

# Powell River LIVING

20 ✕ 19

# BEST

*of Powell River*

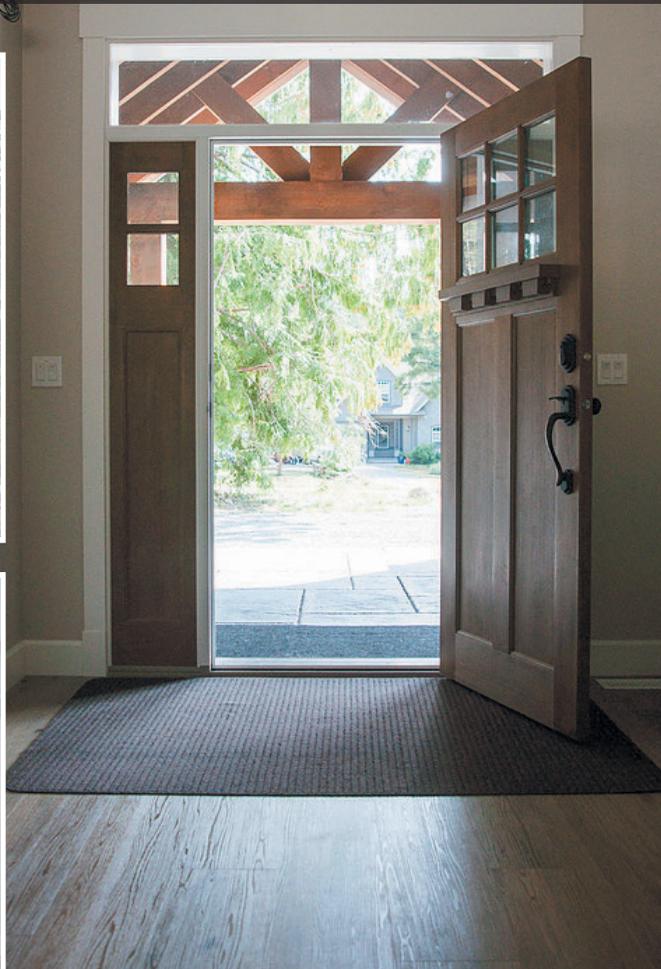


JULY 2019

100% LOCALLY OWNED • FREE

WILDFIRE BALLAD • FREE SUMMER FUN • OUTDOOR YOGA GUIDE

# Efficient. Reliable. Exceptional.



## Powell River's #1 Construction Company



**W**e know how daunting managing and overseeing your project can be, but we're here to make the process smooth and easy. **Hawkins Construction Ltd.** has been serving as a leading contractor since our inception in 2006.

Hawkins Construction specializes in custom homes that showcase their clients' wants and needs, while completing projects in a timely and efficient manner.

With years of experience, an enthusiasm for fine home building, and a dedicated, detail-oriented team of carpenters and sub-trades, you can rest assured that your project is in the right hands.



Hawkins Construction is locally owned and operated. Remote and island work is a speciality and they are proud to serve the city of Powell River as well as the qathet Regional District and surrounding areas, including Texada Island, Savary Island and Hardy Island.

Fully licensed by BC Housing and insured by National Home Warranty, we are well-experienced home builders, specializing in quality custom homes that fit your lifestyle, budget and vision.

Whether you're looking for a few helpful tips or need an experienced professional to fully manage a project — we've got the tools and experience to guarantee success. Contact us for a consultation today. We look forward to working with you soon.

Construction Management • Fine Craftsmanship



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

604-483-1216



# Please Help Conserve Water

Due to **dry conditions, strain on the Myrtle Pond water system pumps, elevated fire risks and low water source levels,** the qathet Regional District is asking the public to help conserve water and protect all water systems in the Regional District.

## How to Help

### Watering your lawn

Residents with **odd-numbered** addresses may water on odd-numbered days, from 8pm to 8am.  
Residents with **even-numbered** addresses may water on even-numbered days, from 8pm to 8am.

### Best Practices

- Restrict the use of power washers
- Limit vehicle washing
- Use a broom to clear driveways and sidewalks
- Fix appliance and faucet leaks
- Keep lawns mowed and natural
- Water outside of daylight hours

#### Myrtle Pond water use facts:

Average daily use rate:  
**130,000 litres / day**

June's average daily use rate:  
**140,000 litres / day**

Water use rate for June 2019:  
**2.8 million litres**

## Emergency Preparedness

*Almost \$1 million in grant funding leveraged in 2019*

**Reducing Fire Hazards in Penticton Trails**  
\$572,300 grant  
qRD investment: \$63,590

**FireSmart Coordinator**  
Helping property owners protect homes  
\$45,000 grant

**Evacuation Planning Assistant**  
Public education and outreach to plan for evacuations  
\$25,000 grant  
qRD investment: \$7,000

**Sea Level Rise Coastal Mapping Project**  
Helping to predict and prepare critical areas at risk  
\$216,500 grant  
qRD investment: \$20,000



**qathet**  
**REGIONAL DISTRICT**

202 - 4675 Marine Avenue, Powell River, BC V8A 2L2  
604-485-2260 • administration@qathet.ca

qathet.ca

# Pied-billed Grebe

This beautiful Grebe built a nest on large floating lily pads, using marsh plants to secure it to surrounding vegetation on Cranberry Lake. I came a few times to observe and photograph her, keeping my distance and was rewarded by seeing three beautiful white eggs!

Whenever the parents leave the nest, they cover the eggs with material to camouflage the nest. As soon as the babies hatch and dry off, they hit the water. They will grab the tail of either parent and climb onto their back where they are carried and fed. The parent even dives with them clinging onto them.

This Grebe breeds throughout the Americas, except the Arctic and Sub Arctic regions. They winter in central British Columbia, and all Western and Southern states with open water, as well as on the sea coast.

Breeding pairs are secretive and usually only one pair is found on a pond. What a joy it was to watch this small Grebe on the lake! 

- Rod Innes



Powell River Living is a member of:



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



Publisher & Managing Editor  
**Isabelle Southcott**  
isabelle@prliving.ca



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



Editor & Graphics  
**Pieta Woolley**  
pieta@prliving.ca



Sales & Marketing  
**Suzi Wiebe**  
suzi@prliving.ca



Accounts Receivable  
**Alena Devlin**  
office@prliving.ca

## ON THE COVER

The runners-up in the Best Dressed Man category - Dave Bridle, Bill Hopkins and the aptly named Romeo Styles.

Photo by Sean Percy and Pieta Woolley



## CONTENTS

### JULY 2019

Best of Powell River 6  
The fourth annual awards

Blast from the Past 25  
Early photographers

I Made the Move 26  
Buttons and Bacon

Fighting the Flames 27  
Wildfire ballad

Made in Powell River 29  
Tiny perfect dolls

Love What You Do 31  
Joseph McLean

A Growing Concern 35

What's Up 36  
Be a Camber champion

Business Affairs 38  
Safeway gets Fresh

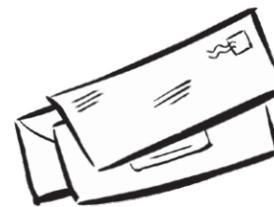
Events & Festivals 39  
Logger Sports and much more

Outside yoga and more 44  
Plan for a fit and flex summer

Free & Cheap for Families 46  
You can afford this summer

Take a Break 48  
Crossword & Tarot

Last Word 50  
Firing Facebook



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

Hello Powell River! I just returned from your lovely city and I stand AMAZED! Our daughter Taylor [Fleshman] was attending PRISMA again this year; she's a harpist and simply loved her previous trip to Powell River.

I decided to visit with a friend Randy as my wife was busy at work, and it was the best decision ever.

I can't say enough how wonderful your city and its residents are. I have never been anywhere where the people were more friendly and engaging. We made many real friends and look forward to returning. We had superior rooms at Beach Gardens, and enjoyed first class service and food at Edie Rae's at the Old Courthouse Inn. Powell River Airport and Pacific Coast Airlines, and Budget Car Rental, all were excellent. We attended a brass concert at Dwight Hall and they treated us so well.

We visited many other businesses in town and it was just incredible how welcoming it was.

My daughter was hosted by a gracious lady (Barb) and I have never been more pleased than to have Taylor in the care of this dear woman. [editor's note: Taylor was the soloist who performed the Molosov Concerto at PRISMA on the beach.]

This was my first PRISMA experience and we were very impressed with the professionalism and community involvement they demonstrate. It was more than obvious the community in Powell River is 100 per cent behind and involved with PRISMA; I've never seen anything like it.

The level of these 78 students and the credentials of the guest instructors is a standard by which others should be measured.

Hats off to a job well done and I'd appreciate it if you'd express my appreciation to your City, residents, and the good folks at PRISMA.

~ Mark Fleshman  
North Carolina, USA

PS The only part I was unhappy with was leaving.....I wanted to stay forever!



No part of this publication may be reproduced without prior written consent of the publisher. While every effort has been made to ensure accuracy, the publisher cannot be held responsible for any errors or omissions that may occur. © 2019 Southcott Communications. We reserve the right to refuse any submission or advertisement.

Complete issues are available online at: [www.prliving.ca](http://www.prliving.ca)

EDITOR'S MESSAGE

# All dressed up and so many places to go



Adding this year's "Best Dressed Man & Woman" categories to PRL's Best of Powell River contest was publisher Isabelle Southcott's excellent idea.

When she first suggested it, I wasn't so sure it was an excellent idea. In my mind, BC's particular values of egalitarianism and inclusiveness are best portrayed in our universally attainable uniform: jeans, witty t-shirts, wool socks and of course, sweaters and toques. It's more or less what I've been wearing since university.

But I have to admit, after the photo shoots with this year's "Best Dressed Man" winners (front cover and Page 7), I've been swayed. Each man is totally unique, and articulates the best of who he believes he is through his clothing. Dave Brindle, the polished

professional with funky shoe tips peeking out. Romeo Styles, the bold fashionista. Bill Hopkins, a child at heart. And of course our #1 Best Dressed winner, Slim Milkie, the brooding, beautiful artist (who wears his Pollen with aplomb.) Who doesn't love just staring at these four gorgeous men?

I found the photo shoots inspiring, frankly. Like, maybe I could take it up a notch, too.

That kind of inspiration is exactly what The Best of Powell River issue is meant to do. It's a fun frolic through the region, showcasing the best, revealing what's funny or weird about where we live, and hopefully offering up some things that make readers go "hmm." I hope you have as much fun reading it as we did putting it together.

The second half of the magazine is a tool to help you make the most of your summer. Take your yoga / tai chi / qi gong / drumming practice outside, with

the clip-out schedule on Page 44. Also, chop out the two-page guide to free and cheap stuff for families to do this summer, on Pages 46 & 47. Finally, transfer the events section on Page 41 onto your home calendar. There's just so much going on this month, from Logger Sports, to the two paddle journeys, to the Texada Sandcastle Weekend, and beyond.

How you dress as you hit the festival circuit is completely up to you, of course. You'll see Powell River's stunning range of humans, from dreadlocked children to tailored seniors. That beautiful range of people and experiences is truly the best of Powell River.

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



**HONOURING  
THE JOURNEY**

ARTIST RENDERING

The Powell River Hospice Society is raising funds toward building a four-bed hospice house in Powell River to be located adjacent to the Willingdon Creek Village near the Powell River General Hospital. We're well on our way with over half of the \$3.5 million cost committed or raised to date but we still need your help to make it a reality.



**RENE BABIN, CFP**  
**LESLIE ECKLAND, PFP**  
**Financial Advisors**  
[rene.babin@raymondjames.ca](mailto:rene.babin@raymondjames.ca)  
[leslie.eckland@raymondjames.ca](mailto:leslie.eckland@raymondjames.ca)

**RAYMOND JAMES®**  
Unit D - 4670 Marine Avenue  
Powell River, BC, CA V8A 2L1  
T: 604.489.9797 | F: 604.489.9867

**PROUD TO SUPPORT THE POWELL RIVER HOSPICE SOCIETY**

© 2019 Raymond James Ltd., member - Canadian Investor Protection Fund.  
Raymond James is not affiliated with the organization listed.

20 X 19

# BEST of Powell River

## Swagger more. We're the Upper Sunshine Coast.

The big cities think they're all that in setting trends in fashion, architecture, food, art and gardens. But the results of Best of Powell River 2019 should give urban-obsessed influencers pause. How did so much elegance manifest here, among the sea lions and the blackberries?

# CIVIC CELEBRATIONS

### BEST NEIGHBOURHOOD

- #1 TOWNSITE
- #2 CRANBERRY
- #3 WILDWOOD / WESTVIEW

*Staff notes:* Westview, what gives? Of the four neighbourhoods mentioned here, three have relatively small populations. Westview, you're the biggie, with the most potential voters. So where's your neighbourhood pride? You're home to Toba and Marine – two of the top three best streets, most of the best food awards including Best Burger, and so much more.

### BEST BLOCK

- #1 MARINE AVENUE (DOWNTOWN)
- #2 MAPLE AVENUE
- #3 TOBA STREET

### BEST UNOFFICIAL CITY SLOGAN

- #1 TWO FERRIES CAN'T BE WRONG
- #2 POWELL RIVIERA
- #3 POWTOWN

### BEST FESTIVAL

- #1 BLACKBERRY FESTIVAL
- #2 SUNSHINE COAST MUSIC FEST
- #3 LOGGER SPORTS

### BEST EVENT

- #1 PRISMA
- #2 FALL FAIR
- #3 CRAFT BEER FESTIVAL

### BEST SPIRITUAL EXPERIENCE

- #1 FOREST / SUNSETS / NATURE
- #2 CHURCH
- #3 DRUGS / YOGA

*Best answers:* Tin Hat. A starlit night. Anything involving orgasms. Becoming a parent. Blue Lotus massage. Diving in Desolation Sound. Floating in a lake at night. Graveyard. Aqua Yoga. New Moon Circle. Solstice Fire Ceremony. Wal-Mart. Pain au Chocolate from 32 Lakes.

### BEST REASON TO MOVE HERE

- #1 THE QUIET / SERENITY
- #2 NATURE
- #3 THE PEOPLE

*Best answers:* Affordable. Amazing place to raise children. Clean air. Everything is two to five minutes away. Leave the crazy cities behind. The mom bods. To fulfill a vow of chastity.

### BEST REASON TO STAY AWAY

- #1 BC FERRIES
- #2 HIGH COST OF REAL ESTATE AND LOW AVAILABILITY OF RENTALS
- #3 NO JOBS / NO DOCTORS

*Best answers:* Because you're a snob. Can get more expensive than you might think. Drama on Swap n' Shop. Gas prices. In-laws. Racists. Rednecks. Rifraf. Lousy drivers. The ticks. Um, we're full.



## BEST SMIZE

Behold Slim Milkie, our Best Dressed Man (see Page 8), holding his Major Rock-coloured Pollen Sweater, our Best Souvenir and Best Made in Powell River (See Pages 10 and 23), at PRISMA, our Best Event (see left). The partner of our Best Politician (See Page 8) is elegantly projecting a mix of approachability, sass and true fierceness - not easy to pull off when you live in such a casual, beachy region, but Slim does it with mastery.

You're never fully dressed without a smize - super-model Tyra Banks' trick of smiling with your eyes.



# Museum of Doug

The most Powell River Person of the Year



**T**he Most Powell River Person of the Year is a new category. It's meant to recognize someone who exemplifies all that is this region; voters, you did a superlative job in choosing Doug Love.

"You know Joe Average?" quips Doug humbly, currently a Canada Post letter carrier who lives in Westview, near where he grew up. "I'm his cousin. Just a local born Powell Riverite."

Well, actually, there's a whole lot more to this guy.

A collector of local stories and artifacts, such as this groovy mallard pennant, above, Doug helps administer the *You Know You Grew Up in Powell River If...* Facebook page. He did, in fact, grow up in Powell River (see the black and white photo above, with his late brother Jim Love), in a log cabin across from where McDonald's now stands. It's this era of history he's most passionate about.

"Make a Kool-Aid stand and you're in business," he said, explaining growing up in burgeoning Westview - a time, he

recalls, when locals were exceptionally kind to each other.

"You could wander down to the wharf for fishing, or along Marine, go to the beach. It was a really good childhood growing up in this area. I still remember the businesses that are now extinct from the 60s and 70s - and the wonderful people who worked them and ran them. I enjoy shaking these memories out of people to bring this era back to life."

He went on to own various businesses including 'Doug's Chevron Service on Alberni,' putting his friendly, jovial nature to work in small business (see photo above, and the "I got gassed at Doug's Chevron" t-shirt, right, part of his Powell River artifact collection.)

Now, when he's not delivering mail to your doorstep, Doug is dad and grandpa (see top photo, with his grandson, Ashton.)

Congratulations, Doug, for being recognized by so many voters as distilling the best of Powell River in your own story and in your lovely nature.

# PHENOMENAL PEOPLE & POLITICS

## MOST 'POWELL RIVER' PERSON OF THE YEAR

- #1 DOUG LOVE / NEIL FROST
- #2 KIM STOKES
- #3 CAROLEANN LEISHMAN

*Other frequent nominees:* Bill Hopkins • Catnip • Dan Devita • Dave Formosa • Kim Miller • Paige Anderson • Rocco (note: not a person) • Walter Martella

*Staff notes:* Neil Frost told us he doesn't feel worthy of being tied with Doug in this category, though our voters clearly disagreed. Besides, Neil repeated as Best Realtor, so he has another title. We'd say it's also because Neil is so humble, but see the back inside page. Fortunately, Neil, in true Powell River Person of the Year fashion, has a great sense of humour.

## BEST LOCAL POLITICIAN

- #1 NICHOLAS SIMONS
- #2 CAROLEANN LEISHMAN
- #3 GEORGE DOUBT

## BEST VOLUNTEER

- #1 LAURA PASSEK
- #2 WAYNE BREWER
- #3 EAGLE WALZ

## BEST-DRESSED MAN

- #1 SLIM MILKIE
- #2 ROMEO STYLES / DAVE BRINDLE
- #3 BILL HOPKINS

## BEST-DRESSED WOMAN

- #1 JEANETTE AGIUS
- #2 SUE GAUDET
- #3 CAROLINE JOBE

## BEST LOCAL CELEBRITY

- #1 DAN DEVITA
- #2 ROCCO
- #3 ARTHUR ARNOLD

## BEST SPORTS TEAM

- #1 POWELL RIVER KINGS
- #2 VILLA
- #3 ICE CATS

## BEST EDUCATOR

- #1 LISA LEWIS
- #2 MARY PAYNE
- #3 ANGELA DEVITA / SUZANNE BURBIDGE





**SLICK:** Lesley Thorsell, Maureen Simmonds, Lyla Smith, and Ester Dyck would prefer if the builders of pipelines and the shippers of fossil fuels would buzz off.

## Conscientious crew

**U**nspOiled Coast came to life at the height of the opposition to the Kinder Morgan Pipeline in 2018. Our purpose is to work in solidarity with others to raise public awareness and support actions that address human-caused climate change and other environmental issues.

### How we began:

After 10 Powell River folks sat in protest at Kinder Morgan gates in Burnaby and two were arrested (Ron Berezan and Jo Murray), “UnspOiled Coast” formed in June 2018. Initially our focus was on stopping Kinder Morgan, and fundraising for the legal defense of those arrested.

### Some events:

- Bi-weekly vigils to oppose the Kinder Morgan (now TransMountain) pipeline and show support to the BC NDP that took a stand against the pipeline – June – September 2018
- Vigil with members of the Tla’amin Nation by hosting a Day Of Action for Unist’ot’en and Gidimt’en clans of the Wet’suwet’en nation to defy the invasion and illegal occupation of the Wet’suwet’en territory by Coastal Gas Link with support from the RCMP in north-western BC.
- Sea Level Rising installation on Willingdon Beach in collaboration with Climate Action Powell River for Earth Day 2019. This installation illustrates how much the sea will rise over the next eighty years here in Powell River
- ‘Climate Action Fashion’ at E-couture show, with a dress made of invasive ivy designed and modeled by Kristin Miller, along with the hip waders illustrating how much the sea will rise per year over eighty years

### BEST PROTEST MOVEMENT

- #1 UNSPOILED COAST
- #2 THE STUDENT CLIMATE WALK-OUTS
- #3 THE WOMEN’S MARCH

### BEST SCANDAL

- #1 THE ALR AND HEMLOCK LOOP ROAD
- #2 SINOBRITE AND THE \$30,000 LAND DEAL
- #3 THE DEMOLITION OF THE INN

### Education

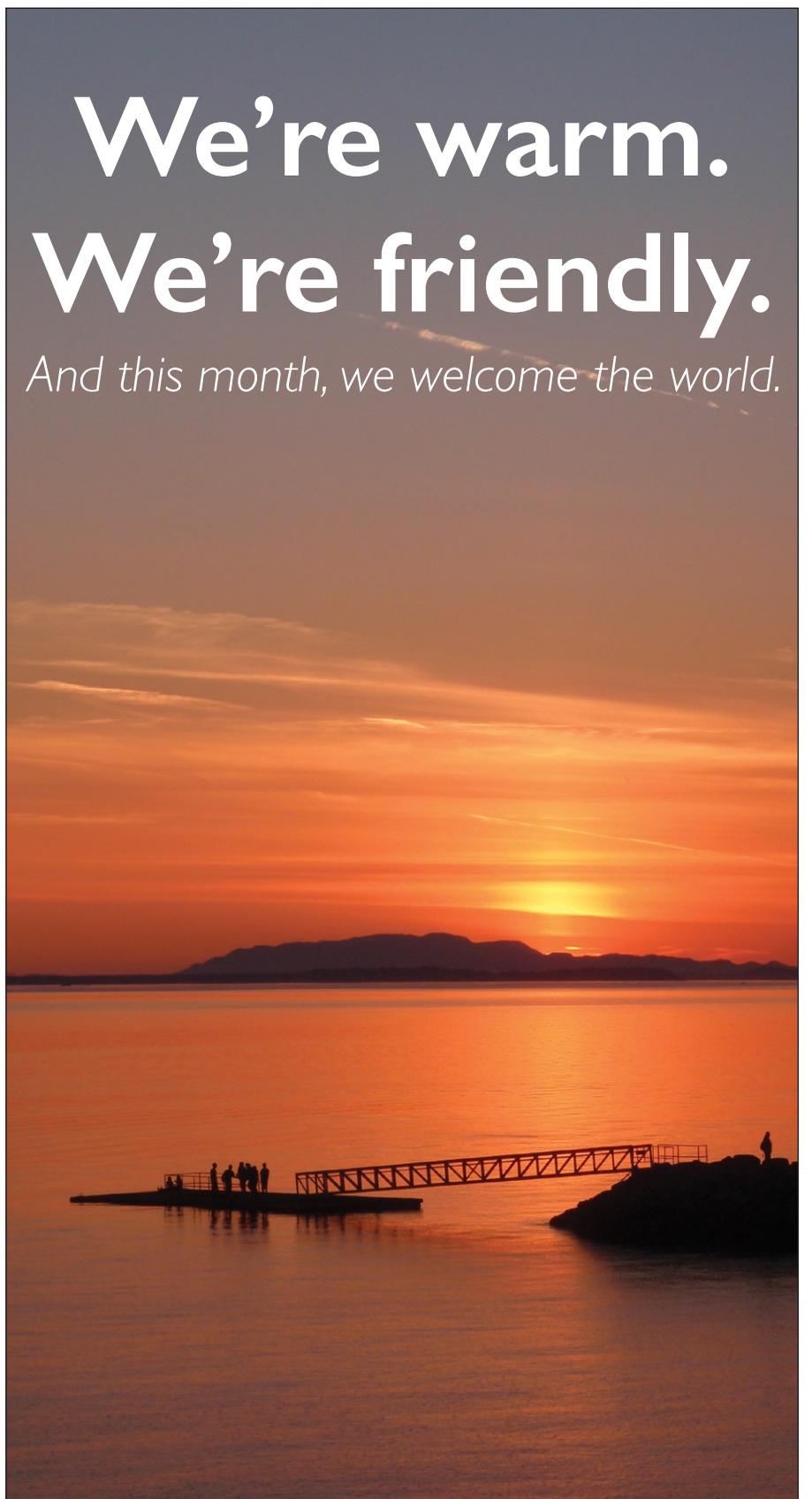
- Screening of the movie “Directly Affected, Pipeline under Pressure” at the library with panelists Rachel Blaney MP, Ron Berezan who had been arrested and Fred Guerin a local scholar and climate change activist in July 2018.
- Citizen teach-in on LNG led by Janine MacLeod to enable PR residents the opportunity to learn about this process in March of 2019.

