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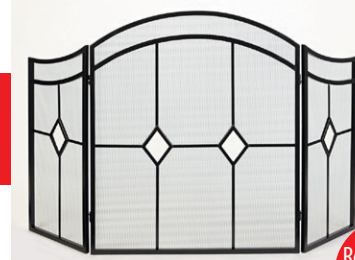
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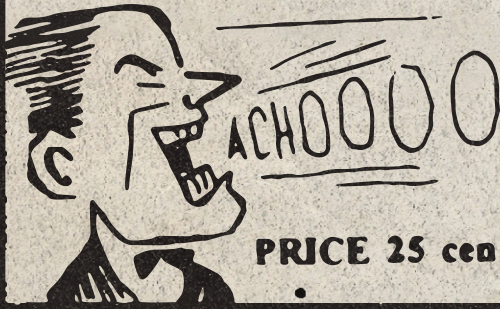


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# IN FOCUS

# Roundleaf Sundew

This plant grows around bogs, wetlands, shallow ponds and old logs that are half submerged in water. I photographed this on West Lake about eight years ago.

The upper surface leaf hairs hold glands that secrete a sticky fluid to trap insects. The leaf folds around prey to digest it with enzymes and bacteria. Flower stems hold one or several flowers. The flowers are in fives, fused at the base. In this photo the flower is at the top not in full bloom. Anyone who has a cabin on Powell Lake will see these amazing plants thriving on the edges of wet banks and old logs. Look closely and you will see how the little Sundew has trapped its food in its sticky petals. [RL](#)

– Rod Innes



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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

Some of K-Lumet's crew and friends gathered to try out their product on a windy weeknight. The new, local social enterprise manufactures kindling alternative. Staff aspire to serve an international market, and employing people with barriers to working all over BC.



Photo by Pieta Woolley

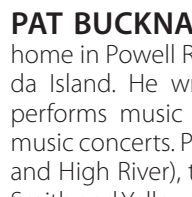
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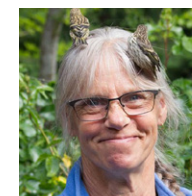
**LESLEY ARMSTRONG** is a retired public school teacher. Prior to moving to Powell River, she was involved in schooling while learning from her own backyard equine partners. Since moving to Powell River three years ago, she has volunteered and/or worked at PRTRA, and has nothing but admiration for its staff, volunteers and ponies.



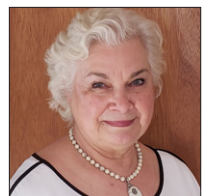
**PAT BUCKNA** shares his time between his home in Powell River and at his studio on Texada Island. He writes, composes, records and performs music in the region and organizes music concerts. Pat has lived in Alberta (Calgary and High River), the Northwest Territories (Fort Smith and Yellowknife) and the southwest coast of BC (Aldergrove, Abbotsford, Port Moody, and Port Coquitlam).



**MARIA GLAZE**, a wildlife photographer, enjoys the natural beauty of Powell River. Six years ago, Maria befriended a duck she named Ruby, who appeared on the front cover of *Powell River Living's* May 2013 issue. Earlier this year, Maria befriended a squirrel that she has photographed in many amusing situations.



**BARBARAH KISSCHOWSKY** grew up in Germany and has been a Canadian since 1987. The Texada Islander is the founder of K-Lumet Powell River, and currently the consultant for the growing social enterprise.



**MERILEE PRIOR** is "The Bird Lady," founder of PROWLS. Before she retired here in 2005, she'd been a lifeguard, a kayak tour guide, a Spanish and ESL teacher and much more. Aside from caring for hundreds of wild animals each year in her home, she has pets: a parrot, a starling, a bunch of budgies and a "Mexican street dog" mutt.

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## EDITOR'S MESSAGE

# Busy fall asks us to step up for kids, cancer, fish and the future

I was planning a trip on Labour Day long weekend to see a friend on Vancouver Island. She had to cancel, my husband was all sympathetic, but I was thrilled. I said, "No. This is way better. Labour Day Long Weekend is like the Super Bowl of mothering."

Or fathering. Whatever. But the point is, there are a thousand invisible but crucial details to attend to in early September that will determine the quality of your family's fall. And the quality of your child's present and future life. No pressure.

Backpacks must be found and cleaned. School supplies bought. Last year's lunch containers must be matched with lids, de-toxified, and restocked. Groceries accumulated. Lunches planned. Sleep schedules back on track. Hair cut. Anxieties calmed. After-school activities booked and paid for and transportation planned. Plus the clothes and shoes negotiation/fight must be won.

It's a tremendous privilege to be raising children in a place where they can thrive - thanks in part to excellent educators such as Paul Cummings (Page 23). So no

complaints. But holy hanna. In the category of first world problems, back to school is a lot.

The rewards of fall in Powell River, though, are so welcome.

In September, PRL's events section (Page 35) always fills up. Zucchini races, a film on local rock climbing, the salmon festival, an Edith Piaf tribute, a show n' shine, a letterpress workshop, and a crystal journey. There's so much, and it's so diverse.

Summer in Powell River is wonderfully chill. But busy fall asks beautiful things of us. PROWLs is raising money to build a proper shelter for hurt and healing wild animals (Page 17). Our local RCMP is part of a larger campaign to raise money for cancer research (Cops for Cancer, Page 15). After years of success, the Pacific Salmon Society hopes to do even more to restock dwindling salmon in BC (Page 30). And so much more.

Through September, this riding's candidates will be asking for your vote in the October 21 federal election (Page 12). On the table is the Canada Child Benefit - a

substantial, sliding-scale payment to all families, introduced this past term by the Liberals (families get up to \$553 per child per month - though middle-income families get much less.) For some, it puts food on the table. For others, it pays their mortgage. And for others, it means music lessons. For many children going back to school this month, the CCB has paid for the shoes, groceries, containers, haircuts - and the ability for parents to have the time to attend to their children's needs. It's not the only federal policy that will do that, but if you're a voter, how parties plan to support 2019's financially-crushed Gen X and Millennial families (alongside OAS and CPP for seniors) is worth paying attention to.

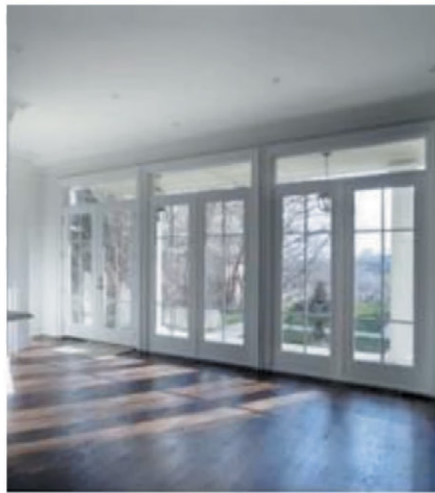
Happy lunch-packing!

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

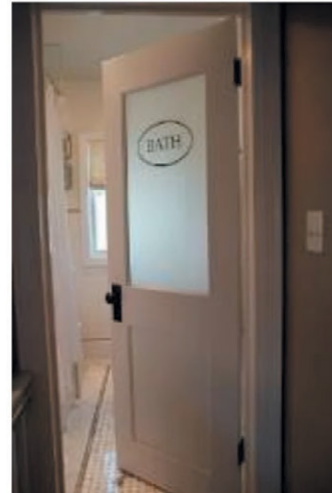
## Put switches where you want them (where you never could before.)



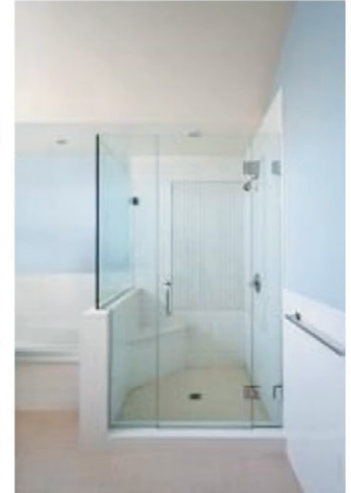
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# Come on K-Lumet



# Light my **Fire**

## MADE IN POWELL RIVER

**K**-Lumet is currently testing its manufacturing processes and will be producing small scale quantities of kindling substitute out of its Townsite Market manufacturing facility by October 2019.

By Christmas, all product will be made in Powell River (instead of in Europe). They hope to make roughly 500 boxes in the last quarter of the year. This will allow staff to fix any bugs before the inclusion Powell River / Zackery's Social Network Society social enterprise hires 17 people in 2020 when the team is ready to scale up.

Leni Goggins is the Project Manager of "Manufacturing Change: The K-Lumet Pilot Project." She combines over 10 years of experience in business development for both non-profit organizations and commercial ventures with her work supporting seniors and people with intellectual disabilities in Vancouver. She lives in Powell River with her two daughters.

### What's your product?

**Leni** • K-Lumet is a kindling substitute made from 99 percent recycled material including "waste wood" from sawmill and logging operations, toilet paper rolls and household wax which we melt down and dip our product in to create a waterproof firestarter that will burn for up to 15 minutes. Our product is unique because it can light whole logs and eliminates the need for making kindling. It's a very addictive product; once you start using K-Lumet, it's very hard to go back to making kindling.

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

**Leni** • K-Lumet was founded in Switzerland in 1994 to create jobs for people with disabilities. The company was brought to Canada five years ago by Barbarah Kisschowsky (see Page 9) who wanted to provide employment to her son Zackery and others who have a disability. We are still in the start-up phase of the project, which for any business is the most difficult period of development.

**ETERNAL FLAME:** Top, some of the crew and friends (clockwise from left): Acacia Inkster, 9, Moriah Inkster, Fernando Gomez (manager of the PREP modular housing project and partner of Leni), Leni Goggins, K-Lumet Pilot Project Manager, inclusion PR support worker Allan Sharp, and Zackery Kisschowsky, K-Lumet maker and son of local founder Barbarah Kisschowsky. Also pictured are K-Lumet products in various stages of production, and the K-Lumet storefront at Townsite Market.

### SOCIAL ENTERPRISE 101

#### What is a social enterprise?

"Social enterprises are revenue-generating businesses with a twist. Whether operated by a non-profit organization or by a for-profit company, a social enterprise has two goals: to achieve social, cultural, community economic and/or environmental outcomes; and, to earn revenue." – Centre for Social Enterprise

#### Why are social enterprises exciting?

First, because they're growing so quickly in Canada (check out the Social Enterprise Council of Canada for more: [www.secouncil.ca](http://www.secouncil.ca)). And second, because they're a vital link between sustainable charity, employment, communities, business, and other social goods.

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

**Leni** • We have received funding from First Credit Union and Vancity Community Foundation to develop our sales and marketing and the Powell River Community Forest to purchase manufacturing equipment. We also received generous donations from the community through our crowdfunding Campaign "Kindle a Fire with K-Lumet: Creating Inclusive Jobs in Powell River" which raised \$10,000 in donations to help renovate our manufacturing facility at Townsite Market.

#### Was it successful immediately?

**Leni** • This company and pilot project is extremely ambitious. We had to take a very successful business model in Europe and adjust it for the Canadian market including providing inclusive employment where we have a diverse workforce and where we pay minimum wages, which is absolutely fundamental to the project. In Germany alone there are over 2,000 employees making K-Lumet, so that is the scale of the company we're looking at building, but we have many hurdles to jump. There are many challenges in starting a company of this size

If you don't like splitting kindling, you'll love K-Lumet this fall. The little bundles of wood and wax burn hot enough and long enough to light even stubborn logs in a woodstove or on a windy beach. The social enterprise also means jobs for more than 20 of your most vulnerable neighbours – and likely many more, as Powell River's K-Lumet spreads across BC.



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# Who made it happen? This very determined mom

BY BARBARAH KISSCHOWSKY

I am K-Lumet's Powell River founder, and consultant. My son Zackery, 28, has special needs.

I heard about K-Lumet from a former class mate I still have contact with. I visited several K-Lumet organizations in Switzerland and Germany and decided to buy a franchise. With the purchase, I was thinking of my son and how he would enjoy working with K-Lumet. I tried for many years to get him into a work setting, without success. Zackery has multiple challenges which makes it difficult to find something suitable.

**"Zackery loves his job. He started packaging K-Lumets two years ago in Texada."**

I knew that with K-Lumet I would open the door to help many who have barriers to work like my son.

What is well established in BC are job placement possibilities for persons with barriers in various business settings. Persons with skills have a chance to find meaningful employment. But what about the others—the many persons with low skill levels?

My son fits this latter description, as



do over 3,000 persons in BC with developmental disabilities, who might want to have the chance to feel good about themselves and contribute to society.

K-Lumet helps groups of persons with various challenges, be it developmental or mental health challenges or other barriers to employment. K-Lumet Powell River will focus on inclusive employment.

Zackery started packaging K-Lumets two years ago on Texada. He loves his job. I always knew that he would, but his passion about work surprised me. His skill level has improved and he is proud to have become a "foreman," showing and teaching others what to do.

Although everybody has the opportunity to learn all skills, people will want to feel good at doing something specific and enjoy their job. All tools are manual tools. Some will want to split wood chunks into sticks for K-Lumets, some want to assemble these sticks into the little fire starters, some will like to cut toilet paper rolls to hold the sticks together, some will like the work of dipping the baskets with K-Lumets into the *wachstank*, some will want to do quality control, some will like to do packaging, storing, getting ready for shipment, etc.

in Powell River, our remote location being the biggest; however we have many advantages being here including strong community support and the capacity to provide supportive employment using a partnership with Powell River Model Community Project, an organization that has been providing employment related programs for over 20 years.

### Who are your customers?

**Leni** • Our primary target customers are wood stove owners, because there are a lot of them in BC! And because the product goes from being a novelty to a household item, it is sold in a 16-pack and bought at the grocery or hardware store along with your other household items. And this results in higher sales volume. Our business model is based on volume, selling product all over North America, not just in Powell River. Our secondary customer segment is outdoor enthusiasts such as backpackers and campers, because we also sell K-Lumet in a three-pack size which is ideal for a backpack. My family was vacationing in Tofino this summer and people were going nuts over the product, because it makes it so easy to have a beach fire. Lastly, we have good sales results at Christmas time, as K-Lumet is the perfect stocking stuffer. Who doesn't love the idea of a warm fire at Christmas time! So our 3-pack sells very well to the gift market at holiday time.

### Tell us the story of your biggest oops moment.

**Leni** • Until we start production here in Powell River we are importing K-Lumets from our partners in Europe to help us break into the North American market. Recently, we had a shipment of K-Lumets come from Switzerland unwaxed, which is the final process before packing so the units are waterproof and able to burn longer. This unexpected issue pushed us

## A FEW LOCAL SOCIAL ENTERPRISES

- K-Lumet**  
(inclusion Powell River)
- The Nook cafe at the Library**  
(PREP)
- The thrift stores**  
(MCC, Salvation Army, Hospital Auxiliary)
- VIU's Future Chef's Cafe**  
(VIU)
- The ARC Community Space**  
(inclusion Powell River)
- Farmer's Market t-shirts and stickers**  
(Open Air Farmer's Market)
- The Museum's gift shop**  
(Powell River Historical Society)
- Tourism Powell River's gift shop**  
(Tourism Powell River)
- Assumption Church gift shop**  
(Assumption parish)
- SD47's Mountain Ash Farms**  
(SD47)

to give our production line a partial test. We had the wax tank on order already so we were still able to get the product to our distributors in time.

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

**Leni** • Powell River is known for being an inclusive community with resources for people with disabilities. We couldn't have asked for a better location to test out this social enterprise! We have many community members both with and without a disability just itching to get into the manufacturing process, which will be a great environment to work, making something by hand surrounded by supportive co-workers.

We also have a good representation of



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customers in BC—wood stove owners and outdoor enthusiasts.

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

**Leni** • K-Lumet is an expensive business to launch, with huge costs up front that we don't recoup for a long time. We have been so lucky with Townsite Market. The owner, Steve Brooks, has been very supportive of our design and vision for our manufacturing space and generous in our long timeline for renovations. It has taken way longer than we anticipated to get financing needed to develop infrastructure for the business. Vancity Community Foundation is based in the Lower Mainland and they supported us outside of their catchment because they recognize how innovative our business is and the potential for impact in inclusive employment. Powell River needs better financing for small businesses especially social enterprises that look beyond the bottom line.

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

**Leni** • The absolute best thing going for Powell River is the people! I grew up in Powell River but spent 20 years away gaining some perspective and I see this perfect combination of new ideas and old steady-fastness required to live in this

### BUY FIRESTARTERS AND DONATE TOILET PAPER ROLLS

Find K-Lumet product for sale—as well as our collections receptacles for collecting toilet paper rolls and wax—at Townsite Market and Sunshine Recyclers.

We have product available at most local grocery and hardware stores including RONA, Valley Building Supplies, Quality Foods and Save-On-Foods, and smaller shops like Paperworks Gallery and Base Camp.

rugged isolated place. People here have a willingness to collaborate and generosity I haven't seen elsewhere. It's a changing community, with a lot of creative people who are willing to think outside the box and make things work despite the inherent challenges of starting a business.

