtownilr@gmail.com).

20 lb. loads can be brought to the Town Centre Recycling Depot (beside RONA) Mon-Sat 8am-5:30pm for the Compost Organics Recovery Exchange (C.O.R.E.) pilot program.

• Report human-wildlife conflicts to the Conservation Officer Service 24 hour RAPP line at 1-877-952-7277.

By Francine Ulmer (WildSafeBC Community Coordinator)

## How to be an adult

Have you ever spent time thinking about all the things you wish you'd known before you moved out of your parents' house? You know, all that stuff you thought was useless in high school, but may have actually turned out to be a valuable life skill?

I was lucky to live with my parents through my undergraduate degree, but when I decided to leave the nest I ended up landing in an over-priced, dingy basement apartment with two male-roommates.

My room, which straddled the line between closet and bedroom, I later found out was illegal, along with many other parts of the suite. Oh, and did I mention one of my roommates enjoyed watching American Psycho on full volume at 3am fueled by cocaine? This was my first roommate experience, one that I find funny now, but was pretty stressful at the time. #adulting presentations at the Powell River Public Library is hoping to give teens and young adults the skills they need to feel a little more at ease in the world outside the family home.

#adulting will kick off with what will be a night of hilarious stories and practical life skills. Roommate & Tenant Tales: What life outside your parents' house is really like, will start off with a panel discussion including Powell River locals Karen Skadsheim, Tai Uhlmann and JP Doucet, as they share their experiences

living with people who aren't your family. The event will wrap up with a presentation from Andrew Sakamoto of the Tenant Resource and Advocacy Centre who will educate the group about what their rights are as tenants.

#adulting presents Roommate and Tenant Tales: What life outside your parents' house is really like, takes place Saturday, September 29 from 2-4pm in the First Credit Union Community Room at the Library.

By Megan Cole



## Thanks for the flowers, Rotary

Thanks to members of the Rotary Club of Powell River, the garden at The ARC Community Centre/Jean Pike Centre for inclusion is blooming with beautiful flowers and a lovely lawn. Jenn Laylor, manager of The Arc, took time out to chat with Rotarian Joyce Carlson, instigator of this project, at a garden party last month. "It's not finished," said Joyce, noting that they still need underground sprinklers. Inclusion's board of directors is grateful to Rotary for creating the garden. [PRL](#)

• Post on the Shop N' Swap Facebook group to connect with families in our community.

WildSafeBC has received many reports of people dumping windfall fruit in town and in the back country on the sides of the roads. Feeding livestock and making compost is safer, easy, and the best local option. Windfall fruit is also a big wildlife attractant so

clean it up and dispose of it properly.

• Find a local farmer in the Waste Wise Guide at [letstalktrash.ca](http://letstalktrash.ca) to donate over ripe fruit for animal feed. Use social media to connect with hobby farmers in your area.

• Free compost drop off for loads greater than 20 lbs. at Sunshine Disposal at 4484 Franklin Ave. Wednesday and Saturday 10am-4pm. Smaller than



Oct 11 @ 7:30 pm

Eagles Tribute

### HOTEL CALIFORNIA

The Original Tribute to The Eagles Hotel California prides itself on creating the illusion that you are listening to the actual Eagles. They've performed around the world, and shared the stage with the Doobie Brothers, Lynyrd Skynyrd, Styx, and many more International Artists.

All tickets \$40



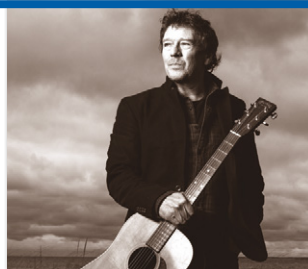
Oct 20 @ 7:30 pm

Chase Padgett

### SIX GUITARS

A pitch-perfect blend of music, comedy and characters. Chase portrays six different guitar playing characters each sharing their own style of music: Blues, Jazz, Rock, Classical, Folk & Country. "The acting is superb, the stories smart & funny, and the music is flat-out stunning."

Adults \$24  
Seniors/Students \$12



Oct 29 @ 7:30 pm

Lennie Gallant

### WAKING UP THE GHOSTS

Lennie Gallant is a native of PEI. He has multiple awards and nominations from the JUNOs to the East Coast Music Awards and was named Artist of the Year at the Canadian Folk Music Awards and named to Order of Canada.

Adults \$24  
Seniors & Students \$12

THE MAX CAMERON THEATRE



TAKE IT TO THE MAX

TICKETS AVAILABLE  
at The Peak  
4493F Marine Ave  
and from Sept 10 at the  
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Office 604.485.9633  
(7280 Kemanu)  
or Online at  
[MaxCameronTheatre.ca](http://MaxCameronTheatre.ca)  
the Door 30 min. prior

## Plan for a dazzling winter!

September 22

PIGS: Canada's Pink Floyd  
OUTSIDE / IN Canadian Tour 2018

October 6

Aida Live from the Met

October 11

Hotel California: The Original Eagles  
Tribute Band

October 20

Six Guitars — Chase Padgett

October 29:

Lennie Gallant

December 1

The Magic Flute: Live from the Met

See the full line-up through Spring 2019 at  
[maxcamerontheatre.ca](http://maxcamerontheatre.ca)

# Magnificent trees, our living heritage, worth preserving

BY PATRICIA BARNESLEY

I always knew there was something nutty about Powell River.

Yes... the nuts are the Butternut Walnuts. Here in the midst of the Townsite Old Golf Course are several healthy groves of the rare trees. The Butternut Walnut Tree (*Juglans Cinerea*) sometimes known as the White Walnut. Our common walnut is the Black Walnut. The Butternut Walnut tree is not a native tree found in the Western part of North America. They were once abundant, native trees on the East coast of North America. However in the last 40 years a tree fungus has all but wiped them out and they are now listed as "1" on the Canadian SARA classification of highly endangered species. There is even an Environment Canada Butternut Tree team whose task is to protect these trees. They are part of Ontario's Canadian Carolinian Forest, one of the country's most endangered ecosystems.

The nuts look like a regular walnut but have a sharp pointed end. They are more delicious than the black walnut. Butternuts have a buttery taste, hence the name. The Indigenous people of the East Coast crushed and boiled the fresh nuts for baby food or a drink (Moerman). The European settlers used the crushed nuts for breads, puddings, sauces, as well as mixed into dishes such as mashed potatoes adding a more nutritious element. The most famous usage is the soft yellow-brown dye that is extracted from the inner bark. The wood is used for furniture making.

