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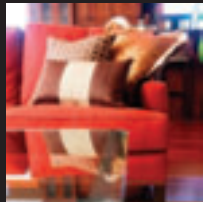


AUGUST 2011

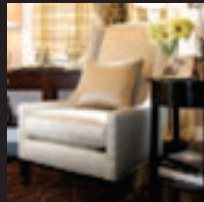
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OUR CHOICE OF PAPER

This magazine is printed entirely on paper made at the Powell River Catalyst mill. The cover stock is Electraprime—the company's smoothest and glossiest uncoated grade, made only in Powell River. Inside pages are Electrabrite.

ON THE COVER

Kayaking in Desolation Sound brings visitors from all over the world to beautiful Powell River.

Photo by Darren Robinson

Powell River Living CONTRIBUTORS



WENDY ADAMS is a teacher at Edgehill Elementary School and mother of two boys. She says raising children is like trying to nail Jell-O to a tree.



KEVIN WILSON is a gardener who came to Canada from the UK in 1981, and to Powell River in 2003. He lives in Cranberry with his partner and daughter, growing more food every year.



STEVE GROVER is a photographer who has recently returned to Powell River after a 40 year hiatus. He is thrilled to re-discover this beautiful place with his camera.



DYLAN YOUNG is very active and interested in sports of all sorts. He is returning to university to complete a Masters Degree in Applied Disability Studies.



DEVON HANLEY is a musician, mother and writer. She believes in the power of community and extended family.



SEAN PERCY is our associate publisher. When he's not publishing, he likes hiking, diving, photography and enjoying beautiful Powell River with his family.



CC DUNCAN is a Behaviour Management Consultant who also does "Help-Shops" for parents and care providers. **RAYMOND LAVOIE** is an avid photographer and spends as much time as possible taking photographs. They are both passionate about the TrailRider and the opportunity it offers people with mobility challenges.

It's never too late to be who you might have been.

George Eliot (1819-1880)

Pen name of Mary Anne Evans, English novelist



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We welcome feedback from our readers. Email your comments to isabelle@prliving.ca, or mail to Powell River Living, 7053E Glacier Street, Powell River, BC V8A 5J7 Tel 604 485.0003

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Powell River Living IN THIS ISSUE

Enjoy the beauty

While July had to be one of the rainiest July's in recent memory, we can take comfort that the rain meant our forests weren't burning up and Mother Nature was watering our gardens. With August upon us, it's time for anyone who hasn't yet escaped for a holiday to get out there and enjoy the beauty of Powell River.

In each issue of *Powell River Living* we try to showcase some of the amazing adventures and people that make this community a great place to live and visit. If you are a visitor, welcome. We hope you enjoy your time with us so much that you will decide to move here.

Beginning on page 15, we have two stories about the Powell Forest Canoe Route. After reading the first story about paddling and portaging, associate publisher Sean Percy was so exhausted that he wrote his own story about how to do the canoe route — lazy man's style!

A heart-wrenching story written by schoolteacher Wendy Adams will make you stop and think about how precious life is and what really matters. Shannon Goss is a single mother dying of a rare disease. She needs help making her trailer accessible for an electric wheelchair. Wendy, who is spearheading a community project to raise money, materials and labour, is determined to help this courageous woman and her two young children. After reading Wendy's story, you too might want to help Shannon enjoy what time she does have left.

A story about the Cougar Lady of Okeover on page 7 takes a look at the history of property that is now home to Powell River Sea Kayak. Adam Vallance, who owns the property, is passionate about preserving the history of the cabin and property and is more than willing to share what he knows with visitors to Okeover.

As always, we try to bring you an interesting and informative mix of people profiles and community stories. With young judo star Abby Lloyd off to compete in Kiev, Ukraine this month, we thought a profile on her would give our readers the opportunity to get to know her better and share her hopes and dreams of making it to the Olympics. You can find the story about Abby on page 13.

As August draws to a close our thoughts will turn towards the Sunshine Music Festival once again. This year the festival is celebrating its 30th birthday. Writer, singer, songwriter Devon Hanley has written about the special music festival we have here in Powell River on page 19 and how festivals like ours introduce us to new and upcoming artists.

We hope you enjoy your August. We hope you enjoy this time to refresh and recharge and we hope you enjoy our magazine.



Isabelle Southcott, Publisher • isabelle@prliving.ca

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What's up? POWELL RIVER

A growing concern

Residents at the Olive Devaud have yummy looking veggies growing in raised garden boxes that were handcrafted by the Brooks Woodworking class and Ken Cawley. Here (photo below) Inge Rogge and Ollie Hicks admire beets and carrots. Activity worker Pam Randle says the raised beds mean residents in wheelchairs can garden along with their families!



Soccer stars

Congratulations to the Powell River Cobras Under 13 girls for winning the BC Soccer Association Provincial B Cup Championships last month. The team consisted of goalkeepers Elise Hocking and Destiny Dendewicz; players Emily Mayenburg, Cassidy Ball, Sydney Likness, Ricci Leitch, Carolyn Smith, Brittany Harry, Braea Mayenburg, Ondreah Kristof, MacKenzie Balzan, Sydney Hanson, Santana Huetzelmann, Allahna Somji, Callie McNeil, Emily White, Rachel Horspool and Cali-Ann Abbott.

Powell River men decorated for bravery

Two Powell River men were awarded with Decorations for Bravery by the Governor General of Canada recently.

Robert Bombardir and Russell Werner were presented with medals for rescuing a man who was trapped in a burning van on August 30, 2008. Unable to open the badly damaged front doors, they managed to break a window and open the rear passenger-side door. Through the heat and smoke of the fire, they were able to pull the victim free and take him to safety.

Arts Alive!

The annual Arts Alive in the Park at Willingdon Beach is having its 10th anniversary as a summer showcase for local artists, artisans, musicians and their art. Open 11-7 August 20 & 11-6 on the 21st. Meet the artists, buy art and sign up for workshops this fall. There's a poetry slam, workshops and activities for all ages. Graze the food booths while enjoying non-stop entertainment on the Rotary Band Shell stage showcasing local singers and songwriters. Booth space for Arts Council members and affiliates is free; any other artists willing to do demonstrations of their media throughout the festival are also free. For info call Ann Nelson at 604 483-9345 or Roberta Pearson at 604 485-0446, or check out the Arts Council website and Arts Alive link at www.powellriverartscouncil.com.

Food garden tour

Texada Garden Club is featuring 10 sumptuous gardens in its first ever Food Garden Tour coming Aug 14, from 9:30-4 pm, conveniently timed to work with the 8:30 am ferry from Westview and the 5 pm return. One of the highlights is the historic Woodhead Farm. A plant sale will be held at a garden in Gillies Bay. Tickets are \$10 and are available at Springtime Garden Centre, Mother Nature and the Powell River Visitors Centre. For info, call Cheryl Nyl at 604 486-7327.

Contest imagines new world

Diversity Caravan is a song or spoken word poetry contest on the theme of "Imagining a world without hate." Entrance is free with a \$400 first prize. Entry deadline is August 23. Finalists will be invited (transportation paid) to the Comox Valley on Saturday, August 27 to perform for a video recording in front of a live audience. For more information contact diversitycaravan@gmail.com or call 250 510-4644.

Art studio tour

Seven years ago, well-known local artist Alfred Muma organized the first self-guided Powell River Studio Tour. Showcasing artists in their studios gave the locals and visitors a way to experience the diverse artistic talents found in our region. The 7th annual Studio Tour runs Aug 27-28. The tour is free and will include 31 individual artists plus an additional 40 represented in two of the 20 locations. A brochure is available at Artique and Tourism Powell River. Participating artist bios and downloadable maps can also be found online at www.powellriverartists.com.

Discover Vietnam in Powell River

Canada World Youth is looking for families interested in providing accommodation to a young Canadian and a Vietnamese youth participating in their international educational program. Powell River will host 18 youths from December 6 to March 6. The youth will take part in volunteer projects in the community. For info contact Adria Borghezan at 604 414-7313 or email aborghesan@cwj-jcm.org.

Book looks at first day of school



A former Powell Riverite was at Coles Books recently to promote his children's book, Grecko The Gecko Starts School. Andrew Warden's book looks at the changes and responsibilities children face as they

grow up. "One of the biggest and most difficult is starting school," says Drew. "Adjusting to new people and adapting to new schedules are tough on kids."

Open Air Farmers' Market

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New this season: Kids' Market Days are the 2nd Sunday of each month! (Rain date: the following Sunday.) Kids may bring a blanket to display items for sale/trade. (No food items please.)

Contact Jesse for more info: jesseblack@gmail.com or 604 344-0021

Still standing

The Cougar Lady's cabin out at Okeover

By Isabelle Southcott

The Cougar Lady's cabin has weathered winter storms and summer rains yet its rustic charm and place in the history of Okeover remain.