### Who's on your team?

**Leni** • We currently have four part-time employees developing the business and starting basic manufacturing. We aim to hire 17 additional employees when our project launches.

### What's your next project?

**Leni** • Once we are fully operational we aim to expand to other communities in BC and fulfill our primary mission, to provide inclusive employment in Powell River and beyond. **PR**

BC Writers Series presents

### Sam Wiebe

The Award-winning author of *Cut You Down*, *Invisible Dead*, and *Last of the Independents*, and editor of *Vancouver Noir* is coming to Powell River on Friday the 13th! Join Sam Wiebe, who will read from his work and discuss his writing process. If you love mystery and detective novels, this event is for you.

**Friday, September 13th**

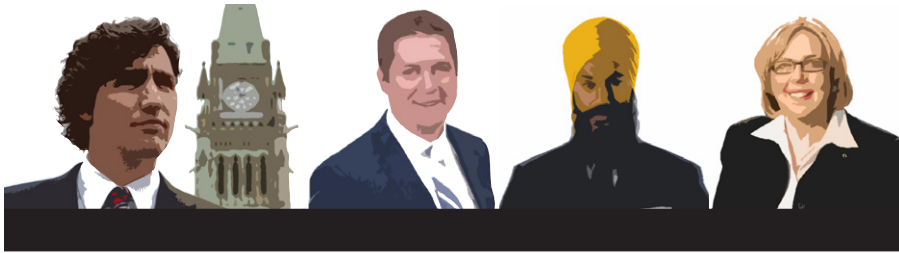
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## Child benefit • Herring • Pulp & Lumber Trade Federal election, local issues

BY PIETA WOOLLEY

In early August, I went looking for some coverage of the next federal election (October 21), hoping to glean what the big issues are. After a summer in the waves, I was out of the loop.

Our noisy neighbours to the south already have a jump on *their* Presidential election, which doesn't happen until November 3, 2020 – more than a year away. But here, where you'll mark a ballot in less than two months, very little has been written about the actual issues. Polls? Yes. Whether Trudeau is a true feminist? Yes. How scary Scheer is to the left? Sure. But the areas the feds control directly? Not so much.

So I put on my big girl brain and researched exactly how Trudeau's government has impacted people who live here in Powell River. Unlike the province, which controls education and health care

### ALL CANDIDATES FORUM

**What:** Question & answer period in advance of the October 21 election. Candidates for Powell River-North Island. Hosted by the Powell River Chamber of Commerce.

**When:** October 9, 7 to 9 pm

**Where:** Evergreen Theatre, Rec Complex

spending, or the municipality, which controls garbage collection and zoning, the federal government can seem far away.

It isn't at all. As you'll read in the chart starting on the next page, many of your everyday concerns are federal: the Canada Child Benefit; EI; the herring and chinook fisheries; trade treaties that impact our forest industries, and much more.

If I've left out important questions, please let me know. Next month, we'll get more personal with the candidates.

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- delivery sticks/helmets/sliders free to use for no charge during league play

Register now for an introductory 6-week session **(\$55)** or sign up for the year and **SAVE (\$150)**

**PLUS PLUS PLUS** we still have our regular curling leagues (even more fun!)

Register online by **Sept 7** and save **\$20 per league:**

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

Curling open house & garage sale **Sat, Sept 21** from **10 am - 1 pm**

[www.powellrivercurling.com](http://www.powellrivercurling.com) | LIKE us on facebook: [www.facebook.com/prcurling](http://www.facebook.com/prcurling)




## Meet your Powell River-North Island candidates for the October 21, 2019 Federal Election

*Note:* The Conservative candidate, Shelley Downey, elected to not answer PRL's questions. "You have asked for a level of detail that would have me releasing my party's platform ahead of schedule," Shelley wrote on August 24. "It will be coming out soon. I would be pleased to talk with you after it is released." Sadly, that didn't mesh with PRL's deadline.



	<b>INCUMBENT • NDP RACHEL BLANEY</b>	<b>LIBERAL PARTY OF CANADA PETER SCHWARZHOFF</b>	<b>GREEN PARTY OF CANADA MARK DE BRULJN</b>
<b>A BIT ABOUT WHO THESE CANDIDATES ARE:</b>	Rachel Blaney was first elected in 2015. She is the spokesperson for seniors' issues, critic for Veterans Affairs, and vice-chair of the Indigenous and Northern Affairs committee. As a regular panelist on CTV's Power Play Rachel loves to highlight smaller, rural and remote communities like the one she represents.	Peter Schwarzhoff grew up in a Campbell River pulp and paper family. As an atmospheric scientist for Environment Canada he was gagged by Stephen Harper. Now retired he has his voice back and is talking to voters about supporting the average Canadian family while getting serious about climate change.	I have lived in this riding for 22 years. I've worked as a fish biologist, NGO board member, school principal, and high school and college science teacher. Empathic communication, environmental sanity, sustainable living, and community building are my passions. These are why I chose to be a candidate for the Green Party of Canada.
<b>2015 VOTE: NORTH ISLAND-POWELL RIVER</b>	40 per cent	25 per cent	8 per cent



20 X 19  
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of Powell River  
AS CHOSEN BY THE READERS OF POWELL RIVER JOURNAL AND YUKON POST

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## Powell River's voice in Ottawa



# Rachel Blaney

MP for North Island-Powell River  
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[Rachel.Blaney@parl.gc.ca](mailto:Rachel.Blaney@parl.gc.ca)



	<b>BLANEY • NDP</b>	<b>SCHWARZHOFF • LIBERAL</b>	<b>DE BRULJN • GREEN</b>
<p><b>CANADA CHILD BENEFIT</b></p> <p>Powell River has some of the lowest average household incomes in BC; under Trudeau's government, lower-income families with children had a huge raise: the CCB. Depending on income, families get up to \$6,639 per child per year to age 17 – a \$23 billion program. How will your party restructure these payments?</p>	<p>The Child Tax Benefit is critical because life has become unaffordable for many families. We would tackle poverty and affordability from many angles: creating affordable housing, universal pharmacare and childcare, a nationwide school nutrition program, and piloting basic income.</p>	<p>We are proud of the Canadian Child Benefit (CCB) that we introduced in 2016. It is a tax-free, income-tested benefit. It means help each month to pay for food, sports, music, and school supplies, and more than 300,000 children have been lifted out of poverty.</p>	<p>The Green Party supports a Guaranteed Liveable Income (GLI) for all Canadians. It will replace the current expensive patchwork of social programs, providing financial security for all. This will do much to right the inequity that plagues Canadian society.</p>
<p><b>CHINOOK AND HERRING</b></p> <p>Tla'amin Nation has lobbied against the Department of Fisheries and Oceans re-opening of the commercial herring fishery. Powell River Outdoors has lobbied against the curtailing of the recreational Chinook fishery. How will your party manage Powell River's fish stocks differently?</p>	<p>Our fisheries are struggling due to decades of Conservative and Liberal mismanagement. We need a community-based terminal fishery system that keeps benefits local. We would protect wild salmon by implementing the Cohen Recommendations and transitioning all farms to closed containment.</p>	<p>We will listen to concerns raised that are based on real data and supported by credible science. All voices will be heard respectfully, all concerns will be investigated, but in the end the Department of Fisheries and Oceans will make all such decisions based on the best available evidence.</p>	<p>It makes no sense to save orca by restricting the Chinook fishery while still allowing the harvest of herring, Chinooks' primary food. DFO must be restructured to eliminate its current conflicting mandates: commercialization of ocean resources does not belong with research and conservation.</p>
<p><b>PHARMACARE &amp; DENTAL</b></p> <p>The pressure is on the federal government to expand the Canadian Health Act to cover new services: prescription drugs and basic dental care. Will your party cover these? And if not, why?</p>	<p>Universal pharmacare and dental care is long overdue. It's crazy that our universal health-care excludes our mouths or the medicine our doctors prescribe. People are getting sicker because they can't afford these things and that costs us more later on.</p>	<p>The Liberal government is moving ahead with a national Pharmacare program. We are overhauling how patented medicines are regulated – which will reduce drug costs by \$13 billion over ten years. As well, we are creating a new agency to buy drugs in bulk and cut Canadian medication costs.</p>	<p>The Green Party has long supported a single payer Pharmacare program and basic dental care for all Canadians. This will lower the cost of prescription drugs, and improve health care and costs for lower income families.</p>
<p><b>PULP, PAPER &amp; FORESTS</b></p> <p>For a year, the US tariff regime nearly broke Powell River's mill. The decades-old softwood lumber dispute goes on, though the Liberals promised to end it. How will your party ensure a stable forest sector?</p>	<p>New Democrats have always supported Canadian workers and we would stand up against unfair tariffs. We would modernize our trade remedy system to allow unions full standing in disputes, and invest in forestry innovation and support value-added Canadian wood products.</p>	<p>Canada and the US continue to negotiate this important bilateral issue. The Government meets regularly with industry, provinces and territories, and other stakeholders. Your Liberal government is investing \$867 million, through the Softwood Lumber Action Plan, to support workers and communities, diversify our markets, and help producers access services.</p>	<p>Although forest management is under provincial jurisdiction, the federal government once played an important role in R&amp;D and technological innovation. The Green Party has extensive policy to reinstate and expand this role to ensure the healthy forests necessary for a stable forest sector.</p>

## Edie & The Cruisers

# Bring your vintage cars to Townsite

Show & Shine happens **Saturday, September 14** from 9 am to 1 pm at **The Old Courthouse Inn and Edie Rae's Café at 6243 Walnut Street.**

If you own a vintage car, drive it down to the Show & Shine and you'll receive a free mouth-watering breakfast.

Old cars and great grub are a winning combination so Edie & The Cruisers are holding a Show & Shine and you're invited! Bring the whole family to check out Powell River's finest vintage cars, trucks and special interest vehicles.

If you're a lover of vintage vehicles but don't own one (yet), come on down and check out these amazing cars. Treat your family to a meal at Edie Rae's and talk to the folks who have spent countless hours restoring the classic cars. They're passionate and knowledgeable about their wheels. Powell River vintage car owners love showing off their work.

What a great way to spend a September Saturday morning! On display you'll see a collection of classic, custom and vintage cars and trucks all in one spot. See what's under the hood and check out the shiny paint jobs.

"This is a fun opportunity for folks and families to come and see a number of local classic vehicles at one time," says JP Brosseau, who owns Edie Rae's and The Old Courthouse Inn with his partner Kelly Belanger.

"Also, it's an opportunity for the people who own these cars and trucks to come and receive a great breakfast for free.

"It's a nice way to say thank you for helping maintain heritage for future generations to respect and appreciate. You never know. A youngster might get bitten by the restoration bug and want to take up the hobby in the future."

*This space sponsored by Springtime Garden Centre*





	<b>BLANEY • NDP</b>	<b>SCHWARZHOFF • LIBERAL</b>	<b>DE BRULJN • GREEN</b>
<p><b>PIPELINES &amp; FOSSIL FUELS</b></p> <p>Unspoiled Coast, a Powell River activist group, has held weekly vigils and other events lobbying against more pipelines and tankers in the Salish Sea. The Liberal government approved the TransMountain Pipeline. How will your party handle Western Canada's fossil fuel sector?</p>	<p>I have spoken against TMX several times in the House. We would end all fossil-fuel subsidies immediately, overhaul the Harper-era project review process, provide better access to EI and retraining, and invest in good, clean jobs in all regions.</p>	<p>We banned large oil tankers from BC's North Coast. The forecasted \$500 million in revenue from the twinning of the existing TransMountain pipeline and profit from the sale of it will go into clean energy projects. Bill C-69 has restored many of the environmental safeguards removed by the Harper government.</p>	<p>Green Party policy has long been clear: to reach IPCC targets and ensure the long-term habitability of the planet, all investment in future fossil fuel infrastructure must cease immediately. We need to rapidly transition to green energy sources.</p>
<p><b>PROPORTIONAL REP</b></p> <p>During the 2015 campaign, Justin Trudeau promised electoral reform – that the 2019 election would not be first-past-the-post. And yet, here we are. How will your party address electoral reform?</p>	<p>Canadians deserve a system where every vote matters. We've committed to bringing in a mixed-member proportion system by the next election with details determined by a citizen's assembly and a referendum afterwards to confirm if we want to keep it.</p>	<p>There is nothing like a national consensus to replace first-past-the-post. Even in BC where the call for proportional representation is loudest, a referendum on the matter failed for a third time. We will continue to strive to make our elections more accessible, more secure, and more transparent.</p>	<p>The Green Party will push to legislate an end to first-past-the-post voting, and immediately establish an all-party Democratic Voting Commission to explore the best proportional system for Canada. It will present draft legislation before Parliament within 12 months.</p>
<p><b>RECONCILIATION</b></p> <p>How will your party nation-build in partnership with Tla'amin Nation and other First Nations?</p>	<p>As MP I've worked hard to build a respectful relationship with many nations in our riding including Tla'amin. There's so much to do but we can start by fully implementing the UN Declaration and the Truth &amp; Reconciliation Commission calls to action.</p>	<p>Our Party is proud of the first steps we have taken together with indigenous peoples toward reconciliation. They include two new departments to implement agreements; resolving historical grievances at twice the rate of any previous government; and more. Very importantly, the Tla'amin final agreement is now in effect.</p>	<p>We will fully implement the recommendations of the 1996 Report of the Royal Commission on Aboriginal Peoples, initiating true nation-to-nation negotiations on a full range of outstanding legal issues and land claims, including working to repeal the Indian Act.</p>
<p><b>PARENTAL LEAVE &amp; EI</b></p> <p>About 40 percent of new moms don't qualify for maternity leave – even if they've been paying into the program. The same is true for EI, as more workers are in precarious, contract and part-time work, rather than regular jobs. How will your party reform the EI system?</p>	<p>EI should support us if we're out of work or for health issues or parental leave. Instead successive Liberal and Conservative governments have used it to balance the books. We're proposing significant changes to make it work for us again.</p>	<p>To qualify for maternity and parental leave benefits, the parent must have accumulated 600 insured hours of work in the 52 weeks before the start of the claim. For parents who do not meet this criteria other social support programs likely apply.</p>	<p>Greens will expand the EI system &amp; restore adequate staffing to Service Canada. This will allow quick and equitable access to benefits, and stimulate the economy. It will not require new money: EI has a healthy fund built up.</p>
<p><b>IMMIGRATION</b></p> <p>Powell River welcomes new immigrants and refugees every year – and local agencies sponsored several Syrian-Canadians who came under the Liberal government's special programs. At the same time, some are concerned that temporary foreign worker programs – administered under the same department – are undermining wages in both the service and skilled sectors. How will your party change both immigration and rules around temporary labour?</p>	<p>Immigration and trade policies need to consider human rights above cheap labour. Someone who is good enough to work here is good enough to live here too. We should prioritize family reunification and labour force needs without arbitrary caps or unreasonable backlogs.</p>	<p>While the intake of refugees has returned to normal levels, the need for skilled labour will be partially filled by increased immigration. The temporary foreign worker program is intended to fill temporary labour and skills shortages only. There should be no job losses or wage reduction to Canadians.</p>	<p>The Green Party will eliminate the Temporary Foreign Workers Program and increase immigration where labour shortages are established. We will establish realistic criteria for immigrants based on existing job opportunities, and eliminate the valuation of foreign credentials in most cases.</p>
<p><b>CLIMATE CHANGE</b></p> <p>Rising tides; forest fires; wind storms: Powell River is experiencing a changing climate. The Liberal government's carbon tax plan is limping through Provincial and Supreme courts, as we approach the election. How will your party step up on climate issues, in ways that might be felt locally?</p>	<p>We can't ignore or delay any longer as the Conservatives and Liberals have always done. Our New Deal for Climate Action and Good Jobs has hard targets, and a plan working with First Nations and resource workers to get there.</p>	<p>Climate Action Can't Wait. I was one of those scientists gagged by the Harper government. My frustration led me into politics. The Liberal government's plan is working. Pollution is no longer free, our emissions are going down, and Canadians created more than one million new jobs since 2015.</p>	<p><i>Mission: Possible</i>, the Green Party's extensive climate action plan, calls for all levels of government to work collaboratively to rapidly transition to a completely green economy. In our plan, no communities and no workers will be left behind. <a href="#">PRL</a></p>

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# It takes a pony to raise a community

BY LESLEY ARMSTRONG

September signals back to school. At Powell River Therapeutic Riding Association, the longest serving, most brilliant therapy master, returns to his favourite job of schooling young and old this September for his thirteenth year.

A good teacher teaches. An excellent teacher intuits and respects the uniqueness of each student, and builds a trusting respectful relationship over the course of the school year. An excellent teacher understands that each class is taught with the same rigour as the last class.

