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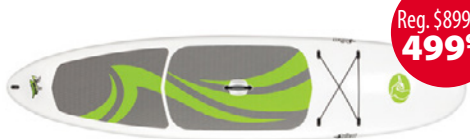


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## 2019 EVENTS CALENDAR

MONDAY JUNE 17	TUESDAY JUNE 18	WEDNESDAY JUNE 19	THURSDAY JUNE 20	FRIDAY JUNE 21	SATURDAY JUNE 22
<p>1:30 pm: <b>Limelight Concert</b></p> <p>2:00 pm: <b>Bass Masterclass</b></p> <p>3:15 pm: <b>Trumpet Masterclass</b></p> <p>4:30 pm: <b>Limelight Concert</b></p> 	<p>1:30 pm: <b>Limelight Concert</b></p> <p>2:00 pm: <b>Viola Masterclass</b></p> <p>3:15: <b>Flute Masterclass</b></p> <p>4:30 pm: <b>Limelight Concert</b></p> 	<p>1:30 pm: <b>Limelight Concert</b></p> <p>2:00 pm: <b>Conducting Masterclass with Full Orchestra</b></p> <p>3:15 pm: <b>Open Rehearsal: Mosolov Concerto for Harp &amp; Orchestra</b></p> <p>4:30 pm: <b>Limelight Concert</b></p> <p>7:30pm: <b>Concerto Competition Semi-Finals (By Donation)</b></p> 	<p>1:30 pm: <b>Limelight Concert</b></p> <p>2:00 pm: <b>Cello Masterclass</b></p> <p>3:15 pm: <b>Violin Masterclass</b></p> <p>4:30 pm: <b>Limelight Concert</b></p> <p>7:30 pm: <b>Gala Grand Opening Concert</b></p> 	<p>1:30 pm: <b>Limelight Concert</b></p> <p>2:00 pm: <b>Oboe Masterclass</b></p> <p>3:15 pm: <b>Horn Masterclass</b></p> <p>4:30 pm: <b>Limelight Concert</b></p> <p>7:30 pm: <b>Symphony Concert: "Pranks &amp; Pearly Gates"</b></p> 	<p>6 pm: <b>PRISMA on the Beach (Free)</b> Featuring music from <b>STAR WARS</b></p> 
MONDAY JUNE 24	TUESDAY JUNE 25	WEDNESDAY JUNE 26	THURSDAY JUNE 27	FRIDAY JUNE 28	SATURDAY JUNE 29
<p>1:30 pm: <b>Limelight Concert</b></p> <p>2:00 pm: <b>Trombone &amp; Tuba Masterclass</b></p> <p>3:15 pm: <b>Harp Masterclass</b></p> <p>4:30 pm: <b>Limelight Concert</b></p> 	<p>1:30 pm: <b>Limelight Concert</b></p> <p>2:00 pm: <b>Clarinet Masterclass</b></p> <p>3:15 pm: <b>Violin Masterclass</b></p> <p>4:30 pm: <b>Limelight Concert</b></p> <p>7:00 pm: <b>Student Chamber Concert (Free)</b></p> 	<p>1:30 pm: <b>Limelight Concert</b></p> <p>2:00 pm: <b>Cello Masterclass</b></p> <p>3:15 pm: <b>Bassoon Masterclass</b></p> <p>4:30 pm: <b>Limelight Concert</b></p> 	<p>1:30 pm: <b>Limelight Concert</b></p> <p>2:00 pm: <b>Viola Masterclass</b></p> <p>3:15 pm: <b>Percussion Masterclass</b></p> <p>4:30 pm: <b>Limelight Concert</b></p> <p>7:30 pm: <b>Guest Artist Chamber Concert</b></p> 	<p>1:30 pm: <b>Limelight Concert</b></p> <p>2:00 pm: <b>Oboe Masterclass</b></p> <p>3:15 pm: <b>Brass Masterclass</b></p> <p>4:30 pm: <b>Limelight Concert</b></p> <p>7:30 pm: <b>Symphony Concert: "Shades of Light &amp; Dark"</b></p> 	<p>1:30 pm: <b>'Sail to the Symphony' Matinée</b></p> 

- All events (except PRISMA on the Beach) take place at Evergreen Theatre
- All tickets \$27.25, except as noted; Discounted tickets available for youth
- Save nearly 40% with a festival pass – \$99
- Masterclasses and Limelight Concerts are subject to \$5 daily admission (Free for youth and festival pass-holders)

Get your tickets at Town Centre Mall until June 15, or at the Evergreen Theatre from June 17-29

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Online sales available 24/7 at [prismafestival.com/tickets](http://prismafestival.com/tickets)

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# Golden-crowned Kinglet


I am so happy. I have been trying to get a decent photo of the Golden-crowned Kinglet forever.

This bird is one of the smallest in North America, at just eight to 10 centimetres.

I stopped the truck when I saw a dozen of them flitting through some small shrubs. They rarely stop for more than a second or two.

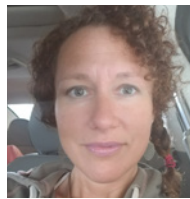
I went around and watched as they fed on larvae and small insects. One Kinglet landed on a branch long enough for me to get three or four photos. The sound of the shutter caught their attention, giving me the opportunity for some nice shots.

I didn't see any males, only females, with their olive green above and off-white below, topped with their gold crown. The males have a black-bordered orange-yellow crown. They nest up high in tall Fir or Spruce trees, usually first growth.

~ Rod Innes 



## CONTRIBUTORS



**JASMINE ROSE BERUBE** has been living in Powell River since August 2018 moving from back East. She is grateful to be having so many fun adventures here with new friends surrounded by pristine nature. She enjoys immersing herself in nature's cold waters whenever she can.



**JULIE CLARKE** has more than 30 years' experience in working with technology and education. In recent years, Julie has turned her hand to curling and other community activities.



**MEGAN DULCIE DILL** is an artist and educator interested in exploring the environment. She works as an arts and literacy facilitator as well as maintaining a full time painting practise. She is currently completing a large scale painting installation and accompanying children's book about the Pacific wren and environmental change. [www.mdill.com](http://www.mdill.com)



**JANET MAY** is a writer and outdoor educator who refers to traditional teachings in her work with young people in Powell River. Janet welcomes the new era at Tla'amin, and hopes that both communities continue to support and learn from one another.



**JORDAN MITCHELL** was born and raised in Tla'amin by way of Powell River. Father of three, he enjoys many team sports and outdoor activities of all kinds, especially camping, fishing and hunting. He is always looking for ways to expand his knowledge and experiences.



**ANDY RICE** is an arts administrator, juggling his time between Vancouver, Powell River and various Canadian cities through his work with the British Columbia Choral Federation, Canadian Chamber Choir, Townsite Jazz Festival and Pacific Region International Summer Music Academy (PRISMA).



**DR. SNEETA TAKHAR** grew up in Ontario, and went to medical school at the University of Toronto and completed her Internal medicine residency at U Tennessee. That's where she bought her first road bike. During a Critical Care fellowship at Stanford, she bought her first mountain bike. She moved here 19 years ago.



**BILL TIMOSHYK** grew up in Powell River, raised by very fine parents. He pursued several ambitions over the years, eventually retiring in 2016 after 15 years working for Canada in its efforts to address the legacy of Indian Residential Schools. Bill lives in Langley with his wife and two daughters.



**RON WOZNOW** grew up in Edmonton at a time and in a neighbourhood where childhood friendships remain to this day even without email, Facebook or LinkedIn. After finishing up an executive career that took him all over the world, retiring to Powell River with his wife "felt a lot like coming home."

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### ON THE COVER

All but one of this Coast Mountain Academy class is graduating this June. They carved their own paddles and used them on a final long journey, and for teaching.

Photo by Ryan Barfoot and Joel Lewis







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

## MAILBAG

Dear Isabelle,

I just wanted to express how much your article (*Happy Mother's Day, she sobbed*, in the May issue) touched me.

My oldest and first of my four daughters graduated one year ago (one year early at that). She had only just turned 17!

I remember crying the whole way home from dropping her off at University... and for a few weeks after she'd left, when I walked by her empty bedroom or saw her vacant chair at the dinner table.

But gradually the crying ceased.

That "day of letting her go" has come and gone, and I have survived!

But more importantly, my daughter has survived leaving home, and she thrived in University. She loves her new

friends, loved her classes, the campus life and the freedom of a new season of life.

And hearing her share about her new life has fill me with so much joy that it helped me to forget to be sad.

She's home now for the summer, and it's a new milestone.

Having her graduate and leave home a year early, I felt very alone at the time as her peers still had a year of high school left, so I really had no one to share my heart break or worries with at the time. But reading your article brought me tears and comfort, and I kind of wish I'd had it to read a year ago because I'd been so preoccupied by the suffocating vice-grip of "mommy-mourning", that I hadn't paid much attention to how exciting that new phase of life was going to be for her!

I don't want my tears to overshadow milestones that deserve to be celebrated with joy and pride.

Thank you for being a stranger I can relate to, and for sharing such personal feelings.  
- Deb Miller

## PUBLISHER'S MESSAGE

There are many reasons to love June. Longer days, warmer weather, gorgeous flowers everywhere and brilliant festivals like PRISMA (See ad Page 3 and story Page 35) make it a contender for a BEST month if there was such a category! For kids, the last day of school marks the official start of summer. About 175 students will graduate and embark on the beginning of the rest of their lives.

Most of us will take our first outdoor swim of the year in June (or July) but some, like Jordan Mitchell, Megan Dulcie Dill, Sneeta Takhar and Jasmine Rose Berube (Page 9), are all-season dippers.

Powell River's Ann Mudgel Meraw, a woman touted as one of the world's most remarkable open water swimmers (Page 10) went on to become Canada's first female lifeguard and founded the National Water Babies swim lessons program. This Order of BC inductee is an amazing example of what

determined people can and will do.

Recognizing outstanding accomplishments is important and something this community does well. On June 15, eight individuals and a team will be the first inductees into the brand-new Powell River Sports Hall of Fame. This significant event recognizes the accomplishments of some of our outstanding athletes but there are more, and they will be recognized in due course.

We begin our series, "Do What You Love, Love What You Do," on Page 20 with Shane Dobler of the Powell River Salmon Society. He speaks candidly about his love of nature and of the man who inspired this love: his father, the late Alex Dobler, for whom the Lang Creek facility is named. A fitting tribute as we look towards Father's Day on June 16 and the first day of summer on June 21.

*Jim Southcott*



Honouring the journey

The Powell River Hospice Society is grateful to all the sponsors, volunteers and individuals who donated to our 2019 Hike for Hospice. We thank you.



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# Tla'amin spiritual advocate Jordan Mitchell

**D**o I swim outdoors, year round? Well...not exactly.

Although I do go into the refreshing water of Powell Lake year round on a regular basis, the purpose is likely much deeper and heavier than just “taking a dip.” It is a practice handed down for generations. A rite of passage. Sacred.

As a young man growing up in Tla'amin, I attended a youth summer camp for seven years in a row. We camped in Forbes Bay, on the East side of Homfray Channel, the shared territory

of the Toq' and Tla'amin people. Each morning we woke at day break and walked to the river. Beautiful, glacier borne waters. Fast flowing and powerful. Frigid. One by one, we entered the water with a cedar bough in hand. We entered with the instruction to let the water wash away the things we did not want to carry with us into the new day. Brush those things away with the cedar bough and ask the river to share its strength with you. To give thanks for the new day. Thanks for the new opportunities and

challenges alike. Four dunks in the river. One for each of the four directions. Allowing ourselves to be present with the discomfort of the cold and not to rush through the bath. Allow ourselves to feel it and be absolutely present.

For years I had discontinued this practice. But on my birthday last year, March 29, 2018, I returned to the water, a once proud and powerful river which is now held back by a dam.

I chose that place to rekindle this practice because to my ancestors, that

was home. Archeological estimation puts pre-contact population of the Powell River area between 30,000 and 60,000 years. In this practice, in that place, I feel the closest to my ancestors spiritually. I will carry on with this practice indefinitely because I have felt the positive affect and power it holds.

The chilly, calm waters of Powell Lake allow me to stay connected to my culture and start my day off with purpose and the intention to make it everything it should be. [RL](#)

In getting-warmer June, many of us will submerge for the first time this year into qathet's ocean, lakes and rivers. On Pages 6 to 12, meet a handful who do it for spiritual reasons, athletic reasons, artistic reasons, and familial reasons. And a few who did it before you were alive.

## Artist Megan Dulcie Dill

**I** do not think of myself as a real “swimmer” more just a pleasure/pain seeker. I am an artist and have been dipping into local waters regularly for the past few years as part of my art process.

I go on spurts of daily swimming, every other day swimming, short breaks, long swims, short dips, any weather swims, etc. It has become something that I crave every day, pulling myself out of the regular churn and into a wicked blast of shock.

It feels like a true potential of spirit for me. My artwork, predominantly painting, involves immersion in place based experience. The best part of the swim is submerging my head fully underwater, feeling enveloped by the ocean and then pure buoyancy. I have a seal friend right now that always joins me too!

The cold water stings my skin and then feels amazing afterwards. If I bring that feeling into the painting studio I find my work can become more alive, vibrant and inspired.

The key for me is to just go without

thinking about it too much and have somewhere warm to go afterwards. Usually I go alone only because it is easier to squeeze in the swim around a busy day and I love following the rhythms of the tide for scheduling.

I grew up swimming in the waters around South Pender Island, some of the coldest currents around. I swim in the ocean now as an immediate way out of my head and into my physical body. It helps with anxiety, health issues and increases a sense of calm.

For me, it is a feeling of complete and total immersion in place. I don't really know how to personally process the immensity and speed of environmental change but I figure that just being fully present in a place (even cold water) might help me to understand this somehow.

Sort of the [American ecologist Aldo] Leopold thing where “when we see land as a community to which we belong, we may begin to use it with love and respect.” This ocean is truly an amazing wonder. [RL](#)







Open  
to the  
Waters





## Icy inspiration Jasmine Rose Bérubé

I started doing the Wim Hof Method taking lukewarm showers in June 2018 which led me to ice baths in the outdoors during the summer. I began going into the ocean in September 2018. The cold strengthened my willpower and boosted my confidence that we are capable of being and doing so much more than we believe possible.

Wim Hof is from Amsterdam, Holland and holds 26 Guinness world records pertaining to extreme cold and endurance. The method's three pillars are the following: breathing, cold water and commitment. The breathing can be learned in about 20 minutes and you can begin doing the cold for a few seconds a day after your warm shower. The commitment part is the pillar of the method as it shapes your determination to do something that requires daily practice, if you're interested in seeing results within yourself. The workshops are designed to introduce the method, talk a little bit about the science, and practice. After that, we can go deeper with stretches and other techniques that make us stronger, reset the nervous system, and have more connection within our being. With that, comes more fluidity of energy.

Wim says, "What I am capable of, everybody can learn."

The cold and breathing techniques have been used in various forms and channels by different cultures for thousands of years. Wim and several participants have been subject to many medical experiments in prominent universities in the US and Europe, testing what the cold and this type of breathing actually does: increases the PH level, removes inflammation, strengthens the immune system,



**BREATHE:** Jasmine Rose Bérubé uses the Wim Hof method to withstand very cold water. *Above, she's taking a dip in Eagle River on Christmas Day, 2018. Left, yes, that's ice.*

*photo by Caroline Jobe*

balances the endocrine system, reduces stress and improves sleep and digestion, keeps the capillary system in great shape, and controls over our sympathetic nervous system.

The mind / body connection is powerful. If we say, this is so much fun, I love it, it makes me feel so good...you will be able to bypass certain roadblocks. There are also some techniques which are really easy to apply. My goal from now on is to inspire people with the thought that they are extraordinary beings with so much power and beauty.

There are other dedicated Hoffers in Powell River and we get to connect and learn from each other; and also people who like just going into the ocean. Going into the cold in the ocean every day brought me closer to nature, thus connecting me more deeply with myself and others. **PR**

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# Doctor Sneeta Takhar

I did not know how to swim. Put me in a pool and I knew enough not to drown but swimming 25 meters across to the other end was a different story. Learning how to swim was my major hurdle to competing in a triathlon, a sport that I decided I would attempt in 2005. As with most of my endeavours I approached this with the same intensity and research it deserved. I read a number of books about technique and decided to take a weekend course aptly named 'total immersion' in order to learn how to be comfortable in the water.

Fast forward to 2019 and I have now completed over 35 triathlons to include: 31 Half Ironman distance events, 6 Ironman's and one Ultraman, where the swimming distances are 1.9 km, 3.8 km and 10 km respectively.

Triathlon, as the name denotes, consists of a trio of sports including swimming, biking and running. It starts with the swim. Out in the open water my thoughts shift from swimming smoothly, to focusing on a single technical aspect such as maintaining high elbows, to the sheer beauty of the surrounding area, and to the depths of the water below. A nice escape from the stresses of the work world. In the races in which I have participated I have had the opportunity to navigate surf, swim through four-foot swells, learn to consume food in the middle of a lake, and start a race at the sound of a cannon with 2,500 other participants all at the same time. I have had the fortune of being able to swim in most of the world's oceans and in many lakes/reservoirs across North America, but nothing beats the local lakes and our local piece of the Pacific Ocean. [PR](#)



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# Champion Ann Meraw

One of Canada's - and the world's - most remarkable open water swimmers was born in Powell River in 1917: Ann Mudgel Meraw.

According to her obituary in the *Globe & Mail*, "Family lore described the infant falling off a log into the water, managing to swim the length of the floating timber before being plucked to safety. At the age of 10, she learned she was a distance swimmer of ability during a competition held at Britannia Mines, a seaside copper-mining town reachable only by boat. She won three trophies in swimming across Howe Sound and back."