**The Indigenous people of the East Coast crushed and boiled the fresh nuts for baby food or a drink (Moerman). The European settlers used the crushed nuts for breads, puddings, sauces...**

What a treasure trove of trees right here in Townsite. We also have magnificent Douglas-fir (included in the West Coast Canadian Carolinian Forest category), one of which hosts a magnificent eagle's nest. There are notable stands of Arbutus and very large Maple trees. Note that the Douglas-fir and the Arbutus are red-listed (endangered) by the Ecological Community of BC. Most By-laws in BC have these protected under the category of significant trees.

When the Powell River Pulp and Paper Mill came into existence (1909), it was the vision of the owners to base the township on the philosophy of a garden city. This concept was to design a community that a great good



**ARBOUR AMOUR:** Top, Patricia Barnesley's painting of a large Maple in the old golf course lands - part of the Garden City's rich living heritage. Below, Butternut Walnuts are a near-extinct East Coast tree - but they grow strong and healthy in Townsite.



## BUTTERNUT WALNUT TREE WALK

**What:** A chance to learn more about the Garden City's tree history and the trees' significance. And, the eagle's nest.

**When:** Saturday, September 22, 10 am

**Where:** Meet at the Hulks lookout on Marine Ave in Townsite. The walk will last about 30 minutes.

would arise with respect to the community and to industrial productivity. Urban planning such as this arose in the UK during the Industrial Revolution of Queen Victoria's era (1885), to address the problem of industry and the well-being of workers, which in turn created a more productive workforce. Part of this philosophical foundation was to maintain a buffer zone, a green belt, designed to surround the workers' dwellings. This included company gardens, planting of special trees and of course the Townsite Golf Course.

Powell River's Townsite is, in fact, one of the five communities in Canada that is officially recognized as an intact example of a garden city (Cité-jardin du Tricentenaire, Montreal, PQ; Gardenvale neighbourhood, Sainte-Anne-de-Bellevue, PQ; Town of Mount-Royal, Montreal, PQ; Kapuskasing, ON; and Powell River.) Let us then be stewards of this inheritance by protecting our landscape and these special trees.

In Australia, there is a school program to "Adopt a Tree." The children observe and record information about their adopted tree. Well, this fired a dream for me. Right here in Townsite we have the full gamut of school-aged children within walking distance of the old Golf Course lands. Imagine all the areas of education that could be incorporated into the school curriculum - hands-on mathematical measurements, estimating, poetry and literature, art, history, science, politics, technology and so on, all around the glorious parkland of the old Golf Course.

The Forestry Commission of England produced a fabulous augmented-reality app based on Julia Donaldson's children's book *The Gruffalo*, to encourage parents to take their children into the natural world of the woodlands. I would encourage readers to view it.

The government of the UK is backing a huge new Northern Forest with a £5.7 million grant. The Woodland Trust and the Community Forest Trust estimate a benefit of £2 billion for the economy. The plan is to plant 62,000 acres of woodland over the next 25 years.

Surely our splendid impressive trees in the old Townsite golf course are worthy of our protection - certainly an economic boost for our tourist industry. [PR](#)

<p><b>POWELL RIVER FARMERS' MARKET</b></p> <p><i>Open til the end of September</i></p> <p><b>SATURDAYS 10:30 - 12:30</b>    <b>SUNDAYS 12:30 - 2:30</b></p> <p><b>604.414.5076   4365 McLeod Rd.</b></p>	<p><b>PRODUCE</b></p> <p><b>EGGS</b></p> <p><b>MEAT</b></p> <p><b>BREAD &amp; PIE</b></p> <p><b>ARTISANS</b></p>	<p><b>Stock up for school:</b></p> <p><i>Lunch meats</i></p> <p><i>Family packs</i></p> <p><i>And always great steaks for the BBQ</i></p>	<p><b>CHOPPING BLOCK</b></p>  <p><b>Order Thanksgiving turkeys now!</b></p> <p><b>StoneCroft Farm &amp; JD Farms</b></p> <p><i>No hormones • No antibiotics</i></p> <p><i>Free range heritage turkeys</i></p> <p><b>4741 Marine Ave</b>                      <b>604 485-4838</b></p>
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Dave  
for Mayor!

# On October 16, vote to keep Powell River socially on track



## Why re-elect Dave Formosa?

While the economy of Powell River is vital to its well-being, and that has been a major focus for Dave, he takes a wider view of the community's needs. Being mayor is not just about economic development. These projects that are important to the **social well-being** of our community also require an experienced hand to guide them to completion:

**AFFORDABLE HOUSING:** Approval and construction on three large projects are coming soon. Numerous condo developments, town houses, and apartments, etc are moving forward. Seniors living complexes are being approved and developed. This provides not only more housing stock, but also creates tax revenue for the City that can help promote even more affordable housing.

**COMMUNITY RESOURCE CENTRE:** Dave was instrumental in securing additional financial resources through numerous trips to Victoria with the assistance of the MLA to keep the CRC operating when its financing was diminished over the past four years. Financing for the near future is stabilized but this needs to be maintained long-term.

**INTERNATIONAL FLAVOUR:** Working with the school district 47, Dave is working diligently with Dr. Jay Yule, helping create a campus-like model community. Dr. Yule and Dave have travelled together throughout the province and Asia creating and attracting partners and curriculum that we can promote and or develop here. All this has the benefit of widening opportunities for local residents and students, and creating opportunities for cultural interchange.

**Dave has a track record of getting these types of socially and culturally important things done:**

The new **library** and public **art gallery** has been completed under Dave's mayorship.

Many **new parks** have been created in Dave's past 9 years on Council. He is a major supporter of parks and recreation. It was under his guidance that Millennium Park was created and protected.

The **waterfront and harbour development** was completed under Dave's term, including the in-fill, creating new habitat for wildlife and a beautiful new waterfront experience for tourists and locals.

The relationship between **Tla'amin** and the City, both socially and economically, has never been better.

**ABOUT DAVE:** Dave Formosa is a born-and-raised Powell Riverite, who has lived here all his life, owning and managing a number of local companies that employ more than 100 people. First elected to City Council in 2008, Dave has served as Mayor since 2011. In 2013, he was awarded the Queen Elizabeth II Diamond Jubilee medal to honour his significant contributions and achievements. He and his wife, Laurie, also born and raised in Powell River, have four children and four grandchildren, all but one living in Powell River.