Can that level of intelligence and professionalism be attributed to a mammal other than a human armed with a teaching degree? Well, those are the words used to describe a 27-year-old little Fjord draft horse, who is the Powell River Therapeutic Riding Association's (PRTRA) longest serving horse. His registered name is Destrier of Narnia, but he is lovingly known as Desi by staff and hundreds of students over the past 12 years.



**INVEST IN THE BEST:** Destrier of Narnia, named for the horse that belonged to Caspian X in the C.S. Lewis series, nearly lost his life to equine cementosis five years ago. But, as a top therapist, the community raised \$4,000 for a cure.

Cops for Cancer

## Spaghetti Dinner Fundraiser

Featuring this year's local rider in the Tour de Coast, RCMP Staff Sgt. Rod Wiebe  
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 Cocktails 6:30pm | Dinner 7pm  
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**BOMBPROOF:** Desi has helped hundreds of local children develop confidence on horseback.

According to head coach, Shannon Durant, Desi is a “therapy master who always enters the ring with a hundred per cent work ethic, and genuinely seems to enjoy coming to work every day. Desi intuits the needs of each rider.”

For example, one of Desi’s young students had hips which were unable to flex wide enough to sit in a saddle. For four years, once a week during the school year, he rode Desi precariously balanced in a side saddle position. When he rode Desi, each hoof had to move in a measured slow pace whereby the next step could not be taken until the last hoof had placed and settled. Normally, equine therapy works because horses have lovely rhythmic movement that is calming while assisting with restoring core strength and balance. When he was on Desi’s back, Desi had to radically alter his normal equine movement in order to meet his student’s needs. His job was to ensure that his student remained balanced perched on his back. For four years, Desi did not miss a class or a step!

Most new students, particularly fearful children, or children with complex diagnoses, experience their first confidence building rides atop Desi before they move on to other mounts. At that time, coaches Shannon and Shivaun Gingras are able to assess whether a child could match well with another horse, or whether the only possible match is Desi. Frequently, Desi has been the first choice.

Horses have a survival fright/flight reflex in their DNA. Desi is pretty much bombproof when approached by bears, dirt bikes, flying balloons, and wild Halloween costumes. The best Desi bear story was provided by Noelle Pagani who reported that one summer when a bear banger sent a bear flying onto her property into Desi’s pasture, she received a phone call from her neighbour

stating that Desi had chased the bear back into her yard. Desi is Santa’s Christmas poster boy because he is unbelievably sweet looking. He is also described, when he is not working, as mouthy and mischievous as he will unzip any zipper within reach.

Five years ago Desi was diagnosed with Equine Cementosis. Twelve of his incisor teeth and roots were rotting. He needed to have the equivalent of 12 root canals to survive. First though, the decision had to be made, whether his life was worth the \$4,000 it would require for a specialized orthodontic vet in Vancouver to perform the surgery.

Or, was it time to euthanize the old horse? While it was felt that he would survive the surgery, really, was he worth it? He was old and past his prime. He’d served his time – longer than most therapy horses. Where was \$4,000 dollars going to come from, plus hauling and ferry costs, and post-operative board for him in Vancouver? Add to that, he’d need at least six months off work when he returned to Powell River, daily hours of personalized medical care and specialized food prep.

The board voted he was worth it, as he had served the PRTRA well, and was deserving of a second chance. The community of Powell River raised over \$4000 for the sick little horse to have his surgery. Thanks to Noelle Pagani and family, who took him home, flushed his mouth out four times a day, administered 41 days of antibiotics, while preparing a special mushy recovery diet served several times daily; this September Desi will enter his 13th year in service to his students as PRTRA’s longest serving therapy master.

You can meet Desi at Christmas time as he continues to serve as Santa’s best little helper and PRTRA’s Yuletide poster boy. [RL](#)



## Are you struggling with the loss of a loved one?

The Powell River Hospice Society will host an 8-week **Grief Education and Support Group** this fall.

The group provides information about the grieving process and an opportunity for participants to share their stories and learn healthy ways to heal.

Sessions are held in a safe, non-judgmental environment. Free. Call to register. 604-223-7309.



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**A WEE ROBIN:** One of more than 300 animals Merilee Prior has cared for in the eight months since January. Her charges include muskrats, otters, deer mice, raptors, and even a bear cub, and much more.

Powell River Orphaned Wildlife Society looking to the future

# A new nest

BY MERILEE PRIOR

It is four years since I started to organise PROWLs. As the Bird Lady, I recognized the need to make wildlife rescue and rehabilitation a community effort and to draw in people with an interest and skills. It was time to make a permanent centre.

We got our non-profit status in February of 2016, and while it sometimes looks like nothing has changed, a lot of things really have. To start with, we are taking in many more animals than I ever anticipated.

Already this year, we have had 300 patients through our doors. It did not occur to me that I would take in more than songbirds, but that illusion is well and truly dispelled! Raptors – eagles, hawks, vultures and owls – are regular guests. Water birds, from ducks and geese, through grebes and cormorants, to herons and kingfishers, are also well-known at PROWLs.

Over the last three years, as people have come to hear

## BLACK & WHITE EXTRAVAGANZA

**What:** A fundraiser for PROWLs, in the pursuit of a new space. Ap-pies, bevies, dinner, silent auction and more.

**When:** September 21, 5 pm

**Where:** Seaside Restaurant

**Tickets:** \$75. Buy them at the Westview Veterinary Clinic or call Merilee at 604-483-9787. See ad on Page 33.

about me, they have also called with mammals: deer, raccoons, squirrels, muskrats, beavers, river otters, bats, hares, deer mice and, this year, a bear cub. I have found myself unable to say no, knowing that the animal would likely die a painful, terrified death. I can help.

As a result, I have become creative. I have formed great working relationships with a number of large, pro-

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- Oct 17 Jill Barber • *Dedicated to You*
- Nov 15 The Wardens • *Songs & Stories from the Canadian Rockies*
- Dec 10 Jerry Granelli Trio • *Tales of a Charlie Brown Christmas*
- Feb 8 Sarah Hagen & Brendan McLeod • *Exultation*
- May 7 Huu Bac Jazz Quinte • *Mekong Waters*

**Thurs, Oct 3 • 7:30 pm**

**RICK SCOTT & NICO RHODES**

*Roots & Grooves*

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**THE WARDENS – *Songs & Stories from the Canadian Rockies***

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**Tues, Dec 10 • 7:30 pm**

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professional facilities that are willing to take our injured wildlife. OWL in Delta specializes in raptors. Not only do they always say yes to our requests, they teach me with each one. Critter Care in Langley is the specialist in native mammals. The birds I cannot care for here are divided between Wild ARC, in Metchosin, and North Island Wildlife Recovery Association, in Errington. We are very fortunate to have such willing partners.

This, of course, is not a sustainable way of going about treating wildlife. We need to be able to at least plan to treat and release them here. As it is, the fawns that we

**“As it is, the fawns that we send away never come back, because it is too dangerous for them to travel. The same happens with a number of birds. We should be able to keep our wildlife in Powell River. We need to expand.”**

send away never come back, because it is too dangerous for them to travel. The same happens with a number of birds. We should be able to keep our wildlife in Powell River.

We need to expand. I knew this when I started the society, and each successive board has made a contribution to our efforts. In July we made a decision to meet with Mayor Dave Formosa and ask for the city’s help. His response was overwhelming. For us, it was tremen-



**SO MUCH CARE:** Many wild animals that come in to the PROWLs shelter – at Merilee Prior’s house – need near-constant care. The new facility will be big enough for pools, a quarantine area, and more.

dously encouraging to listen to him as he looked at the possibilities ahead of us. At the end of our meeting, he said, “I’m going to make this happen!”

Our vision is big. We are planning a hospital that will allow us to deal with almost all our species. This will require special secure areas for each of the mammals, a quarantine area, pools of different sizes and depths and many flight cages.

This will take a big piece of land. Each eagle cage is the size of a football field, and takes two eagles. We have had four or more eagles at OWL several times over the years.

It will take a lot of planning and consultation with our wildlife partners, but starting from scratch means we will be able to avoid the mistakes others have made.

We are also planning an interpretive centre for the public to drop in on and learn about our native wildlife. We will offer talks on a wide range of subjects, mostly based on public requests. There will be cameras that allow people to see the wild animals without the animals being disturbed by unnecessary contact.

Any ambassador animals we keep would be out where people can see them and learn about them. We are already working with wildlife biologists around the south coast, and this will continue. With wildlife populations in steep decline around the world, we hope to make a small difference in our region.

This is a huge project. The economic spin-offs will be significant. We will be providing employment and enjoyment for the people of Powell River. We want this to be a community project well into the future and we appreciate the support we are seeing.

We got our charitable status in June, and are now able to issue tax receipts for donations. We are starting our fundraising efforts in September, and these will be critical to getting us launched. I hope you will join us in making life a little bit more secure for our wild animals. [PR](#)

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

**Help this happen – bring your children to StrongStart**

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

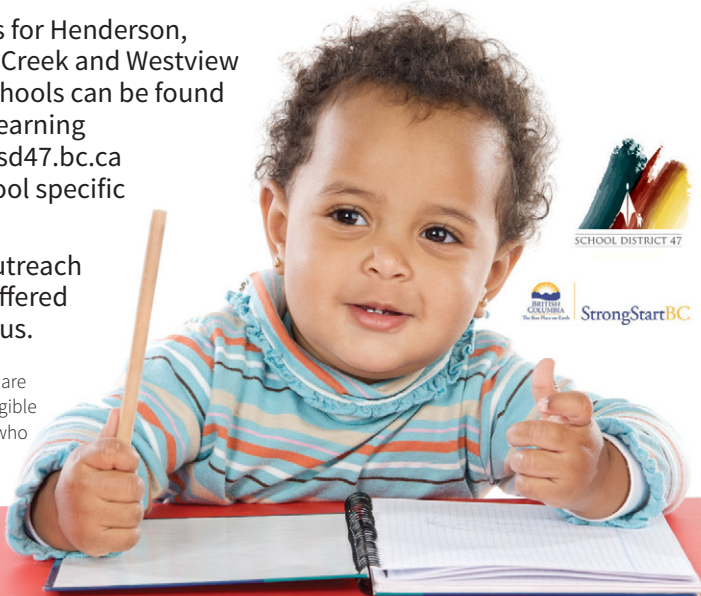
### StrongStart 2019-2020 Programs

will commence Monday, September 9, 2019

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

StrongStart Outreach will again be offered on the ORCA Bus.

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



## Prepare for the big one

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

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

### 2. Get prepared

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

### 3. On October 17 at 10:17 am, drop, cover and hold on

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

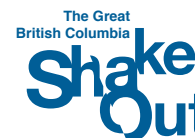
The qathet Regional Emergency Preparedness Service invites you to participate in the Great BC Shake Out on **October 17, 10:17 am.**

### What to do during an earthquake:



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## Sometimes, you just need a squirrel

“Squirrely showed up a time I needed something cute - kind of like Ruby Duck,” said Maria Glaze, a local wildlife photographer whose cute Muscovy duck pictures have been made into books.

“Unfortunately Squirrely missed me while I was in Vancouver having surgery last month. Ken (my husband) came home from visiting me in the hospital and found that he had chewed through a screen window.

“Squirrely was in the house when he got home. I’ll pretend he was looking for me, not just peanuts!

“Poor Squirrely. I miss him, too. We can’t feed him anymore and in hindsight, it was probably not the best idea to begin with.”

- Photos by Maria Glaze



### A Thought For The Day

“Blessed is he who mingleth with all men in a spirit of utmost kindness and love.”



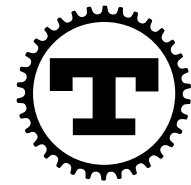
~ Bahá’í Writings



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**OH HAZELNUTS! IT'S A BEAR:** Artist Luke Ramsey videotaped and photographed a handful of treetop bears in Wildwood in July. *Photo by Luke Ramsey*

## Dogs and bears don't mix

BY EVELYN KIRKALDY | qathet Regional District Community Coordinator, WildSafeBC

**W**hen black bears attack humans, studies show that a dog has been involved at least half the time. WildSafeBC's recommendation is, unless you can be certain that your dog will stay by your side and not chase or engage with wildlife, it is best to have them on a leash.

Bears and wolves do not generally tolerate each other in the wild and are often either in competition with each other or seen as a potential threat. Bears and dogs also do not mix. Many Provincial and Federal parks require dogs to be on leash at all times or have banned them altogether as a result of conflicts with wildlife and/or other health concerns. While dogs may alert you to the presence of bears, they can also lead to negative interactions. Dogs that chase after bears put themselves at risk of being injured or killed or they may bring the bear back on the owner, resulting in human injury.

### 5 RECOMMENDATIONS FROM WILDSAFBC

1. Pets be kept under supervision when outdoors or kept in a secure area (adequately fenced yard to exclude predators.)
2. Cats be kept indoors and access the outdoors in a safe and controlled manner (e.g. catios)
3. Owners abide by local regulations and bylaws with regards to keeping pets leashed and/or out of restricted areas.
4. Dogs be under control or on leash when recreating or travelling through wildlife country.
5. Owners carry bear spray when hiking and recreating with their pets.



## Two cautionary tales from this summer

**July 11** • Two dogs off-leash at Second Beach ran at a bear. The bear swatted and bit one dog and tossed it away. The second dog ran up and the bear chased it to the water and bit it. The owner threw rocks at the bear and was able to retrieve both dogs. One dog subsequently died.

The Conservation officers and City Parks closed the trail and set a trap, but the bear wasn't captured.

The bear was likely frustrated by the dogs and acted defensively, not in a predatory manner. It was no threat to people. Had the dogs been kept on leash, they would not likely have been attacked.

**August 7** • A person walked two dogs off-leash in the wooded area behind the RCMP detachment. The older dog got itself caught in a root and was whining for help. The second dog went to check on its buddy and a bear appeared. The owner couldn't see the dogs at that point but heard the second dog yelp and then the bear ran off. There was blood at the scene. A bear matching the description, and later identified by the owner as the bear in question, was euthanized by Conservation officers at this location three days later.

- Conservation Officer Gerry Lister

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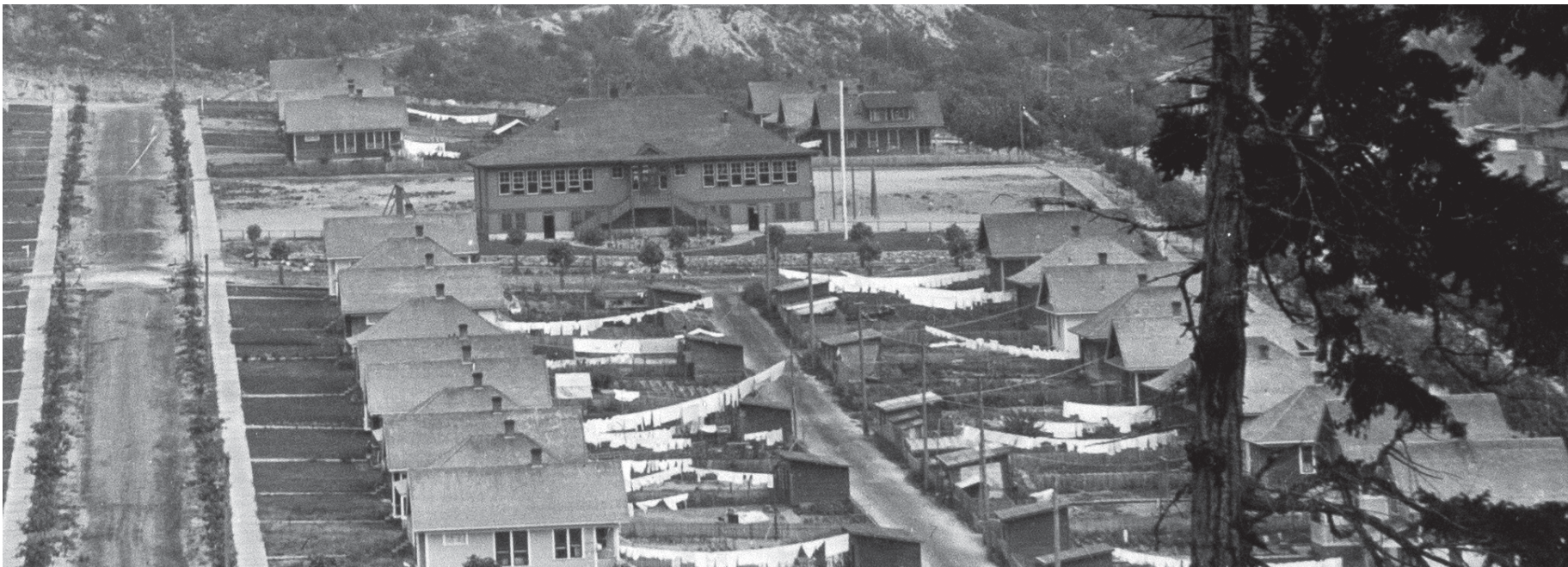
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## BLAST FROM THE PAST

# Back, way back, to school

BY JOËLLE SÉVIGNY

September symbolizes the return to school for many. Interestingly, there is a long history of schools in Powell River and its surrounding area; the first school was actually on Texada Island and opened in 1898 at Honey-moon Cottage.