After friends raised money for her to travel and compete as a teenager - this was in the middle of the depression - she



**THE TOUGHEST WATER BABY:** Powell River's Ann Meraw won multiple contests as a teen through her 40s, with a tremendous ability to withstand cold, hunger, and physical stress in pursuit of her goals.

*photos from BC Women in Sport*

She became Canada's first female lifeguard and saved more than 60 people over four decades of service in Vancouver.

She founded the National Water Babies swim lesson program.

And so much more.

Ann was awarded the Order of BC and inducted into the BC Sports Hall of Fame.

She died in 2017 in Maple Ridge, three weeks before her 100th birthday. **PR**

won contest after contest, including from downtown Vancouver to North Van - an annual high school competition.

She went on to win seven world records for marathon swimming, including 142 km from Kelowna to Penticton, in 32 hours, 12 minutes - which no one has beat yet.

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**FROM LOG DUMP TO HOT SPOT:** The Powell River Company revitalized what's now Willingdon Beach, and even hired a lifeguard. *photos courtesy of the Townsite Heritage Society*

## BLAST FROM THE PAST

# When “vacation” meant the beach

BY JOËLLE SÉVIGNY

With the arrival of the sunshine on the coast, the town has officially woken up: everywhere people have that contagious energy of wanting to do something fun and exciting outside! That feeling did not vastly differ for kids living in Powell River in the 1940s and 50s.

Wendy Mobley remembers that a rite of passage into summer was swimming in the ocean by April 1. If you didn't do it, you weren't very tough!

Throughout the summer, a popular activity was walking from the Townsite along the beach trail to Second Beach. Of course, a Zunga was present for endless amusement back then, too! You could also take a bus down to Willingdon Beach, change into your swimsuit in the bathhouse and hop in the ocean for a swim.


The beach was originally named Michigan Landing and was used by the Michigan and Puget Sound Railway as booming grounds. It is where many logs were dumped until 1927, when the Powell River Company developed it as a public beach and park. A lifeguard was

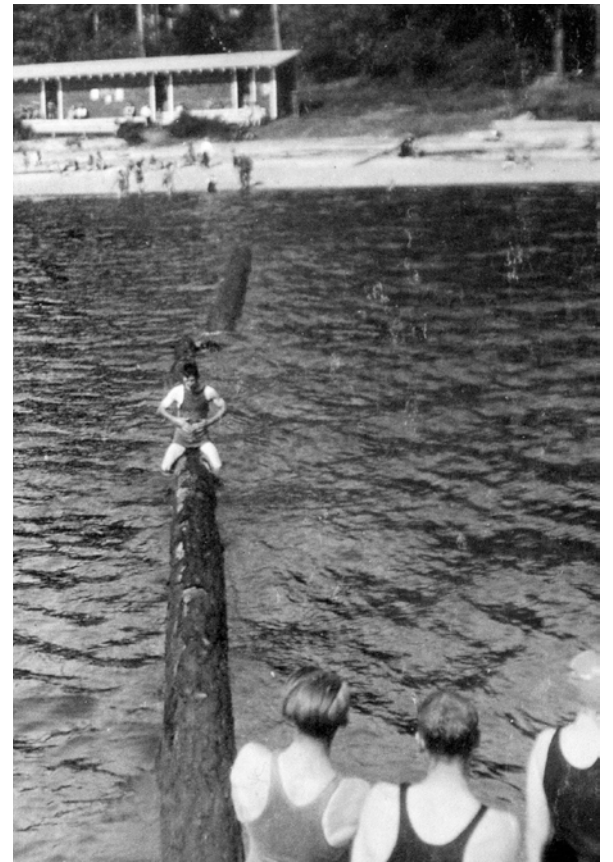
even hired during the summers. Cabins were rented out as well; Wendy fondly looks back on her mother who “had died and gone to heaven” living by the beach where the sun was always shining.

On a warm summer afternoon, Powell Lake was the place to go for picnics. If you had a boat, then you could go fishing for trout! It wasn't until the mid-1950s that camping became more of an activity, once the ferry was operating and folks could actually drive somewhere.

And so, before ferries and road trips, Wendy recalls going on vacation every summer with her family to Palm Beach. There, they would stay in a cabin on the waterfront. There was an outhouse and no running water but building bonfires in the evening to roast marshmallows was all worth it.

Powell River summers weren't drastically different seventy-five years ago, just perhaps a bit simpler.

*Blast from the Past is a monthly historical column written by the Townsite Heritage Society's board member Joëlle Sévigny.* 





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## When the tide guide ruled summer

BY BILL TIMOSHYK

This is Big Rock in the summer of '62. There's my mom, me in the straw hat, my sister (that's her leg by my mom's), my brother with a log, several other kids from the nearby neighbourhoods and my dad behind the camera.

Every day we pleaded with mom to walk us down Nootka to the beach. As the older kids on our block grew up they took us, until eventually we could go on our own.

The tide schedule was always ready-to-hand in the kitchen. A 13-footer or better

was perfect for diving off Big Rock. Low tide meant hours of exploring sand bars and tidal pools or turning over rocks for crabs and looking for purple starfish.

We'd play at traversing the beach only upon logs and large boulders, a skill made necessary by a king tide. There were blackberries, salmon berries and huckleberries to eat, coloured glass to find, tiny creeks to dam or a zunga to swing on.

Time was marked by mill whistles and ferries crossing Malaspina Strait. And at the end of our day, we'd walk back up Nootka's baked asphalt, barefoot, on the cool white line. **PR**

## Try open water swimming

*Melissa Furlotte is the City of Powell River's head lifeguard.*

*She has two tips for locals who want to try open water swimming.*



Rec Complex Classes:

### Outdoor Swim Series

July 9 & 23 & August 6 & 20

7 am to 8 am, Mowat Bay

Join us at Mowat Bay for open water swimming practice, and helpful tips. These sessions will be coached and supervised by a lifeguard with paddleboard.

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6 to 6:45 pm, in the pool

Are your nerves around water stopping you from joining in fun at lakes or oceans? This course will teach you basic water safety skills such as front & back floats, treading water, how to kick on your back and PFD safety. This course is for beginner swimmers who are nervous in the water.

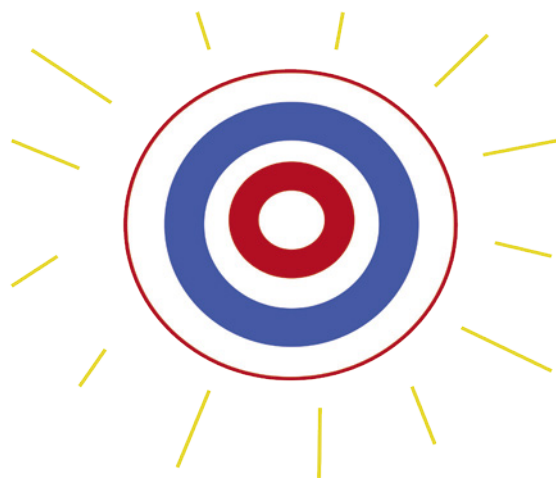
*The Complex also offers adult swim, kayak and dragon boat lessons, plus life-guarding and marine first aid certifications.* **PR**

### 1. Make it social

My number one tip for open water swimming is never swim by yourself and always tell a person where you are planning on swimming and what time you expect to be done. If your contact person doesn't hear from you at a certain time and can't get in contact with you they can start to access help.

### 2. Learn the basics on land

Watch some YouTube videos on sighting, to help you get where you want to go in more or less a straight line.



## HOT? THINK CURL

It may be summer, but Powell River Curling's dedicated team is working hard right now to update the club for fall...

New leagues, new looks, and LOTS of opportunity to meet new people!

Like [facebook.com/prcurling](https://www.facebook.com/prcurling) or go to our website to keep in touch over the summer.

[www.powellrivercurling.com](http://www.powellrivercurling.com) 





**PADDLE PROTOCOL:** Aside from absorbing academics and certified outdoors skills, these Coast Mountain Academy students slowed down in May to be with the water and their paddles: carving them with Tla'amin mentor Sherman Pallen (below right); teaching Grade 7s to paddle (bottom left), and taking one last long journey as a class.



# A final paddle towards grad

BY JANET MAY

The Salish Sea unifies the peoples of our region. Since the first stories were told, people travelled these waters and fed themselves from their depths. The paddle is the beginning of this story.

Every spring, students in School District 47's Coast Mountain Academy (CMA) hand-carve paddles for use on a five-day canoe trip. Through their relationship with carving mentor Sherman Pallen, students learn Tla'amin and Homalco paddle protocol and traditions. CMA lead instructor Ryan Barfoot encourages students to slow down and enjoy this process. "When your hands are busy, your heart and mind are free," says Ryan. "In a sense the paddle is more than a tool, it's a shared gathering-place for people to form inspiration and understanding."

Students also carve an eating utensil, to fuel themselves on their canoe trip. And they use their paddles to propel themselves and their people.

Student Naraa Little wasn't sure that she was capable of making such an important tool. She remembers her first few minutes on the water. "It was eye-opening, satisfying. I didn't think my paddle would work as well as other paddles."

On the surface, students are earning certificates to support their future careers: they also have opportunities to wade deep and build relationships with water, land and each other.

They return from canoeing to a hectic schedule which includes leading grade seven Eco-Adventure Camps at the Powell Lake Outdoor Learning Centre. There, they will pass on their understanding of canoe history and safety skills, and act as role models for the younger students.

For most CMA students, June brings graduation from school. They will begin their next journey with their own hand-carved paddles, to remind them of relationships, achievements and slow-paced learning. [PRL](#)





**Kylie Irwin, 15  
Grade 10**

*"I'm in the Explore program with Mr. [Chris] Bratseth. There's 12 or 13 of us, and our classroom is the clubhouse up by the turf. We spend a lot of time outdoors, and getting skills: Food Safe, SCUBA, work, and much more."*



**Haley Spenst, 17  
Grade 12**

*"I've already been accepted into the arts and education program at Concordia's Edmonton campus. It's pretty exciting. I earned four credits towards grad by volunteering at Henderson's Kindergarten one day a week."*



**Maci Paul, 16  
Grade 10**

*"I'm doing a 'Passion Project' for credits instead of Socials 10. It's about how teens are using social media, and how teens are impacted by it. The 'Passion Project' helps me earn credits faster."*



**Connor Casparie, 17  
Grade 11**

*"After Grade 8 I moved to Nanaimo to play hockey. I play on the Junior B team, and get credits towards graduation for it. I'm finishing Grade 11, then I'll go back to Nanaimo, then back here to graduate with my friends."*

## Getting to

# Grad



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School District #47  
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[www.sd47.bc.ca](http://www.sd47.bc.ca)

**W**hen Brooks Principal Bill Rounis was a teenager, he worked at his family's restaurant in Nanaimo: Little George's Pizza and Pasta. He cooked, ran the cash register, inventoried the stock, mopped the floors and waited tables - and studied full-time.

Ultimately, Bill realized food service is not where his passion lies. "But I learned my most important lessons working at the restaurant: people skills, sales and communication."

As 175 Powell River Grade 12s finish their final courses this month, Bill is thrilled that so many of them have designed routes to graduation that are practical, personal, challenging, and rich in life lessons.

"Our job is to graduate kids. That's our number one priority," says Bill. Both the Provincial New Curriculum and the school's own initiative have helped make Bill "very optimistic" that more students are finishing high school with success.

Students are also set up for life-long success. About a quarter of Grade 12 students take part in a dual-credit program with VIU; in addition, students may have earned credits at the Coast Mountain Academy, for their community work, or for skills-certification such as lifeguarding.

Pushing students beyond the walls of their high school means the stakes for success are higher, says Bill. Give someone a bad haircut or a bad meal, he said, and you'll hear about it. Students know that their real-life work matters.

"Graduation now is not just about jumping through hoops," Bill said, noting he has been teaching for 22 years. "It's about making their own paths to success. There's never been a time I've been more excited about working in schools."





**ST. MARY'S OFFENSIVE LINE-UP OF 1964:** Many of these lively athletes are still friends with the author (first row, far right), 55 years later.

## Grads: hang on to those high school bonds. They can last a lifetime.

BY RON WOZNOW

In 1952, the Edmonton separate school board finished building St. Agnes School in time for me and 30 other Grade 1 students to start in September. Many of my life long friendships date back to this class.

Miss Blain, our choir director, announced that I was one of the “mouthers” – a child who’s pitch was so bad, I could only silently lip sync along with the choir. Glen Gagnon, Wayne Benner, Horace Loudon and I wore this label for the next seven years, a bonding experience indeed.

In Grade 3, Mrs. Bloor was the nicest teacher you could imagine. She found a way for even the shyest student to participate in class. And then came Miss Gillian, the feared school principal and our Grade 4 and 5 home teacher. We boys quickly nick named her ‘Gilly guts.’

But much to our surprise, she allowed us to listen to

the final World Series baseball game in class! She did not bother with a rationale, she just announced on October 1, that each day the world series was on we would be listening to the Yankees and the Dodgers games. It went to seven games with the Yankees winning. She would also hold spelling exams. If you flunked your grade, you would have to take the grade before. All of this solidified our class.

In Grade 6, Ron Zaposocki (“Zap” as we called him) came to St. Aggie as our teacher. Ron was young and a semi-pro baseball player. The boys all wanted to play shortstop like him and the girls had their new heart throb. Ron was the opposite of Gilly Guts, but combined, they gave us a wonderful school experience.

As the end of Grade 6 approached, we were informed that over the summer the school would be expanded and would offer Grades 7 to 9 in the fall. This meant all

of us who started in Grade 1 together would be together for the next three years. Back then, families didn’t move

**“Do Facebook, Snap Chat, Instagram and Twitter create life long bonds in young people today? I do not know. But I encourage my grand kids to make time to build personal bonds in the old-fashioned way, such as sports, playing in a band...”**



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so much, so it was unusual for anyone to leave.

Grades 7 to 9 provided more opportunities to bond. In Grade 8, almost everyone participated in the end of year athletic competitions held at Ross Shepard. This was nine miles from St. Agnes school, but after the event most of us decided to walk home which included winding through a long river valley across the North Saskatchewan River. A lot of bonding time.

And of course, by then boy/girl attractions were happening which made a nine-mile-walk easy!

In addition to bonding at school, almost all of us were active in some activity at St. Agnes Church: altar boy, choir, CYO (Catholic Youth Organizational), hockey team and so on.

In 1962, we made the big move to St. Mary's High School for Grades 10 to 12. Most of us had to bus, so there were no secrets. A group of us, the jocks, played football in the fall and basketball in the spring. "Earl the Pearl" Royer was the football coach. He had been an all-star with the Edmonton Huskies and lived in our end of town. Most nights after practice five of us would cram ourselves in his car for a ride to his house and then a walk home.

St. Mary's was the smallest high school in Edmonton. In the fall of 1963, we played Ross Shepard (RS) in the final football game of the year. We were both undefeated. RS had six times the number of students St. Mary's did

*Journal* was great. They invited Earl and Bob and any other teammates to a photo session and published the picture with a story.

This created the momentum for a reunion the following year. Everyone from the 1963 and 1964 champion teams were invited. As most of us were golfers, we added 18 holes. In 2011, Bob passed, and our annual get together was named the "Bob Edwards Memorial Golf tournament." I and three of my Grade 1 class are regular attendees.

At our 2014 golf tourney, the St. Agnes group decided to test the waters for an 'everyone invited' high school reunion in June 2015, to piggy back on the Monday golf tourney. The response was great, especially from the St. Agnes group, so we decided to have a pre-get together for our group. We tracked down Ron Zapasocki, our Grade 6 teacher, and he was excited to have a chance to see us again.

I could go on for a long time about the ties that bond

**"Last year... seven of my Grade 1 class and [our teacher] Zap got together for lunch. It was like nothing had changed except for a few wrinkles on our faces!"**



**MORE THAN 60 YEARS OF FRIENDSHIP:** Last year, this crew who started Grade 1 together met for a reunion in Edmonton and a memorial golf tournament.

- and had a halfback that held the record for the fastest 100-yard run. But we had "Earl the Pearl."

In a brilliant display of strategy, he developed a dual quarterback system which we practiced in our gym for fear the RS would get wind of it. He also doubled-teamed their star halfback with two of our best defense players.

By the end of the first quarter, they figured out our dual quarterback system, but it was too late. We were up 12-0 and that's how the game ended.

The following year, we won the championship again.

After we graduated from St. Mary's in 1965, we still saw each other at Sunday mass or around the University of Alberta but with the exception of some love affairs, we generally went our own ways.


In 1969 I left Edmonton for the Maritimes. I would still see my closest friend, John Lent, once or twice a year; he pursued a career as an academic. Once the Internet arrived, more of us found each other again. About 80 per cent of my Grade 1 class still lived in or around Edmonton. We would get together when I was visiting my mother.

In 2006, the *Edmonton Journal* published a story on a high school football team that had gone undefeated and suggested this was a first-time event. "Earl the Pearl" mentioned this to Bob Edwards, our high school quarterback, and he called the *Journal* to correct this. The

our Grade 1 class together. Suffice to say that last year when I went out for the Bob Edwards Memorial, seven of my Grade 1 class and Zap got together for lunch. It was like nothing had changed except for a few wrinkles on our faces!

Nostalgia means many things to different people. To our "St. Aggie" group it is a return to a former time in one's life, where life long bonds were formed by long conversations or huddling together at an Edmonton Eskimo football game. These bonds bring us happiness when we meet but also when we see or hear something in our everyday life that reminds us of our youthful adventures.