# Re-elect Dave Formosa for Mayor

Approved by Cindy Temple, Financial Agent for Dave Formosa | 6233 Powell Place, Powell River, BC V8A 4S6

## PACIFIC SALMON FOUNDATION

14th Annual Powell River

### GALA DINNER & AUCTION

Saturday, 20 October 2018

Dwight Hall, Powell River

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

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9th annual

## Salmon Festival

Saturday, September 29th

1-4 pm Free daytime activities

- Teepee set up / story time
- Treasure Hunt • Orca Bus
- Face Painting • Pumpkin Carving
- Games • Workshops • Silent Auction
- Canteen • Live Music
- Salmon Barbecue



## Banquet Dinner

6-11 pm (Cocktails 5-6 pm)

Banquet served by the **Laughing Oyster**  
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**Grad 2018.** Top: The Grand March.  
Above: Vice-Principals Jen Kennedy, Lisa Gunn and Principal Bill Rounis.

# The New Grad

Teens: You've been heard.

Your complaint that schools require you to learn mountains of stuff you'll never use again has been addressed. Over the next two years, graduation requirements are changing with your ideas in mind.

You'll still learn oodles. But you're largely in control of what you learn, and how you learn it.

These changes come from the Provincial Government, which is committed to driving the graduation rate up.

How to do it? Engage teens as they learn.

"Historically, the graduation rate has been up and down," explained Brooks Secondary Principal Bill Rounis. "The number one goal for a school is its graduation rate."

Here in Powell River, about one in five teens doesn't graduate within five years of starting Grade 8 - close to the Provincial average. While the graduation rate has been increasing over time, there's some urgency for universal achievement;

	Grad you remember 25+ years ago	Recent graduates	Grad requirements change! 2018 to 2020 implementation
<b>Provincial exams</b>	English, Math, Science and History exams required for graduation. More available.	None	A numeracy and literacy exam required for graduation - can be taken anytime between Grade 10 and 12
<b>Career education and life planning</b>	Consumer Economics and Guidance classes	Planning 10 to 12	Career Life Education & Capstone Project required
<b>Curriculum</b>	Social Studies, Science, Math, Gym, Art, etc.	Social Studies, Science, Math, Gym, Art, etc. Plus Trades, and more.	Redesigned to be more learner-centred. Many more classes available with blended learning
<b>Deliverables</b>	Assessments in Report Cards and on Provincial Exams	Assessments on Report Cards	Focus on Core Competencies and Growth, Capstone Project
<b>Indigenous worldviews</b>	Not required or considered	Introduced	Built into all redesigned curricula

the 21st century economy is knowledge-based, and there's little opportunity for those without an education - and the skills and curiosity to keep learning.

So the new graduation requirements put the onus on the student, starting in Grade 10. In short, to graduate, students must complete 20 classes from Grades 10 to 12. At least four classes must be at the Grade 12 level, including Language Arts 12.

From Grades 10 to 12, they must complete at least seven electives; and 13 classes including Career Education (two classes); Physical and Health Education (one class); Science (two classes); Math (two classes); Language Arts (three classes); and Art or Design (one class).

In Career Life Connections, students will design, assemble, and present a Capstone Project to an audience to demonstrate personal learning and achievement, growth in the core competencies, and a reflection of the post-graduation plan. In addition, students must complete a literacy and numeracy exam, which can be taken at anytime from Grade 10 to 12. When they're done their classes and exams, they can graduate. No waiting around.

"Four students graduated in their Grade 11 year last year," Bill said. "You want out early? You can

do that. You want to stay longer? You can do that too. Students' education can be personalized to their academic and career goals."

Another change is the sheer number of classes that fulfill the requirements. That's thanks to blended learning - a mix of classroom and online learning delivering much more to students.

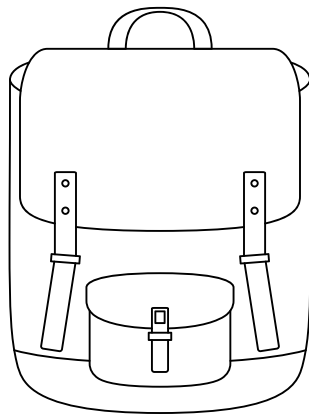
For example, Social Studies 11/12 is required for graduation. That used to be achieved through taking one of eight classes, including History, Law, Geography, and so on. The new graduation requirements blasts that open, and introduces 17 new classes that fulfill the Social Studies requirement, including Comparative World Religions, Economic Theory, and others designed to grab the enthusiasm of teens.

To Bill, the changes mean students won't get stuck in feelings of boredom or futility. They can pursue their own interests with an eye on their future, and be rewarded for it.

"Historically we've had a list of prescribed outcomes and resources. I'm excited about the movement towards student-centered personalized learning. This gives students a greater voice and choice in what they learn, and in turn raises their interest and motivation. I believe this will lead to more student success in school which is our number one goal."

In September, the region's 3,000 school-aged children and teens go back to class. And, every age gets a blank-slate to re-design their lives. Is this the year you learn to curl? Or go vegan? Forget New Years: fall is all about renewal.

# Back to School



## And activities

### In this section:

Talking to teens	Page 44
Education is For the Birds	Page 46
Newcomers value education	Page 48
Adults join in too: skating	Page 50

## All ages: don't miss out on these distinctly Powell River pursuits:

### 1. Singing & music

Choirs go back to the City's very beginning. Now, through the Academy of Music, the One Voices Choir, the PR Chorus, churches, schools and more, singing together brings people together: all ages, all backgrounds.

### 2. Swimming

To really take advantage of the region's lakes, rivers and ocean, you have to be a strong swimmer. A snorkeler. A scuba diver. Swim lessons are available year-round for all ages and abilities at the Recreation Complex. Scuba diving lessons can begin as young as 12 years at Salish Sea Dive.

### 3. Staying strong

In the rainy season (a solid nine months of the year) it's tempting to Netflix n chill instead of facing a deluge. Coast Fitness, Laszlo Tomasik, the Ice Cats, Powell River Tennis Centre, Total Body Training and the Recreation Complex will get you up and moving through the darkest days.

### 4. Kings Hockey

It's your home team's 30th season. Even if hockey isn't your bag, going a few times a year is genuinely good fun. Take a warm blanket, sit with some new folks, indulge in a lap full of Bite Club fare, and scream when it's that time. It'll put a smile on the most cynical wintery face.

### 5. Shop well

Is shopping an activity? Heck yes - especially if you're mindful to buy local, quality and ethical goods - all possible without leaving town. Stock up for back to school at Armitage, The Chopping Block, Save-on-Foods, the Farmer's Market, Iris Optical, Fits to a T and more.