On the mainland, in 1910, with the development of the Powell River Company well underway, the need to educate children, whether their parents were loggers, fishermen, settlers or company employees, was evident. The first school in the Townsite was established in 1911 with classes taking place in a poolroom! Eventually, a school was built in 1913 and named Henderson School, in honor of Dr. Andrew Henderson.

Carol Regnier, who attended Henderson School in the 1940s, remembers the large classes of over 30 students per classroom, the old blackboards and mimeo-graphs used for copying, as well as playing hopscotch

in the school yard. Every morning, the classes would line up before entering the school and they would sing God Save the King. At 12 pm, the mill whistle would signal lunch time and at five in the afternoon, the whistle would signal to the children that wherever they were playing after school, it was now time to go home.

Henderson school was thus where many Townsite kids received early education, as well as children from Wildwood and Cranberry until schools were formed in those regions. In the mid-fifties, enrolment increased even more with the post-war years, hence plans for a new school on Willow were drafted. You may have passed by Henderson Park in the Townsite today; it is in fact the site of the old Henderson school! [PRL](#)

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



**COLOSSAL CLASSROOMS:** At Henderson School (top), teachers faced over 30 students per class. The 1913 building was named after Dr. Andrew Henderson (above, with his family, on the steps of the school.) It was a substantial step up from the previous arrangement – holding classes in a pool hall. *Photos courtesy of Townsite Heritage Society*



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“Yet again the August 2019 edition of *Powell River Living* was so interesting and informative. This month, Sean Percy’s Business Affairs column was very helpful. We found information which Sean provided pertinent to our lives. It was interesting to learn about the new medical clinic and the arrival of Nurse Next Door. Our little city is ever-changing and this column allows us to keep informed of the new services available to local citizens. Keep up the excellent publications.”

~ Muriel Carriere

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## I MADE THE MOVE

# Leatherwork • Guns • Baking Couple finds their peeps

Jessica Wenzel is a born and bred BC resident having lived all over the province throughout her life and landing most recently in Dawson Creek, BC.

Rocco Wenzel was born and raised in Germany and made his way to Switzerland. In 1993 he traveled to Vancouver with a visit to a friend in Quesnel and returned home with a virus – it is called “The Canada Virus” – many Europeans return to their home with it, it’s the dream to one day live in this beautiful country we are lucky enough to call home, he said.

From then on, Rocco did the required work and made the move to Dawson Creek, BC, where he had some Swiss friends. He opened up a bakery as he had attended culinary school in Germany prior to becoming a gunsmith... a true renaissance man!

The two met when Jessica was a letter carrier with Canada Post and he was a gunsmith at Corlane Sporting Goods in Dawson Creek. After a whirlwind romance they fell in love, moved in together, then on December 24, 2015 (her 40th birthday), he had her pulled over by a Dawson Creek RCMP officer in her mail truck, got down on one knee and proposed to her. They began a life together and in 2018, decided it was time to move closer to her family.

### Why did you choose PR?

**Jessica** • I always said that my next move would be Powell River, even before I met Rocco:

My Dad and Step-mum have lived here for years and I also have family in Kelowna, Maple Ridge and Victoria... Dawson Creek was just too far from everyone.

Rocco had only visited parts of BC and as beautiful as Dawson is, I wanted him to see another kind of beauty, the beauty that is Coastal BC. My in-laws were over from Germany during our move and were able to see the Pacific Ocean, another perk of Powell River. My father-in-

law has since returned to Canada and having him here with us is part of keeping our family circle as close as possible.

### What surprised you about PR?

**Jessica** • We were both surprised at how laid back and friendly people are here. Moving to a new city can be overwhelming but we have had not only help from my parents, but we have both been welcomed at our workplaces (she is now a letter carrier with the Powell River Canada Post and he is a Gunsmith at Powell River Outdoors), and have found extra-curricular activities that have the same type of wonderful people involved. It has definitely helped us to feel at home here.

### Where is your favorite place?

**Jessica** • For Rocco, it is Powell River Outdoors, his workplace. It has the feeling of a social hub and he has met so many people, with whom he has shared interests. It’s tough in a new town to create a social circle but his circle has come to him... very cool.

For me, it’s our home. We live out of town and are both very much country folk. I prefer to stick close to home when not at work or playing softball. There is always lots to do at our place, plus we work together on hobby projects involving custom made leatherwork, mostly gun related, of course.

### What challenges did you face?

**Jessica** • Our biggest obstacles moving here were housing and work related, but thankfully my Dad started talking to people at the first mention of us coming here and was able to secure us a place to live and a place to work for Rocco. Now our biggest challenge is trying to figure out which grocery store has what on sale – the cost of groceries here is up to twice as much as what we’re used to.




**RENAISSANCE NEWLYWEDS:** Jessica and Rocco Wenzel have settled in to this “dreamland, he with a job at Powell River Outdoors and she at Canada Post.

### If you were Mayor...?

**Jessica** • Rocco and I agree that more garbage cans available around town would be fabulous!!

### PR’s best assets?

**Jessica** • Besides the people, the environment. You have everything here, it’s an outdoor dreamland. 



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It all started with the  
**Trombone**

*Photo by Robert Colasanto*

**DO WHAT YOU LOVE  
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BY ISABELLE SOUTHCOTT | [isabelle@prliving.ca](mailto:isabelle@prliving.ca)

**“I desperately wanted to play the trumpet – but I couldn’t get a sound out of it.”**

It was 1976 and a then-preteen Paul Cummings was trying out for Grief Point Elementary School’s band. He squeezed and buzzed his lips, as he tried to push air through the brass instrument. But the old trumpet sounded like a whiffleball. This was not an auspicious start for this young man’s musical career – which now spans five decades and four continents – and counting.

Thankfully, Paul’s Grade 6 band teacher, John Stromquist, didn’t give up on him. Instead, he assigned him the trombone and that’s where this



**SMALL FISH, BIG POND:** Above, traveller extraordinaire Paul Cummings conducts the Brooks Senior Band on a trip to Cuba in 2013. Right, with his sister and brother and a Bobby on a two-year-long trip to Europe in 1972 (on the far left).

story begins.

“Looking back, it’s been the thread through my years of studying and performing. If not for the trombone, I would not be where I am today as an educator and musician,” he says.

You probably know Paul – or have heard of his work here in Powell River. Since 1999, he has taught band and choir at Brooks Secondary School; under his guidance,

his students have been invited to prestigious provincial, national and international concerts. He founded and directs the Townsite Jazz Festival. For four years, he was artistic director of Kathaumixw. And he directed the BC Seniors Choir, the BC Choral Federation Teen Choir, teaches at VIU, and serves as Vice President of the BC Choral Federation (he’s planning to run for president in May 2020), among many other passion projects.

## WHERE DOES PAUL CUMMINGS' TRAVEL PASSION COME FROM?

When Paul was eight, his parents Hank and Mary packed the family into a Volkswagen van and for two years they toured Europe.

Paul, his brother Brent and sister Gayle attended public school in England for a while and then, when his dad got a civilian job at the Canadian Forces Base in Germany, the kids went to school on the base. “We lived in a German farmhouse off the base,” Paul said. “We tried to have as many German experiences as possible.”

Two years later, they returned to Powell River. Paul had been bitten by the travel bug.

Part-way through university, Paul met up with brother Brent in Europe. They journeyed from Scotland to Turkey, Paul worked at a ski resort in the Bavarian Alps and for a travel company out of Munich before entering the education program at UBC.



# BYO bag



The Powell River Health-Care Auxiliary Economy Shop would like to remind everyone that as of September 1, 2019 we will no longer be offering plastic bags to our customers for their purchases.

The members of the Auxiliary have been busy making cloth bags that can be purchased at the Economy Shop for \$2 each or bring your own bag in.

If you have any leftover fabric that you would like to donate, bring it in to the shop, it will be greatly appreciated.

Powell River Health-Care Auxiliary donated \$371,000 locally in 2018.

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**BIG FISH, SMALL POND:** Above, Paul Cummings conducts the Jazz Festival Choir, Kindergarten to Grade 12 Jazz Choir at the 2019 Townsite Jazz Festival. "It's the first festival that I've built from the ground up," says Paul. "I love it! The festival is a perfect fit for me because it involves so many of my passions, such as music education, working with friends and family, contributing to my community and rubbing shoulders with great jazz musicians." *Photo by Robert Colasanto.* Left, in 1980 a 16-year-old Paul won the Oceanview Band Award. It was the same year he won a scholarship at the New Westminster Jazz Festival for his trombone feature performance with the Oceanview jazz band.

talented singer...but mostly the feel of swing!"

As Paul finished his first year of music camp he vowed that if he could get into the 'A band' at the camp the following summer, music would be his life. He'd study music with trombonist Dave Robbins and become a professional trombone player.

"I went home and really started practicing. Dad drove me to Vancouver once a month for music lessons with Dave."

The Courtenay Youth Music Camp's jazz band was one of the best in BC, said Paul. "I think it was because everyone followed Dave Robbins—he was a god. With the exception of two or three other people in the jazz band – we have all pursued a professional career in music," he said, noting that Diana Krall and Phil Dwyer were also in that same band.

"It was an amazing band. I was the fifth alternate trombone player and the other trombone players all inspired me to no end."

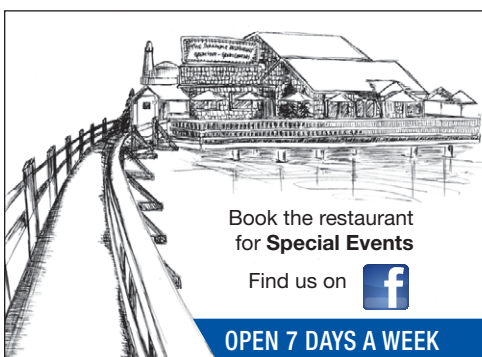
In Grade 10, Paul joined the Powell River Youth Choir (he was one of the original members). Don James

**"It just blew my mind. I had no idea that music could sound that way."**


*– Paul Cummings, on hearing the jazz band at Courtenay Music Camp for the first time.*

was the conductor. "We went to Montreal when I was in Grade 11 and Mexico City when I was in Grade 12. That was where I could see the marriage between travel and music."

After graduating high school, Paul attended UBC. Meanwhile, he was still studying with Dave Robbins. "I took a year off between third and fourth year and moved in with a bunch of musicians. I thought that I would try to survive for a year on a musician's wage. There was lots of work at the time because of EXPO 86."



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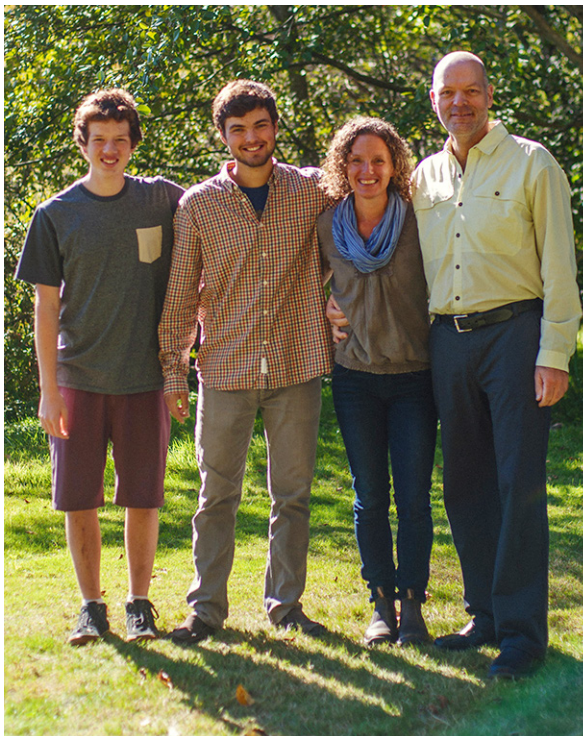
Some days, Paul would have as many as three gigs, in groups spanning jazz, blues, classical, and even a German Oom-pah-pah band. When EXPO ended in September, work dried up and even the best musicians were left jobless.

"I saw expert musicians leaving their families behind to work on cruise ships just so they could feed their children and that scared me. It really scared me. I saw how these professional musicians lived day to day with no stability."

Paul began thinking more and more about what he wanted to do. He was a musician and he wanted to trav-

**"The choir program was in good shape when I came and that was because of Don James and Peter Taylor."**

*– Paul Cummings, on returning to his music-rich hometown – though band was small.*



**HARMONY AT HOME:** Paul with his wife Karin Cummings and stepsons Eli and Zak Forsyth. Photo by Jennifer Kennedy

el, but how was he going to make this work?

"In high school, I'd taught trombone and was a life guard and a swim instructor and people always said hey, you have a knack for teaching," said Paul. So, he went back to university and applied to the education program at UBC.

"In case my career as a professional trombone player didn't work out, I'd still have my degree."

His first job was teaching at Hatzic Secondary School in Mission. There, he taught band and choir.

"In 1994, I took my first choir on an international trip. We backpacked for three and a half weeks through Holland, Denmark and Sweden. The focus was a 10-day festival in Denmark. It was incredible."

When Paul returned to Mission, he discovered the BC Vocal Jazz Festival had folded. He vowed to resurrect it. (He did. By the late 1990s, the festival attracted about 45 high school and university groups per event from all across the Pacific Northwest.)

A decade after he started teaching, he started a Mas-

ter's Degree in choral conducting at Western Washington University. After finishing the program, Paul began to focus on where he really wanted to be. "I put together a list of personal and professional needs for Paul Cummings," he laughed. "It included a community and a school district that held music education in high regard. It had to have good facilities and a developed music program with a decent budget and be close to my family and friends. I missed being on the ocean and watching the sunsets. Those were big priorities on my list."

When Paul went over his list again he thought: "I want to move home!"

In 1999 he was hired to take over the music program at Brooks Secondary School. He taught band, choir, jazz band, jazz choir, and music composition. "I did it all," he says. Back then, being a high school music teacher wasn't a full-time job so he also taught Grades 6 and 7 band. "Edgehill, James Thomson and Henderson kids would get bused to Brooks for band once a week," he said.

In those days, Paul's band consisted of about a dozen kids who met at lunch hour.

"There wasn't enough kids for a (high school) jazz band so we had a district jazz band with Grade 7 to 12 students," he said. "The choir program was in good shape when I came and that was because of Don James and Peter Taylor."

Music has been a community tradition in Powell River for many years. It dates back to the early days when the Powell River Company looked for additional skills and interests in their applicants, as the goal was to build a complete community from scratch.

Because of that tradition, families wanted their own children to have the same opportunities. Thanks to Paul, Don, Peter and so many others, Powell River's music education continues to be among the very best in the province.

Over the last 20 years, Paul has travelled extensively with his students. Every second summer he takes a choir to Europe and to a ten-day choir festival. "I add on another week so students can have other experiences while there."

Some of the festivals they've attended include: England, Spain, Holland, Austria, Italy, Belgium, Denmark, Germany, Slovenia, and Estonia. He's taken concert bands to Cuba five times during spring breaks over the years.

Not surprisingly, music is a very popular high school elective.

"Somehow, we have managed to keep bums in the seats for both the band and choir programs. I think this is a real feather in the District's hat. Administrators support the program because they see the experiences those students have and quite often the kids that are in band and choir are some of the strongest students academically. Many of these kids have had musical experiences before they land at Brooks through the elementary school music programs, and the Powell River Academy of Music."

Music, done well, is a source of joy and connection. But for teens struggling with their first band instruments this fall – and their parents and siblings listening to honks, wheezes, and squeaks – it can seem like "done well" is a long way off. Paul's story shows that even a rough beginning can lead to a lifetime of inspiration, internationally and here at home, in one of BC's musical hot spots, Powell River. [PRL](#)



Rob Villani



Stacey Fletcher



Katya Buck



Ian Tully-Barr

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for October's





# Getting ready for school

**SD47 helps prepare their youngest students to tackle the challenges in Kindergarten**

**T**he first day of school can be exciting and scary – especially for those entering Kindergarten. But you can help greatly reduce any fear your child may feel.

Since 2017, the District has been working on a PRE-K program. In 2019 they offered a four-session **Enhanced Kindergarten Orientation Program** at Kelly Creek Community, James Thomson Elementary, Henderson Elementary and Westview Elementary Schools in May and June. Not only is it fun, but it helps prepare children for school.

“Some children are more ready for Kindergarten than others,” said Rita John, School District 47’s Early Learning Coordinator. “It helps if they can experience a bit of what school is before they begin. We offer this program so that hopefully everyone who walks through the door in September will be comfortable.”

It’s the little things that help.

“They get to see where the bathroom is, where the stairs are, meet other children,” she said. Children get used to lining up, creating art projects together, reading stories, being part of a group and taking turns.

