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Elders' wisdom

Eco-fashion
Return of the Heron

ZEVs

Trash Bash

*International Day
of Climate Action*

*Intergovernmental Panel
on Climate Change*

Sustainability Charter

Gardens

Grief

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Return of the Humpback

Waste Steam-to-Energy Generator

Earth Month

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Thrift

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APRIL 2019
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* According to Metro Vancouver's 2016 waste composition study, on average we each discard 17 pounds of clothing per year - the equivalent weight of 44 t-shirts.

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



qathet
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WHAT IS WASTE?

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qathet
REGIONAL DISTRICT



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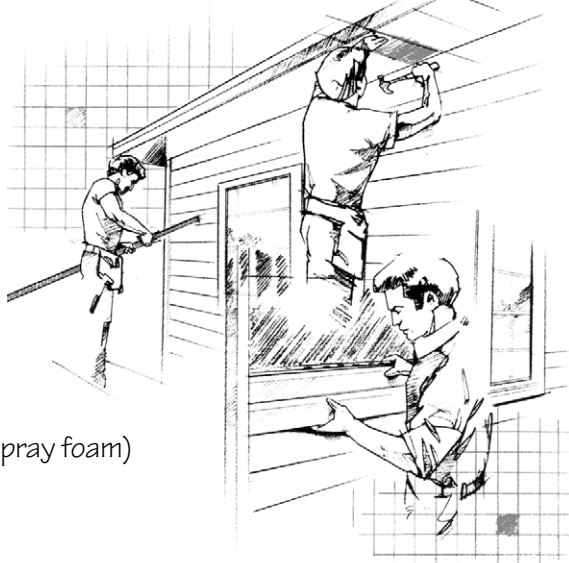


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White Fawn Lily

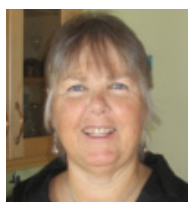
White fawn lily is native to western North America and grows in the Pacific Coast Ranges from southwestern British Columbia to northern California. The white fawn lily – *Erythronium gregnum* – was given its name by John Burroughs, who said he thought the two leaves looked like the pricked ears of a fawn.

I have photographed this lily here in Powell River and at Comox and Duncan. On Vancouver Island, you can see them growing in ditches. If you go to Courtenay, the Puntledge River Park is a wonderful place to visit and see abundant white fawn lilies brightening the forest floor. Here in Powell River, I have found a small patch of them and I visit it each year. They begin blooming in late March or early April. It's worth taking a look at the lily family in your book of wild plants or online.

~ Rod Innes 



CONTRIBUTORS



CYNTHIA BARNES is a member of Climate Action Powell River Society and a Director with the Electoral District Association for the North Island/Powell River Green party. She enjoys gardening, reading, Facebook, writing poems and a memoir, intelligent conversation, learning, humour and spending time with friends.

**RON BEREZAN & JACQUELINE HUD-
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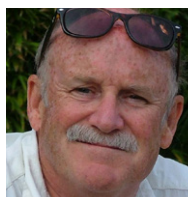


Writer **LESLEY ARMSTRONG** worked with Myrtle Creek Stewards "forever" **ESTHER DYCK** and **PAMELA BROWN** "BROWNIIE" to share with PRL readers the details of Powell River's first named wetland.

TANIS HELLIWELL, a Powell River resident, is the author of *Summer with the Leprechauns*, *Embraced by Love*, *Decoding Your Destiny* and *Manifest Your Soul's Purpose*. She will launch her new book *The High Beings of Hawaii: Encounters with mystical ancestors* on April 13 from 2 -3:30 at the Library.



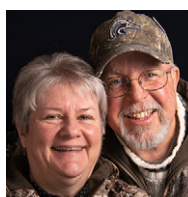
WILLIAM LYTLE-MCGHEE is a retired teacher with graduate work in special ed, outdoor and environmental education. He is also a certified Level 3 Canadian Ski Instructor. He remains highly alarmed at the lack of action on climate change by the population as a whole. His work on climate action is dedicated to all our children, grandchildren, and life in general.



W.L. BILL MCKINNON is a technical and commercial diver and underwater photographer. As far back as he can remember, he has been fascinated by the ocean. He worries for the ever-increasing pressures upon our oceans from seemingly all directions. Preserving our oceans, their beauty and the abundant biodiversity they contain has become a personal focal point.



KEN & KATHIE PRITCHARD are a husband-and-wife team who are avid photographers, particularly of birds. They also own the Seaside Escape Retreat Cottage for Two at Douglas Bay.



A Powell River native, **GUIL SCHOTTE** has been away since 1990, subsequently living in Victoria, Surrey, Burnaby and Calgary. After careers in such diverse fields as aquaculture, information technology and procurement with top Canadian corporations, Guil and his wife have relocated to Mexico, where he now works as a business consultant, writer, blogger and photographer.



JOELLE SAVIGNY has a degree in Archaeology, and is currently studying Heritage Resource Management. She is a Board Director with the Townsite Heritage Society. Since she loves anything related to history and culture, in her free time you can find her exploring qatet's cultural as well as our natural heritage!



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ON THE COVER

Frogs are at risk from habitat loss, disease, climate change, and pollution. But illustrating the complexity of environmental problems, this bullfrog is itself a problem. An invasive species, they compete with and feed on native species such as Pacific Chorus Frogs, Red-Legged Frogs and Western Toads.



Photo by Sean Percy



PUBLISHER'S MESSAGE

Fear for the planet's future, but keep hope alive

Electric versus gas? Should we have more children? Am I a bad person because I eat meat? New clothes versus second hand? Buy new or reupholster?

We're faced with questions like these every single day. How we respond depends on our values, income and often what's available. Despite our best intentions, we're still consuming way more than we should.

This issue of the magazine is our "green issue." Today, more than ever, people worry about the future of the planet. Overconsumption and fossil fuels are two ways we're killing it. A third way is with too many people.

Powell River Living's editor Pieta Woolley's story on Page 8 has her diving into one of her favourite topics – statistics. This time she's looking at qathet's birth rate and comparing it to Japan's, the country with the world's lowest birth rate. Fascinatingly enough, she's found that Powell River's birth rate is lower than Japan's. But although we're having fewer babies, we're using more than three times as many resources than the planet can sustain (see story on Page 9). We're doing some things

right, but we still have a lot of work to do in other areas.

When Coast Mountain Academy students clean up marine garbage on Harwood Island (see photo on Page 13), they're helping the planet and themselves at the same time. When children volunteer at a young age, they learn life skills and develop a voice that can last a lifetime. More green volunteers have been working on a new sanctuary, Myrtle Creek Wetlands, on Brookfield's power line property. The area is a haven for birds – to see the gorgeous photos taken by Ken and Kathie Pritchard, turn to Page 16.

What would Powell River be like without volunteers? There'd be no Kathaumixw, PRISMA, Festival of Performing Arts, Rotary, Kiwanis, or Health Care Auxiliary Economy Shop. There'd be no school crossing guards, no Search and Rescue, no United Way or the hundreds of other volunteer organizations.

We are a community fuelled by volunteers and at the heart of it are all the people who give selflessly of their time and talents.

April 7 to 13 is National Volunteer Week. It is a week for recognizing the many volunteers who live among us and thanking them for what they do. All of us at *Powell River Living* are grateful for our volunteers. Without volunteers, we wouldn't have all the insightful stories and beautiful photographs we have. Our volunteer contributors (who include photographer Rod Innes and proofer Roberta Pearson) let us bring you many diverse voices.

This issue is filled with hope. Hope for a better future, hope for a greener planet and hope for what's to come. If you're hurting and need some soothing words, I encourage you to read a selection of quotes chosen by local pastors and ministers on Page 19 and their comments about these quotes.

Listen to the sounds of lawnmowers and the birds, smell the spring flowers and I hope you feel as optimistic as I do about the future.

Isabelle Southcott
ISABELLE SOUTHCOTT | isabelle@prliving.ca

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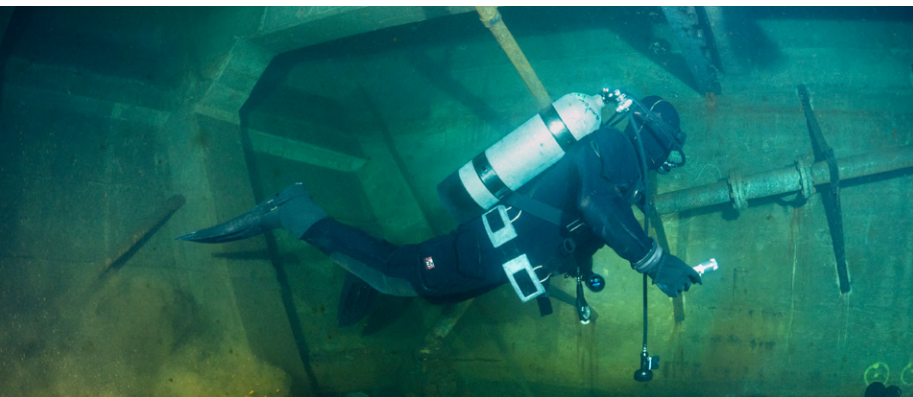
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PHOTOS BY W.L. MCKINNON, WORDS BY SEAN PERCY

Diving in the cold green waters of the Salish Sea is difficult enough. Making art down there is a whole other challenge.

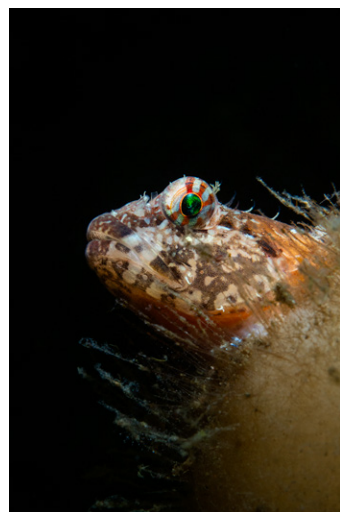
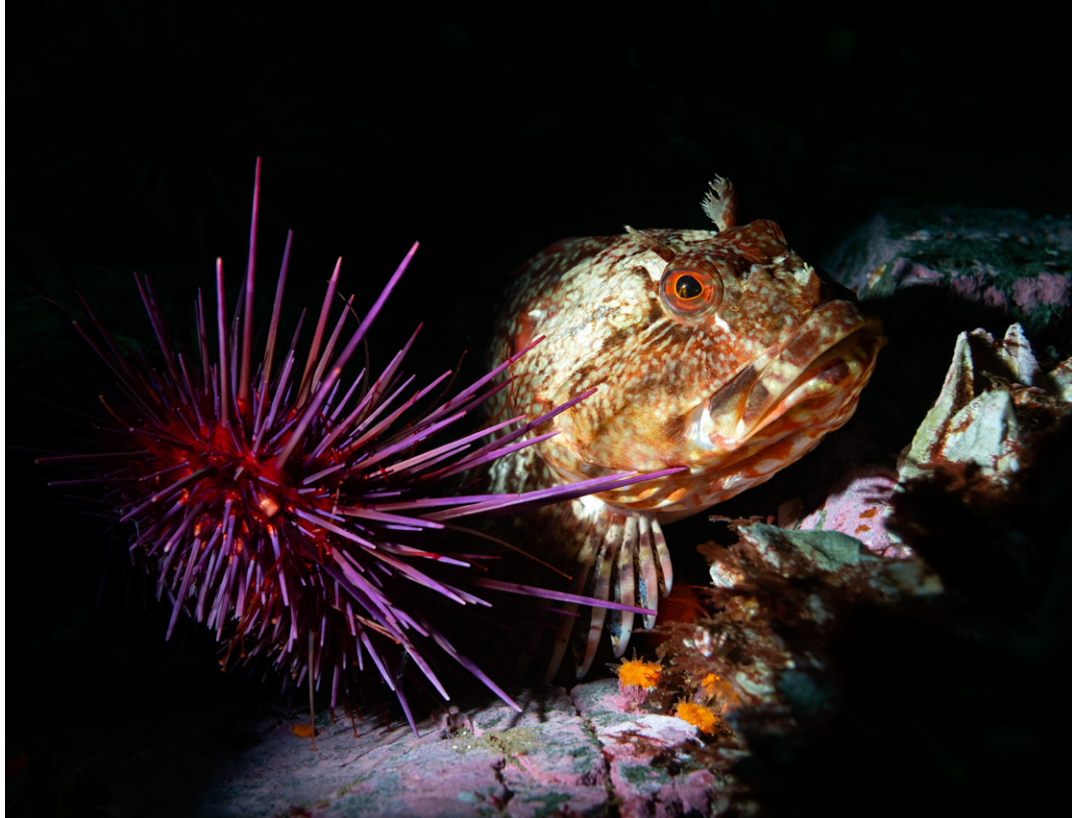
Watching W.L. “Bill” McKinnon create photographs is like watching a sculptor or painter - if that artist were 20 metres underwater, covered in rubber, wearing a 30-pound lead belt, a hood and a mask.

While the level of technical detail required to take photos underwater is substantial, there’s a marked difference between “taking a picture” and creating art. I take underwater photos. Bill makes art - his subjects just happen to be underwater creatures.

Because natural light is low to non-existent at depth, Bill carries two or three specialized strobes attached to his underwater camera. And it’s the use of those strobes that sets Bill’s work apart. He will sometimes spend the better part of an hour – no small feat underwater, when time and air are limited – setting the lights just right to get dramatic black backgrounds and fierce shadows, or to balance the background light with the strobe light as in the photos below. He has taken to using a rebreather in order to spend more time underwater. It adds to the complexity of the equipment, but adds precious minutes to his time underwater on each dive.

He loves playing with the lights, attaching snoots to focus the light, and adding arms to his cameras to put the light just where he wants it. “It’s all about the lighting,” he says. He jokes that he could have just as much fun lighting and photographing a rock. But here is where the line between artist and conservationist blurs. He doesn’t shoot rocks. He shoots creatures that most people never see, and even if they did, they might ignore. But by creating beautiful art from them, he makes viewers of his art realize that there’s a lot more to think about on Earth Day than what’s on land.

See more of Bill’s art on Facebook or at WLMcKinnon.ca



CRITTER CAPTURES: A Giant Pacific Octopus, right, is creatively lit in the depths off Texada Island. Top left, Grant Wood explores the *YOGN 82*. Top right, a shy Cabezon peeks out at Bill from behind a Purple Urchin. Close ups are a specialty. Above, Bill’s lens gets close to a Green Shore Crab, a Scalyhead Sculpin and a Spot Prawn, all near Saltery Bay. Clockwise below, a Red-Gilled Nudibranch off Cyril Rock, Striped Perch near Foley Head, the sun shining into the shallows, and a Dirona Nudibranch. *photos by W.L. McKinnon*



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Powell River's hyper-green

Baby Bust

BY PIETA WOOLLEY | pieta@prliving.ca

The most important way Powell River positively contributes to the health of the planet is our extraordinarily low birth rate.

Over the past decade, women in the qathet region have born between 98 and 136 children each year.

That means the region's crude birth rate is about 5.5 births per 1,000.

By global standards, we're basically infertile. Japan, with the world's *lowest national birth rate*, reproduces *more* than we do in qathet: eight births per 1,000.

Canada reproduces double what this region does: 11 births per 1,000.

Globally, the average rate is 18 births per 1,000 – more than triple our numbers.

For climate change, this matters significantly. Last year, the UK charity Population Matters hosted a conference called "More Feet: More Heat," urging environmentalists and policy-makers to take on population – alongside fossil fuels and overconsumption – as a top way individuals can reduce their footprint: bear fewer children. Many other global environmental agencies are also sounding the alarm about population.

If current trends continue, the global population will rise from 7.3 billion



POWELL RIVER BABY-MAKING: FAST FACTS


- Over the past five years, qathet residents bore 586 babies total
- Just 65 babies since 2013, or 12 percent, are Tla'amin, Homalco, Klahoose or other First Nation. About eight percent of the local population identifies as Aboriginal.
- Overall, baby-making has declined over the past decade, with especially few babies born since 2014. First Nations numbers are up very slightly.
- Kindergarten numbers are up significantly, however. In 2014, 133 children started K in SD47 schools. That number steadily increased each year (except for 2017), to 155 in 2018. This means some preschoolers are moving to Powell River, having not been born here (though the numbers don't support the rumour that a vast population of young families is moving to qathet.)
- One quarter of the world's population is under 15 years old. In qathet, just 13 percent is under 15 years old.
- At just 5.5 births per 1,000 population, Powell River's crude birth rate is laughably low. Niger, in West Africa, has the highest crude birth rate on earth: 48 babies per 1,000 population. That means that each year in Niger, about one in 10 women – from birth to old age – has a baby. In qathet each year, about one in 100 women has a baby.

today to 11.2 billion in 2100, according to the United Nations. Imagine if every one of those people lived a Powell River lifestyle circa 2019, at 3.5 earths needed to sustain them (see ecoCity Footprint report, right). It would not take long before the air, water and soil were so contaminated, no one could live.

True, qathet is an older-than-average community, which helps depress our birth rate. But the ecoCity Footprint's climate impact calculations do not take into account regional quirks; it's just a black and white impact statement.

Ergo, Powell River, as much as we eat too much cheese and beef, drive too much, and heat our homes with dirty fuels, is so far out ahead on reducing population, we should all give each other a big pat on the back.

Or maybe not.

You never know what a pat on the back can lead to... 

Scholarships



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

Applications may be sent at any time.

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



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Powell River's ecoCity Footprint report

We're consuming 3.5 earths

How can Powell Riverites avoid destroying the planet?

That's the question Climate Action Powell River asked in 2018, when members commissioned the *ecoCity Footprint* report.

Consultant Cora Hallisworth and her team used two established calculations to determine our climate impact: the Ecological Footprint Assessment and the Territorial GHG Emission Inventory and Consumption-based Inventory.