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

### Help this happen - bring your children to StrongStart

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

## StrongStart 2018-2019 Programs

will commence Monday, September 10, 2018

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

StrongStart Outreach will again be offered on the ORCA Bus.

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



Your children's skulls.



They're beautiful things.

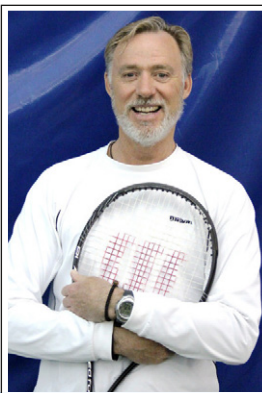


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4320 Joyce Avenue [prtennis.ca](http://prtennis.ca)

# Tips: how to talk to teens

BY SHELLEY CHANEY | PRCYFSS

If you're the parent of a teen you'll know how this is. Some days it seems as though all we do from morning to night is tell our kids what to do and what not to do; and then we do it all over again.

Every. Single. Day.

Yes, it's frustrating but here is a question for you: If it's frustrating for you, could it be frustrating for your teenager as well?

Have you noticed the tone of voice you use when asking your son to brush his teeth for the tenth time and do you ruminate on why you have to ask in the first place? After all, you taught him that when he was so little he needed to stand on a stool to spit in the sink!

Your frustration is clearly conveyed in your tone of voice, just like the tone your kids sometimes use with you is easily translated. If you already know that you would never speak to your co-workers in the tone of voice you use with your kids, you may have a clear route to finding a new way to help your kids listen to you.

Adele Faber and Elaine Mazlish are the authors of the bestselling book, *How To Talk so Your Teens Will Listen, and Listen so Your Teens Will Talk* (2006) in which an entire chapter is devoted to learning how to get your teens to cooperate.

You will read that instead of going on for five minutes about how many times you have asked your kids not to



leave their shoes all over the front entrance, simply use one word. "Lisa, shoes."

Seriously! Give it a try.

But if that doesn't work, try to describe what you see, "your shoes are blocking the door again." Or describe what you feel: "I feel resentful that I couldn't open the front door again when you promised you would remember to put your shoes away."

One of my personal favorites is called "do the unexpected." Here's how it might work: Mom is frustrated that everyone at the table is slurping loudly despite her best efforts to teach them better manners. Instead of lecturing or yelling she picks up a pot and a spoon, bangs on it and announces, "I challenge each person at

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**"Instead of going on... about how many times you have asked your kids not to leave their shoes all over the front entrance, simply use one word. 'Lisa, shoes.'"**

this table to consume an entire bowl of soup...without a single slurp!"

Humor can be an amazing tool when we are parenting teenagers but we often forget to use it.

Your kids are still those adoring little people you've known since birth; they are just in bigger bodies with different attitudes now. If you can learn new ways to communicate with these rapidly changing people, the adolescent stage can be a fun and exciting time for everyone.

At Powell River Child, Youth and Family Services Society we have an amazing library where you can borrow *How To Talk so Your Teens Will Listen* or other parenting books, or better yet you can call me at 604-485-3090 ext. 6312 and reserve your spot in the next parenting group based on this book.

It is starting on October 3 so reserve your spot before it fills up! **PR**

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Why is Canada so attractive to Powell River's newest family?

# Schools

BY LIZ BRACH

On May 8, 2018 an orphaned family of five siblings boarded a bus headed to Windhoek, Namibia.

That same day, they embarked on a series of flights comprising a 30-hour journey that would forever change the course of their lives.

**"It is a very good place for the younger children, where they can concentrate on their education."**

— Chris Mgeni

This was not the first major journey of the family's young lives. Torn from their homeland in the Democratic Republic of Congo, away from the bountiful farm where thick orchards of mango, papaya, and avocado trees grew around their home, away from their friends and family, and away from all that they held dear, they had arrived four years earlier in Osire, an enclosed UN refugee resettlement camp in the country of Namibia.

Tragically, their mother died soon after their arrival. Having already lost their father some time ago, the two then-barely adult children were left to take on the role of parents to their three younger siblings and the family made a new home for themselves in a tiny house on a parched desert landscape.

The five siblings worked hard to sustain themselves. They grew a large garden to feed themselves and, when they could, sold their produce in a nearby city. At the same time, they did their best to get an education.

The belief that a good education can



**CONGO TO CANADA:** In May, the Mgeni family arrived in Powell River, sponsored by Hands Across the Water. They hope to reunite here with their family, which is still in Namibia.

offer a brighter future has been a theme throughout the Mgeni's lives. It is one of the reasons they wanted to start a new life so far from their home.

In 2013 they applied to the UNHCR to leave Africa as refugees in the hope of finding a country where they could be safe and build a future. In 2017 they

received word that Canada had accepted their application. A little while later they heard that they would be sponsored in a faraway place called Powell River.

While the siblings were learning that they would be leaving Africa, a local refugee sponsorship group called Hands Across the Water Powell River received

Time for a change of scenery?

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## CHILDREN WELCOMING CHILDREN

Since 2016, 27 new-to-Canada kids have joined Powell River classrooms.

Young students are the best ambassadors, say Coco Kao and Kelli Henderson of Powell River Immigrant Services. The agency helps immigrants, refugees and Temporary Foreign Workers settle here.

Here's how local kids can help newcomers feel at home in their classrooms, according to Coco and Kelli:

- Help them feel welcome and included
- Be patient and helpful if the newcomer is learning English. Try using different words, short sentences, actions, or drawings if the newcomer doesn't understand.
- Keep in mind that it's hardest to understand when a lot of people are talking at the same time or someone is speaking quickly.
- Teach the newcomer common expressions that might not be in the dictionary, such as "What's up?", "Netflix and chill," etc.

news there was a family of five siblings who needed to be sponsored.

The MCC coordinator for refugees in BC thought a small town like Powell River with an experienced group of volunteers would be an ideal place for the family to begin their new lives. Soon emails were going back and forth between members of the group and the two adult siblings, Chris and Rhoda.

Despite tales of cold Canadian winters, the snow, and warnings that "one could freeze and die", they remained determined to make the move and start a new life. They believed Canada was a place where the younger children could be successful, access education, and find opportunities to advance.

In Africa, they knew that only students with the financial means could ever attain higher levels of education. In Canada, they had heard that there were no limitations to what they could achieve academically if they worked hard.

Today, four months after their journey from Africa to Powell River, the family is doing very well. The younger children are enrolled in school and have made friends. The older siblings have found work and are keen to further their education.