‘**Gradual entry**’ was implemented in this District several years ago. Only half the class comes in at a time, at first, and this makes it easier for children to get used to being in a large group.

“There are things they have to do on their own, like open their own snack containers, button up their coats and do up their shoes,” says Rita. “It isn’t easy for a Kindergarten teacher to help with 20 pairs of shoes!”

At Henderson Elementary in June, on the final day of the orientation, children were eager to play with their new friends. They were each given a year book to fill out “with all the things that you can do,” said teacher Carly MacLean. Students chose reward cut-outs to paste in their books if

### Do you have a Kindergartener?

For more information on how to prepare your child for kindergarten, please visit [www.sd47.bc.ca/programs/earlylearning](http://www.sd47.bc.ca/programs/earlylearning)

they could independently wash their hands, get dressed, put on their shoes, and so on. Once they’d completed gluing, they began painting their “I Can” book in bright colours.

The pre-school years are a prime time ‘sensitive period’ for brain development, says Rita. It’s when children strengthen social skills and make important brain connections. Learning that occurs during these sensitive periods lays the foundation for future learning, she explains.

“The social/emotional part of our learning has a big impact on success. For example, if a child is angry, educators help children learn different ways of responding. They learn positive ways to have a conversation with another person...it’s a skill.”

The School District offers other programs such as **Ready, Set, Learn** for three to five-year-olds. Sessions focus on school readiness and take place for two hours one afternoon at all the elementary schools.

“It provides a snapshot of school during the course of one afternoon,” says Rita.

The School District also offers **Strong Start**. This government-initiated program supports smooth and successful Kindergarten transitions and makes school facilities and resources available to the preschool population and their families. Parents stay with their children during this program and it is offered at Westview Elementary, Kelly Creek, Henderson Elementary, Edgehill Elementary and when StrongStart Outreach is on the ORCA Bus.



SCHOOL DISTRICT 47

Want to learn more? Contact us.  
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 4351 Ontario Ave 604 485-6271  
[www.sd47.bc.ca](http://www.sd47.bc.ca)

# “It... lingers on your fingers”

## grow garlic

**W**ith all the canning, preserving, and cooking going on in our little family we use a lot of garlic. I mean *a lot*. I did a rough calculation and I figure we use about a bulb a day. And good garlic is pricey, especially if you buy the locally-grown organic stuff.

Good garlic should be firm and easy to peel; it should be juicy and sticky when you smash it. It should hit you in the nose as you begin to chop, and again as you crawl into bed as it pleasantly lingers on your fingers.

It should not be an insipid shriveled nut resembling a dead toe, like the stuff we get from China. Don't get me going on the pre-chopped stuff in jars; it is vile. According to the late great Anthony Bourdain, if you're "too lazy to peel fresh... you don't deserve to eat it." I like that.

With garlic planting time just around the corner I thought I would once again give a little primer on how to have success in the garlic corner of the garden.

also produces a flower in early summer known as a garlic scape. Scapes are an added bonus as they are a wonderful addition to many meals. They make excellent pesto or are even great just fried on their own in a bit of butter. Hard neck garlic is said to have better flavour than that of the other types. The draw back to hard neck is that it does not store quite as well, and you cannot braid the bulbs.

Elephant garlic, as the name implies, has monstrous cloves. It is actually a member of the leek family and produces a mild tasting, very large bulb. Elephant garlic needs a long, drawn out summer to produce substantially huge bulbs. The draw back is that it lacks that pungent garlic flavour.

### Cultivation

Garlic prefers a rich, well-drained moist soil, with a full sun exposure. It needs moisture, but will not tolerate sopping wet ground. Drainage is a must. Avoid planting garlic in conditions with



get the cloves planted sometime in October or November. This will ensure that the cloves have time to take root before winter gets really cold. I have planted garlic as late as February and the results were still average.

Begin by preparing your bed in whatever method you prefer (double dig, no-till, rototiller, etc). Next take your seed garlic bulbs and break them up into individual cloves. Plant each clove pointy side up roughly two to three inches below soil surface at eight-inch spacing. The more space you give each clove the larger your bulb crop will be. Your rows should be 10-12 inches apart.

### Harvesting

Once the bottom three or four leaves begin to die back, harvesting can begin. This usually happens sometime in early July. If you leave your garlic in for too long the bulbs will start to split. Lift or pull them out of the soil and cure them in a dry sunny location for a few days. Once the soil on the bulb is dry, take a good stiff brush and clean each bulb. Store the bulbs in a cool and dry location, preferably no warmer than 10°C.

### Pest and Disease

Garlic can be susceptible to a few pests and diseases that are usually brought on by high humidity and moisture levels. The two main issues that affect garlic are rust and white rot. Rust seems to weaken the plants, while white rot takes out the individual cloves or sometimes the entire bulb. I have also seen onion maggot attack soft neck garlic.

It is for these reasons that it is very important to rotate your garlic crop plantings year after year. It is also a very good idea to plant certified disease-free seed stock. If you are going to plant locally grown garlic, be certain that it is clean. If you end up with a pathogen like white rot or rust it will take years of not growing garlic to rid your garden space of the pathogens.

Have a look at the bulbs. Check the bulbs over and look for lesions or disease marks. Be sure to ask the grower if they have ever had any problems with pest and disease before. In my experience if you rotate and plant good seed in appropriate locations you will have nothing to worry about.



## A growing concern

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



### Garlic: *Allium Sativum*

Garlic comes in a plethora of shades and sizes, but there are three basic types you can grow: soft neck, hard neck and elephant. The name soft-neck refers to the stalk or neck of the plant being pliable or bendy.

Soft-neck is wonderful for a few reasons: it tends to produce more cloves per bulb, and it has longer storage capacity; the pliable neck makes it perfect for braiding. However soft neck is definitely more susceptible to cold winter weather.

Hard-neck has a stiff stock. It is by far the preferred choice to grow in Powell River as it is more suited to deal with our cold wet winters. Hard neck garlic

increased humidity as this can trigger potential pest and disease problems. It is much better to plant garlic in an area with good air movement. Garlic is a heavy feeder, so be sure to incorporate some feed and compost into the soil during planting. I like to apply a good top-dressing of compost with a bit of bone meal in the fall, and then a well-balanced organic fertilizer again in the spring. Keep the bed well weeded, as the bulbs do not appreciate competition from weeds.

### Planting

Planting garlic is simple and not much different than planting other spring bulbs such as tulips or daffodils. Aim to

Let Mother Nature inspire your fall and winter garden

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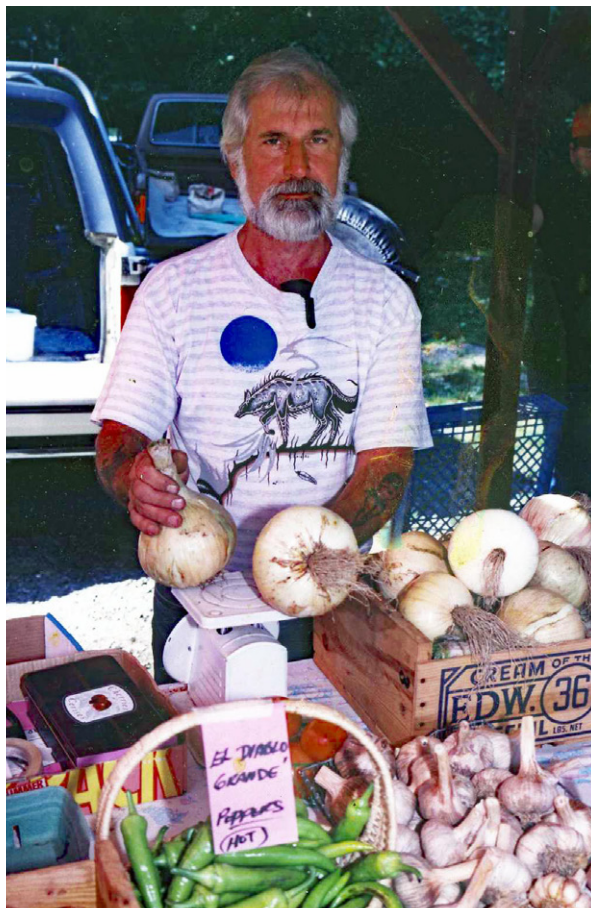
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**“GARLIC IS THE CATSUP OF INTELLECTUALS”:** So said John Milner. Wherever you fall on the cranial spectrum, get your bulbs in the ground soon for optimal sticky, stinky, savouring next summer. *Photo by Rod Innes*



## Advice from a former Garlic King

BY ROD INNES

**W**e had about one acre in produce and did a lot of it by hand. It got to be too much so I bought a small tractor with a plow and a tiller.

I loved growing Russian garlic. We had other kinds as well. The Russian garlic was given to me by a lady who had some that was brought here from Russia. I used to braid the garlic with flowers tucked into the braid and sold them at the market, along with single bulbs.

Garlic is related to the lily family. I had access to sheep manure from a place on Malaspina Road. It was perfect for growing garlic. I always grew them on raised beds. I planted around mid-October. Garlic is amazing as it can take freezing with no damage to the bulbs. You can mulch them lightly if you want to. They are ready to pull up when the tops begin to brown. If you pull them up too early, they don't keep well.

### CRAVING GARLIC NOW?

A great place to find local garlic is at the Powell River Farmers' Market alongside a wide selection of fresh local vegetables and fruit. Maybe you've grown garlic in your back yard but need a bit more for the winter, maybe you'd like to try and grow a new variety, or maybe (like some of us) you don't grow garlic at all. Whatever you need, the market can help (see ad on Page 43).

This year's main garlic vendors include Pat Hanson from Andtbaka Farm, Paul Keays from Barndance Farm, Alex McNaughton from Gathered Farm and Florals, Kathleen Richards, Jeff Dela Cruz from Kelly Creek Farm, and Aaron Mazurek from Terra Nostra Farms. You will find the prices are reflective of organic garlic sold in the Lower Mainland (around \$14/lb). While some farms are certified organic, none of the farmers use commercial herbicides or pesticides on their produce. **PRL** – *Juhli Jobi*



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## Social Media Marketing

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Admission by donation,  
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**Know** how easy it is to create an engaging social media presence and how it can help your business, non-profit or community organization. **Learn** how to build your online community, why our time on social media should be deliberate and limited, the importance of tracking your metrics and more.

### With expert panel:

- **Tracey Ellis**, Executive Director of Tourism Powell River, and former journalist / editor.
- **Karina Inkster**, Fitness and Nutrition Coach, author, and podcast host.
- **Andy Rice**, Arts Administrator with BC Choral Federation, PRISMA and Townsite Jazz.

Powell River **wib** prwomeninbusiness.com  
women in business

### SEPTEMBER GARDENING TASKS

Order flowering spring bulbs. Plan out your colour combinations, fragrance, and timing to have your garden beautiful for next spring.

Save some seed for next year. It is thrifty, and over time will give you stronger plants for your specific growing region. Also, they can be traded at the local seed exchange in the spring.

Harvest your potatoes. You must cure them before placing them in storage. Do this by leaving them on the soil surface to dry in the sun for a day or so. Don't leave them too long or they will become green.

Don't forget to harvest and dry some of your own tender herbs. Home grown mint, sage, oregano, and tarragon etc, are so much better than the stuff you buy in the stores.

Secure your seed garlic and plan where you are going to be planting them out in the next few months.

If you are clearing out your garden and there are large patches of bare soil, sow a cover crop to prevent nutrients leaching from the soil. Fall rye, winter wheat, red clover, hairy vetch, field peas or combinations of each are all great options.

Plant out and sow the last of your winter garden. Sow lettuce, spinach, endive, cilantro, corn salad, arugula, etc. It is too late to start many of the other winter veggies from seed (broccoli, cauliflower, Brussels sprouts, cabbage, rutabaga etc).

Jot down a few notes of what worked and what didn't work in the garden this season. That way you will have something to refer to next season.

As it is ripe, clear all your fruit from the trees to minimize bear and human confrontations.

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# What's your Powell River IQ?

**1. The first roll of paper produced at the mill was in:**

- a) 1898
- b) 1905
- c) 1912
- d) 1925

**2. True or False: At one time, the mill in Powell River was the largest pulp and paper mill in the world, with one in every 25 newspapers printed on paper from the mill:**

- T
- F

**3. The traditional home of the Tla'amin Nation was:**

- a) In Wildwood
- b) At the mouth of Powell River
- c) Near Saltery Bay
- d) North of Powell River, near the current home of the Tla'amin Nation

**4. The Sunshine Coast Trail is:**

- a) 120 kilometres long
- b) 150 kilometres long
- c) 180 kilometres long
- d) 200 kilometres long

**5. Powell River hosts:**

- a) The Powell River Kings
- b) Powell River Villa soccer team
- c) Kathauwmix
- d) Pacific Region International Summer Music Academy
- e) All of the above

**6. Why 'Powell River'? Who is this 'Powell' character, and what is his/her claim to fame?**

- a) Powell was one of the military leaders of the 1812-1814 war, who fought in Upper Canada for the British
- b) Powell came to BC during the Cariboo Gold Rush & helped bring BC into Confederation
- c) Powell was a noted Canadian suffragette during the mid 1800s
- d) Powell explored the Colorado River & the Grand Canyon before exploring the coast of BC

**7. Powell River's most recent curling club league was highlighted in this month's issue. It is called:**

- a) 2 on 2
- b) Sturling
- c) Red Racer
- d) Sticks 'N Stones

**8. The population of the City of Powell River is about:**

- a) 13,000
- b) 15,000
- c) 10,000
- d) 20,000

For answers and your PR-IQ rating, go to Page 32.

For a chance to win six weeks of free Saturday night curling in the new league, take this quiz from:

[powellrivercurling.com/new-sat-night-sticks-n-stones](http://powellrivercurling.com/new-sat-night-sticks-n-stones)  
Contest closes Sept. 20, 2019.

## PACIFIC SALMON FOUNDATION 15th Annual Powell River GALA DINNER & AUCTION

Saturday, 19 October 2019  
Dwight Hall, Powell River

The dinner will be catered by Executive Chef, **David Bowes** starting with an incredible seafood appetizer bar including **Fanny Bay Oysters** and local prawns, followed by a delicious buffet dinner. Live auction items include exciting trips, fishing adventures, original artwork, jewellery, giftware and other unique items.

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

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# TEXADA ISLAND OFFICIAL COMMUNITY PLAN

qathet Regional District is excited to announce the completion of Texada Island's Official Community Plan!



Area D Official Community Plan - Planning Advisory Select Committee (L-R): Casey Richards, Roxanna Rasmussen, Allan MacIsaac, Jim Mason, Sue Clark, Chuck Childress, Sandy McCormick (Area D Director), Bob Timms, Joseph Scott, Laura Roddan, (qRD staff), Julia Dykstra, (qRD staff), Brian Walker, and Terry Hollo (Tara Schumacher, Denise Smith not present).

## *How did we get here?*

Since January 2017, qathet Regional District (qRD) staff have been working together with the Area D Official Community Plan - Planning Advisory Committee to review and update the old Texada Island Official Community Plan.

On July 23, 2019, the Advisory Committee made a recommendation for the new Texada Island Official Community Plan to be forwarded to the bylaw adoption process. The Official Community Plan was developed through a four-phase community planning process working in collaboration with area residents, property owners and stakeholders on Texada Island over the past two and a half years.

The qRD would especially like to **THANK** the Advisory Committee members who volunteered their time and passion to help create a plan the community can be proud of!

## *The new plan features...*

- Clear and concise language
- Graphics to support understanding
- Represents balance of community and stakeholder interests
- Provides refreshed community vision and goals
- Incorporates sustainability principles from the qRD's Strategic Plan
- Provides a policy framework to achieve community vision and goals
- Based on updated population analysis and projections to 2041

Next steps include initiation of the bylaw adoption process through the Regional Board, including a Public Hearing. For more information:

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



qathet

REGIONAL DISTRICT

604-485-2260

administration@qathet.ca

## ANSWERS: YOUR POWELL RIVER IQ?

(from Page 30):

- c – The Powell River mill produced its first paper in 1912.
- a – It is TRUE that the mill in Powell River was the largest pulp and paper mill in the world at one time.
- b – The traditional home of Tla'amin Nation is at the mouth of Powell River.
- c – The Sunshine Coast Trail is 180 kilometres long.
- e – ALL of these answers are correct.
- b – Powell River was named for Israel Wood Powell, who helped bring BC into Confederation.
- d – The new curling club league is called 'Sticks 'N Stones'; AND it's only \$55 for six weeks. You might win a free session by completing this quiz from: [www.powellrivercurling.com/new-sat-night-sticks-n-stones](http://www.powellrivercurling.com/new-sat-night-sticks-n-stones)
- a – The population of the City of Powell River was approximately 13,000 in the last census.