In short, she found that Powell Riverites are using more than three times as many resources as the planet can sustain.

Getting back down to a "one planet scenario" – and keeping global warming under the critical two-degrees increase – will require significant, immediate changes by all of us.

STOP CONSUMING MORE THAN YOUR SHARE!

HERE'S HOW:

- Reduce your beef and lamb intake by 75 percent. Replace with fish, chicken and legumes.
- Reduce your dairy intake by half.
- Throw away 30 percent less food
- Drive 25 percent less
- Buy an electric car or a hybrid; choose to bus, walk or bike whenever you can
- Replace your natural gas, propane or diesel heating fuels with a heat pump or another neutral technology
- Buy far less new stuff: clothing, electronics, plastic toys, disposable packaging

WE MUST ALSO:

- Convert all of our ferries and buses to electric
- Eliminate fossil fuel in buildings
- Reduce emissions in areas such as aviation, farming and construction.

GREEN BRIEFS

Want to fix climate change? Make it somebody's job.

That slogan caught Janet Southcott's eye at the "Green Jobs BC" conference she attended in 2016. Her report on what she learned there deserves revisiting. Here is a recap of her findings:

Overall, the conference (sponsored by a coalition of labour and environmental organizations) focused on five pillars:

Climate change reduction

Forest industry sustainability practices and value-added products

Building industry focus on retrofits, density and passive houses

Clean technology

Transit use

As Powell River moves to "localize" these pillars, employment potential grows.

Home, business and government building retrofits; sale, installation and invention of clean energy products; reclamation and reuse of old building and industrial sites; building net carbon zero structures; local forestry harvest, planting, processing and sales; transportation

innovation; on-land aquaculture; Resource Recovery Centre activities; market gardening, small scale agriculture; and automotive and other recycling are all on a lengthening list.

Want to fix climate change? Make it Powell River's job.

- Paula Sampson

Work together for impact

The biggest challenge to slowing down climate change is our ability to mobilize a coordinated response at a national and international level. David Wallace-Wells, author of *The Uninhabitable Earth: Life After Warming*, asserts "What's stopping us is political inertia, which means the solution is political action." As we face this challenge, each of us should ask ourselves: what role will I play in the story of climate change? Passive onlooker, leader, participant, supporter?

One of the most important actions you can take is to connect with a group working on political solutions to climate change, either ones that are pushing and confronting or partnering, and supporting governments and institutions. Here's a few organizations that need citizens like you to get involved:

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Women's Earth & Climate Action Network:
wecaninternational.org

Extinction Rebellion:
rebellion.earth

350.org:
350.org

Dogwood BC:
dogwoodbc.ca

- Andrea Hedley



ALL PLANTS EVERY DAY: Don Johnson, 80, has been eating a plant-based diet for more than 50 years. Today he still enjoys vibrant health, playing tennis and ping pong and running regularly. "I hope everyone will try out Meatless Mondays -- or any day," he says. "It's healthier for you, and it's healthier for the environment."

Meatless Mondays

When we think about reducing our impact on the earth, we may think of driving our cars less and riding our bicycles more, conserving water or recycling and composting, and those are all wonderful actions to take!

But there is something else that we do three or more times every single day that can really affect the eco footprint that

each of us leaves: we make food choices. Did you know that global livestock production creates more greenhouse gas than the entire transportation sector?

Did you know that livestock production uses 33 percent of the Earth's entire land surface?

Major organizations like the United Nations and the World Watch Institute are now saying that in order to avoid the worst effects of climate change the global population needs to seriously reduce its consumption of meat and other animal products.

Meatless Monday Powell River is a campaign dedicated to raising awareness about the significant link between the food we eat and the environment.

Climate change, consumption of critical resources such as water and land, soil degradation, deforestation, pollution and species extinction are all pieces of this puzzle.

We invite everyone to join in the effort to go meat-free on Mondays – we are providing recipes, resources and information to make it easy and fun! Restaurants and local businesses and organizations are getting on board.

When you register your pledge it will count toward the climate change reduction efforts of the whole city! Join our local campaign at meatlessmondaypr.com.

- Emma Levez Larocque

Offset for humanity

Offsetting is a way for us as individuals and a community to be carbon neutral now.

Why is that important? It is because after all the debate, discussion and confusion, we, the World, has to reduce Greenhouse Gas emissions 45% per cent by 2030 (IPCC).

We can't do that here in Powell River alone! It has to happen everywhere and in some places they simply don't have the financing.

So yes, this is a burden and responsibility for the developed countries which mostly caused the problem. That is the tough story.

The more appealing version is that offsetting also meets the Sustainable Development Goals (SDGs) that are meant to reduce the worst of global poverty and inequality.

There are hundreds of projects right this minute that are doing just that with carbon financing. They are all "additional" which means they wouldn't be happening without offsetting. They are third party validated and verified and meet the rigorous standards of the UNFCCC.

If you are skeptical, take the time to research the acronyms in this short essay on this vital climate action tool.

- Jack Anderson

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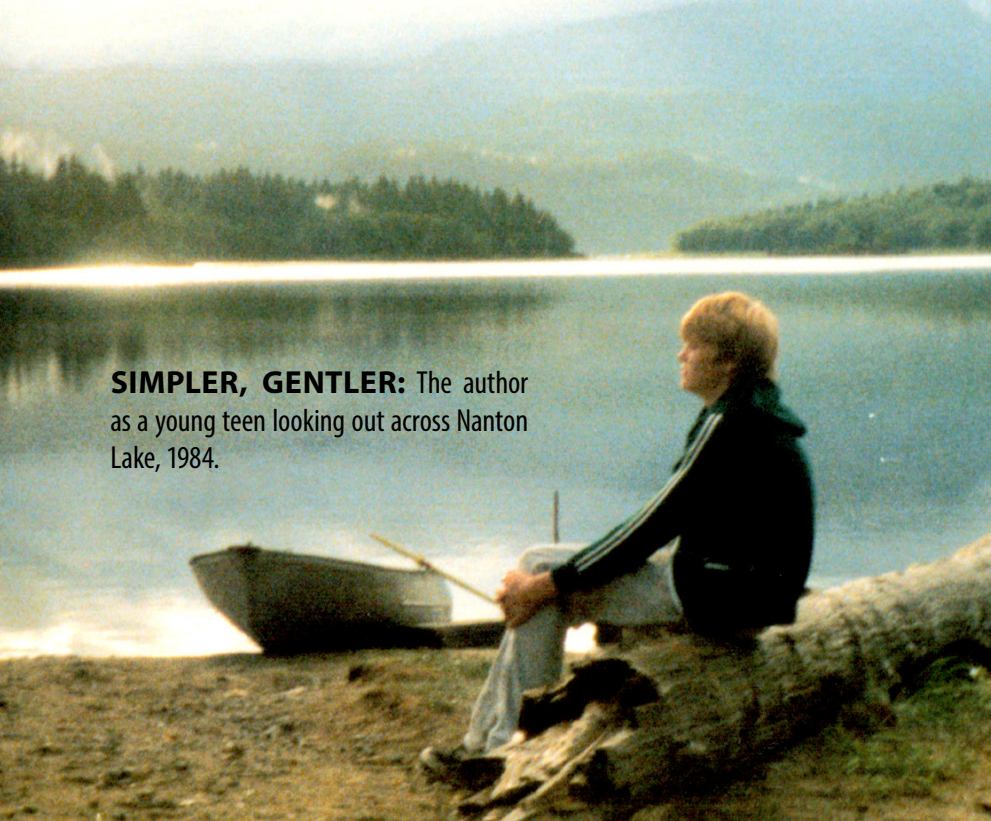
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SIMPLER, GENTLER: The author as a young teen looking out across Nanton Lake, 1984.

Kids need outdoor memories

BY GUIL SCHOTTE

As the trend toward urbanization in Canada continues, moving us inexorably toward more of a double-latte-no-foam, suburban, cubicle-dwelling kind of world, the lure of outdoor life seems to have lost its appeal for the new generation. Today more than ever, it feels as though we live independently in our little boxes where everything we need is readily available, which has the effect of reducing life to a logistical exercise disconnected from the natural world.

As I get older, I suspect that I've become unreasonably nostalgic for the days when summers were spent largely barefoot outdoors, skipping stones on ponds, catching frogs in drainage ditches and lying bundled up in a sleeping bag on the beach beneath the stars with the muted sound of the shore surf lulling you into

sleep. Nostalgia aside, those early life experiences in the outdoors had a powerful effect on how I connected with the natural world, and how it affects me to this day.

Kids today will undoubtedly build memories associated with whatever environment is available to them. I can't help wondering about the quality of those memories and whether or not they will build an understanding and appreciation of our amazing planet.

My recollection of my early years is connected in a profound way to the great outdoors. Even from the youngest age, I have many vibrant single-frame memories of fishing with my father, wading through cold, rushing mountain streams and eating wild red huckleberries from high atop rotten cedar stumps deep in the tall timber.

Children growing up in large urban

centers simply don't have access to the same kind of opportunities as I did in Powell River. Understandable concerns over safety in larger urban centers only add to the motivation to keep kids indoors where it is safe, while in the process depriving them of the kind of life I experienced when I was young.

During the summer school break back in the late 1980s, I remember spending weeks on end camping at forestry campsites on the many lakes in the coastal mountains. Those were heady days of carefree trekking through marshes, canoeing through tranquil sloughs and pulling shining rainbow trout out of the depths using nothing but a snelled hook and hand line. Those are the images that are imprinted on my memory of childhood; enduring reminders of a time when life seemed simpler, gentler even.

To my mind, there was one fishing adventure in particular from those early

years which really captured the essence of those long summers spent in the Canadian wilderness.

A friend and I were camping with our families at Dodd Lake, a typical mud-bottomed lake in the forest accessible via logging roads behind town. The prevailing summer winds on the lake had the habit of collecting all the driftwood on the lake and bunching it against the timber logging bridge in the river's mouth, creating a sizeable logjam that practically begged to be explored.

At 14 years old, my friend Sean and I were fearless, and we couldn't resist testing our lumberjack skills on the logjam. Crossing the floating logs was also an effective (although treacherous) way of getting within casting distance of the open water pool in the center of the logjam. The pool was inhabited by small, fierce trout that patrolled the river mouth beneath the logs, watching for tasty insects.

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Wondering where to vote? See Page 39

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FATHER & SON FISHING: The author at Nairn Falls, 1974.

On more than one occasion we would make a misstep on that mad dash and fall between unstable logs into the bracing water below, only to scramble back on top, gasping from the cold shock and clawing our way back up onto safer logs.

We always managed to get close enough to the river pool to toss out a worm-baited hook and bobber in hopes of attracting a strike. Then we would wait, crouched precariously on the silver weathered driftwood. In the lazy afternoon heat as we waited for some action, we'd sometimes be distracted into watching the iridescent blue dragonflies. Horseflies would buzz around our heads while trout would taunt our patient efforts with their little raids to the surface to grab an unfortunate insect.

Because our patience held, there came the inevitable strike. This time it was a good, solid feeling fish and we couldn't help being excited as we tried to pull it in before it could throw the hook. In its typical cunning style, the cutthroat shot to the surface to dance on top of the water for a moment, before diving deep into the pool and winding the line around one of the many submerged logs. The floating logs didn't offer many safe options for getting closer to the pool, and our creative efforts to free the tethered fish proved futile. Through the crystal-clear water, we sadly watched the fish's frantic struggle beginning to slow as it tired. I was ready to cut the snagged line and give up as lost, but Sean was adamant that we recover his tackle, and ideally the trout as well.

The decision to recover the gear resulted in a tedious and wet struggle to reach the pool from the upstream side of the logjam, which involved hauling a heavy dinghy over the floating wood until we reached the pool. Then, through our ingenious use of paddle and fishing rod, we managed to free the snagged line. Sadly, trout slipped the hook during the recovery, leaving him free to grow and provide someone else with a challenge another day.

Looking back, some 30 years later, I still can't believe the effort we expended just to recover a ten-cent hook. Many times over the intervening years, Sean and I have recounted that adventure together and laughed until we almost cried. Somehow, the skinned knees and wood splinters just made the adventure more memorable.

Every element of that afternoon spent fishing on Dodd Lake is burned in memory; the faint smell of

"Those adventures provided me with an understanding of the way the natural world worked, long before I was even aware of concepts like environmental protection or species conservation.."

creosote from the bridge timbers, the hot sun on the back of my neck and the liquid music of the river current moving beneath the logs.

It is exactly those poignant memories of the outdoor life that make me feel as though I'd really experienced childhood. Those adventures provided me with an understanding of the way the natural world worked, long before I was even aware of concepts like environmental protection or species conservation. Just being there and experiencing the outdoors, fresh, alive and teeming with life was enough to help me understand how we were connected to the land.

Many kids today don't know what it's like to catch a fish or shoot a grouse to provide something for themselves right from field to fork. Their myopic urban experience doesn't include that perspective on food and so, as with everything else in their life, food becomes just another processed, value-added, cellophane-wrapped provision that doesn't provide any meaningful insight into the natural world, nor a compelling personal reason to preserve it.


Do kids raised in the modern, commercialized world have things happening in their life from which to form those kinds of memories? Can achieving a high score on a video game really be the kind of thing they will look back on fondly years from now?

One thing is certain: There aren't too many popular video games that provide a genuine outdoor experience that builds a kid's understanding of the natural world, nor an appreciation for how the natural world is connected to our survival.

Our Canadian heritage and outdoor pioneering spirit provide us with a relevant outlook that we shouldn't take for granted. To lose touch with that history, to allow ourselves to become so distant and remote from those roots feels like a terrible loss. People who grow up with opportunities to experience the wild, natural world are much more likely to understand the increasing need to preserve the things that sustain us.

Living an outdoor-oriented life from such a young age built within me a strong sense of fairness and a deep appreciation for living things. To this day, I remember a rule that my outdoor-loving father always imposed at the dinner table: You don't waste meat, because a living thing had to give up its life for you to enjoy it. That is a conservation principle that resonates with me to this day, as I continue the Canadian tradition of hunting and fishing.

Kids need the outdoors just as much as we need kids to experience it. Adventures in the natural world let us live a kind of life more connected to this planet, to build an appreciation for everything we have, while simultaneously generating enough memories to last a lifetime.

Next season, take your kids into the wilderness and let them experience the joy of being in the great outdoors. The memories they can build and the lessons they can learn will serve them well for their entire lives. 

Garbage Days

Coast Mountain Academy, in collaboration with some outstanding community partners, took the lead on organizing a group of 65 students over a two-day period a year ago to help clean marine debris off the shores of Ahgykson (Harwood) Island. Students are heading back to the island April 24 and 25 for more clean-up. This is an opportunity to learn about an important issue and to put to use some of their leadership skills in a meaningful way.

- Ryan Barfoot



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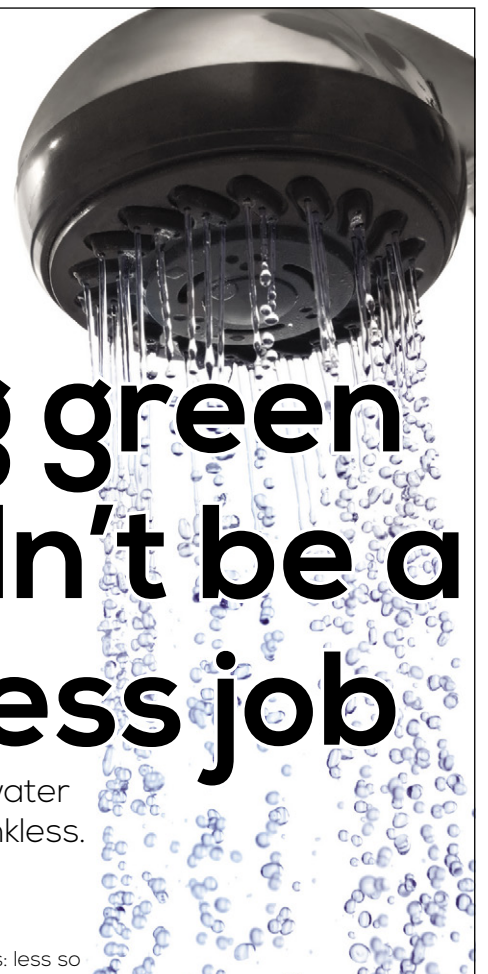
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BY JACQUELINE HUDDLESTON
& RON BEREZAN

**“It ain’t easy being green.”
Especially if you are trying
to do it alone.**

A group of Powell River families have been working hard for the past three and a half years to create a more communal approach to green living through co-housing. After a long search for suitable land in the region, not one but two locations have now been secured in Powell River – one urban and the other rural.

While intentional communities are nothing new to this part of the world, the co-housing movement is a more recent expression of community living that emerged out of Denmark in the late 1970s.

Co-housing creates intimate neighbourhoods designed by and for those who live in them. The housing units tend to be smaller, energy efficient dwellings clustered around a common community building that offers many shared resources and reduces overall consumption.

The beauty of having two projects underway is that the two sites can support each other while developing their own unique focus and character and offering more options for green oriented families and individuals in the region. Both sites are now incorporated as “equity co-ops” in which individual members will own their own units and have access to the shared common lands and amenities.

Hearthstone Village Cooperative is located on a 40-acre parcel 19 minutes south of town, formerly known as Herondell B&B. The beautiful land includes a large common house, a cabin, and a sanctuary as well as other outbuildings (even a stage).

THINKING OF LIVING IN CO-HOUSING?

Both co-ops are committed to fostering cooperation among intentional communities and land share groups in the region, and have recently launched the qathet Intentional Communities Alliance qathetica.ca.

Blueberry Commons (info@blueberrycommons.ca) and Hearthstone Village (info@hearthstonevillage.ca, hearthstonevillage.ca) are open to new members and welcome inquiries.