When asked about his impressions of Powell River, Chris said, "The people of Powell River have been so welcoming. They care for each other and come together to help one another. We love it

here because it is quiet, not noisy. It is a very good place for the younger children, where they can concentrate on their education. There are less distractions than bigger cities and there are many meaningful opportunities for the children. We like to spend time at the Complex and we are excited about all the sporting opportunities."

Liz Brach, chair of the Hands Across the Water committee agreed: "There are so many people who have reached out to welcome this amazing family. We have all been touched by the Mgeni's graciousness and warmth. They carry such hope in spite of the challenges they face; it is impossible not to be inspired by them."

One of the challenges the family faces is bringing their remaining family members to Canada to help support them in raising the younger children. Currently, they have five family members living in the Osire Refugee Camp. Just four months before leaving for Canada, they joyfully received news that their older brother and his young family had found their way to the camp at Osire.

It was a bittersweet meeting because the siblings would, in a short time, again be separated. Now that the family has settled in Powell River they hope to find a way to bring their remaining family members to live with them.

Hands Across the Water shares this hope. The group aims to raise \$50,000

## WEST MEETS AFRICA HARVEST FEAST

**What:** A fundraising dinner to help reunite the Mgeni family - some of whom are still in a refugee camp in Namibia.

**When:** October 6

**Details:** The evening will be catered by Chef Linda Shaben and will include cuisine from Africa

**Tickets:** :32 Lakes Coffee Shop, Base Camp, and Assumption Parish Office.

**Other ways to help:** At [canadahelps.org](http://canadahelps.org), search for the "Powell River Diversity Initiative" page, and from there go to "Current Campaigns" to find the "Reunite the Mgeni family" campaign. Donations can also be made to Hands Across the Water through Powell River Diversity Initiative at 4727 Marine Avenue with tax receipts available upon request.

**For more information:** See [www.handsacrossthewaterpowellriver.weebly.com](http://www.handsacrossthewaterpowellriver.weebly.com), or find Hands Across the Water on Facebook, or call Liz Brach at 604-483-3428.

within a year so that they can help reunite this special family. Fate, faith, and the generosity of members of our community has brought this family to us here in Powell River. With your help we can continue to support this special family by reuniting them with their family still waiting in Osire Refugee Camp. [PR](#)

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# Education: for the birds

BY LESLEY ARMSTRONG

Is education really for the birds?

Absolutely!

Education for young birds is a fast, competitive, and intense learning experience, with life and death consequences for failing grades.

Kindergarten to Grade 12 education for a small songbird can be condensed into ten days before it's time for their serious post-secondary education of survival in the skies.

Small songbirds are sitting “ducks” for raptors as they (1) “noisily chirp and call and stretch out of the nest” reaching for more food from the beaks of their hard working moms and dads.

Growing fast and increasingly elbowing for room in a shrinking nest, means nestlings become impatient to stretch their wings and fly - not dissimilar to hormonal teenagers. Like raising little humans, it can all be very trying at times.

Little birds, like children, experience weird and fantastic growth spurts. (2) “One minute they're all feet and

legs,” and then, (3) “like teenagers growing facial hair, the feathers start to grow in patchy spurts.”

It's not pretty, very geeky, and eminently (4) “youngsters resemble a creature only a mother could love.” Some of the larger birds born in the cavity of a tree such as a Pileated Woodpecker, have the luxury of staying at home, for up to a month for the simple reason that they can be relatively hidden from predators as they mature in the cavities of trees.

However for all birds, their feathers, instincts, communication skills, and senses need to experience rapid

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Kids holiday crafts  
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**OUT OF THE NEST, LITTLE BIRDS:** 1. A rescued baby robin is completely vulnerable. 2. Gawky like a puppy, this merlin needs to grow into itself! 3. Puberty sucks for this merlin - the bird equivalent of acne and patchy facial hair. 4. Still not attractive by adult raven standards, this teenage bird looks grouchy. Someone get him a PS4. 5. This merlin is a loner, and it's time to leave mom and the nest forever (unlike humans... who seem to keep coming back.)

*photos by Lesley Armstrong*

growth, so that when they do fledge and fly, they are ready to enrol in the post secondary school of "grown-up life".

One minute we're packing our children's lunches for school and the next minute those same children are off to the city to pursue post secondary education. Same goes for the birds. One minute the youngsters are fine tuning their foraging and flying skills, then it is off to Costa Rica, Mexico, and even Argentina for the winter - no more parental supervision.

Some birds, like some Grade 12 grads, head off with a flock of friends (5), "others fly solo."

Just like some bird species, some teenagers remain in Powell River where they raise a family. The challenges of navigating an increasingly changing and sometimes shrinking job market for young adults are not unlike the challenges young birds face navigating the Pacific migratory flyway and the increasingly shrinking wild environment. 

**"One minute we're packing our children's lunches for school and the next minute those same children are off to the city to pursue post-secondary education. Same goes for the birds."**

*- Lesley Armstrong*



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Over 19? There are so many awesome activities to join

# Dust off those skates

BY SHEILA PAQUETTE

This year the Powell River Skating Club had a new addition, and we came with a bit of dust.

A group of previous figure skaters came together in what can only be described as a series of fortunate events. You might have heard of us, or even come out to watch our year-end performance.

**“We have all been off the ice for some time, some of us for decades. It took courage to dust our skates off- but it was worth it.”**

– Sheila Paquette

If you want to check it out and see what we were up to all those hours at the rink go to the Powell River Skating Club’s Facebook page and watch our video!

Have you ever been part of a sports team? If so, what was your favorite things about it? For me it was the relationships, working together towards one common goal and travelling!

The passion for the sport I grew up practicing and competing in never left me. I’m sure everyone has felt that passion for a sport, it becomes a part of you.

It’s common to leave a sport as we become adults.



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And after leaving singles figure skating at 19, I was lucky enough to discover synchronized skating and spent the next several years travelling around Canada on various teams competing with 20 of my best friends and making memories to last a lifetime.

Synchronized figure skating is a team sport that has anywhere from eight to twenty skaters on the ice at a time during a performance. Skating programs are set to music, have a theme and complex geometric arrangements that must maintain symmetrical shape and the team to move as one unit.

This is no easy feat- and that is just what a dedicated group of women in Powell River found out this past season. Team members Ashely Pollinger, Meryl Thorsell, Kim Rowbotham, CaroleAnn Leishman, Susan Gaudet, Sheena Deveau, Sarah Salome, Kristl Deglan, Rachelle Ford, Julie Briscoe, Kelly Lawson, Shelly Carson, Lisa White and Terri Cramb all worked hard this year to get back into skating, learn the sport of synchro, and we even managed to finish a program by the end of the year. This year we skated to "Anything for Love" by Meatloaf.