Gnarled apple trees behind the cabin flourish in a lush green field along with walnut and hazelnut trees while the forest and mountain beyond are home to bears, raccoons and yes, even cougars.

The pioneering Crowther family originally owned the cabin at Okeover. The Crowthers forged a road along Okeover Inlet in 1927 and built their log cabin on Penrose Bay.

Mr. and Mrs. Crowther and their daughter Nancy split logs from dead snags to build the cabin. The family originally purchased 135 acres for \$10.

Nancy grew up in this isolated part of the BC Coast where the family lived a self-sustaining lifestyle. They raised their own chickens and goats, and grew vegetables and fruit. Their live-



THE COUGAR LADY: Nancy Crowther (left) was captured in this Golden Stanley photo in 1949 with her parents and dogs by the chicken coop.

Photo courtesy of Powell River Historical Museum

stock attracted many predators and it was not uncommon for wolves, bears and cougars to come in search of food. But it was the cougars that were the

"Oh wow! You don't know how much you've made my day. I feel quite useless being here when there are things to get sorted there still. I am so relieved that it has finally ended with a great outcome. I can't thank you enough for all you have done, which I am aware is more than just your job role. It could not possibly have held together but for you Brandy!"

— Jude Derksen, Auckland, New Zealand

Brandy Peterson is happy to let her clients speak for her.



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CABIN TODAY: Adam Vallance stands in front of the cabin that used to be owned by the Cougar Lady, Nancy Crowther in Okeover.

greatest threat of all to the livestock as one adult cougar could wipe out most of the livestock in a few days. It was because of this that young Nancy learned how to shoot a gun at an early age. Over the years, Nancy shot many

cougars while protecting the family's livestock and eventually became known as "the Cougar Queen of Okeover Inlet."

By the time Nancy died in 1989, her reputation for killing cougars had made



her famous and she'd earned the title of "The Cougar Lady." Rumour has it that she killed 22 cougars during her lifetime.

The following story of Nancy Crowther first appeared in the *Victoria Times* on December 7, 1964 and later in *Boats, Bucksaws and Blisters: Pioneer Tales of the Powell River area* by G.W. Thompson in 1990.

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“For Nancy Crowther, The Cougar Queen of Okeover Arm, her rifle is just another household appliance. ‘Living in the bush like I do, a gun is as much a part of my household tools as a vacuum cleaner is in the city,’ she said.

“Nancy is a quiet, 41-year-old, matronly woman. When she divorced her husband, she reverted to her maiden name. She disapproves of the “Cougar Queen” title bestowed upon her by friends. ‘Every woman living in the bush alone needs to protect herself, but it’s not for self-protection that we shoot these animals, it’s to protect our livestock.’

“Nancy shot her first cougar at the age of 13. ‘I had to,’ she said. ‘My father, who was going blind, was coming back from the store in Lund. I met him and we walked down the trail together. We came across a fresh cougar kill and my father told me we must shoot the animal (the cougar) or it would get to our goats.’

“Nancy waited by the cougar’s victim for two hours. When the big cat came back to feed she shot it with a .22 calibre rifle.

“Nancy’s father died a few years later and she was left alone with her mother. ‘Not only did we have our regular household chores, but we had to keep a sharp eye on the livestock. A neighbour, Axel Han-

son, lost 30 goats to cougars in one night.”

Nancy preserved her own fruit from the fruit trees in the orchard behind the cabin. She butchered her own chickens and made cheese from goat’s milk. She raised her own bees and picked clams and oysters from the beach.

The Crowthers eked out an existence by digging clams. In an interview with Murray Kennedy on April 1, 1987, Nancy said: “We couldn’t afford shoes so we wrapped cloth around our feet. We could use it to walk on barnacles.”

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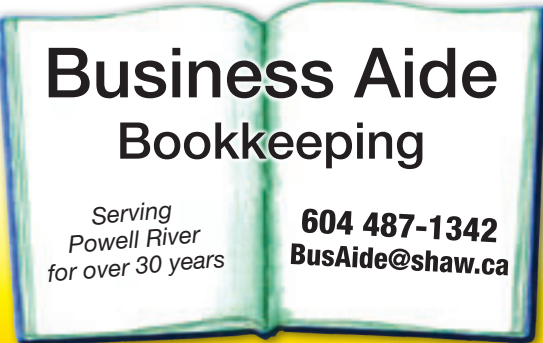



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Nancy's nephew Billy was nearly killed by a cougar one day while working on a small clearing down by the beach.

Nancy was in the barn milking when young Billy came rushing in and said: 'Auntie Nancy, I heard a big crash!'

Nancy got the dogs and went out. The cougar had got on top of the brush pile to get closer to Billy. A great big slab of bark had fallen off and alerted Billy and probably upset the cougar at the same time.

The world has changed a lot since then. Today, more tourists visit Okeover than cougars. In December 1999 Adam and Laurie Vallance purchased The Cougar Lady's cabin and eight acres of the old Crowther property for their business Powell River Sea Kayak.

The couple moved into the cabin and lived their full time with their two young children for the first six years.

"It hadn't been lived in for a very long time when we bought it," said Adam. There had been some work done to it. "The developer who purchased the cabin and 140 acres had planned to move his family up here but never did."

From the outside the rustic old cabin looks pretty much as it did back when Nancy and her family lived there. Changes



have been made inside to make it more comfortable to live in. Today there's running water, baseboard heat and electricity.

"We get people who come here from Europe who look at our property and say: 'This is what I imagined Canada looked like!'"

Although Nancy has been dead for more than 20 years Adam says he still bumps into people who knew Nancy and have stories to tell about her.

"She would always greet people with her gun. Once she got to know them if she liked them she'd invite them in for tea."

When Grant Lawrence was writing his book, *Adventures in Solitude: What Not to Wear to a Nude Potluck*, Adam and Laurie dug out a couple of old boxes of Nancy's letters from the attic to lend him. "Her old canning jars were still up there too," said Adam.

Nancy kept amazing records of what she planted in the garden, said Adam. Year after year, she recorded what she planted and where.

The old Crowther property is a glorious site in the summer. From the shore, you can watch colourful kayaks being launched on the ocean. The large cleared field around the house often has tents pitched on it. The Vallance's two children, Ella and Caleb, roam about the property and enjoy a freedom that many children will never experience.

Preserving the history of property and The Cougar Lady's cabin is important to the Vallances. They still use one of the original out buildings as the office for Powell River Sea Kayak, another building is used for the kayak shop.

As Adam walks through the orchard, he likes to imagine The Cougar Lady gathering fruit for canning, chasing off predators and living the difficult but rewarding life of a pioneer. **RL**



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The ultimate compassion project

Can you help a woman living with dying?

By Wendy Adams

As she hobbled her way to the front of the gym, my heart both sank and grew at the same time. She had mentioned in passing that she was going to be at the year-end assembly. I knew that mornings were hard for her and that she must really want to be here. I wondered if maybe Quinn or Keely were receiving a special award. But the end of the assembly was drawing near and all the recognitions, thank-yous and good-byes had been announced. No, she wasn't here to see her children receive a certificate, she was here because she could be here, she was still able to make it on her own. Then, in front of 300 students, more than 25 staff members and dozens of parents, Shannon Goss stood with all of her strength, slightly hunched, feet positioned for balance. Her hands clutching a piece of paper, she inhaled a deep breath, the wriggling kiddies, the restless Grade sevens and all those in between became silent and still. Her voice quivering, she began to speak:

It's not easy living with dying. Mitochondrial Myopathy is a cruel crippling illness that not only is robbing me of strength and endurance but also is cruelly painful. I often say that the only thing that keeps me going is the endless love I have for my children. Although this is true, I have found that the love and support I receive from the teachers, staff, parents and even the students of Edgehill School is equally inspiring.

You have provided my children with breakfast and lunches, not because I can't afford to feed them but because it saves me 45 minutes of painful work every morning. You have fixed my computer to work by voice commands because my fingers cannot always find the right keys. You have pitched in money to hire Tanya to do the housekeeping who helps me with heavy housework, which I am no longer able to do. Now she has become a friend. There can be no greater gift than the gift of a friendship—Thank-you! You have given us love and support and even a shoulder to cry on.

Many other benefits include driving me to appointments, preparing meals, bringing groceries and goodies for the kids, advocating for me, helping me to find my voice when I had pretty much given up on 'the system,' talking to people, sharing my story, educating people about my illness—even though nobody ever really remembers what it's called! You have helped my kids and me continue living, not only together but independent lives, as safe and comfortably as it is possible for us to live.

To simply say, "Thank-you" seems infinitely insignificant, but from the bottom of my heart, THANK-YOU!

I have always felt emotional about our school's motto, but I now look at our school motto with so much more meaning than ever: We take care of ourselves, We take care of others, We take care of our place.

She exhaled, triumphant and spent. Her courage and tenacity never cease to amaze me. Shannon is a survivor. She has faced more adversity in her 40 some years than most people face in a lifetime. Mitochondrial Myopathy is one battle however, that Shannon will not be able to overcome.