The acreage has three ponds, a gorgeous section of the Eagle River with fabulous swimming holes, and many creeks and streams. There is also a chicken and duck coop surrounded by a large poultry yard, mature fruit and nut trees, and a community garden. Many hiking trails criss-cross the magnificent 100-year old forest.

Currently, there are eight adults and four children in residence. By living close to one another, sharing space, resources, and working together, Hearthstone Village seeks to awaken a deeper and more meaningful life.

Even at this early stage it is clear the living environment encourages a strong sense of community, fosters relationships, as well as supports the need for privacy. It provides a safe, inclusive and vibrant setting for children and adults. It is a place where people can know their neighbours in a meaningful way, and where all can have a sense of security and belonging.

We are still a work in progress, but can see ourselves getting better and better at manifesting our shared vision of a multigenerational community creating deep, social, cultural, spiritual, and environmental connections.

READY, SET, LEARN

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

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

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LOCATIONS AND DATES:

Henderson Elementary School (604) 483-9162
Tuesday, April 9, 2019 1:00 – 2:30 pm

James Thomson Elementary School (604) 483-3191
Tuesday, April 16, 2019, 1:00 – 2:30 pm

Kelly Creek Community School (604) 487-9022
Wednesday, April 24, 2019, 1:00 – 2:30 pm

Edgehill Elementary School (604) 485-6164
Thursday, May 9, 2019, 1:00 – 2:30 pm

Texada Elementary School (604) 486-7616
Monday, May 13, 2019, 1:30 – 2:30 pm

Westview Elementary School (604) 485-5660
Tuesday, May 14, 2019, 1:00 – 2:30 pm

REGISTER BY CALLING THE SCHOOL

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



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BETTER HOMES & GARDENS: Top, a tour around Blueberry Commons. Above, Hearthstone Village's adults Jon van Oostveen, Susan Horsfall, Jenna Fickes, Jamie MacDonald (missing Mark and Jacqueline Huddleston) and kids Feather, Charlie, Yewen and Ella.

Blueberry Commons Farm Cooperative (BCFC) is tucked in between the Wildwood community, Sunset Park, Tla'amin lands, and the Sunshine Coast Trail network – 16 acres of farmland, forest and meadow. For more than 50 years the Clancy family grew berries, fruit, and vegetables and raised animals as an integral part of the Wildwood farming scene.

With the recent passing of family matriarch Emilie Clancy, the land became available and the Clancy children were delighted to pass it on to a group of families committed to honouring and nurturing this agricultural legacy.

Blueberry Commons Farm Cooperative offers the unique opportunity to integrate a co-housing development into a fully functioning and bio-diverse organic farm. Given its location within the urban area, the farm and co-housing are also well-situated to be a resource to the Wildwood neighbourhood and the wider urban area.

We look forward to dialogue with Wildwood community members and the City of Powell River to ensure that this

HEARTHSTONE VILLAGE OPEN HOUSE

What: Intentional community is hosting an info meeting for potential new members.
When: April 14, 1 to 3 pm. Presentation and tour starting at 1:15 pm. No registration required.
How to attend: Send a note RSVPing and requesting directions to info@hearthstonevillage.ca

project can best meet the sustainability goals that our region is embracing. Nurturing a healthy and sustainable local food supply is a key component of reducing our overall ecological footprint and living in close connection to the ecology of our place.

Cooperative living may not be for everyone but many who choose this path find that living in a more village-like environment adds richness and connection to their lives. Gathering together around a common purpose, such as a greener, more earth-honouring way of living, can also nurture and strengthen us for the many challenges that lie ahead. [PR](#)

JOB FAIR 2019

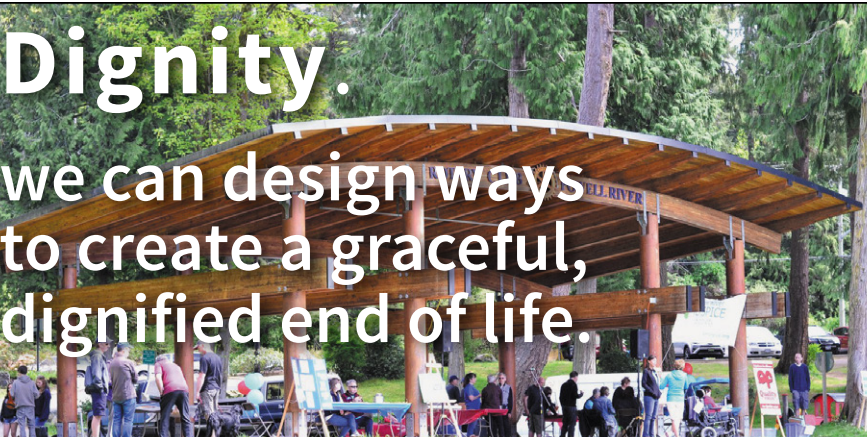
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Our new sanctuary Myrtle Creek Wetlands

BY LESLEY ARMSTRONG, PAMELA BROWN "BROWNIE" & ESTHER DYCK

A little bit of heaven lies between Claridge and Myrtle Road. There, anyone can have a front row seat to a divine orchestra. Song bird arias celebrating life can be heard during the high seasons of spring and autumn. Year round, simply allow Myrtle Creek's gurgles to gently flood your senses while enveloping you with serenity.

To arrive at this place, one must enter softly, quietly and respectfully. The inhabitant performers will retreat from noisy hubbub. They too, thrive in a serene environment. Guests need to take care as they tread on the uneven short foot path before taking their seats. There are two of them, funded by Brookfield Renewable Power. The path is just wide enough to allow passage to this amphitheatre environment; high cement pillars hug the creek and create a simulation of 'surround sound.' Near the seats, are

WETLANDS IN BC

Wetlands make up about 5.6% or 5.28 million hectares of British Columbia. Information on the status of wetlands in British Columbia is incomplete, however studies show that in southern regions of the province, 60–98% of original wetlands have been drained and filled. Wetland habitat losses have reached 85% in the ecologically sensitive South Okanagan, 50–70% in the Fraser Lowlands, and higher in parts of Vancouver Island.

- from the Province of BC's 2008 report
Wetland Ways: Interim Guidelines for Wetland Protection and Conservation in British Columbia

three new signs, designed by Mike Chisholm of Impact Signs and again, funded by Brookfield Renewable Power. With the help of Ken Pritchard's photography these signs explain who some of the entertainers are, and what their roles are in preserving this idyllic setting.



WET WORK: Volunteers from the Powell River and Texada Legions build human-friendly amenities

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...s at the Wetlands. Rick Saunders appears soggy, at the front.

Brookfield's Debbi Stanyer has worked closely with the Myrtle Creek Stewards for many years, in a shared vision of protecting this vibrant section of Myrtle wetlands. With careful pruning and no vehicles allowed, this former road easement has become a dense thicket of brush and dappled shade that protects unique wetlands. Here, there is shelter for migratory and nesting birds. The dense bush creates a perfect wetland environment

that sustains Myrtle Creek as it wends its way 14 kms from its headwaters near Duck Lake, through Paradise Valley to its estuary close to Myrtle Rocks. Coho, Pink and Chum as well as resident cutthroat all rely on a healthy Myrtle Creek.

What is the big deal about a wetland anyway?

What makes a wetland quite magical are some of the unique plants that grow there, called hydrophytes. They are super

FLOCK TOGETHER: Myrtle Creek Wetland is a haven for birds, including (from left) the common yellowthroat; fox sparrow; golden-crowned sparrow; red-breasted sapsucker; ruby-crowned kinglet; spotted towhee; white-crowned sparrow; willow flycatcher; yellow-rumped warbler and the yellow warbler.

photos by Ken and Kathie Pritchard



TOP OF DUNCAN: Myrtle Creek Wetlands - MCW in the red dot, above - is close to the Open Air Market. Map courtesy of Tourism Powell River.

plants especially designed for holding onto surplus water and then slowly releasing it as flood conditions taper off. Think about a really thick spongy cotton or paper towel. When you've accidentally knocked over your dog's full water dish, you need to catch the fast moving runaway water by wicking it up. A wetland does that too, during heavy downpours or rapid snow melts, preventing flooding. Wetlands are nature's own volunteer fire brigade, as they act as buffers preventing forest fires from spreading. You can't ignite a wet towel.

Hydrophytes also absorb atmospheric pollutants such as carbon dioxide, filter toxins from storm water and release oxygen for us to breathe. They heal polluted

"In the face of rapid global warming and loss of so many species, it is comforting to know that this ...wetland is healthy."

waters and scientists are starting to use them worldwide because they are so effective.

Wetlands are a crucial food source for insects, marine life, and mammals. Skunk cabbages are important nutritional food for bears when they come out of hibernation.

Are there living species that will not survive without wetlands? Name any amphibian, an insect, a bird, a bat, a mammal, a fish and chances are they rely on wetlands at some point in their lives. Name almost any creature on the federal Species At Risk Registry and chances are very high that they need wetlands.

So much of the world's wetlands have been lost, over 80 percent in BC alone. In the face of rapid global warming and loss of so many species, it is comforting to know that this Powell River wetland is healthy. Stewardship and the hard work of many volunteers over the years has kept Myrtle Creek and her wetlands safe.

If you want to come sit on a bench and breathe the best oxygen for miles around, remember this is unique and environmentally sensitive habitat. Rover needs to take a pass on this particular outing.

Brookfield Renewable would like to thank our many partners & volunteers who are helping to protect Myrtle Creek Wetlands

Special thanks to:

- Brookfield Renewable
- BC Hydro
- Impact Signs
- Crystal Clear Engraving

- Ken & Kathie Pritchard
- Royal Canadian Legion – Powell River & Texada
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Gas is past

Gains in local EV infrastructure mean there's (nearly) no more excuses to not replace your guzzler

BY WILLIAM LYTLE-MCGHEE

At least twenty and quite possibly more zero-emission vehicles (ZEVs) cruise Powell River streets on a regular basis. It seems there are always new ones showing up.

Local dealerships are not equipped to service ZEVs as yet but report working towards that capability, and expect to be able to offer sales in the near future. Comox Nissan has been making the Nissan Leaf available for the last two years and is servicing as required, minimal as it is.

Most Powell Riverites will have seen several public charging stations at various locations around town such as the library, city hall, and the boat launch parking lot at the North Harbour. It is worth mentioning that, for now, charging at nearly all public stations in BC is free! Soon a state-of-the-art charger will be installed in Powell River by BC Hydro, location still to be determined, which will be capable of charging a 30 kW battery in about half an hour.

Aside from those, owners have the option of charging at home which works out to about a fifth of the cost of gasoline for the same distance. Powell River is the perfect place to operate a ZEV!

Meanwhile, the main reasons many of us say we're wary of going electric are beginning to weaken.

In Canada, ZEV sales nearly doubled between 2017 and 2018. One in eleven new cars sold are considered an EV, but many of those are plug-in hybrids, like the Chevrolet Volt. These cars are capable of short distances purely on electricity, can be plugged in to an electric outlet, but for longer trips have a small gasoline generator on board that charges the battery.

There are many improvements in purely electric vehicles coming down the line and almost all manufacturers are gearing up to meet the projected demand.

The cost of EVs is expected to decline as more are produced and incentives are available in many jurisdictions to assist consumers, such as the cleanBC plan which is



EV & BIKES RALLY & DEMO

What: An Earth Day event showing off Powell River's ZEVs and electric bikes, and allowing the public to ask questions and learn more.

When: April 22, 11:15 am to 1:30 pm

Where: Pacific Point (Joyce and Marine) 11:15 am – 11:40 am; near the library (Joyce and Alberni) 11:50 am – 12:10 pm; Willingdon Beach 12:15 – 12:45 pm

offering up to \$6,000 on a new EV. It is only a matter of time before the cost of an EV and a comparable internal combustion model equalize.

Additionally, the range of EVs is continually being improved. Up to 2017, a Nissan Leaf range was 150 km, but the 2018 model was improved to 240 km. Some of the more expensive models have ranges around 400 km, such as the Tesla Model 3, and the Chevrolet Bolt. Driving ranges are expected to increase dramatically as new battery technologies come on line.

The most convincing reason to buy an EV, aside from zero emissions, is that there is a minimum of maintenance and the cost of energy to propel them is a fraction of the cost of gasoline. Conservatively speaking, the electricity cost for a Nissan Leaf charged at home is a fifth of the cost of gasoline for the same size car going the same distance. For everyday run around short trip driving, EVs are far superior.

Things can change very quickly. As more of us get out on the road in EVs and more people see them and find out about them, the demand could increase very rapidly. Many offshore manufacturers, such as Volvo, have committed to producing only EVs in the near future. China is already producing as many EVs as the rest of the world put together and shortly many of their models will be available to Canadians.

There is a lot of information now available on the internet about the production of EVs. Take a look! We have to get our emissions down in the transportation sector ASAP! [PRL](#)

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Hope

for our hurting home



Contemplating climate change, it's easy to feel despair. But hope? Not so easy. This isn't the first time, though, that it's seemed as though the world

is dying. Famines. Disease. War. Drought.

Our ancient traditions are designed to lead people through horrors. At Easter / Spring Equinox, a time of

transformation, we asked local spiritual leaders to send a quote about hope, and a short explanation about why they chose it.

"Our function as humans on this planet is not mainly to think correct thoughts that correspond to some eternal set of verities, but to live appropriately and responsibly."

- Sallie McFague, Vancouver School of Theology.

Springtime and Eastertide provide us anew with evidence of the Creator's persistent ability to transform death into life. Let this be evidence also that hope and action can transform an endangered earth into a healed one.

- Rev. Paula Sampson, Faith Lutheran Church



"A self-critique of modernity is needed in dialogue with Christianity and its concept of hope".

- Pope Emeritus Benedict XVI, "Spe Salvi"

What I like about this quotation is that the Pope sees dialogue as something possible, between the modern world of consumerism and the ancient faith of believing Christians. The two are not opposed.

- Father Patrick Teeporten, Assumption / St. Gerards / Sacred Heart



"I don't think of all the misery, but of the beauty that still remains."

- Anne Frank

I appreciate this Anne Frank quote because I believe hope comes and lasts when we are able, absolutely on purpose actually, to set our gazes on what is lovely despite negative circumstances.

Katie Alescio, Living Waters



"Easter was when Hope in person surprised the whole world by coming forward from the future into the present."

- N.T. Wright

Hope is not wishful thinking, or a far off dream. Hope is a person, who died on a cross and was resurrected from the dead, giving us a glimpse of God's promised future for the earth and all who trust in Him.

- Rev. David Wulkan, Powell River Reformed Church



"Forget not that the earth delights to feel your bare feet and the winds long to play with your hair."

- Khalil Gibran

It was a profound moment for me when I realized the natural world actually holds infinite love and patience for us no matter how far out of harmony we might fall - this brings me hope.

- Juliette Woods, 3 Fold Balance shamanic healing, journey circles, workshops & sacred tools

"Hope is willing to leave unanswered questions unanswered and unknown futures unknown. Hope makes you see God's guiding hand not only in the gentle and pleasant moments but also in the shadows of disappointment and darkness."

- Henri Nouwen

Hope is not wishful thinking, it should be the anchor of your life. I believe that anyone who chooses to have children, has hope.

- Rev. Mary J White, Powell River United Church



"A new command I give you: Love one another. As I have loved you, so you must love one another."

- Jesus

"Love like Jesus" is the call given for all who seek hope.

- BJ Loder, Salvation Army



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Let locals and visitors find the hidden gems only you know about! Write in your answers – serious and humorous – before May 30 for your chance to win groovy prizes. Note: One entry per person. You must answer at least 15 categories.

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Star Individuals

The Most 'Powell River' Person of the Year

Best local politician

Best volunteer

Best-dressed man

Best-dressed woman

Best local celebrity

Best curmudgeon

Best Facebooker

Civic Pride

Best neighbourhood

Best block

Best local souvenir – free

Best local souvenir – paid

Best unofficial 2019 city slogan

Best festival

Best event

Best tourist attraction

Best protest movement

Best scandal

Best washroom

Best-looking storefront

Best sports team

Best local animal

Best reason to move here

Best reason to stay away

Arts

Best book by a local author

Best local band / musician

Best place to watch live music

Best place to shake your booty

Best visual artist

Best slam poet

Best gallery

Best local designer: clothing or jewelry

Best piece of public art

Best local Web site

Food & Drink

Best home cook

Best cocktail

Best local beer, cider, kombucha or wine

Best fish & chips

Best other local seafood dish

Best burger

Best patio

Best view

Best salad

Best free food



Best ice cream

Best dessert

Best appetizer

Best take-out

Best buffet

Best meal under \$10

Best restaurant for a quiet conversation

Best server (name)

Best veg-friendly restaurant

Best coffee scene

Best coffee for drinking

Best pizza

Best kid-friendly restaurant

Best brunch

Best prepared food at a Farmers' Market

Best farm-fresh produce at a Farmers' Market

Best price on groceries

Best produce

Best butcher

19

ST

ll River



Best bakery

Best liquor store

Best convenience store

Best food intolerance

Retail & Service

Best gifts

Best gardening store

Best men's clothing

Best women's clothing

Best realtor

Best financial institution

Best insurance

Best home furnishings

Best hardware store

Best sporting / outdoor goods

Best thing you've found at a local garage sale

Best gas station

Best thrift store

Best used book store

Best educator

Best extracurricular for adults

Best extracurricular for kids

Best plumber

Best electrician

Best carpenter

Best general contractor

Best non-food booth at a Farmers' Market

Medical, body care and healing

Best massage therapist

Best GP or Nurse Practitioner

Best dentist

Best pharmacy

Best marijuana or vape store

Best hair salon

Best spa services

Best hair guru

Best spiritual experience

Best spiritual leader

Best work-out

Best yoga

Outdoors & Tourism

Best beach

Best place to run

Best hike with kids

Best hike for a sweat

Best mountain bike trail

Best dog park / area

Best garden

Best place for swimming

Best hotel

Best B&B

Best place to park an RV

Best place to pitch a tent

Best zunga (rope swing, not beer)

Best diving spot

Best hut on the SC Trail

Best fishing spot

Best mushroom spot

Best blackberry patch

Best place to enjoy the rain

Best place you've "kissed"

Industry

Best made in Powell River

Best aquaculture operation

Best logging operation

Best fishing operation

Best construction company

Best transportation company

Best computer / digital services

Who are you?