In summary, we are an open and welcoming grass roots organization comprised of members who love mother earth.

Like and follow the Facebook page so you are informed about events and actions. You will also find a place to sign up to receive our news bulletins that are sent out at least monthly. Come out and join us to defend our coast and mother earth. If you have questions, you can also message us on Facebook or email us at [unspoiledcoast@gmail.com](mailto:unspoiledcoast@gmail.com)

- UnspOiled Coast

We’re warm.  
We’re friendly.  
And this month, we welcome the world.



Clearly, you should live here too.



*Kathy Bowes*

Call *(anytime)*

**604.483.1633**

[kathybowes@remax.net](mailto:kathybowes@remax.net)

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

**RE/MAX**  
Powell River

Join us every Thursday  
from 4pm to 8pm for our  
**Night Market!**

Art  
Gifts  
Clothes  
Grocery  
Kids  
Housewares  
Furniture  
Beauty  
Climbing  
Goodies



**Bring us  
all your  
summer  
guests**

*We'll make them jealous you live here*



*Congratulations to these  
Best of Powell River winners:*

- Townsite Fruit & Veg
- The Owl & Bear
- Seaside Aenfae
- Turadh Fine Art
- The Fiddleback Shack
- Powell River Climbing Coop
- Just Soul Food



COMING SOON



**Turadh**  
fine art



# VALIANT VISITORS

## BEST TOURIST ATTRACTION

- #1 LUND / NANCY'S BAKERY
- #2 SUNSHINE COAST TRAIL
- #3 BEACHES / OCEAN / NATURE

*Best answers:* Popeye • Weed • Sea lions

## BEST SOUVENIR (FREE)

- #1 BEACH GLASS
- #2 FLOWER ROCK
- #3 PHOTOS OF SUNSETS

## BEST SOUVENIR (PAID)

- #1 POLLEN SWEATER
- #2 THICK SHIRT
- #3 TOWNSITE BEER

## BEST PLACE TO PARK YOUR RV

- #1 WILLINGDON BEACH CAMPSITE
- #2 KENT'S BEACH
- #3 HAYWIRE BAY

## BEST PLACE TO PITCH A TENT

- #1 HAYWIRE BAY
- #2 DINNER ROCK
- #3 SHELTER POINT, TEXADA

## BEST B&B

- #1 THREE CHICKEN FARM
- #2 BOXWOOD GARDENS
- #3 BEACON B&B

*Staff notes:* Voters in this category were all over the map. Some of them knew to recommend the relatively new and lovely Three Chicken Farm, complete with hot tub, full kitchen, chickens and adorable baby pigs. Others voted for Boxwood Cottage, which isn't technically a B&B, but does offer accommodations. Still others didn't realize that the venerable Beacon Bed & Breakfast, which served visitors for 27 years, has been closed for the past two years. The lesson: you take your chances when you let locals recommend lodging.

# Powell River Sticks

If you're looking for affordable souvenirs to give out to your peeps back home – or send to your friends who live elsewhere – you can't beat local stickers. Cheap, hip, personal and hyper-local, they're insta-hits.

Watch cars as they cruise around town: most of them have the ubiquitous

images plastered (unobstructively) all over their rear windows and bumper.

Find them at West Coast Thick, the Powell River Visitor's Centre (like this locally-designed knock-out by Tristan Bellmane, below), Huber Ink at the Farmer's Market, and many other fine stores around town.



# AWESOME ARTS

## BEST VISUAL ARTIST

- #1 AUTUMN SKY MORRISON
- #2 ANNA MAY BENNETT / MEGHAN HILDEBRAND
- #3 CATNIP

## BEST LOCAL BAND OR MUSICIAN

- #1 TYLER BARTFAI
- #2 WALTER MARTELLA / RENELLE WIKENE
- #3 PARADISE

## BEST PLACE FOR LIVE MUSIC

- #1 MCKINNEY'S
- #2 WILLINGDON / PALM BEACHES
- #3 CARLSON COMMUNITY CLUB

*Best answer:* Jason Schreurs' basement.

## BEST PLACE TO SHAKE YOUR BOOTY

- #1 MCKINNEY'S
- #2 THE ZOO
- #3 CARLSON COMMUNITY CLUB

*Best answers:* Around a campfire. Boom-taka drummers at the pier. Home. I've forgotten how.



**QATHET RENAISSANCE:** New art is popping up everywhere it seems, with a new exuberance. All three winners in the Best Public Art category were created this year: the library frog, by sculptor Heather Wall, the library mural, by Meghan Hildebrand and Luke Ramsey, and many of Catnip's ubiquitous murals. On Marine, this mural on the side of the Medical Building is just being completed. Ivan Rosypyske just installed a large carving at Wildwood Pub (see Page 18.). Another 12 chainsaw carvings will be created and installed this month. And so much more.

## BEST BOOK BY A LOCAL AUTHOR

- #1 WRITTEN AS I REMEMBER IT, BY ELSIE PAUL
- #2 SUNSHINE COAST TRAIL, BY EAGLE WALZ
- #3 THE CHARMING PREDATOR, BY LEE MACKENZIE

## BEST SLAM POET

- #1 ADRIANA VIRTUE
- #2 ANDREA LAYNE BLACK
- #3 JOSEPH MCLEAN

## BEST CRAFT EVENT

- #1 RAINCOAST CRAFT FAIR
- #2 LUND CHRISTMAS FAIR
- #3 CRAFTERNOON AT TOWNSITE BREWING

## BEST DESIGNER – CLOTHING OR JEWELRY

- #1 JEANETTE KANGAS, THICK
- #2 BLONDE AMAZON / ENCHANTED TREE
- #3 SEASIDE AENFAE

## BEST GALLERY

- #1 TURADH FINE ART
- #2 TUG-GUHM
- #3 DANCING TREE / ARTIQUE

## BEST PUBLIC ART

- #1 LIBRARY FROG
- #2 LIBRARY MURAL
- #3 CATNIP'S MURALS

## BEST LOCAL WEB SITE

- #1 POWTOWN POST
- #2 PR GARDEN CLUB BLOG
- #3 6 SPEED CONSTELLATION

## Self-employment means freedom and flexibility for this busy creator



**NOT FOR RELAXATION:** Anna May Bennett is one of Powell River's hardest-working artists

Anna May Bennett's new gallery, Turadh, took top place in Best of this year, and she won a second for Best Visual Artist after a very busy year opening the gallery and taking on major commissions, including a second one for BC Children's Hospital.

**PRL:** Powell River is known for its "work less, live more" mentality, but my guess is, that doesn't describe your life at all. Walk me through a typical day from the time your eyes pop open til you fall back asleep.

**Anna May Bennett** • For myself, the truer statement is probably "Work more, Live more"! Fortunately I couldn't be happier in my work.

Building a career as an artist, and now opening a gallery, definitely takes hard work but being self employed also allows me the flexibility I desire in both my roles as a parent, and an artist/gallery owner.

My workdays aren't that dissimilar to what most people's look like. The gallery hours allow for me to drop off my kids to school before work. Running a

gallery takes the usual efforts of running a small business, so my days are spent communicating with clients and customers, preparing, adding or rearranging artworks, and general admin and upkeep.

When my children are with their father, I do spend much more time at the studio, fitting in painting hours any evening I can. In working more, in my chosen line of work I can truly live more in the moments I am able to create for myself, with my family, friends, and work I love.

Proud to carry top quality products for adults

- Fresh, Local Strains
- Great selection of Edibles
- CBD Oils
- Vapes and Accessories
- CBD for Pets
- THC Creams
- Bath Products



**BEST** of Powell River  
#1 Best Marijuana / Vape Store

See our staff for expert advice

Now open later!  
9:30am to 10:30pm  
4690 Marine Ave  
(604) 800-0755



2019  
**BEST**  
of Powell River  
WILSON  
AN OFFICE OF THE MAYOR  
POWELL RIVER 2019

#3 Best Home Furnishings  
Thanks so much  
for voting for us!

**Reimagine  
your decor!**



**The Fiddleback Shack**  
Townsite Market  
fiddlebackshack.com



## Historic Places Day

**July 6 at Henderson House 10 am-4 pm**

The Townsite museum is an official participating historic place in #HistoricPlacesDay  
Free refreshments, food, and a chance to win a door prize!

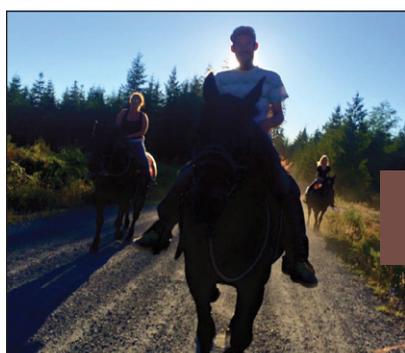


**CITY TRANSFER**

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

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

[WWW.CITYTRANSFER.COM](http://WWW.CITYTRANSFER.COM) POWELL RIVER | SUNSHINE COAST | VANCOUVER **310-CITY (2489)**



## Horses of Tanglewood

Private rides tailored to individual interests and abilities.  
Maximum 4 riders. Fewer is fine, too. English or Western.

**Book your Summer  
Trail Rides or Lessons now!**

Ask about accommodation on the farm!  
HorsesofTanglewood@shaw.ca  
604 487-0535 • HorsesofTanglewood.com



*Brandy Peterson*

*Reliable answers to your  
real estate questions.*



[powellriverrealestate.net](http://powellriverrealestate.net) brandypeterson@shaw.ca  
1-877-485-4231 toll free **604 344-1234 direct**  
4766 Joyce Ave



# WICKED WILDLIFE

This spread of animals represents the winners from the Powell River Public Library's annual photo contest. This year's theme is "Animals." The top winner, to the left, was snapped by Michelle Pennell (see more of her fabulous work in *Your Guide to Powell River Logger Sports*.) It is two river otters at the South Harbour.

Other top entries were, clockwise from top left: Goats by Shelbie Quinn; Owl by Kaela Blankenburg-George; Bluebird by Maria Glaze; Spot Prawn by Maureen Parsons; Raccoon in Wildwood by Danielle Silveira; Pacific Tree Frog on Texada by Teresa Hollo; Crab at second beach by Melissa Huard; Mallard Duck by Jody Turner; Elk Calves by Wayne Overmayer; Crow drinking by Rick McGrath; Chicken by Rhondda Schreurs.

Photos will be part of a calendar for 2020.



## BEST LOCAL ANIMAL

#1 BLACK BEAR ◊ #2 DEER ◊ #3 ORCA

*Best answers:* Sasquatch. The St. John's Ambulance Therapy Dogs. Dax, the puppy at Base Camp. Chickens. Pepe the bear in Wildwood. Sea Lions. Trash pandas. Mowat Bay garbage bear.



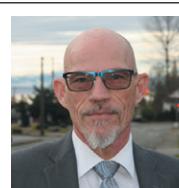
Rob Villani



Stacey Fletcher



Katya Buck



Ian Tully-Barr

**Local Lawyers – We can assist you with all your real estate needs.**

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

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



**VILLANI & COMPANY**

Phoenix Plaza • 604 485-6188 • villaniandco.com

## Purr-fect results.

"The majority of service inquiries and clients say they saw my ad in *Powell River Living*. This publication is by far the best use of my advertising dollars." ~ Jo Ann Murray, *Just Claws*

**Powell River LIVING**

Get the power of magazine advertising working for you today. Contact Sean Percy at 604-485-0003 or sean@prliving.ca or Suzi Wiebe at 604-344-0208 or suzi@prliving.ca

Go where the readers are. Advertise with *Powell River Living*. Because it works.





Camber College International students *Valentina Chaves*, Colombia; *Kyujin Lee*, Korea; *Edgar Quintana*, Mexico; *Christian Csikai*, Switzerland use *Powell River Living* magazine to plan their activities.

## Local events *Global impact*

*Powell River Living* has the most informative events section in the region, says Trevor Edwards, program director of Camber College. He and his students depend on the monthly magazine's engaging Calendar and What's Up features to help them plan their studies - and social lives - in the community.

"We put it on our bulletin board each month. A few events are highlighted each week that might interest students. These events not only give our students a chance to practice their English, but also an opportunity to engage with the community and not only learn about, but also experience another culture."

**Make sure your event gets the attention it deserves**

**Tell our 14,000+ readers about it**

**Powell River  
LIVING**

*Showcasing the best of Powell River*

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

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

# REALLY GOOD RETAIL & SUPERB SERVICE

## BEST MARIJUANA / VAPE STORE

- #1 WEST COAST MEDICAL
- #2 GRASSROOTS BOTANICALS
- #3 SMOKE ON THE WATER

## BEST PHARMACY

- #1 SHOPPERS DRUG MART
- #2 SAFEWAY
- #3 SAVE-ON-FOODS / REXALL

## BEST HAIR SALON

- #1 AFTERGLOW
- #2 IMAGE 1
- #3 STUDIO 101 / SCIZZORS

## BEST GIFTS

- #1 PAPERWORKS
- #2 OWL AND BEAR
- #3 NUTCRACKER

## BEST SPA SERVICES

- #1 BEYOND BLISS
- #2 NUËSSENCE
- #3 IMAGE 1

## BEST HAIR GURU

- #1 STEPHANIE CONTE, NUËSSENCE
- #2 CHANTAL HILDERING, AFTERGLOW / HOLLY BARNES, AFTERGLOW
- #3 MICHELLE LEGER, THE CUT

## BEST GARDEN STORE

- #1 MOTHER NATURE
- #2 SPRINGTIME NURSERY
- #3 CANADIAN TIRE

## BEST MEN'S CLOTHING

- #1 ARMITAGE
- #2 THICK
- #3 MARK'S

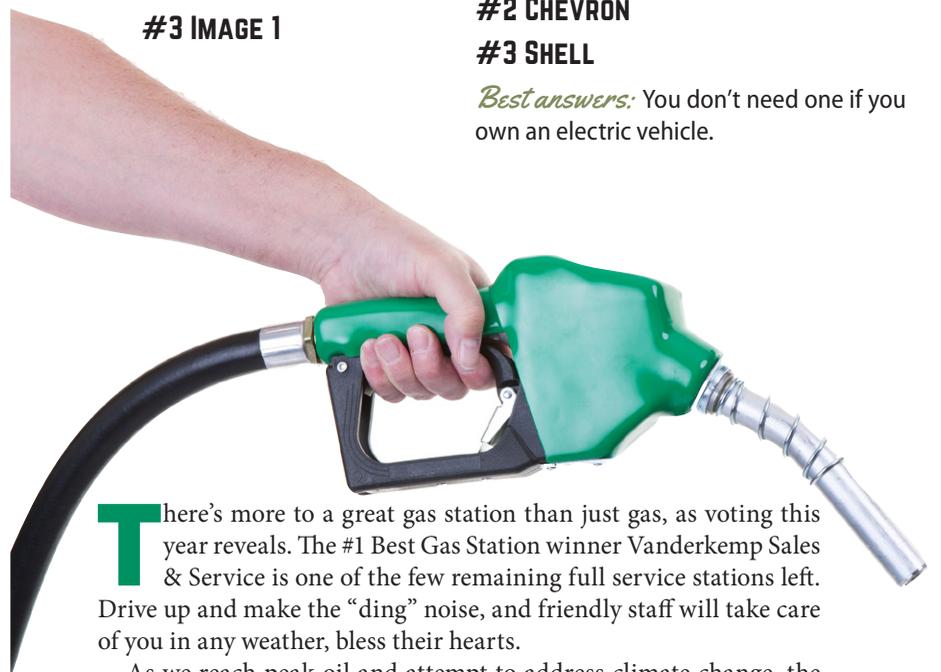
## BEST WOMEN'S CLOTHING

- #1 THE KNACK
- #2 FITS TO A T
- #3 SUBLIME

## BEST GAS STATION

- #1 VANDERKEMP SALES & SERVICE
- #2 CHEVRON
- #3 SHELL

*Best answers:* You don't need one if you own an electric vehicle.



**T**here's more to a great gas station than just gas, as voting this year reveals. The #1 Best Gas Station winner Vanderkemp Sales & Service is one of the few remaining full service stations left. Drive up and make the "ding" noise, and friendly staff will take care of you in any weather, bless their hearts.

As we reach peak oil and attempt to address climate change, the price of fuel will likely continue to soar. How will gas stations change as fuel changes? We're betting we'll see more Vanderkemp-like excellence in service, and a broad range of offerings.



# Clean Accessible Well-stocked Private Roomy & Beautiful

This might seem like a frivolous or gross category at first glance. But anyone who's been caught in need of a washroom downtown - or when they're travelling - knows the difference in your day the right washroom can make.

Find a dirty washroom, or one with no toilet paper or soap, and it'll haunt you like a stank ghost.

Find a pristine washroom, and it might just spark joy.

So it is at Base Camp. Not only is the washroom there spotless, fresh-smelling, and big enough to comfortably change into your Super Hero outfit, but the tile

## BEST WASHROOM

- #1 BASE CAMP
- #2 COASTAL COOKERY
- #3 WAL-MART

*Best answers:* The trees. The closest one.

mosaic and woodwork is genuinely beautiful. It also features a well-curated wall of events posters.

Coastal Cookery's washrooms are also gorgeous, featuring one of the region's only mirrors where you can check out your own back.

And Wal-Mart is ultra convenient - no one seems to care if you're a customer.

## BEST REALTOR

- #1 NEIL FROST
- #2 WARREN BEHAN
- #3 VAL GRIFFITHS

## BEST STOREFRONT

- #1 PAPERWORKS
- #2 COASTAL COOKERY
- #3 WILDWOOD PUB / 32 LAKES

## BEST FINANCIAL INSTITUTION

- #1 FIRST CREDIT UNION
- #2 SCOTIABANK
- #3 RBC

## BEST HOME FURNISHINGS

- #1 WESTCOAST FURNITURE
- #2 THE BRICK
- #3 THE FIDDLEBACK SHACK

## BEST HARDWARE STORE

- #1 RONA
- #2 VALLEY BUILDING SUPPLY
- #3 CANADIAN TIRE

## BEST SPORTING GOODS STORE

- #1 POWELL RIVER OUTDOORS
- #2 TAWS CYCLE & SPORT
- #3 MARINE TRADERS / CANADIAN TIRE

## BEST THRIFT STORE

- #1 HOSPITAL AUXILIARY
- #2 MCC
- #3 SALVATION ARMY

## BEST USED BOOK STORE

- #1 KINGFISHER BOOKS
- #2 TEA & TALK (now Wolfy's Book Den)
- #3 KIWANIS USED BOOK SALES

## BEST THING YOU'VE FOUND AT A GARAGE SALE

*Best answers:* Plants. Records. Rice cooker. Telescope. Vintage Adirondack chairs. Wood carving of a hummingbird. Yellow Formica table.

# BACK EATERY

## 7 Days of Happiness

Pub Grub Mondays  
Taco Tuesdays  
Wing Wednesday  
Wine & Dine Thursday  
Friday Craft Pale Ale  
Fish and Chips \$9.99  
Shareable Saturdays  
Double Nachos or Seafood Nachos \$16.99  
Sunday Funday  
Caesars \$6, Flatbreads half price  
Fresh local inspired slow-style food

**3:00PM-6:00PM**  
\$5 CRAFT BEER SLEEVES  
\$5 HOME WINE 6 oz  
\$5 HIGHBALLS 10 oz  
\$5 BOTTLED BEER  
\$6.75 PINTS 20 oz

*Join us for one of our many special events or promotions this summer!*

Complimentary shuttle to and from Powell River available 2pm until late, call the hotel for details.

(604) 414.0474 1.877.569.3999  
lundresort.com

# THE LUND RESORT

AT KLAH AH MEN

20 x 19  
**BEST**  
of Powell River  
WINNER  
AS CHOSEN BY THE READERS  
OF POWELL RIVER LIVING  
AND POWTOWN POST

Thank you for voting for us!  
And thank you to our fabulous staff!

## Winner: Best Spa Services

### Now Offering a range of Med-Spa Services

**IPL, Laser Genesis, Body Contouring & Micro-needling with RF.**  
With our new range of lasers and med spa devices we can treat and improve photo-aging (pigmentation), skin texture, acne, scarring, loss of firmness, fine lines, wrinkles, rosacea and more! Book your consult today.

Pedicures | Gel Nails | Massages | Facials  
Body Wraps | Body Scrubs | Couples Treatments  
Manicures | Permanent Laser Hair Removal

**Beyond Bliss**  
SALON • SPA • SUITES

604 485-9521    www.beyondblissspa.com

# RADICAL RESTAURANTS



20 X 19  
**BEST**  
*of Powell River*  
**WINNER**  
 AS CHOSEN BY THE READERS  
 OF POWELL RIVER LIVING  
 AND POWTOWN POST

Thanks for voting  
 First Credit Union your  
 #1 Financial Institution



**First**  
 CREDIT UNION  
 4721 Joyce Ave • firstcu.ca

## BEST LOCAL COCKTAIL

- #1 RIVER CITY BREEZE, COASTAL COOKERY
- #2 MARGARITA, COSTA DEL SOL
- #3 CAESAR, STRIKERS / WILDWOOD PUB

## BEST FISH 'N' CHIPS

- #1 THE BOARDWALK
- #2 SKEETER JACKS / THE SEASIDER
- #3 SHINGLEMILL

## BEST SEAFOOD

- #1 SPOT PRAWNS FROM THE DOCK
- #2 STEELHEAD AT THE LAUGHING OYSTER
- #3 MUSSELS, COASTAL COOKERY

## BEST BURGER

- #1 STRIKERS CLASSIC BURGER
- #2 MIKE'S MEATY BACKYARD BURGER, COASTAL
- #3 SKEETER JACKS

## BEST PATIO

- #1 THE SEASIDER
- #2 COASTAL COOKERY
- #3 SHINGLEMILL / BOARDWALK

## BEST VIEW

- #1 LAUGHING OYSTER
- #2 SEASIDER
- #3 COASTAL COOKERY

## BEST SALAD

- #1 BACKYARD GREENS, COASTAL
- #2 GREEK SALAD, GRANADA
- #3 RIVER CITY SALAD, RIVER CITY

## BEST ICE CREAM

- #1 SASSY MACKS
- #2 PUTTERS
- #3 BEACH HUT

## BEST APPY

- #1 SHINGLEMILL WINGS
- #2 NACHITOS, COSTA DEL SOL
- #3 MIXED PLATTER, ROYAL ZAYKA

## BEST TAKE-OUT

- #1 THAIDAL ZONE
- #2 IGUANA'S MEXICAN GRILL
- #3 VIETNAMESE CUISINE

## BEST DESSERT

- #1 KEY LIME PIE, COSTA DEL SOL
- #2 CHEESECAKE, SKEETER JACK'S
- #3 MOOSE NUGGETS, JUST SOUL FOOD

## BEST BUFFET

- #1 LAUGHING OYSTER
- #2 ROYAL ZAYKA
- #3 DRAGON HOUSE / TC'S BREAKFAST BUFFET

## BEST MEAL UNDER \$10

- #1 A&W
- #2 QUALITY FOODS
- #3 FRUITS & ROOTS

## BEST RESTAURANT FOR A QUIET CONVERSATION

- #1 ROYAL ZAYKA
- #2 CULACCINO'S
- #3 MINATO SUSHI

## BEST SERVER

- #1 SIMRAN NAGRA, ROYAL ZAYKA
- #2 HEIDI ELVY, COASTAL COOKERY
- #3 MOHINDER SINGH, LITTLE HUT

## BEST VEGETARIAN-FRIENDLY

- #1 FRUITS & ROOTS
- #2 ROYAL ZAYKA
- #3 LITTLE HUT CURRY

## BEST PREPARED FOOD AT THE FARMER'S MARKET

- #1 COTTAGE CREEK BAKE SHOP
- #2 MAMA RANIA'S SYRIAN FOOD
- #3 MILLA HOPE UKRANIAN SOUL FOOD / ALICE'S FRESH PASTA

### Flora Forager Plant Collage Workshop

Inspired by the work of Seattle-based artist Bridget Beth Collins (she made this image!) Make your own plant-based collages with petals, leaves and foliage with artist Theo Angell. Ages 6+.