Young people today are continually bombarded with multiple social media opportunities to receive and share information. The great advantage of social media is that it has allowed us to reconnect with some of the old gang. For years we would lament, "I wish I had stayed in touch with so and so". Now we can often find them regardless of where they are living.

Do Facebook, Snap Chat, Instagram and Twitter create life long bonds in young people today? I do not know. But I encourage my grand kids to make time to build personal bonds in the old-fashioned way, such as sports, playing in a band or, as Sam Sansalone loves to say, "Getting away from the screen into the green." 





**Colin White**

Portfolio Manager

**Dan LeBlanc**

Portfolio Manager

**Josh Sheluk**

Portfolio Manager

**Taylor Lance**

Investment Advisor

**Sara Boulton**

Administrative Assistant

## A trusted local relationship - or award-winning national expertise? Powell River investors benefit from both.

Twenty-five years ago, we depended on faxes, traditional mail, and phone calls to communicate with each other. In 1992, the internet wasn't mainstream, and news wasn't available 24/7.

Portfolio Manager Colin White of White LeBlanc Wealth Planners/Hollis Wealth remembers those days. As a newly minted graduate with an accounting degree, the financial advisor was at the forefront in witnessing the communications evolution. Changes in technology made it possible for White, and his partner, Portfolio Manager Dan LeBlanc, to grow their business and share their process-driven platform with clients from coast to coast.

White and LeBlanc each had their own practice for more than 20 years before joining forces in 2013 to form White LeBlanc Wealth Planners/HollisWealth. Their business grew as they helped succession planning with Investment Advisors, like Paul Sian of Paul Sian Financial. In addition to Powell River, White LeBlanc Wealth Planners has offices in Nelson, BC; Burlington, Ontario; Truro, NS; Dartmouth, NS.

At the heart of their operation, is their team. "The only way we can do what we need to do is because we have a qualified team who can deliver on all aspects of our business," said White. "I truly believe that with the support of a great team, anything is possible!"

The team in Powell River is fortunate to have Administrative Assistant Sara Boulton and Investment Advisor Taylor Lance, who has worked in the Powell River HollisWealth office since 2015. Boulton and Lance will continue to assist partners and Portfolio Managers White, LeBlanc, and Josh Sheluk, CFA&CIM, with their Powell River clients.

Although technology means it's possible for White, LeBlanc and their team to connect with clients and each other at any given moment, it's also made it possible to build the team they need on the scale required to serve their clients.

"All of our offices are linked by video chat," said White. "I'm at the front (of the team) but we wouldn't be here without everyone else. The offices are so interconnected. For example, last year our eastern offices were there to provide support to our clients during the forest fires and evacuations in B.C. This level of coordination demonstrates the extraordinary skills and commitment of the team," said White.

White, LeBlanc, and Sheluk make regular trips to Powell River and are committed to be a part of this community. Last year, they brought the Christmas toy drive back to Powell River, and have recently launched the 'Community Leader of the Month award' recognizing people within the community who go above and beyond to make Powell River and surrounding area a better place to live.

The new team offers much more experience and expertise than a local, stand-alone office could. All partners including Sheluk are Portfolio Managers (see sidebar). In 2019, Wealth Professional Canada (WPC) named White as #17 of Canada's Top 50 financial advisors. Last year, White LeBlanc Wealth Planners was a WPC finalist as Top Advisor Office (10 staff or fewer), and this year, they're a finalist again, but in the large office category, recognizing some of their many accomplishments.

White, LeBlanc and Sheluk are always available for video conference calls – a model that

### What is a "Portfolio Manager"?

A Portfolio Manager is a trusted and elite professional with advanced credentials and an exemplary track record who offers experience and elevated client service. A Portfolio Manager's fiduciary responsibility means he or she acts with a higher standard of care, honesty and good faith – and always, first and foremost, in your best interest. Only a small percentage of financial advisors achieve this level of accreditation. Clients of White LeBlanc Wealth Planners have access to three Portfolio Managers: Colin White, Dan LeBlanc, and Josh Sheluk.

would have been impossible a generation ago. With politics and markets changing 24/7, it's more important than ever to be connected. Sometimes clients read or see something on the news and worry about their finances. White and LeBlanc know how they feel, which is why they make themselves available to answer questions and provide information. "You can sit in this office, in this chair and my head will appear on this screen," said White. "We're always available to clients. Technology has let us build this team on the scale we needed so we could provide the service we wanted to our clients. We've built a process and a team that delivers it very well."

White was drawn to wealth management because he has a passion for helping people, especially with their financial needs. "I love my job, he said. "If you are doing what you like to do, you're not working."



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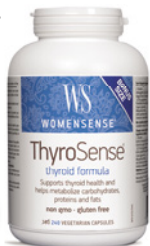
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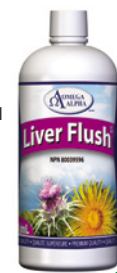


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What do we need?  
"A Green New Deal!"  
When do we need it?  
"Now!"

BY CAROLEANN LEISHMAN

What is the Pact for a Green New Deal in Canada you ask? Is it associated with newly elected US Democratic Superstar Alexandria Ocasio-Cortez?

Well, yes and no. AOC and the US Democrats version of A Green New Deal makes bold statements about massive carbon reductions in a short period of time, the creation of millions of green sector jobs, and complete social reform virtually eliminating poverty where no one will be left behind.

A group of grassroots organizations in Canada pulled together over 200 town halls with only about two weeks notice to bring thousands of community members together to help form what a Green New Deal could look like in Canada.

If you are rolling your eyes right now and are about to stop reading because you think this is the socialist hogwash of a bunch of bleeding heart treehuggers, then please understand that you are exactly who needs to read this.

The science is clear. We must cut our carbon emissions drastically by moving away from burning fossil fuels and expand the development of renewable energy and negative emissions technologies if we want the next generations to have even half a chance at a life. We have 11 years to make a difference.

Extreme weather events like floods and wildfires are already costing us billions of dollars. Ask yourself if you think it is fair to your children and grandchildren to continue with business as usual and if so, look them in the eyes and tell them you don't care about their future. If you do care, stop being afraid of change, stop putting the blame everywhere else and let's all start shifting our attitudes to one of hope, thinking outside the box and creating a drastically different way of living that is better for our health and for the health of the planet. That is what a Green New Deal for Canada is all about.

The Powell River Town Hall had 60 participants ranging from high school students to people in their 20's, 30's, 40's, 50's, 60's and 70's so we had a varied cross section of residents.

Some of the ideas that were brought forward were switching all government and other corporations like Canada Post vehicles to electric vehicle fleets; advancing renewable energy technology and making it available to all citizens; focusing on building a robust local food economy, taking lessons from Indigenous cultures that have lived harmoniously with all species and the environment since time immemorial and moving away from being such a car culture by improving transit with electric buses that run more often and improving cycling infrastructure.

If people want to get involved they can sign the Pact and keep their eyes peeled for further local discussions. We are going to try to have regular coffeehouse-style discussions to keep the momentum and the local engagement flowing. Join us: [greennewdealcanada.ca/](http://greennewdealcanada.ca/)



# The time to enjoy family

**B**rad, Shauna, Brody, 3, and Sage, 2, Irvine - plus their six-month-old Bernese mountain dog, Moose - are excited to move to this community. Through their company Complete Construction Services, Brad and Shauna have done many renovations, and a house-build in Chilliwack. But things are much more exciting up here because they are building their first home - as well as others.

**Why did you choose to move here?**

**Shauna** • We were looking for a lifestyle change, one that allowed us to be with our family more and, while we were together, actually be present. My husband and father-in-law (Troy Marshall) have been building homes in Chilliwack as well as Powell River and we thought, 'why not try it out here?'

**When? Where from?**

**Shauna** • We moved here in March. From Chilliwack B.C.

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

**Shauna** • How friendly and genuine everyone is! It is the strangest thing to just walk down the road and have people chat with you and genuinely care how you are.

**Where is your favourite place here?**

**Shauna** • The beach. Any of them really. Any free time we have we have been outside rain or shine.

**How did you first hear about Powell River?**

**Shauna** • We have our family (Troy and Laurie Marshall) that live here as well as grandparents that live on Texada. This has been our summer getaway location for around 10 years now. And to be honest it still feels that way!

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

**Shauna** • Right now I really would not change anything! We are embracing the slower paced life.

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

**Shauna** • The parks and kids bike parks. Kids should be outside as much as possible. And Powell River has so many options for activities outdoors. And they are all clean! We used to worry a lot about what was at the kids parks as far as needles, garbage etc. But here it seems as though everyone cares to keep it a clean safe place.



**BUILDING BLOCKS:** The Irvine family, who moved from Chilliwack in March, is looking forward to growing up here, and growing their construction business here, too.

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

**Shauna** • We are fortunate enough to be staying with our family while we build our home. So we have not had many challenges with the housing and rental situation here. Over all it has been a great experience with the move.

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

**Shauna** • Help with making the building process in Powell River be more enjoyable and straightforward.

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

**Shauna** • The outdoors!

**What is your greatest extravagance?**

**Shauna** • All things coffee! Coffee is my weakness.

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

**Shauna** • I think I would have to say I would like to be able to fly. I'd love to explore every inch of this new beautiful town we have come to! [PR](#)

*Know someone we should feature in I Made the Move? email [isabelle@prliving.ca](mailto:isabelle@prliving.ca)*

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## DO WHAT YOU LOVE LOVE WHAT YOU DO

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

On the fingers of one hand, Shane Dobler can count the number of salmon he's caught.

Instead of hooking fish, the manager of the Powell River Salmon Society has spent most of his adult life working for their survival: growing, raising and preserving Pacific Salmonids.

"I think the reason that I don't fish for salmon has to do with the culture that I was brought up in," says Shane, 47. "Our family had a cabin up Powell Lake. We were freshwater people. I'm the kind of guy who always cheers for the fish and I don't mind if it gets off the hook."

Here's what he really enjoys: talking fish with the many students who tour through the Alex Dobler Salmon Centre at Lang Creek – the facility named for his father, who helped initiate Powell River's great contribution to conservation and enhancement.

Alongside sharing knowledge, Shane loves what he does because of the remarkable results the team behind the Salmon Society produces. That team includes Shane and his colleagues, assistant manager Phillip Nakatsu and fish technician Tyler Bartfai, the society's 150 volunteers who give an average of 100 hours a year each (a total of 10,000 to 15,000 hours a year), and the Salmon Society's board and founders.

For example, Chinook, which had all but disappeared from local waters, came back in the last 10 years thanks to the work of the Salmon Society. Numbers of salmon in local streams are up, too; more than 500,000 adult salmon have been counted through the Lang Creek facility since its inception. In addition, approximately 60 million eggs have been harvested at the site with better than a 90 per cent survival rate which is truly remarkable, Shane says. In addition, more than 50 million fish have been released.

"Fishing in Powell River has really improved in the last 10 years and that is directly related to the work we do, and the community does," says Shane. "Powell River has a reputation for good fishing."

What Shane enjoys most is creating opportunity. "I enjoy supporting the opportunity of fish returning to the river and the opportunity [for people] to fish.... We don't manage the fisheries, just put all we can into making an opportunity for both fish and fisherman."

Plus, buoying his own passion, other people are equally excited about the Salmon Society's work.

"I'm always meeting new volunteers who have fresh energy and new ideas. I see people who want to help us and continue to help us be successful. I enjoy sharing what we do with volunteers and students and doing my best to answer all their questions. When people ask questions it means they are interested and how can you not love that?"

### A hatchery like no other

Unlike other hatcheries up and down the coast, Powell River's is a community hatchery rather than a government hatchery and has a relatively tiny budget.





Shane Dobler and his late father have helped return salmon to BC's coast. In this first of a series of three "Do what you love, love what you do" articles, which will run monthly through summer, Shane explains why this quiet, under-recognized work is so meaningful to him.



# Spawning Satisfaction

## **SUPPORT LOCAL SALMON**

The Powell River Salmon Preservation Fund was launched earlier this year to raise the necessary funds to ensure the society can survive. "Although our conservation and enhancement efforts have increased dramatically over time, our level of government funding has remained static since our inception in 1982," notes the website. All donations work in perpetuity. To donate, go to [prsalmon.org](http://prsalmon.org) or contact the society at 604-483-9440 or [prsalmon@telus.net](mailto:prsalmon@telus.net)



The funding the society receives from the Department of Fisheries and Oceans is the same today as it was 37 years ago.

“That’s why we have to focus on fundraising,” says Shane.

Construction of the first PRSS hatchery got underway in 1981 with the building of the Duck Lake Facility.

At the Mill, the first hatchery was built in 1986 – a trout hatchery – thanks to a small government grant. The present mill hatchery was built in 2000 and the Alex Dobler Salmon Centre in 1993.

“The infrastructure that the PRSS has developed is very unique. In some ways it’s comparable to a major government hatchery,” says Shane.

The Alex Dobler Salmon Centre at Lang Creek is not a hatchery, but it’s the facility most people associate with the PRSS. Here, staff and volunteers assess stock, collect broodstock, do egg takes and provide many educational experiences.

### A family legacy: like father, like son:

Shane recalls his father Alex standing on the banks of Lang Creek, in the late 1980s, watching the fish coming in. At the time, the then-teenaged Shane volunteered at the salmon society.

“I helped weld the first fish trap,” he says. “One of the reasons the Society could build the Lang Creek facility

**SMALL FRY:** Right, Shane Dobler shows a visitor to the Lang Creek facility a handful of starter salmon, on their way to restocking the ocean and rivers. Top, the centre was re-named for Shane’s father, Alex, last year. *photo by Isabelle Southcott*



and salmon centre was because of the skills that Dad and Lee [Kimball] had, and their willingness to contribute their skills to the cause. That was the time of the greatest expansion in the history of the Powell River Salmon Society. Everything that we’ve been successful with since is because of what was done in that era.”

Lee Kimball, who worked for the salmon society for five years and has volunteered ever since, was one of those talented guys who could turn his hand to anything and literally “fix a car with a bobby pin,” says Shane.

“My Dad and Lee built the brood tanks and fishway at Lang Bay. Our fish rail is another innovative piece for lifting fish,” he adds. The amount of work involved to create the Lang Creek facility is mind boggling, says Shane, looking back.

“What we did with steel, machinery, excavation, pipelines and welding to build it. The fish were almost secondary then.”

It was 1991 when Shane was first hired by the Salmon Society. “It was a temporary position as a fish technician and helper but even at 20, I could see this was a special time,” says Shane.

“I was part of something bigger during that whole five-year period. It helped identify who I am, who I became,” he says. “It’s funny how fish have led me to people who have improved me in a lot of ways.”

Now, nearly three decades later, Shane and his wife Holly are empty nesters. They’ve recently begun hosting international students, and he’s thrilled to share how much he loves what he does with them. “Many of them have never fished before,” says Shane. “They’re totally excited when they catch their first fish.” **PRL**

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**The amazing people behind these organizations made this important event possible. Thank-you!**

**Thank You**

This spring, more than 30 local writers participated in the Powell River Public Library’s and *Powell River Living* magazine’s first three-hour writing contest, “The Quickie.”

We are grateful to everyone who participated. As well, a sincere ‘thank you’ to the businesses that donated prizes: Quality Foods, Coles, The Nook, Staples, and PRL for the cash.

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**MAKING IT:** Mira Bolton Hicks rivets a data plate on a cargo basket. In the background, Nick Rekve and student Grace Desilets package up some parts for shipment.

MADE IN POWELL RIVER

# Local manufacturing? Heli-yes!

Unobtrusively tucked into the woods near the Laughing Oyster, you'd never guess that one of Powell River's newest, most innovative companies is serving an international clientele from behind those trees. Jason Rekve, Jeff Clarke and Wanda Rekve have been in business for just six years, manufacturing helicopter cargo baskets for carrying skis, mountain bikes, and much more. In that time, they've developed a unique product, a thriving market and a loyal, skilled team. How did they do it?

**What's your product?**

**Jason** • Aero Design designs, develops, certifies, manufactures and distributes helicopter related products including quick release cargo baskets, helicopter bicycle racks, steps, a rappelling system and a flight control



**PRECIOUS CARGO:** Aero Design bicycle racks on an Airbus AS350. The racks belong to Nimmo Bay Resort and the helicopter is operated by West Coast Helicopters. *photo courtesy of Nimmo Bay Resort*

part. The company also performs media blasting and powder coating.

**Where did your idea come from? When?**

**Jason** • The company initially started in 1991 under different ownership offering consulting and engineering services to the aviation industry throughout Canada. Through this, they were approached to develop an external cargo basket, and then another and another and so on. In 2011, I approached them with a working con-

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cept for a flight control part for a helicopter. The part was certified and at the end of the project, the previous owner made the decision to retire. Jeff and I struck up a conversation around the possibility of buying the company and following a visit to Powell River by Jeff and his wife Angela, the agreement was made for myself, Wanda and Jeff to buy the company and move it to its qathet Regional District location.

**What kind of support did you receive?**

**Jason** • The company has utilized resources from a number of areas including Community Futures, the RBC, BDC, EDC, International Trade Commission and likely a number of other places. We are never afraid to look outside our own experience and see relationship building as one of the strongest assets of any business.

**Was it successful immediately or did it take some time?**

**Jason** • Certainly, the first two years were painful. From trying to build clientele, pay the bills and buy material, and develop policies and procedures to guide employees, to finding employees you can trust to follow them, it feels like everything is out to get you. It isn't until you realize that you aren't thinking about the hard parts of your day that you start to relax. That isn't to say that there still aren't hard days, but they are certainly fewer and farther between.