Name

Email

Phone number



Bring this form to the PRL office by May 30, 2019 or fill it out online at powtownpost.com/bestofpr

TRADING UP

This time last year, Jim Palm, School District 47's Career Coordinator, was worried about declining enrolment – it was beginning to affect the trades program. But this year, things are better. Even though it's still early, numbers are up.

So far, there are 42 enrolled in Automotive Service Technician, Culinary Arts, Carpentry, Welding and Hairdressing. That's up by two from last year, but Jim expects the final numbers to come in around 55 as there's still time left to register.

There are as many reasons as there are students for beginning post-secondary education at home. Cutting costs is a huge one, says Jim, noting that when students can live at home and receive training at the same time, the savings are enormous.

A huge demand remains for people trained in automotive, carpentry, welding, hairdressing and cooking. "Many students end up finding jobs here, while others find work elsewhere," said Jim.

There has also been an increase in the number of scholarships available for students in trades.

SD47 has 36 students taking courses at Vancouver Island University this year, with another 10 in computer, music and health care apprentice programs. "More students are able to stay at home and get a start on their post-secondary," said Jim. "We can offer the Dual Credit program at no cost and they can stay at home."

VIU reserves some program seats for qualified high school students which allows them to obtain their high school graduation while concurrently earning a VIU certificate or VIU credits. All the academic courses offered at VIU qualify under this partnership, said Jim.

One popular and successful program offered through VIU is the seven-month Health Care Assistant program. "I have students on the wait list for this program for the next two years," said Jim. "Graduates can all get jobs locally and make an attractive wage." Graduates of this program can ladder onto the LPN (licensed practical nurse) or RN (Registered Nurse) programs.

Applications are now being accepted for the Early Childhood Education and Care diploma program which is scheduled to launch in Powell River in 2020.

New this year, is the 12-week introduction Trades Sampler for First Nations students. This introductory program gives First Nations students the opportunity to work at Catalyst Powell River and prepares them to enter and complete trades/technical training or seek an apprenticeship. Students will explore a variety of programs in Carpentry, Millwright, Electrician and Pipefitting. "There's a drastic shortage in all these fields," noted Jim.

A partnership with Forestry also gives students summer job opportunities and pays for the certifications they need to apply.

Local Rotary Clubs provide opportunities for students to explore different careers and build leadership skills with their "Adventures In" programs. Heavy Metal Rocks, a partnership with VIU's Nanaimo campus, was a tremendous suc-



KITCHEN TEST: In March, first year Culinary Arts student Felisse Misajo spent a week under the watchful eye of mentor Riamradmanee Diana at the Thaidal Zone Restaurant.

Top-Notch Training

Besides offering smaller classes at the Powell River campus, there are top notch instructors teaching the dual credit programs for SD47 and VIU.

"Our partnership with SD47 means that students have access to Trades programming, Health Care Assistant, Educational Assistant and Community Support Worker programs," said Carol Stuart, Interim Provost and Vice-President Academic for VIU. "An offering of Early Childhood Education is a priority given the recent government priorities to increase child care services and this will also be accessible for dual credit for high school students. In the last two years, VIU has had almost 100 students enrol at VIU-Powell River, while still completing their high school diploma. Our commitment to access to education and quality programming is embedded in our delivery in Powell River."

Powell River dual credit trade students recently won two golds, a silver and a bronze at the Regional Skills Competition, said Jim. The gold medal winners – in culinary and auto service – will advance to the Provincials. "Our instructors are doing an excellent job."

cess last year. "I took eight students over for three days," said Jim. "They were introduced to 16 pieces of heavy duty equipment and they were totally engaged and passionate." "All eight of them are working in the industry or engaged in our trades program," said Jim. Another "taste" program available to students is with the RCMP.

The Culinary Arts program and Avi Sternberg, VIU's Instructor of Culinary Arts, have cooked up an expanded menu of courses. The seven-month Level 1 Culinary Arts program now offers a 10-month option for those interested in receiving Level 2 training in Powell River. The program teamed up with Culaccino, Coastal Cookery, Thaidal Zone, the Nook, Quality Foods, and the Chopping Block for work placements.



SCHOOL DISTRICT 47

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Transform old furniture with new coat of paint

Who doesn't love ice cream?

When professional interior decorators Lisa Oakes and Barb Oliver met they discovered that besides loving ice cream and the 52 mouth-watering, colours it comes in, they were both passionate about eco-friendly home décor and interior design.

"Both of us were always looking for ways to repurpose, reupholster, rearrange and recycle old cabinetry and furniture, said Lisa. It was these shared passions, beliefs and values that led them to create The Furniture Gals, a home décor boutique located on the lower level of the Old Courthouse Inn in Townsite.

The pair wanted to bring the 52 flavorful colours of a BC grown, low VOC artisan mineral chalk paint product known as Fat Paint to Powell River. "It's the perfect DIY paint to transform furniture, cabinetry, glass, metal and even fabric on a dime. We knew that locals revere well-crafted furnishings with a sense of history so we tapped into the zeitgeist. Monthly workshops teach you how to transform furniture, glass, ceramic, metal and fabric for a fraction of the cost of replacing it," said Barb.

Fat Paint workshops are not only fun, but they give folks the tools to rescue family treasures along with quality furnishings and cabinetry headed for landfills, added Lisa.

As an interior decorating/staging team, Lisa and



Barb are committed to an environmentally friendly business model. "We encourage our clients to 'use what they have' by carefully curating their existing home decor. We often have clients struggling with elements in their home that they are prepared to spend significant money to change or dispose of, out of sheer frustration. By employing various tricks of the trade, we're able to breathe new life into a space and put a whole new spin on their surroundings while saving money," said Barb.

One client had curtains they loved but had no window space for. They were magically transformed into a beautiful shower curtain!

"We repurpose, reupholster and recycle whenever possible. The locally made artisan crafts in our boutique are also carefully chosen for their natural elements and green merit," said Lisa. **RL**

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BLAST FROM THE PAST

100 years ago, today...

BY JOELLE SEVIGNY

The year was 1919, walking on Maple Avenue (now Sycamore Street), beautiful trees lined the streets and the Townsite which was simply known as Powell River, was a hub of activity. You could see mill employees walking to and from work – cars were still a rare sight.

Powell River and the surrounding area

were about to enter the roaring 20s and it showed. Gone were the days where children attended school in a bunkhouse: children now walked to Henderson School, which now included first year high school.

Central Building, at the heart of town life, held dances and other community events such as the Papermaker's Ball held every New Year's Eve. In lieu of a newspaper in the early days, one could find important announcements on its bulletin board.

DREAM A LITTLE DREAM OF TOWNSITE: 100 & 200 Block Maple Avenue looking South, ca 1919 (now Sycamore Street) *photo courtesy of the Townsite Heritage Society*

On the eve of the big plant expansion in the 1920s, apartment buildings housing mill employees rose above the houses. The Bon Ton Apartments had just completed constructing its second half facing Riverside, and a new wing was just being added onto Avenue Lodge facing 2nd Street (now Ash Avenue).

In a similar fashion that we do today, people from south and north of town, such as Lund and Stillwater, came from all over

to watch silent movies at the Patricia Theater. It was the place for entertainment – and back in 1919, the theater was a tall and narrow wooden structure that shook in the wind, just above the Rodmay Hotel.

In 1919, a flu epidemic was also nearing its end in Powell River and soldiers from the Great War were returning home. It was a turning point for many, the beginning of a new era. [PR](#)

~ Courtesy of Townsite Heritage Society

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MADE IN POWELL RIVER

Cutting edges at Lois Lumber

Wayne Borgford fell in love with beautiful, natural wood when he was building his house and working at a sawmill. Today, after a variety of adjustments at the Lois Lumber sawmill, he produces a wide variety of wood products for both homeowners and wholesalers

In an industry known for ups and downs, Lois Lumber has come a long way from its humble beginnings.

What's your product?

Wayne • Our focus is cedar products in rough or finished patterns. We offer all conventional patterns for siding, decking, panelling and trim boards. We are able to create custom profiles for a one-off look or to match an existing product. We also carry an inventory of fir T&G decking, pine and spruce V-joint panelling. We have the resources to source out post and timber packages, either rough green, Glulams, or radio frequency kd S4S and even cut and notched with hardware included for a neat installation package. We also offer other local species of forest products such as pine, hemlock, yellow cedar, alder and maple when available.

We carry a complete line of shingles for roof and siding. Premium grade for roofs, medium to high grades for side-walls and lower grades for outbuildings.

We have a complete line of eco friendly stains and can have many of our lumber and shingle products prestained to customer color specs.

Lois Lumber's sales manager, Mike Essex accepts each request as a challenge and will find a way to deliver.

Where did your idea come from? When?

Wayne • I was working at the local MacMillan Bloedel sawmill a decade before "Y2K" and building a house at the same time. I would purchase small packages of 1" hemlock and spruce sidecuts which were mostly clear and have them dried at a small mill on Weldwood Road owned by Jim Osline. I would then contract him to turn the pieces into V-joint and flooring to install in the house. I liked the look and natural characteristics of the finished product and the process to achieve it. I set my mind to creating a future in that line of work.

What kind of support did you receive? (loans, Community Futures, in-kind, etc)

Wayne • I was fortunate to start out with a great pair of partners, Rory Maitland and Howie McKamey of Goat Lake Forest Products who instilled in me the doctrine of earning each achievement by working hard, honoring your com-



WOODCUTTER: Wayne Borgford has gone from employee to owner at Lois Lumber.

mitments and reinvesting profits into growth.

MacMillan Bloedel was the steward at that time of our local Block 1 of TFL39, and were supportive in building relationships with local enterprises. They worked with us to make fibre sourcing and marketing options available.

I would be remiss to not mention

the major support of a dedicated hard-working core of employees.

Was it successful immediately or did it take some time?

Wayne • It has been an evolutionary process. We have grown from a single saw out in the mud with three employees to a sawmill with a dry kiln, moulder/planer and a team of 17 employees.

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How has your business changed since it launched?

Wayne • The business was initially incorporated by Goat Lake Forest Products and Richard Klinkhammer as partners. As Richard was fairly busy with his other endeavor, getting Haslam Lake Sawmill back up and running, I took over some of the management duties for Lois Lumber. I soon had the opportunity to buy in to the company in its infancy stage.

We initially began in the very early 90s sawing a utility grade of yellow cedar logs, producing mid to high grade lumber for the Japanese market. Cutting a utility grade of logs resulted in a high percentage of waste as well as some better cuts that did not meet the size specs our discerning export customers required. Some people in town still have yellow cedar fences and decks made out of those products. It wasn't long before a high demand for any yellow cedar at the time inflated log prices and lowered the log quality available to us. Shortly after that, Japan's financial crisis resulted in a serious drop in their economy and a plummet in demand for our products.

We invested in a thinner kerf band mill and tried our hand at cutting alder but the logistics didn't work so well to get the lumber to kilns in a timely fashion before it started staining.

Our next chapter was in purchasing about five truckloads of "expensive" red cedar logs to saw and market through MacMillan Bloedel's Specialty Products division. It was a treat to saw logs that were solid and much more time was spent sawing lumber which was readily marketable.

Although I had a strong desire in 1992 to focus on producing finished products, the reality was that less than half the lumber cut from second growth logs is suitable for drying and planing. This meant we had to grow the "rough green" end of the business as well as build capital before we could even consider an investment in remanufacturing.

In 2001 we installed a dry kiln to better serve local businesses and contractors with dried products. A six-head planer/moulder was added in 2004 and we have been producing finished products ever since.

Who are your customers?

Wayne • Homeowners, contractors and building supply stores in the Powell River/Sunshine Coast as well as the Lower Mainland and Whistler areas.

We have gone from a strictly wholesale business selling into the Lower Mainland and US markets all the way to Japan and have expanded to offer retail and contractor sales along with our bread and butter wholesale business. Where sales had been 95 per cent wholesale, it is now about 50 per cent wholesale and 50 per cent local sales.

We have one major and a few minor wholesale purchasers in the Lower Mainland who distribute our cedar to the domestic North American markets.



How do you market?

Wayne • We did very little advertising other than word of mouth initially. In 2010, we brought Mike Essex on to our team to manage sales and marketing. Mike got us into the 21st century by creating a marketing program including setting us up with a website and Facebook page. Brochures were printed and placed around town as well as BC Ferries kiosks. We have been a steady advertiser with *Powell River Living* and continue to be as we find the magazine's format and content to be an interesting read. This view is reinforced each time I see copies in local coffee shops or waiting rooms which show signs of being very well read. We have also marketed through local newspapers, email campaigns and home and trade shows.

Tell us the story of your biggest oops moment, or failure.

Wayne • Some of our failures, although few and far between, have been through quality control. We have always learned from these and endeavour not to repeat them. As we rely more on outsourcing for some products we can't supply from local sources, we

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have run into some real issues with quality that was beyond our control. Unless it comes from a proven supplier, we prefer to bring in the rough material and dry and machine it at our facility.

Why do you choose Powell River as your base?

Wayne • Does this question really need to be asked? Seriously though, I grew up in Powell River and love all it has to offer both recreationally and commercially. We have also had a strong desire to fill a gap in providing locally manufactured quality wood products. This benefits the community in that builders can pick up or order products which would not have been available in a timely fashion elsewhere thus preventing extensive production delays. Building plan changes can be accommodated quickly.

In the beginning, with a huge percentage of our volume being exported, timing and costs of shipping were definitely a factor in the viability of the business but City Transfer stepped up and provided trailers when we needed them at costs we could live with. This was back when a fair bit of construction and maintenance was still going on in the pulp and paper mill and empty flat decks were readily available for backhauls to the lower mainland. We still rely heavily on City Transfer as well as Texada Transfer to ship products to market but now trailers are not so readily available. This is a little easier to work with as we now sell more of our products locally.

I think all businesses in Powell River can agree that shipping is one of the major downsides to doing business outside of Powell River but I see that as the price to pay for working and living in paradise. I believe it is also greatly offset by the lower cost of land here. Our local shipping companies are the backbone of this community and as far as I'm concerned, bend over backwards to bring in needed supplies and ship out products.

Who's on your team? Number of people you employ? Who do you work with?

Wayne • Lois Lumber currently employees 17 people. Our veteran employee, Jerry Burge keeps our log yard organized and the mill filled with logs, Cindy Ling scales logs and keeps a sharp eye on the cleanliness

of our mill. Bruce Whittle keeps our saws sharp, Colin Kernohan processes logs for sawing. Our head sawyer is Johnny Bakker and we have Richard Herron, James Wilson, Trevor Stutt and Doug Louie working magic in the mill. Rob Maitland keeps the lumber yard organized as well as loading trucks and trailers for shipping. Eli Wilson sets up and runs the planer with Milan Smid ensuring quality control on the outfeed end. Mike Essex heads up the sales department with Lisa Holmen doing much of the legwork and logistics for reman production, sales and shipping. Josh Bennett rounds out the sales team and is always ready to help customers find certain products as well as keeping an eye on inventory levels and loading delivery trucks. Martine DeGrandpre keeps our books in order. That leaves myself to finish off the list.

Pat Haist of Road Warrior Transport looks after the bulk of our local deliveries. Lund Water Taxi picks up wood for the Savary Island area.

Local wood suppliers who have supported us are Powell River Community Forest, Tla'Amin, Bob Marquis Contracting Ltd., Oceanview Helicopters, GDF Ventures, Tideline Services, Powell River Forest Products, Western Forest Products, BW Cedar Products and Out On a Limb Forestry.

We also rely on many other local parts and supply outlets too numerous to list.

What advice do you have for others who want to make & sell stuff from Powell River?

Wayne • Accept the things you can't change, change the things you can and have the wisdom to know the difference.

And - look after your suppliers!

What's your next project?

Wayne • There are always improvements to be made in production quality and quantity. We are currently planning improvements to the sawmill to get larger timbers out and trimmed more efficiently.

One of the products we offer is a variety of live edge slabs in various species. We will be installing a large CNC machine to flatten the slabs after drying to make them easier for the end user to finish. This addition will also enable us to create large signs. **RL**

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VOLUNTEER CONDUCTOR:

Antoinette Knight has led a seniors ladies choir for the last 35 years, practicing every Tuesday morning, and occasionally performing for those in care homes.

photo by Isabelle Southcott



National Volunteer Week is April 7 to 13 60 years of volunteer music

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

“We’re just a bunch of old ladies making a joyful noise,” says Antoinette Knight when asked about the senior ladies choir she conducts. “We sing for fun.”

For the last 35 years, Antoinette “Toni” has led the senior ladies choir. The (mostly) gray haired ladies sing together every Tuesday morning from September until April at the Cranberry Seniors Centre.

It doesn’t matter how old you are or how good your voice is. All that matters is you enjoy singing.

Antoinette has been a volunteer choir director for 60 years. “I was 20 years old when I was asked to direct the Chilliwack Church Choir,” she says. She was a bit intimidated as she was conducting relatives who were older with years more experience but she said yes because they needed her.

She hadn’t been in Powell River for a week when she was asked to direct the Assumption Church Choir. That was 50 years ago. “I just retired from the church choir.”


She doesn’t do it for the money or the fame. “I’ve never been paid,” she says. “It’s good for me too. I do it because I enjoy it and it keeps me going. I’m 84, you know.”