For the majority of the skaters on the team, figure skating has been a part of their lives since they were very young. But this was their first crack at skating on a team.

"Skating was always a big part of my life growing up. I practically lived at the rink. Every week we get together for some great exercise and there's always a good laugh to be had with my teammates. I forgot how much I love skating, and it's so great to be back on the ice", said teammate Kelly Lawson.

What we discovered again is joy. And love of the sport. We have all been off the ice for some time, some of us for decades. It took courage to dust our skates off- but it was worth it.

## SKATERS WANTED!

We are looking for more skaters, all ages and abilities are welcome. Commitments include: practice weekly starting in September, and next season our goal is to compete in one to two competitions in the lower mainland. For some skaters the goal is competition, for others- just practice. There is a spot for every comfort level. Practices run 7:45 am - 9:45 am Saturday mornings.

We have a free "try it out" practice on Saturday September 22nd 7:45 am - 9:45 am. Come out and see what the fuss is all about. Hope to see you out on the ice! For more information please contact Coach Sheila Paquette at 604-413-0747.

"I love the fact that I can pick up a sport that I participated in 35 years ago and still find success. It not only challenges me physically but mentally as well, trying to remember the routines. I also enjoy the comraderie of the group and meeting new people" -Shelly Carson, our newest teammate describes.

The first time stepping onto the ice was a scary and exciting moment for us all! But, deep in your body and mind- you just remember. Your body takes over...you could say it's like riding a bike.

"I hadn't figure skated for over ten years when I heard about the Synchro team and decided to join- after starting my family it was the perfect hobby to get back into exercise. Dusting off my skates was a great decision, my passion for figure skating came back the moment I stepped on the ice," said teammate Sheena Deveau.

Each of our skaters have busy lives filled with businesses, careers, partners, kids, aging parents and more. It's great to take the time to focus on yourself, something many of us find hard to do these days. **RL**



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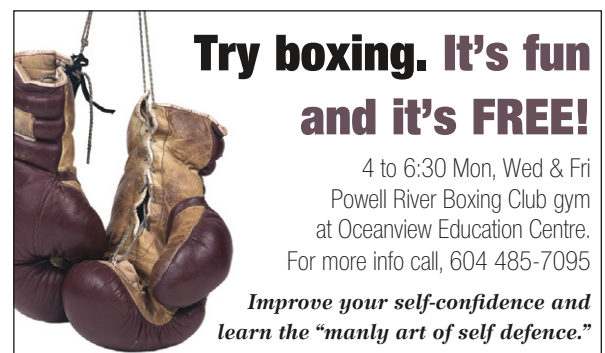
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# BEST of Powell River

Looking for a memorable meal? Trust the locals who voted in the Best of Powell River contest to direct you to the region's most satisfying dishes.

## Delicious PR

### 1. Lobster Ravioli at the Seaside

The Seaside Bistro was voted Powell River's Best Patio, so head down and enjoy the last days of summer and try their new menu. They've kept popular favourites like Beer-Battered Fish & Chips and added some delicious new items like Maple Pecan Salmon or Braised Clams & Frites or the Lobster Ravioli pictured here. Visit during Happy Hour from 4-6 pm and enjoy petite plates for \$5.95 and select drinks for only \$4.95. Delicious food, beautiful atmosphere... you belong here!

### 2. Sausages at the Boardwalk

Best of Powell River voters gave top marks to Lund's Boardwalk Restaurant for its Fish and Chips, and they are the best. But the Boardwalk also does other fantastic local dishes, such as Simon's locally made sausage (duck, lamb, and Italian) with wild BC Mushrooms, garlic scapes, herb roasted fingerling potatoes, crisp dusted arugula and local vegetables.

### 3. Salad at Fruits & Roots

Salad really can be a meal, when you order the Cobb Salad from Fruits and Roots in the Town Centre Mall. With crisp romaine lettuce, cucumber, grape tomatoes, green onions, hard boiled egg, chicken breast, goat cheese, cilantro avocado dressing and coconut bacon, this will fill you up, without the regret that comes from fast food.

### 4. Vital Vodka at Capone's

Vital Vodka is Roots and Wings Distillery's inaugural artisan, farm-to-table vodka, handcrafted in small batches from the distillery's own homegrown potatoes and corn. Vital Vodka is a clean spirit that boasts a subtle but enticing vanilla-cherry aroma and is velvety smooth to the palate with a refreshing finish. Find this made-in-BC vodka at Powell River's favourite liquor store.

### 5. Class of Townsite Brewing

Back to School! Meet Ms. Cardena's Class of '18 - Still available in the tasting room: Zunga, Tin Hat, Zwarte, Perfect Storm, Saison, Peralta, The Twins (Suncoast & Dry-Hopped Zunga in cans), and Cardena. Graduated: Quartz, YOGN 82, Lil Red, Charleston, Powtown, Sour Saison.

### 6. Breakfast at A&W

Powell River's favourite place for a meal under \$10 has been making headlines for its out-of-the-ordinary fast-food fare, such as the cod burger and so-popular-it-sold-out Beyond Meat Burger. But some of the best deals at A&W are on their classic breakfast menu.

### 7. Future Servers at Edie Rae's

Max and Robin Carriere, two of Edie Rae's young fans, will be ready to serve you in the café...in 2028...so they are practising a lot! In the meantime, go to the Old Courthouse and enjoy a delicious breakfast with the current staff at Edie Rae's Café. Your taste buds will thank you!





20 X 18

# BEST *of Powell River*

Choose to live here - or just live better here. Locals voted these shops and realtors among the best of the region. What's in store for your summer?



## Cozy for Fall

### 1. Glassware from Smoke on the Water

Water pipes, or bongos, have been a favourite choice of smokers for thousands of years. But they've never had such a great selection of glassware until now. Check out purple bongos and more at Smoke on the Water on Glacier Street.

### 2. Fits to a T Felted Wool Slippers

They're locally made with colourful blends, but our favourite thing about this slippers might be the witty tags that come with them: They read "This took freakin' forever, so you'd better pretend to love it!" While this gets a chuckle every time, in reality, we don't have to pretend to love these warm, super comfortable slippers.

### 3. Backpack and lunch kit from Armitage Men's Wear

Send your little man to school with a cool backpack that actually fits him. This matching set from Quick-silver is sized to fit those in their first few years in school.