## WHAT'S MY POWELL RIVER IQ?

If you got **1-2 answers correct**, you're a Powell River Novice. You are either new to Powell River, OR you just are not aware of the history and activities in Powell River.

If you got **3-4 answers correct**, you're a Powell River Regular. In other words, you live here and work here, but you've never researched the history and activities in Powell River.

If you got **5-6 answers correct**, good for you – you're a Powell River Pro. You know a bit about the history of Powell River, and are also in tune with what's going on in your town. Way to go 'Pro'.

If you got **7-8 answers correct**, you're a Powell River Genius. You know the history of Powell River, and are also aware of the current activities going on in town. Put on your 'Genius' pin, and good luck – you may win six weeks of Saturday night curling.

## WHAT'S UP



### New record for Sunshine Coast Trail

Christophe Le Saux (above) set a new record for running the Sunshine Coast Trail last month. The French athlete ran the 180-kilometre trail in 28 hours and 56 minutes. This marked one of Christophe's goals of running record times around the world. Calling it the Seven Wild Trails, he wants to set records on five continents in seven countries. The Powell River record was the sixth. The seventh will happen in the Alps.

### Social media night

Powell River Women in Business will hold an event focussing on social media from 6 to 8 pm on Wednesday

September 18 at the Max Cameron Theatre. Three local social media influencers will share their knowledge about what works and what doesn't with various platforms.

### Local cartoonist up for award

Carmen Sandiego, the Canadian-American Netflix cartoon penned in part by Powell River artist Dennis Crawford, has been nominated for an Emmy Award. Dennis was the storyboard artist for the first two episodes of the project: "Becoming Carmen Sandiego." The show is nominated for Outstanding Children's Program, alongside hits such as A Series of Unfortunate Events, Star Wars Resistance, and Sesame Street's When You Wish Upon a Pickle. The 71st Emmys will be awarded Sept 22.

### Can you help?

Evergreen Extended Care Unit is looking for volunteers to join their Men's Club. They would like men who are comfortable having conversations, reading the newspaper and/or playing table games with socially isolated male residents. These visits can be done individually with one senior or in small a group.

### Are you young?

Volunteer Powell River is looking for members for their Youth Steering Committee. If you are between the ages of 15-29 and looking to develop planning, networking, leadership and other transferable skills connect today. For more details or a full selection of volunteer opportunities and to apply please visit [Unitedwayof-powellriver.ca](http://Unitedwayof-powellriver.ca)

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## New Bus Shelters

The qathet Regional District (qRD), with funding assistance from BC Transit, has installed four bus shelters in Electoral Areas A and C. The new bus shelters are located at the Downtown Lund, Craig Road South, Black Point North and Lang Bay North bus stops. Installation at these locations was determined based on customer and driver feedback. The qRD may add additional bus shelters at key route locations in the future. The qRD is committed to improving access to regional transportation. It is the hope, with the addition of permanent shelters along bus routes, use of regional transit increases.

Use of the regional transit service is essential for connecting rural communities to urban centers to access critical services. Providing permanent waiting areas that offer shelter from weather gives riders greater security and accessibility to the regional transit system. Accessibility to transit is essential to reducing the region's carbon footprint and to delivering key services for all areas of the qRD.

## First camper cabin at Haywire

The qathet Regional District (qRD) has completed installation of the first camper cabin at Haywire Bay Regional Park. Construction of camping cabins was approved at the April 25 Regional Board meeting based upon report recommendations to improve the function of Regional District Parks and Campgrounds. The project was completed on time and under budget.

The camper cabin is located at campsite No. 44 and is available to rent at a rate of \$50 per night. Reservations for the cabin are required.

## Planet-cooling ceiling

New energy efficient technology installed at the City of Powell River Recreation Complex this summer will significantly reduce greenhouse gas emissions (GHG) and offset energy costs. The Complex is the City's single largest source of GHG and utility costs.

In July, the Complex installed new insulated ceilings for Hap Parker Arena and the rink, and a more energy

efficient ice-making system paid for through rebate programs and Powell River Community Forest funding.

The ceiling will keep the rinks cooler in the summer months for building ice and provide for a much more consistent temperature during the rest of the year. The City received an \$18,000 rebate from BC Hydro for the ceiling installations. To add further savings, the Complex has switched over to a REALice water treatment system that allows for colder water to be used for resurfacing the ice.

## Emergency training at airport

A multi-agency Powell River regional response team will be conducting an emergency training exercise to test the Powell River Airport Emergency Plan on Tuesday, September 17. The exercise will start at 10:30 am and it is scheduled to last approximately three hours.

A Pacific Coastal Airlines passenger aircraft crash will be simulated. There will be smoke used during the test. The goal of the exercise is to gather key information and find and fix gaps in the emergency plan for the Powell River airport.

Although this is a practice exercise, it will be conducted as a full-scale real-time emergency event.

The City of Powell River, Powell River Airport, Pacific Coastal Airlines, Powell River Fire Rescue, Malaspina Volunteer Fire Department, Powell River RCMP, BC Ambulance Service, BC Coroners Service, Powell River General Hospital and Health Emergency Planning Services will be involved.

During the exercise, be advised there is no risk to the public and no cause for alarm.

There will be traffic disruptions and the public are asked to avoid the area around the airport during the emergency simulation. [PR](#)



## Volunteers sought for First Aid Team

The Powell River Community First Aid Team has its own ambulance and most of the needed supplies and equipment. **Now it needs you!**

"We are now looking to expand our membership. If you have a background in first aid, or are interested in first aid and providing a community service, we invite you to join our team," says president Larry Gemmill.

The team also needs auxiliary members in public relations, web man-

agement, marketing and other support.

The team is a non-profit society with a mandate to provide primary first aid coverage to community events.

This year, the team has covered 20 events and provided over 870 hours of community service, treating 79 patients – and the year is not yet over! Events they have attended include Texada Sandcastle Days, Logger Sports, school track meets, PRISMA, and others.

## Can YOU help?

First aid • Marketing  
Public Relations • Web management

To apply, or for further information, contact PRCFAT president Larry Gemmill at [cadfael-pr@shaw.ca](mailto:cadfael-pr@shaw.ca) or 604-483-9854, or contact any team member.



**PROWLS**  
Powell River  
Orphaned Wildlife  
Society

presents the

## Black and White Extravaganza

(dress: black and white)

Saturday, September 21, 2019

## Seasider Restaurant

5:00 pm – nibbles & drinks

6:00 – pm dinner

Silent Auction

Tickets: \$75 available at Westview Veterinary Clinic or call Merrilee at 604-483-9787

**All proceeds to PROWLS**



## BUSINESS AFFAIRS

WITH SEAN PERCY  
sean@prliving.ca

### New sign company

**Mike Chisholm** has left Impact Signs to form his own sign company, **Suncoast Sign & Design**. His former co-worker from Impact, **Jason Law**, joins Mike at Suncoast as manager. Mike also owns Hot Water Works under the M&M Chisholm Enterprises banner. He says he wanted to take on bigger signs and keep the production as local as possible. His new printer prints on a variety of substrates up to 60 inches wide, allowing him to produce items from car decals to vehicle half wraps to building signs to T-shirt graphics to wall murals to canvases. The sign shop is open at 101-4400 Marine Avenue – the former Peak building. You can reach Mike at 604-485-7036 or [mike@suncoastsign.ca](mailto:mike@suncoastsign.ca).

### Laser focused business

Angela Desilets has opened **New Beginnings Laser Centre** inside **Jr Original Tattoo Spa** at 13-4312 Franklin Avenue (beside Papparazzi Pizza.) Angela offers micro-derm abrasion as well as laser skin rejuvenation and hair removal. The DermaLase IPL helps with rosacea, moles, pigmentation, pregnancy mask, scars and more. Call 604-413-0551 or visit [newbeginningslasercentre.ca](http://newbeginningslasercentre.ca). Francis Luaifofo is the “Junior” who owns the shop and does tattoos and barbering, and he says he’s happy to have Angela join the Spa, adding to the services offered there. Eva Kapetanakis is the spa esthetician, offering hair, nails, manicures and pedicures.

### New tennis coach

**Powell River Tennis Centre** has a new head coach and director of tennis, **Adil Medina**. Originally from Morocco, Adil has worked and travelled throughout the world. Adil has competed in International Tennis Federation tournaments and is a high performance tennis coach.

### Rent your virtual reality

**Kieran Fogarty** has launched **Virtual Reality Rentals Powell River**, offering VR headsets loaded up with the latest games for parties, events, weddings or private use. “It’s an amazing time we live in for Virtual Reality and we want everyone to try it out. Five years ago, I ordered the first VR headset and was blown away by the magic of it all. Today we can bring you a VR headset that no longer needs to be connected to a computer or a phone. Book a headset for a party or event and we will bring it over, set it up and give a short tutorial demo.” The fully wireless Oculus Quest VR has 360 degrees of freedom and dual motion controllers. Book through [facebook.com/Virtu-](https://facebook.com/Virtu-)

[alRealityRentalsPowellRiver](http://alRealityRentalsPowellRiver) or email [virtualrealityrentalspr@gmail.com](mailto:virtualrealityrentalspr@gmail.com). You might already know Kieran as “the wand maker.” You can find his 3D printed creations on his Etsy Shop – WAND Magic and Art.

### Are you ready to rock?

**Party Rock Recordings** is co-owned by **Sean Tassell** and **Brittany Service**. The two met while working for Valley Building Supplies. In December of 2018 they started their singing duo Under the Covers and found a spark in their creativity. With Sean being an Audio Engineer and Britt running Service Vocal Training, her vocal coaching business, the seeds for Party Rock Recordings were sown. Sean had worked in a recording studio in Vancouver where they hosted “Pop Star Parties” for birthdays. More sparks flew as they made the idea their own, and Party Rock Recordings was born! They can bring the party energy for birthdays for all ages or even visit your bachelor/bachelorette party to turn you and the wedding party into rock stars for the night. Party Rock Recordings is an “on location” recording service – they come to your home for the vocalist who wants to casually record a few songs. You will be guided by a vocal coach to help reach your upmost singing potential while your personal audio engineer will smooth the recording and give you an audio experience that “off the floor” recordings could never offer. Call (604) 485-7177 or visit [fb.com/pg/PartyRockRecordings](https://fb.com/pg/PartyRockRecordings).

### New owners at Convenient Chef

After more than two decades of feeding Powell River, **Marika Varro** is retiring. **The Convenient Chef** building and part of the business has been sold to **Nicholas Bodie** and **Lisa Cotton**, formerly of Squamish. The prepared meals part of the business will continue (seniors meal program, meals for busy professionals, vacationers etc.) They will offer hot and cold food platters for meetings, parties and other events, but catering will no longer will be available. **Laurie Holuboch**, who was the key person preparing the meals when Marika was catering, will remain on staff, so customers can expect to enjoy the flavours and variety they are used to, with some new choices added. They hope to expand staff in the coming months. Watch for new signage and a new logo on the Townsite building. Call the kitchen at 604-483-9944.

### Gumboots art for kids and adults

**Gumboots Studio** on Haslam Street is locally owned and operated by wildlife painter **Sabrina Upton**. The studio offers an array of custom artistry and classes including birthday party packages. Kids can enjoy working with Femo clays, acrylic paints, water colour paints, beads, drawing supplies and more. Gumboots Studio also offers evening art events for adults where you can proudly produce a functional piece of art to take home like a coat rack or art play nights to let the colours fly and have fun making a beautiful mess! Open by appointment only, so visit [gumbootsstudio.com](http://gumbootsstudio.com) or call 604-344-2038.

### City gets sewer money

The City has the money to go ahead with the new **wastewater treatment plant**. The federal government is contributing \$30,400,000 and the province is kicking in \$25,330,800. The grants will pay for approximately 73 per cent of the project, with the City having to invest \$24,069,200. The new plans will take waste from Westview and Townsite, as well as the Wildwood Lagoon, and possibly in the future from Tla’amin, which is awaiting approval from Ottawa for a design that would allow the nation to connect to Powell River’s system.

### Turn your business into retirement

HollisWealth and White Leblanc Wealth Planners are hosting a session to help business owners figure out how to retire and maximize the value of their business. **Colin White** is one of Canada’s top 50 Financial advisors and an expert in selling businesses. He will help you form a plan to sell your business. What if you’re keeping the business in the family? How do you plan for that? How can the business live on after your retirement, and how can you get the most out of the business so you can enjoy your retirement? Those questions and more will be answered on Sept 16 at 7 pm at the Town Centre Hotel. RSVP to [sara@wlpw.ca](mailto:sara@wlpw.ca) or call 604-485-6160.

### Suncoast more than chiropractic

**Suncoast Integrated Health** is the new home for half a dozen health practitioners. **Dr. Brittney Chisholm**, who ran Suncoast Chiropractic, moved from the shop across the from the airport that she shared with Malaspina Massage to a new location at 7061 Duncan Street, across from Mother Nature, and invited other practitioners to join her. **Dr. Mélanie LeBlanc** also does chiropractic. **Dragonfly Touch** with **Alene Norris** and **Robyn Harris**, **Sage Wellness Practice** with **Deanna Ishawk**, and **Ron Cameron**, who practice **EMDR** (Eye Movement Desensitization and Reprocessing), have all joined Brittney under the Suncoast roof. Visit [suncoastintegratedhealth.com](http://suncoastintegratedhealth.com) or call 604-414-7815.

### New owners at Gourmet Canton

**Sisi Wang** and her husband **Jin Long Liu** were already living in Powell River - on Glacier Street – when they were approached to purchase the **Gourmet Canton Restaurant**. It was a natural fit for the couple, who moved from Beijing just a year ago. “Our daughter is going to Assumption, so it’s very convenient,” said Sisi during her lunch break at the restaurant at 7-7030 Glacier Street. The menu is mostly the same, though they have added a couple more traditional Chinese dishes such as dumplings and “Spicy Incense Hot Pot.” Because all the dishes are prepared individually, it’s a simple matter to substitute out a vegetable you don’t like or add one you love. In addition to Sisi, who runs the front, and Jin Long who runs the kitchen, the restaurant employs five part-time staff. Gourmet Canton has been serving Chinese food in Powell River for nearly 30 years. 

## MAILBAG

Hello Isabelle,

Thank-you for the heartfelt and elegant homage to our four-legged best friends who consistently behave as though our waking up and coming home was the best thing that happened to them every day we own them as long as they are alive.

*Sincerely, Lesley Armstrong*

Hi Isabelle,

Your article on your dog was great, both Heather and I enjoyed it.

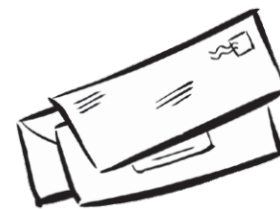
Heather has a comment. She says it is better to have a dog on a leash than a man on a string! Reason why, is when the dog comes in it will usually lay down and be quiet!

*Ray Sketchley*

Hi Isabelle,

I was delighted to see the article in the *Powell River Living* magazine about your son Alex. Through the years he cut my grass, picked my pears and shovelled my snow. I always found him to be a delightful young man who worked hard and always had a smile. I had no doubt that he would do well in life. Congratulations on doing such a fine job bringing up this fine young man. I have a feeling you probably passed on your work ethic to him.

*Cheers, Charlotte Schultz*



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.**

**SEPTEMBER 6 TO 8  
WEEKEND**



Fall Fair  
Recovery Day  
Texada Paint Out  
Only Children launch  
Dragon Boat fundraisers

**SEPTEMBER 13 TO 15  
WEEKEND**



Terry Fox Run  
Edie & The Cruisers  
Ghostly Hounds  
Sam Wiebe  
Jim Foster

**SEPTEMBER 20 TO 22  
WEEKEND**



Equinox  
Duck Toller Tea Party  
*Under Paris Skies: Edith Piaf*  
Cops 4 Cancer  
*On the Verge*

**SEPTEMBER 27 TO 29  
WEEKEND**



Salmon Festival  
Last weekend of the Farmers' Market  
Daniel Wesley & Tyler Bartfai  
Lang Bay Crib Tourney  
Gift of the Letter Press

Much more is happening in September. Check out PRL's full coverage of festivals and events on Pages 35 to 43.

# Savour **5** September events to help you tap into fall-flavoured nostalgia

**1. Under Paris Skies**

Edith Piaf – Paris' wartime 'Little Sparrow' – endured a tragic life, but brought audiences sublime, heart-rending performances. Re-live her passion with Edie Dupont at the Max on September 22.

**2. Edie & The Cruisers**

This first-time Townsite show n' shine pairs classic cars with the diner named for the elegant, late Edie Rae. Feel the passing of a gloriously beautiful era in the company of those skilled in keeping the aesthetics alive on September 14.

**3. Fall Fair**

We're enjoying a food-growing revival here in Powell River, but the Fall Fair is a great time to reflect on how many skills were nearly lost: growing, preserving, knitting, quilting and much more (like thrift) we'll need to survive the next century.