There’s a real bond between these women who love to sing. Some go out for lunch together afterwards. “It’s their thing. It’s something they do just for themselves,” said Antoinette. “I have one lady who has been coming for 30 years. She never misses a practice.”

The senior ladies choir started in the early 1970’s. No one really remembers the exact details of how it began but it is known that the late Ruth Allen (the Credit Union lady) was one of the original members.

Like many volunteers, Antoinette didn’t set out to conduct the senior ladies choir. “The choir director asked me to fill in playing the piano one day,” she recalls. She went to the practice in the basement of the United Church and the choir director announced that she was moving to the island and that Antoinette would be the new choir director! “I almost fell off the bench,” says Antoinette. But she didn’t, she stepped up and has been stepping up ever since.

Although the ladies sing for fun, they do perform at Christmas and at Easter at the Extended Care Unit, Kiwanis and Willingdon Creek.

“It encourages us to come practice.” 

The story of the Choraleers

In the 1970s, a few senior gals who were avid singers decided to start a little group for themselves. They didn’t feel they were good enough for the local choirs, but still wanted to sing. Some sang in church choirs, but wanted to branch out a little.

A friend, Bev Johnson, helped them get started. She was the musician and director. I had agreed to help out by playing for one of their concerts, and was taken totally by surprise when Bev announced that I was the new leader! So under a lot of pressure, I agreed to try it for a while. That was 35 years ago this fall!

At present we have about 30 members. - the most we have ever had. We practice weekly at the Cranberry Seniors Centre from September to April, singing Christmas music and spring music for the United Church Ladies Guild, Extended care, Kiwanis, Willingdon Creek, and the Senior Citizens Association.

There is no age limit, but most of our members are seniors - a couple of them almost 90! We are often looking for new members, but right now we are at capacity which is really a milestone for us.

Our objective is to sing for enjoyment even if our voices aren’t what they used to be. For some of our members, it is their only outing for enjoyment and we strive to keep it fun and interesting. We sing all sorts of music - old, new, funny, and even some religious - but we try to keep it within our scope, so nothing too difficult or operatic.

My father (who lived to be 100) played the saxophone up until a couple of months before he died. He was a firm believer that music keeps you young and is a terrific boost for good health. Maybe he had something there!

- Antoinette Knight

April is Cancer Awareness Month

Facing a bad diagnosis? Grab hold of life.

BY ISABELLE SOUTHCOTT
isabelle@prliving.ca

Eat the chocolate! Say yes to the whipped cream! Book that cruise! But above all, live the best life you can.

That's what Caryl Diewert says and she's doing just that.

Caryl was diagnosed with Stage Four Squamous Cell Cancer in 2016. A disease for which there is no cure.

She'd had heart surgery the year before and was having another operation for something entirely different when the surgeon discovered a malignant tumour in her stomach. The cancer had already metastasized to other parts of her body.

Like others who have cancer, Caryl lives with the knowledge that she has a fatal disease but she doesn't let that stop her from living her life and doing the things she wants to do.

"Caryl is one of the most positive people I've ever known," says her good friend Coranne Anderson. The two have known each other for more than 50 years. "She has a great sense of humour and always sees the bright side of things."

It was Coranne who told me that I simply had to meet Caryl.

"I am a person surviving cancer. I don't think about it, I just get on with living. Sometimes it's easy, sometimes it's not."
– Caryl Diewert

On a wet day in early March, I met Caryl, 82, at a coffee shop and Caryl told me how she still cleaned the gutters on her house.

"I can still put my leg around my neck," she demonstrated with great agility. "Most of time I feel really, really good."

Dressed in a chic calf-length vest, she sipped her whipped cream latte and smiled. This retired accountant has always been active.

But when you have cancer, you have lots of appointments, she confided in me. The following day she had an appointment for a CAT scan. "They are looking for a brain tumour, that's where they expect the cancer to go next."

This past Christmas Caryl and her husband Ron decided to go on a Caribbean cruise. It wasn't easy getting health insurance for the trip, said Caryl but the cruise was fabulous. The trip home not so much, but that's how it goes sometimes.



LIFE IS SWEET: No one wants a terminal diagnosis, but it does come with a measure of freedom. In between her doctor's appointments, retired accountant Caryl Diewert gets on with making her best life. Which includes chocolate and cruises. *photo by Isabelle Southcott*

"I don't feel that I am a cancer survivor. I am a person surviving cancer. I don't think about it, I just get on with living. Sometimes it's easy; sometimes it's not."

She shakes her head. "I've gained 30 pounds in the last two years. They told me I'd lose weight but not me! They said I was too thin before but you know, a girl is never too rich or too thin."

Caryl loves to play golf with her "girls" and sings while she plays. "The girls actually paid me to stop singing while playing golf," she smiled. "Can you believe that? I made money to stop singing!"

Caryl is grateful for all the support she's received from family and friends here in Powell River. "One of the most frequent questions I am asked by people when they discover that I have cancer, is how I handle all the out of town appointments," she said.

"But really, that isn't a problem. We are lucky to have so many skilled health professionals here in Powell River that I don't have to leave too often."

"I'm lucky," she said. "Really lucky. Every day I wake up and look forward to the next day. I'm grateful to be alive." **RL**



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This medical herbalist found his healing town

Todd Caldecott is a medical herbalist and a practitioner of Ayurveda, with over two decades of clinical experience. Todd started as a film/TV actor, but after a few years grew bored and headed off on a one-year sojourn overseas, traveling on the cheap throughout India and West Asia. He returned to Canada with a chronic digestive disorder. Not obtaining relief with conventional medicine, Todd eventually turned to Ayurveda, and was so impressed with his results that it sparked what has become a life-long fascination with this ancient system of healing.

Todd went on to complete his training as a medical herbalist. In 1997, he moved to the West Kootenays with his young family, where he began working with the Harrop Procter Community Cooperative. In Calgary he was director of Clinical Herbal Studies at Wild Rose College. In 2012, he established the Dogwood School of Botanical Medicine, which provides clinical training to aspiring herbalists, including online programs, workshops, overseas training in Nepal and India, and clinical mentorship. He teaches at conferences and symposiums all over the world.

Why did you choose to move here?

Todd • My step-father was a commercial airline pilot that made regular runs up to Powell River, and a few times I got to come along. Later when I visited the region as an adult, teaching at a summer program at Hollyhock, I was struck by its beauty and amazing climate. Over time a number of my friends and colleagues began to relocate to Powell River and Texada, and coming up here periodically to visit and teach, I began to think of it as a place we could call home.

What surprised you once you moved here?

Todd • I did have some concerns about leaving behind all the skill and talent that brings people to the big city.

My biggest surprise has been meeting people, and their amazing diversity of abilities and talents. Many of the newbies like me are coming here to make a fresh start. So there is a kind of exciting freshness and vitality that I am beginning to appreciate more fully.

Where is your favourite place here?

Todd • Our home in Wildwood and its proximity to the Sunshine Coast Trail gives me great respite, and the rocky, moss-covered bluffs interspersed with arbutus trees are among my favourite landscapes. Scout Mountain and especially Gibraltar Bluffs are amazing.

What would make Powell River a nicer community?

Todd • Like many resource-based communities in BC, Powell River has skeletons in the closet, reflecting a time when people had little respect for the local First Nations peoples and the natural world. Out here in Wildwood, there are parts of the trail where there is a lot debris and broken glass from old vehicles that I have to make sure to keep my dogs away from. A lot has changed since then, but it is clear that there is still work to be done, to continue the process of reconciliation with the Tla'amin people, and to repair the damage we have done to the environment.

If you were mayor, what would you do?

Todd • Among the more important issues in Powell River is the completion of the upgraded sewage treatment centre in Townsite. We cannot continue to pollute our local waters. I also look forward to the decommissioning and remediation of the Wildwood sewage lagoon, making it safe for the birds and wildlife, and one day soon, turning it into a place locals can visit. I think here in Wildwood we need to actively support local agriculture, and create whatever incentives we need to ensure food security. If I were mayor, my goal would be to ensure and



HEALTH, OLD-SCHOOL STYLE: The founder of the Dogwood School of Botanical Medicine, Todd Caldecott, is impressed by our “diversity of ability and talents.”

promote economic prosperity for everyone.

What are Powell River's best assets?

Todd • The sheer beauty, the mild climate, the Tla'amin, the old-timers, and all the new people bringing in fresh energy.

What is your greatest extravagance?

Todd • In Ayurveda we are counselled to avoid extravagance, particularly when it comes to the fulfillment of desire, because desire and suffering are opposite sides of the same coin.

Which superpower would you most like to have?

Todd • The ability to disrupt the internal dialogue of reactivity that each of us struggles with, to bring about in everyone a timeless, graceful state of inner knowing. **RL**

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Planning for pollination



For 10 years my parents have had this plum tree. It is quite a specimen; a nice shape, plenty of beautiful flowers in spring and healthy leaf growth for the remainder of the year. The only problem with the tree is that it has never produced a single fruit. At first, we thought the fruiting issue was a matter of maturity but that idea was discarded as the tree aged. After that we figured it was late spring frosts that were causing the flowers to die. But even after balmy springs, still no fruit. Now I think I've narrowed it down. Pollination. I had assumed that because my parents live in a highly populated neighbourhood, that

from one flower to another. As gardeners, our role is more on the supply chain. It is up to us to make sure the right pollen is available in the right place at the right time, so our hard-working insect friends can move it around.

So how do you execute a perfect pollen state? The first thing you need to ask yourself is, "Is there a potential mate nearby that will be a pollen supplier?" If not, then you will have to plant another tree or shrub. Even though many pollinating insects can travel long distances, the general recommendation is that fruit trees should be placed within 20 metres of a suitable



A growing concern

BY JONATHAN VAN WILTENBURG | jonathan_vw@yahoo.com

pollination was a non-issue. I thought surely someone nearby would have a compatible mate for this plum. I was wrong. Now we can't even remember the variety name, so planting a suitable mate has become an even greater task.

Pollination is really about mechanics of moving pollen. Bees and other insects do the hard work, skipping the pollen around

mate. If you live in a more densely populated neighbourhood, ask around and see if any of the neighbours have the pollen donor you're looking for. Of course, there are exceptions; some cultivars of cherries, peaches, plums, apples and pears can be considered self-fruiting or self-fertile. This means that these particular trees can produce fruits just from their own flowers and

Top priorities in the garden for April

- April is the optimal period for lawn maintenance. Take advantage of the moist spring weather and get all the seeding, aerating, or topdressing finished before the hot weather arrives.
- Re-edge your beds and make the lines perfect again.
- Design your summer annual flower boxes and pots. Come up with a design prior to heading to the nursery so you ensure your pots will have well-balanced growth, colour, texture, and interest throughout the summer.
- Prepare your vegetable beds so they are ready for planting. This means weeding and /or adding compost.
- Harvest your early crops of rhubarb and asparagus. Continue to do this for the next six weeks or so.
- Have water usage at top of mind; summer is just around the corner. Think about ideas that will minimize your water usage and maximize your efficiency (i.e. irrigation system, plant choice, design, soil, mulch, etc).
- Get ahead of the weeds and do a thorough weeding. A quick hoe every two weeks will keep the weeds at bay.
- Split up and/or move your perennials that have outgrown their homes or are just not working in a particular spot. To split them use a sharp spade. For larger clumps use a sharp spade to split them into quarters.
- Prune back your early spring flowering winter jasmine, forsythia, witch-hazel, kerria, heather, and sweetbox.
- Keep sowing your vegetable and flower seed. For vegetables such as greens and lettuce, sow a little bit of seed more often. Aim for every three weeks. Sow other crops such as squash, lettuce, beets, spinach, greens, carrots, parsnips, chard, celery, early potatoes, leeks, onions, and summer flowering annuals.

pollen. The key word here is "can." It is still always safer to have more genetic variation and fruit set will typically be better if there is more than one cultivar present even for self-fruiting plants. To complicate things further, some fruit cultivars possess genetics that do not produce viable pollen, or do not produce pollen that will work for some cultivars. For example, apples Mutsu, Jonagold, Gravenstein, or Bramley provide no viable pollen at all, and European plums will not provide pollen for Japanese plums.

You must also bear in mind flowering time. Some trees or shrubs will flower very early while others flower late. If you end up with two cultivars each on either end of the timing spectrum the pollen timing will not work. A good pollinator will flower early and longer. For example, a flowering crab apple tree is considered a perfect pollen donor as it flowers profusely producing lots of pollen and for a longer period than an eating apple tree.

So, before you go to the nursery and pick up a new fruit tree, think about the mechanics of pollination and have compatibility in mind. Understand your desired cultivar's pollination requirements and take the time to plan out your garden

Fruit Pollination Requirements.	
Apple	Requires a pollinator, Some cultivars have sterile pollen and will not pollinate other apples.
Berries	Most are self-fertile. Blueberries need more than one plant. Make sure timing is compatible.
Cherry	Most of the tart cherries are considered self-fruiting, sweet are not. Some genetics are not compatible so ask your nursery staff to make recommendations.
Fig	Self-fruiting
Grape	Self-fruiting
Kiwi	Require both male and female plant.
Peach/ Apricot	Self-fruiting, however will produce better with a nearby mate.
Pear	Require a pollinator
Plum	European plums are self- fruiting however perform more consistently if a European plum mate is present. Japanese plums are not self-fruiting and need other Japanese cultivar to serve as a pollinator.

to guarantee success. Remember you can always ask for help at the garden center so you don't end up waiting for 10 years for a few plums. Happy gardening!

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WHAT'S UP



FAMILY DANCE: Powell River's community & Catholic refugee sponsorship group, Hands Across the Water (HAW), has brought two families here so far: the Dayakhs, from Syria, and the Mgenis, from the Democratic Republic of the Congo. To help reunite the Mgenis with close relatives they had to leave behind in a refugee camp in Namibia, HAW is hosting two upcoming events: Sing Across the Water, a concert with the One Voices Choir, on April 18, 7 pm at the Evergreen Theatre, and a Family Barn Dance May 4 at the Cranberry Senior's Centre. See more in the events section.

Refugees reunited will feel so good

Hands Across the Water is now entering its fourth year as an organization dedicated to resettling refugee families in Powell River. This group of dedicated Powell River residents is so grateful for the community support that it has received over the years and, as a result, has successfully sponsored two families, who are now a welcome part of our community, enriching the lives of those of us who are now connected to these newcomer families.

The Dayakh family, who came from Syria, has been in Powell River since July of 2016. The Mgeni family, from the Democratic Republic of the Congo, arrived here in May of 2018, by way of Namibia, where they had been living in a refugee camp for the past four to eight years.

The Dayakhs have recently moved and are now next-door neighbors to the Mgenis. By fortunate circumstances, Rania was able to secure the new living situation when their original home was no longer available for them. It was a moving day facilitated with help from friends, HAW members, members of both families and with extra hands on deck provided by the newest refugee family to arrive from Syria in December, 2018.

Our group is very blessed to have played a role in helping these two families

resettle in Canada, and have been so gratified by the support from many other organizations in the community that have contributed to their health and welfare.

Hands Across the Water is now focusing our energies on reuniting other family members of the Mgenis. Future plans include sponsoring five additional family members who are in that refugee camp in Namibia. We have plans to bring them in the next two years. We have almost completed our fundraising efforts, but have a little way to go. Please look for upcoming announcements with respect to future events.

- Linda Shaben

Kathaumixw recognized

Powell River's international choral festival Kathaumixw was recognized for its outstanding contribution and service in fighting racism and strengthening multiculturalism last month.

On March 21, the International Day for the Elimination of Racial Discrimination, the province recognized Powell River Academy of Music's Kathaumixw festival with a BC Multiculturalism and Anti-Racism Award. Forty-one British Columbians were honoured at this year's event for their outstanding contributions and service. Each year, members of the public nominate individuals, organizations, and businesses whose work encourages cultural inclusion in their communities.

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Soccer star

Fifteen-year-old Caleb Vallance was chosen to be part of an elite soccer program that draws on the most talented players from all across the country.

Caleb, who is the son of Adam and Laurie Vallance, was selected to join the Vancouver FC Whitecaps Academy U17 team for the 2019/2020 season. The program is a full time, fully funded player development program designed to maximize a player's potential on and off the field through a "soccer lifestyle" philosophy linking technical and personal development. Congratulations Caleb!

Housing is happening

Work has begun on a new supportive housing development set to open this fall on Joyce Avenue near Harvie Avenue.

The 40-unit facility will provide homes for people who are homeless or at risk of homelessness, said Stuart Clark, Powell River Employment (PREP) Society executive director. The new housing project will be operated by PREP community programs and Life Cycle Housing Society as a partnership with BC Housing through the province's Rapid Response to Homelessness program.

Residents will be low income individuals over the age of 19 who need additional supports to maintain housing. Each studio unit will be approximately 210 square feet and include a private bathroom.

There will be a number of wheelchair accessible units and staff will be on site seven days a week, 24 hours a day.

The application deadline is May 1. Priority will be given to people experiencing homelessness in and around the Powell River area. Applications are available at bchousing.org/Options/Supportive_Housing/SHR or contact BC Housing by emailing shr@bchousing.org. For assistance email outreach@prepsociety.org or call 604-223-8374.

Volunteer opportunities

Powell River Early Years Planning Table is looking for a Media Content Designer - a volunteer to create visually appealing posters and pamphlets to convey important messages for families.

B.C. Schizophrenia Society - Powell River is looking for board members. Meetings are held about once every three months. Make your voice heard for the mentally ill in Powell River.

Powell River & District United Way is looking for a Strategic Development Board Member. If you have passion for grant sourcing, building business plans, or creative thinking around revenue generation the United Way wants to hear from you! Powell River & District United Way is a registered charity whose objective is: "To improve lives and build community by engaging individuals and mobilizing collective action."