I had the opportunity to drive Shannon to one of her medical appointments in Vancouver. On this trip, Shannon was able to explain to me what Mitochondrial Myopathy was. She told me that it is very difficult to diagnose as it mimics Multiple Sclerosis and Parkinson's. It is a neuromuscular disease where the mitochondria in your body's cells become damaged. The mitochondria are the 'power plants' of our cells. Essentially, when they become damaged, the cells lose their function. Slowly the cells in Shannon's body are dying. The more she exerts herself, the quicker they die. There is no cure for Mitochondrial Myopathy. There is no prognosis, only that her time is limited. The disease is so rare, it seems the doctors are learning more from Shannon than she is learning from them.

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When I met Shannon five years ago, she was a young, confident and independent woman. Today she still possesses that inner strength and tenacity but when I asked her how I could help, she replied, “You know Wendy I was a person who was fiercely independent and wanted to do everything on my own, but now I know I can’t. I have to accept help.”

With tears in her eyes she explained that the only thing important to her is spending time with her children. For this she needs to conserve her energy and strength. She had been approved for an electric wheelchair but is unable to accommodate one because her trailer is not accessible and there isn’t sufficient space for storage and recharging.

On that day, the Ultimate Compassion Project was born. It appears that in Pow-




FAMILY ALWAYS MATTERS: Shannon Goss with her children, Keely and Quinn.

ell River our school motto is not exclusive to Edgehill. There are many people who are willing to step forward and lend a hand to “Take care of others.” Plans are


underway to build an addition onto her trailer to make it accessible. Currently we have the following businesses willing to help: WB Contracting, J.O. Drafting, Pete’s Plumbing, Rona Building Center, Joe Huetzelmann & Co, Adams Concrete, Target Installations and Prism Painting. In addition, FAN—the Pentecostal youth group—has offered to help with yard and garden maintenance. There are still costs to see this project through. We have opened an account at the First Credit Union (Shannon Goss Compassion Project) for those who are able to donate. And for anyone willing to contribute labour, materials or other services, please send an email to w5adams@telus.net.

These efforts demonstrate the value of community—when we can all come together, we really do make a difference. **PRL**



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Judo is her passion

Powell River fighter off to Worlds

By Isabelle Southcott

Abby Lloyd just keeps getting better, and better, and better. Last month, the 14-year-old fighter won the Canadian National Junior Judo Championships in Sept-Iles, Quebec. This month she travels to Kiev, Ukraine to fight in the Cadet World Judo Championships.

The road to the Olympics is long and expensive so a team of supporters has come together to help Abby realize her dream of becoming a member Team Canada and fighting at the 2016 Summer Olympics in Rio de Janeiro, Brazil. The next step towards that goal is competing in Kiev from August 11 to 14.

Before she leaves for Kiev, she'll attend a training camp in Montreal where she will be joined by other Olympic hopefuls.

is actually my coach now."

When Abby flew into Powell River on July 8 following her Junior Judo win in Quebec, she was given a hero's welcome. Family and friends were on hand to congratulate her for winning first place at the Judo junior national championships in the female Under 17, 48-kilogram category.

Looking at the poised, petite, 14-year-old, it is hard to imagine her as a shy little girl. "But I was!" she insists. "Before I started judo."

Abby was just six years old when she first joined the Powell River Judo Club. "I was a really, shy little girl," says Abby. "My dad worked for Neil MacKenzie at Pinetree Auto and one day



ABBY IN ACTION: Various shots of Abby Lloyd in action at the recent Canadian Judo Championships.

Abby will be working with the likes of national team coach and former Olympian Marie-Helene Chisholm. "When I was a little girl, my instructor here, Dave Dyck, gave me a poster and Marie-Helene Chisholm was one of the women on the poster. I looked up to all the women judoka and I can't believe that she


Neil said he wanted to start a junior program at the judo club. He suggested to my Dad that I join."

So Abby joined. At first she didn't like it. "I didn't want to come back but I did and I'm glad I did. I guess I just have a knack for it."

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As Abby achieved different goals in judo, her self-confidence improved. "Judo has made me more social. I have a judo family now. I've made so many friends out of town and at the club. It's made me feel more comfortable socializing with people."

The Grade 10 Brooks student trains daily. Her rise has been steady. She remembers the first tournament she competed at in Campbell River as an eight-year-old. "I didn't even place. It scared my parents to death seeing their little girl out there fighting."

Although her parents, Jeff and Linda, have supported her "100 per cent of the way" they have never pushed her. "When I competed in my first BC Championship I realized that this was something I wanted to do. I realized it would give me a purpose and something to work towards."

Ever since Abby competed in her first BC Championship at the age of eight, she has won in her age category.

At a training camp following the 2010 Lethbridge Nationals, Abby met top instructors from every province in Canada.

ABBY HIGHLIGHTS

- 2011 Canadian Junior National Champion
- Five-time BC Champion
- 2010 Canadian Junior National Champion
- Western Canadian Champion
- Fought for BC at the Canada Winter Games in Halifax at the age of 14 in the Under-20 division
- BC Winter Games Silver Medalist
- 2011 Member of Team Canada to fight in the Cadet Worlds in Kiev, Ukraine.

"It was a big turning point in my technical judo and the way I looked at it. I didn't have a lot of technical training before that camp. I learned what was out there and what was available. It pretty much changed my life of judo," she said.

Abby recently added Brazilian jujitsu to her training schedule. "It's also held at the Powell River Judo Club and it has really helped my judo."

Jujitsu helps enormously with ground transitions. "Jujitsu is 90% ground work and 10% stand up. Judo is 90% stand up and 10% groundwork," explains Abby.

Since adding jujitsu, Abby has improved as a fighter. "I feel way more comfortable fighting on the ground now and I owe it to the guys at the jujitsu club."

Although Abby has been learning every single time she fights and trains, she



COMMUNITY SUPPORT: Abby is getting support across the community. Here, PR Fire Rescue wash vehicles to raise funds.

says she is now training harder than ever before and her training is more technical.

These days she's fighting fit. She's dropped a few kilograms and began competing in a new weight category in October.

Although Abby can't imagine her life without judo, it is expensive travelling to tournaments. That's why Laura Passek of Crystal Clear Engraving and other friends organized a fundraising barbecue and car wash in July. There is also an account at the bottle depot for people to donate bottles to her travel fund and an account has been opened at the Credit Union.

"Any help is greatly appreciated," said Abby. "It costs a lot as I travel further and further across the world to compete."

Louise Williams of Dominion Lending is one of Abby's team of volunteers. She says she's there to help Abby realize her dream of reaching the Olympics. "It takes a whole community to help someone realize a dream as big as this," she says. **PR**

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Powell Forest Canoe Route

How to get away from it all without leaving town

By Isabelle Southcott

If you really want to get away this summer but don't want to support BC Ferries' skyrocketing fares, you might want to check out the Powell Forest Canoe Route.