### 4. Disc golf from Taws

Now you can take Powell River's fastest growing sport to your own backyard, or anywhere! This disc golf set from Taws is completely portable and comes with its own carrying bag.

### 5. Bradley Smoker from Canadian Tire

Whether it's ribs, fish, steaks, chicken or cheese, the Bradley smoker delivers that delicious smokehouse flavour you crave. It has separate burners for generating smoke and for oven heat so that you can have heat with smoke, heat without smoke, and smoke without heat. Use it for hot or cold smoking and to dehydrate fruits, vegetables and meats.

### 6. Toque from Pollen Sweaters

Pollen Sweaters are remarkably warm, with all that natural wool, but everyone knows that if you really want to stay warm, you have to put on a hat. So this fall, stay cozy by topping your Pollen Sweater with a Pollen toque.

### 7. Black Drop Designs from Paperworks Gift Gallery

Each of these pendants or earrings is a high-contrast photo taken by the jeweller, then specially treated and dipped in acrylic and hanging on sterling silver.

### 8. Salmon Carving at Tug Guhm Gallery

Owner/operator Debra Bevaart's carvings at the Tug Guhm Gallery, like this salmon, are reason enough to visit Lund. But Debra is also an excellent curator, representing more than 40 local artists in the Historic Lund Hotel studio.

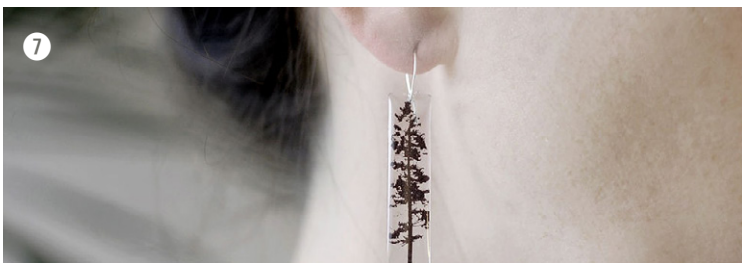
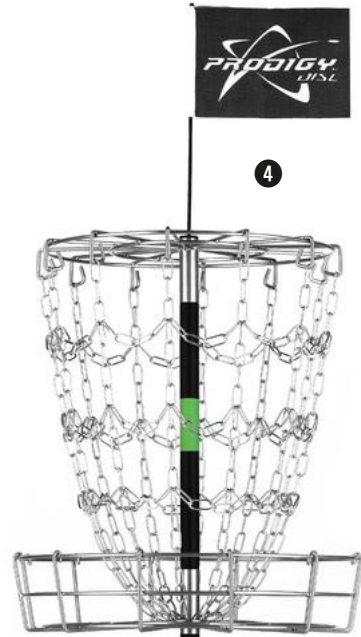
### 9. Apron from Mother Nature

Here in Powell River, any season is barbecue season. And when you can mix that with your favourite sports team, all the better. So Mother Nature carries a line of sports fan BBQ aprons that proclaim your love for the Seahawks, Patriots, Bruins or even the Leafs. And the apron has an insulated bottle or can holder so you don't even have to put down your beer to flip that steak.

### 10. Your own park right in town from Neil Frost

Ask Powell River's most popular realtor about this beautiful log home on large, park-like .84 acre lot nestled right in the heart of town at 7170 Boswell Street. Custom built with in-law suite down, lots of windows, cathedral ceiling, maple kitchen and tile floors and many other unique touches. Just \$539,900.





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**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)

**R**ecently a friend sent me a BBC article about the tarot making a resurgence. The article suggests that world events have left people feeling "lonely and angry" and that tarot helps them to cope during difficult times.

While I won't argue that many people I have read for have come during a time of personal uncertainty, I'd hardly chalk it up to world events, or even events that are life-shatteringly difficult.

At times though, when you want some clarity, but probably don't require professional help, the tarot can be a good self help tool. This month's card, the three of wands is a perfect example of how the tarot can help.

Pictured on the three of wands is a person standing on a cliff over looking the horizon. The mountains are visible in the distance and there are three ships out to sea. Of the three wands that make up the card, two are behind the individual and they are holding the third.

Although the character on the card is stationary there is a lot going on. In it we have the culmination of the ace of wands where we ignited our inspiration, the two of wands representing our planning and progression and now the third wand is



that inspiration in action. We are looking out to the future from high above and have a long term view of where we are and where we are going. All three wands are planted firmly in the ground and our character has solid footing. The two main colours, red and yellow represent consciousness, strength and confidence.

So how does this help during those times of uncertainty? The two wands in the foreground point out to us that our hard work has taken us this far and that we can trust that we have made good decisions. The third wand, and the vantage point of being high on the cliff above the sea reminds us to not be short sighted, and to take a step back to survey what lies ahead. The three of wands is a card of vision, foresight and inspiration. The colour yellow asks us to pay attention to the future and the red to be confident and come from a place of strength. The three of wands is a card of leadership, don't be afraid to take charge, step out and lead the way.

Want to learn how to read for family and friends? Check out VIU Elder College for workshop dates on how to read the tarot. [R.L.](http://www.viu.ca)

## Three of Wands

- CLARITY
- SURE-FOOTEDNESS
- STRENGTH
- CONFIDENCE
- ACTION

Be careful! Kids may not be paying attention. But then they're not driving a car...

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# Fall Fair



## Across

- 1) Canners containers
- 3) Animal not for work or eating
- 6) Item written in account
- 7) Compare, or pronounce sentence
- 9) Bouquet's makings
- 12) Is for horses
- 13) Race 'em or eat 'em
- 16) Concentrated apple juice
- 17) Helianthus
- 19) Jar, or bricklayer
- 20) Brand name hut
- 21) 4H
- 23) Hopper
- 25) Judged on bouquet, not flowers
- 26) Train's power
- 28) Building blocks
- 29) Ingathering moon
- 32) Round guitar, or aussie shovel
- 34) Kid's play area, or secure coding space
- 36) Motherhood and apple

## Down

- 2) Of my eye
- 3) Valley name
- 4) Peanut butter and
- 5) Giant squash
- 8) Track traveller
- 9) Equal treatment, good weather
- 10) Charlotte's pig
- 11) Cornucopia of plenty
- 14) Tough fruit to crack
- 15) Mary had one
- 16) Bakery creek or cheese
- 18) Display, grounds
- 20) Stitched blanket
- 22) Hoggett's hog
- 24) Stumble into autumn
- 27) The musical fruit
- 30) Prize, or for her hair
- 31) Animals in cages
- 33) Untrained jelly
- 35) Winner's colour