**What surprised you when you brought it to market?**

**Jason** • The cargo baskets are generally boring. They are about as exciting as a shovel or any other work-related tool. The bike racks were another story. The doors that have opened for us as a company, the utility helicopter industry and the biking industry have been insane. There is almost no publication in aviation or biking that hasn't touched on it in some way. Generally speaking the attention has been something we weren't prepared for. Our bike racks have even been in a VW commercial in Spain and on CNN Travel.

The nature of our products requires a lot of time and money to make any changes following certification. Because of this, we are generally on version five before we even submit to Transport Canada to begin the certification process. By that time, it is pretty dialled.

**How has your business changed since it launched?**

**Jason** • Even if we don't write a new business plan, every once in a while we sit down and discuss the busi-



**DREAM TEAM:** From left: Mira Bolton Hicks, apprentice in everything; Nick Rekve, machinist; Grace Desilets, dual-credit automotive student; Jason Rekve, co-owner; Knut Rekve, superhero; Wanda Rekve, co-owner; Dave Martyn, welder (moved here from Calgary); Wayne Goss, welder/fabricator (moved here from Squamish); Jeff Clarke, co-owner; Jeremy Tobie, everywhere man; Corry Zandbergen, powder coater (moved from Calgary). Missing from the photo are Katie Craven, office assistant and Rocco Wenzel, machinist (moved from Dawson Creek).

ness and its direction. What do we want to do for marketing? Should we do any overseas trade shows? What equipment do we need to buy? What staff do we need to hire? Is the work area sufficient for what we are trying to do? That sort of thing.

We have always tried to hold back on the reins a little as far as business growth. Sometimes it works and sometimes it doesn't. Occasionally an opportunity comes along that we just can't pass up. Generally speaking though, we look at things not in terms of cost, but in terms of value (return on investment immediate, short term and long term) and whether we can afford it or not (do we have the human and financial resources to complete the job?) By doing this we are not taking on too much because we figure if they haven't come yet they still might, but if they come and we fail, we may never see them again.

One other thing is the nature of our industry makes us audit our policies and procedures regularly. We extend that to the business and follow the motto "review, refine, build, maintain." Review what you have (be very critical), refine it and make it better, build what you need

and maintain it for a while to see if it works. This can be done on the parts and on the whole when thinking about your business.

As far as major changes, we have added in-house media blasting and powder coating (which, yes, we will offer as a service to the public) and our floor space has grown from 4,600 square feet in one shop when we moved the company here to nearly 18,000 square feet over two buildings in the last year. We have also added a number of approvals beyond just Canada and the US (which already cover a large portion of the world) such as EASA in Europe, ANAC in Brazil and some single product certifications in Japan and Israel. The certification process for China is ongoing.

**Who are your customers?**

**Jason** • I don't really know how to define our customers because the list is long. We have sold things to commercial and private helicopter operators, heli-ski companies, heli-bike companies and heli-ski companies that want to be heli-bike companies. The industries we support are everything from mining to logging to

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**“We have sold things to commercial and private helicopter operators, heli-ski companies, heli-bike companies and heli-ski companies that want to be heli-bike companies. The industries we support are everything from mining to logging to firefighting to water survey to outdoor adventure to search and rescue to private folks that just want to carry bikes, golf clubs or a barbecue.”**

- Jason Revke

firefighting to water survey to outdoor adventure to search and rescue to private folks that just want to carry bikes, golf clubs or a barbecue and a bunch I haven't mentioned all over the world. Rocky Mountain Bicycle even has a set of bike racks they use for advertising and every year loan us their latest and greatest bike to display at our trade shows. Last year alone we sold to 23 countries in all corners of the world. There is a lot I've missed, but that is the gist of it.

**How do you market?**

**Jason** • We do have a substantial marketing budget, but we still consider where every penny of it goes. We advertise in helicopter trade magazines like *Vertical Magazine* (global), *Rotorcraft Pro* (US) and occasionally *Helicopters Magazine* in Canada. We attend generally two trade shows per year with the Helicopter Association of Canada. One was held in Vancouver last year and will be again this year and the other is the Helicopter Association International trade show which was held in Atlanta, Georgia this year and will be in Anaheim, California next year. We have a substantial trade show display that fills a 20' x 20' booth and allows us to take many of our products and display them in a way that answers most of the

questions potential customers may have. The booth was also built by us utilizing methods and materials that we use in production of our products, but in much more creative ways.

We don't cold call and just rely on relationships we build in the industry. Jeff and I are both the sales team and the tech support. We tend to follow the brewery business model (shout out to Townsite Brewing). The model is super sincere and speaks to people of the same interest - as people - as opposed to trying to sell them something. They also know that if another brewery moves in next door, it doesn't cut their business in half but offers them more exposure so their business is likely to increase. It's quite something to see how effective it can be.

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

**Jason** • Honestly, because of our due diligence program, thus far there have been no real failures to speak of. Perhaps a few learning moments, but no pronounced failures.

**Why do you choose Powell River as your base?**

**Jason** • The nature of the business means no matter where we are, we are



**FABRICATED FOR FIRE SEASON:** This cargo basket was made right here in Okeover Inlet by Aero Design Ltd, at its 18,000-square foot facility. It's on an Airbus AS350 helicopter being used for fire fighting operations.

importing our raw materials and exporting our finished products. Powell River offers a standard of living and a lifestyle that many people thrive on. Even though some of us drive from town for work, we are looking at trees rather than tail lights as opposed to the reverse in a large city.

**What business supports do you wish were available, but aren't?**

**Jason** • Shipping and receiving has always been a challenge. Connections with couriers are super inconvenient, especially being located in Okeover. We have tried a few different solutions most of which were not successful, so we end up just doing much of the leg work ourselves. For larger items we work a great deal with Texada Transfer who has been very supportive.

**Who's on your team?**

**Jason** • We generally go up and down between 10 and 15 at the moment, but we could certainly use a few more and when the right person walks down the driveway we usually snatch them up.

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

**Jason** • Talk to me! Seriously though, Powell River could offer a whole host of reasons to come here. There are some infrastructure issues and some other things, but generally speaking location has been a neutral net gain/loss for the business while offering an outstanding lifestyle for employees.

**What's your next project?**

**Jason** • We are currently developing a system for slinging people under a helicopter for a third party which is nearly complete. We have a number of other aircraft models we would like to produce bike racks for. Bell Helicopter / Textron has just approached us with a request to develop our bike rack for their Bell 407 aircraft (which is already in the works) as well as they have asked us to develop a basket and bike rack for their new Bell 505 helicopter. Airbus has also approached us with a couple of things some of which are also under way. **PR**



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**CONNECTION FOR CRIME PREVENTION:** Retired judge Barry Stuart holds a ball of yarn during the closing ceremony circle of an alternative justice training session at Tla'amin Government House. *Photo by Sean Percy*

## Justice is best served... in a circle

BY SEAN PERCY | [sean@prliving.ca](mailto:sean@prliving.ca)

At first blush, this doesn't look like a group about to dramatically change the face of justice in Powell River. They're tossing a ball of yarn back and forth across a circle - not usually a precursor to significant social change.

But the man holding the yarn ball is a retired territorial court judge, internationally respected in conflict resolution, and he's talking about how to keep people out of jail. He's surrounded by a cross-section of the community - business leaders, coaches, social workers, educators and more. And they're about to make a safer community by establishing a new way of settling conflicts and judging criminals.

"In court, all the focus is on the broken law. With restorative justice, the focus is on the broken relationship with the community and rebuilding that relationship," said judge Barry Stuart, who recently led a workshop with members of Powell River's restorative justice group - qathet Community Justice.

He says that when he issues a probation order in court, only 30 to 40 per cent actually get carried out.

With restorative justice orders, 80 per cent get carried out, and often those who have committed crimes that are dealt with in restorative justice circles do more community hours than required.

"The best crime prevention is connection."

Barry has been pioneering the use of peacemaking circles to take the place of some court proceedings for more than 20 years. He has been to Powell River several times to help guide the local group, and he says they're ready to start holding circles.

"You're going to get a safe community when the community is connected," said Barry.

Verna Francis, who is the justice coordinator for the Tla'amin Nation, says she regularly sees lots of conflicts in the typical justice system that would be better served in a restorative justice circle.

"I can't wait until you start taking referrals; you're going to get a lot from me, that's for sure," she told the group gathered at the Tla'amin Government House meeting room for the workshop.

That day may not be far off. Circles have been used in place of court cases in a variety of instances on Texada Island for the past decade under the guidance of Jane Waterman, who is now helping qathet Community Justice get launched. Along with Siobhan Brown, Jane is the co-coordinator of the fledgling program.

The organization has yet to settle on a logo, and has plans to host a logo contest with Brooks school in the fall.

Still, Siobhan says qathet Community Justice is ready to start taking referrals now, and could be organizing their first justice circles this month.

About 20 people attended the Peacemaking Circle Keeper training. Jane says the small group of volunteers now involved won't be able to take on all the conflict

**"In a circle, there are no sides, not like in court. It changes the focus from punishment to healing."**

- Barry Stuart

resolutions that should happen in the community. But they're ready to start, and they appear to have community support. Forty-seven people gathered in a circle at the end of a public meeting in late April.

"This can be huge," said Jane.

Restorative justice circles are desperately needed to divert cases that don't really need to be handled by courts, but also to reverse a reality stemming from criminal cases involving aboriginal people, who are disproportionately represented in courts and jails, says Barry.

"Judges often have little choice but to make decisions that put kids in (government) care. There are more (aboriginal children) in care in BC today than there were at the height of the residential schools. We need to bring our full resources to bear on this problem."

He says some cases need to go to a trial, and restorative justice circles require the consent of victims to be handled that way.

"In a circle, there are no sides, not like in court," he said. "It changes the focus from punishment to healing."

Want to get involved in qathet Community Justice? Contact PREP at [qcj@prepsociety.org](mailto:qcj@prepsociety.org)

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# gathet's obsession: kale



**K**ale is one of Powell River's beloved crops. When we moved here a decade ago I remember thinking "What is with this obsession with kale? It is all people grow around here." Well it seems the love for kale has gone mainstream. And for good reason too.

and fatty acids. It also is a good source of dietary fibre. Every time I eat kale I feel younger, smarter, healthier, stronger, and better looking. It is no wonder kale has been such a dear crop for all these years in Powell River.

It was not that long ago kale varieties



## A growing concern

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



It is easy to grow right through the winter, it is tremendously versatile in the kitchen, and it is healthy. The edible leaves and shoots are said to contain all sorts of healthy antioxidants, vitamins,

were limited to the three basics: Lacinato (Tuscan), the flat leaf Red Russian, or the frizzy-leafed more decorative varieties. However, with the increasing popularity of kale, the kale market is changing.

Breeders have been busy creating new and exciting varieties with catchy names like "Black Magic" and "Red Peacock." Moreover, breeders have also been crossing kale with other brassica family crops. One such new type we tried was a cross between kale and Brussels sprouts (called Kale-sprouts). The plant looked and grew like a Brussels sprout, but yielded a more open, fringed-leaf little cabbage rather than the tight normal round ones. The sprouts were delicious and incredibly sweet. Our favorite way to eat them was drizzled with olive oil, salt, and pepper and roasted in a hot 425-degree oven. The fringed leaves hold the oil perfectly and make the little cabbages crispy on the outside but still tender in the middle.

It is well worth giving some of these new crosses a try.

I usually sow my kale (and other cabbages) in early June. This allows the plants to get good and established before winter harvest rolls around. Also this timing seems to work perfect with the garlic harvest. I habitually swap out the fresh garlic bulbs with kale and other cabbages.

Kale is a greedy plant that prefers a rich, well-drained soil. They will grow well with additions of nitrogen, organic matter, and/or lime. They prefer cooler seasons; so regular watering is a must in hot, dry weather. Harvesting usually begins after the first frost and continues right through until April. [PR](#)

### TOP PRIORITIES IN THE GARDEN FOR JUNE

Keep sowing your seeds to secure your supply of tender young veggies all summer long. Every three weeks will keep the food coming.

Lift and divide overcrowded spring bulbs that have died back: crocuses, snowdrops, daffodils, tulips, etc.

Don't let the cucumbers dry out. As soon as they get stressed they are more susceptible to powdery mildew and spider mite infestations.

Keep on the watering. It has been so dry already so be sure plants are staying hydrated. This is especially important for fruit and vegetable crops. They need plenty of water. Make wells around plants so water will move downward instead of laterally on the soil. Always put a finger in the soil after you finish to see how far the water has penetrated.

Be mindful of your greenhouse temperature. Do not have the temps go above 30. If it is getting above 35 degrees plants like tomatoes will drop their flowers. Use white wash, shade cloth, fans, or regular misting to help bring down the temperature.

It is hedge-trimming time. Remember that many of the common hedges need some green growth left behind to grow back. Laurels, privet, and yew are the main exceptions as you can prune them back hard and they will grow back again. Cedars, cypress, and most other conifer hedging do not grow back from older wood.

If you have not already done so, plant out all your heat-loving plants such as beans, tomatoes, peppers, cucumbers, eggplant, summer flowering annuals, etc.

Tomato plants should be tied up or supported. Also pinch off the side shoots that are growing in the crotches of the side leaves and main stem.

Watch for pests and disease. Be on the alert for powdery mildew, black spot, aphids, carrot root fly, cabbage white moth, and onion maggot.

Tie up and stake perennials that need some extra support.



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## WHAT'S UP

### Special O Floor Hockey team goes to nationals

Powell River athletes Tanya Norman, Andrew Swindlehurst and Robert Lang, who are part of the Powell River/Comox Valley Vipers floor hockey team that won the gold medal at the BC Winter Games in Vernon earlier this year (and asst. coach Tarra Tipton), will compete at the Special Olympic Nationals in Thunder Bay, Ontario from February 25 to 29, 2020.

### Did you get your seeds?

If you haven't picked up your pumpkin seeds, there's still time to do so! Pop by the *Powell River Living* office, Springtime Nursery or Mother Nature for your free package of giant or regular pumpkin seeds.

*Powell River Living* is sponsoring two different pumpkin contests this year.

The first one takes place at the Fall Fair on September 7 and 8. It's the GREAT pumpkin growing contest and showcases the giant pumpkins grown using Dill's Atlantic giant pumpkin seeds that we've been handing out. There's fame and fortune to be won!

The second is the Powtown Pumpkin People Festival. Townsite residents will grow regular pumpkins to use in creating Pumpkin People and display them on their lawns in the Townsite in October. These "people" have a pumpkin head and a body made out of broomsticks, tomato or bamboo pole frames that are stuffed with straw or leaves. They're hockey players, brides, farmers, politicians, athletes, fishermen/women, musicians, or movie stars! Grab some old clothes and let your imagination run wild.

Pumpkin festivals featuring people are popular in Eastern Canada and the United States. We're hoping the Powell River Townsite will embrace our orange gourd heads and add another layer of excellence to Halloween in the Townsite.

### Fight theft with #9PMRoutine

In response to a recent increase in the number of break ins to unlocked vehicles and homes, RCMP are promoting the "9 pm routine" to remind you to lock up.

"It encourages residents to protect themselves and their loved ones from becoming victims of crime by locking and

securing their homes and vehicles every night at 9 pm," said RCMP Staff Sergeant Rod Wiebe. "This initiative also encourages people to lead by example and share through social media that they have completed the routine using hashtag #9PMRoutine." The 9 pm Routine is:

1. Remove keys, wallets, cash, garage door openers and other valuables from vehicles.
2. Ensure vehicle and home windows are shut (and locked, if possible).
3. Close and lock doors on vehicles and homes. Check any outbuildings.
4. Close overhead garage doors.
5. Turn on outside lights.
6. Post that you've completed the #9PMRoutine on social media.

### Youth, can you help?

Youth 20/20 Can is looking for volunteers between the ages of 15-29. Volunteer Powell River is forming a committee to put on local events. Join to enhance your personal and professional skills.

Volunteer hours support graduation requirements, and you can get references, letters of recommendation and have fun! Contact [vprdesk@gmail.com](mailto:vprdesk@gmail.com).

For a full selection of current volunteer opportunities and to apply as a volunteer, please visit [unitedwayofpowellriver.ca](http://unitedwayofpowellriver.ca)

### New ORCA Bus on its way!

Powell River & District United Way received funding from the Powell River Community Forest Foundation to replace the ORCA Bus - but they need help decorating it.

The ORCA Bus is a partnership of Powell River & District United Way and School District #47 and is supported by many community sponsors, donations, and volunteers. The mobile venue hosts early learning programs throughout the Regional District for families with children ages newborn to six years old and makes stops in Lund, Saltery Bay, Texada Island, Tla'amin, and Powell River. It hosts programs such as StrongStart, inclusion Powell River's Supported Child Development, the City of Powell River Parks, Recreation and Culture Dept., and the Tla'amin Child Development Resource Centre.

"The Community Forest Grant for \$137,500 has been a dream come true for our project," said Beth Zroback, ORCA Bus Coordinator. "We will be able to purchase a brand-new bus, create a new exterior image, and outfit the interior all thanks to Powell River Community Forest. We expect the new bus to arrive early in the fall."

## Ice, Ice Baby: new freon system at curling club reduces climate impacts by 40 per cent

BY JULIE CLARKE

I never thought a lot about ice...or, let's put it this way, I never wanted to think a lot about ice.

Growing up in Toronto, ice was just there... everywhere... from December through to March, for sure, and sometimes into April!

I slipped on ice, slid on ice, and skated on ice, but, let's face it, winter was not my idea of a good time.