**4. Equinox Events**

Earth-based spirituality was pushed out of the mainstream for generations. Re-connect to the earth the weekend of September 21 with Qigong, a workshop on shamanism, and an aural Crystal Journey. Or just stare at the changing sky.

**5. Gift of the Letterpress**

Join Stuart Isto at the Library September 27 or 28 to make posters using a technology developed by Gutenberg and in use for more than 500 years. The tactile, sensory design process is exotic and delicious compared to InDesign. Trust me on this. –PW

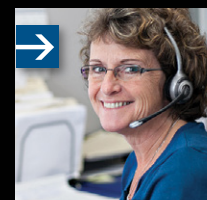
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# Plant-Based

## COOKING & NUTRITION CLASSES



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

for class details and registration

### FALL 2019 SCHEDULE

#### Plant Based Everyday

Wednesdays Sept 11 - Oct 9 (5 classes)

#### Food For Life - The Power of Food for Diabetes Prevention & Treatment

Thursdays Sept 19, 26 & Oct 10, 17 (4 classes)

#### Vegan World Foods

Wednesdays Oct 16 - Nov 13 (5 classes)

#### Plant-Based Holiday Series

Wednesdays Nov 20 - Dec 4 (3 classes)



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4766 Joyce Ave

# September

## Big September Dates

### September 3

Back to School

### September 8

International Literacy Day

### September 13

Friday the 13th

### September 21

Fall Equinox

### September 20

Pro-D Day

### September 17

Emergency Training Exercise

10:30 to 1:30. A simulated airplane crash will be attended by several local emergency agencies. Expect traffic disruptions, and please stay away from the airport.

### September 30

Orange Shirt Day: Every Child Matters

### October 9

Federal All-Candidates Forum

7 to 9 pm, Evergreen Theatre. Hosted by the Powell River Chamber of Commerce.

## School & Registrations

### September 3 to 6

Academy of Music Registration Week

See ad on Page 44

### September 7

Registration fair

10 to noon, Oceanview Education Centre. Learn about the different clubs, organizations and more! Free pancake breakfast. Hosted by Family Friendly Powell River.

Early Bird Reg for curling closes

See ad on Page 11.

### September 9

SD47 Strong Start programs begin

See ad on Page 18.

### September 9

First day of Powell River Ukulele

6:30 pm, Academy of Music. Drop in! Registration for private or group lessons see ad on Page 45.

First day at Laszlo Tamasik

See ad on Page 47.

### September 12

Lang Bay Hall Crib Night

6:45 pm, season starts

### September 26

Assumption School Movie Night Drop-In

6:30 pm. All welcome. Free popcorn. Check Facebook for more info and see ad on Page 9.

## Equinox Events & New Age

### Saturday, September 21

Intro to Shamanism & Journeying

1-7 pm, The Sanctuary at Lang Bay. With PRL's Return to Reverence columnist Juliette Woods. See more at [www.3foldbalance.as.me](http://www.3foldbalance.as.me). \$150.

Fall Equinox Qigong class

10-11 am, Lindsay Park. No registration required. All welcome. \$10 For info: [qisandra.ca/schedule/](http://qisandra.ca/schedule/) email@qisandra.ca

### Sunday, September 22

David Hickey's Crystal Journey

7-9 pm, Elements Movement. \$25 at the door.

### Monday, September 23

Autumnal Equinox

12:50 am in Powell River. Twice a year, daytime and nighttime are of approximately equal duration all over the planet.



Plan your

September

## Get Outside

### Weekends through September

#### Open Air Farmer's Markets

Saturdays 10:30 to 12:30, Sundays 12:30 to 2:30.

### Tuesdays through September

#### Sober Sports

6 to 7:30pm, Christian School Outdoor Court. See ad Page 42.

### September 7

#### Texada Paint Out

10am to 1:30pm, Shingle Beach. Drop by to see artists in action. View completed work at Gilles Bay Hall 6 to 7:30pm. Mud\_otter@gmail.com.

### September 8

#### Zucchini Races at the Fall Fair

Registration at 1 pm, Races at 2 pm. See right.

### Sunday September 15

#### Terry Fox Run / walk / cycle / skate

Lower Complex, Registration starts at 8:30. Run starts at 10am. Choose 3.5 km or 10 km route. Free pancake breakfast provided by Save-On Foods to follow.

### September 21

#### Duck Toller Tea Party

2-4pm, Dog park behind Mother Nature (if it's raining, the date moves to September 28). All Duck Tollers and their families are invited to this first-ever event, sponsored by PRL magazine, for an afternoon of fun, friendship and prizes. Who is the fastest retriever with a ball? Who has the orangest fur? Whose stare can melt your heart? Who has the waggiest tail? For more info, email isabelle@prliving.ca, or call 604-483-1786.

### September 28 & 29

#### Last weekend of the Powell River Farmers' Market



## Zany Zucchini Races at the Fall Fair

Each year, Powell River's own spicy event ninja Bill Hopkins organizes Zucchini Races at the Fall Fair. It's an all-ages competition – anyone can join. Kids and teens are especially invited to participate.

Simply show up at the Open Air Market grounds on Sunday, September 8 with a pre-built zucchini car, register at 1 pm, and races start at 2.

Bill says there are three important steps in Zucchini Racing:

1. Get a good Zucchini, not always is biggest the best. Sleek with nice colour is always good.

2. Decorate your ride, this helps the crowd cheer for you and your team. Let your imagination go wild. Duct tape and zap straps are great to tie your Zucchini to a set of wheels, or a toy car or truck of some sort.

3. Have fun!. Whether you race once and come in second or crash, it is all about having fun.

## Local Fall Food Festivals

Wow, Powell River. We're hosting three new food festivals this fall: Townsite Pumpkin People, Salmon Preservation, and Mushroom Fest. Clearly, we like to eat (and grow, gather, hunt & fish).

### September 7&8

#### Powell River Fall Fair

Open Air Market. See ad on Page 10.

### September 28

#### 10th annual Salmon festival

Starts at 1 pm, Club Bon Accueil. See ad on Page 41.

### October 12

#### First Annual Townsite Pumpkin People Festival begins

See Pages 38 and 43 for more.

### October 19

#### First annual Salmon Preservation Festival

11 to 3, Lang Bay Hatchery.

#### 15th annual Pacific Salmon Foundation Dinner

5:30pm, Dwight Hall. \$60. See ad on Page 30.

### November 2

#### Powell River Craft Beer Festival

Dwight Hall.

### November 3

#### Powell River's First Mushroom Festival.

## Regional Fall Food Fests

### September 6

#### Alpine Wine Festival, Mount Washington

### September 13

#### Ribfest, Comox

### September 20 & 21

#### Longwoodstock Brew & Chew / Beer & Music Festival, Nanaimo

### September 22

#### Comox Valley Farm Cycle Tour

### September 28

#### Sechelt Oktoberfest craft beer & Art walk

## Under Paris Skies

Award winning chanteuse

Edie Daponte brings Edith Piaf to life for an unforgettable evening of music and entertainment inspired by Paris!

"...wonderfully playful...DaPonte's Piaf is stunningly accurate, vibrato and all...backed by a veritable who's who of Victoria jazz musicians." – Monday Magazine

"A true talent!" – Robyn Burns, CBC Radio



Edie.ca

## September 22nd

7:30 PM

Max Cameron Theatre

Tickets available at:  
Powell River Peak, 4493 Marine Ave.  
or online at:

www.maxcamerontheatre.ca

# POWTOWN PUMPKIN PEOPLE FESTIVAL



## Make your Pumpkin Person this fall!

The festival starts October 5 weekend.

If you live in the Townsite and want your Powtown Pumpkin Person judged, just email your name, address and category (adult or child 12 and under) to [contest@prliving.ca](mailto:contest@prliving.ca) before October 12.

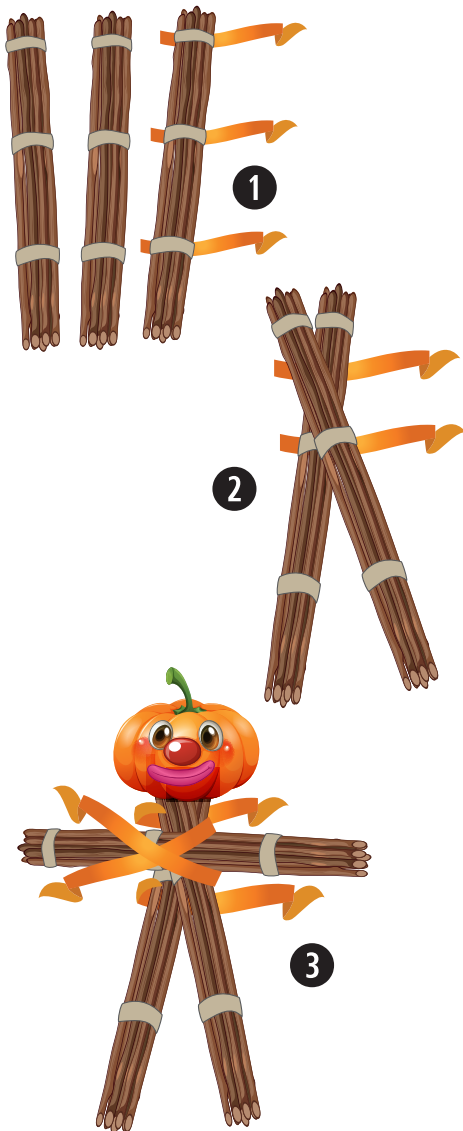
Questions? [isabelle@prliving.ca](mailto:isabelle@prliving.ca)

### How?

It's as easy as 1-2-3. All you need are some 2x4s, or a bundle of sticks, or garden stakes, or a bag of grass clippings, or some straw, or, well, you get the idea.

Then dress them up.

Be creative!



### Learn more!

Look for ideas online and watch for more details in next month's issue of *Powell River Living*.



**INTO THE WOODS:** Anyone who's sick of missing bands because of their super-busy Powell River schedules should take note. On September 7, the Montreal-and BC-based Ghostly Hounds (a dark, jazzy sound combining strings, horns and powerful vocals) plays McKinney's. The next night, the band plays Wildwood Pub, kicking off the venue's Sunday night live music series.

*Photo by Andrew Balfour*

## Live Music

### September 7

#### Ghostly Hounds

7 pm, McKinney's

### September 8

#### Ghostly Hounds

7:30 pm, Wildwood Public House

### September 15

#### Jim Foster

7:30 pm, Wildwood Public House

### September 22

#### Under Paris Skies: Music of Edith Piaf

7 pm, Max Cameron. Award winning chanteuse Edie Daponte brings Edith Piaf to life for an unforgettable evening of music and entertainment inspired by Paris!

#### Pat Buckna in concert

7:30 pm, Wildwood Public House

### September 25

#### The One Voices Choir starts up

6:30-8 pm. United Church. New singers 0-110 always welcome. A choir for all voices, that is fun, informal, and works to bring us beyond 'Am I good enough?' and towards 'Am I singing enough?' [singitpowellriver@gmail.com](mailto:singitpowellriver@gmail.com). 604-483-1451.

### September 28

#### Daniel Wesley featuring Tyler Bartfai

7:30 pm, The Carlson Club

### September 29

#### High Quadra Ramblers

7:30 pm, Wildwood Public House

### October 3

#### Rick Scott and Nico Rhodes: Roots & Grooves

7:30 pm, Max Cameron. See ad on Page 17.



**EDITH PIAF IS ALIVE AND WELL AND COMING TO POWELL RIVER:** On September 22, celebrated Sidney-based chanteuse Edie Daponte (above, right) raises Edith Piaf from the dead in concert at the Max Cameron (see Under Paris Skies, above). Edith Piaf, above left, rose to prominence in Paris singing in nightclubs during the German occupation of WWII. Her signature song is *La Vie en Rose*.

# Find your people

## Wednesdays in September

### Smart Recovery Meetings

6:30pm, CRC. See Page 15 for more.

## September 7

### Recovery Day 2019

Noon, Willingdon Beach. Celebrate the ability of those with mental health and addiction issues to achieve long-term recovery. Music: The Toneados, as well as Austin Parise & Noah Martinig. Free BBQ lunch, meat & vegan. Information booths.

## September 14

### Edie & The Cruisers

9am to 1pm, The Old Courthouse Inn. Drive your classic car to the OCI and enjoy a free breakfast. See right.

## September 28

### Lang Bay Hall Crib Tournament

Doors at 9:30am, play at 10am. Cost \$20 Lunch Provided. You must Pre-pay and Pre-Register before Sept. 23. 604-483-1440



**LABOURS OF LOVE:** If you own a vintage car, drive it down to Edie Rae's on Sept 14 and get a free breakfast. If you don't own one, come down 9 am to 1 pm and see Powell River's collection of gorgeous antique cars such as this 1930 McLaughlin Buick, above, and the Ford Model A from the same year, below.

*Photos: Powell River Vintage Car Club*

# Fundraising

## September 7

### Burger and Beer Fundraiser for Paddling For Life Society

5pm, Legion. Tickets 604-485-3828

## September 7

### Texada Dragon Boat Dance

7pm, Texada Legion.

## September 14

### Kiwanis Giant Book Sale

10am to 1pm Supports the Canadian Tire Jump Start program.

## September 20

### Cops for Cancer Spaghetti Dinner

6:30, Town Centre Hotel. See Page 15.

## September 21

### Curling Club Garage Sale and Open House

10am to 1pm, see ad on Page 11.

## September 21

### Black & White Extravaganza for PROWLs

5pm nibbles & drinks, 6pm dinner. Silent auction. A fundraiser for PROWLs expansion: see Page 17 for more.



# Learn Something New

## September 16

### Hollis Wealth: Turn Your Business into your Retirement

7pm, Town Centre Hotel. See Page 22

## Throughout September

### Plant-Based Cooking and Nutrition Classes

See ad on Page 36.

## September 18

### Connect: Social Media

6pm, Max Cameron, Women in Business. See ad on Page 29.

## September 26

### Cold Matters: Cryospheric Change

7pm, Trinity Hall, United Church. Talk by Mike Demuth. Malaspina Naturalists Society speakers series.



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# Old Man Balding's

BY PAT BUCKNA

Excerpt From: *Only Children—a family memoir*

**A**cross the street, two doors down from the Liquor Store, old man Balding's Confectionery was dark and cool as a cave in summer. As old as the old man himself, it was impossible to tell if Balding's windows had ever been clean or the walls had ever known fresh paint.

When you opened the door, a bell tinkled above your head and old man Balding would shuffle from the back, slippers padding on linoleum worn bare by legions of children.

I dug a shiny quarter out of my jacket, set it on the glass counter, enough to pay for a dozen jawbreakers from a glass jar, a licorice pipe, and a pouch of red-tipped candy cigarettes. I couldn't decide between three Dubble-Bubbles or five sour balls. Either way, I'd have enough left for a single selection from the cooler that hummed in the dark reaches of the store. The cooler was the kind you never see anymore, almost as tall as me and twice as long, filled to the rim not with ice but with ice water, bottles hidden below the surface.

I climbed onto the small bench and

plunged a practiced arm elbow-deep, trolled those freezing waters, searching by shape for a clear Cream Soda, Grape Crush, Canada Dry, Fanta Orange. What was this? Something new—something better—an Olde English Ginger Beer.

"You sure you want that," old man Balding grunted, "It's not everyone's cuppa tea, you know."

I didn't know, but I nodded, as old man Balding dried the bottle on his apron. I leaned on the counter, and took a

## BUCKNA'S LAUNCH

**What:** Local music legend Pat Buckna's memoir launch: *Only Children*

**When:** September 6, 7 pm

**Where:** Library

slow thoughtful draw on my pipe, a black jawbreaker dissolving under my tongue.

Old Man Balding's grandson David and his mother Eva lived in a small apartment in the back of the store. They were all from England. One year, David came on vacation with us. He reminded me of Pinocchio or Howdy Doody and had a funny accent and wore funny clothes. His short pants were made of leather,



**DAPPER ALL ALONG:** Above, Pat Buckna's first performance (in the suspenders) at the 1956 Jubilee Auditorium Calgary, Cominco Christmas party. Right, now an accomplished music producer, festival director, and musician. *Photo, right, by Robert Auger*

held up with suspenders that buttoned at his waist. His shirt was white with brown stripes and he wore knee-high stockings. His shoes had thick hard rubber soles and round toes.

In the mountains—somewhere along the curving road through the Kick-

ing Horse Canyon—David got sick. He puked and puked and stunk up the car. He was crying and puking. I didn't know what to do. Dad was mad but kept right on driving.

"For heaven's sake, Johnny, pull over so the boy can get cleaned up," said Mom, but Dad just sat up a bit straighter, opened his window, and kept right on driving. **RL**

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Ad deadline  
September 9



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"I just want to say how much I appreciated all the work put into gathering the information for the ZEST Magazine. I think everyone in Powell River should keep it on hand, as it is full of information that we will need at one time or another. I have been recommending it to my friends, and telling them it has to be in the same drawer as their phone books, and have also got one to give to a friend who is coming out of town who will need it to help a relative transition into care one day."