**Wednesday, July 24**  
 10am - 12pm

Register for a free summer workshop at the Library!

See [www.prpl.ca](http://www.prpl.ca) for the full list of offerings.



info@prpl.ca • 604-485-4796 prpl.ca

#### Teens

#### DIY Summer Podcast Workshop

Create and record your own podcast during this one week workshop.

Mon, July 8 - Fri, July 12  
 1pm - 4pm

#### Adults

#### Learn a New Language

Explore Mango language learning database with over 70 languages offered. Ideal for international travelers.

Friday, July 19  
 4pm - 5pm

## BEST COFFEE SCENE

- #1 RIVER CITY COFFEE
- #2 BASE CAMP
- #3 32 LAKES

## BEST COFFEE FOR DRINKING

- #1 32 LAKES
- #2 RIVER CITY COFFEE
- #3 BASE CAMP

## BEST PIZZA

- #1 PAPA RAZZI
- #2 GRENADA
- #3 WILDWOOD PUB

## BEST RESTAURANT FOR KIDS

- #1 MOOSE N EDDIE'S
- #2 IGUANA'S
- #3 RIVER CITY COFFEE

## BEST BRUNCH

- #1 MAGPIE'S
- #2 JULIE'S AIRPORT CAFE
- #3 EDIE RAE'S CAFE

## BEST LOCAL BEER / CIDER / KOMBUCHA

- #1 ZUNGA, TOWNSITE BREWING
- #2 SUNCOAST, TOWNSITE BREWING
- #3 FERRYTALE ROSE, RAINCOAST KOMBUCHA



**NO SURPRISE:** Townsite Brewing's golden blonde ale - a staple that's always available on tap - took top prize this year. Named for the famous Powell River colloquialism, Zunga, meaning rope swing, it's also a top souvenir.



# Fish & Chips

## A Love Story

*Five questions with the King and Queen of Powell River's #1 Best Fish & Chips, four years running: Roy and Rayana Blackwell, owners of The Boardwalk Restaurant in Lund.*

### 1. Why does my home-made fish & chips never taste as good as fish & chips out?

**R&R** • Oil temperature is important: 350 to 360F. The best fish for fish & chips are frozen up to 30 days so it can dry a bit. We all love fresh, but there is so much juice it can make the fish seem oily. There are typically two styles of batter; beer batter tends to be more batter than fish and is more difficult to get right. A light crispy batter is generally more fish than batter. Clean oil and the right temperature is everything

### 2. How did you get into the fish & chips biz? What's your background?

**R&R** • I (Rayana) started working for Mr Pickwick's Fish & Chips in Vancouver, serving and helping with prep. Roy started cooking at Mr Pickwick's as well. Then opportunity knocked to move up to managing one location and then two (Marpole and the West End). Eventually, we bought the company.

### 3. Ketchup or tartar sauce?

**R&R** • Tartar is the tradition for fish & chips. Ketchup is more North American while mayo is more Dutch, German and Swiss.

### 4. Malt, cider or white vinegar?

**R&R** • The dark malt vinegar is the true malt vinegar not the light brown stuff, which is white vinegar with some colouring. White vinegar is a North American thing, and cider vinegar is also an European taste. We prefer a few drops of fresh squeezed lemon juice!

### 5. Why does The Boardwalk Restaurant's Fish & Chips keep winning?

**R&R** • Traditional flavour with the right temperature and clean oil. We make our own batters, gluten-free (not that you would know it unless someone told you). This way everyone can have them. Local fish: lingcod, halibut, salmon, when available, and also sturgeon from Sechelt. We get our sturgeon from a land-contained hatchery for caviar. If you don't look after them extremely well, they will not get any caviar. We watched them for years and visited several time to see the operation before bringing sturgeon on the menu. This, combined with the depleted halibut stocks, made it a good choice.

# Powell River's #1 Best Butcher



## Plan your best-ever summer cook-outs here

Store-made smokies made with local meat (including gluten- and nitrate-free options)

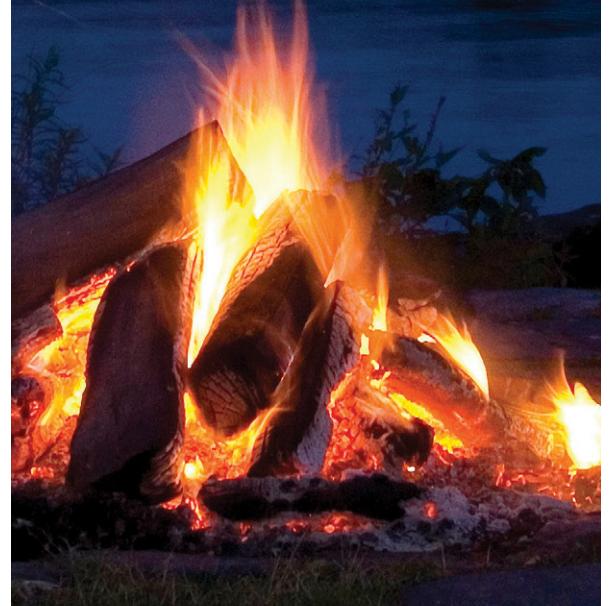
Fresh & ethical meat and fish

Delectable sauces and rubs

Locally-grown produce

Treats to share

.....  
*Thanks,  
Powell River!*



**CHOPPING BLOCK**



4741 Marine Avenue

604 485-4838



**WILDWOOD'S NEWEST BEAR:** Ivan Rosypskye carves Mother Bear Feeding her Two Cubs. The commission was installed at Wildwood Pub in June.

# Wood carving & wood fired-pizza

Several years ago, some folks from Tla'amin salvaged a naturally fallen 500-year-old cedar tree from up Toba Inlet in the Toba River. It was towed, roots and all, to Jack's Boatyard in Finn Bay who had the facility for hauling boats, and in this case, a very large tree, up and out of the sea.

They limbed and then removed a 40-foot section from the tree for a canoe and the remainder, including the large butt end, was given to Jack and Dean Elsworth.

There it sat until spring of 2017 when

Dean approached me and asked if Steve Robinson and I could get Steve's portable mill around this large cedar butt and mill it up.

We could and did.

As we reached the halfway point it became clear to me that a slab needed to be taken from this very impressive beautiful log. We did and I knew, as the purchase of the Red Lion was imminent, that it had to end up as some kind of installation in the pub someday. Dean, a neighbour of the pub,

was happy to allow us to acquire it.

So as we were nearing the end of our renovations at the Wildwood Pub we approached our friend and local carver Ivan Rosypskye to commission an image in this wood and he jumped at a chance for such a canvas.

His *Mother Bear Feeding her Two Cubs* not only displays his impressive talent, as well as those who worked along side him, but does great justice to this old giant.

- John Wright, Owner, Wildwood Pub

## Sober Sports

Sober and Recovery  
Friendly Sports



## Ball hockey

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

\$3/drop-in

All gear provided. No experience necessary.



Just come and have fun!

For more info visit [www.SoberSports.ca](http://www.SoberSports.ca)

## Drink your 8 glasses a day in this heat.



### Is Your water acceptable?

#### We offer:

- Water testing
- Water treatment systems
- Bottled water
- Ice blocks
- Party ice

- Drain Line
- Grease Trap
- Septic Maintainer

Go to our link for more information and video  
[www.aaronservice.com](http://www.aaronservice.com)



## Free Delivery AARON SERVICE & SUPPLY

604 485-5611 • [aaronservice.com](http://aaronservice.com) • 4703 Marine Ave

## Thinking of selling? Put our marketing expertise to work for you and get your home **NOTICED!**

Our 3D media engages more buyers by providing the tools they expect when searching for a home:

- virtual tour of your home from anywhere in the world
- 360° views - interior and exterior
- dollhouse view - a photo-realistic layout of your home
- high quality photos
- floor plans



Call  
604.485.2324  
for your free  
home evaluation

Thanks for the votes,  
Powell River!

Personal Real Estate Corporation

[warrenbehan.com](http://warrenbehan.com) 604.483.8173

# FABULOUS FOOD

## BEST PRICE ON GROCERIES

- #1 SAVE ON FOODS
- #2 QUALITY FOODS
- #3 SAFEWAY / TOWNSITE FRUIT AND VEG

*Staff notes:* If we were in charge of the national news, the headline every day would be, "Food! Why is it so expensive, and when will prices return to normal?" The answer is "probably never," of course. This is the new normal. That means we're more like Turkey Vultures every day, circling around in the stores looking for great deals on yogurt, oatmeal and coffee: things we can't easily grow here. So congrats to these *Best of* winners for keeping our wallets top of mind.

## BEST BAKERY

- #1 NANCY'S BAKERY
- #2 32 LAKES / COTTAGE CREEK
- #3 SAFEWAY



**WORTH THE DRIVE:** Nancy's Bakery makes hypnotic cinnamon buns.

## BEST BUTCHER

- #1 CHOPPING BLOCK
- #2 SAFEWAY
- #3 MITCHELL BROTHERS

## BEST PRODUCE

- #1 TOWNSITE FRUIT AND VEG
- #2 SAFEWAY
- #3 SAVE-ON-FOODS

## BEST FREE FOOD

- #1 BLACKBERRIES
- #2 COMMUNITY RESOURCE CENTRE
- #3 ASSUMPTION SOUP FRIDAYS / UNITED CHURCH PASTA MONDAYS

*Best answers:* Angel wing mushrooms. Anything Mum cooks. Chanterelles. Church refreshments. Pupperonis at Mother Nature. Sea asparagus.

## BEST PRODUCE AT THE FARMERS MARKET

- #1 TERRA NOSTRA
- #2 PARADISE VALLEY PRODUCE
- #3 MYRTLE POINT HERITAGE FARM

## BEST CONVENIENCE STORE

- #1 TOWNSITE GROCERY
- #2 TLA'AMIN CONVENIENCE
- #3 7-11

*Staff notes:* Where else can you find fishing worms and sushi, together at last? Dash over to the ATM because The Patricia only accepts cash? Buy an early-morning garbage sticker before the truck turns down your street? Source fresh, local eggs from Antabacka Farm, and vibrant-green Freezies? Townsite Grocery, you exemplify the meaning of the word "convenience."

## BEST HOME COOK

- #1 MY MOM / HUSBAND / WIFE / ME
- #2 ORION LENIS
- #3 VICKIE FORWARD

## BEST LIQUOR STORE

- #1 CAPONE'S
- #2 DUKE'S
- #3 BC LIQUOR STORE



**BEST BANNOCK:** For the third year in a row, Margaret "Mugsy" Timothy won first place in the National Indigenous People's Day bannock making contest at Tla'amin Nation. The next day, she was back in action at PRISMA on the Beach, frying up the hot, crispy bread to the strains of Mosolov Concerto for Harp and Orchestra, and movements from the Star Wars score.

How did she learn to make it? "I've always known," she said, "I learned when I was a child." Mugsy's bannock is a great example of this fact: Powell River has much, much more great food than is represented in the Best of Powell River categories and winners. Try it all and decide for yourself.



Book the restaurant for **Special Events**  
Find us on

**OPEN 7 DAYS A WEEK** • noon-8 • Find us on • 604 483-2201 • [boardwalkrestaurantpowellriverlund.com](http://boardwalkrestaurantpowellriverlund.com)

## The Boardwalk Restaurant in Lund

There's always a reason to come to Lund! Here's another...

Lingcod, salmon, halibut, or sturgeon  
with Kennebec fries & housemade tartar, \$19

We'll take the \$2 parking fee off your bill!



It's official!  
Powell River's  
best fish & chips!

Winner,  
four years  
in a row!



# OODLES OF OUTDOORS

## BEST WORKOUT

- #1 COAST FITNESS
- #2 POWTOWN CROSSFIT
- #3 RECREATION COMPLEX

*Best answers:* Cutting firewood. Biking around this hilly town. Dragon boating. Gardening. Marathon Shuffle. Walking up from the Brewery.

## BEST YOGA

- #1 ANDREW DOW
- #2 KEELY FANDRICK
- #3 KELLY EDWARDS

## BEST PLACE TO RUN

- #1 TIMBERLANE TRACK
- #2 SEAWALL
- #3 INLAND LAKE

*Best answers:* After my toddler. Anywhere with a dog. Away from Vancouver. Home after work. Yeah, right.

## BEST HIKE WITH KIDS

- #1 VALENTINE MOUNTAIN
- #2 TRINKET TRAIL
- #3 WILLINGDON BEACH TRAIL

## BEST HIKE FOR A SWEAT

- #1 SCOUT MOUNTAIN
- #2 TIN HAT
- #3 VALENTINE MOUNTAIN

## BEST MOUNTAIN BIKE TRAIL

- #1 DUCK LAKE TRAILS
- #2 PENTICTON TRAILS
- #3 INLAND LAKE

## BEST ZUNGA

- #1 EAGLE RIVER
- #2 POWELL LAKE NEAR THE SHINGLEMILL
- #3 WILLINGDON BEACH TRAIL

## BEST HUT ON THE SUNSHINE COAST TRAIL

- #1 MANZANITA
- #2 TIN HAT
- #3 WALT HILL

## BEST FISHING SPOT

- #1 COHO POINT
- #2 GRANT'S REEF
- #3 VAN ANDA

## BEST BLACKBERRY PATCH

- #1 THE OLD GOLF COURSE
- #2 MAHOOD'S BEACH
- #3 POLE LINE

# Outside,





**NEW CONSTRUCTION**  
**RENOVATIONS**  
**TILING & SAUNA SPECIALIST**

# Jansson Home

Now in Powell River  
Accepting new customers!

**Micah Jansson**  
cell: 604-230-7539  
info@janssonhome.ca  
www.janssonhome.ca

Artisan breads, homestyle baking, bad-ass bagels, sourdough loaves and delightful cuppiecakes!

Weekends at the Farmers' Market on McLeod  
Tuesdays at Savary Island Market.



**COTTAGE CREEK BAKE SHOP** 

Vintage recipes with modern twists.

**Janet Lyon & Lydia Line**  
cottagecreek@telus.net 604.414.0616  
facebook.com/cottagecreekbakeshop

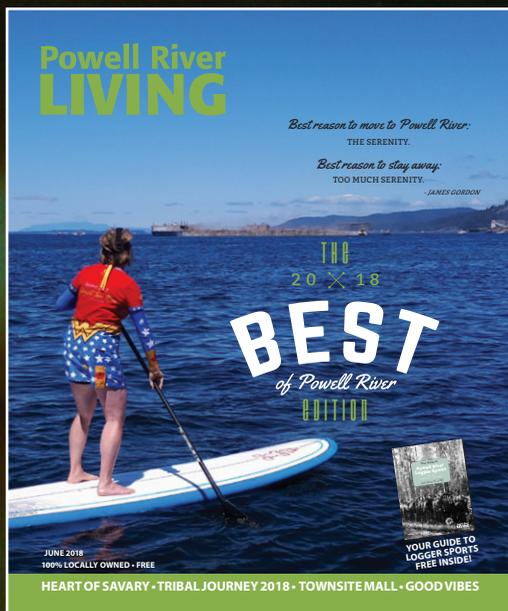
# underwater

BEST DIVING SPOT

#1 YOGN 82

#2 DIVER'S ROCK, LUND

#3 MERMAID COVE



Last year's Best of Powell River cover featured the sinking of the concrete WWII ship, YOGN 82, just off Second Beach. This year, the artificial reef won "Best Diving Spot."



Photos by Sean Percy

It's little surprise that the YOGN 82 shot to the top of Powell River's best scuba diving locations. The long-awaited sinking of one of the iconic cement "hulks" from the old mill breakwater on June 23, 2018 put a world-class dive site conveniently close to town, and put it on every diver's bucket list.

Built in 1943 to serve as fuel storage for the US forces in the Pacific in the Second World War, the YOGN 82 had been part of Powell River's waterfront since 1961.

Now, underwater creatures from sea stars to anemones to myriads of fish have begun inhabiting the ship, and the local dive shop makes regular runs to take divers new and old onto the ship, which rests in just over 35 metres of water at the stern, putting the shallowest part of the bow at 10 metres at low tide.

**nuEssence**  
SALON & DAY SPA

4553B MARINE AVE  
604-485-6336

[info@nuessence.ca](mailto:info@nuessence.ca)



Congratulations  
Stephanie Conte!

**Powell River's  
#1 Hair Guru**

**Thanks for  
the love!**

Come in to try our  
award-winning facials.



WE'VE GOT  
THE CHILLS!  
Chilled Beer, Wine  
& Coolers in our

**walk-in cooler**

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

Great Pricing • Cold Beer • Huge Selection

#1 Best  
Liquor Store



#1 Best Appy (Wings)  
#3 Best Patio  
#3 Best Fish & Chips

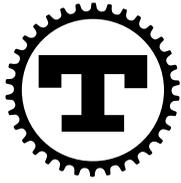
Serving up Sunshine with a View, paired with  
Spectacular Food and Beverages!  
Enjoy our A/C if it's too hot outside!



Pub & Bistro

604 483-3545  
[reservations@shinglemill.ca](mailto:reservations@shinglemill.ca)  
[www.shinglemill.ca](http://www.shinglemill.ca)

Proud Member of the PR Chamber of Commerce



# TAWNS BIKE GARAGE

## Opening soon

On site Pro Mechanic

Kona • Santa Cruz • Norco

Parts • Gear • Swag



# Rent Me

## Impress your Guests: Rent bikes

Our rental bikes are perfect for exploring Powell River, pavement, gravel paths, or light singletrack. Call us to confirm your rental booking. Rentals will come with a helmet, lock and basic repair kit.

### Rates:

\$30/day

\$20/for each day after the first

\$100/week

# TAWNS

4597 Marine Ave • 604-485-2555

taws@tawsonline.com

www.tawsonline.com



# OODLES OF OUTDOORS CONT.

## BEST DOG PARK

- #1 TOWNSITE PARK (HENDERSON)
- #2 MAX CAMERON FIELD ON JOYCE
- #3 SEAWALL

Notes: Bocce Nation. Not Townsite park. Your house.

## BEST GARDEN

- #1 BOXWOOD GARDENS
- #2 MY OWN
- #3 TRIANGLE GARDENS IN TOWNSITE

## BEST BEACH

- #1 MAHOOD'S
- #2 DONKERSLEY
- #3 PALM BEACH

## BEST PLACE TO ENJOY THE RAIN

*Best answers:* Bed. Bus stop in Westview. Camper with a book. Float cabin. Front porch. Hot tub. In a garden. Kayaking in Desolation Sound. My painting blind. PRPL. Rainy Day Lake. Scuba diving under the water. The living roof stage at Palm Beach.

## BEST PLACE YOU'VE KISSED

- #1 THE BEACH
- #2 VALENTINE MOUNTAIN
- #3 TIN HAT

*Best answers:* Back of our workplace. Blackberry festival fireworks. Censored. Is this X rated? On the lips. In a canoe.

## BEST EXTRACURRICULAR FOR ADULTS

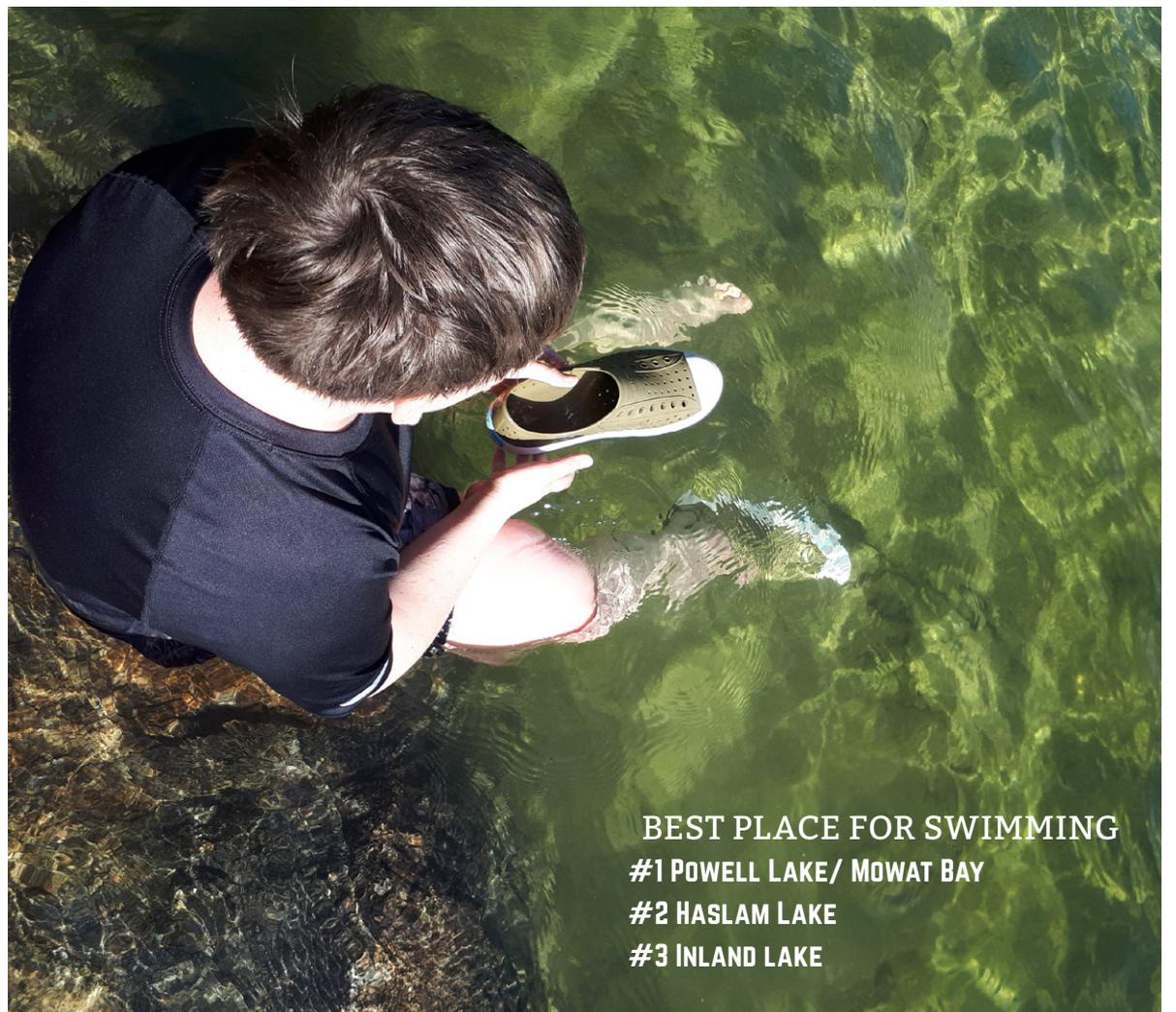
- #1 HIKING
- #2 CROSSFIT
- #3 CLIMBING CO-OP

*Best answers:* Cask day. Elder program at VIU. Hockey. One Voices Choir. Pickleball. Timewarp.