Thus the move to Powell River, where there was less winter and less ice.

Fast forward a few years, and I'm curling. But again, I never really thought about the ice. Where did it come from? How was it made? Who made it?

Well, it turns out that there's a lot that goes into ice making.

Did you know that ammonia has an extremely low boiling point? Which is the main reason it has been used in ice-making for many years. This is the upside

of ammonia, along with the fact that it's the most energy-efficient refrigerant and is manufactured using natural elements (nitrogen and hydrogen), which means that it has no global warming potential. However, it is very toxic, and Canada got a big wake-up call on this with the Fernie disaster a couple of years ago.

The other refrigerant option is freon (halocarbon). Freon is less toxic than ammonia, but less efficient, and arguably has more global warming potential.

In any case, the newer the ice-making system, the better, since newer systems are more efficient, safer, and less environmentally destructive.

So I was glad to note that the Powell River Curling Club installed a new ice-making system in 2018 (courtesy of a grant received from Community Forest last year). It's a freon system, but a new one, with built-in safeguards and efficiency, including a Remote Monitoring

System which allows the club to automate the ice plant schedule and reduce operating costs (and thus environment impact) by 40 per cent.

The Remote Monitoring System was part of grant funding received this year from BC Capital Projects - Community Gaming Fund. Also included in this grant was a new paved parking lot and an electric stair lift, unisex washroom, and new doors (enhancing accessibility).

All this in aid of updating the club to current safety and accessibility standards, and ensuring the lifeblood of the facility for years to come.

In fact, the Powell River Curling Club is thriving - with new leagues, regional event hosting, and 'bonspiels' (curling-talk for curling tournaments).

So I guess my relationship with ice is here to stay. What's that they say—"you can take the ice out of the girl, but you can't take the girl from the ice". **RL**



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POEM:

### HOW DOES IT ALL WORK?

My brain is tired it needs a rest; it's veered off the tracks trying to meet its quest. It's angry and sad, dark and confused, as if the happiness I had has all been used. Frontal lobes damaged, temporal lobes the same and my cingulate gyrus no longer has its flame.

Short term memory has taken a walk, with no chance left to turn back its clock. Decision making poor at best, just look at our predicaments and you can figure out the rest. Focus on poetry I can do, focusing on the rest I'll leave to you.

Problem solving such a difficult thing, my math skills gone leaving its sting. Concentration jumped ship, gone forever, will it return, I think not ever. Emotional regulation I'm left with none and worried each day of what I've done.

No arguing please it will upset me so, on the verge of panic and I'd have to go. My heart is out there so they say; the problem is I can't put it away. Addictive behavior I know so well, what its put me through I'd rather not tell.

Social skills abandoned me with the rest, leaving me out there at what is now my best. Day in and day out I say stupid things, not knowing when to shut up, and I feel another sting. Compulsive behavior I know so well, take my hand from the stove before it starts to swell. Oh I can't do that the other guy is in the way, obsessive thinking may win the day. Talking and interrupting I know firsthand, I do it constantly and its never planned.

- By Dewar Boutilier

June is Brain Injury Prevention and Awareness month

# Unmasking Brain Injury

## 100 local masks to tour internationally

BY DEBBIE DEE

The Powell River Brain Injury Society celebrates 16 years this summer. We hope brain injuries have been prevented through our school and community presentations.

We stress the use of common sense when swimming in unknown waters, or skateboarding, cycling, snowboarding, skiing, or any other activity that could potentially end in the split second that changes your life. Be mindful, be safe.

One of the biggest projects to date is Unmasking Brain Injury. This is an International initiative and the masks created by the clients at the centre will be joining the International tour once they are finished showing here at home.

Clients are given blank masks and are asked to paint or decorate them to represent their brain injuries. They are then asked to write something about what their masks mean to them, to explain the meaning of the mask. It has been a very profound project that has opened the clients to new conversations and community building. People who viewed the masks at the various locations have all

### SEE THE MASKS

More than 50 local artists with brain injuries have made masks, which will be on display at City Hall in early June, then at the Recreation Complex during PRISMA, and Arts Alive in the Park in August, before they start their international tour. Learn more about the project at [www.unmaskingbraininjury.org](http://www.unmaskingbraininjury.org).



**UNMASKED:** Ajay Morehouse, who has compound brain injuries, and Kate Weldon, who acquired hers from a stroke.

come away with a new understanding of what acquired brain injury is and what it means to the people that it touches, including family and friends.

We continue to grow our garden and community at our drop-in centre on Duncan Street. Our garden has become a sanctuary for many people who find solace working in the earth and watching their plants grow and flourish.

The poem that is included here is by Dewar Boutilier, who found a poetic spark while working on a project called A Journey to Yourself. We have now assisted Dewar to embrace his creativity and we have helped him apply for funding to further his poetic career. [PR](#)

## Your 'hood pix on a bus

Powell River & District United Way is running a contest: send images that symbolize your favorite spots, activities, and items that represent your favorite neighborhoods in Powell River.

"It can be anything from the Sunshine Coast Trail to the Saltery Bay Mermaid. We will take all these ideas and put together a multitude of graphics for the exterior of the bus," said Success By Six coordinator Beth Zroback. The community will then be given the opportunity to vote for their favorite graphics.

"We want this new bus to really represent our community and what better way to do that than to have the community members help design it," she said.

Go to [unitedwayofpowellriver.ca](http://unitedwayofpowellriver.ca) and send in your ideas.

## Project: People of Powell River

"People of Powell River" is a page I have created on Facebook to showcase the beauty in the ordinary people of this amazing little city.

I am an amateur photographer (read: regular gal with a decent camera). Recently I made the realization that my favourite thing to take photos of is people's faces. I can find beauty in any person that I take the time to appreciate. I decided to set myself a lofty goal - take and post 1,000 photos of people around our town. No caption. I have had tons of fantastic volunteers so far, but my goal is quite a ways off.

If you would like to be a part of this project, I would love to hear from you! Please use my name to message me on

Facebook, or find my page, People of Powell River. I would love to stop by a worksite or any other event to document the faces there. If you see me out and about with my camera, please don't be shy!

- Brittany Stainton

## Shooters on target

Abbotsford was home to this year's BC Target Sports Association's Provincial Championships, in which 10 local marksmen from Powell River not only participated, but excelled in events ranging from Prone to Three Position with air and .22 calibre rifles.

The Yellow Jackets team, led by coach Darryl Craig, took home 13 medals. The team consists of Barb Craig (one Gold & one Match Winner), Diane Sheldon (one Gold), Cheryl Bourque (one Silver),

Kevin Bourque (one Gold), Katheryn Sheldon (two Gold & two Match Winner), Ethin Dube (two Gold & one Match Winner) and Declan Gillen (one Gold).

Ethin Dube, Declan Gillen and Katheryn Sheldon are also members of the 2781 Royal Canadian Army Cadets and have been training with air rifles throughout the year, under coach Capt. (Ret'd) Larry Gemmill CD, PMC.

The Bull Shooters team, led by coach Dave Hodgins, took home seven medals. The team consists of Geoffrey Hodgins (one Gold, one Silver & one Match Winner), Ricky Hodgins (two Bronze) and Paige Hodgins (one Gold & one Silver).

The competitors have been practicing their marksmanship at the Powell River Rod & Gun Club. [PR](#)

- Rose Logan



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## West Coast Thick moves to Edgehill

West Coast Thick has closed its Marine Avenue location and will re-open in the old Edgehill Store in mid-June. Owner Jeanette Kangas has purchased the former convenience store and restaurant to become her new clothing retail outlet. Jeanette says the company will also be launching a full online store in early July.

## Massage therapists go home

**Erin Perrault** and **Dawn Briggs** have decided to transition their therapeutic massage practices into home-based businesses. Dawne Briggs RMT and **Diana Starr** RMT will continue seeing clients at the office until the end of July. **Genevieve Bartlam** RMT, will see clients until the end of June. Dawn says she is open to having another RMT take over the practice. Contact **Westview Massage Therapy** at 604-485-7085. Erin has been off work with ruptured discs for six months. A Go Fund Me page has been set up to support Erin at [gofundme.com/lets-help-erin-perrault-heal](http://gofundme.com/lets-help-erin-perrault-heal)

## New look at Staples

A national rebranding of **Staples** has rolled out at the Powell River store. The new brand tries to shift Staples Canada from the “office supply warehouse” to “the working and learning company.” That means new products and services and a relaunch of the store’s print centre as “**Solutionshop**” offering more digital solutions. In addition to new red shirts for the staff, the new brand comes with a new logo. Gone is the bent staple in the “L” of the logo, and instead there is a lowercase “staples” and lowercase “work. learn. grow” taglines, with two unbent staples at the end.



**THE ENVELOPE PLEASE:** Outstanding Business Owner of the Year: Jennifer Konopelski, The Nutcracker Market (Runner up: Sarah Salome, Point Group Hospitality). Outstanding Home-Based Business Owner of the Year: Julia Adam, One Voices Choir; (Runner up: Nancy Kreisler, Total Body Training); Outstanding Volunteer of the Year: Elaine Steiger, Evergreen ECU; (Runner Up: Lois Bridger, Red Cross); Outstanding Employee of the Year: Jacquie Dawson, Max Cameron Theatre; (Runner up: Juhli Jobi, Powell River Farmer’s Market)

photos 1, 3 and 4 by Anji Smith Fotos and photo 2 by Leanne Campbell

## Women in Business Awards (above)

Women in Business: More than 120 women (and men) attended Powell River Women in Business’s ninth annual Awards Banquet last month to honour the 87 women who were nominated in four different categories.

The business community was beyond generous with their support for this event donating a record number of door prizes. All the nominees present were given red roses donated by Safeway and winners were given a special bottle of Squatter’s Creek wine and a gift basket which included gift cards donated by Quality Foods.

## McKinney’s revival

In mid-January, chef and lighting technician **Dominick Landry**, career bar manager **Kaitlyn Myers**, and photographer **Mélissa Huard** took over **McKinney’s Pub** from **Adam Akerly**, now general manager of the newly opened Wildwood Public House. Dominick says a full refurbish and name change will come in January

## BUSINESS AFFAIRS



WITH  
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[sean@prliving.ca](mailto:sean@prliving.ca)

2020. In the meantime, the crew is working to build a music venue and neighborhood pub that “respects the tradition of the city and its people.” McKinney’s is booking touring bands every weekend and local artists to perform all genres and styles. The weekly bottle drive brings half of the returns on empties to help feed the homeless and send kids with physical disabilities to camps.

## Tin Hat under Aero roof

The automotive and commercial mechanical division of **Aero Services** has been sold to **Al Goodwin** of **Tin Hat Mountain Contracting**. Aero owner **Lori Brown** and Al both say that customers won’t notice much difference – other than some new faces. Aero’s manager, service writer and mechanics are all now Tin Hat employees, and Tin Hat has taken over the four repair bays at the Duncan Street shop. Aero will keep operating the **Kal Tire** and the auto and industrial parts department. The move gives Tin Hat a lot more space than the small shop Al was running at Adams Concrete. Aero/Kal-Tire’s number stays the same at 604-485-2711. Contact Tin Hat at 604-485-4000.



## VIU addresses child care crunch

Vancouver Island University is expanding the **Early Childhood Education and Care** (ECEC) program to its Powell River campus starting this September 2019. In Powell River, there are only 28 licensed spaces for children 36 months and younger, and those spaces are not always filled to capacity due to the inability to hire qualified staff. “It has been a major crisis in our community,” says **Alison Taplay**, VIU PR Campus Human Services Coordinator. “Currently, family members are unable to work due to no access to childcare or children participate in several preschools augmented by private care in order to meet childcare needs. By training more qualified ECEC workers in Powell River, we will be making a huge difference in the lives of young families and children in this community.” The 25-student cohort of the new ECEC certificate program will begin in September 2019 and finish in December 2020. “We are structuring the program in a way that makes it accessible for

professionals already working in the field,” says **Sheila Grieve**, VIU Chair of the ECEC program. The program will offer classes in evenings, weekends, and sometimes during the week, with the option of taking weekday classes online if students are not able to attend in-person. Provincial funding is available.

## New faces at museum

Powell River Museum & Archives has a new Heritage Manager. **Derek Kowalchuk** starts this month, replacing Bert Finnamore, who retired. In April, **Sosan Blaney** began as the museum’s cultural curator. That is a shared position between the Museum and Tla’amin. Sosan is responsible for all First Nations collections both at the museum and the archival collections at the Tla’amin Government House. **Nikita Johnston**, who has now been with the museum for three years, remains as collections manager. The board of directors of the museum also has a new look. At the AGM in March, **Janet Newbury** was chosen as the new president. Former president **Lee Coulter** is serving as secretary.

## Moonlighting mechanic

Automotive and marine mechanic **José (Joe) Gogniat** has given a name to his after-hours work. According to the shingle hanging on the roadside south of town, **GeeGees (Garage Gogniat)** is an auto and boat engine repair shop. Joe is an employee at Koleszar’s and after hours works on all makes and models that Koleszar’s doesn’t. Stacy Montgomery answers the phone and does the books for the operation. The garage is at 2602 Maywood Road. Call 604-487-0236 for info or to book an appointment. The best time is between 6:30 and 8:30 pm.

## 32 Lakes café sold

New owners have taken over operation of **32 Lakes Café and Bakery** at 4707 Marine Avenue. **Nevada McCarthy** and **Ryan Mathieson**, formerly of Vancouver but now living in Townsite, bought from **Margot and Nathan Jantz**, who are still running the 32 Lakes coffee roasting business. Four of the existing café staff stayed on, three more have been hired, and they’re looking for more, says Nevada. The café offers artisanal sourdough, hand crafted croissants, and single-origin coffees and espresso. Nevada has been working and managing in the food and beverage industry. She also has an arts background with mixed media photography, design, and ceramics. Ryan worked in a specialty high end framing shop printing, constructing, and installing with private collectors and galleries. Ryan also has a Masters degree in Fine Arts from SFU and a growing art practice with conceptual photography. So it’s little surprise that the café also serves as a gallery space, supporting local emerging artists.

## Food truck license change welcome

The City has issued the first ever food truck permit to **Taco the Town Zunga** food truck!

“Four years ago my partner Robbie began advocating for changes to bylaws regarding **food vendors**. At that time food vendors required a business license costing \$600 dollars per year,” says Tiffany Hill. The bylaws of the time also had extensive limitations to the allowed size of vending vehicles and carts.

The first change was to allow larger units to operate. The second was to decrease the cost to \$80 per site.

“Finally this year the cost to operate is \$80 per permit which allows us to operate at any one of the seven designated sites,” she said. “We have been very pleased with the city in their willingness to grow and expand, as well as understand the uniqueness of food vending.”



**JUNE 7 TO 9  
WEEKEND**



Grad  
Chowder Challenge  
Rotary golf tourney  
Therapeutic Riding Day  
Susan Jubly

**JUNE 14 TO 16  
WEEKEND**



Father's Day  
Family Fishing Weekend  
Sports Hall of Fame  
Roger McLean  
Mosolov Harp

**JUNE 21 TO 23  
WEEKEND**



Solstice  
St. Jean Baptist Day  
National Indigenous Peoples Day  
PRISMA on the Beach: Star Wars  
Disc Golf Tourney

**JUNE 28 TO JULY 1  
LONG WEEKEND**



Canada Day  
Barn Burner  
School's out for summer  
PRISMA: symphony concert  
PRISMA: Sail to the Symphony

Much more is happening in June. See Pages 32 to 39.

# 5 Chockablock with non-stat holidays, it's June enriching kids' events to cram in before end of school

**1. PRISMA concerts**

PRISMA on the Beach (June 22) features a full symphony performing music from Star Wars at Willingdon. Carnival of the Animals (June 25) is a classical piece for children, with local kids narrating.

**2. Young Naturalists**

What's in that tide pool? Join expert adults for a morning along the shore June 15. Before you head to the beach this summer, learn much more about what you're looking at.


**3. Family Fishing Day**

Free rods and hot dogs are the draw - but what this annual event rally hopes to "give away" is a new relationship between your child and the water and fish. June 16, Inland Lake.

**4. Artrageous**

Make a sound scape with local artist Donna Lytle. This June 8 event is free. While you're at the Art Centre, check out the installation work, Lachesis.

**5. The Big Three**

National Indigenous Person's Day (June 21), St. Jean Baptiste Day (June 23) and Canada Day (July 1) all fall within a few days of each other. They invite you to big celebrations and offer loads of food for thought. 

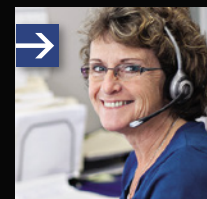
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# Big June Dates

## Through June

**Brain Injury Awareness Month**  
See story on Page 29.

## Thursday, June 6

**Lifting Spirits Gathering**  
4:30 to 9 pm, Salish Centre. In honour of missing and murdered indigenous women and girls. Childcare available.

## Friday, June 7

**Lifting Spirits Walk and Candlelight Vigil**  
7 pm, meet at City Hall and walk to Willingdon Beach. In honour of missing and murdered indigenous women and girls.

## Saturday, June 8

**SD47 Grad**  
Ceremony and dry grad at Rec Complex.  
**Northside Chowder Challenge**  
See Page 39 for more.

## Tuesday, June 11

**Plan Your Summer: The Event**  
3 to 6 pm, Assumption School Gym. Everyone is welcome to this fun info fair about community summer programs from the Rec Complex, Laszlo Tamasik, The Art Centre, and many more! BBQ by donation.