~ Pat McDonald

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604-344-0208

Sean Percy  
[sean@prliving.ca](mailto:sean@prliving.ca)  
604-485-0003



# Books & Film

## September 4 & 5

### Booksmart

7 pm nightly & 1:30 pm Thursday matinee at The Patricia.



## September 6

### Only Children book launch

7 pm, Library. See left.

## September 11 & 12

### Marianne & Leonard: Words of Love

7 pm nightly & 1:30 pm

Thursday matinee at The Patricia.

## Friday, September 13

### Award-winning Novelist Sam Wiebe

7 pm at the Library Mystery writer Sam Wiebe, author of Cut You Down, Invisible Dead, Last of the Independents, and editor of Vancouver Noir will read from his work and discuss his writing.

## September 13-17

### Angry Birds 2 (Tentative)

7 pm nightly at The Patricia

## September 14

### Giant Book Sale

10 am to 1 pm, hosted by the Kiwanis Club. Funds raised go to the Canadian Tire Jump Start program.

## September 18 & 19

### Wild Rose

7 pm nightly & 1:30 pm Thursday matinee at The Patricia.

## September 20

### Writing Workshop with Tanis Helliwell

7 pm at the Library. Powell River based author, mystic and international keynote speaker Tanis Helliwell will share her insight into how to become a successful

writer and introduce her latest book *The High Beings of Hawaii*.

## September 20-24

### It: Chapter Two

7 pm nightly at the Patricia

## September 21

### On The Verge: Rock Climbing in Powell River

2:30 pm, Patricia. Entry by donation to Climbing Access & Development, all proceeds go to the Colin Dionne Memorial Climbers Campground. "In the mountains behind the sleepy coastal town of Powell River, BC, a small group of rock climbers has spent decades quietly pioneering routes on some of the largest granite walls in Canada. As the last stands of old-growth trees harbored in these valleys come under threat of logging, the climbing community faces the uncertain future of a place that has come to define their lives and legacies."

## September 26

### Assumption School Movie Night Drop-In

6:30 pm. All welcome. Free popcorn. Check Facebook for more info and see ad on Page 9.

## September 25 & 26

### Last Blackman in San Francisco

7 pm nightly & 1:30 pm Thursday matinee at The Patricia.

## September 27 & 28

### The Gift of the Letterpress Workshop

1 to 5 pm each day at the Library. Create a Letterpress poster and make prints for your friends and family using an authentic old fashioned flatiron press. This workshop is free of charge and will run for two separate groups. Registration required and spaces are limited. To register call 604-485-4796 Ext. 206

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Sunday, September 15

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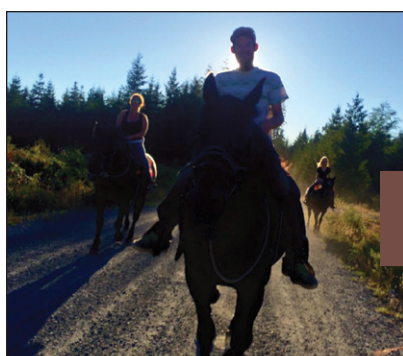


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Saturday, September 28th • 1-7 pm

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### Kids activities:

Indigenous story time  
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## Salmon Barbecue

2-7 pm

Francophone & indigenous food booth

Corn on the cob  
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Dinner plate  
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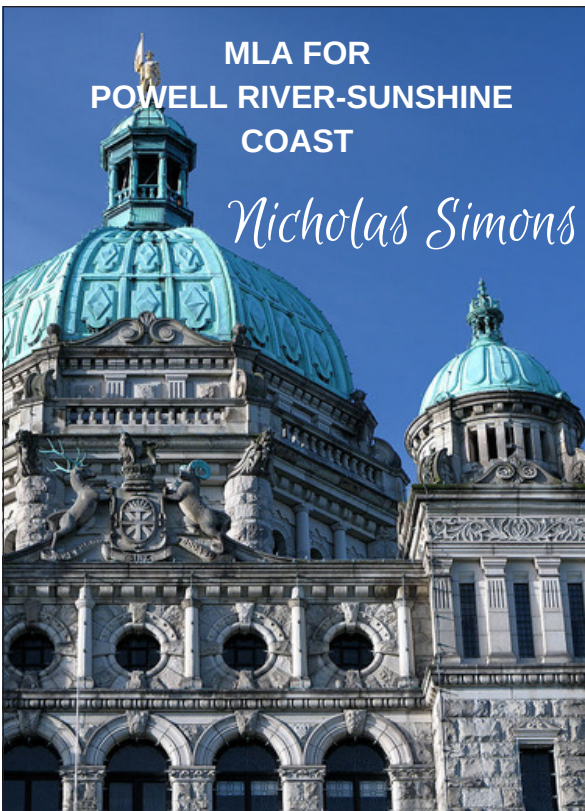
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Pollen Sweaters  
Powell River Council for Arts and Culture  
The Art Centre-Public Art Gallery  
Sunshine Coast Art Crawl

We also acknowledge the years of contributions  
by *Norah LeClare-Business Management and  
Design* for the website and registration, and *Nicole  
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# Arts

## September 5

**Street Art: panel discussion with artists: Catnip, Luke Ramsey, Claudia Medina, and others.**  
7 pm, The Art Centre. Presented by Malaspina Art Society. Art Gather Series.

## September 7

### Texada Paint Out

10 am to 1:30 pm, Shingle Beach. Drop by to see artists in action. View completed work at Gillies Bay Hall 6 to 7:30 pm. [Mud\\_otter@gmail.com](mailto:Mud_otter@gmail.com).

## September 12

### Opening Night reception: Donna Huber

7 to 9 pm, The Old Courthouse Inn. See story, below.

## September 17

### Painting night for adults

6:30-9, The Art Centre. Presented by Malaspina Art Society. Art Gather Series.



**SHARING JOY AND SORROW:** Donna Huber's pencil drawings will be showing at The Old Courthouse Inn Sept 13 to Oct 13. Opening reception is Sept 12, 7 to 9 pm.

### BY DONNA HUBER

*'Fairy tales are the purest and simplest expression of collective unconscious psychic processes. They represent the archetypes in their simplest, barest and most concise form.'*

- From the book, *Interpretations of Fairy Tales*, by Marie Louise Von Franz.

From very early childhood, I have been fascinated by fairy tales, particularly the gritty ones collected by the Brothers Grimm. I believe I instinctively caught the shadows of ancient wisdom hidden inside every story.

In my paintings and prints, I later tried to reach the same collective ideation, finding satisfaction in deeply diving into basic human motives of passion, anger, love, etc.

Last winter I used pencil to illustrate 12 Grimm's fairy tales, deriving the old satisfaction of plain drawing. I titled the dozen pictures 'Pandora's Box' for the way these ancient tales lift up the lid of the secret inner lives of humans.

A quote from the Grimm Brothers' tale *Sharing Joy and Sorrow*: "Whenever I hit her I was full of joy, and she of sorrow, and if I missed her then she was joyful, and I sorry."

# DIY folk art fest comes to Townsite

Planning to make your own Pumpkin People? Take a tour through Pinterest for ideas aplenty

BY ISABELLE SOUTHCOTT  
isabelle@prliving.ca

Get ready for the first Powtown Pumpkin People Festival in Powell River's Historic Townsite.

Beginning October 12 and running for the entire month, you'll find musicians, athletes, men, women, children and maybe even some politicians holding court on lawns throughout the Townsite.

Hockey players, brides, farmers, and movie stars looking decidedly familiar but sporting large orange pumpkin heads will be sitting, standing and even playing along Maple, Ash and Oak Avenues, at the Patricia Theatre and at Henderson House Museum.

Sponsored by *Powell River Living* magazine, this festival is another way to bring the neighbourhood closer together and to boost tourism in the shoulder season.

I came across the idea last year when a childhood friend, visiting from Nova Scotia, showed me photos of a similar festival in Kentville. After doing some

**"Grab some old clothes (or buy some from one of our many thrift shops) and let your imagination run wild!"**

research, I discovered that pumpkin people and pumpkin festivals are big tourist attractions elsewhere. Earlier this year, *Powell River Living* enlisted the help of Bill Hopkins and handed out pumpkin seeds to students at Henderson Elementary School and delivered seeds to all Townsite residents via *The Townsite Digester*.

People are encouraged to display Powtown Pumpkin People on their lawns during October. Townsite is already the



**WHAT'S COOLER THAN A PUMPKIN-HEADED WILLIE, DOLLY AND JOHNNY?** In October, make a pumpkin person for your yard for the first ever Powtown Pumpkin People Festival.

hot spot at Halloween. Townsite residents already go all out at Halloween by decorating their homes. Some people reported handing out treats to 400 kids last year.

For those of you who are wondering how to make a pumpkin person, don't worry, it's easy. These "people" have a head made out of a pumpkin. The features are painted on—don't carve your pumpkin, as that will make it rot faster. Their bodies are made out of broomsticks, tomato or bamboo pole frames and stuffed with straw or leaves. Grab some old clothes (or buy some from one of our many thrift shops) and let your imagination run wild!

Pumpkin festivals featuring people are popular in Eastern Canada and the United States.

## TOWNSITE PUMPKIN PEOPLE FESTIVAL

**What:** Townsite residents are invited to sculpt their own yard decorations – with pumpkin heads

**When:** October 12 to 31

**Where:** Townsite

**Why:** Creativity and prizes

We're hoping the Powell River Townsite will embrace our orange gourd heads and add another layer of excellence to Halloween in the Townsite.

For more information and to learn how to build your own Powtown Pumpkin Person, stay tuned and continue to read *Powell River Living* magazine. [PR](#)

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**M**any people express to me that Summers seem shorter, each year flies past a little faster, or they struggle with the changing seasons, especially at this time of year. There may be a number of different reasons for this, but remedies can be simple with potent effect. The aim is to bring our awareness and habits into noticing cycles of the natural world and feeling the pace at which they ebb and flow.

A favourite method of mine is marking out where the sun rises and sets during both Summer and Winter Solstice, then periodically noticing the sunset getting slowly closer and closer to the other marker. It is a fantastic way of aligning with a potent natural cycle in a way that is encoded right into our DNA.

Placing a stone, a potted plant, or statue in the yard, on the porch, or perhaps on a window sill are simple ideas, or you might regularly observe from a favourite line of sight and mark its movements with either a tree, or the mountains and islands in the distance that we love so much.

Taking time for stepping outside to feel and smell the air often, especially if you might be inclined to check the weather channel and noticing the sky, the quality of the air, if the ground is wet or if there is wind rustling any leaves. It is easily done and tunes us into the present moment – keeping part of us aware of the subtle shifts in the atmosphere and engaging in our, sometimes neglected, more primal senses.

A revelation for me was learning to view daily activities much like the rhythms of our breathing. Ideally there is a gentle rise and fall organically repeating. We can check in to see if we might be constantly doing, giving, and expending energy or ‘breathing out’ all day,



**NOTICE ME:** Becoming aware of the earth's cycles can be as easy as watching the moon from a window as it moves across the sky, or stepping outside to feel the air on your skin.

each day, or if there are natural rests, or ‘in-breath’ times interspersed throughout. There is wisdom in the siesta and in transitioning mindfully between rest and work.

Watching the moon from any window as it tracks through the sky or stepping out a few times a month to feel its light during different phases. Harvesting berries in their right time, picking mushrooms when in season, bird watching, and gardening are all ways we might already be doing some of this alignment work, perhaps without even realizing it. [PRL](http://PRL)

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**Back to school**

**Across**

- 3) Cutting for credit
- 5) Newest
- 9) Old school closed, but history runs deep
- 11) City theatre still has needles
- 12) See the sea
- 14) Outdoor adventure tourism acronym
- 17) Crazy outdoor centre
- 18) Grad diploma or tree
- 20) How to start before Kindergarten
- 21) Two credits, not a fight
- 23) Old high school, new theatre, movie director
- 25) Read, Set, \_\_\_\_\_
- 26) Mary to heaven
- 27) SD47 learns on traditional territory of
- 30) Smallest elementary
- 31) Old Westview, now French, school
- 32) No more point
- 34) International partner
- 36) School, creeks

**Down**

- 1) College for ESL
- 2) Townsite school
- 4) Southern school
- 5) Mixing metals
- 6) University acronym
- 7) Homeschoolers, apple
- 8) Immersion language
- 9) Church school
- 10) Teacher's group (acronym)
- 13) Grief Point's new tenants
- 15) Take it to the Brooks Theatre
- 16) Of education, not school
- 19) French school
- 22) Kitchen arts
- 23) Old school on Manson
- 24) Day off for kids, not teachers
- 28) First name of school home to this Wigloo
- 29) Cranberry? or Westview? Close to a bluff
- 31) Academy location (old school name)
- 33) It's all digital, not this
- 35) Student transporters, not kisses



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Mindful for back to school

# The Last Time

*Last Word*

with

ISABELLE SOUTHCOTT  
isabelle@prliving.ca

Sometimes I wish I knew it was the last time before it was actually the last time. If I did would I do things differently?

Would I cherish those special moments more? Would I have loved deeper, talked longer and made my goodbye last longer?

There have been times throughout the years when I've grieved the passing of a certain time in my life. Sometimes they had definite markings – signposts of life clearly showed what lay ahead, other times, they just ended before I realized they were over and it was only afterwards that I truly knew that chapter of my life had come to an end.

Some last times are obvious. Like when my boys graduated from high school. I knew that was the end of an era for them and for me. Graduation night is the last time that particular group of kids are all in the same place at the same time. When my second son graduated, I knew that was the last time I'd play an active role as a mom overseeing my child's school career. But I didn't realize other last times quite so clearly when they happened.

Looking back, I see other last times in my life. Important ones that I wish I could have savoured longer. Like when my youngest son "graduated" from Lakeside Preschool.

It was a warm spring day and I was with a bunch of other mums I'd come to know over the years. Some had older children like me, so I'd known them even longer and we'd become friends. Children have a way of bringing adults together.

I remember feeling enormously proud as my youngest graduated that day with all his classmates. They posed for a group photo (I still have it) and a lump formed in my throat because I knew this marked the end of a special era in our lives.

I didn't understand why I was feeling so emotional that day. I didn't realize then quite what I was being prepared for, I just knew a window had closed.

Now I know that the first day of school prepares you for the last.

A later June, I was outside doing my weekly volunteer duty as a lunch hour monitor at the school my boys attended. I'd done this countless times throughout the years. It was a job I enjoyed because I got to talk to all the kids and watch my own children at the same time.

It struck me that day that this would be the last time I tended this group, as my youngest would be going to Brooks the following year. I felt so empty as I left the school yard that day. I was no longer needed.

I've often wondered if people know when their own

last time has arrived. I didn't even think about it until my step-father passed away at the age of 92. He'd had a bit of tummy trouble and was in hospital. My mum said he'd be out in a few days but still, we visited him.

It was February, about 11 years ago, and my children were preparing for the Festival of Performing Arts like hundreds of Powell River school children do every winter. My oldest played a number for Grandpa on his recorder, and the youngest recited a poem. Before I left, Grandpa pressed two \$50 bills into my hand and asked me to buy a dozen red roses and a card for my mum for her birthday which fell on Valentine's Day. I tried to dissuade him. "You'll be out in plenty of time," I said, truly believing my own words. He smiled but insisted I do as he asked.

A few hours later he was dead.

I think he knew then it was his last time. The last visit he'd have with his family. I, on the other hand, believed he'd be home the following day.

A few weeks ago, a friend of mine passed away following a long battle with cancer. A mutual friend told me she was ready to meet the Lord. When I spoke to a retired pastor about this, he said that maybe God uses the time when someone is sick to prepare their family for death. I'd never thought of it that way before, but it made sense to me.

A time to prepare, to get used to what happens next.

Isn't that what aging is all about? Maybe all the changes and losses we have throughout our lives are meant to prepare us for the end.

I think of my own mum and dad. My mum is 89 and lives in Comox while my dad, 90, lives in Victoria with his wife. My dad likes to say he's already past his 'best before date' but really, for his make and model, he's doing remarkably well. My mum has had a few more health challenges but still, she plays such an important role in all our lives.

Last month, the family got together for a summer barbecue at my brother's home in Comox. I wanted a photograph of all of us together as it had been years since we'd had one of just the five of us: me, my younger brother Russell, my older sister Francesca, my mum and my dad.

We gathered on the lawn at Sand Pines and stood in front of a majestic pine tree, bathing in the golden evening light. I thought back to a time more than 40 years ago when I was 16 and we were all gathered in our garden in Halifax posing for the same sort of family photo and it struck me that this could be one of those last times.

My mum thought it, too, but like me, she didn't say anything.

The next morning she emailed me, thanking me for the photos and said: "When your dad and I said goodbye we said au revoir. Goodbye until we meet again."

I like that.

Goodbye is too final. Until we meet again. 



*Kathy Bowes*

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