## BEST EXTRACURRICULAR FOR KIDS

- #1 LASZLO TAMASIK DANCE ACADEMY
- #2 SWIM LESSONS AT THE COMPLEX
- #3 PR CLIMBING CO-OP

*Best answer:* Going to bed.



## BEST PLACE FOR SWIMMING

- #1 POWELL LAKE/ MOWAT BAY
- #2 HASLAM LAKE
- #3 INLAND LAKE

# INNOVATIVE INDUSTRIES

## BEST MADE IN POWELL RIVER

- #1 POLLEN SWEATERS
- #2 TOWNSITE BEER
- #3 JUST SOUL FOOD

*Staff notes:* Fun fact: Despite being one of the largest manufacturers of paper in North America, and the reason for the founding of our community - not a single reader voted for Catalyst paper as the best thing we make here.

## BEST LOGGING OPERATION

- #1 GOAT LAKE FOREST PRODUCTS
- #2 TILT CONTRACTING
- #3 RB LOGGING

## BEST FISHING OPERATION

- #1 JIMMY JACK'S
- #2 DOUBLE ODDS
- #3 SEA PLUS

## BEST CONSTRUCTION COMPANY

- #1 HAWKINS CONSTRUCTION
- #2 AGIUS
- #3 AL AUSTIN

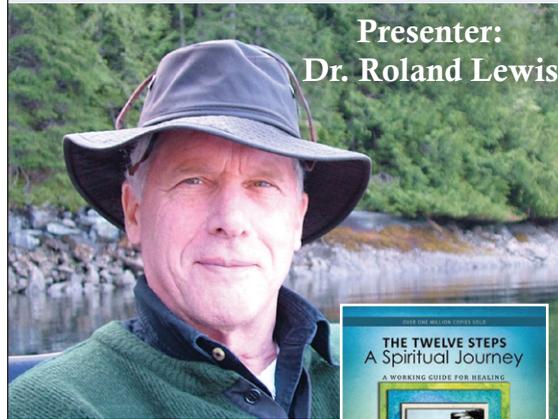
## BEST TRANSPORTATION COMPANY

- #1 CITY TRANSFER
- #2 TEXADA TRANSFER
- #3 PACIFIC COASTAL

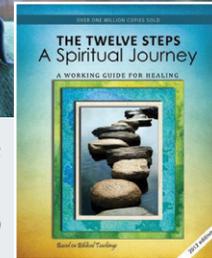
## BEST COMPUTER / DIGITAL SERVICES

- #1 PR MACS
- #2 FULL SOLUTIONS COMPUTING
- #3 STAPLES

## Twelve Steps: A Spiritual Journey



Presenter:  
Dr. Roland Lewis



This 13-week course  
begins Sunday,  
September 8, 2019

*Where*  
Living Water Church, 4640 Manson

*When*  
6:30 to 8pm, Sundays

*Cost*  
\$40, workbook included (see above)

*For more information and to register*  
contact@livingwaterpr.com

If you struggle with this list, this course is for you:

- I have feelings of low self-esteem
- I tend to be impulsive
- I have difficulty expressing my feelings
- I feel guilty when I stand up for myself
- I sometimes feel hopeless and helpless
- I am uneasy around authority figures
- I am over-reactive to changes in life
- I have difficulty with intimate relationships
- I will do almost anything to make people like me
- I am intimidated by angry people and personal criticism
- I habitually choose relationships with unstable people
- I find myself living as a victim rather than living victorious
- I find myself either overly responsible or irresponsible
- I deny, minimize, or repress a traumatic childhood
- I am overly dependent and terrified of rejection
- I feel insecure in many areas and lack trust in others
- I have difficulty setting boundaries for myself
- I have difficulty following through in worthwhile projects

## Top Ten Reasons To Wear a Pollen Sweater

1. No pop bottles were hurt making Pollen Sweaters.
2. You'll be helping sheep stay cool in summer.
3. The pure wool stays warm even when wet.
4. Non-itchy & soft enough to wear next to sensitive skin.
5. Machine washable & dryable at moderate temperature.
6. We put the label on the inside, where it belongs.
7. Designed to layer smoothly under or over other garments.
8. No offshore sweatshops. Ours is here at home.
9. If it ever wears out, compost it.
10. Makes you 50% to 90% more handsome.  
(Results may vary.)



Made in Lund, BC, Canada since 1986

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

Open 9-5 daily • 604 483-4401 • pollensweaters.com

Thanks for voting Pollen Sweaters as Powell River's best souvenir.

(For the third year in a row.)

Thanks also for choosing our sweaters #1 in the new "Best made in Powell River" category.



Plan a stop  
at Westerly  
to check out  
Powell River's  
newest  
shop!

# WESTERLY STUDIO

@westerlystudioshop

Wed thru Sat • Opens at 11 am  
9398 Hwy 101 (Beside Skeeter Jacks)

# BEST

*of Powell River*

Congratulations!

The winners of our Best of Powell River prize draws are:



*Made in Lund, BC, Canada since 1986*

**Jason Yateman** • A Pollen Sweater



**Dana Percy** • A 3.5 hour Zodiac tour of Desolation Sound with Terracentric, for two

# CRUMMY CATEGORIES

Each year as we tabulate the Best of Powell River results, there are a few categories that are just stinkers. They didn't work. But we find our failures just as intriguing as our successes.

So here are the four worst categories of Best of Powell River 2019:

## BEST CURMUDGEON

This category didn't get a lot of votes. A couple of people were honest enough to say, "What is that? lol." A curmudgeon is an old grouch... but it's an affectionate term. We didn't think that the three people who won this category had enough of a sense of humour about themselves to take their votes as a compliment. Therefore, consider this category cancelled. Everyone can go be grouchy in private.

## BEST MUSHROOM SPOT

No one is telling. Few people were willing to share their secret spots.

## BEST WEB DESIGNER

Few locals were able to name a single local Web designer. Anyone who designs Web pages: consider this your opportunity to let people know about your services!

## BEST FACEBOOKER

After last year's ridiculous debacle on Facebook following the release of this category, we nearly axed this one, too, and maybe we should. For the record, voters chose the same people as last year, in the same order. Hopefully now everyone is another year older and wiser – at least on social media.



**MORE MYSTERIOUS THAN CADBOROSAURUS:** On Lois Lake, West Coast Fish Culture grows some of the most sustainable, low-impact steelhead in the world - it's certified by the Vancouver Aquarium's OceanWise program. Yet just two out of more than 400 Best of Powell River voters gave them a nod for "Best Aquaculture." Why?

## BEST AQUACULTURE OPERATION

Very few people voted in this category. In fact, all of the industry categories (previous page) suffered from extraordinarily low voter turn-out. In Best Aquaculture, out of more than 400 ballots cast, just 17 people voted. Of those, several were for Sunshine Coast Aquaponics - a small-scale operation that closed last year. Others were snarky: "none are good." Just two people voted for West Coast Fish Culture, the closed-containment steelhead operation on Lois Lake which has been operating here for 45 years, and sells Ocean Wise-certified fish to Earl's, The White Spot, and elsewhere - an aquaculture business you'd think we'd all know about, and most of us would stand behind with some pride.

The word "Aquaculture" is often used as a shorthand for ocean-based, open-net pen salmon farms - the kind that famous Echo Bay biologist Alexandra Morton raises alarm about. But "Aquaculture" also covers Aphrodite's Garden oyster farming in Okeover Inlet, Hummingbird Cove's scallop seeds in Saltery Bay, and many more local activities (see PRL's 2018 issue of

*Home Grown*). In fact, BC has more than 600 aquaculture operations, ranging from geoducks to Atlantic Salmon. In qathet alone, 150 people work in aquaculture, representing about one in 50 local jobs.

We're frankly not sure what to make of the voting in the "Best Industries" categories: especially logging, fishing and aquaculture. That we're totally disconnected from our resource sector? That we're so cynical about industry that none of it looks good? Or that both local industry and local media have been doing an appalling job of revealing the basics of Powell River's economy to the people who live here?

Nobody wins with a lack of knowledge. We encourage industry to get proactive in telling locals what you do, and why - for social license reasons. And we encourage locals to be more curious about the resource sector - for civic literacy, economic and environmental reasons.

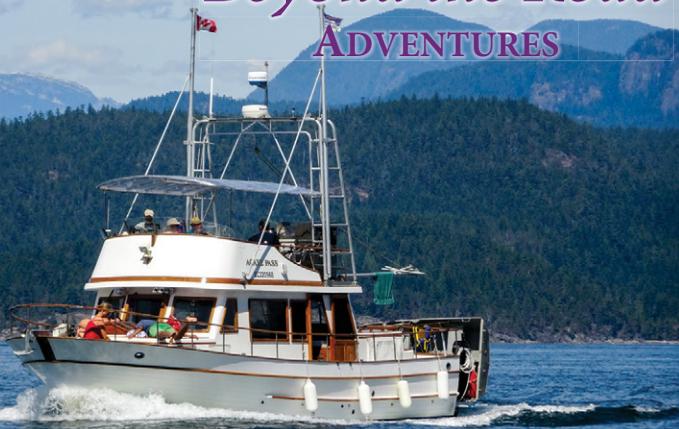
As for us here at PRL, as local media, we vow to increase our coverage of local industry this year.

Who knew lil' ol' Best of Powell River would reveal something so profound? [PRL](#)

## CRUISE DESOLATION SOUND

with

*Beyond the Road*  
ADVENTURES



*Friends or family visiting?*

Book a trip with us and give them an experience they won't forget!

Sightseeing • Lunch & Dinner Cruises to Desolation Sound & Surrounding Areas • Special Occasions  
Custom Day Cruises • Multi-Day Excursions

**BeyondTheRoad.com 604-483-8128**

**TripAdvisor Certificate  
of Excellence since 2014!**



**EARLY INFLUENCER:** Photographer Rod LeMay's early photos famously captured local industry (above) but also construction, sports, and scenery.

# What they snapped: early photographers

## BLAST FROM THE PAST

BY JOËLLE SÉVIGNY

In today's modern world, we can capture a moment on our smartphones in a matter of seconds.

Such a novelty was unheard of back in the early 1900s. Nevertheless, Powell River has a rich pictorial legacy that was left behind by a handful of ingenious photographers.

One of Powell River's first photographers was Rodolphe LeMay, known as "Rod." This young man settled in Powell River in the summer of 1907 at the age of twenty-seven. He set up a studio in Lutzville (area where the old

golf course was located) and photographed the first two decades of development in Powell River.

Rod's work is often focused on early sports teams, the construction of buildings and advancements at the mill. He is also known for mixing artistry with documentary elements. Not only did he capture who or what was happening, he composed photos in a manner that was pleasing to the eye and impactful in their content.

In 1908, Rod shot the Powell River Falls, before they were dammed, with his Romera view camera with a 6.5 lens. Some of his more artistic photographs are "Moonlight" and the famous "Sunshine and Storm" which features sun shining through clouds at Willingdon Beach.

Around 1920, Rod LeMay sold his studio to Maud Lane. She eventually opened her own studio named

"Lane Studio" in the Brooklon Block and later in Westview. Maud documented much of the construction of the Lois River Dam and the Stillwater Generating Station. Historically, her work is highly valued because she often used a date board in her photos, enabling a chronology to be established.

Today, among others, Maud's photographs as well as Rod's, have left us with a rich heritage resource providing a wealth of information of the beginnings of Powell River. Who knows, perhaps your quick snap of the beach will one day be highly valued too! [PRL](#)

*Blast from the Past is a monthly historical column written by the Townsite Heritage Society's board member Joëlle Sévigny.* [PRL](#)



*Tug-Guhn*  
GALLERY & STUDIO



Voted the Powell River area's #2 best gallery!



Open daily 10 am - 5:30 pm in The Lund Resort at Klah Ah Men  
604 414-0474 [debraveartcreations.com](http://debraveartcreations.com)

## I MADE THE MOVE

# She read the magazine, and was Hooked on PR

One of our newcomers to Powell River brought a load of Bacon with her. Three truckloads, in fact.

Sarah Bacon was a high school science teacher in Abbotsford (Bateman), and as rewarding as that was, there was no ocean and the Fraser Valley was getting increasingly noisy and busy and hemmed in. Sarah and her partner Don Button visited Powell River a few years ago on a camping trip and were immediately drawn to the charming Townsite houses and neighborhoods.

Both in their mid-50s at the time, they started talking about what a great place Powell River would be for semi-retirement and beyond. After a couple of years of working semi-seriously with a realtor, they decided in December 2017 to take the plunge. It took until the spring to find the right house, and they have been on Fairmont Street and loving it since last July.

Sarah has worked as a teacher-on-call in the district and is working at Springtime Garden Center this summer because she loves plants. Before teaching she managed a garden centre in outer Vancouver. She has also found seats with local dragonboat and outrigger teams, is now the local rep for the Marine Education and Research Society based in Port McNeill, and can be found most days somewhere along the seawall.

Sarah and Don have been surprised by the quality of the music events here, the wonderful Farmer's Market, Magpie's (they're usually there on Mondays for lunch), Gibson's Beach (with their dog Ha'ouli), the many craft and plant sales, and the rest. Don, a retired journalist, also curls at the Powell River Curling Club and umpires at events across the province and sometimes further afield. Umpiring, he says, is the only way he'd ever qualify for a provincial or national championship.

And then there's that load of Bacons.

People keep visiting and don't want to leave. Sarah's daughter (Abby, 26), mother (Mary), sister (Liz Quigley), and niece (Nicole Quigley) and her husband Peter Kollar and their son Harrison, all fell in love with the place and have kept realtor Dan Dupuis busy. Nicole and Peter bought one of the manager houses in Townsite this winter and this spring Mary and Liz bought a nice mid-century Grief Point house with just enough of an ocean view. Nicole works with the Powell River Youth Resource Centre and is an amazing florist, Peter works for a Vancouver architect firm and is able to work mostly from home. Mary is retired and Liz is a nurse working on converting her American credentials. If our garden centers report record profits this year, you now know why!



**BACON HAMMING IT UP:** Sarah Bacon and her partner Don Button have become a resident attraction juggernaut since moving here last year.

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

**Sarah** • The biggest surprise is how friendly people are. There have been a few times that we've been struggling with moving heavy items and folks just stop and help out.

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

**Sarah** • We came camping along the coast, I picked up a *Powell River Living* in a coffee shop and was hooked on PR after reading it. TRUE!

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

**Sarah** • Better ferry access to the Island. I would love to be able to live here and have the choice of commuting/working in Comox or Courtenay.

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

**Sarah** • London Drugs and Habitat for Humanity, a place for getting oil changes and tires, and a repair cafe.

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

**Sarah** • I left an amazing career and friends in Mission so there has been a

grieving period but every time I look out my window and see the ocean I am filled with gratitude and know that I've made the right decision.

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

**Sarah** • I would have the city conduct its business more openly and ensure that as Powell River grows that best planning practices are a priority.

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

**Sarah** • Its people. This community is full of kind and generous people, from Dave and Gina at Springtime, the terrific paddlers of Zunga and PROCS, the students that I've met, the food producers, crafters and musicians that keep the Farmer's Market going. This place is rich with culture and caring.

**What is your greatest extravagance?**

**Sarah** • Amazon

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

**Sarah** • I would love to be able to sit still for more than 15 minutes at a time. **R.L.**

*Do you know someone we should feature in I Made the Move? Contact [isabelle@prliving.ca](mailto:isabelle@prliving.ca)*

## MOVIE UNDER THE STARS

Thursday, August 1<sup>st</sup> at Larry Gouthro Park  
NO CHARGE - WEATHER PERMITTING - EVERYONE WELCOME  
— movie starts at dusk —

NOW SHOWING  
THE GREATEST SHOWMAN

 Westview Agencies Ltd  
Insurance & Financial Services

 First  
CREDIT UNION

 the co-operators  
A Better Place For You™

# Fighting the Fire

A songwriter's tribute to those in the centre of the smoke

"Coffee time in the morning is my quiet time. This time of year I find myself wondering 'Where is my 21-year old son today?'"

Powell River singer songwriter Devon Hanley's son James is now in his fourth wildfire season with BC Wildfire Service. "More specifically, I wonder where and when will he be parachuting into his next fire," says Devon. Her son joined the BC Wildfire Service (BCWS) parattack unit this spring and is based in Mackenzie BC. Parattack crews are

Photo by James Southcott

## WE HAVE MOVED



**Welcome Centre**

*Powell River Immigrant Services*

**New Address: #218-6975 Alberni Street**

Phone: 604.414.3630

Email: [immigrantservices@prepsociety.org](mailto:immigrantservices@prepsociety.org)

**Powell River Immigrant Services is now located above the library!**

*Visit us today for:*

### FREE TUTORING

- ESL (English)
- Conversation Clubs
- Preparation For Employment & Exams

### FREE IMMIGRANT SERVICES

- Settlement Information
- Help Accessing Other Services
- Help With Documents

Funded by:



Immigration, Refugees and Citizenship Canada

Financé par :

Immigration, Réfugiés et Citoyenneté Canada

Canada



WelcomeBC

This project is made possible through funding from the Government of Canada and the Province of British Columbia

## FIND FIGHTING THE FIRE

The song and music video, *Fighting the Fire*, was recorded in Powell River and can be found on Devon's website [devonhanley.ca](http://devonhanley.ca), and at [www.facebook.com/DevonHanleymusician/](https://www.facebook.com/DevonHanleymusician/)

used to fight difficult-to-reach fires in the backcountry.

"I miss him during the long fire season, but I am proud of the work he does," says Devon.

Inspired by the fascinating stories James has to tell about his work, last summer a song started to take shape. She explains that the song *Fighting the Fire* started out like a letter from a mother to a son but she soon realized that it had meaning for the families and friends of wildfire fighters, and the communities they serve.

As this spring's fire season heated up Devon started to think about recording the song and creating a music video to accompany it so she could reach out to the communities affected by fires.

"I am hoping the song will be widely shared online and receive some radio coverage too," says Devon. "BCWS has supported my project by providing me with some photography and videos of BC Wildfire crews in action. I want to build empathy and respect for the young men and women who do this demanding and dangerous work."

## Fighting the Fire - Lyrics and music by Devon Hanley

I keep the table set for two  
I keep it set for me and you  
I keep the lights down low at night  
So you can find your way alright

I search the sky for signs of rain  
But there ain't a cloud in the sky today  
Spring is feeling like summer again  
Hot as hell and it's only May

I hear the flames are burning high  
Burning 'round you day and night  
I say a prayer for everyone  
Fighting the fire

You sleep in tents out in open fields  
Work dawn to dusk and its work you can feel

On a mountainside 60 pounds on your back  
You're breathing smoke and eating ash

I hear the flames are burning high  
Burning 'round you day and night  
I say a prayer for everyone  
Fighting the fire

Sit with my coffee and think of you  
Try to imagine the work that you do  
What do you hear – chainsaws and planes?  
The sound of a mountain going up in flames?

I hear the flames are burning high  
Burning 'round you day and night  
I say a prayer for everyone  
Fighting the fire

**James found out** about BC Wildfire Service's intern program while in Grade 12 at Brooks Secondary School and, in 2016, took advantage of the training offered before being hired to work at the local base as a member of the Initial Attack Crew. That summer, they fought a fire on Redonda Island in Desolation Sound, and another on Nelson Island. It was enough to ignite James' passion for wildfire work.

"He's a team player and loves sports.

I think all those years of hockey and his strong circle of friends have played a part in making James well-suited to wildfire fighting."

"We love hearing the stories of fighting floods, and then fighting the fires," says James's father, Rob Southcott. "I did some fire-watch work when I was young, but this is so much more intense. James' stories literally have our jaws on the table!"

This April, James headed to Fort St.



John for five weeks of parattack training, and likely won't make it home until the fall. "When I sang *Fighting The Fire* this past May at the Lund Seafood Festival a woman in the crowd rushed up to me and said 'My son is fighting wildfires, too,' and I could tell the song had meaning for her – that's a great feeling for a songwriter!" **PRL**

## THE NUTCRACKER MARKET

19 local business in one shop!

European Specialties  
UK Chocolate & Treats  
Handcrafted Gifts  
Take & Bake Meals  
Custom Gift Baskets  
Kitchen Gadgets  
Fresh Pasta  
Gluten Free  
Fair Trade  
& more...



Thanks for the votes!

Open 10 am - 4 pm  
Monday to Saturday  
#201-4741 Marine Ave  
604-223-7732

Where you shop  
the world locally!



Injured  
in an  
accident?

Let us help you  
recover.

Experienced.  
Local.  
Professional.

Call Ian Fleming today  
for a free consultation.



4571 Marine Avenue  
604-485-2771  
[fleminglaw.ca](http://fleminglaw.ca)

**EL'S AUTO TEC LTD.**  
Certified

**Complete Auto Repair  
Any Make & Model**

Audi Volkswagen BMW Mercedes-Benz

7050 Alberni St 604 485-7003

UNIFOR  
Local76

5814 Ash Avenue 604-483-4130  
[local76@unifor76.ca](mailto:local76@unifor76.ca)

Powell River Hospital  
Foundation

A lasting legacy.  
Donate to the Powell River  
Hospital Foundation.

604 485-3211 ext 4349 | 5000 Joyce Avenue, Powell River, V8A 5R3  
[www.prhospitalfoundation.com](http://www.prhospitalfoundation.com)

MADE IN  
POWELL RIVER

# Babies that stay babies

## Doll maker sells globally

Camille Allen grew up in Vancouver, enjoying art classes in school. However, she did not seriously pursue art as a career until her early 20s when she studied under world-renowned doll-maker Clara Allen (also Camille's grandmother-in-law).

She attempts to capture a realistic newborn look in increasingly smaller scales. She works in polymer clay and resin which she feels allows for the most detail and realism. Why babies?

"I feel like the babies remind us of how precious and fragile new life is. That babies are a gift that should be cherished. Babies are only small for a short time; I feel these sculptures help us remember just how sweet newborns are."