## Sunday, June 16

**Father's Day**

## Friday, June 21

**Summer Solstice**  
See below right  
**National Indigenous People's Day**  
Public event starting at noon at Governance House and the waterfront on Tla'amin lands. Canoe races, sales, food, salmon BBQ. Weather dependant.

## Sunday, June 23

**St. Jean Baptiste Day**  
Noon til 4 pm, Club Bon Accueil. Games for all ages, story time, face painting, treasure hunt and a BBQ (\$10 / \$5 to 12yrs / free under 5 yrs) Open stage. Bring your instruments!

## Wednesday, June 26

**BC Ferries switches to summer schedule**  
Some sunrise and sunset sailing discounts. They're available through September 16 on the Horseshoe Bay-Langdale route.

## Thursday, June 27

**Last Day of School SD47**  
Need inspiration for the next two months? See the Summer Planner on Pages 40-43.

## Monday, July 1

**Canada Day**  
Celebration at Willingdon Beach with live music, food, fireworks and much more. See ad Page 47.



# Summer Solstice June 21

## Longest Day

Sun rises at 5:09 am and sets at 9:30 pm – 16 hours and 20 minutes of sunlight

## Celebrate Summer Solstice at Sycamore Commons: Honouring the Cosmic Fire

8:30 pm, St. David & St. Paul Anglican Church in Townsite. A fire light ritual of prayer, song and dance honouring Creation at this special time of Solstice and National Indigenous People's Day.

## Longest Day of the Year Celebration

The Boardwalk Restaurant.

## Solstice Herb Gathering

7 pm, 5842 Nass, Wildwood. For anyone with an interest in natural healing and herbal medicine.

## Summer Solstice Get-Down

9 pm, McKinney's

# Information fairs

## Sunday, June 2

**Texada Island Community Emergency Planning Evacuation Meeting**  
11 am, Gilles Bay Fire Hall

## Wednesday, June 5

**Public Information Meeting: Housing Development on Ontario**  
5 to 8 pm, ARC Community Centre. Powell River Inclusive Housing Society

## Tuesday, June 11

**Plan Your Summer: The Event**  
3 to 6 pm, Assumption School Gym. Everyone is welcome to this fun info fair about community summer programs from the Rec Complex, Laszlo Tamasik, The Art Centre, and many more! BBQ by donation.

## Wednesday, June 12

**qathet South Community Emergency Planning Evacuation Meeting**  
7 pm, Lang Bay Hall

## Monday, June 17

**Texada Waste Transfer Station Engagement**  
6 pm, Texada Community Hall

## Tuesday, June 18

**Van Anda Dock Engagement**  
6 to 7:30 pm, Royal Canadian Legion Hall

## Tuesday, June 18

**Tla'amin Lands Emergency Planning Evacuation Meeting**  
4 pm Tla'amin Salish Centre

## Saturday, June 22

**Evacuating Farm Animals and Pets**  
11 am Paradise Exhibition Park Club House. With qathet Regional District.

## Tuesday, June 25

**What We Need to Do Now to Prepare for Winter Crops**  
7 pm, Cranberry Seniors Centre. The Powell River Garden Club presents a wealth of knowledge from local gardeners Pat Hanson and Rose Fleury. Everyone is welcome.

## Thursday, June 27

**qathet North Community Emergency Planning Evacuation Meeting**  
7 pm, Italian Hall

## Thursday, July 4

**Powell River Community Emergency Planning Evacuation Meeting**  
7 pm, Powell River Recreation Complex

## Saturday, July 13

**Savary Island Community Emergency Planning Evacuation Meeting**  
11 am, Savary Island Fire Hall

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# Art, Books, Stage

.....  
**Through June 25**

**Lachesis show**  
 The Art Gallery.

**Friday, June 7**

**Powell River Animals photo contest deadline**  
 Noon, Library

**BC Writers Series presents author Susan Juby**  
 7 pm, Library. Author of *The Woefield Poultry Collective*, *Republic of Dirt*, *Nice Recovery*, *Alice, I think* and many more, will discuss her writing and work, and give a reading from her books.

**Saturday, June 8**

**Getting Personal: The art of the personal essay**  
 2 pm, Library. Megan Cole, nonfiction writer and journalist, will discuss the rising popularity of the personal essay and how writers can use it to find their voice. Adults and teens are welcome. Drop-in.

**Saturday, June 8**

**Artrageous Saturday sound scaping**  
 11 am to 1 pm, The Art Centre. Join sound sculptor Donna Lytle for an exploration of sound in this family friendly art event. Drop-in, free.

**Friday, June 14**

**Powell River Animals photo exhibit begins**  
 At the Library.

**Saturday, June 15**

**The Art Centre exhibition proposal deadline**  
 See powellriverartscouncil.ca

**Beverly Elliott: Sink or Swim**  
 7:30 Max Cameron \$24 / \$12

**Saturday, June 22**

**Kiwanis Giant Book & Marmalade Sale**  
 4943 Kiwanis. Money will go to Staff Sergeant Rod Wiebe for his 2019 Cops for Cancer ride. See ad Page 18



**P**owell River's annual Family Fishing event will take place at Inland Lake on Sunday, June 16 between 10 am and 2 pm. Last year's event saw more than 140 people come out and enjoy a fun filled family event which included free food, free fishing (yes, we are giving away 30 rod/reel combos again!) and free prizes.

Our sponsor again this year is the BC Ferry and Marine Workers Union who will be cooking up food for everyone!

Bring the family and come out and enjoy a completely free day of fishing (no licences required).

- Andrew Anaka

# Outdoors & Sporty

.....  
**Saturday, June 8**

**Therapeutic Riding Family Day and \$5 BBQ**

**Sunday, June 9**

**Rotary Scramble Tournament**  
 1 pm, Myrtle Point Golf Club

**Saturday, June 15**

**Young Naturalists Seaside Amble at Westview**  
 10 am, Meet at the viewpoint, Marine Avenue (alternate date, if bad weather, June 29 at 9 am, note different time due to tide.) All children welcome with an adult. Explore tide pools at low tide. Bring water shoes or boots and sun protection. For information call Janet 604-487-9149.

**Sports Hall of Fame Induction Dinner**  
 Hap Parker Arena. See ad on Page 15.

**Swim to Survive Toonie Swim**  
 1:30 to 4 pm, pool. Brush up on your water safety skills.

**Sunday, June 16**

**Family Fishing Day**  
 10 til 2 pm, Inland Lake. See story, above.

**Tuesday, June 18**

**Orca Bus at Willingdon Beach**  
 10 to 11:30 am

**June 21 to 23**

**Men's Malaspina Tournament**  
 8:30 am, Myrtle Point Golf Club

**Saturday, June 22**

**Disc Golf Tourney**  
 11 am, Larry Gouthro Park.  
 See powellriverprc.ca for more information.

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**OLD ENOUGH TO KNOW BETTER:** Lundies Geoff Allan and Scott Ritter haven't been playing together for long, but have loads of living to draw on for their lyrics.

## Stories from the Far End of the Road: CD

BY SCOTT RITTER

The 12 original songs on our new CD cover the arc of lifelong experience from the perspective of two musicians who are "Old Enough to Know Better".

We started working on this project about a year and a half ago with our friend and musical colleague, Shaun Coburn, who will be joining us for this show. The album was completed at Corwin Fox's Hidden Well Studio in Cumberland.

Geoff Allan and I have been playing music together in the folk music genre for over four years now. Our style is defined by close vocal harmony and careful

### CD RELEASE SHOW

**What:** Old Enough to Know Better's 12 original tunes on CD, with a kick-off concert

**When:** June 7, 7:30 pm

**Where:** Cranberry Hall

arrangements of original and traditional material as well as covers of such contemporary singer/songwriters as Gillian Welsh, John Gorka, Stan Rogers, Fred Eaglesmith and others.

We'll be at the Fathers' Day event at Lang Bay Community Hall on June 16th.

The CD will be available at the show for \$15.

### From *Laundromat Saturday Night*

Scott Ritter's blues-y piece about heartache and domestic chores

You know I used to look forward to Saturday night,  
After workin' the whole week through,  
'Cause that was the night everything seemed right,  
The night I'd go out dancin' with you,  
Now I'm sittin' here down at the laundromat,  
Wishin' I were somewhere new,  
Everybody's out howlin',  
While I'm foldin' my towlin'  
Another Saturday night without you.

Laundromat Saturday night,  
The height of my social scene,  
You know it don't seem right spendin' Saturday night  
On a date with a washing machine.  
Laundromat Saturday night,  
Nothin' much better to do,  
Still I'm sittin' here hopin'  
While I'm pourin' the soap in,  
To spend next Saturday night with you.

## Live Music

Note: PRISMA runs June 17 to 29. See schedules Page 3 and story, next page.

### Friday, June 7

#### We Found a Lovebird

7 pm, McKinney's

#### Old Enough to Know Better

CD release Cran Hall 7:30pm Story at left.

### Wednesday, June 12

#### Academy Children's Choirs

7 pm, James Hall. \$10 adults, \$5 students. See ad on Page 43.

### Saturday, June 15

#### The Story of the Mosolov Harp Concerto

2 pm, Library. PRISMA music director Arthur Arnold and harpist Taylor Fleshman will share the story of the lost Mosolov Harp Concerto. Taylor will also perform selected excerpts from the concerto.

#### Walter Martella and Friends sing the classics

7:30pm, Cran Hall. Tickets at the door

#### Rockin' for Roger Maclean

8 pm, Legion. \$20. Music provided by the BLUESbUSTERS. A lifetime resident of Powell River, Roger Maclean, is being treated for a rare form of cancer. The only place in Canada offering treatment is Quebec. The dance is to help offset some of the cost he must incur to travel and stay there several times while undergoing

treatment. Tickets available at Economy Rentals & the Legion

### Friday, June 21

#### Summer Solstice Get-Down

9 pm, McKinney's

### Saturday, June 22

#### "PRISMA on the Beach" Star Wars

6 pm, Willingdon Beach Park.

### Sunday, June 23

#### Cran Hall Presents:

#### The Brian Robertson Trio

### Wednesday, June 26

#### Music in the Park

7 pm, Willingdon beach

### Friday, June 28

#### The Powell River Barn Burner

#### with The Goatboys

9:30 pm, McKinney's

### Monday, July 1

#### Canada Day

Live music at Willingdon Beach. See ad on Page 47.

### Thursday, July 4

#### Coco Love Alcorn with special

#### guests The One Voices Choir

7:30pm. Evergreen Theatre. Tix \$25, cocopowellriver.bpt.me or at River City Coffee.

## One Voices to sing with Coco

An amazing Canadian songwriter named Coco Love Alcorn is traveling from Owen Sound, Ontario to Powell River on July 2 to 4 for the first time to act as an artist-in-residence with the One Voices Choir. She will be leading a public vocal workshop on July 2 and then a "concert by and for singers and their friends" on July 4 backed by The One Voices Choir. [singitpowellriver@gmail.com](mailto:singitpowellriver@gmail.com) or 604-483-1451

- Julia Adam



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# Sticking with it

Why a director and a defenceman have more in common than you think

BY ANDY RICE

Symphony conductor Arthur Arnold and hockey star Brad Bombardir have never met each other.

They've had completely different careers, in completely different fields, in completely different countries.

And yet, to hear them speak independently on the topics of dedication, preparation and determination, you'd be convinced they called a time-out to sync up their strategies.

Arnold grew up in the Netherlands, trained as a cellist and became a noted conductor of orchestras around the world. Brad was born in Powell River, played hockey for the Paper Kings (1988-1990) and went on to win a Stanley Cup in 2000 with the New Jersey Devils.

In his current role as Director of Player Development for the Minnesota Wild, Brad works daily to groom young prospects into the NHL stars of tomorrow. Arnold does much the same at the Pacific Region International Summer Music Academy (PRISMA) each summer, which is to the orchestral world what a development camp is to any major hockey franchise.

The similarities between elite athletes and top-level musicians are undeniable, as is the philosophy behind their training. And, as it turns out, the relationship



**SWEATIN' TO THE SYMPHONY:** Where local hockey players change into their skates, PRISMA musicians rehearse. The classical music event uses the Recreation Complex in the off-season.

between players and a live audience isn't all that different either. To unpack what it means to truly thrive in moments of action and ultimate focus, we reached out to Arnold and Brad for their unique insight.

*What are the most important ingredients, in your mind, in the development of young players as they aspire towards professional careers? What do they have to show up with, and what can be taught or practiced along the way?*

**Brad Bombardir** • I think there has to be a passion for wanting to be better, for wanting to reach your peak potential, for wanting to play in the NHL. There has to be a passion for it and there has to be a will. A willingness to work, to sacrifice, to get where they want to get – and it's not easy. I often compare want versus will. With the players that we work with and ultimately draft, there's a big difference between want and will. It's easy for people to want something, but for them to be willing to have something or achieve something, I think that becomes more of an emotional buy-in and more of a passionate buy-in. For me, that's really important because without those two things it's very difficult to get there.

**Arthur Arnold** • It's so comparable to PRISMA, because we have kids that have a passion and show up here

## PRISMA THIS MONTH

The PRISMA Festival runs from June 17-29 at the Evergreen Theatre, just metres from where Bombardir once played. The event features daily masterclasses and recitals, where members of the public can witness the training of young musicians first-hand.

A series of evening concerts serve to showcase the musical development of the PRISMA students and Guest Artists through challenging repertoire and unique collaborations. It promises to be a thrill for sports and music fans alike.

To learn more and view the full schedule of events, visit [prismafestival.com](http://prismafestival.com), or see Page 3 of PRL.

with goals and they work towards them. They're not shy to work hard and they are not afraid to fall or to make mistakes. Those are the students that get accepted. They go to the limits to achieve what they really want to achieve, and pursue their dreams.


**Brad Bombardir** • Music and sports, they're two totally different abilities but there really isn't much of a difference in how you get there. You obviously practice different things and have to master different things along the way, but whatever you do the passion and the will drives everything.

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 Applications must be submitted electronically to [lifecy클housing@gmail.com](mailto:lifecy클housing@gmail.com) no later than 4 pm Friday, June 14.

*Tug-Gubon*

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**Arthur Arnold** • The young musicians who come to PRISMA have persevered thousands of hours to master their instruments and are fine-tuning their skills to make it in the professional world as a musician. I see the same passion in NHL and Olympic athletes who have really chosen to invest fully to reach their full potential.

**Brad Bombardir** • The will, to me, is more than just wanting it or thinking about it. It's feeling it, it's knowing that there's something inside that drives you.

*At PRISMA, we have about 80 students from 17 different countries come to Powell River each June – eating, sleeping and breathing music over a two-week period. Not unlike a development camp for hockey, in many ways. Do you find that those kinds of short, intensive environments can have a particularly positive effect on the players?*

**Brad Bombardir** • Absolutely. Every NHL team has an opportunity to bring all of their players in over the summer. We're able to have all of our draft picks come in – players from Europe, from North America – and we'll bring all of these guys together for the week and do some on-ice work just to try to build habits. Hopefully, they will all leave with some tangible things they can work on for the rest of the summer that will help improve and round out their game.

**Arthur Arnold** • Our students often tell me that in their two weeks at PRISMA they learn sometimes more than a whole year in university. It seems that with being thrown in the deep end and having to swim, there's no other way... you have to do it. There's no time for distractions – just rehearsals, masterclasses, private lessons, mock auditions, recitals and performances.

**Brad Bombardir** • We do a lot of in-class sessions as well, so much like PRISMA it's eating, sleeping and breathing hockey. We'll discuss strategy, sports psychology, we'll have an inspirational speaker of some sort come in, we'll have nutrition seminars, maybe a sleep specialist. We'll bring in a lot of these different people to speak to these guys and try to help them build some habits and round out their game and figure out some things they can do off the ice to become a professional athlete. And then we'll do some team-building as well with the guys so they can really spend some time together. It's an important week for us, much like your two weeks are up there. Some of these guys are going to be teammates and eventually they're going to be wearing that Minnesota Wild sweater so we want to build that relationship early.

**Arthur Arnold** • Even after PRISMA our students often stay connected and cross paths professionally. It's quite intimate, in a way, to play beautiful music together and share those emotions on stage and connect through it. Musicians and sports teams, they want that. They are team players.

*Music and sports have another thing in common in that they are often played in front of a crowd. There's a certain energy of a live audience sitting on the edge of their seats, not knowing who's going to win or lose. How does the crowd influence you, as a player?*

**Brad Bombardir** • There's something really unique about it. I think you use it as fuel; it is energy to you and it actually feeds you and it feeds your game and your confidence, at least on most nights. There's a certain place your mind goes where you love the feel of it, but you're also able to manage it and focus in on what's really happening right in front of you.



**HOCKEY SONG & DANCE:** In 2017, students at Sheridan Dance Academy performed at PRISMA on the Beach to the symphonic strains of the Hockey Night in Canada classic.

**Arthur Arnold** • For musicians, there is a strong need to play for an audience. The pressure that is added during the live performance makes you stay super focused and give your absolute best. During a rehearsal there is an analytical side to the job, which is necessary to further develop and discover weaknesses to tackle, but the performance is the ultimate goal.

**Brad Bombardir** • When I'm at a concert it's just a fun experience. It's all about energy and relaxing and having a great time. Playing hockey in front of a crowd like that, it's different... It's your job, you're ultra focused on what you're doing and really what is in front of you at that moment. I'm sure that any musician on stage is thinking in much the same way.

**Arthur Arnold** • You can simulate certain situations and prepare for them in rehearsal, but in a performance you have to look forward no matter that happens – and anything can happen. Listening to a CD is like watching a video of a sports game that's already happened. You know who is going to win. Playing live music is totally different, and it's exciting, much like a live hockey game. The energy of the audience interacts with the energy on stage, and every performance is completely unique. It's about creating something in the moment.