For a full selection of volunteer opportunities or to apply to volunteer, visit unitedwayofpowellriver.ca

Complex reduces waste

Powell River Recreation Complex's zero waste stations impressed Metro Vancouver's zero waste program so much that they are using them on their website as an example of how to properly reduce waste.

The complex has eight zero waste bins that encourage complex users to divert most of their waste from the landfill so it can be recycled or composted.

The move away from garbage cans at the complex came after a City of Powell River Youth Council member asked if a recommendation could be made to Council to provide containers for refundable drink containers. Bins were installed and recycling and diversion of items from the landfill was encouraged.

Bodybuilder shines

Dina Windsor is making a name for herself on the amateur body building stage. The 45-year-old grandmother and mother of four finished second in her category at the International Federation of Bodybuilding and Fitness Arnold Classic. Held in Columbus, Ohio, the annual event attracts top athletes from around the world.


Dina entered her first body building



competition in 2016. She usually enters the grand master category - for those 45 and over but there wasn't an over 45 category so she competed in the masters 35 and over and finished second! "It was a very humbling and surreal experience to qualify for The Arnold's this past summer as it is the highest amateur stage to get to. I was ecstatic just to be there and never dreamed of a top five finish let alone second," she said. "I hope to encourage and inspire everybody to try something new, define your age rather than letting it define you. Life is too short to not go for it!" [PR](#)

Powell River Health-Care Auxiliary

How can I volunteer?



If you would like to volunteer for an organization that is run entirely by volunteers, you can pick up applications at the Economy Shop or Hospital Gift Shop.

Where do your donations go?

When you drop off a donation or make a purchase at the Economy Shop, or buy an item at the Gift Shop, where does your contribution go?

It all stays in Powell River. It goes to help purchase equipment for the Hospital, Willingdon Creek Village, Evergreen Extended Care, and run programs like the Red Cross HELP office, free TV, Youth Volunteers (formerly Cadets & Candy Strippers), escorts, and more. It also helps:

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NO SHORTCUTS THIS YEAR Marathon Shuffle is 29 kms

Organizers of the 26th Annual Marathon Shuffle are taking the popular event back to its roots by offering only the full shuffle this year.

Eagle Walz, of Powell River Parks and Wilderness Society (PRPAWS) says the half shuffle has been eliminated as the logistics of doing both the full shuffle and the half shuffle were too much.

However, it is possible that another group may organize and run a half shuffle later this summer, he said.

With more than 300 people signed up for this free event by early March, Eagle predicted it would be full long before it takes place on Sunday, April 28.

Check in and bib pick up is at 7:30 at the Shinglemill. The shuffle begins at 9 am with buses taking entrants to Malaspina Road. This 29-kilometre event is capped at 350 with entries split pretty evenly from Vancouver Island, the Lower Mainland and Powell River.

"This event introduces people to the Sunshine Coast Trail," said Eagle noting that volunteers from PRPAWS with help from the BOMB Squad have worked hard to ensure the trail is in excellent condition.

The Sunshine Coast Trail is a

180-kilometre back country trail that stretches from Sarah Point in Desolation Sound to Saltery Bay. In 1992, a small group of people formed PRPAWS and started building hiking trails that linked remaining stands of old growth forests.

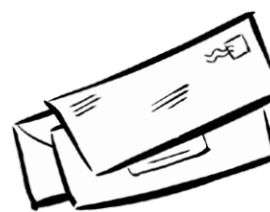
"We built the trail to attract more people to come and see our back country and thought that by having an event on it would be a good way to accomplish that goal," said Eagle.

Today, the Sunshine Coast Trail is Powell River's top tourist attraction. It is estimated that 2,500 to 3,000 people use the trail - Canada's longest hut to hut hiking trail - annually.

Volunteers are needed to help with the water stations and other jobs during the shuffle. If you can help, email volunteershuffle2019@gmail.com or phone Danielle Gravnic at 778-888-9070.

Out of towners can be picked up at the ferry on the day of the event and driven back after the shuffle. If you registered for the event but can no longer make it, please let organizers know so they can give your spot to someone on the wait list.

For more info visit the trail website at sunshinecoast-trail.com/events



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

MAILBAG

Dear Powell River Living:

I just had to write to you about your special story on obituaries in the March issue of *Powell River Living* magazine.

I was in St. Paul's Hospital after having a double heart bypass and visiting with my two girls when the subject of obits came up. They both said they wouldn't know what to say if they had to write one. That was when I sat down and wrote my own.

I have just checked it over, the ink is so faded it is almost illegible. So, back to the drawing board with a few inclusions.

I read your magazine from cover to cover and can hardly wait for a new month and a new read.

*Sincerely,
June Vogl*

Dear Powell River Living:

With respect to the article in the March edition of *Powell River Living*, "Five Union Jack moments to make you go 'hmmm' on Commonwealth Day, March 14," I would like to set the record straight.

The Cross of Saint Andrew is the Scottish flag, a white x-shaped (diagonal) cross on a blue background, representing St. Andrew, patron saint of Scotland. He was crucified on a cross turned sideways (Google reason for crucifixion).

The Scottish flag is also known as the Saltire. Saint George is the patron saint of England and Saint Patrick is the patron saint of Ireland.

*Yours truly,
Nan Dunn*

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Sale leads to new branding

With the completion of the sale of Catalyst Paper to Paper Excellence Canada, new branding popped up at the mill entrance signs. But the local mill will still be known as Catalyst Powell River, with the same "A Paper Excellence Company" tagline that the company uses at all its mills. "Catalyst is a brand that is recognized for its premium quality and it's important to maintain that," said Kathy Cloutier, communications director for Paper Excellence. "We're very happy this has come to fruition and we're ready to become part of the communities," she said.

Brian Baarda, who was named CEO of Paper Excellence in August, spent nearly three years as Catalyst vice president in Powell River and almost 10 years with Catalyst overall, including five years as Chief Financial Officer and VP of Finance. "This acquisition is a continued step towards Paper Excellence Canada's long-term growth plan within Canada's pulp and paper industry and clearly demonstrates its commitment to BC," said Brian. Paper Excellence already owned five mills in Canada and two in France. The purchase includes the mills in Powell River, Port Alberni and Crofton, and the Catalyst distribution centre in Surrey. Adding the 1,600 Catalyst employees brings Paper Excellence's workforce to 2,500.

"The acquisition of Catalyst by Paper Excellence is good news for forestry workers and their families," tweeted Premier John Horgan, who helped unveil the new branding at the Crofton mill.

Welcome immigrant entrepreneurs!

Powell River has been chosen to participate in a province-wide pilot program aimed at attracting immigrant entrepreneurs to smaller communities. The program, known as the Entrepreneur Immigration Regional Pilot, is a two-year project run in partnership with the BC Provincial Nominee Program and participating communities. The goal is to boost economic growth and investment outside urban areas.

BUSINESS AFFAIRS



WITH
SEAN PERCY
sean@prliving.ca

Crackerz for computers

Crackerz Technology has merged with Clifftop Tech to provide better support and broaden its capabilities.

Store manager Tim Williams says he and new owner Ron Haufler wanted to be able to give smaller communities support for their mobile devices and computers.

Crackerz Tech specializes in all things technology related. "We can solve almost any problem with any device," says Tim. Crackerz believes in repurposing and repairing unwanted electronics to help mitigate electronic waste. Visit 4690 Marine Avenue or call 604-223-8002.

New hydroponic plant store

Howling Wolf Hydroponics, a new store for gardeners at 4683 Marine Avenue, opened last month. When Tom Clynch and Joanne Dudoward retired here from the Lower Mainland last year to join Joanne's son, Joel Snez, they had no plans to become entrepreneurs. But Joel came up with the idea to start the store and Tom, a lifelong gardening aficionado, came up with the name, inspired by the wolf, which is one of the four major crests of Joanne and Joel's cultural roots of the Tsimshian

nation. While much of the equipment they sell is designed for growing cannabis indoors, the store will appeal to all gardeners, including those interested in microgreens and growing vegetables year-round. The 1,200 square foot showroom has a display of succulents and cacti, as well as soil, lights and nutrients. Call 604-485-2833 or email howlingwolfhydroponics@gmail.com.

Ferry facts & Chamber AGM

A BC Ferries presentation and the Powell River Chamber of Commerce's AGM luncheon will be held at noon on Thursday, April 25, at the Town Centre Hotel. A presentation about the basics of BC Ferries will be accompanied by an entertaining video presentation.

The \$20 ticket includes lunch. Must RSVP at office@powellriverchamber.com or call 604-485-4051.

Woman With Hammer

When Meghan McKenzie moved to Powell River from the Lower Mainland she launched Woman With Hammer Construction. With a diverse background in construction, including framing, deficiency work for builders, landscaping, cladding, custom home building, renovations, and maintenance work, Meghan says she can provide practical and creative solutions. "I wanted to be self employed so I could have enough flexibility in my schedule to volunteer with Search and Rescue," she said. Meghan is open to bartering with others for goods and services. "I'm looking to help homeowners and property managers keep up with maintenance and provide high quality renovations." With "real world experience in numerous building trades and industries," she can make the repair/renovation experience less stressful and time consuming. Contact Woman With Hammer at 604-578-0263 or meghanmckenzie@hotmail.ca.

Go ride a bike!

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

Gear Up for Spring

Bike Tune-up

\$49.99

plus parts

Thanks for shopping at home!

tawsonline.com 4597 Marine Avenue 604-485-2555

It is easy to be green.



Ride the bus!

www.bctransit.com/powell-river

Cosmetic and paramedical tattoos

Danielle Ceulen has joined **Powell River Tattoo Company** offering her speciality of **Cosmetic and Paramedical Tattoos**. Danielle received her certification from Biotouch Canada Inc. and offers Cosmetic tattoos such as brows (both microblading and powder), lips and eyeliner.

While permanent makeup is the bulk of her business, she also provides paramedical tattoos such as scar/vitiligo camouflage, scalp repigmentation, and areola repigmentation for mastectomy clients; and colour correction of previous cosmetic tattoos. She uses topical numbing during all procedures and consultations are always free. You can find Danielle at 4480 Marine Avenue or reach her at 604-485-4632 or powellrivercosmetictattoo@gmail.com

Kudos for new pharmacist/owner

Powell River **Shoppers Drug Mart** associate **Andrew Fong** has been awarded "New Associate of the Year" by his company.

Andrew, who moved to Powell River from Vancouver to take over Shoppers in December 2017, was honoured to receive the prize. This is a national award and it is only given to one new pharmacy associate each year.

New physio shop

Powell River Physiotherapy is now open in Unit 12 at 4312 Franklin Avenue. Owner **Kevin Turpin** wanted to explore more modern ways of serving people as a physiotherapist. The business employs four people and will reduce wait times for people seeking immediate care for acute injuries. "It will increase access to

physiotherapy care by virtue of doubling the available physiotherapists in town, and open avenues to expanding our services into home visits and group classes for specific needs (such as falls prevention and stroke rehab)," Kevin told *Powell River Living*. For more information, email info@powellriverphysiotherapy.com or call 604-485-4334.

Keith Allen buys TMS

Keith Allen, owner of Great Canadian Carpet Cleaning, has purchased **TMS Moving**. The email and phone number of the moving company remain the same at tmsmoving1@gmail.com and 604-414-0441.

TMS recently moved down Duncan Street when the building across from the airport sold. It is now located at 7095-H Duncan Street, behind the Forest Service.

Keith is keeping the **Great Canadian Carpet Cleaning** company.

City hires reporter

Dave Brindle, who most recently worked as a reporter for the *Powell River Peak* covering City Council, is the new communications coordinator for the **City of Powell River**.

No more PR\$

The **Powell River Dollars** program has ceased to function. Interestingly, Powell River's program is the last "Community Way"-based local currency to close down, said **Kevin Wilson**, spokesman for the PR\$ program. Rather than closing things down completely, the organizers will be "mothballing" everything so that it can be reactivated in the future.

Program changes name

The Employment Program of BC at **Career Link** is now WorkBC Employment Services. It will be open Wednesday evenings, but closed Fridays. [PR](#)



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Brows • Lips • Eyeliner • Scar Camouflage • Scalp • and more

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Save 25% on all services for the month of April

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your eyebrows every day?

Wake up with flawless-looking eyeliner,
fuller lips and perfect brows!



VOLUNTEER APPRECIATION GIVEAWAY!

Brought to you by **First Credit Union,
United Way & Volunteer Powell River**

Nominate a dedicated volunteer in the community
and give them a chance to be recognized &
rewarded for their hard work.

for details visit unitedwayofpowellriver.ca



United Way
Powell River & District



In May, *Powell River Living*
will publish the 9th
annual edition of

Home Grown

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

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

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

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

Contact Sean at
604-485-0003
sean@prliving.ca

or Suzi at
604-344-0208
suzi@prliving.ca

DEADLINE IS APRIL 12

**APRIL 5 TO 7
WEEKEND**



Townsite Jazz
Civic By-Election
Arborist Evening

**APRIL 12 TO 14
WEEKEND**



AVICC Convention
Hello Baby & Toddlers
PRISMA presents Edwin Kim
Crafternoon
La Fille du Regiment

**APRIL 19 TO 22
LONG WEEKEND**



Easter Long Weekend
Earth Day
Egg Hunt
EV Rally
Mapstone

**APRIL 26 TO 28
WEEKEND**



Marathon Shuffle
Open Air Market opens
Night of Bowie
VIM Film Fest
Earth Day @the Library

Much more is happening in April. See Pages 38 to 43.

Get your hands dirty in *April* 5 superlative Sunshine Coast saunters

1. Ash Avenue Amble

Part of Townsite Jazz Fest, this event features 12 simultaneous concerts at venues up and down - you guessed it - Ash Avenue, the centre of Powell River during the Jazz era. \$20 per person; kids 12 and under free. See Page 41.

2. Hearthstone Open House

Cohousing is springing up all over the Lower Coast and Vancouver Island communities. April 14 is your chance to check out the grounds of one of Powell River's two burgeoning projects. See Page 14.

3. Easter Egg Hunt

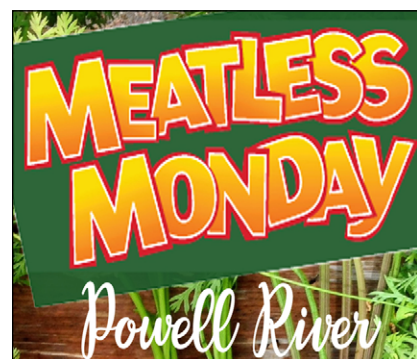
For kids 10 and under, this is a Powell River tradition. Gather at Willingdon Beach at about 10 am; the rope falls at 10:30. Followed by entertainment and - hopefully - sunny skies.

4. The Marathon Shuffle

The annual run along the Sunshine Coast Trail goes Sunday, April 28. Runners will check in at 7:30 am at the Shinglemill and catch a bus to Malaspina Road before hiking back to the Shinglemill in this 29-kilometre event.

5. Open Air Market opens

Fresh greens! Tubers! Friendly faces! This beautiful market at the Paradise Exhibition Grounds is a haven for green shoppers, energetic preschoolers, and anyone with out-of-town visitors to entertain and impress. [PR](#)



Have you made your pledge?

The Powell River Implementation Project of Meatless Monday is collecting pledges that will help demonstrate the difference it can make to the environment when we reduce our consumption of animal products. Please join the campaign at

www.meatlessmondaypr.com

LESS MEAT=LESS HEAT



Join the global Meatless Monday movement. It's a simple step to help cool the planet.

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Earth Month

To April 22

Plastic-Free Challenge

Try to go plastic free or as close to as you can for a month. Sign up through Let's Talk Trash (info@letstalktrash.ca) to receive weekly emails with tips for the week. Submit a photo of your accumulated plastic or wear it to our April 22 Earth Day film event to win a prize!

Monday, April 1

Earth flag raising and proclamation

Noon, City Hall.

Monday, April 15

International Day of Climate Action

"Behold the Earth" film

6:30 pm, United Church. Dinner at 4:30-6

Saturday, April 20

Drip irrigation workshop

Contact fiddlersfarm.com/uhspr for details

Sunday, April 21

"Anthropocene" free Matinee at the Patricia Theatre

2 pm at The Patricia. A visual essay exploring human impact on the earth.

Monday, April 22

Earth Day at Willingdon Beach

11 am to 3 pm

Electric Vehicle & Electric Bikes Rally & Demo

Electric cars will be driving around town from 10 to 11:30 then from 11:30 to 1 pm they'll be at Willingdon Beach. Hosted by PR Climate Action and PR EV Network. Meet EV drivers, go for a ride and discover why more and more people in our town are going electric!

Plastic Free Challenge

Wear your accumulated unavoidable plastic from the month to the film screening for a chance to win prizes!

Thursday, April 25

Composting with Worms

Free workshop 5:30-6:30 pm at the gardens of the Brain Injury Society (7020 Duncan St) Learn all about "vermicomposting" with worm expert Carol Engram. A hands-on demonstration will be provided on how to make your worm bed, how to feed food scraps to your worms and how to harvest nutrient-rich worm castings.

BC Wildfires Past & Future

7:30, Trinity Hall (doors open at 7 pm). The Malaspina Naturalists host a seminar led by the BC Wildlife Service's Jeff Belcher

Saturday, April 27:

Earth Day at the Library

10:30 – 12:30: "Threadbanging" – hands-on DIY session about upcycling clothing into unique creations (drop-in, all ages)

10:30 – 11: Preschool storytime with an Earth Day theme

1:30 – 3:30: "Green Zine" – learn to make your own zine with recycled material, and showcase your artwork and stories (drop-in, all ages)

World of Whales fundraising dinner

Dwight Hall. Catered by the Laughing Oyster. Live and silent auctions, 50/50 and much more. Tickets in advance only \$40 or table of 8 for \$240. wildoceanwhale.org/world-of-whales-dinner-2019

Saturday, May 4

Ecouture Fashion Show

Dwight Hall. 5th annual wearable art fashion show. See ecouturefashionshow.com

Trash Bash

9:30 am – 3 pm Willingdon Beach. Community cleanup day! Head out to pick up any illegally dumped garbage or clean up roadsides. Bring your collection down to Willingdon Beach where dumpsters will be onsite. Lunch 12:30 to 1:30. No personal trash.