### What's your product?

**Camille** • Miniature baby sculptures and dolls. Portrait sculptures of babies. Dollhouse miniatures.

**Please describe how you arrived at creating miniature babies, and why you decided to nest them in eggshells. Do you use real eggshells?**

**Camille** • I had some bits of leftover clay that were too small to be used in a larger doll, I formed the bit of clay into a miniature baby. When I held the tiny baby in my hand I had a feeling of protectiveness and fascination. I always loved tiny things as a child, and I still



**BEYOND CUTE:** These tiny locally-made babies are rich with meaning for the people who buy them.

am drawn to tiny, intricate things.

The first miniature baby I made was curled in a fetal position, and I even gave it an umbilical cord, as if it was still in the womb. The shape and size of the baby seemed similar to that of an egg shell. I tried putting it into a real egg, and the baby fit perfectly inside, as if it belonged there. This was how the idea of "Egg Babies" was born.

I think the fragile newborn baby is complimented by the egg shell, reminding us of how fragile new life is and how gently they must be treated and cared for. I also like the way the soft curves of a baby's body is echoed by the soft shape of the egg, with no hard lines.

**Explain what these creations mean to you, and what have they meant to your collectors.**

**Camille** • To me, babies have a universal appeal because they are so small and helpless. They stay small for so short a time, and yet it is such a special time that many mothers want to hold on to. I hope that my babies will inspire that feeling again, and remind mothers and grandmothers of that special time and bond with their newborn babies. For some who have

not yet become mothers it might represent hope and expectation. For some who have lost children I have had many express that it helps them to remember, and to grieve.

**What kinds of materials do you use, and how long will each piece take to make?**

**Camille** • I start with vision in my mind and basically a lump of clay, and tiny tools. It takes many, many hours of patient concentration to form a realistic baby and finish with fine details - including wrinkles and fingernails. A miniature baby can take weeks to finish, in many sessions of several hours at a time. The finishing detail work is the most time consuming. The clay is so delicate it can pick up even a fingerprint, so making sure the sculpture is flawless and smooth takes a great deal of time. But the realism is found in the details, so it is worth the effort. The babies have soft mohair to imitate fine baby hair and are blushed with paints for realism to enhance their tiny wrinkles and curves.

**Can the babies be purchased?**

**Camille** • The babies are available for sale at

**Community Futures Powell River**  
provides **Financing & Advisory services**  
for **small/medium businesses and entrepreneurs.**



**Startup**  **Maintain**  **Expand**  
**YOUR BUSINESS**

Community Futures – proudly supporting business and economic development in the Powell River Region since 1988!



Second Floor, 4717 Marine Avenue • 604 485-7901 • [prfutures.ca](http://prfutures.ca) • [info@prfutures.ca](mailto:info@prfutures.ca)



**PAPERWORKS**  
*Gift Gallery*

*As usual,  
the unusual*

Thanks for voting for us!

**20 x 19**  
**BEST**  
*of Powell River*  
WINNER  
AS CHOSEN BY THE READERS OF POWELL RIVER LIVING AND POWTOWN POST

**#1 Best place to buy gifts**  
**#1 Best storefront**

**Celebrating**  
35 years of  
**Everyday Beautiful**

202 - 4741 Marine Avenue  
**OPEN 7 DAYS A WEEK • 604 485-2512**



**Congratulations to ELMER ZOHNER,**  
winner of the TV in our  
"Refer a Friend" contest  
*Thank you to all who participated!*

## POWELL RIVER DENTURE CLINIC LTD.

Brian Mansell R.D.

102-7075 Alberni St • 604.485.7654  
Mon-Thurs 8:30-4:30 closed for lunch 12-1pm • Fri 8:30-noon

- Complete and partial denture services
- Relines, repairs and new dentures
- Implant retained dentures
- Ask us about BPS dentures
- All dental plans accepted
- FREE consultations

**"Don't give up. ... Success is working hard and believing in yourself through the ups and downs."**

*- Hyper-realistic miniature doll sculptor Camille Allen*

camilleallen.com There are at least five new editions coming out this year in different sizes and price ranges. There are limited editions of 10 to 50 as well as some unlimited resin editions that are very affordable under \$100 and make great gifts.

**What is the price range of your work?**

**Camille** • Unlimited resin editions start at \$90 to the limited numbered editions \$200 to \$600 to the very rare One-of-a-Kind babies range \$1,000 to \$3,000+.

**Your work was featured on the Montel talk show on national television October 21, 2005. How did your appearance on the Montel Williams Show come about?**

**Camille** • In September of 2005 there was an email circulating the internet with photos of my dolls claiming that these were made of marzipan, sugar or candy. The producer of the Montel Williams Show also received this email, and became interested in my dolls. They were planning a show that included a celebrity co-host (Nicole Ari Parker) that had recently had a baby. They asked me if I could sculpt a portrait of the baby that they could present as a surprise gift to the celebrity co-host. I sculpted the portrait baby for them, and sent it and more of my work to be filmed in the show. It aired in October and it was exciting to see the babies presented on the show.

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

**Camille** • No loans or anything, really just grew from becoming viral on the internet, and I taught myself how to build a website and run a business, learning as I went. I took advantage of online tutorials and web forums to find information. I had a lot of support from family and friends. It funded itself as it grew.

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

**Camille** • I started sculpting babies in 2001 when my husband's grandmother, Clara Allen, taught me to sculpt life-size baby dolls. Soon after that I began making miniature babies as well. I put my first few miniature babies on ebay, and they were an instant success. They grew in demand to the point where a couple of years later one four-inch miniature baby sold for over \$3,000 US dollars.

**What surprised you when you brought it to market? Did you make changes?**

**Camille** • I guess the emotional response to the sculptures was surprising. I received emails from people who had lost babies who were deeply touched by them. There were also people who were deeply repulsed by them. They are really polarizing. Whether people felt good or bad about them, I was going to keep sculpting them though!

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

**Camille** • I started out on ebay and let the people choose how much they wanted to pay. I eventually moved from ebay to selling from my own website. I



**A DOLL OF HER OWN:** Camille recently had a baby of her own: Cullen, who is nine months old. She's sculpting a doll based on him, of course.

grew an email newsletter subscriber list and a customer base from there.

**Who are your customers?**

**Camille** • Expectant parents and grandparents, art collectors, dollhouse miniature enthusiasts. I've sold to obstetricians and paediatric doctors, NICU nurses. Anyone who loves babies.

**How do you market?**

**Camille** • I started out on ebay, and moved to my own website and customer base. Ads and articles in Doll magazines. I have received a lot of social media and viral internet exposure. I run social media pages on Facebook, Instagram and Twitter.

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

**Camille** • I love Powell River. Though much of my market is global – I have shipped to people in most countries in the world – I feel privileged to be able to be here where I love to live and do what I love from here.

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

**Camille** • I feel like Powell River is very supportive of small and local businesses!

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

**Camille** • Just a one woman show!

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

**Camille** • Don't give up. I've had wild success that was not due to my own effort and I've also experienced severe downturn during recession. Success is working hard and believing in yourself through the ups and downs.

**What's your next project?**

**Camille** • I recently had a baby - a real one! I finally have a real live model to sculpt from. I am working on that currently. [PRL](#)

# How growing up "Beyond Lund" shaped this *ultra runner techie dad*



DO WHAT YOU **LOVE**  
**LOVE** WHAT YOU DO

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

Thirty-six years have passed but Joseph McLean still remembers how he felt when he and his mom, Terry Faubert, first arrived in Powell River in 1983.

"I was five when we came here. We wanted to live somewhere in the forest."

His mom, a wiry, petite teacher from Toronto, armed with a *Reader's Digest Back to Basics* book about homesteading and living off the land, was determined to move to the country.

"We toured all around BC in an old white van," says Joseph. "We visited different communities and I climbed trees in all of them."

Mother and son slept in the camper that summer and eventually their quest for a "yes property" brought them to Powell River.

"Everyone said we had to buy this property that Peter Behr owned beyond Lund," says Joseph. "It was six acres of treed forest with road access to the edge, with hills, bluffs and a flat spot to build a house."

That property turned out to be their yes property.



**SCREENS AND CEDARS:** Despite a childhood nested in nature, a preteen Joseph McLean took to the computers of the 1980s with gusto - thanks in part to his father, who bought him his first laptop, and his step-father, above, who installed a rustic phone service at their remote home near Lund.

After moving into a dilapidated shack on a neighbouring property (they had to promise the owner they'd demolish it when they were finished with it) they started building their own home.

"We built our house over a long process," said Joseph. "My mom bought the smallest chainsaw she could find" and set to work. "We went from having candles to a kerosene lamp to propane to gasoline to a generator to solar panels in the 90s." Joseph smiles, "we lived 200 years of progress."

When Joseph was eleven, his dad, who lived in Vancouver, decided that computers would be the next "big thing," and bought a 16-pound laptop. "It was like a cast iron suitcase," Joseph recalls. "It was all running MS-DOS (an operating system that predated Microsoft Windows).

"I was visiting him and I figured out how to set the clock on his computer," recalled Joseph. "I was very proud of myself."

In an interview in his office at Full Solution Computers on Marine Avenue, Joseph says his father wanted to see if he had the interest and aptitude for computers.

Turns out he did.

Unbeknownst to Joseph, his father had purchased two laptops that day; the second one destined for Joseph as a Christmas gift, should he prove interested.

After the holidays, Joseph returned home to their six-acre parcel "Beyond Lund." His dad had sent the computer secretly with his mom, and Joseph opened it Christmas Day.

Joseph tinkered away on his new computer. "I could only work on it during the day because we were on solar and I was discouraged from draining our battery cells."

Joseph was home schooled and when his nose wasn't buried in a book, he'd work on his computer. When he was trying to decide what to do for his Grade 11 year, he came across an alternative high school in Vancouver called Virtual High. It was 1993 and the idea was that you could leverage technology and that the digital tools you learned to use would help inform and enhance your learning experience.

Every student also received a Mac laptop (the first colour PowerBooks had just been released).

The web had been invented just four years earlier - in

**"We went from having a kerosene lamp to propane to gasoline to a generator to solar panels.... We lived 200 years of progress."**

*- Joseph McLean*

1989 - and the internet was primarily used for emails and by professors and scientists at universities around the world.

Like many other 16-year-olds, Joseph didn't know what path his career would take. "I was a master dishwasher at Nancy's Bakery at the time. I was interested in journalism and business but I wasn't sure."

During his year at Virtual High, Joseph went from being a computer enthusiast to being knowledgeable. He came home as often as possible and while here, he'd help others with their computer problems. While at Virtual High, Joseph also met his future wife, Katie.

At the end of his Grade 11 year, Joseph wrote his GED test and finished high school. Although his one year at Virtual High was fascinating, he wanted to pay back his parents and the bank. He still didn't know what to do.

But when he returned home, The Powell River Chamber of Commerce had just brought dial up Internet to Powell River. At Virtual High, Joseph had been used to plugging his Mac in and being on the Internet. It was how he kept up with the news and his friends. "But now that I was back in Powell River all of a sudden I was rudely unplugged. The Chamber said they didn't support Macs yet and had no immediate plans to."

But the Chamber's tech guy told Joseph that if he liked, they could work out how to do it together and somehow, they figured it out.

"And he (the Chamber's techie) said if we have any more Mac users who want to connect to the Internet, we'll send them to you."

Before long, the phone at Joseph's (actually his mom's) home started ringing. "And my phone hasn't stopped since."

From a wilderness cabin, beyond the BC Tel service area, Joseph worked away. "We had a crazy phone line that my step dad installed with coils of phone wire he found at the dump. He laid them out on the ground to our house from a neighbour's shed 800 metres away.

MADE IN CANADA, SILVER  
blake shaab koon lepme  
ART HOUSE CANCORS

**First Nations Art, Jewelry & Gifts**

Try our smoked salmon!

**Tla'amin**  
Convenience Store  
YOUR LOCAL GROCERY MARKET

**BEST**  
Small Business Award

**Stop by for  
Screamers,  
Slushies  
& Sundaes  
all summer!**

Gas • Grocery • Fresh Deli: Sandwiches, Wraps & Baked Goods • Eat in/Take out • 604-414-0269 • tlaaminstore@gmail.com • 5245 Hwy 101 North

**POWELL RIVER  
MARINE STROLL**

Did you know that Marine Avenue boasts well over 40 small businesses? Take a stroll along Powell River's spectacular waterfront and shopping area .

Coffee • Food • Art • Books • Gifts • Soap • Tea • Candy • Games • Gourmet Treats  
Jewellery • Sunglasses • Clothing • Scuba • Cafes & Much Much More!

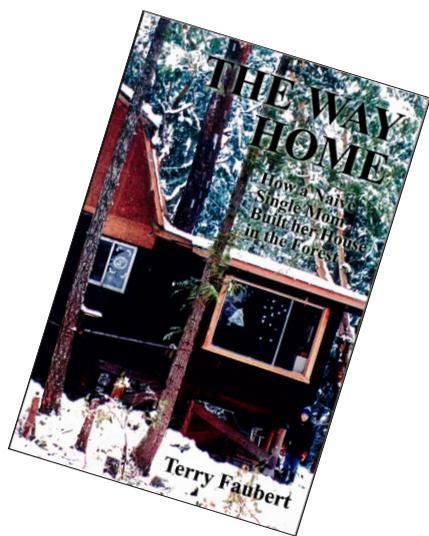
Please Support Local Businesses! Follow Powell River Marine Stroll on Facebook

He had to splice the wires together and seal it with duct tape,” recalled Joseph. Wherever the wire was spliced, it would be put inside a beer bottle to protect the splice from the elements. In the winter, the phone connection was dodgy. Joseph remembers “walking the line” to dump the water out of the beer bottles to restore service.

In 1995, there were only about 25,000 websites, people used dial-up Internet and the web browser of choice was Netscape Navigator. But one day, when Joseph was online, he discovered that a hospital in India was having technical trouble and was asking for help with their system. “I was able to email them the solution and they got back to me that they were online.” Joseph felt pretty good about being able to help. After all, he was “just a kid in a solar powered shack,” but no one knew that.

Up until that point, fixing computers and solving computer problems had been a part time job for Joseph. “I hadn’t really thought of it as a career but our school had encouraged all of us to start our own business because it teaches you a lot of life skills and it looks good from a tax perspective.”

Joseph began to repair more computers in Powell River and spent a lot of time hanging out at The Computing Centre (the Mac store) where owner Geof Holman became his mentor. As Joseph spent more and more time



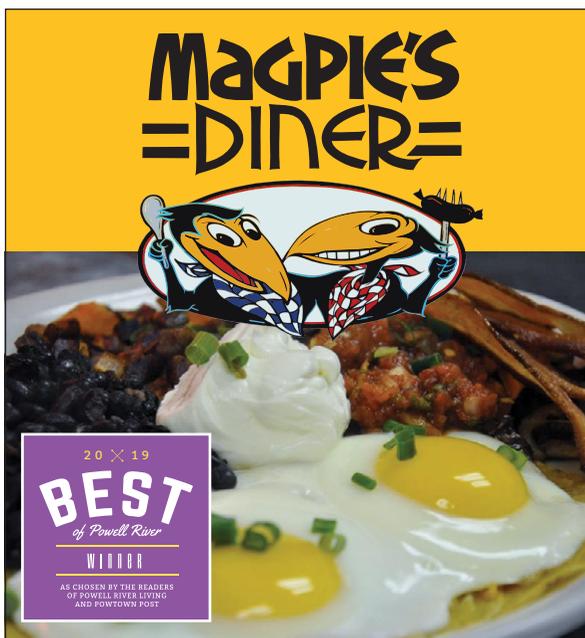
**HOMESTEAD INSTEAD:** Joseph McLean’s mother, Terry Faubert, just published a memoir of her early days in the woods north of Lund: *The Way Home: How a Naive Single Mom Built her House in the Forest*. Watch for her book-related events in August.

there, he began doing jobs for Geof like unpacking the new Macs. At one point, Geof told Joseph: “Son, if I can tell you one thing, never get into computer retail.” Joseph laughs. “And here I am. What I took out of that was you should never go into computer retail to make your living — but carry parts to complement your service.”

In 2001, when Joseph bought the building he is still in and opened his own store, his business focussed on computer repairs, support and tutoring. Today he carries a wide selection of new and used PCs and Macs, and over a thousand hard-to-find parts and accessories at Full Solution Computers Along with his wife Katie, Juhli Jobi, and Kurtis Teichgraber, they operate Powell River’s longest-running computer store. “We’re hiring more technicians. It just doesn’t stop.”

But technology is just part of who Joseph is. His Facebook friends are constantly delighted by his Adventure stories, photos and whimsical posts of what goes on in the forests.

Joseph decided long ago he would spend half of his time doing inside stuff and the other half doing outdoor

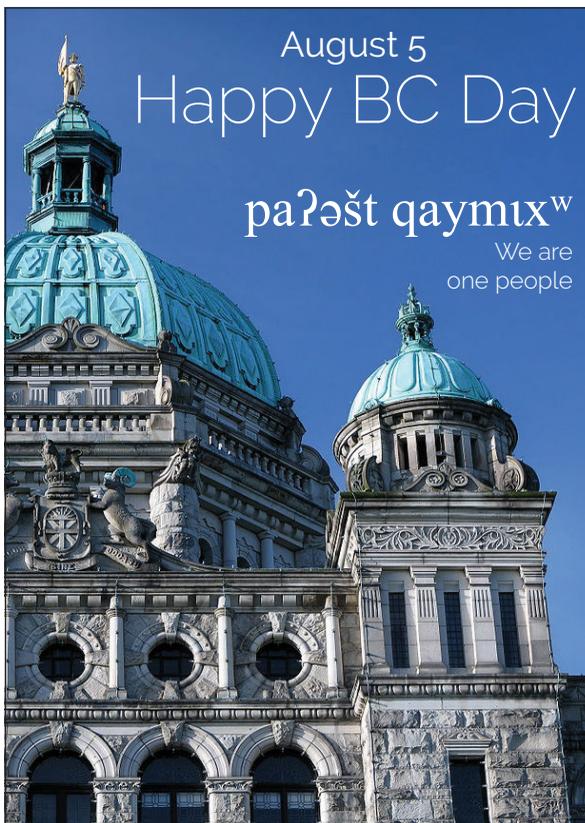


## #1 Best Brunch, again

**Why?**  
The Big Ukrainian  
Huevos Rancheros  
Cheesy Corned Beef Hash  
West Coast Benedict  
Magpie's Big Breakfast  
Kids' breakfasts  
And so much more  
All from scratch

Thanks  
for the  
votes!

604-483-9114  
6762 Cranberry Street  
[magpiesdiner.ca](http://magpiesdiner.ca)

### Nicholas Simons, MLA

Powell River  
Constituency Office  
109 - 4675 Marine Ave  
604 485 1249  
[nicholas.simons.mla@leg.bc.ca](mailto:nicholas.simons.mla@leg.bc.ca)

Your representative  
in the BC Legislature



But you've got other things to do, so book a cleaning with Cadam today at 604-414-4699.



Hot Solutions for your Cool Locations

See the showroom behind the  
Westview Hotel, at 4463 Marine Ave

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



western family

HELLO Summer!



save on foods Powell River 7100 Alberni Street

Now open until 10 pm!



**BALANCING ACT:** While fellow tech-obsessed Lundie Stewart Butterfield left for the intensity of Silicon Valley (where he founded Flickr, among other apps), Joseph McLean made the choice early on to create work-life balance. He's a hands-on dad to sons Ryan, 8, and Kevin, 5, partner to wife Katie McLean (all above with Joseph), owner-operator of Full Solution Computers, and an extreme trail runner.

Photo by Karl Johanson

stuff. As a kid, he'd read or do stuff on the computer then run outside to explore a new trail, jump in a pond or chase butterflies. "I've always used the natural environment to decompress in. Balance is important."

In the late 90s, hype about the internet was so high that investors were offering to fly Joseph out to Silicon Valley. Some of his internet work had been profiled in the *Wall Street Journal's* investment magazine, and large sums of money were on the table. After careful consideration, Joseph said no. "I was tempted, but all that fame and fortune comes with a cost."

Joseph said he listened to people talk about what was important to them and decided that work/life balance and building community trumped all else. "There are things you can't put a dollar value on. One of the things I love about Powell River is the sense of community and level of care we have for each other. Outside we have trails, views and mountains. We have the same number of trails as Vancouver with less than five per cent of the population."

Joseph rides his bike to service calls whenever he can; he says it makes him sharper. "If you spend your life solving problems (and he works with viruses and finding lost work), your days won't be easy. I like to bring positive energy with me and nature helps me do this."

While some people hike to find their happy place, Joseph runs. He's an ultra runner by necessity. "Ultra running came out of trying to fit long distances in a shorter period of time. It's like compressed hiking."

After he and Katie had children, he didn't want to leave for long periods of time. "I love multi day hikes but when I became a new father I had to be able to get home in time to change diapers," he

said. Ultra running lets him see some beautiful scenery with his friends, do it quickly and get home fast to his family. "I do a lot of my runs on the Sunshine Coast Trail," he told *Powell River Living*. Carrying only basic supplies and an emergency kit, he can travel faster than someone carrying a multi-day pack.

But the forest time he does with his family or Adventures as his children call them, are sacred. When he gets back from work Ryan, 8, and Kevin, 5, pick a place to go. For example if they want to go to Mowat Bay, they must take the Millennium Trails (or Lemony Trails, as Kevin calls them). "I don't give marching orders. We talk about it because we are a team. I let the kids choose where they want to go and let them see what they can achieve."

A gifted writer, Joseph tries to capture his adventures whenever possible so he can share them with others. "Both our kids like the outdoors and I like writing about what we do. It's like a memory exercise. If I can get the time and I write it out carefully I can evoke the same kind of feeling I had when it was happening. It's not the same as with a photograph."

Stories about his adventures are published in the *North Island Compass* and can be found on Facebook.

So what's next?

Joseph smiles. "Someday a book," he says. "Or maybe a few books. I have a lot to share about the history of this place, the people who have moved recreation forward, and my own memories of being a child. I was five when we moved here, that's where my memories start. I was three feet tall and looking at the big trees. I have my mom to thank for the time I spent in the forest and the relationship I have with it today." **PR**

# Duradek & Railings



Topless, Glass & Picket Railing

Powell River 604.485.2451



modern.ca

windows • gutters • doors • siding • garage doors  
patio covers • awnings • Duradek • railings

# Keep gardening through your golden years



## TOP PRIORITIES IN THE GARDEN FOR JULY

Winter garden alert. The first week of July is the last time to plant many winter garden plants. Most of the brassica family (cauli, broccoli, cabbage, Brussels etc) need ample time to bulk up before they provide a good crop. If you can't get the seed in the first week of July it's no big deal, just pop down to your local nursery and pick up some plants that have been started earlier.

Summer prune your fruit trees (plums, apples, cherries, pears etc). Remove the suckers that are growing upward that do not bear fruit. This will slow down the suckering cycle and provide air movement into the center of the tree.

Watering. Remember to water deeply. Always stick your finger in the soil and check your work. To conserve water avoid watering in the heat of the day.

Stop watering the garlic in preparation for harvesting. As the garlic begins to die back remove from the soil, cure, then store in cool dry dark place.

Deadhead (removing spent blooms) your annuals, perennials, and shrubs. This should encourage new flowers or advantageous growth.

Don't forget to feed all container plantings monthly. Use a general-purpose fertilizer. Water-soluble is an excellent option as you can water and feed all at once.

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

Train/tie up the tomatoes continuously, keep removing the suckers growing in the crotches.