*Sports and music can be a vehicle for so many things, be it opportunities to see the world, meet people, get an education. At this stage in your career, having been a player yourself and now working on the player development side, how are you reflecting on the opportunities that have come from a skills-based vocation such as this?*

**Brad Bombardir** • Hockey has given me basically everything that I've known as an adult. I went to the University of North Dakota on a scholarship to play hockey and met my wife at 19 years old. We're still together, we have three beautiful children, we've made a great life in Minnesota and travelled all over the world. For me I'm very thankful for it. I'm still not convinced I've worked a day in my life. You do need some luck; you need somebody in your corner to pull for you and believe in you, and I was lucky to have all that, as I'm sure many musicians have as well. But it all has to come together.

**Arthur Arnold** • Music is what brought me to Powell River. It's what brings our students here each summer. It's why our Musical Merit Scholarship Fund is so important – so that young musicians can come to PRISMA and have these opportunities, no matter where they are in the world and what kind of support system they may or may not have. **PR**



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strikes

# How will you **EVACUATE?**

Your Regional District Emergency Preparedness Service is hosting a  
**COMMUNITY EVACUATION PLANNING MEETING SERIES 2019.**

## Plan to be at your most convenient meeting:

### **Texada Island**

**Sunday, June 2, 11 am**

Gilles Bay Fire Hall, 5073 Gillies Bay Road

### **qathet South**

**Wednesday, June 12, 7 pm**

Lang Bay Hall, 1101 Hwy 101

### **Tla'amin Lands**

**Tuesday, June 18, 4 pm**

Tla'amin Salish Centre, 4895 Salish Drive

### **qathet North**

**Thursday, June 27, 7 pm**

Italian Hall, 5866 Hwy 101

### **Powell River**

**Thursday, July 4, 7 pm**

Recreation Complex, 5001 Joyce Avenue

### **Savary Island**

**Saturday, July 13, 11 am**

Savary Island Fire Hall  
1847 Savary Island Road

### **Lasqueti Island**

**Tuesday, August 13, 4 pm**

Xwe'etay Community Hall

## How to prepare your family & your neighbourhood.

## We want to hear from you!



### **Evacuating Farm Animals and Pets**

Please join us for a meeting about evacuating  
animals from qathet Regional District.

**Saturday, June 22, 11 AM**

Paradise Exhibition Park Club House  
4365 Mcleod Road

202 - 4675 Marine Avenue  
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604-485-2260 • [administration@qathet.ca](mailto:administration@qathet.ca)

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



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



## Reconciliation quilt

This quilt was made and presented to Tla'amin Nation by Powell River's Senior Citizens Association Branch 49, in recognition of Treaty settlement - and the new ability for nation members to purchase homes on Tla'amin lands. It hangs in the Tla'amin Health Centre.

**YOU'RE INVITED TO NATIONAL INDIGENOUS PEOPLES DAY:** On June 21, all of qathet is welcome to events on Tla'amin Lands. In the morning, elementary and high school students will participate in activities. At noon, the public event starts at Governance House and the waterfront. Come for the canoe races, sales, food and salmon barbecue. The event is weather dependent.

## Start your deck project now!

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# Chow-der down for charity

Come to the annual fundraising dinner, silent auction and (new this year) dance – the Chowder Challenge. It has moved to the Tla'amin Salish Centre.

The Chowder Challenge is a great evening featuring ten competing chowders made by local restaurants. You get to sample them all and vote for your favourite, then enjoy a bigger bowl of it and the accompanying salad, bread, and treats. You can order a beer or a glass of wine at the cash bar and support our firefighters.

And don't forget our amazing Silent Auction that will be going on throughout the night. Lots of great items! You'll want to make sure to bring your cheque book and check it out.

Please remember, this is a fundraiser for our fire department so bring your old rolls of quarters! Learn about Northside Volunteer Fire Department: what areas

## ANNUAL NORTHSIDE FD CHOWDER CHALLENGE

**What:** Seafood chowder contest and silent auction to raise money for the Fire Department

**When:** June 8, 5:30 to 11 pm

**Where:** Tla'amin Salish Centre

**Tickets:** \$25 Available at: The Lund Resort, SunLund by the Sea Campground, The Boardwalk Restaurant, River City Coffee, Tourism PR

**Contact:** Lydia Line – Volunteer Fire Fighter & First Responder or Janet Lyon – Volunteer for Northside Fire Department 604-414-0616 604-344-0485

we cover and what we do, try some equipment, and meet your volunteer fire fighters (they will be serving you!) [PR](#)

- Janet Lyon



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Deanna Knight and Hot Club  
Creek Big Band  
Sh-Boom  
The Burying Ground  
Devon Hanley  
SD46 Jazz Band and more!

- 21 St Bart's Church  
"Kestra" with Rene Worst
- 22 12m - Street Festival - 5 bands  
7:30 - Concert/Dance
- 23 11am Jazz Brunch  
1:30 FREE Outdoor Fest  
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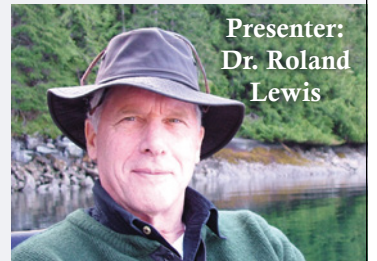
This course begins Sunday, September 8

**Where:** Living Water Church, 4640 Manson

**When:** 6:30 to 8pm, Sundays, for 13 weeks

**Cost:** \$40, workbook included

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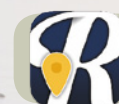
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# Summer Plan

## LEAP & Cultural Adventure Camp

Leadership Ecology Adventure Program

Ages: 14+ (Grades 9 to 12)

When: July 1 to 9

[www.outdoors.sd47.bc.ca](http://www.outdoors.sd47.bc.ca)



## Camp for Metis & Aboriginal youth

Ages: 12 to 17

Contact: 604-414-3966



## Reading & Rec

Literacy and math-based program

Ages: SD47 students in K to Grade 4, and others for a fee

When: July 8 to August 2,

8:30 am to 1pm

Westview Elementary School

[SD47.bc.ca](http://SD47.bc.ca)

## Library summer programs

Reading Club • Summer Book Clubs  
• Themed workshops

- Building Challenges • Story Theatre
- Storytime at the Farmers' Market
- Teen podcasting workshop • Teen Positive Protest Posters workshop.

Ages: Preschool to 18

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



## 4Pillar Early Learning Centre

Summer Fun

Ages: 3 to 5 and 6 to 12

When: All summer long

5110 Manson Ave

[4pillarlearning.ca](http://4pillarlearning.ca). See ad, below.

## qathet ArtRaven Adventure Camp

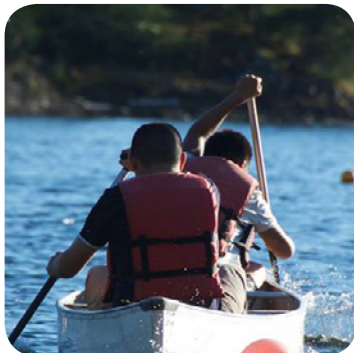
Art, cultural, and camp activities

Ages: 9 to 12; if there is enough interest, a second week for ages 7 to 9 will be offered.

When: July 15 to 19

Outdoor Learning Centre

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



## Club Bon Accueil

French Summer Camp

Ages: 6 to 10

When: All summer long

Club Bon Accueil, Powell River

[www.clubbonaccueil.com](http://www.clubbonaccueil.com)

## 4Pillar Early Learning Centre

Book now for Summer fun!  
Ages 6-12

4Pillar is open July and August

Roxanne Penner • 5110 Manson Ave • 604-414-5757  
[4PillarLearning.ca](http://4PillarLearning.ca) • [roxannepenner@shaw.ca](mailto:roxannepenner@shaw.ca)



Games • Swimming • Sports • Hikes & more!

## Epic Summer Adventure & Sport Camp

For kids going into Grade 3 to Grade 8  
Based at Assumption School  
July 1 to 5 and July 8 to 12, 9 to 3pm daily  
\$200 per week or \$50 per day

Register with Dean Thorsell:  
[deanthorsell@gmail.com](mailto:deanthorsell@gmail.com) or 604-414-4912



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# Summer 2019

Come to the **Summer Planner Event** on Tuesday, June 11 at Assumption School Gym, 3 to 6 pm, to learn even more. See Page 43.

## Laszlo Tamasik Camps

Acting for Film • Dance • Musical Theatre

**Ages:** 5-7; 8-11; 12 & up

**When:** Multiple weeks through the summer.

[www.laszlodanceacademy.com](http://www.laszlodanceacademy.com)

See ad on Page 43.



## Rec Complex Day & Mini Camps

July 2 to August 23, See ad Page 42.

### Day camps

**Ages:** 6 to 10

**When:** 9 to 3pm; extended hours available

### Mini camps

**Ages:** 3 to 5

**When:** 9 to noon

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

## Texada Aerospace Camp

Aerospace science and flight

**Ages:** 10 to 16

**When:** August 7 to 10

On Texada Island

[www.texada.org](http://www.texada.org)

See ad this page.



## Rec Complex Skills Camps

Challenger International Soccer • Swim

Lessons • Bronze Star / Medallion / Cross

**Ages:** Preschool to 16

**When:** Multiple dates.

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

See ad Page 42.

## Epic Summer Adventure & Sport

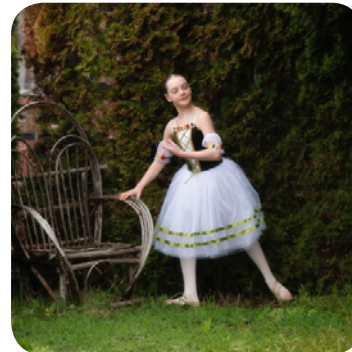
Games, swimming, sports, hikes & more

**Ages:** Going into Grade 3 to Grade 8

**When:** July 1 to 5 and 8 to 12

[deanthorsell@gmail.com](mailto:deanthorsell@gmail.com)

See ad, Page 40.



## Shoreline Dance Camps

Summer Tiny Dancer Camp

**Ages:** 6 to 9

**When:** June 24 to 28, 3:30pm to 7pm

Summer Triple Threat Camp

**Ages:** 10+

**When:** July 22 to 26, noon to 4:45pm

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

See ad, this page.

shoreline dance academy

DANCE CLASSES

register now

SUMMER PROGRAMS

Summer Tiny Dancer Camp  
June 24 - 28  
Jazz, Ballet, Modern & crafts  
3:30pm - 7pm \$175.00  
Ages 6 - 9

Summer Triple Threat Camp  
July 22 - 26  
Jazz, Ballet, Contemporary, Progressing Ballet  
Technique & Improv/Acro  
12-4:45pm \$200.00  
Ages 10+

View fall schedule\* online at [shorelinedance.ca](http://shorelinedance.ca)

\*registration for fall 2019 now open

Ballet | Modern | Contemporary | Tap | Jazz | Acro | Musical Theatre | Stretch & Strength | Musical Movement | Mommy & Me | Adult | Barre Fit

gaihet Art Raven  
ADVENTURE CAMP

July 15-19 Ages 9-12

Create, connect, and discover  
on the Sunshine Coast

**July 15-19 Ages 9-12**

Powell Lake Outdoor Learning Centre in Haywire Bay Regional Park

**\$575** +GST for meals, transportation & lodging

**A 5 day adventure in artmaking, cultural learning & fun, outdoor camp activities**

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

The Art Centre  
Powell River Public Art Gallery

Powell Lake  
OUTDOOR  
LEARNING CENTRE  
AT HAYWIRE BAY REGIONAL PARK

**Texada AeroSpace Camp**

**Registration:**  
[www.texada.org](http://www.texada.org)  
**info: 604 223 2588**

**4 exciting days**  
**of aerospace science and flight**

**Ages 10-16 • Aug 7-10 (day camp only) • \$180 until July 24**





# Summer Starts Here

## Active camps

### Summer Day Camps

July 2 to August 23  
9am to 3pm (or 8am to 5pm)  
\$180 to \$220 per week  
(sibling discounts available)  
Ages 6 to 12

Each week has a unique theme. Beaches, games, hiking, and even sleepovers.

### Mini Camps

July 2 to August 23  
9am to noon  
\$90 a week / \$20 daily drop-in  
Ages 3 to 5

Games, stories, crafts - anything is possible when we use our imagination! Located in the Poolside Room.

## Skills camps

### Summer Swim Lessons

July 2 to August 8  
Three sets of daily lessons or  
one set of twice-weekly lessons  
\$47.80 to \$53.20

Challenge your child to improve his or her swim and water safety skills this summer. **Bronze Star** certification (ages 10 to 12) July 15 to 26.



### Bronze Medallion and Bronze Cross Combo

August 12 to 16 (Cross only 14 to 16)  
8:30am to 4:30pm  
Ages 13+  
\$275 (Cross only: \$175)

A prerequisite to National Lifeguard Training, which will be offered for 16+ here this fall.



### Challenger International Soccer Camp

July 29 to August 2  
Ages 3 to 16  
Hour-long camps to all-day camps  
\$90 to \$250

Hosted by the Complex, the most popular elements of British Soccer Camps, TetraBrazil and the New International Curriculum.

## Your Powell River festival season is...

### PRISMA

June 17 to 29  
www.prismafestival.com.

### National Indigenous Day

June 21  
On Tla'amin Lands

### Gibsons Landing Jazz Fest

June 21 - 23, Gibsons  
www.coastjazz.com

### Canada Day Celebrations

July 1  
At Willingdon.

### Pulling Together Canoe Journey

July 5 to 13  
At Tla'amin Lands

### BC Bike Race

In Powell River July 9  
www.bcbikerace.com

### Logger Sports

July 13 & 14  
www.powellriverloggersports.com

### Savary Triathlon

July 20

### Edible Garden Tour

July 21

### Texada Blues and Roots

July 27 & 28  
www.texada.org

### Savarystock

July 27  
www.savaryislandlandtrust.org

### Texada Sandcastle Contest

August 3 & 4  
www.texada.org

### BC Day

August 5

### Blackberry Fest

August 11 to 18

### Arts Alive in the Park

August 17 & 18  
www.powellriverartscouncil.ca

### Run the Rock

August 25  
www.runtexada.ca

### gathet Studio Tour

August 24 & 25  
www.powellriverstudiotour.com

### Sunshine Music Festival

August 31 & September 1  
sunshinemusicfest.ca

### Texada Island Paint Out

September 7  
www.texada.org

### Powell River Fall Fair

September 7 & 8

**2** different PUMPKIN CONTESTS

**2** different kinds of seeds

**GET FREE SEEDS** While they last!

Get seeds at Powell River Living, Mother Nature, or Springtime Garden Centre.

POWTOWN  
**PUMPKIN**  
PEOPLE  
FESTIVAL



The Great Pumpkin  
Growing Contest

Grow lots of pumpkins, and use them to create imaginative, odd, or funny characters.

Choose the Dill's Atlantic giant seeds and grow a HUGE pumpkin and enter it in the Fall Fair.

Sure, these contest are completely different. But if you grow a huge pumpkin with the "Powtown People" seeds, feel free to enter it in the "Great" contest. You can use your "Great" giant pumpkins to make "Powtown People" too! And yes, you can use your own seeds if you like. Both contests are brought to you by:

**Powell River LIVING**



Parks • Recreation • Culture

www.powellriverPRC.ca



Find us at PowellRiverRec.Complex. 604-485-2891





**AND EVERYONE'S INVITED:** Last year's Brewer Block Party (above). Resilient Streets (the 2018 program) helped fund 57 events and brought out nearly 3,000 people

# Plan a block party, get dough

Let's face it, life is busy! Between work, volunteering, extracurricular activities and other commitments, we often find it hard to interact with those who we live closest to.


That's where a block party can help!

A Block Party is a gathering of people who want to celebrate and strengthen their neighbourhood's feeling of togetherness. It's a great way to create new friendships, enhance safety and encourage a sense of local community.

Neighbourhood Projects are a get-together of like

minded community members who collaborate on projects that make their neighbourhoods stronger and more connected.


Projects can focus on block beautification, weed-pulling events, and neighbourhood trash clean ups. These events can aid in giving a sense of pride and ownership to neighbourhoods by promoting a group effort to make improvement.

Start planning your event by visiting the website at [powellriverprc.ca/arts-culture/blockparties/](http://powellriverprc.ca/arts-culture/blockparties/) 

- Shawna Rahier

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Academy Apprentice Choir,  
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Youth Choir,  
Plus SPECIAL GUESTS

**Wednesday, June 12  
at 7:00 pm**

James Hall  
\$10 adults, \$5 students

## Plan Your Summer: The Event



**Tuesday, June 11, 3pm to 6pm  
Assumption School Gym**

Free • Everyone Welcome • Info booths

Powell River programs for Preschoolers through Teens

Orca Bus on site

**Don't make dinner.**

BBQ by donation starting at 4:30pm.

Recreation Complex • Laszlo Tamasik Dance Academy •  
Powell River Youth Soccer • The Art Centre & many more!!

Sponsored by Assumption Catholic School and media sponsor Powell River Living Magazine.