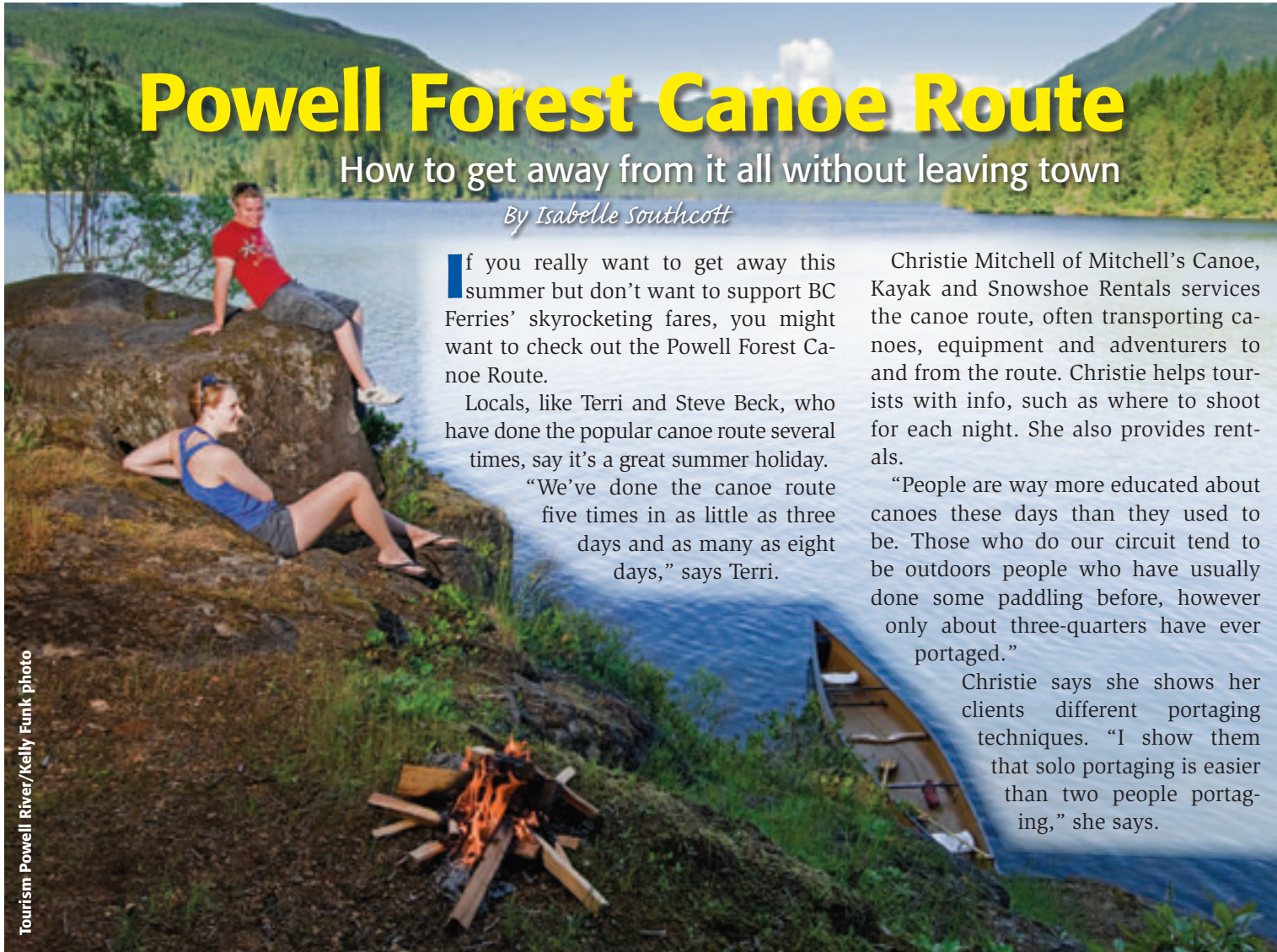
Locals, like Terri and Steve Beck, who have done the popular canoe route several times, say it's a great summer holiday.

"We've done the canoe route five times in as little as three days and as many as eight days," says Terri.

Christie Mitchell of Mitchell's Canoe, Kayak and Snowshoe Rentals services the canoe route, often transporting canoes, equipment and adventurers to and from the route. Christie helps tourists with info, such as where to shoot for each night. She also provides rentals.

"People are way more educated about canoes these days than they used to be. Those who do our circuit tend to be outdoors people who have usually done some paddling before, however only about three-quarters have ever portaged."

Christie says she shows her clients different portaging techniques. "I show them that solo portaging is easier than two people portaging," she says.



Tourism Powell River/Kelly Funk photo

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Tug-guhm... "sun" in coastal Salish, is also the name of Debra Bevaart's studio gallery. A showcase for more than 40 local artists with Debra's stone sculptures brought to life on-site, strong coastal imagery is the theme of this gallery.

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Doing the Powell Forest Canoe Route is an inexpensive holiday, especially for people who live in Powell River. You can comfortably do the canoe route in five days but if you are strapped for time you can always do just a portion of it. A popular three or four day trip begins at Windsor Lake and then lets paddlers descend to Lois. "You get in the majority of the circuit, and the most beautiful portion too. A great two-day trip is paddling Lois Lake and then through the canal into Khartoum Lake," said Christie.

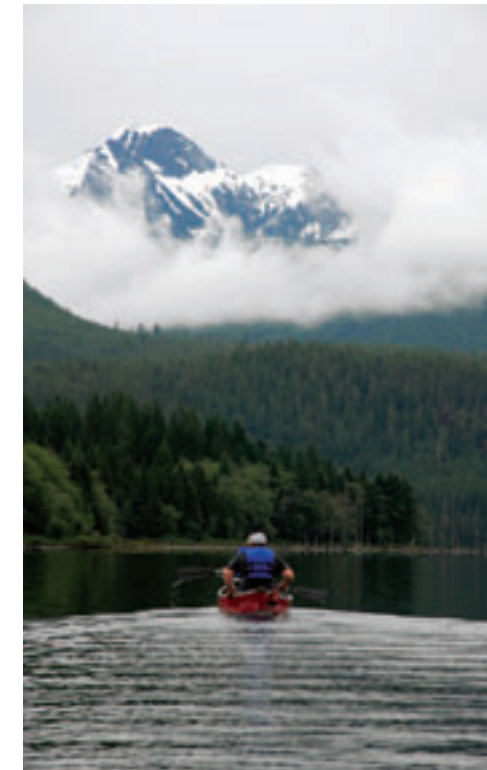
If you're athletic (or goal-oriented or young and crazy) you can always race your way through the route like Bobbi and Cecil Bassett and friends did last summer. Bobbi said she was amazed that they made such great time that they continued to push towards the next stop. But the highlight of her trip had to be when, suffering from sugar deprivation, she came upon another group who had candy.

I doubled over laughing as Bobbi shared a story of how she tried to buy chocolate from strangers on the canoe route and ended up with gummy worms instead. Bobbi's advice: Bring chocolate!

Powell Riverite Shannon Behan Fleming and her husband Ian conquered the canoe route with friends a few years ago. "We had an awesome trip but the canoes were heavier than I thought they'd be!" She said the best parts of the trip were the crystal clear lakes to paddle through. "Canoe trips are mandatory if you think you might be in a long term relationship with another person. If you can manage a canoe trip any journey after that will be a slice."

Those who have paddled the canoe route say it is nature at its finest. The scenery is spectacular and people always remark on the solitude.

The Powell Forest Canoe Route is located at the top of the Sunshine Coast. It consists of eight lakes and five portages with a total distance of 57 kilometres. The portages range in length from 0.7 kilometres to 2.4 kilometres. There are 49 kilometres of paddling with stretches ranging from one kilometre to 28.5 kilometres. All the paddling is on flat water and the portages are on clear, well-marked paths with



PADDLING PARADISE: A trip on the Powell Forest Canoe Route gets you away from the hustle and bustle, where you can enjoy true peace and quiet.

Left two photos courtesy of Tourism Powell River/Kelly Funk • Photo at right and below courtesy Sean Percy



canoe rests at four to five minute intervals.

Each campsite has a picnic table, outhouse, fire pit and sometimes firewood.

Watch for loons, mergansers, eagles, osprey, beavers, bears, deer, elk, and, of course, lots of frogs. The lakes in Powell River are also home to some of the finest freshwa-

ter fishing anywhere. You'll find Cutthroat Trout, Rainbow Trout and Kokanee Salmon. Remember, a license is needed to fish.

For more info visit www.canoeingbc.com. Download an overview map, with distances at www.prliving.ca/PowellForestCanoeRoute.pdf.

The great thing about the Powell Forest Canoe Route, however, is that it's so accessible without all that crazy lifting and packing. Every lake on the route is accessible via a logging road, without carrying your canoe. So I can paddle out and enjoy the loons and beavers on Nanton Lake, the quiet stillness of Ireland Lake, the great fishing on Lois Lake, or the amazing views from Windsor Lake without carrying my canoe more than a few yards. And if I prefer, I can use an inflatable dingy or an air mattress, because I don't have to make the next camp before nightfall.

Every trail on the circuit is also intersected at some point by a road. So I can enjoy the waterfalls along the trail between Lois and Horseshoe, or the meandering creekside walk between Nanton and Lois, or even the pulse-pounding push between Windsor and Goat, without having to carry my canoe along the way.

This is perfect for those of us who have slowed down in our old age. It's also good for those who don't have the time for a three to five day tour, for those who aren't athletic (or crazy) enough to complete the trip in less time, for those who have young

families, and for the generally lazy.

So if you haven't done the canoe route yet, there's simply no excuse. You don't have to be fit, or even ambitious. You don't even need a canoe. Just get out there and enjoy it, a little bit at a time!

The lazy man's route

By Sean Percy

The Powell Forest Canoe Route is undeniably one of the most beautiful trips in the world. Pristine, clear lakes; fishing; waterfalls; rivers; trails; mountains; wildlife. What's not to love?

But doing it all at once is way too much work. Fifty kilometers of paddling and 10 kilometres of portaging? First of all, it's too much to take in on one trip. More importantly, this nonsense about lifting your canoe and carrying it through the trails is pure foolishness. That's why we invented roof racks! I'm not fundamentally lazy, but to my mind, recreation should lean more to relaxation than invigoration. I don't think I'm alone. Oh sure, I carried my canoe along those trails with reckless abandon when I was in my early 20s, but now that my hair has thinned and my waist has not, the only time I want to lift my canoe above my head is when it's going on top of the truck. It's not that I can't do it. Just why would I?

I still love canoeing and I love hiking. But doing them at the same time seems to ignore the fact that canoes work best on water, and that humans walk best when not loaded down with watercraft on their backs.