Big April Dates

Monday, April 1

April Fools Day

Wednesday, April 3

Advance voting: Civic By-Election

See Page 39 for more info.

Saturday, April 6

Civic By-Election

See Page 39 for more info.

Monday, April 8

Civic By-Election declaration of official results

April 12 to 14

Association of Vancouver Island and Coastal Communities Convention

Hosted at the Recreation Complex.

April 19 to 22

Easter Long Weekend

Monday, April 22

Earth Day

See events list at left.

Sunday, April 28

Marathon Shuffle



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

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Beautiful Day?

Our decks just may be open!

Gas dock open daily 9:30-4:00



Earth Day ZEV Rally & Show

Come and meet the ZEV (zero emission vehicle) owners of Powell River! The purpose of the rally and show is to demonstrate to the Powell River public that this is the place to drive a ZEV. By all accounts the number of ZEVs has doubled annually for the past few years. ZEVs are those which are plugged in and can be driven on purely electricity for a variety of distances. They may also have a gas generator and are considered 'hybrid' when operated in that mode. Changing from gas or diesel to electric drive is one of the most powerful ways to reduce your personal carbon footprint.

The Rally and Show is being held in conjunction with Earth Day festivities (April 22) organized by Climate Action Powell River Society and the schedule will be as follows:

- 10 am Gather at Willingdon Beach parking lot across from the Museum.
- 10 am Proceed to the Sea Walk parking lot where the new Coast Guard station is being built.
- 10:45 am Drive along Marine to Pacific Point Market corner and then down Joyce Avenue with a brief stop in the Lordco parking lot.
- 11 am Arrive at the Town Centre Mall parking area at the BC Liquor Store end.
- 11:15 am Head up to Manson Avenue and drive to Townsite and Brooks High School parking lot.
- 11:30 am Depart to the starting point at Willingdon Beach and park cars along the beach road for public viewing and discussions with owners.

Owners wishing to participate should register at climateactionpr@gmail.com before April 17th. Please send your name, phone number and the type of plug-in model ZEV you are entering.

~ Bill Lytle-McGhee

<p>IT'S COMING! <i>fresh local...</i></p> <p>POWELL RIVER FARMERS' MARKET</p> <p>Opening April 27-28</p> <p>SATURDAYS 10:30 - 12:30 SUNDAYS 12:30 - 2:30</p> <p>604.414.5076 4365 McLeod Rd.</p>	PRODUCE
	EGGS
	MEAT
	BREAD & PIE
	ARTISANS

Influential

POWELL RIVER WOMEN IN BUSINESS

WOMEN of the YEAR

Because YOU are awesome

9th Annual Awards Dinner:

May 15

Celebrate outstanding women

Wednesday, May 15 at the Town Centre Hotel

Doors open at 5:30 pm • Dinner 6:30 pm

Tickets \$35 for WIB members, \$35 for award nominees and \$40 for non-members

Available at The Nutcracker or call 604-223-7732

Tables of 8 can be reserved • Cash bar

Powell River **wib** women in business

prwomeninbusiness.com

April 6
By-Election

On April 6, eligible voters will decide who will fill One City Councillor seat.

The Candidates for City Council are:

George Doubt
Allan Drummond
Alan M. Rebane

VOTING DATES AND LOCATIONS

There are several dates and ways for qualified electors of the City of Powell River to vote.

Advance Voting: Wednesday, April 3, 2019 between the hours of 8:00 am and 8:00 pm in the Lower Floor of City Hall (the old library space), 6910 Duncan Street

General Voting Day: Saturday, April 6, 2019 between the hours of 8:00 am and 8:00 pm at the following locations:

- Lower Floor of City Hall (the old library space), 6910 Duncan Street
- Brooks School, 5400 Marine Avenue
- Cranberry Seniors Centre, 6792 Cranberry Street

James Thomson School, 6388 Sutherland Avenue

Mail Ballot Opportunity: If you are unable to attend any of the voting days (March 27, April 3 or April 6) in person, you can request to vote using the Mail Ballot method. Mail Ballot requests can be submitted to the Chief Election Officer by mail (6910 Duncan Street, Powell River, BC V8A 1V4), telephone (604-485-8603), fax (604-485-8628) or email (elections2019@powellriver.ca). Please take a look at the City's Election Website for more information: www.powellriver.ca

Chief Election Officer

Chris Jackson, 604-485-8603
cjackson@powellriver.ca

Deputy Chief Election Officer

Malonie Shaffer, 604-485-8601 mshaffer@powellriver.ca

General Enquiries:

604-485-6291
info@powellriver.ca

www.powellriver.ca

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



Film

April 3 & 4

The Favourite

7pm nightly & 1:30 Thursday matinee, Patricia. Cinematheque Series.

Saturday, April 6

Expose Yourself: Screening of Adam Rapp's *Blackbird*

7pm, The Art Centre. See more at eyexhibition.show

April 10 & 11

On the Basis of Sex

7pm nightly & 1:30 Thursday matinee, Patricia. Cinematheque Series.

Saturday April 13

Live on Screen: *La Fille du Régiment* — Donizetti

10am Max Cameron. \$27 Adults / \$24 Students and Seniors

Monday, April 15

Behold the Earth

6.30pm, United Church. Dinner at 4:30-6

April 17 & 18

Widows

7pm nightly & 1:30 Thursday matinee, Patricia. Cinematheque Series.

Saturday, April 20

4:20 Stoner Movies

Pyjama Party at McKinney's.

Sunday, April 21

"Anthropocene" free Matinee at the Patricia Theatre

2pm at The Patricia. A visual essay exploring human impact on the earth.

April 24 & 25

They Shall Not Grow Old

7pm nightly & 1:30 Thursday matinee, Patricia. Cinematheque Series.

Friday, April 26

VIMFF

Max Cameron Theatre. \$15.

Just for Kids

Wednesday, April 3

Mid-week Dig

3:30 to 4:30, Wednesdays, Library. Rhythm + Rhyme kicks off its six-week run to May 1. 8 to 12-year-olds can invent some raucous rhythms and chants, explore freestyle rap, spit some rhymes, move their bodies and have fun with language during this energetic DIG.

Thursdays, April 4 & May 2

Read to Dogs

3:30-4:30pm Library. Drop in.

Saturday, April 13

Hello Baby & Toddlers

11 am to 3 pm, Cranberry Seniors Centre. This event is specifically for families expecting a new addition, families with newborns, and toddlers! Local resources for new parents and their babies, doulas, midwives, baby necessities, and more.

Saturday, April 20

Community Easter Egg Hunt

10:30am, Willingdon beach. For kids 10 and under. Get there early!



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POWELL RIVER CRUISE TRAVEL
Changing your Attitude



Win tickets to A Night of Bowie!

Want to win two tickets to "A Night of Bowie - the Definitive Bowie Experience" on Saturday, April 27 at the Max Cameron Theatre? Syl Thompson plays David Bowie in the tribute performance, and the likeness is remarkable. Answer these David Bowie trivia questions correctly and have your name entered into a draw to win two tickets to this fabulous event!

- David Bowie's Space Oddity song was first released in July 1969. In it, he refers to an astronaut. What is the name of that astronaut?
 - David Bowie had many hits during his 50 year career as a musician and an artist. Name two of them.
- Email your answer to us at contest@prliving.ca. Draw will take place on April 20.

Food, Gardening & DIY

Saturday, April 6

Arborist evening

7pm, Cranberry Seniors Centre, hosted by the Garden Club. Join arborist Dr. Linda Chalker-Scott for an interesting and educational evening.

Wednesday, April 10

Fundamentals of Landscape Design

6pm to 9pm, Mother Nature. \$36. Tracey Loslo, presents a common sense approach to landscape design. Book early. 604-485-9878 or register in person at Mother Nature.

Friday, April 12

Tech Savvy – Automate

4pm, Library. Learn about the library's vehicle repair database, which includes diagrams, specification and maintenance schedules for over 35,000 vehicles from 1974 to the present. To register call 604-485-4796 Ext. 206.

April 13 & 14

Open Air Market work party

10am - 3pm each day, Paradise Exhibition Grounds. Jobs for all skill levels, kids and well-behaved dogs are welcome to attend. Come for an hour or stay longer. Refreshments and light lunch will be provided.

Sunday, April 14

Open House Hearthstone Village

1 to 3pm. There will be a presentation and a tour starting at 1:15 no registration required. See Page 14 for more.

Sunday, April 21

Drip irrigation workshop

2:30-4:30pm Hosted by Urban Homesteading School of Powell River. \$25. 5865 Mowat Ave in Cranberry. Tickets at fiddlersfarm.com

Tuesday, April 23

Smart Moves for Gardeners - Reduce Injuries & Feel Better

7pm at Cranberry Seniors Centre. PR Garden Club hosts Terri Beck - avoid injuries while out in your garden.

Thursday, April 25

Composting with Worms

Free workshop 5:30-6:30pm at the gardens of the Brain Injury Society (7020 Duncan St) Learn all about "vermicomposting" with worm expert Carol Engram. A hands-on demonstration will be provided on how to make your worm bed, how to feed food scraps to your worms and how to harvest nutrient-rich worm castings.

April 27 & 28

Open Air Farmers Market,

10:30 to 12:30 Saturday and 12:30pm - 2:30pm Sunday, 4365 McLeod Rd. (Paradise Fairgrounds off Padgett Rd).

Sunday, April 28

Spring Garden sale at Lang Bay

9:30am - 2pm at Lang Bay Community Hall. To book a \$20 table call Jody at 604-487-1620 or 604-897-1129.

Live Music & Arts

Starting in April

Powell River 2019 Photo Competition Starts

Submit your best photo that represents our community before the deadline of June 7. For prizes and rules visit prpl.ca.

April 4 to 6

Townsite Jazz

See box at right for more.

Friday, April 5

Expose Yourself Opening Reception

7 to 11 pm, The Art Centre. Live entertainment. See more at eyexhibition.show

Crossing the Bar

During the EYE opening (see above). Play by Don Nigro, directed by Nicole Narbonne. Produced by Stephen Miller & Stephanie Miller. A Townsite Actors Guild Production.

Saturday, April 6

5Rhythms Dance Workshop

With Julie Plotkin at Lang Bay Hall, 11-5. Preregistration required at julieplotkin.com

Expose Yourself: Screening of Adam Rapp's Blackbird

7 pm, The Art Centre. See more at eyexhibition.show

Sunday, April 7

Slocan Ramblers

7:30 pm Cran Hall

Sundays, April 7 & 14

Expose Yourself: Figure photography workshops

1 to 3 pm, The Art Centre. With Stephen Grover. See more at eyexhibition.show

Thursday, April 11

Grand Opening of the Gathering Place

Celebration of the new lounge at VIU Powell River campus. 12:30 lunch.

April 11 to 13

Expose Yourself: Meteor Shower, by Steve Martin

8 pm nightly at McKinney's. A Townsite Actors Guild Production. \$20. Doors open at 6:30 pm.

Friday, April 12

Pianist Edwin Kim

PRISMA presents at 7 pm, Max Cameron

Expose Yourself: Erotic Poetry & Prose

7 pm, The Art Centre. Open Mic and Anonymous. See more at eyexhibition.show

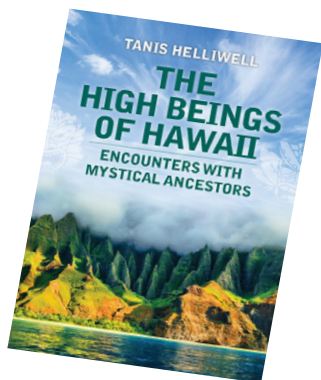
Saturday, April 13

Live on Screen: La Fille du Regiment — Donizetti

10 am Max Cameron. \$27 Adults / \$24 Students and Seniors

The Charming Predator reading and discussion

1:15 pm, Library. With author Lee Mackenzie.



Book Launch: The High Beings of Hawaii: Encounters with Mystical Ancestors

2 pm, Library. Local author Tanis Helliwell. See Page 42.

Sunday, April 14

Crafternoon

3 pm, Townsite Brewing

Wednesday, April 17

Fashion for a Passion

6-9 pm at the Arc Community Centre. Advocates in Motion fashion show sponsored by Sublime, Blue Sky Consignment and Armitage Men's Wear. For info, call Yvonne at 604-483-1941 or Jenn at 604-483-8468. Door prizes, wine, snacks.

Mary Flowers and Doug Cox

Doors open at 7 pm Music at 7:30. At the Cran Hall.

Thursday, April 18

Benefit Concert: Sing Across the Water

Doors open 6:30, concert at 7 pm, Evergreen Theatre. With the One Voices Choir, to raise money to sponsor five members of the Mgeni family. By donation. See Page 32.

Saturday, April 20

4:20 Stoner Movies

Pyjama Party at McKinney's.

Saturday, April 27

A Night of Bowie

Max Cameron, doors open 7 pm, show at 7:30 pm. See ad on Page 33.

Tom Petty Tribute

7:30 Carlson Community Club.

Dive Bar Dance Party

Hosted at McKinney's by Tony P & Kamandi

Saturday, May 4

Family Barn Dance for Hands Across the Water

Doors open 6:30 pm, music with So-Si-Do at 7 pm. Raise money to sponsor the five members of Powell River's Mgeni family, who are still living in a refugee camp in Namibia. Adults \$20, kids \$5. Under 2, free.

Sabrina Upton art show

Noon til 6 pm. Canadian wildlife and local landscapes art show featuring Powell River artist Sabrina Upton at Turadh Fine Art Gallery, Unit 108 Townsite Market, Walnut Street. Draw prize for selected original painting by Sabrina.

Holy Week & Easter

Thursday, April 18

Maundy Thursday

5 pm Seder supper and service, Powell River United Church

6 pm Faith Lutheran Church, Westview

7 pm St David St. Paul Anglican, Townsite.

7 pm Mass of the Lord's Supper, Assumption Catholic Church Westview

Friday, April 19

Good Friday

10 am St David St. Paul Anglican, Townsite

10:30 am Powell River United Church

7 pm Faith Lutheran Church

The Passion of the Lord

3 pm Assumption Catholic Church Westview

Stations of the Cross

7 pm Assumption Catholic Church

Saturday, April 20

Community Easter Egg Hunt

10:30 am, Willingdon Beach. For kids 10 and under. Get there a little early!

Easter Vigils

7 pm St David St. Paul Anglican, Townsite, joint with Faith Lutheran.

9 pm Assumption Catholic, Westview

Sunday, April 21

Easter Sunday

8 am, St Gerard's Catholic, Wildwood

10 am, Assumption Catholic, Westview

10 am, Faith Lutheran Church

10 am, Kelly Creek Community Church

10 am, St David St. Paul Anglican

10:30 am, Powell River United Church

Noon, Sacred Heart Catholic, Tla'Amin

7 pm, Assumption Catholic, Westview

Townsite Jazz Fest

Thursday, April 4

6 pm • Tina Jones Quartet (Rainbow Room)

8 pm • Dee Daniels Quartet (Max Cameron Theatre)

10 pm • Tina Jones Quartet (Townsite Brewing) SOLD OUT!

Friday, April 5

6 pm • Oliver Gannon Quartet (Rainbow Room)

8 pm • Fifth Street (Max Theatre)

10 pm • Tanga (McKinney's Pub)

Saturday, April 6

12-5 pm • Ash Avenue Amble 12 simultaneous concerts at Townsite Brewing, Patricia Theatre, Dwight Hall and the Rodmay Hotel. Outdoor main stage and local vendors.

6 pm • Oliver Gannon Quartet with Phil Dwyer (Rainbow Room)

8 pm • Latin Dance featuring Tanga (Dwight Hall)

10 pm • Festival Jam (McKinney's)

Tickets & info @TownsiteJazz.com

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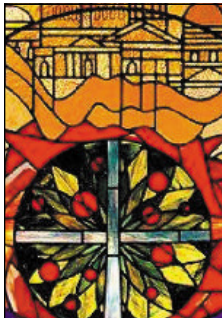
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Holy Week @ Easter
Come and See!

MAUNDY THURSDAY • 6 PM

GOOD FRIDAY • 7 PM

EASTER VIGIL • 7 PM
(Saturday, joint service at St. David & St. Paul Anglican Church in Townsite)

EASTER SUNDAY • 10 AM

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You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about anything.

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Kelly Creek Community Church

Sundays 10 am

2380 Zillinsky

Pastor:
Mike Martinig

2019 Holy Week and Easter Services

St. David & St. Paul Anglican Church

April 14 **Palm/Passion Sunday**
10am • Holy Eucharist

April 18 **Maundy Thursday**
7pm

April 19 **Good Friday**
10am • Stations of the Cross

April 20 **Easter Vigil**
7pm

April 21 **Easter Sunday**
10am • Holy Eucharist

Everyone Welcome

Come as you are, with children or without, in jeans, or more dressed up, single, married or partnered, from an Anglican background, other backgrounds or no church affiliation.



Rev. Faun Harriman

Invite your ancestors in to your present life

BY TANIS HELLIWELL

Our motivation to examine our ancestral lineage might stem from curiosity to discover where we come from. Or, it may come from a desire to heal ourselves and prevent passing our family wounds onto our descendants.

When most of us think of ancestors, we think of blood ancestors who have lived in the past and from whom we have received DNA and learned family patterns. But I believe it is necessary to broaden our definition of who are ancestors are. Ancestors in physical lineage include our family (such as parents or grandparents), but our ancestors also include our ethnic or linguistic group (Celtic, Ashkenazi or Haida), and our nation (Canadian, German, Korean).