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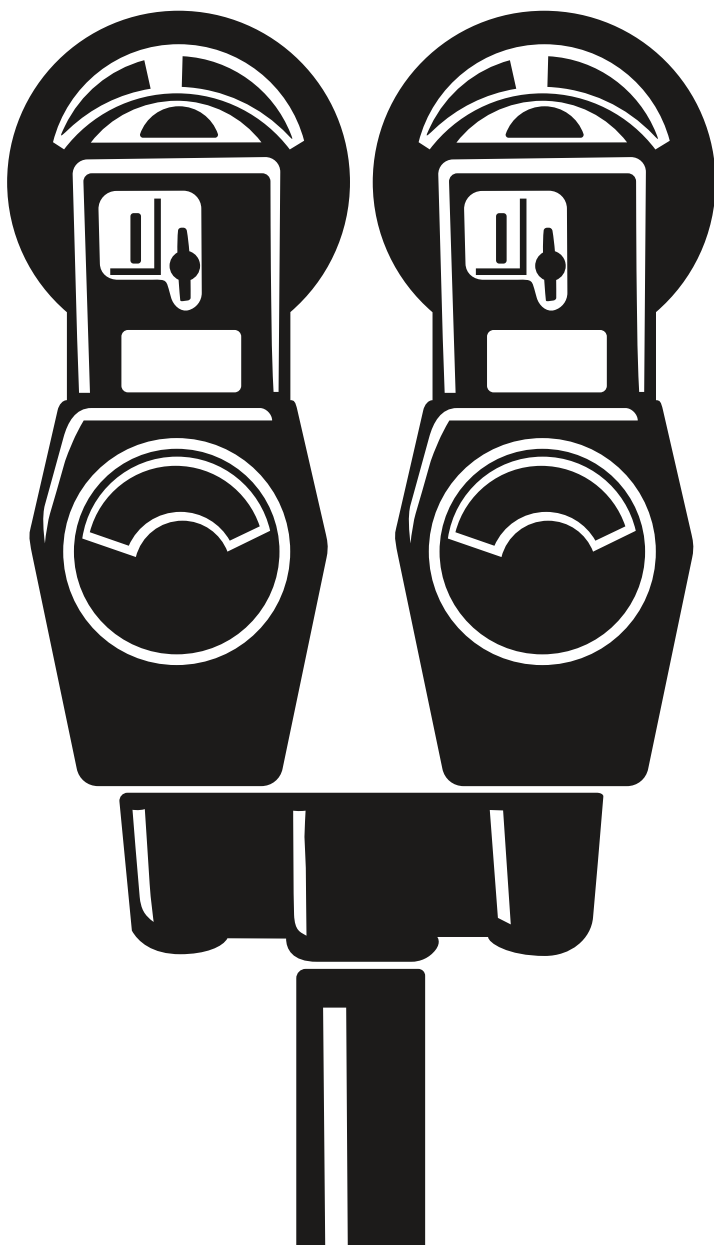
Solution  
for last  
month's  
puzzle:  
Bad ideas in  
Powell River

# Park in front of your own house!!!

Really? Says who?

## *Last Word*

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



I thought I lived in a friendly neighbourhood. That was until I found a note tucked beneath the windshield wipers of my car one Friday morning last month.

“Please Park In Front of Your Own House!!!”

No signature. No phone number.

I felt like I’d been sucker punched by a bully back in grade school.

The note took me back to a day several years ago when a wealthy woman chased me and my family off a beach on Savary Island. When I told her that anything below the high tide line was public beach she argued with me and said she owned the beach because of the taxes she paid. She made it so unpleasant that we packed up and left.

I have lived on Maple Avenue for eight years and didn’t think you had to park in front of your own house. I try to park across the street from my own house as there is only parking on one (the opposite) side of the street but sometimes all the spots are taken so I can’t. No big deal. I can handle walking an extra 40 steps.

After reading the three-exclamation mark unsigned note, I called the City to see if there were new regulations I wasn’t aware of.

Chris Jackson, City Clerk and Deputy Chief Administrative Officer, told me it is public parking along Maple Avenue.

“There is no dedicated parking for specific houses/people along the avenue.”

Parking is on a first come, first serve basis. In short, anyone can park on the street.

I posted a picture of the note on Facebook. Turns out I’m not the only one who has been told to move their car by an entitled neighbour. Fifty-eight folks commented in less than a day. Several had encountered similar situations.

One neighbour invited me to park in front of his house (even said his kids would vacuum my car while I had tea with him and his wife), another suggested the author of the note was dissatisfied with his own life while another posted ‘the word incivility: the general term for social behaviour lacking in civility or good manners.’ Another suggested a block party while another noted that

with the growth of Powell River comes big city attitudes.

I am not a fan of unsigned notes as they don’t allow for two-way communication. So, I knocked on the door of the house where I’d parked and a man answered. Yes, he’d written the note. He said he thought I lived on Willow and that I should park on my own street.

What? I’ve never lived on Willow and even if I did, it wouldn’t matter. Public parking is public parking. Period.

Anyone can park in front of any house on Maple Avenue. No one has the exclusive right to park their vehicles in any one spot. Ours was not a pleasant conversation but I said what I needed to say and he said what he needed to say and then I left.

The takeaway from the parking note incident is this: Powell River is growing and with growth comes growing pains. New people are moving to our beautiful community and long-time residents are moving to new neighbourhoods. The status quo will be challenged.

We need to be flexible and work together. Talk to each other if you have a problem. Things change. There may have been room for you to park three vehicles in front of your house a year ago but now that your kids and your neighbour’s kids have vehicles it might be challenging to always get the same parking spot.

Don’t get mad if you see someone else’s car in front of your house and stop whining about having to park four doors down. It isn’t the end of the world. If you lived in Vancouver you’d be grateful if you could park four doors down. Heck, you’d be happy if you could park six or eight doors down!

The Townsite was voted “Best neighbourhood” in Powell River once again this year, for very good reasons. Let’s work together so the Townsite continues to be the best!

Powell River is a beautiful community that’s growing and changing; we need to grow and change with it.

The City recognizes that the community is changing, which is why they are updating their traffic bylaw (which includes parking on City streets). The review is expected to continue into next year. See [www.powellriver.civicweb.net](http://www.powellriver.civicweb.net). **PR**

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**SO HANDSOME?**

**BE NEIL!**

**FUN AT  
PARTIES!**

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