Most of the roads that access the Powell Forest Canoe Route, except the "start" at Branch 41 on Lois Lake, are active industrial, radio-controlled logging roads, that are best travelled on weekends or evenings. You really don't want to go head to head with a loaded logging truck. Call the road access hotline at 604 485-3132 for more info. For maps, check with the Visitor's Centre, or get the excellent Backroad Mapbook at backroadmapbooks.com.



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EXPLORE Powell River

Photos by Steve Grover



Making music for 30 years

The Sunshine Music Festival

By Devon Hanley

I have a favorite memory that goes back to my 20s when I was living on the west side of Vancouver. Back then it was still full of old, suited-up houses rented out to hippies and students. From my house it was a four block walk to Jericho Beach, the site where the Vancouver Folk Festival is held every year. I set out on Saturday morning with my backpack, a blanket and my weekend festival pass. I had no idea what to expect, but as soon as I stepped out the door I could hear the strains of an amazing vocal quartet singing gospel songs. My excitement and anticipation increased with every step. As I handed over my ticket and went through the festival gates I stepped into heaven!

Four years ago that rush of excitement and anticipation came flooding back as I walked down the shady path towards Palm Beach and my first visit to the Sunshine Music Festival: music in the air, sunshine sparkling on the water and happy people everywhere. Powell River's Sunshine Music Festival is the jewel at the end of the summer. Every year I discover musicians whose music continues to inspire me—Bill Bourne, Matt Anderson, David Francey and Delhi to Dublin to name a few.

A truly breathtaking location, Palm Beach is a 20 minute drive south of Powell River. Every Labour Day weekend you can listen to music while dipping your toes in the ocean, or sit close to the stage on the grass under the big tent. Children play close by under a leafy forest canopy while beachside vendors offer a fabulous variety of ethnic foods and arts and crafts. The music starts at noon and ends by 10 pm each day.

Clay Brander has been the festival's artistic director for the past five years, and has served on the Festival's board for nine. "I really feel the strength of the Sunshine Music Festival is that we have remained small," says Brander. "We are comfortable with the size and scope of the festival as it is; it works, it's fun, and we never have a shortage of volunteers."

Brander says the festival's budget has remained about the same for the past five years. Ticket sales have been good, and in fact make up a big part of the festival's revenue. "Even two years ago when the weather was abominable, people still showed up," marvels Brander.


Patty O'Neil has served on the festival's board for nine years and has been attending the festival since year one. "Even when I lived in Australia, I timed my visits so I could attend the festival," says O'Neil. "I think we are one of the smallest and oldest festivals in BC. Staying small makes for a relaxed and community oriented event."

Once again Brander has booked a wide variety of acts that will appeal to all the generations of folks who attend the festival. "Down Under's Kim Churchill and BC artist Daniel Wesley

will bring in lots of young people, I know there's already some excitement out there about these guys," says Brander. Other well known artists appearing this year include singer/songwriter and recording artist Mae Moore, Charlotte Cornfield and the ever popular Paper Boys, described on the festival's website as "Mexican Son Jarocho mixed in with Irish Jigs and Reels, with a good dose of Country, Bluegrass and Ska."



Brander and the board of directors make sure to include local talent. This year, in addition to 'yours truly' accompanied by cellist (and local MLA) Nicholas Simons, crowds will not want to miss, singer/songwriter and guitar player extraordinaire, Ben Bouchard and more. I shall happily head down to Palm Beach with my backpack and blanket fully prepared to sink into musical nirvana beachside this Labour Day weekend.

The 30th annual Sunshine Music Festival takes place on Labour Day Weekend, September 3 and 4, at Palm Beach. Tickets are available at River City Coffee, Rocky Mountain Bakery and the gate. For more information go to sunshinesmusicfest.com. 



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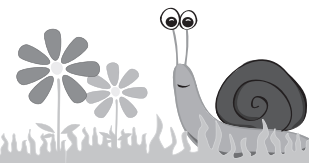


Brandy Peterson

Fresh from the garden

Sammy weighs in on the Edible Garden Tour

By Kevin Wilson



"No! Wait! Don't crush me!" The tiny voice startled me as I prepared to squash the cheeky snail perched on the hood of my minivan. I paused and took a look—then staggered back as I realized the shocking mistake I had been about to make. This was no ordinary snail. This was Sammy, the poster snail for the Edible Garden Tour and the 50 Mile Eat Local Challenge!

I bent down until I could see eye to antenna with the famous gastropod. "Sammy!" I said. "What are you doing there?"

"Same as you and your friends," he replied, looking slightly less agitated. "Viewing the edible gardens. You offered a carpool, so I hitched a ride along with the others."

I offered up a silent hope that Sammy had indeed only viewed the Edible Gardens, not taste-tested them, and then a curious thought struck me. What did a collection of edible gardens look like from a snail's-eye view? I decided to ask Sammy to give me his version of the day's events. For a snail, he turned out to be remarkably talkative and philosophical.

"I was very impressed by all the different gardens. We snails like a varied, balanced diet and plenty of different nibbling options, and you humans are certainly working hard on that. I saw many different crops, everything from my favourite salad greens through potatoes, tomatoes,

and fruit trees to storage crops like grains, dried peas and beans, and winter squash.

People were growing food in all kinds of different ways—in front yards, backyards, community plots and containers; in rows and beds; up fences and sprawled across the ground; in tiny areas and big gardens. Some of them were handling problems like shade or slopes; some were new gardeners and others very experienced; some had chickens (scary for a snail!) or other animals, and others had challenges keeping animals out of their gardens. But everyone felt it worthwhile for the return in yummy food. I heard one human say, 'You just can't buy a tomato like this in the store—the store ones taste like cardboard!'

One thing that surprised me was how much food you can grow in a small space. A snail's-eye view is usually very limited, but from my vantage point on your van I could see more than usual—including just how much you can pack into a few beds. Growing lots is important if you're to feed snails AND humans! One of the humans with a small yard claimed "I can grow all my salads for the whole summer just in this one 4'x4' bed—isn't that amazing!"

The funniest part was that the humans in the gardens seemed to like digging around in the dirt and even getting dirt on them. Some of them got all excited by compost. One gentleman was offered a

freshly-pulled carrot to eat and, once he had wiped it on his pants, he ate it right there, still with some of the soil on it. By the look on his face it sure tasted good. He said he had grown up on a farm, but had forgotten what a real carrot tasted like—till now."

"Rrrrrrrrring!!!!!" I woke, startled, as the alarm clock went off. My eyes slid to the stack of fresh posters for the Edible Garden Tour that lay on my dresser. Had I been dreaming? Seems that way. But... why does that snail on the poster seem to be winking at me?

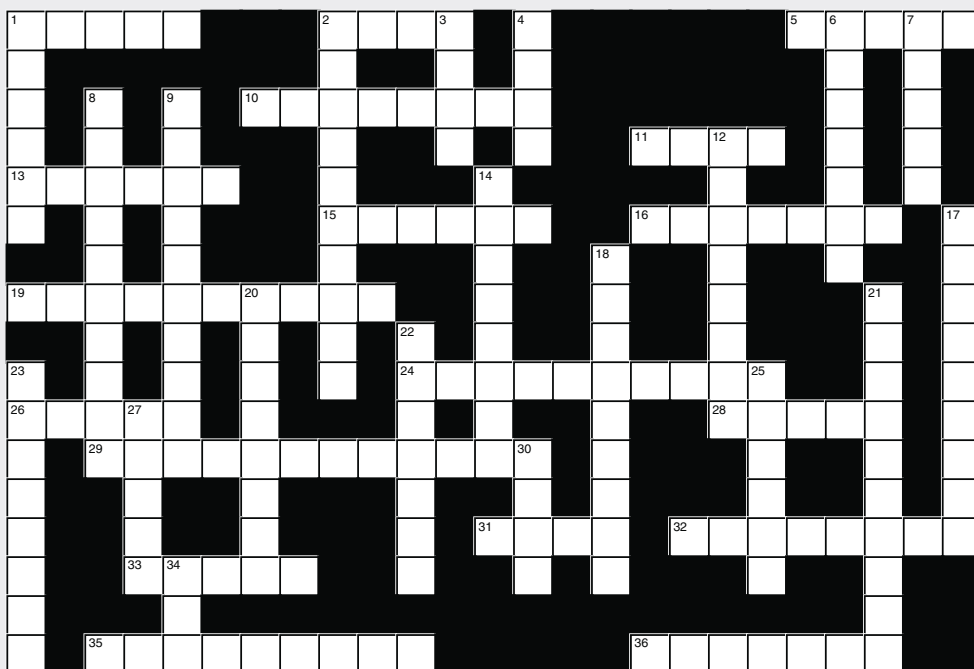
The Edible Garden Tour on Sunday August 7 runs from 9 am to noon, then from 1 pm to 4 pm, with a picnic from noon to 1 pm. Check pr50.wordpress.com for full details. **RL**