Actually, our biological heritage ultimately includes all beings, including animals and plants, because we all evolved from the same chemical stew billions of years ago.

BOOK LAUNCH: ANCESTRY

What: *The High Beings of Hawaii: Encounters with Mystical Ancestors*, by local author Tanis Helliwell.

When: 2 pm April 13

Where: Library

Epigenetics: What's that?

We are at the beginning of the new science of epigenetics, which suggests that not only the physical but also the psychological wounds we have suffered alter our genes. These wounds leave molecular scars as memories that adhere to our DNA and get transferred to our descendants. Epigenetics lends credence to how alcoholism, sexual abuse, and family violence gets passed down.

For instance, if our ancestral origins are in Ireland (even if we were not born in Ireland) we carry within our genes the poverty and suffering of the Irish people who endured successive famines. And if we have German heritage, we inherit the trauma of two world wars. For this reason, many individuals with German heritage feel guilty for something that happened long before their birth.

But hold on: We also inherit positive emotional experiences in the same way, so if we have received love and support from our family, this gets passed along with



CLOSER THAN YOU THINK: The author's grandparents, John Harvey and Alice Delamere Harvey, at their Ontario home.

other gifts and talents we may have inherited from our physical ancestors, such as talents in music or mathematics, having a strong and healthy body, etc. And the more we honor these gifts, the more fully they are activated for use in our present life. All ancestor's gifts are available to us now and there are ways in which we can contact them to help us and here are a few ways in which to do this: [PRL](#)

10 WAYS TO WORK WITH YOUR ANCESTORS:

1. The first step is to believe.

Belief is critical, as doing so immediately strengthens their connection with you.

2. Keep their memory active.

Place photographs or articles owned by your ancestors in a prominent place in your home.

3. Story telling.

The more often people in your lineage share an ancestral story, the stronger its connection for all relatives.

4. Pay attention to your dreams.

One of the first ways ancestors may contact you is in dreams, so it is important to remember your dreams and analyze their meaning.

5. Meditate.

Meditation builds a bridge to your ancestors.

6. Appreciation.

Ancestors love to be recognized and appreciated, so remember to send them an open-hearted "thank you".

7. Start where you are now.

Look at your family history for insights on what ancestral patterns need to be healed.

8. Stress the Positive.

Recognizing an inner strength in an ancestor can be a tremendous gift to you and your entire lineage.

9. Forgiveness.

Forgiveness removes ancestral wounds—for them and you—through all generations.

10. Take action in the world.

Find your own way to honour your ancestors

EVENTS WHAT'S UP

Farmers' Market opens

Join us for the start of the 2019 season: Where Fresh Meets Local.

Our first work party weekend will be April 13-14 from 10am - 3 pm. Vendors and community members are welcome to attend. If you have a rake, leaf blower, pruning shears, small gardening tools and gloves bring them along. If you have carpentry skills we'd like to build a few new benches as well. We will clean up the grounds so they're ready for opening day. There will be jobs for all skill levels, kids and well-behaved dogs are welcome to attend. Come for an hour or stay longer. Refreshments and light lunch will be provided.

The 2019 opening weekend is April 27 & 28. Saturdays we're open from 10:30 - 12:30 and Sundays 12:30 - 2:30 at 4365 McLeod Road. We are a "make it, bake it, grow it or wild harvest it" market - it doesn't get much more local than that. We are open rain or shine so you're never disappointed if you make plans to attend. Live local music on our stage and a friendly place to get to know your community.

You will find a wide assortment of local farmers, bakers, prepared food vendors and artisans. Start your weekly grocery shopping with us. Train rides on Sundays for kids and "kids at heart".

If you'd like to join us as a vendor you can always sign up online. Google Powell River Farmers' Market and you'll find us. You can also call Juhli at 604-414-5076 or email powellriverfarmersmarket@gmail.com

- Juhli Jobi

I ♥ Pub Theatre

Townsite Actors Guild, founded by Stephen Miller and Stephanie Miller, was formed in 2018 with the mandate to produce live theatre in Powell River. Our goal is to work with material that is cutting edge and somewhat beyond the norm, material that is on the edge of the envelope.

We hope to enlighten and entertain audiences through our productions. Our first production in 2018 was *Cock Talk*, a resounding success in all measures.

This Spring we are presenting two plays in conjunction with the Expose Yourself Festival - ***Crossing the Bar*, a short play directed by Nicole Narbonne and being presented on April 5,** and Steve Martin's *Meteor Shower*, a full-length sassy romp of a play about unleashed sexual repression rubbing up against swindlers and the subconscious as worlds and meteors collide.

***Meteor Shower* is directed by Stephanie Miller and being performed at McKinnies' Pub on April 11, 12, and 13 and**

- Caroline Spence



tickets are available at Base Camp, Townsite Brewery and the Rodmay Hotel.

The Townsite Actors Guild is thrilled to be working with such great acting talent in Powell River and is so appreciative of all the support we have received from individuals and businesses in town.

- Stephen Miller

Hello, Baby

Tailored to pregnant women, families with newborns and toddlers, Hello Baby has been held all over BC. Started in Kamloops, it has been held in Vernon, Kelowna, Fort St John, Sechelt and now Powell River.

The event brings together local resources from the community for pregnancy, postpartum care and the upbringing of our babies. We have a wide range of vendors and fun for the family including door prizes that can be entered into through our free pre-registry on Facebook, bouncy balloon pit for the mommas and their little ones, and a face painter.

Hello Baby is a free event and held on April 13th from 11-3 at the Cranberry Seniors Hall.

- Amelia Graham

Will the real Bowie please stand up?

This show is absolutely phenomenal - for anyone who loves Bowie - it's a must see. The guy who portrays David Bowie looks and sounds so much like Bowie, I swear my mind was very boggled for the first few songs of the show as I really couldn't believe what I was hearing and seeing. He's also got a stellar A backing band and they put on an amazing show. Had everyone singing and dancing the whole show - was very fun! The band only plays a few shows per year and they are one of the best Bowie tributes in North America.

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Holy Week at Assumption Westview:

Thursday April 18
7pm • Mass of the Lord's Supper

Friday April 19
3pm • The Passion of the Lord
7pm • Stations of the Cross

Saturday April 20
9pm • Solemn Easter Vigil

Easter Sunday Masses

8am • St Gerard's, Wildwood

10am • Assumption

Noon • Sacred Heart, Tla'Amin

7pm • Assumption

Father Patrick Tepoorten • 604-485-5300



Join us for Holy Week 2019

April 18 **Maundy Thursday** • 5pm Seder supper and service

April 19 **Good Friday** • 10:30am service

April 21 **Easter Sunday** • 10:30am service

All are welcome here



Powell River United Church
www.powellriverunitedchurch.com
6932 Crofton St • 604-485-5724



Westview Baptist Church

PANCAKE BREAKFAST & EGG HUNT
Saturday, April 20 • 9am

EASTER SUNDAY SERVICES
Sunday, April 21 • 10am
Muffins & coffee beginning at 9:30am

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A sound engagement

Return to Reverence ~ working with elements of the natural world

JULIETTE WOODS offers card readings, shamanic sessions, medicine gatherings, and immersion programs online and in-person. Find her at 3FoldBalance.com and shamanicliving.ca

We know Spring has arrived when we hear the robins sing in the morning. We can follow the sound of a river when re-orienting in a dense forest. Coyote calls create a somatic response within us, and so does the crackling of a campfire.

One can almost hear and feel them simply by reading this. Turning our attention and focus to the sounds of the natural world herald a vast array of information, heighten our perceptions, and generally supports our nervous system.

With the turn of the weather, we may find ourselves called outside more often to take in the freshness that is Spring. To deepen our connection and create greater alignment, turning up our mindfulness to the sounds around us is an easy method that is also often used as a tool for those needing to regulate their fight/flight and dissociate/freeze responses.

I invite you to dedicate time for simply sitting in your favourite places for active listening. What are all of the sounds that you hear? How does your body respond to them? Which sound brings the most ease to you? Is there an eco-system you are most drawn to? Beach or Forest? Hilltop or Valley?

One might record their own



CRACKLING: An active listening practice enhances awareness & connection.

tracks or find nature sounds online to support when feeling overwhelmed or out of sorts. Try adding bird or whale song into a meditation or before sleep.

With an active listening practice such as this, a by-product is an increasing awareness to all of the auditory information we receive each day. What music do you listen to? Does it settle or activate you? Are the incoming verbal messages of co-workers, family, and media personalities inspiring or belittling? What level of the sounds you hear would you consider as "noise pollution" or "medicinal"?

Do you protect yourself from the

sounds of hard industry and gift yourself the pleasure of hearing unencumbered full-bellied laughter?

For those who follow a seasonal wheel of the year, Spring is often associated with the element of Air. With sound being a vibratory perception, even if hard of hearing, we can align with these energies through tactile senses.

We can learn a lot about ourselves and foster a stronger connection to the world around us with an intentional listening practice.

Perhaps pause this very moment to notice what you can hear. How many different sounds can you perceive? You might be surprised. **RL**



Rob Villani

Stacey Fletcher

Katya Buck

Ian Tully-Barr

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Powell River Green

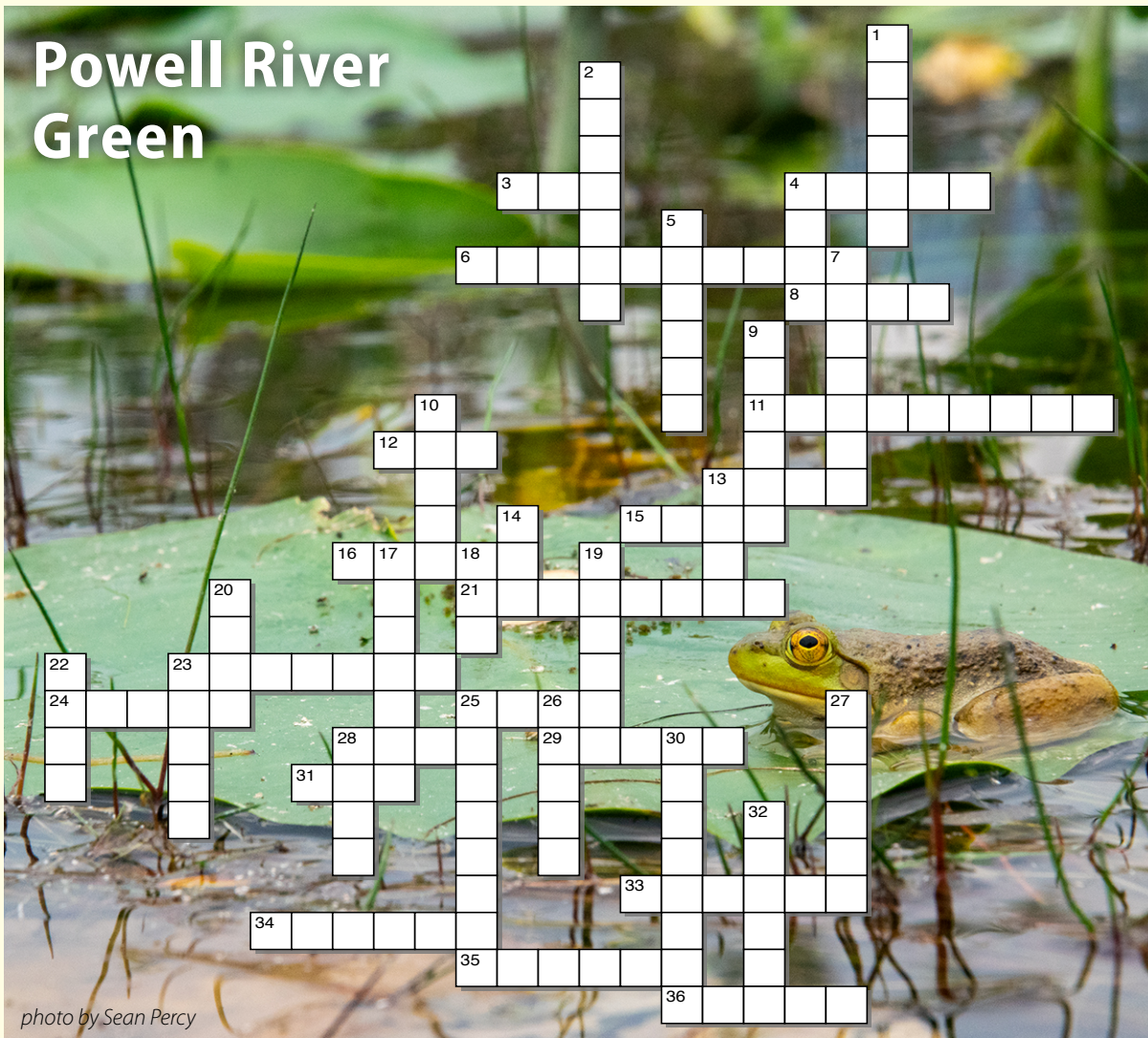


photo by Sean Percy

Across

- 3) Cranberry Headwaters
- 4) Furniture transformer
- 6) Naked-gilled slug
- 8) flatter, lily or deer
- 11) Your track
- 12) Electric car (acronym)
- 13) Keeps a diver down, but don't eat it
- 15) Local prawn's ID mark
- 16) Power of other May 4 celebration
- 21) Monday campaign
- 23) Not Jack, the birds at Myrtle
- 24) Fruit for crisp
- 25) Grouch, or clawed crustacean
- 28) Invasive frog
- 29) Fish, or roost
- 31) Electric cars don
- 33) Native frog or song refrain
- 34) Flower's reason
- 35) Growing place
- 36) Chlorophyll's colour

Down

- 1) Pot-loving Nelson part of May 24 show
- 2) Challenge to stay free for a month
- 4) Local logging scholarship giver (acronym)
- 5) Spiny echinoderm or ragged kid
- 7) Ahgykson island cleaned
- 9) Way to be carbon neutral
- 10) Shingle wood
- 13) Sawmill's Eagle River
- 14) Pollinator
- 17) Giant cephalopod
- 18) Beach cleaning outdoors class (acronym)
- 19) Flash
- 20) Despair's antidote
- 22) To be really green, don't have one of these
- 23) Great with Doug, not in the Garden
- 25) We discard 17 lbs/mos of this
- 26) Earth Month
- 27) PR has low rate of these
- 28) What May 4 does to trash
- 30) We discard 17 lbs/mos of this
- 32) Local wetland

SMART Recovery® Meetings



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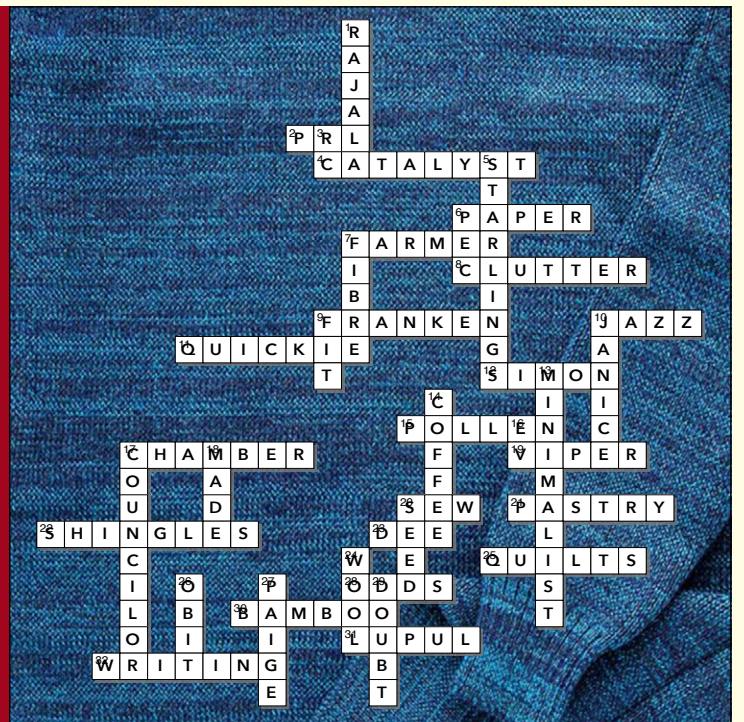
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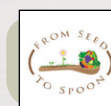
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Last Word

BY CYNTHIA BARNES



What? You grow your own food? You are just as cool as my grandma!

I love how your travel mug matches your outfit.

That guy is so generous! He gave me all his leaves for my compost bin.

The kale from your garden is delicious. I am making a fabulous soup with it. Sure hope my husband likes it. He is not used to green soup.

I love your new shopping bag. It looks like the old curtains that you used to have hanging in your house.

This vegan meal is delicious. I hardly notice that there is no meat in it.

Hey Joe, you look so healthy! That plant-based diet is really working for you. And hey check out your tight abs and weight loss.

I love your idea where the lights in your house go off when you leave the room.

That Powell River boy that fixes vacuums is really onto something

You smell great. Cutting back to one shower per week is really working for you.

Your body is looking so buff. Guess switching to a bike is making a difference.

Your compost is really steaming hot.

I love all the dandelions on your tiny lawn. The bees must be loving it. I have a great dandelion wine recipe if you would like it.

That community dinner that your neighbour organized - such a great idea.

You look really sharp in your used electric car. I want one.

Wow, you really make being green look easy.

I love that purple outfit you are wearing to plant trees.



Kathy Bowes


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1. Movie posters switched.
2. Horizontal sign fixed.
3. Misspelled on vertical sign.
4. Red banner tie-downs missing.
5. Address sign gone.
6. Synergy gone from Frame Shop.
7. Historical plaque moved up.
8. Window moved.
9. Lettering removed from car tires.
10. Movie listed - a 1967 classic, just like that sweet Buick Skylark.



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