Take soft wood cuttings. So many plants can be propagated at this time but to name a few... lavender, rosemary, bay laurel, clematis, olive, mock orange, grape, spirea, heather, ironwood, blue berry, daphne, rose, dogwood, honeysuckle, hazelnut.

**B**ack in the time of my life when time seemed endless (before having kids), I encouraged my parents to plant a few more fruit trees to add to their suburban lot. In total they have two plums, two pears, two apples and a sweet cherry.

I had no regard for the countless hours of pruning, risky balancing on ladders and food preservation that was to come. In my head, (and in theirs too I think), all I could see was the opportunity: a large bowl of fresh cherries, jars of dried

River to spend time with their grandkids.

So how does one go from taking on a task year after year and unexpectedly it just feels like it is becoming too much?

I see this in quite often with gardens. Is it a mindset? Is it related to physical fitness? I believe it is a bit of both. And it happens incrementally.

You get a sore hand here, a back issue there, or maybe it's just busy retired life. Regardless of the reasons it all adds up, and suddenly you're having trouble keeping up with regular maintenance.

## Hire help

Get over hiring help, and bring someone in. Bringing in help is not a waste of money. It is quite the contrary. Firstly, it relieves you from the guilt, stress and irritation of doing those jobs you cannot find time to do. Burdens such as this can weigh heavily on your soul and will suck the life right out of you. It feels really good to get the crap jobs out of the way, and focus on the tasks you enjoy most in the garden. Also, hiring someone creates relationships, and often throughout different generations.

Keep in mind that in order for the relationship to work you must find the right employee. Find someone that is knowledgeable and works well with your style. Set up the business matters to succeed with good communication and clear goals and outcomes. It can be amazing how much a trained professional can do in an hour.

## Invest in mulch

The secret to low maintenance garden is mulch. It keeps down the weeds,

holds moisture, and looks great. There are many different products available; it is just a matter of picking one that fits the pocket book and aesthetic. In order for mulch to smother and keep weeds down it should be spread three or four inches thick. My rule of thumb is that one yard (nine wheelbarrows) of material will cover just over 100 square feet if you spread it three inches thick. Invest in a few yards of mulch and you will not regret it.

## Edit your design

Shift to lower maintenance plants. This can be a hard thing to do, especially if you have spent a good chunk of life collecting plants.

One good way to start this process would be to limit your new plant purchases to exclusively low maintenance plants (ie. slow growing evergreen shrubs). Another low maintenance options would be to start growing more bulbs and summer flowering annuals.

This would allow you to start afresh every year and still keep it interesting with new and creative plant combinations. 



## A growing concern

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



plums, and warm fruit pies.

Well a few pruning accidents later, and hundreds of hours with a paring knife in hand, it has become apparent that it is just way too much for two aging humans to deal with. They have more important things to do like coming up to Powell

So how do you do this gracefully in the garden? You can't really just forget about the yard and have it turn into jungle.

Below I have listed my top three recommendations (apart from moving) that will hopefully help alleviate the feeling of the yard becoming too much of a burden.

Mother  Nature  
Who knows better than Mother Nature?

7050 Duncan Street 604.485.9878  
mother-nature.ca  MotherNaturePowellRiver  @mothernatureghp  
garden • lawn • greenhouse & nursery • home decor • pet food & supplies

Thank you for again voting us  
#1 Best Gardening Store!

We will continue to do our  
very best to inspire you to  
support and shop local!



## Principal shake-up at SD47

When some students return to school in September, they'll be greeted by new principals. The board of trustees for School District 47 recently announced appointments for the 2019/2020 school year. "These were initiated through a collaborative process considering the needs of students, individuals and the District's strategic direction," said Jay Yule, Superintendent of Schools.

Kristen Brach leaves the principalship of Henderson Elementary School and heads over to the School District office as the Principal of Learning and Innovation. Jasmin Marshman, who has been the principal at James Thomson for seven years, will be the principal at Henderson. Lisa Gunn, who was vice-principal at Brooks Secondary School, is the new principal at James Thomson. Shannon Behan, formerly District Principal of International Programs, is the new principal at Westview, and Jamie Burt moves from Westview to Kelly Creek.

## Sports Hall of Fame Inductees

Some of Powell River's most famous athletes were celebrated at the inaugural Powell River Sports Hall of Fame dinner in front of an audience of 400-plus people in June. Eight individual athletes and one team were honoured for their athletic achievements. To be considered, athletes must be retired from active competition.

The following were inducted into the Powell River Sports Hall of Fame: **Les Adams**, Athlete: Soccer and Boxing; **Gino Bortolussi**, Pioneer: Track and Field; **Bob Crawford**, Athlete/Builder: Hockey; **Drew Ferguson**, Athlete: Soccer; **Roy Gerela**, Athlete: Football; **Ted Gerela**, Athlete: Football; **Gary Lupul**, Athlete: Hockey; **Connie Polman Tuin**, Olympian 1984, Athlete: Hep-tathlon; and the **Powell River Regals** Hockey team of 1969-1970.

In addition to the inductees, four active athletes and one team were also honoured for the 2018 awards.

*They were:*

- Powell River Outrigger Canoe Society's women's crew the **Salish Sea** for their outstanding accomplishment in winning two gold medals, a silver and breaking a world record at the International World Sprints in Tahiti in 2018. The Powell River crew consisted of: **Brenda Allan**, **Holly Peterson**, **Helen Robinson**, **Lynette Mangan**, **Susan Hanson** and **Sue Milligan**. They were coached by **Michael Matthews**. The team was made up of 60 and 70 year old retired teachers, a nurse, a dietitian, a librarian and a fisherman.

- Senior male athlete is para cyclist **Tristen Chernove**, who took up the sport in 2015. In 2001, Tristen broke his back. In 2009, he was diagnosed with Charcot-Marie-Tooth disease which affects his lower legs. In 2018, Tristen was named Canadian Cyclist of the Year para athlete for the third year in a row. In 2018, he was a triple medalist at the World Track Championships. Tristen has also won The People's Choice Awards, Canadian Cyclist of the Year for the past three years, and has been nominated as Sport BC, Athlete of the Year for the past three consecutive years. He is preparing for the 2020 Paralympic Games in Tokyo.

- Senior female athlete is wrestler **Abby Lloyd**. Abby is a member of the Canadian National Wrestling team. She recently graduated from Simon Fraser University with a Bachelor's degree in Criminology. Abby began judo at the age of six and soon began competing. She racked up eight BC Championships, five Canadian Na-

tional Championships and competed with Team Canada. She switched to wrestling in Grade 12 and went undefeated in her first two showings. From there she went to the Canadian Nationals, where she was undefeated and won a national title which led her to get picked up by Simon Fraser University. During her time with SFU she earned four all-American titles and in her final season the Women's Collegiate Wrestling Association championships. Wrestling Canada carded Abby and took her to Romania and Spain where she won gold and silver. With her sights set on the 2020 Olympics in Tokyo, she has taken wrestling by storm.

- Junior male athlete is 15-year-old soccer player **Caleb Vallance** who was selected to join the Vancouver Whitecaps FC Academy for the 2019/2020 season. Caleb played rep soccer in Powell River and then for the Victoria-based Wave team – the top league in BC for his age. At 14, Caleb began training with Villa. He helped the U14 Wave team win a provincial title. The following year, Caleb scored the game winning goal as his U15 Wave team won provincials and qualified for the Nationals. He was invited into the provincial program where BC's top soccer players go for training. That's where Whitecaps staff first noticed Caleb. Only 70 players from all across Canada are selected to join this elite Whitecaps program. Caleb's year with the U17 Whitecaps Academy team begins this fall.

- Junior female athlete is 16-year-old tennis player **Sonia Skobkareva**, who represented BC at the nationals in Montreal earlier this year. Sonia started playing tennis at the age of eight, and competitively at the age of 10 often making it to the top 10 provincially in her age group. She plays 13 to 20 tournaments every year. During the 2018-2019 season she represented BC at Rogers Junior Nationals in Gatineau (2018 outdoors) and Montreal (2019 indoors). She trains ten plus hours a week at the Powell River Tennis Centre which her father manages.



## Gallagher honoured with doctorate

On June 11, Joe Gallagher of Tla'amin Nation was one of six individuals handed an honorary degree at the University of Victoria's (UVic) spring convocation ceremonies. Joe, who was given an honorary doctorate of law degree, is a trail-blazer in expanding First Nations governance in BC and Canada.

As the first CEO of the First Nations Health Author-

ity, Joe has worked to advance healthy, self-determining, and vibrant BC First Nations children, families and communities. He has served as a treaty negotiator for his own people and was director of programs at Health Canada's First Nations and Inuit Health Branch, BC Region.

Joe earned a bachelor of arts in 1987 at UVic, where he played for the Vikes soccer team, and, in 1983, he played for Team BC at the North American Indigenous Games.

Universities confer honorary degrees in recognition of learning, achievement, humanity and good citizenship. A person so honoured is then granted the opportunity to say a few words to graduating students.

## Flood mapping

This qathet Regional District project will produce maps showing the anticipated impacts resulting from sea level rise, storm surges, and coastal erosion within the region, including the City of Powell River, Tla'amin Nation lands, and rural communities. The flood maps will identify the anticipated boundaries of anticipated flood events and the probabilities of occurrence.

The improved mapping will be of significant value for public safety, infrastructure planning, as well as the protection of environmental and economic values throughout the region.

The project is being supported with funding from the province of British Columbia.

## Overdose prevention service open

An overdose prevention site has been set up in a small trailer at Joyce Avenue and Duncan Street.

The overdose prevention site (OPS) is a partnership with Vancouver Coastal Health and the Powell River Community Action Team. Powell River has the second highest fatal overdose rate in the VCH region.

"Communities in every corner of the province are impacted by the overdose crisis, including Powell River," said Judy Darcy, Minister of Mental Health and Addictions. "We know these services work. They save lives. This OPS will help ensure that people who use substances in Powell River will have access to life saving services and connections to treatment and recovery and social services where and when they need them."

In 2018, BC Emergency Health Services reported 76 calls for overdose in Powell River. There have been 26 calls for overdose so far this year, as of May 26. Those numbers do not capture all opioid overdoses in the community and may also include cases of alcohol intoxication and poisoning ingestions.

Darlana Treloar's 27-year-old son Sean, died from an overdose three years ago just a few blocks away from where the overdose prevention site is located.

Darlana recalls the night Sean died: "I know from my son's cell phone records that he was looking for a safe place to use that night. And nobody was home, or they were busy. So he went and used in a bathroom alone, so that's where his life ended. This service will save lives."

Drug users will choose to use here instead of in the community, says Shannan Ollson, Powell River Community Action Team and SUSTAIN peer network member. "There are overdoses in the laundromat, at Larry Gouthro Park, in the bathroom at convenience stores. This new site will give people a safe place to be monitored so they can get the help they need."

VCH will provide clinical support and harm reduction supplies, while PREP Community Programs (PREP), will manage the site.



## Great Pumpkins

It's July and by now, Powell River should be well populated with pumpkins!

*Powell River Living* gave out hundreds of pumpkin seeds this year with the help of our friends at Springtime Nursery, Mother Nature, the Farmer's Market and the Townsite Heritage Society. By now, those little sprouts should be well established plants.

Pumpkins are heavy feeders and require regular treatments of manure or compost mixed with water in order to grow well. Fertilize on a regular basis using a high nitrogen formula in early plant growth, when plants are about one foot tall, just before the vines begin to take off and then switch over to a fertilizer high in phosphorous before they start to bloom. And remember, pumpkins require a lot of water but you want to keep water off the leaves. Use a garden hose with a misting nozzle to lightly water the mounds in the early morning so excess moisture will not be left on the leaves.

Happy growing!

## Be a Camber Champion

Camber College's international language students would like to connect with the community - but this can be challenging because they are not here for a long time. If you know of any short term volunteer positions suitable for international students, please contact the college at [hello@cambercollege.com](mailto:hello@cambercollege.com) or call 604-485-5115

Camber hosts students on a rotating basis with the average student staying three to six months. For example, program director Trevor Edwards says, "We have a Japanese woman in her seventies who comes every summer for two weeks. She likes Powell River and she likes learning English."

This is what some other Camber students have said about their experiences in Powell River:

**Pine:** I love the restaurants! I really like Magpie's and Iguana's. I like to read *Powell River Living* to find out about concerts. That's how I found out about Jazz Fest!

**Valentina:** I enjoy going to the beach a lot, and spending time with my friends. I also like going hiking and camping. I think the *Powell River Living* board at our school is very helpful to know about all the activities going on in Powell River. It's great for all the students to know what is happening in town!

**Edgar:** My first week here, I read about all the activities and facilities in PR, and decided to visit the complex. I have been here for two months now and I still go to the complex all the time! I also volunteered at the Trash Bash.

**Christian:** I am very new to Powell River, and I am looking forward to swimming in some of the lakes around here. I loved the opening concert for PRISMA!

## Watch for block watch

A new block watch program organized by the Powell River RCMP is looking for volunteers to assist in monitoring suspicious activity in local neighbourhoods.

RCMP constable Paula Perry, who is organizing the program, said block watch groups are based on a commitment between the local detachment and community members to "build safer neighbourhoods."

Participating community members are invited to register their interest with Perry.

Preventative measures include making sure windows, doors and vehicles are locked by 9pm, as well as ensuring all valuables are hidden from sight.

## Volunteer Opportunities

- qathet Mycology Network is looking for all sorts of help related to Powell River's first **Mushroom Festival**, which is planned for November 3. Help will be needed set-up and take-down, tallying visitors, answering mushroom questions, and helping with kids' activities. For more information, visit [tinyurl.com/qathetmycology](http://tinyurl.com/qathetmycology) or email [qathetmycologynetwork@gmail.com](mailto:qathetmycologynetwork@gmail.com)

- The **Salvation Army** is looking for drivers to provide a pick-up and delivery service for The Salvation Army's Thrift Store and to assist in providing a clean and well organized receiving area. Pickup Days are Tuesday and Wednesday and they are looking for someone who can commit to one day a week.

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

## Youth 20/20 Can launches

Canada's Service Corps is creating a national movement to build a culture of volunteer service that empowers young Canadians to make an impact. Youth gain experience and build their skills, while giving back to their community with other young Canadians.

In Powell River, Youth 20/20 Can is looking for volunteers between the ages of 15-29. Volunteer Powell River wants to form a committee to put on local events and engage in skill development. Join them on Tuesdays and Thursdays 6 to 8pm at 4750 Joyce Avenue - above RONA. Benefits include: enhancing personal and professional skills, leadership and event planning, promotion of causes you care about, volunteer hours to support graduation requirements, references, letters of recommendation, plus fun and snacks.

Dale Lawson at Volunteer Powell River says this opportunity for youth and community development will strengthen the fabric of volunteerism.

"Through the Youth 20/20 Can project, our Youth Engagement Workers, Jayde Bazinet and Erika Davies will assist 75+ local youth ages 15-29 to connect with other like-minded youth. Recruited participants will plan events and activities of interest while they develop highly transferable skills such as: project management, planning, collaboration, and leadership." 

It's worth the trip to

**WSS**  
Vanderkemp  
sales and service ltd.

*Powell River's #1 Gas Station!*



Propane • Free air

Full mechanical repairs  
for your Car - Truck - RV

## Need gas or diesel?

Five minutes south from downtown, our friendly, full-service staff will:

Fill your tank & check & re-fill your  
engine oil • window-wash fluid  
brake fluid • transmission fluid

**VG**

**VALERIE GRIFFITHS**

Think  
Real Estate.

**ROYAL LEPAGE**

Powell River  
INDEPENDENTLY OWNED AND OPERATED

**GriffithsProperties.com**  
[val@griffithsproperties.com](mailto:val@griffithsproperties.com)  
**604 483-6930**

**Thanks,  
Powell River!**

**#1 Best coffee scene - again!**

20 x 19  
**BEST**  
of Powell River  
WIIIIIIII  
AS CHOSEN BY THE READERS OF POWELL RIVER LIVING AND POWELL RIVER POST

**RIVER CITY**  
EST. 1994  
**COFFEE**  
POWELL RIVER, BC  
**ROASTERS**

#2 Best coffee for drinking

#3 Best kid-friendly

#3 Best Salad



**River City Coffee Roasters, Bakery and Urban Eatery**

Crossroads Village  
108-4871 Joyce Ave  
(604) 485-0011

Feel your  
**BEST**  
this summer  
**- visit Image 1**

Colour • Cuts • Texture • Eyelashes  
Nails • Waxing • Facials • Massage

**image**  
salon and spa

20 x 19  
**BEST**  
of Powell River  
WIIIIIIII  
AS CHOSEN BY THE READERS OF POWELL RIVER LIVING AND POWELL RIVER POST

Thank-you  
for your support

Crossroads Village \* 604.485.9410  
 Image 1 Powell River @image1salon

**BUSINESS AFFAIRS**

WITH SEAN PERCY  
sean@prliving.ca

### Jeans store comfy in PR

Warehouse One, the Winnipeg-based jeans and casual wear store, is opening a store in the Town Centre Mall in August, and is hiring staff now. “Powell River has been on our radar for some time and the right opportunity finally arose for us,” company president Neil Armstrong wrote to *Powell River Living*. “We look forward to developing great relationships in this community.” Warehouse One offers mens and ladies jeans and casual fashions in sizes that range from XS to 3XL.

### Builder moves to PR

Micah Jansson, a home builder with a thriving business in the Lower Mainland, has moved with his wife to Powell River, and is looking to build a clientele here so he doesn't have to travel to the city so much. Jansson Home offers new construction and renovations. Micah specializes in waterproof tile-setting and sauna construction. Visit [janssonhome.ca](http://janssonhome.ca) or call 604-230-7539.

### Immigrant centre welcomes move

Powell River Immigrant Services' Welcome Centre (formerly The Learning Centre) has moved to a new location above the library at #218, 6975 Alberni Street. They offer settlement and language support in a newly renovated and accessible space. An open house is planned for the fall but folks are welcome to drop by between 9:30 am and 2:30 pm, Monday to Thursday or email or call for an appointment ([immigrantservices@prepsociety.org](mailto:immigrantservices@prepsociety.org) or call 604-414-3630.) The Welcome Centre can accommodate working clients with evening or early morning appointments. See the Welcome Centre ad on Page 27 for a list of current services and programs. Immigrant Services is delivered by PREP Community Programs, whose head office can also be found at the new location.

### Lund Resort offers cruises

The expansion and revitalization of the former Historic Lund Hotel, now the Lund Resort at Klah Ah Men, continues with the launch of sightseeing cruises. Two-hour sunset cruises are \$75. Or go out earlier and for \$85, you can set crab and prawn traps and then cook your catch on board. Earlier this spring, the Tla'amin-owned resort's restaurant and pub re-opened under the name Back Eatery, and the Sweet Shack candy and coffee shop was launched. General Manager Scott Wilshaw is working to blend Coast Salish and a modern relaxed atmosphere, both in the resort's vibe and on the menu.

### Bike Garage at TAWS

Taws is expanding its bicycle offerings with the soon-to-open Taws Bike Garage. Located next door to Inspire Incentives in what used to be the banquet room for the Tree Frog, The Bike Garage expansion will give room for Taws to expand its retail and business-to-business clothing offerings. Cycling enthusiast and pro bike mechanic Justin Bailey is the manager of the new shop, which has a retro look that harkens back to the days when the space was the Chrysler garage.

### Guided tours on Savary

Savary Island Tours, can take you where you need to go on Savary Island. Ron Findlater, a longtime Savary resident will drive you about the seven-mile-long island

in a 2019 Yamaha six passenger ATV. He offers a three hour tour of the island for \$79 per person including return transportation from Lund via water taxi. For info, call or text 604-414-6587.

### Condo presales

Pacific Point Condos, a luxury condo development at Tofino Street and Joyce Avenue, are now being pre-sold. The development will feature 23 oceanview suites and three ground-level commercial units. The condo development will have suites ranging in size from 850 to 2,000 square feet, says Tod English, one of the principals of Pacific Point Condos. For more information, visit [pacificpointcondos.com](http://pacificpointcondos.com) or call 604-485-7473.

### Safeway to become FreshCo

Powell River Safeway will close on November 23 for six months of renovations and rebranding. It is one of six Safeway stores that will be shut and then reopen in the spring of 2020 as FreshCo, a small box discount store. Safeway is owned by Sobeys, a subsidiary of Nova Scotia-based Empire Company which has been operating FreshCo brand stores in Western Canada since April. A press release issued by Empire said it is expanding its discount format and converting about 25 per cent of its “underperforming Safeway and Sobeys locations over a five-year-period.” The Safeway Pharmacy will continue to operate while the renovations are underway. Powell River Safeway's unionized employees were given the options of transferring out of town to another Safeway, accepting a severance payout, or accepting a job offer at FreshCo. The terms of the new FreshCo collective agreement will have to be negotiated with the union.

### Late Townsite shopping

Townsite Market launched a Thursday Night Market last month. Thursday nights from 4 until 8 pm will feature food, entertainment and shopping with local artisans and farmers. It will run until the middle of July and may continue. This is Powell River's only night market.

### Chamber changes mind

The Powell River Chamber of Commerce has rescinded its request to increase the City's business fees by \$40. Had this request been adopted, every business that purchased a business license would automatically get a membership to the Chamber of Commerce. In a letter to council, president Telis Savvadis said the chamber's board of directors passed a unanimous motion to rescind their previous request.

### Minimum wage up

BC minimum wage increased by \$1.20 an hour effective June 1 going from \$12.65 an hour to \$13.85. It will further rise to \$14.60 on June 1, 2020. The minimum wage in BC will rise to at least \$15.20 on June 1, 2021. The minimum wage rates for liquor servers, resident caretakers and live-in camp leaders also increased.

### Music on Marine

Rockit Music & Coffee is now open at 4698 Marine Avenue next to the pawn shop. Owner Rob Reed says he's scaling back, no longer offering rehearsal space, used instruments or performance venues. John Burton is still offering guitar lessons through the shop, and the focus returns to instruments and accessories – and coffee. Rob says the move is a “revisiting of the old store, but in a more refined, nicer spot that is freshly renovated.” He hopes the move to a more central part of Marine Avenue will help with the coffee business. Their special concoction is Rockit Fuel, a blend of espresso and brewed coffee. Visit the store, or call Rob at 604-485-7625. [PR](http://prliving.ca)

**JULY 5 TO 7  
WEEKEND**



Schmeister & Williams  
Pulling Together arrives  
Canada Historic Places Day  
Ride the Rock

**JULY 12 TO 14  
WEEKEND**



Logger Sports  
Great Townsite Garage Sale  
Tribal Journey arrives  
Tower of Dudes  
Mama's Broke & Ornerly

**JULY 19 TO 21  
WEEKEND**



Savary Triathlon  
Mapstone  
Edible Garden Tour

**JULY 26 TO 28  
WEEKEND**



Texada Blues & Roots Festival  
Poker Ride  
Savarystock  
Road Kill

Much more is happening in July. Check out PRL's full coverage of festivals and events on Pages 40 to 47.

Make the most  
of summer 2019

July

5 Groups of visitors on  
our doorstep this month

**1. Pulling Together paddlers**

From July 4 to 13, Tla'amin is hosting this group of government agencies and First Nations who will paddle around the region. See Page 43.