ACROSS

- 1 Technical term for potato & Jerusalem artichoke
- 2 Alcoholic slug bait
- 5 Harvest unwanted fruit or other crops
- 10 Cabbage family Latin name
- 11 Longhanded garden grooming tool with many teeth
- 13 Motorized cultivator some use for spring digging
- 15 Fungus that hits our tomatoes in the fall
- 16 Quick & easy with a hoe; slow and onerous on hands & knees
- 19 Wildwood organic farm of the avian variety
- 24 Gardening method that warms up fast in the spring and needs plenty of water
- 26 Medicinal, culinary and more, these plants give a lot in a small space
- 28 Give surplus food to others
- 29 In the mailbox in December, they start us dreaming of perfect gardens (2 words)
- 31 Large animal we need to keep out of compost piles, fruit trees and garbage
- 32 Summer tree treats the birds often get before us
- 33 The gluttonous garden gastropod featured on the Edible Garden Tour poster
- 35 What makes chili spicy! (2 words)
- 36 Mix these with your vegetables to attract insects

DOWN

- 1 Juicy red fruit we race against other gardeners to get the first ripe one
- 2 Wild fruit that Powell River is famous for
- 3 What we usually wish for in July, but this year have an abundance of
- 4 Plant them in the cool spring then pop open the pod to eat
- 6 Sounds like a pasta dish, but it's not
- 7 Fall fruit that's pressed for cider
- 8 Plants you like, that seed themselves everywhere
- 9 Cucumbers, peppers and melons all prefer to grow in this
- 12 Keep the pebbles out of your knees and the mud off your pants
- 14 Spacing out the crowded seedlings
- 17 These make a great edible summer tepee for the kids
- 18 Thick brown bottom layer of a lasagna bed
- 20 The vegetable George H. W. Bush hates but little green worms love
- 21 Plants that come back every year from the roots
- 22 To keep crops clean and slug free, grow vines up this
- 23 Feathered friends we want to keep for eggs and manure
- 25 Use this tool to move soil and dig beds
- 27 Grow and dry these to make chili in the winter
- 30 What comes before a sprout?
- 34 For fishing, or to keep the birds off



Stock the Locker

Help with school supplies

For some, back-to-school shopping is something to dread rather than look forward to.

Knowing that some families struggle with the cost of buying their children school supplies, the Powell River Staples store runs a program called *Stock the Locker*.

Now in its fourth year, the program runs from Aug 1 – Sept 15.

“*Stock the Locker* is part of a countrywide program run by Staples,” says Sue Pezzutto, store manager. “The school supplies are given to students in need. We contact the school principals and ask them what they need and then they come down and pick up the supplies.”

Customers are asked to donate money or school supplies, said Sue. “We convert all those donations into school supplies.”

Most supplies go to SD47; the balance to other local schools. All the money raised in Powell River stays in Powell River.

Jay Yule, Superintendent of Schools for SD47, says the program helps many families. “The *Stock the Locker* program



BACK TO SCHOOL HELP: Cathy Bartfai and Sue Pezzutto organized the *Stock the Locker* program at Powell River Staples.

has ensured that all children will get proper school supplies. Through the generous support of Staples, families do not have to bear the full expense of school supplies.”

This year they want to raise \$5,000. Businesses, residents and organizations are asked to donate to the program.

Cathy Bartfai, Powell River Staples divisional sales manager, is in charge of the program this year. She will be contacting businesses and organizations asking them to help. If you are able to donate to *Stock the Locker*, please contact Cathy at Staples or drop by the store! [PR](#)

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Powell River Living BUSINESS Connections

By Kim Miller

Westview Massage Therapy has a new location and new owners. Former owner Anthony McMorran has left town, so registered massage therapists Dawne Briggs and Erin Perrault purchased the business and have moved it from the Westview Avenue house to #5-4603 Marine Avenue beside the Tree Frog Bistro. Another RMT, Eddie Romagnoli, had been working in that space under the Vitality Wellness umbrella, but with Vitality's move and the arrival of Westview Massage Therapy, it was a natural fit for Eddie to join the Westview team. The new location opened July 1; the phone number remains the same at 604 485-7085.

Vitality Wellness purchased the building where Margaret and Peter Behr run Behr's Massage Therapy Clinic. The Behrs will rent space from Mara Hynninen and continue to provide massage services. Mara says that Vitality will open their doors at their new location on September 15.

Lynea Laycraft is a private home care aide who provides a full spectrum of basic personal care through her company **Genuine Care Services**. Lynea is certified in Occupational First Aid level 1, has a class 5 driver's license, Food Safe and Basic Standards training (security). "I fill in the gaps in services that clients often need, that are not provided by home support," she said. Lynea, a fourth generation Powell River resident, provides a wide range of services from healthy meal planning, shopping and running errands, to companionship and respite care. For more info visit genuinecareservices.ca or call 604 578-1396.

For the past three years, Tatiana Tsarouk has been helping clients at the **Sunshine Coast Health Centre** through clinical hypnosis. Now, the Russian-trained hypnotherapist is offering her clinical hypnosis services through private practice, and she's willing to come to homes, offices of doctors or counselors, or the hospital. She says hypnosis can help with stress and anxiety relief, sleep improvement,

relaxation, confidence, smoking cessation and more. Tatiana has been licensed to practice psychotherapy for more than 15 years, and had a two-year residency at the University of Washington in Seattle, as well as training at the University of British Columbia. You can reach Tatiana at 604 485-9492 or on her cell at 604 483-1835 or visit www.tsarouk.webs.com

First Credit Union paid \$360,000 back to members-owners in July. It was the first of what is expected to be annual profit-share payouts. Since 1939 First Credit Union has been actively sharing profits with the community through sponsorships, dividends and relationship pricing, and now for the first time, member-owners are being rewarded with profit-sharing. The profit sharing rebate has been calculated as 4% of loan interest paid, 4% of service charges paid and 4% of deposit interest earned. This means that a member-owner with a package account, loan and term deposit with First Credit Union will earn an average of more than \$200 in profit shares.

In June, Powell River **Staples** became the top Staples store in Canada for customer service satisfaction. General manager Sue Pezzutto said the award is an honour. "It means that my staff is providing the best service and solutions for our customers." Results are based on customer satisfaction surveys, noted Sue. "The staff at Powell River Staples love what they do and it shows," said Sue.

Former Powell River firefighter **Jeff Lambert**, 49, has been named the new fire chief of the City of Victoria. Jeff was chief fire prevention officer in Powell River, and was also president of the International Association of Fire Fighters Powell River local 1298 for three years. He has also served as fire chief in Port Moody and Fort St John. He is current chairman of the BC fire and public life safety advisory committee.

Powell River Healthworks has made a big change to its business model. Instead of individual appointments, Healthworks now offers acupuncture treatments that everyone can afford with what is being called community acupuncture. Edward Sanderson treats as many as six people at a time, instead of one, bringing down the cost to users by as much as half. When he first told me about the change, I hesitated, but the experience was calming and relaxing, and beneficial. With the change I can get in more often and still afford it. He says the change should encourage more people to come in for treatments often enough to do the most good. To introduce this concept, Edward has a September Special. For more information call 604 485-0108, email Edward@prhealthworks.ca or visit www.prhealthworks.ca. **PR**

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Access Ability Day to raise funds

TrailRiders let the mobility-challenged hike

By CC Duncan & Raymond Lavoie

Powell Riverites can find out what it's like to be in a wheelchair and help wheelchair users find out what it's like to go hiking, as efforts continue to bring a TrailRider to this community.

Powell River Mobility Opportunities Society (PRMOS) is an independent non-profit society founded in 2010 with a goal of bringing together volunteers and people with mobility challenges to enjoy hikes and other activities.

One way is through the use of a TrailRider. Assisted by two teammates, or "Sherpas," a TrailRider is designed to transport people with significant physical disabilities. The one-wheeled design provides the narrow profile necessary to access hiking trails and is ideal for trekking in environmentally sensitive areas. It gives choice, accessibility and opportunity for people with mobility challenges to visit places they never thought were attainable.

In August 2010, we showcased a TrailRider on loan from the British Columbia Mobility Opportunities Society at the Powell River Blackberry Festival Street Party and asked, "Would you like to see this TrailRider stay in Powell River?" The response was incredible with offers of volunteerism and "riders" wanting to be involved. Since then, the TrailRider has been demonstrated to many clubs, groups, associations, and individuals to try to raise awareness and funding for it to stay in Powell River. With reluctant hearts, the TrailRider had to be returned to Vancouver.

In June 2011 it returned for the Manzanita Hut Grand Opening, allowing Stephen

Hull and Ron Como, both with mobility challenges, the opportunity to participate in that event. Once again it had to be returned to Vancouver, but it came back for display at the BC Bike Race event in July.



Each time the TrailRider surfaces, excitement grows. There's no doubt that Powell River wants and needs at least one!