LASZLO TAMASIK DANCE ACADEMY

## Summer Camps



**Acting for film**

*Kirsten Clarkson*

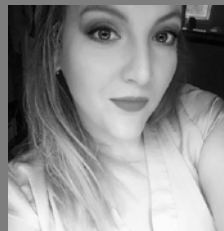
**JULY 2 & 5**



**Dance Camp**

*Guest teacher Jade Leech  
& LTDA Faculty*

**JULY 8-12**



**Musical Theatre Camp**

*Megan Skidmore & Sydney Spent*

**JULY 15-19**

**Dance Camp**

*Guest teacher Amy Sarah Hamilton  
& LTDA Faculty*

**JULY 22-26**

**Musical Theatre Camp**

*Megan Skidmore & Sydney Spent*

**JULY 29-AUG 2**

*Laszlo Tamasik*

**DANCE ACADEMY**

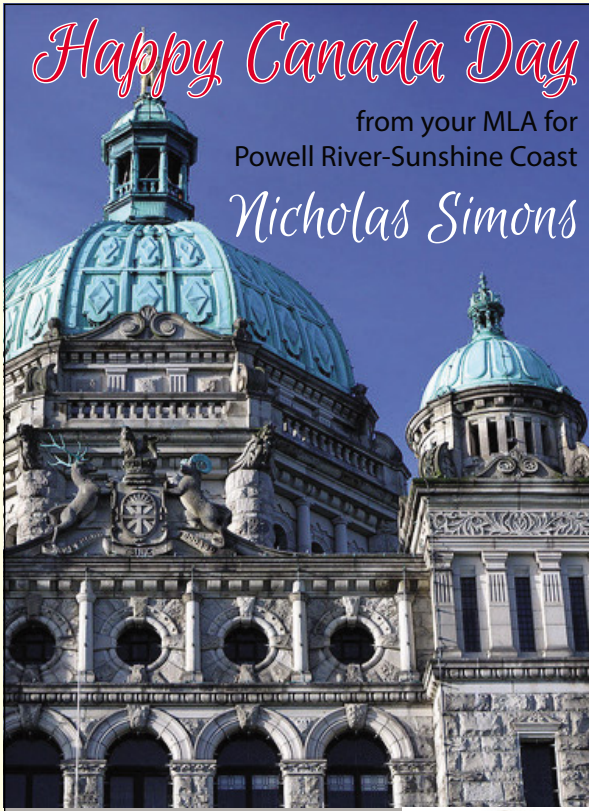
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Happy Canada Day

from your MLA for Powell River-Sunshine Coast

Nicholas Simons



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604 485 1249  
nicholas.simons.mla@leg.bc.ca



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Increase vitality naturally

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 have finally arrived at the energetic height of the year! June brings us the longest day, Summer Solstice, widely celebrated and typically recognized by fire ceremonies, medicine gatherings, significantly placed monuments marking where Sun rises, and other culturally relevant practices that withstand the test of time.

The Sun provides life giving vitality to nearly all of life on Earth, it draws us out of our homes and invites us into action, socializing, exploration, tackling projects, and travel. It feeds the plants we eat and nourishes living creatures. For those who suffer from Seasonal Affective Disorder, these long days are both a physical as well as an emotional healing balm.

Fully embracing the light of Summer is a major factor of our well being and comfort, particularly when it comes to the dramatic shift into the short, cooler days of Autumn. If we are to align ourselves with the natural ebb and flow of the seasons, connecting to the Sun and longer days while they are here, is essential. Yet we must do so safely as well as intentionally.

A few purposeful moments with eyes closed, face to the Sun, and thoughts simply on soaking in and appreciating these glorious rays is a



THE LONGEST DAY: Embrace the sun's energy and warmth.

powerful mood and health booster. If you find yourself generally with sunglasses on, try taking them off every once in a while for 10 to 15 minutes or allowing a bit of extra skin to show, even for a short time.

These purposeful methods of connecting with the Sun help regulate our circadian rhythm with the faster day/night cycles as well as the longer seasonal cycle, they boost our endorphin levels, support our immune system, enhance wound healing, utilize its antimicrobial effects and are beneficial to our nervous systems.

One might choose to make "sun water" either on its own, with full

crystals, or supportive herbs such as dandelion, mint, or lemon balm. Simply place your glass in direct Sun to be molecularly charged. \*Ensure a sterile glass and non-toxic crystals and plants are chosen!

Reflecting Solar energy on an altar, shrine or nature table with images and representations is great for indoor reverence while observing where on your horizon the Sun rises and sets will provide an excellent tracking reference when routinely noticed at different times throughout the year.

So throw open the curtains, walk barefoot on the hot Earth, and may the blessings of vitality be with you!

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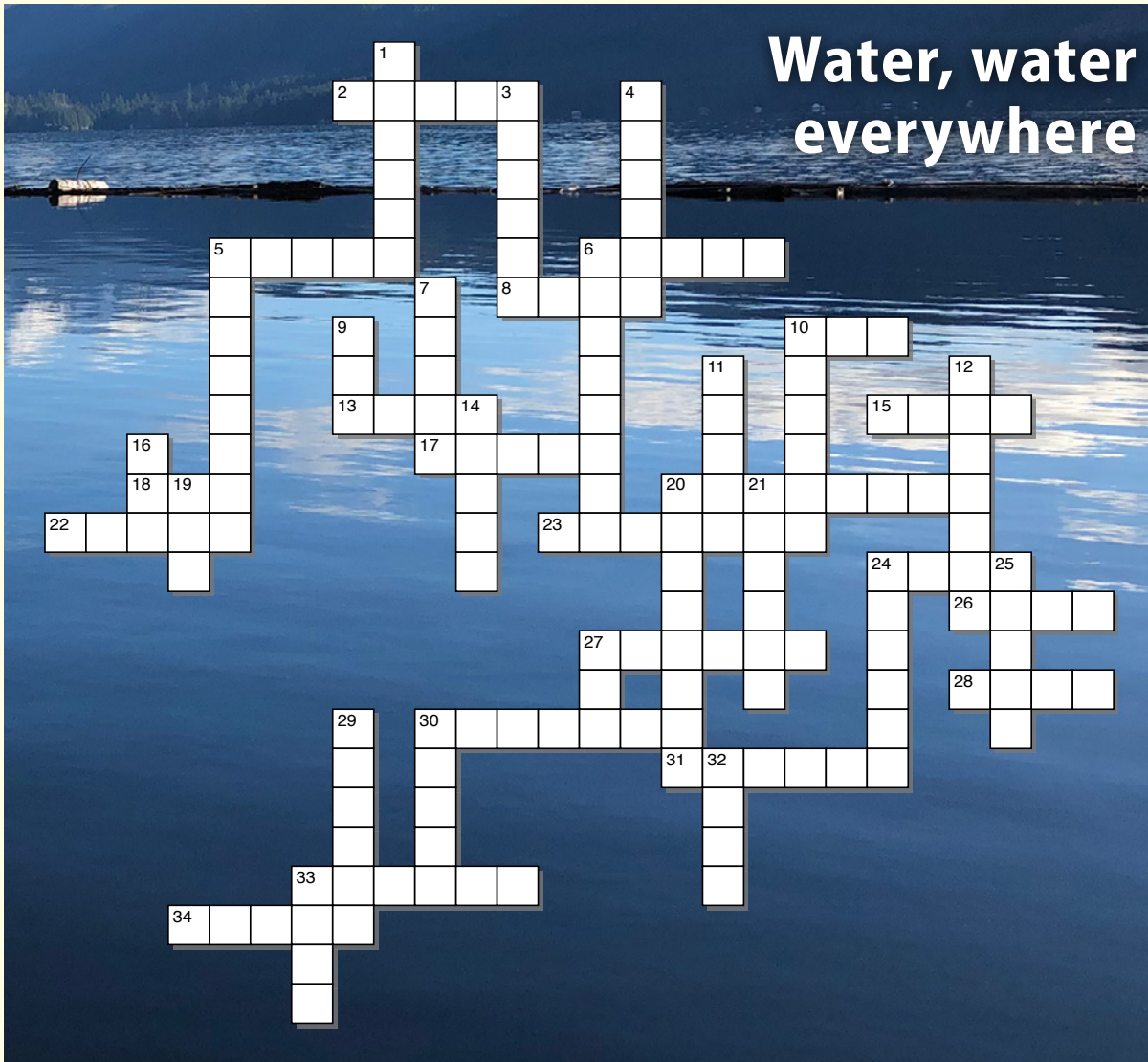
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# Water, water everywhere



## Across

- 2) PR's champion distance swimmer
- 5) Outdoor swim series Bay
- 6) PRISMA sponsor goes on water
- 8) Jordan's number of dunks for directions
- 10) Baby fish or potato string
- 13) Artificial pond for play
- 15) Complex offers these lessons
- 17) # of glasses to drink
- 18) Carving a slow project for students (acronym)
- 20) Yell for an ice cream slushie mix
- 22) Curling club's new refrigerant
- 23) Extreme \_\_\_\_; fire and floods
- 24) Float for boats is sometimes dry
- 26) Plant now, and water this brassica
- 27) Dammed river
- 28) Falling water
- 30) Seafood not soup
- 31) Shane's fishy friends
- 33) Water pusher
- 34) Up the lake power, not gas

## Down

- 1) What to do with life jacket (2 words)
- 3) Cold endurance method (2 words)
- 4) Place to keep drinks
- 5) Willingdon's original name
- 6) City's top lifeguard
- 7) Traditional watercraft
- 9) Board for standing on (acronym)
- 10) Test tool for garden watering
- 11) Irvine's favourite place
- 12) Westview, not Arkansas, landmark (2 words)
- 14) Drinking water measure
- 16) Hockey's favourite water
- 19) Rounis' dance partner at restaurant
- 20) PRISMA beach theme (2 words)
- 21) Hall of Fame's royal inductees
- 24) GOT's favourite long boat
- 25) Sit enclosed and float
- 27) Life preserver acronym
- 29) Triathlon doc
- 30) Sky water
- 32) Dobler dad - salmon centre namesake
- 33) Artist swims for pleasure and

Lingcod or Halibut & chips  
Burgers • Kids' menu

**Real ice cream**

real vanilla soft serve, plus hard ice cream:  
boo boo bubble, cookies & cream,  
maple walnut, salted caramel and more!

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at Willingdon Beach

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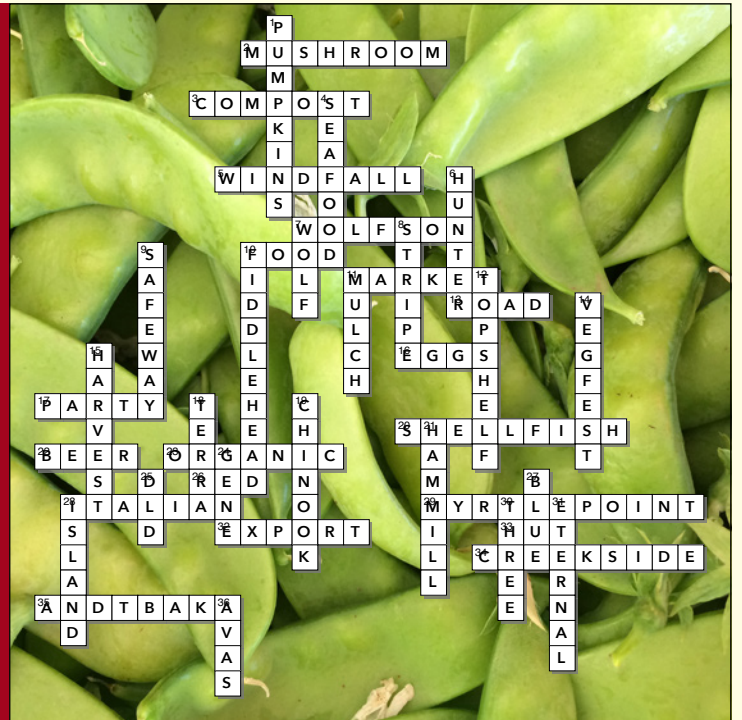
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# Your sunny spend

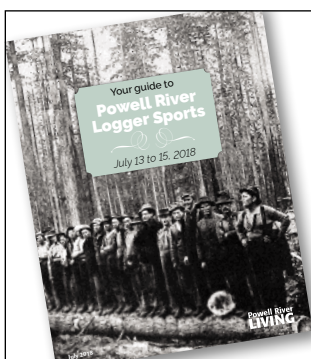
Whether you're broke or flush this summer, we all end up doing the same things, more or less.

That's the magic of Powell River. Inequality never looked - or tasted - so good.

## Last Word

BY PIETA WOOLLEY

	Broke	Mid-Range	Flush
<b>Fish 'n' Chips</b>	Hit the Father's Day Fishing Weekend event at Inland Lake June 16; hook your own trout on a free rod. <i>Total cost:</i> \$5 in potatoes, batter and oil... plus a full day fishing & cleaning up.	In May, McDonald's introduced a two-piece Atlantic Haddock fish 'n' chips. <i>Total cost:</i> \$6.99 - plus a Nanaimo Bar McFlurry and your eco cred.	The Boardwalk, Shinglemill, Seaside, Modern Peasant and others sell fabulous, fresh & local fish 'n' chips. <i>Total cost:</i> \$15 to \$20 per serving, no strings attached.
<b>Camping</b>	Ministry of Forests rec site (but not Dodd and Nanton Lake, which now charge). <i>Total cost:</i> free, plus \$175 in gas.	Haywire Bay or Inland Lake. <i>Total cost:</i> About \$20 a night, and your kids' hygiene.	Glamp at Powell River Sea Kayak's Cabana Desolation Eco-Resort. <i>Total cost:</i> Four nights all inclusive peak package with a guided kayak, \$1,725 pp.
<b>Boating</b>	Your buddy's canoe on the Circle Route. <i>Total cost:</i> Lending him your SUP in return.	Charter a fishing boat or a yacht for a half-day <i>Total cost:</i> a few hundred bucks.	Buy any kind of boat. <i>Total cost:</i> all your money.
<b>Your summer look: Man</b>	Last year's summer clothes, plus a new collection of hats from the thrift stores. <i>Total cost:</i> \$10.	On-trend facial hair styled by a local barber, and two brave, personality-expressing colored shirts. <i>Total cost:</i> \$150.	Buy some new clothes... but not on sale. <i>Total cost:</i> \$900 and your heart health.
<b>Your summer look: Woman</b>	Last year's summer clothes, plus a new collection of vintage scarves from the thrift stores. <i>Total cost:</i> \$10.	On-trend hair (go grey, lilac, or a 70s-inspired blunt bob), and one seriously styling maxi-dress. <i>Total cost:</i> \$200.	A bottle of Prosecco, your credit card, and two late-night hours on the internet = a whole new (highly questionable) wardrobe. <i>Total cost:</i> your Visa's max.
<b>Vacation</b>	Staycation; visit local beaches with a cooler and a flamingo floatie. <i>Total cost:</i> \$50 for a robust floatie or \$100 for a modest party island.	Moot	Leave Powell River to go anywhere at all. <i>Total cost:</i> all your money.
<b>Barbecue</b>	Defrost 2018's last chinook filets. <i>Total cost:</i> your mental health.	Save On Foods and The Chopping Block both sell grill-ready proteins. <i>Total cost:</i> how hungry are you?	Spot prawns or sockeye. <i>Total cost:</i> \$20+ per person, for a generous host.
<b>Beach shoes</b>	Dollarama flip flops. <i>Total cost:</i> \$1.50 and your knees.	Natives (Armitage), Havaianas (Simply Bronze) or Sanuks (Taws). <i>Total cost:</i> about \$35 to \$65.	Merrells or Keens (Pagani). <i>Total cost:</i> \$100+, but your feet will love you.
<b>Kid care</b>	Netflix, Fortnite and a house key. <i>Total cost:</i> About \$19 for the summer, plus peanut butter sandwiches.	A bus pass, a rec complex pass, a Library programs schedule and lunch money. <i>Total cost:</i> about \$300 a month, per kid.	Eight weeks of stimulating day and overnight camps, a nanny, plus a family vacay. <i>Total cost:</i> credit card debt well in to your 50s.
<b>Festival</b>	National Indigenous People's Day; Canada Day; PRISMA on the Beach; Texada Sandcastle; Blackberry Fest; Arts Alive; etc. <i>Total cost:</i> all free.	Logger Sports, BC Seafood; Texada Blues & Roots; Filberg; Sunshine Music etc. <i>Total cost:</i> so affordable.	Iceland's Secret Solstice Festival June 21 to 23, with the Black Eyes Peas, Patti Smith, Pussy Riot. <i>Total cost:</i> Weekend VIP pass \$330, plus flying to and staying in Reykjavik.



## Advertise in Your Guide to Logger Sports

Distributed in the July issue of *Powell River Living*. 8,000 copies.

- Why advertise • Everyone going to the show will read this guide
- It's a keepsake • Even many who don't go to the show will browse the guide
- It's a good event with which to be associated.

Book before June 15.

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

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



Logger Sports is July 13-14!

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

- Dive in black water
- Ride a bike without a helmet
- Skateboard without a helmet

These summer activities are leading causes of brain injury.

We know what a brain injury is. You don't want to find out.



**Powell River BRAIN INJURY SOCIETY**

604 485-6065 • info@braininjurysociety.ca • braininjurysociety.ca



*Brandy Peterson*

*Reliable answers to your real estate questions.*



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



**CELEBRATE**  
**CANADA DAY**



**JULY 1**  
**WILLINGDON BEACH**  
**3 - 10:30PM**

Live Local Music • 2 Bouncy Castles and Joust  
Powell River Gymnastics Aerial Performances  
Photobooth • Face Painting • Safeway's Giant Cake  
Sales and Food Vendors • Fun, games, and more!



Visit [www.powellriverprc.ca](http://www.powellriverprc.ca) or call 604 485-8902 for more information

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- Beauty
- Climbing
- Goodies



**Bring us  
all your  
summer  
guests**

*We'll make them jealous you live here*





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APPLIANCES



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