**2. Tribal Journeys paddlers**

On July 14, a Klahoose canoe and a Victoria canoe will arrive, and leave with two Tla'amin canoes for Lummi in Washington State. See Page 43.

**3. BC Bike Race cyclists**

On July 9, watch for the red tents at Willingdon Beach.

**4. Championship Loggers**

From as far away as Europe and Australia, logger sports champions and expert chainsaw carvers are in town July 13 & 14. See them at Willingdon Beach, and learn more about what's happening in the Logger Sports Guide.

**5. Sandcastle builders**

So you think you can build? Professional sand artists will be on hand to create masterpieces at Gillies Bay August 3 & 4.

This page sponsored by:



**Where service and safety  
move volumes.**

*Next day, damage-free delivery.*

**CALL TODAY  
to schedule  
your next  
delivery**



[WWW.CITYTRANSFER.COM](http://WWW.CITYTRANSFER.COM)

POWELL RIVER | SUNSHINE COAST | VANCOUVER

**310-CITY (2489)**

# 5 museums to show off to your houseguests this season

## TEXADA ISLAND HERITAGE MUSEUM

Thursdays, Fridays, Saturdays, Sundays and holiday Mondays from 11 am to 4 pm through the summer until Labour Day. Entry by donation.

## AEROSPACE MUSEUM

Open Saturdays and Sundays 10:30 to 4 pm and on demand during the week. Call 604-223-2588. Flights in the Flight Simulator are by donation. Entry to the museum is free.

## POWELL RIVER HISTORICAL MUSEUM

Monday to Sunday, 10 am to 4 pm. By donation.

## POWELL RIVER FORESTRY MUSEUM

Open daily noon to 4 pm. By donation.

## HENDERSON HOUSE LIVING MUSEUM

Open Tuesday to Friday 12 to 4 pm. Stop in for a new self-guided walking tour brochure of Townsite.



**TOWNSITE HERITAGE MAKEOVER:** A new Townsite Heritage Society walking tour brochure (featuring illustrations such as this one of Henderson House, above, by the local Memory Attic Media) plus much more is coming out July 6.

## Jazzing up Townsite Heritage swag

On July 6, Tourism Powell River in coordination with The Townsite Heritage Society will be hosting Canada Historic Places Day at Henderson House Living Museum. The event will be from 10 am to 4 pm, with a brief presentation at 1 pm. We will be providing free refreshments, cupcakes and you might win a door prize!

Canada Historic Places Day is a one-day summer celebration that profiles Canada's historic places from

coast to coast. It is about increasing visitation to historic places in the hopes of enriching the lives of visitors young and old, as well as the opportunity for locals to take pride in their history.

At this event, we will also be launching our Townsite Heritage Society t-shirt fundraiser, our brand new and re-designed website as well as our re-vamped Townsite Heritage Self-Guided Walking Tour Brochure.



#2 Best Coffee Scene  
#2 Best Coffee for Drinking

Thanks for the votes,  
Powell River

Sunday to Thursday 7am – 7pm  
Friday & Saturday 7am – 9pm  
basecamp-coffee.com  
4548 Marine Drive  
(604) 485.5826



**WILLINGDON BEACH CAMPSITE**

20 X 19  
**BEST**  
of Powell River  
WIDOR  
AS CHOSEN BY THE READERS OF POWELL RIVER LIVING AND POWTOWN POST

#1 BEST PLACE TO PARK YOUR RV!

4845 Marine Ave  
Reservations 604 485-2242  
reservations@willingdonbeach.ca  
www.willingdonbeach.ca

*Powell River*  
coastal by nature

## SMART Recovery® Meetings



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

### SMART

(Self-Management and Recovery Training)

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



## Thursdays through July

### Night Market at Townsite Market

4 til 8 pm. Special vendors, music and much more.

### Townsite Picnics

5 pm on. At Henderson Park. Bring your own food, something to share, and your kids. Find the schedule on Facebook. No picnic August 1.

## Friday, July 5

### Ryan C. Schmeister & Phil Williams

7 pm Cran Hall

## July 5 to 13

### Pulling Together Canoe Journey

At Tla'amin Lands  
See Page 43 for more.

## Saturday, July 6

### Canada Historic Places Day in Townsite

10 to 4 pm, Henderson House Living Museum. Presentation at 1 pm. See left.

## July 6 to 8

### Ride the Rock

Raise awareness for mental health! Equanimity Equine Foundation is raising funds for our 'Healing Through Horsemanship' program to assist in PTSD, depression and other mental health conditions.

## Sunday, July 7

### Pulling Together Canoe Journey Welcoming Ceremony

Willingdon Beach. Watch for more info coming soon! See Page 43.

## Sunday, July 7

### Cops 4 Cancer burger & beer

2 til 7 pm, Townsite Brewing. Tickets are \$20 and are available at the detachment, Townsite Brewing or from this year's Cops for Cancer Rider, S/Sgt. Rod Wiebe.

## Tuesday, July 9

### BC Bike Race

Tour visits Powell River this day.  
bcbikerace.com

## Thursday, July 11

### Chainsaw Carvers at the Shinglemill

7 pm, at the Shinglemill. They'll be displaying their carvings outside.

## Friday, July 12

### Mama's Broke and Ornerly

8 pm, McKinney's

## Saturday, July 13

### The Great Townsite Garage Sale

9 am - 1 pm. Townsite Ratepayers Association is hosting this event, and will publish a map soon.

### Tower of Dudes

8 pm, McKinney's.

## Weekend, July 13 & 14

### Logger Sports

See guide in this issue and visit [powellriverloggersports.com](http://powellriverloggersports.com)

## Sunday, July 14

### Tribal Journeys canoes arrive

See story, Page 43.

## Wednesday, July 17

### Andrew Collins Trio

Cran Hall

## Saturday, July 20

### Savary Triathlon

See [savarytriathlon.com](http://savarytriathlon.com).

### Mapstone

8 pm, McKinney's

## Sunday, July 21

### Edible Garden Tour

See Powell River Edible Garden Tour on Facebook, for the map.

## July 26 & 27

### Poker Ride

Paradise Exhibition Park. \$50 a hand. Friday night glow ride, Saturday registration at 9 am, Saturday dinner and Sunday pancake breakfast. Registration forms at Jumpin' Jodhpurs & Top Shelf.

## Weekend, July 27 & 28

### Texada Blues and Roots Festival

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

## Saturday, July 27

### Savarystock

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

### Road Kill

9 pm, Texada Island Inn. A mix of players from Paradise, Overdrive and Rockfish.

## Wednesday, July 31

### Willingdon Free Concert

6:30 pm, Ron Campbell and the Blues Busters

## Thursday, August 1

### FCU Movie Under the Stars

Concession at 7 pm, movie at dusk. Larry Gouthro Park. *The Greatest Showman*.

## Weekend, August 3 & 4

### Texada Sandcastle Contest & Skim Jam

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

## Monday, August 5

### BC Day



# Powell River's #1 Best Burger

Family-friendly dining in the bowling / billiard area and on the patio.

## The Striker's Classic

Comes with your choice of fries, yam fries, green salad, Caesar salad, Greek salad, tater tots, onion rings, or soup.



4478 Marine Ave  
(604) 485-2033



## Need bulk drinking water?

Call T&R for bulk water deliveries

💧 Potable Water Truck 💧

Slinger Truck • Dump Trucks • HIAB Truck • Excavators



## Sand, Gravel & Garden

You pick up or we deliver

Wide variety of construction aggregates & gardening mediums

Mon-Fri 7-5 closed weekends & holidays

4240 Padgett Road

604-485-2234

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

## Not all sunglasses are created equal.

Are yours protecting you from the sun's harmful rays?

The importance of wearing protective sunglasses is not something we take lightly at IRIS. Your eye health is our top priority and when you visit us for an eye exam, we encourage you to bring your sunglasses. The optician will do a complete analysis and be able to determine if your shades are up to the task.

Read more at: [iris.ca/en/blog-post-detail/protecting-your-eyes-from-sun-damage](http://iris.ca/en/blog-post-detail/protecting-your-eyes-from-sun-damage)



# IRIS

DR JOHN WYSE  
DR JENIFER VAN  
DR EKATERINA MEDINA

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



# Flight simulator • Rocket Launcher • HAM radio Texada Aerospace Camp launches next month

If you're still trying to figure out what to do with your young flight aficionado this summer, check out Texada AeroSpace Camp. This year, the camp launches a new high-tech rocket testing stand to replace the older model. "With the recent dry conditions that seem to be more pronounced the past few years, launching rockets became a problem as wildfire hazards have escalated," says Doby Dobrostanski, camp founder and instructor.

The new rocket's exhaust is directed upwards through a metal duct away from the assembly and the surroundings preventing other possible fire hazards, he explained.

Entering its 11th year, the Texada AeroSpace Camp caters to kids in Grades 6, 7 and 8. The camp's home is inside a hangar located at the Gillies Bay Airport and kids are exposed to a huge variety of aeronautical activities including the Air Buzz II flight simulator. "By the time

## AEROSPACE CAMP

**What:** A daycamp on Texada for children ages 10 and up to learn about flight.

**When:** August 7 to 10, 9:30 to 2 pm daily

**Where:** At the Gilles Bay Airport

**Why:** This is a unique Texada offering. What other tiny community could pull off such a technical, hands-on camp? Texada Fly-in caps off the week.

we're finished the camp most can take off and land an airplane in the flight simulator," said Doby.

Campers also learn how to use a drill press and how to rivet by a licensed air maintenance engineer. They learn about meteorology, astronomy, how to use a HAM radio and the phonetic alphabet. And at the end of the week The Fraser Blues formation flying team present each camper with wings and a certificate.

For more information, visit [texada.org](http://texada.org) or call 604-223-2588.



**5-4-3-2-1 BLAST OFF:** Show the above photo to your teen or preteen - do their eyes light up at the prospect of controlling this flight simulator? If so, they're a candidate for AeroSpace Camp. The four-day event matches Texada's impressive aerospace experts with curious youth, offering them hands-on science and physics for a very affordable price.

# July Clearance!

# Armitage

*mens wear*

VOTED #1  
Best Men's Wear



604 485-9493  
in the Town Centre Mall



## Time to get serious about your fitness

*Nancy can help!*

Training specific for *your* body.  
Private gym all to yourself with your trainer  
20+ years experience training all types of people  
Start now. Limited space. All sessions are one-on-one.  
Call today! 604-223-4158 [totalbodytraining.ca](http://totalbodytraining.ca)

## STUBBERFIELD FUNERAL HOME LTD

Providing dignified service to the region since 1969  
Visit our website to view obituaries and send condolences online

7221 Duncan Street    [www.stubberfieldfh.com](http://www.stubberfieldfh.com)    604 485-4112



**PADDLING WITH A PURPOSE:** Few things bring people together like paddling alongside one another over long distances. This photo is from the 2013 All Nations Canoe Gathering for reconciliation in Vancouver. *Photo by Pieta Woolley*

# Canoes are coming

**D**rew Blaney sums up this July well: “We’re going to be hosting a lot of canoes.”

Too true. The Tla’amin cultural activities and information coordinator is preparing to host paddlers from **Pulling Together**, an annual event that invites First Nations people - both urban and rural - to paddle alongside municipal police officers and RCMP, Department of Fisheries and Oceans staff, Department of National Defense staff and others. This is Tla’amin’s year to host. Paddlers will be here July 4 to 13.

“This was started by Ed Hill of the RCMP Sunshine Coast – a good friend of ours,” said Drew. “Metaphorically, we’re getting in to the same canoe to make relationships work. This is literally in that physical canoe. That’s’ what it’s all about. Building bridges.”

Those bridges haven’t always connected.

“Pulling Together came here in 2005, and at that time, we didn’t have that great of a relationship with the district; 2005 was a bad experience. Paddlers were kicked out of Saltery Bay park, and people were very rude to them. But in 2012, paddlers really enjoyed their

time here. We fed them well, they enjoyed a beautiful beach-front campsite. And we gifted them the competition song.”

That song has become part of the annual journey. “Everyone knows it. It’s men versus women. It’s not really about competition, but about lifting each other up.”

The day after the Pulling Together canoes leave, canoes from Klahoose and Victoria arrive for **Tribal Journeys 2019**. They’ll join canoes from Tla’amin for the large annual multi-Nation First Nations paddle on the West Coast. This year, the destination is Lummi Nation, near Bellingham, Washington.

“Paddlers do this journey for their own reasons – healing, if they feel they’re missing part of themselves, to reconnect with their culture,” said Drew. “It’s a drug and alcohol-free environment. Participants are learning teachings, songs, dances and languages. They’re traveling the ancient highways of their ancestors.”

In 2021, Drew noted, Tla’amin Nation will host Tribal Journeys - a major undertaking. This year is a very small practice run for that massive event.

## TRIBAL JOURNEYS

**What:** An annual, international Northwest Coast paddle involving First Nations from BC and Washington State. Tla’amin is sending two canoes to Lummi, near Bellingham, and hosting one from Klahoose and one from Victoria here on Tla’amin Lands.

**When:** The two visiting canoes will be here July 14.

## PULLING TOGETHER

**What:** A BC-based annual paddle bringing together government, police and First Nations. This year, Tla’amin Nation is hosting the bulk of the event. Canoes will arrive in Saltery Bay, and paddlers will journey together, landing at Palm Beach, Lund, Savary Island, and elsewhere.

**When:** July 4 to 13, with the welcoming event at Willingdon July 7.

20 X 19

# BEST

*of Powell River*

WINNER

AS CHOSEN BY THE READERS OF POWELL RIVER LIVING AND POWTOWN POST



Only the Best Used Macs

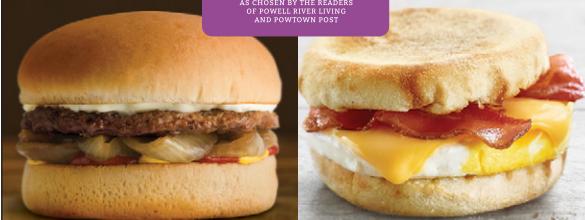
**The absolute best value in Macs**

- Quality used Apple Computers
- 6-month warranty
- Repair and upgrade services
- One-on-one Mac OSX / iOS tutoring



**4691 Marine Avenue 604 578-1320**

**The best deals, morning, noon and night.**

**Voted Powell River’s “best meal under \$10” for the second year in row.**

Whether you’re looking for a quick and hearty breakfast, an affordable lunch or dinner for the family, or a quick evening snack, you’ll find the right food at the right price at Powell River A&W.

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

### SUNSET YOGA

at the Wharf at Westview  
Wednesdays 7 to 8pm  
July 3 to August 28  
Hosted by the Recreation Complex  
Instructor: Keely Fandrick  
Drop in \$5

### FUNG LOY KOK TAOIST TAI CHI

Willingdon Beach Pavilion  
Saturdays, 10am  
No drop-in fee. Everyone welcome.

### BOOMTAKA DRUMMING CIRCLE

Tuesday at 7pm  
Westview Wharf  
Everyone welcome. Free / by donation  
Chris Weekes and Shelley Chaney.

### QIGONG

Tuesdays 10 to 11 am ; Thursdays 2 to 3pm,  
Saturdays 10 to 11 am, Lindsay Park (7179 Cranberry)  
Hosted by Sandra Tonn  
\$10 drop in

### YOGA ON THE FARM

Coast Berry Company Farm  
9:30am July 19th and August 16th  
By donation

### FRESH AIR YOGA

Mondays at 6:30pm  
Locations vary. See Coast Fitness' Web site  
\$15 or free with Coast membership



# Outdoor yoga & more

*A PRL summer guide*

### VINIYOGA ON TEXADA

With Dana Angel  
Shelter Point  
Drop in Sunday 10 to 11:15  
To July 11.  
Contact Dana for further dates:  
604-413-1518  
Suggested donation \$10 to \$22 a session



### GENTLE SOMATIC YOGA ON SAVARY

Thursdays 10am  
July 11- Aug 22  
\$10-15  
With Leslie Young  
Email for location  
leslieyoga@gmail.com

### PARTNER ACRO YOGA

July 3, 17 and 24  
6:45 Willingdon Beach  
\$30 per class or 3/\$75  
Coast Fitness

### AERIAL YOGA

Wednesdays 5:15 to 6:15pm  
July 3, 17 and 24  
\$59 for three sessions  
Coast Fitness

### PARENT AND CHILD ACRO YOGA

July 2 to 4, 9 to 10am  
or July 16 to 18, 9 to 10am.  
3 sessions for \$45 (for one parent and tot)  
Coast Fitness



## Thank you, Powell River!



"Michelle [Leger] is an amazing stylist, always gives me a absolutely flawless haircut and is super gracious about my picky demands. I travel all the way from Victoria!"

"The Cut is amazing. Friendly staff and great haircut every time."

"Michelle & Melanie are a fantastic team - I think it's the best Powell River salon."



### The Cut

Where hairstylists  
are a girl's best friend

604 485-6412  
4660 Marine Ave

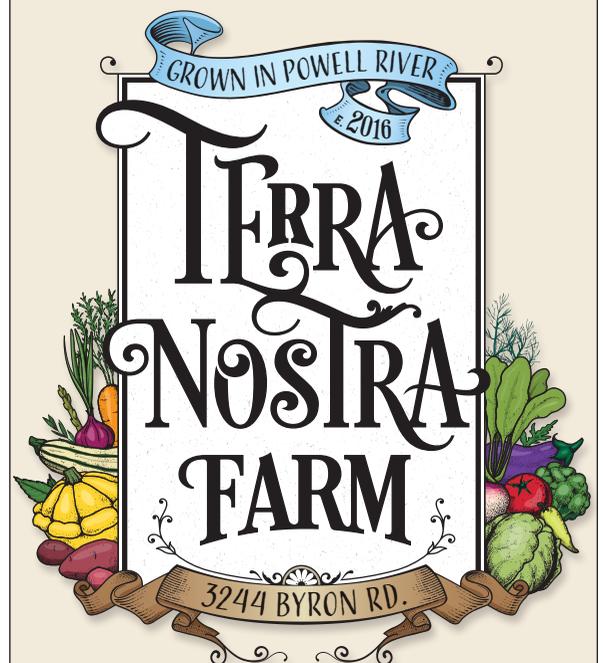
## Summer Sale



## Fits to a T

[fitstoat.ca](http://fitstoat.ca)  
4573B Marine Ave  
 604 485-6163

## NOW OPEN!



## FARM STORE OPEN DAILY 1-6

Local organic produce



# How to keep your kids learning this summer

**S**chool's out but that doesn't mean learning should come to a grinding halt. In fact, School District 47 (SD47) educator Don Fairbairn, Director of Instruction, says the summer months provide students with the perfect opportunity to learn new skills, acquire new knowledge or explore a topic that interests them.

With so many different roads to graduation, time spent in the summer building on skills or learning new ones can give students an idea of where their strengths and

interests lie and help them determine what they'd like to do in the future.

For example, students interested in studying guitar in high school might join friends in a band or take a summer guitar course while still in junior high. Someone interested in carpentry might get a summer job with a construction firm or help their dad build a new deck.

Meanwhile their younger sister who loves the outdoors might enrol in SD47's Leadership Ecology Adventure Program – better known as LEAP.

## LEAP

For students in Grades 9 to 12, LEAP provides kids from around the world with a hands-on, summer outdoor immersion. LEAP participants experience a sampling of outdoor activities while developing their leadership skills and gaining knowledge of both environmental issues and local ecology. It's a transformative experiential program where learners develop a deeper relational understanding of themselves within the greater cultural and biological ecology of the Pacific Northwest. Participants also earn four secondary school credits in leadership studies. The camp runs from July 1 to 9.

## Summer School

Although it can be challenging to tackle a subject when your friends are at the beach, some may need to attend the District's summer school at Brooks High School this month. There are Math and English classes for Grades 8 and 9 students and although summer school starts on July 3rd and winds up on July 19th for these Grades, students who work harder can finish earlier. Grades 8 and 9 student sessions run from 9 am to 12 pm Monday to Thursday. Summer school for Grades 10 to 12 students, also starts on July 3rd at Brooks and Ahms Tah Ow and can continue on for students needing the time until Wednesday July 31st. Students can attend one or two sessions daily and since most courses are on-line they are also encouraged to work at home. Here too, working harder and longer will result in early completion.

## Read & Rec

If you have elementary school aged children, check out the School District's Read and Rec Program! This four-week academic summer fun program helps kids in Grades K to 4 to maintain their skills in reading and writing over the summer. And it combines learning with fun.

Academic instruction is blended with crafts,



games and recreational activities. All Kindergarten students and academically at-risk students from Grades 1 to 4 are invited to attend the Read and Rec program at no charge. Other school district students from Grades 1, 2, 3, and 4 are welcome to attend for a nominal fee of \$150 for the four-week session. The programs have proven to be very popular with parents and students over the past six years.

"One hundred and sixty children attended the program last year," said Don. Held at Westview Elementary, this popular program runs from July 8th to August 2nd.

"There is never a summer that goes by without hearing from at least one parent at the end of the sessions, 'this is the first time since my child started school that he (or she) has shown an interest in reading. He (or she) feel like they can read anything!'"

## Send Them Outside

If you're still searching for ideas to keep your children learning, you could give geocaching a whirl! Geocaching provides kids with the opportunity to learn about Math, Science and Social Studies. Powell River has hundreds of geocache areas. Some are easy to get to, others more difficult. While it will require the investment in a GPS or a GPS smartphone app, many parents will love it when their kids talk about how the hunt led them all over the community. They'll also pick up map-reading skills in the process.

Sending kids outside can feel like a way out

for parents who are tired of hearing how bored their children are, but in reality, it's an opportunity for kids to learn and be active at the same time. When they're outdoors, kids must find their own playthings. They often meet up with neighborhood kids for impromptu games, making up rules and learning to play fair to keep everyone involved. Depending on the age of the child, parents do not always need to be part of these outdoor activities.

## The Library

This year's summer reading club at the Powell River Public Library offers seven weeks of FREE programs from a summer reading challenge to weekly workshops on a variety of different topics. The summer reading challenge, for ages 12 and under, runs from July 2 to August 17, and is a super way to keep your kids reading all summer long. With reading records, weekly rewards and a medal at the end of the seven-week challenge, this program encourages kids to read for a minimum of 20 minutes each day. Programs for six and up include a Mad Hatters' Parade, Phantom Story Forts, Mythical Beasts, Flora Forager and a Rocket Challenge. For eight plus, there's the Inventors Club and Junior Archaeologist. Join the Library Club for their Story Theatre on July 23 and help them figure out where all the missing books are going!



SCHOOL DISTRICT 47

Want to learn more? Contact us.

School District #47

4351 Ontario Ave 604 485-6271

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



# Keep 'em busy • Summer for free a

## Preschoolers

### Mondays

#### Little Hikes

10 til noon, Oceanview Education Centre. Neighbourhood walk, games, activities and snack. July 8 to July 29.

### Tuesdays

#### Little Mess Makers

10 til noon, Oceanview Education Centre. Messy art! July 2 til July 30

#### Sprouts

10 to 11 am at the CRC Garden All summer (except August 27th). Child and parent gardening with Family Place.

#### ORCA Bus

10 to 11 am at the CRC Community Garden (except July 23 and Aug. 20 & 27th).

### Wednesdays

#### Little Bugs

10 til noon, Oceanview Education Centre. Quiet story time, activity & snack. July 3 to 31.

#### Family Place drop-in

12:30-4:30 pm

### Thursdays

#### Little Tykes

10 til noon, Oceanview Education Gymnasium. Bring your bike, trike, or just yourself and get ready to play!