With momentum building, PRMOS connected with an amazing individual, Richard Shute. A former international wheelchair basketball player, a go-getter and incredibly hard worker, Richard gave the perspective from a place no one on the PRMOS board could give. His enthusiasm is contagious and he had brilliant ideas to build on that momentum and generate funds.

He suggested a garage sale. But not only a garage sale, but also a silent auction, a wheelchair basketball demonstration and try-it-yourself experience—a wheelchair obstacle course with a wheelchair challenge to our MLA, our Mayor and City Councillors. A family fun day with games for the kids! And provide a one-stop informational setting with tables, brochures, and an opportunity to communicate with invited groups, clubs, societies and supports. In short, he suggested a coming together to allow for networking and awareness for people with mobility challenges, their families and caregivers. There was no stopping the brainstorm of ideas. Activities will also include a visit from the Assistance and Companion Dogs from Westcoast ACCESS (Animals for Community Care and Emotional Support Society), music, food and beverages!

PRMOS is excited to present their first *Access Ability Awareness Day* at Grief Point Elementary School between 9 am and 5 pm on Saturday, August 6.


Silent Auction items include a three-day, two-night Desolation Sound Cruise for four aboard a private 48-foot yacht—valued at about \$3,000!

The goal is to raise \$7000 for the purchase of Powell River's own community TrailRider so we can share the beauty of our parks and wilderness barrier-free for our citizens and visitors alike.

Community service providers who would like to be involved can email info@prmos.org. 



Auxiliary pioneer 100 years young

It is hard to believe that Evelyn Black, founding member of the Powell River Health Care Auxiliary, (formerly the hospital auxiliary), celebrated her 100th birthday on April 27. Evelyn (centre), "walked alongside of me just like a 20-year-old," said Gertie McNair, one of six women who worked with Evelyn. Gertie, Peggy White, Lois Rourke, Bonnie McGuffie, Kay Bremner and Trudy McCracken visited Evelyn who recently moved to a seniors' home in Victoria to wish her a belated Happy 100th Birthday! 



Time to plant

By Jonathan van Wiltenburg



Summer pruning

With the warmer weather hopefully here to stay I thought it would be pertinent to discuss summer pruning of fruit trees. Many of us have slipped into the habit of pruning only during the dead of winter, however summer pruning in July and August can provide a few extra advantages that winter pruning does not offer.

First off in my opinion, summer pruning does not replace winter pruning. Winter pruning is still the best time to view the tree as a whole (i.e. no leaves) and also is the time when you can make larger cuts, as the sap is not actively flowing. I believe that summer pruning compliments winter pruning.

So why do we summer prune? Done right, summer pruning will decrease the amount of bulk leaf growth (diminish sucker-ing) and provide a dwarfing effect. Also it will promote fruit forming branches, and provide selective growth. Furthermore by opening up the canopy, you will allow more air movement and will also increase the amount of light filtering in to fruit.

Summer pruning gives you the chance to take off the many of the smaller bulk growth that the tree has put on since the last pruning. You may take off things like the suckers (these are the

Priorities for August

- Harvest, harvest, harvest. Remember to pick things often and young. If you have potatoes in, feel free to dig underneath and sneak a few new potatoes for a special meal.
- Plant out more greens, lettuce, dill, cilantro, carrots, beets, chard, and peas etc. If you're interested in planting out winter cabbage, broccoli, or brussell sprouts it is too late to plant seeds. Head out to the local nursery and purchase starts that will mature in time for mature winter harvest.
- Keep on the look out for pests. Aphids, cabbage white moths, powdery mildew, blackspot, and tomato blight will be the main culprits. To control aphids, blast them with a strong stream of water. For cabbage white moth, remove by hand picking. If infestation persists, spray with BTK.
- Deadhead and if need be prune your summer annuals to keep things looking fresh and colourful. This should include your hanging baskets too.
- Sow your colourful biennial ornamentals for next year. Things like poppies, foxgloves, English daisies, wallflowers, and forget-me-nots to name a few.

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- Be aware of the fruit on your trees. Check for ripeness and pick as soon as possible to alleviate bear and human confrontations. If you are over run with fruit contact the Gleaner team (604.485.4366 or gleaners@skookumfood.ca) and have them pick your fruit for you.
- Give some attention to your compost pile. Flip it if you have the gusto. If it dry and crumbly and not breaking down quickly, add some water. If it smells and is sopping wet, cover it with a tarp. A properly balanced compost pile should never smell. Think of it as a living organism. Proper amounts water, air, temperature, carbon, and nitrogen ratios are essential for breakdown.
- Don't forget to take a few photos of your garden this year for your record. It has been wet and cool, and it will be interesting to see what did well compared to other years. Take photos of your annual container combinations that worked for you.



Jonathan van Wiltenburg has a degree in horticulture and runs Eden Horticulture Services. You can reach him at edenhort@gmail.com.

long, going straight up shoots with no fruit) or other small branches that are crisscrossing, growing in the wrong direction or are just dead or distressed. As a general rule I do not make cuts bigger than what I can cut with by hand pruners. Usually nothing larger than a finger. Remember do not take too much off. Summer pruning can be hard on a tree. Too much can cause severe dwarfing and some trees may not recover. [PRL](#)






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Ultimate frisbee

It's a bird, it's a plane...

By Dylan Young

He ran up the field, darting this way and that frantically scrambling to move as fast as his body would allow him. Looking back in amazement he saw the disc floating over his head, moving further away from him as each moment passed. This was he had waited for: either leap to victory or tumble in defeat. With a final surge of energy his feet left the ground, reaching his hands out to wrap his fingers around the prize in front of him. As his body tumbled back towards the ground there was a decisive thump. He got up with a smile cracked from ear to ear, holding the disc firmly, gaining a point in this grand game of Ultimate Frisbee.

When I was first introduced to Ultimate Frisbee I was in grade 10 and could barely throw one. Our gym teacher went over the basics of this new sport, teaching us the rules as well as how to properly throw a disc. To my surprise however, there was more than one way to throw a disc! Here I was unable to throw a disc one way and now I find out that I was also unable to throw the disc any other way as well. At this point it was safe to say that Ultimate and me were not seeing eye to eye.

After leaving grade 10 I never had much to do with the sport of Ultimate. Despite its growth I just never found how throwing a Frisbee could be so entertaining for so many people. Finally, in my third year of university I joined a recreation league for Ultimate, along with some friends. I figured that since so many people have loved this sport so much and I had nothing else to do at that time, why wouldn't I give it a try? After I stepped onto the field for the first time it immediately dawned on me. Racing up the field with your buddies, chucking a Frisbee from one side to the other, colliding with opposing players as you both watch a floating disc, it was epic! It turned into a game that I can only describe as being recreationally competitive. Whether you're just out for some fun, catching and throwing a Frisbee or sprinting your heart out to catch up to the disc, this sport had a place for you. Surrounded by a group of friendly players who have been throwing around a disc for years I was finally able to learn how to correct my ever plunging Frisbee throw. I was able to actually be a part of and enjoy this growing sport of Ultimate Frisbee, which had quite sunk its hook into me at this point so it was unfortunate when I left university and was unable to find another recreationally competitive league to play in, until this summer rolled.

Frustrated that the sport of Ultimate had not reached the banks of Powell River, Kyle Wells and Carmen Anderson decided to remedy this. By starting a pick-up game every Wednesday at 7 pm on the Oceanview Middle School field the word got out and Ultimate fever has caught on in good ol' PR! Every week there are about 15 to 25 people who come out to either try out Ultimate for the first time or keep running after the disc. It took me a while to catch on



to the game of Ultimate but I'm so glad I did. From the people you meet and the feeling you get afterwards from that rush of scoring a point (or on some days even catching the Frisbee), Ultimate has become one of my favourite sports to indulge in. So catch us on the field every Wednesday and who knows, maybe it will just sink its hook into you as well. **PR**

Stories to share

Once a writer, always a writer

A few weeks ago Teedie Kagume was browsing through the books in the Powell River Health Care Auxiliary when she saw one that caught her eye. The book was written by a woman who lives in Powell River. When she saw that the writer published it at the young age of 94, Teedie wanted to know more about the author. After purchasing *Hurry Up with the Music*, Teedie called *Powell River Living Magazine* and asked if we would track the author down and find the story behind her stories.

Writer Erma Rabourn is now 97 years old. "I published this book three years ago," she said "but I wrote the stories over the years."

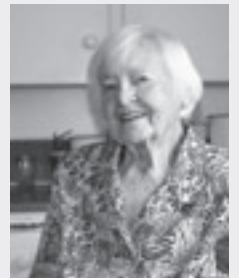
Erma began writing when she was a young girl growing up on the Prairies. She moved to Powell River five years ago to be near her family.

Erma's stories are based on real life events. She talks about relationships among ordinary people.