#### Family Place drop-in

10:30 to 4:30, with a nutritious lunch.

#### Preschool Storytime

10:30-11 am, Library.

### Fridays

#### FUN in the Sun at Willingdon

10:30-noon: July 19, 26, August 2, 9 and 26. Hosted by Family Place.

#### Family Place drop-in

10:30 to 12:30 when there's no Fun in the Sun.

### Saturdays

#### Storytime at the Open Air Market

11-11:30 am, hosted by the Library.

#### Orca Bus at the Farmer's Market

July 21 and August 18 only

## Kids & Tweens

### Weekdays through July

#### Reading & Rec

July 8 to August 2, Students entering Kindergarten to Grade 4. Westview Elementary School. Literacy and math, plus recreation. [www.sd47.bc.ca](http://www.sd47.bc.ca).

### To August 17

#### DIY Summer Reading Challenge

Library. Ages 12 and under. Track your daily reading progress in the "Imagine the Possibilities" reading records and enjoy weekly incentives along the way. Receive a medal when you complete seven weeks of reading!

### July 3

#### Summer Reading Club Kick-off: Mad Hatters' Parade

10 to noon, Library. Ages 6+. Design your own banners and noisemakers and make a flashy parade hat with visual artist Meghan Hildebrand.

### Thursdays July 4, 11, 18, 25, August 1 and 8

#### Phantom Story Forts

10 til noon, Library. Journey into the Kingdom of Wisdom, following the story of Milo as he passes through the tollbooth from boredom to Expectations to the Doldrums and beyond. Crazy Fort construction challenges, six ingenious crafts to keep your hands busy while you listen to The Phantom Tollbooth.

### July 6

#### Free Swim

10:30 to noon at the pool

### July 10

#### Inventor's Club: Pack for Adventure

10 til noon, Library. Ages 8+. With a limitless supply of cardboard components, design and pack your own specialized backpack that will help you thrive and survive wherever your assignment takes you.

### July 12

#### Freezie Friday

2 to 3 pm at the pool. Free frozen treat with admission.

### July 17

#### In the Dark: Mythical Beasts

10 til noon, ages 6+, Library. Create a magical full-body shadow play with children's author and illustrator Deb Zagwyn.

### July 24

#### Flora Forager

10 til noon, The Art Centre. Ages 6+. Make your own plant-based collages using petals, leaves, and other foliage with multimedia artist and master of assemblage Theo Angell.

### July 31

#### Water Wars

2 to 3 pm, at the pool. Bring your super soaker.

#### Dig This: Junior Archaeologist

10 til noon, Library. Ages 8+. Excavate, draw and reconstruct broken ceramics with expert conservator Naoko Fukumaru in this hands-on workshop that aspiring archaeologists will truly dig.

### August 3

#### Free swim

10:30 to noon at the pool

### August 7

#### Have a Blast Rocket Challenge & SRC Finale!

10 til noon, Library. Ages 6+. Build a slingshot straw rocket, then launch it at a moving moon target in the Library's entrance atrium. Rockets will compete. There will be astrosnacks and prizes!

### August 16

#### Freezie Friday

2 to 3 pm at the pool. Free frozen treat with admission.

*fresh local...* **PRODUCE**  
**EGGS**  
**MEAT**  
**BREAD & PIE**  
**ARTISANS**

**POWELL RIVER FARMERS' MARKET**

**SATURDAYS 10:30 - 12:30**    **SUNDAYS 12:30 - 2:30**  
**604.414.5076 | 4365 McLeod Rd.**

**SAVARY ISLAND FARMERS' MARKET** | every **TUESDAY 11am-1pm** in **JULY & AUGUST**

**produce** **ARTS** **ice cream** **BBQ**  
**EGGS** **crafts** **BEER** **baked goods**

**LA HACIENDA 2778 BRIAN'S WAY & VANCOUVER BOULEVARD, {across from the Church}**

# Keep you sane time fun and cheap!



## Teens

### Fridays

#### Young Writers' Group:

Writers 13-18 years old are invited to join this weekly group at the Powell River Public Library where poets, fiction writers, fantasy lovers, and aspiring memoirists gather to discuss writing and share their work. Led by teen services coordinator Megan Cole, the Young Writers' Group meets Fridays at the Library from 4-5 pm. Drop-in.

#### Book Club for Young adults:

Teens and young adults are invited to join this monthly book club at the Powell River Public Library. Books are chosen by teens and young adults! Books are selected annually by book club members and include fiction, fantasy, mystery, nonfiction and graphic novels. Last Friday of every month. Ages 15-21. Registration required.

### July 8 to 12

#### DIY Teen Summer Podcast Workshop:

1 to 4 pm, Library. Create and record your own podcast during this one week workshop at the Powell River Public Library. This engaging and creative week will combine technology and storytelling to help teens build their own podcast. Registration required.

### July 24 & 25

#### Positive Protest Poster Workshop with artist Luke Ramsey:

1 to 3 pm, Library. Youth are invited to make positive protest posters at the Powell River Public Library with local artist Luke Ramsey. Luke will share a collection of posters he's designed and a variety of other examples for inspiration. Youth will discuss topics they want to address, and create posters to communicate their message. Ages 12-18 are welcome. Registration required.

## For everyone

### July 23

#### Story Theatre The Library Club

2 pm at the Library. Meet The Library Club: three eager students who spend their weekends repairing books & tracking down overdue ones. When fantastic creatures begin to roam the school and books start to go missing, the Club steps up to solve the mystery. Just show up!

### August 1

#### FCU Movie Under the Stars

Concession at 7 pm, movie at dusk. Larry Gouthro Park. The Greatest Showman.

### August 3 & 4

#### Texada Skim Jam & Sandcastle Contest

\$5 gets you a skim board rental and lesson. Sandcastle contest events are free.

### August 17 & 18

#### Artrageous Goes to the Park

10-3 at Willingdon beach. Kids art activities all weekend including a live large canvas painting. All ages. Presented by The Art Centre and sponsored by PR United Way.

### The Big 15

- Bike Park
- Drop-in pool
- Trails
- Ocean beaches
- Lakes
- Parks
- Playgrounds
- Disc Golf
- Library
- Powell River Museum
- Texada Museum
- Aerospace Museum
- Forestry Museum
- Drop-in fitness Centre (13+)
- Camping
- Beach Volleyball
- Farmers' markets
- Outdoor yoga (see Page 44)

## Make a plan, set a goal

### Take a dip - daily

The Rec Complex pool is offering cheap summer passes again, unlimited use in July & August:

Child (under 12 yrs) - \$30

Youth (12-18 yrs) - \$40

University Student - \$50 (with school ID)

### Start your own business

Kids Market happens on Sundays at the Powell River Open Air Farmers Market from 12:30-2:30 pm.

Kids are allowed to sell handmade crafts or anything else they have made, or grown (no food or drink sales allowed). Anyone under 16 just needs to show up at least 30 minutes before we open, have a little cash box with some change in it and be ready to sell for the next 2 hours. Bring your own table & chair. Juhli is always happy to help. 604-414-5076.

### Volunteer

If your kid wants a volunteer gig, the United Way's Volunteer Powell River can help connect them to an appropriate job. Call, email or drop in. [unitedwayof-powellriver.ca/postings.html](http://unitedwayof-powellriver.ca/postings.html)

HERITAGE BREED CHICKENS  
CHICKS, PULLETS,  
HATCHING EGGS  
PASTURE RAISED  
POULTRY & PORK  
GOATS MILK SOAP  
SOY WAX CANDLES

threechickenfarm.net  
Behind Skeeter Jack's  
2198 McLean Rd. 604.578.0157

**BEST** of the  
RIVER  
2018

Wow! THANKS FOR VOTING US  
#1 BEST BED & BREAKFAST!

**THREE CHICKEN FARM**  
ESTD - 2018

"Simple Measures, Vibrant Health!"

Nutrition Consulting  
Prepared Meals  
Cooking Classes  
Organic Teas & Products

[gardengatehealth.com](http://gardengatehealth.com) • (604) 413-1157

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!

**The Beach Hut**  
at Willingdon Beach

604-485-0224 • • Free wifi

**BEST** of the  
RIVER  
2018

**4Pillar Early Learning Centre**

Book now for Summer fun!  
Ages 6-12

**4Pillar is open July and August**

Play, Learn and Grow Together

4Pillar Early Learning Centre  
Education • Referrals • Resources • Support

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

20 x 19  
**BEST**  
of Powell River  
WINDY  
AS CHOSEN BY THE READERS  
OF POWELL RIVER LIVING  
AND TOWNTOWN POST.

**#1 Best Vegetarian!**

Smoothies • Power Juice • Soup • Wraps  
Breakfast • Salads • Sandwiches

**Fruits & Roots**  
Juice Bar

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

**THE MODERN PEASANT**

Have you been to The Modern Peasant lately? Chef/owner **John D. Walls** invites you for lunch or dinner.

**New hours! Tues-Sat 11-2 & 5-9 Friday & Saturday tapas 9-late**

4463 Marine Ave 604-489-1221

**Lund Water Taxi**

604-483-9749

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

**FREE Estimates**

Certified Tradesmen • All Types of Roofing

**Nelson**  
ROOFING & SHEET METAL LTD.

www.nelsonroofing.com (604) 485-0100

**DON MCLEOD**  
Mycoast.ca

Are you missing out?  
Grants, Utility Rebates & Tax Credits  
For a comprehensive list of what's available go to: mycoast.ca/showmethethegreen

App of the month  
**Campendum**  
Find Great Campsites

THE DON MCLEOD MARKETING TEAM  
mycoast.ca • don@mycoast.ca • 604-483-8044

**Need a lift?**  
Call Pat at  
Road Warrior Welding to lift your heavy load with his **HIAB crane truck.**  
6,000 lb lift  
up to 20' container

**Road Warrior Welding Inc.**  
**Sea Warrior Prop Repairs**  
Office 604-223-1766  
Shop 604-223-1457

Red Seal Welder and Fabricator  
Pat & Linda Haist roadwarriorwelding.com

# Lean on trees

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](http://3FoldBalance.com) and [shamanicliving.ca](http://shamanicliving.ca)

Cultures the world over regard trees as guardians, sacred, medicinal, and of possessing profound spirit. They are prominent in legends for seemingly magical or practical properties and are known to be ancient places of worship. Sources of sustenance, shelter, fuel, and even portals connecting the cosmos with the deep belly of Mother Earth and through to unseen mythic realms. It's not hard to see how steeped in lore these Standing Ones are considering the close relationships humans have had with them over the ages.

Trees are masters of slow, quiet living with a deeply rooted presence that can easily be drawn on for support during times of intensity or overwhelm. Science has measured the healing effects on the human body when immersed in nature or in close contact with another being. Sensitive equipment can detect the electrical fields around our bodies, plus our heart rate, and researchers note a response when we are in the presence of another. Trees provide a resonance that supports self regulation, balance to our nervous systems, and have a calm healthful affect physically, mentally, and spiritually. Tree hugging for health is a real practice. You might sit with your back against the trunk, sleep under its protective bower, ingest teas or tinctures made from the bark or foliage, or simply engage in a meditation that visualizes and feels the anchoring of a deeply rooted system below you.

At the other end of the spectrum, we might choose instead the medicinal power of those who reach and strive upward to the celestial bodies above. Those who are intricately attuned to the cycles of the seasons, the passing of day into night, whose branches play with the wind and air. In many traditions, the hanging of prayer ribbons, or *clooties*, is a practice of asking such a tall creature to lift our prayers, blessings, and intentions to the heavens, Creator, universe – however you might consider a higher power. Some will hold their ribbon



**HUG A TREE:** Like, for real. Juliette also recommends sitting or sleeping under a tree, or hanging a prayer ribbon.

against their heart or forehead while feeling their prayer, others will blow the essence into it or whisper blessing words before loosely tying it to a branch for the wind to carry off to the Spirit. This is a long standing and common practice. Sometimes little bundles of herbs or other medicines are hung. In these modern times we need to be mindful to use only natural fibres and tie in such a manner the tree has ability to continue growing.

An incredible relationship can be cultivated by often working with a tree close to you. Allowing our minds to open for receiving insights and engaging in dialogue, as one would a dear friend, is a true balm to an overstressed busy mind or a soul who craves solid non-judgmental support.

If you haven't already read, *The Hidden Life of Trees* by Peter Wohlleben, please make the effort. The world of the Tree Kingdom is much more fascinating than one might expect. It's available at the local library as well as through Audible. [PR](http://PR)

Simply **BRONZE**  
Tanning & Swimwear

6975 Alberni Street (604) 485-4225 • Summer Hours: Mon-Thurs 10-7 Fri & Sat 10-4

Australian Gold  
DESIGNER SKIN  
swedish beauty

Simply Bronze is your **swimwear destination**  
Something for every body

# Best of Powell River



## Across

- 1) Mugsy's traditional bread
- 4) Spotty seafood
- 5) Spa goes beyond
- 6) This realtor is cool
- 10) Fruity best fest
- 11) Bennett's best gallery
- 13) \_\_\_ at Westview is out
- 14) Expert at sporting goods
- 16) Quiet! Now!
- 17) Goes with fruits
- 18) Slam poet has moral high ground
- 22) Find this on shore is a gas
- 24) Best event
- 27) Public art is hopping
- 29) End of the road snack spot eponym
- 31) Not thin on shirts
- 32) She knows best
- 33) Smile with your eyes
- 35) Artificial reef
- 36) Best biffy
- 37) Animal popular or put up with?
- 39) Harpist has some skin in the game

## Down

- 2) What butcher's doing on the block
- 3) Bike garage
- 5) Fruity best fest
- 6) Holding us back and getting us there
- 7) Best neighbourhood, old is in
- 8) End of the road community
- 9) Yuk, not shuck, this oyster
- 12) Unspoiled Coast category
- 15) Top facebooker and ultramarathoner
- 16) Caviar fish to go with chips
- 20) Scandal victim or protagonist?
- 21) Best-dressed man
- 23) Best liquor store pays its taxes
- 25) 3rd best slogan
- 26) Skilled at women's clothing
- 28) Love this PR guy
- 30) Men's clothier
- 34) Best souvenir, bee food
- 37) Artist Allen's best work
- 38) Early photog



**"A" BETTER BOBCAT SERVICE LTD**

Serving the Sunshine Coast for 27 Years

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

**Perimeter Tiles / Drainage  
Landscape Preparation**

**Certified Onsite  
Wastewater Systems**

**Excavating &  
Site Services**

**Rock Walls**

Find us on [Facebook](#)



Reiki  
Zen Shiatsu  
Reflexology  
Swedish Massage  
Deep Tissue Massage

**Eve Stegenga**  
604 414-5991

Gift Certificates Available  
4680 Willingdon Avenue



**TRANSMISSION SPECIALIST**  
and so much more!

**BLACK POINT**  
TRANSMISSIONS LTD.

20 years experience  
604 487-9602

Latest diagnostic  
equipment saves you  
time and money

Full mechanical repairs  
Nation-wide guarantee

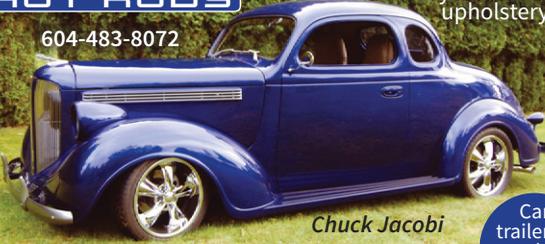
A regular transmission service  
keeps your transmission healthy.  
When was your last service?



*Dreamstreet*  
**HOT RODS**

Hot rods • Restorations  
Resto mods • Motorcycles  
Factory & custom  
upholstery

604-483-8072



Chuck Jacobi  
2060 Black Point Rd • dreamstreethotrods2000@gmail.com

Car  
trailer  
rentals

**Come to the farm for your favourite berries!**

**OPEN NOW**  
Wed-Fri  
until Aug 16

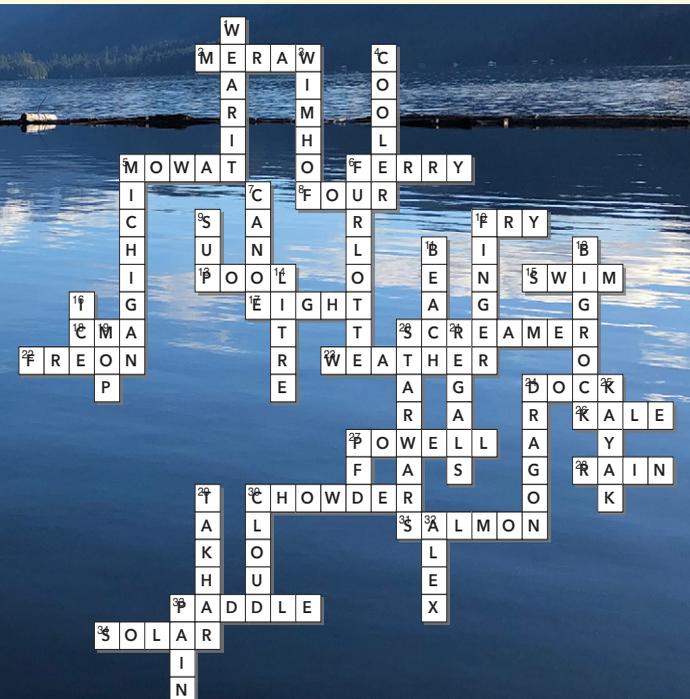
Fresh from the field strawberries,  
blueberries and ice cream!  
Our Country Market serves a  
variety of specialty coffees, teas,  
smoothies and baked goods.

**Coast  
Berry  
Company Ltd.**

604-487-9788  
10084 Nassichuk Road  
[coastberrycompany.com](http://coastberrycompany.com)



Solution  
for last  
month's  
puzzle:  
Water,  
water,  
everywhere



# Anti social media

## Putting Facebook back in its place



*Last Word*  
with

ISABELLE SOUTHCOTT

A few months ago, my friend lost his father and posted the news on Facebook. Like many others, I clicked on a sad face and commented on his post.

I didn't buy a card, I didn't make a casserole, and I didn't visit him in person. I filed away my Facebook interaction as I believed at the time, that I'd done the appropriate thing.

I now realize how thoughtless and wrong I was.

My friend lost someone he loved. He was grieving. He didn't need a sad face and a comment. He needed a hug, a meal, a heartfelt message on a card. He needed some real human kindness and sympathy.

I had been sucked into the social media vortex and hadn't looked after things the way I was brought up to.

That was several months ago, and I've been thinking about it ever since.

There are many reasons why I have a love/hate relationship with social media.

Sure, they connect you with lots of people – including your cousins in England and friends on the other side of the country that you'd probably have lost touch with by now. They also entertain and let you know what's happening locally and elsewhere.

But they also connect you with hundreds and hundreds of people that you're not really friends with in real life. You may have met them once or twice in real life and now you're Facebook friends. Social media will connect you to the lives of their children, grandchildren, cats, parakeets and quite possibly their friends, people you've never met and aren't likely to meet.

There are good things about social media. It has a terrific event reminder feature, I enjoy the ads related to the breed of dog I own – a Nova Scotia Duck Toller (who knew that they make Toller beer?) – although the fact that they have mined all that personal data creeps me out. And I do find the group pages of non profits and businesses useful.

But it's the shallow level of personal connection feature of Facebook that I have the biggest problem with.

Social media can also be a colossal time waster. You tell yourself that you'll just check in for a moment and before you know it half an hour or more has evaporated and you're still scrolling, still clicking likes and other silly little emojis, and you're still posting inane comments on something that really doesn't matter in the grand scheme of things.

You may have followed an innocuous link and before you know it you're watching a video about a four-year-old girl you don't know and will never meet but she can sing like no one's business or play the violin better than Natalie MacMaster.

Your shoulders ache, your eyes hurt and the longer

you're on it, the more depressed you become.

Wasting time is probably the least of social media's sins - as I realized when I casually brushed off my friend's father's death. Others include envy, self-loathing and self-obsession.

How come everyone else's life looks so perfect online? Why does everyone else have so much fun? Look at those amazing family vacations where no one fights, no one drinks too much, and they say Oh sugar instead of the other S-word. Bet they never skip a workout or over-indulge. Everyone is over-the-top happy because they love each other and their lives are perfect.

I am such a loser, you think, as you log out and stare at the rain falling outside your window.

Am I the only one whose life isn't perfect?

Of course not! Most of us only post the best bits of our lives; the highlights, family reunions, birthdays, milestones, that sort of thing. Occasionally some brave and honest soul will talk about their struggles to everyone they are connected with or you'll see someone who says I had a crappy day.

I try to limit my relationship with social media in the same way that I try to limit my relationship with chocolate and wine. Spoiler alert: I'm not always successful with either. If I'm feeling low, social media makes me feel worse.

Social media "likes" (and lack of likes) can impact the way people feel. It shouldn't matter whether five or 95 people "like" a picture you post but unfortunately to some, it matters a lot.

A couple of months ago, the owner of a business that employs several high school students told me how social media impacted some of the youth she employed. Girls, she said, post pictures of themselves on social media and check back a few hours later to see how many likes they've got. If they haven't got enough they begin to question themselves. "Did I not show enough cleavage in that picture? Maybe I should repost it and show more cleavage?"

This worries me.

In a recent interview on CBC radio, digital theorist and author Douglas Rushkoff encourages us to turn away from social media and join "Team Human." Instead of strengthening connections, sites like Facebook and Twitter are proving to do just the opposite. He argues that social media can isolate us. By its very nature, it encourages superficial connections with many people instead of deeper connections with a few. It's quantity over quality.

Ever since my friend's father's death, I've reminded myself to be a human. If I want to know what's really happening in someone's life, I call them, visit them or have a face-to-face conversation with them. I look into their eyes.

We use social media to cut corners, to save time. When my mom's husband died 12 years ago, her church family came to comfort her. They brought casseroles, cookies, cakes, pies, and cards. They visited and held her hand.

Likes and comments on social media cannot replace real human kindness and interaction. Yes, life is busy but when people matter, we need to make time for them, real time. [PR](#)

Electrical Upgrades • Renovations • New construction



**FOXTROT ELECTRICAL SOLUTIONS LTD.**

 **ENPHASE**

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



604.414.3929

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

[info@foxtrotelectricalsolutions.ca](mailto:info@foxtrotelectricalsolutions.ca)

Winner:  
Most Powell River Person 2019  
(Tie With Doug Love)

20 X 19  
**BEST**  
*of Powell River*  
WINNER  
AS CHOSEN BY THE READERS  
OF POWELL RIVER LIVING  
AND POWTOWN POST

Winner:  
Best Realtor 2019

Winner:  
Best Realtor 2018



Ear

Favourite Prince Song:  
"I Would Die 4 U"

Neil Frost



Powell River

604.483.NEIL  
NEILSOLDIT.COM



Your weekends should be spent relaxing on your deck, not repairing it.



Earn with every purchase!



Everybody loves the natural look of wood. And hates all the painting, staining and sealing. Trex® Composite decking gives that look, but without the extensive upkeep. Made from an innovative blend of 95% recycled wood and plastic film, the eco-friendly Trex® boards withstand years of sun, rain, sleet and snow, keeping their rich color. See the colour options and learn more about composite decking at Trex.com, or visit Valley Building Supplies today.

**VALLEY**

— Building Supplies Ltd. —

604 485-9744

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