Erma, who was a founding member of the Medicine Hat Writers Club, published a book of poetry and a cookbook years ago. "I've always written," she said. "I worked on the school paper and had some letters published in the weekly newspapers in Saskatchewan." At one time Erma dreamed of writing for a living. "But then I realized that many writers live in garrets and have no money so I quickly gave that up."

Instead, Erma became a teacher.

Erma says she didn't intend to move to Powell River but when she came here to visit her youngest daughter, she fell in love with the community and here she is! **PR**



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Powell River Living PARDON MY PEN

By George Campbell

The uninvited guest

Our summer cottage floats on a raft of logs a few meters off shore from the tree covered mountains that step abruptly into the deep waters of beautiful Powell Lake. Our family has enjoyed many summertime adventures in this idyllic location. The following is one of them.

My wife had baked two angel food cakes, ten to twelve egg whites in each, and left them on the kitchen counter of our summer cottage to cool. These were the birthday cakes that would top off the party we were hosting at the cabin that afternoon. We expected about 20 family members and friends to show up for the festivities.

We left around mid-morning for the 15-minute boat trip down the lake to pick up friends and family. We returned less than an hour later with a boatload of merry celebrants to find we'd had an uninvited guest. The nylon screen over the kitchen window had been torn open and the two angel food cakes were partially eaten. What was left sat forlornly on the counter covered with what looked like yellow water. There was a good-sized puddle

of it on the countertop. And it stunk!


It stunk because it was urine. Some wild creature had broken in and started the party without us! Then, just to show what he thought about not being invited to the party, he peed on what little cake was left. My wife was not pleased. However, there was not much to be done except to bake another cake, which she did, in between toasts to the birthday celebrant, kids diving and swimming in the water, and the general fun and festivity our family always has when we are together. When the cake was done, she took it out of the oven and put it in a covered container on the deck to cool.

By this time several more boatloads of guests had arrived and things were progressing merrily and with great enthusiasm. The main topic of conversation, of course, was what kind of a creature had broken in and eaten the cakes. None of us could figure it out. Around three o'clock that afternoon he turned up again. One of the kids spotted him first, and gave warning.

Waddling down the ramp from shore

came an orangey-brown creature with a little fox-like face and a long fluffy tail. He was the size of a large housecat. Someone identified him as a marten.

We all retreated inside the cabin and shouted at him through the screen door. He paid no attention, following his nose to that delicious aroma that emanated from the cooler on the deck. The rascal was going for the third cake! He showed no fear of us, but went straight to work trying to get the lid off the cooler. Not being certain what he might do, none of us had the courage to go out and shoo him away. After all, we told each other, he's a wild critter, and related to the weasel family. Why, he might go for our throats!

So we waited and watched until Mr. Marten finally got fed up with all our noise and shouting, and left. He never did get that last cake. But what the heck—two out of three ain't bad! We ate that last cake ourselves. Right down to the last crumb. As for Mr. Marten, he never did come back. And it's just as well, because his table manners leave a great deal to be desired. 



Beware of ants

By Katheran Milne

Two months after Cam and Mica Street moved into their first home with their young children, I received a frantic call from Cam. Cam was so distressed he couldn't even tell me what was wrong. I arrived at their home and was shocked to see the lower south half of Cam's home opened up to show massive destruction of rotted and insect destroyed framing.

We called Paul Hirst of Powell River Pest Control to explain what was happening. Apparently rain had been leaking into the wall of the house and the wet safe interior wall became home first to termites, then carpenter ants and finally moisture ants. The damage was completely contained inside the wall and was not visible.

On the first warm day in April, Cam came out his basement and closed the door tightly. The bang of the door caused thousands of moisture ants to come pouring and rolling out from under his siding.

The young couple had no money to fix the disaster so we went to work finding community support and help.

The happy ending is that a beautiful new shingle wall is up. All has been repaired, it is watertight and everyone learned a lot about destructive house eating insects!

Cam, Mica and I would like to thank everyone who turned this tragedy into a wonderful tale of people coming together. Thank you to Paul Hirst (Powell River Pest Control) for the education

and complimentary spray treatment; retired carpenter neighbor Rob Collen for your hard work; Rob's visitor Peter Uppenborn Sr, for helping out on your holiday; Peter Jr for sealant application; Rona Bldg Supplies, for help with materials; Goat Lake Forest Products, for shingles; DarMac Construction for scaffolding, technical advice and shingle application; neighbour John Ernst for picking up supplies, providing scaffolding decks and being a great cheerleader; Cam's Dad for financial support; Katheran & Company Real Estate Ltd for financial support and co-ordination.

Moral of the story: Treat your home annually for insects that can be munching down on your house right now! Be vigilant, you may never even know they are there. It can happen to anyone, anywhere and any age of home in Powell River.

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Powell River Living COMMUNITY Calendar AUGUST 2011

Aug 7: Edible Garden Tour. Information: contact David Parkinson at 604 485-2004 or fsp@prepsociety.org.

Aug 7 – Sept 25: 50-Mile Eat Local Challenge. Contact David at 604 485-2004 or fsp@prepsociety.org.

Aug 8–12: Summer Dance Camp. Tiny Dancers (ages 6 - 9), 9 am - 12 noon. Dancers will experience a variety of classes, including: Jazz, Tap, Ballet, Acro, Musical Theater and HipHop. Register on line at SheridanDanceAcademy.ca.

Aug 13: Demo of solar, haybox and rocket stove cooking. Lund Community Centre at 3 pm. For more info call 604 483-9052.

Aug 14: Texada Garden Club edible garden tour, 10 am to 4 pm. Tickets \$10, from Powell River Nurseries. For more info, call Cheryl Nyl at 604 486-7327.

Aug 16: Movie Under the Stars at Larry Gouthro Park starting at dusk (approximately 8:30). See www.first-cu.ca for movie details.

Aug 17: Intimate Sunshine Coast. Join photographer Darren Robinson for a close-up look at Powell River's natural world. Visit darrenrobinsonphotography.com for more info.

Aug 19: Blackberry Mile at 6 pm. Race straight down Manson from Kingdom Hall to just past Duncan St—then head down to the Street Party on Marine! All runners aged 15 year & under get a free icy treat at the finish. \$100 cash each for 1st male & female. Great family event. All funds to Canuck Place Children's Hospice. Register online at www.avidfitness.ca.

Aug 19–21: Stardusters host annual "Across the Pond" dance weekend, with other BC Clubs. Kicks off with "Come as you are" Blackberry Fest street dance Aug 19 at 7:30 pm. Lessons and dance nights will resume at the beginning of October. For more info, call Gord at 604 487-9565 or Laurel 604 485-7262.

Aug 28: Run the Rock, a full- and half-marathon on Texada Island. Starts at 8:30 am at Shelter Point Park for full run, and 10 am at the Van Anda Elementary School for half run. Registration: \$30 includes t-shirt, food and water along the course. Proceeds to the Texada Food Bank & Texada Arts, Culture and Tourism Society. Contact Rob McWilliam at 604 486-0377. No race day entries—pre-register at www.avidfitness.ca.

Alcoholics Anonymous: 8:30–9:30 pm. Fridays at United Church basement, Saturdays at Hospital Boardroom, Sundays at Alano Club. For more info call 604 414-0944, 604 485-5346, 604 483-9736. Texada Island: 604 486-0117.

Mondays: Family Place Garden Group: 10:30 am–12 pm at the Community Demonstration Garden. Call 604 485-2706 for more information.

Mondays: Cinch card games at RC Legion #164, 7 pm. Newcomers welcome. For more information visit cinchgame.net or call 604 485-5504.

Mondays: Bike ride at Suncoast Cycle, 6 pm

Mondays: Whist Club at the Lang Bay Hall, 1 pm. Contact 604 487-9332.

Mondays, Tuesdays & Wednesdays: Garage Sale, 4476 Cumberland Place (behind Massullo Motors), 9 am–3 pm. Proceeds to job skills training for people

FAIRS & FESTIVALS

August 13–21: Blackberry Festival, the biggest festival of the year with events throughout the week - kicks off at the Open Air Market on August 13. Events and activities include:

August 16: 8 to 10:30 pm, First Credit Union **Movie Under the Stars** at Larry Gouthro Park. Free.

August 19: Blackberry Festival wraps up with a huge **Street Party**, 6 pm to 10 pm. Lots of food, music and fun. For more information call 604483-9454, or go to powellriverdirect.com/blackberry.

August 20 & 21: Arts Alive in the Park at Willingdon Beach, Sat 11 am–7 pm; Sun 11 am–6 pm Summer fun rounds out Blackberry Festival. Enjoy dance, music, a poetry slam and workshops for both kids and adults. Local artists display their work. Info: Ann Nelson at 604483-9345 or Roberta Pearson at 604485-0446, or visit powellriverartscouncil.com/arts_alive.

August 27 & 28: Powell River Studio Tour, 10 am to 5 pm, Lund to Lang Bay. 7th annual self-guided tour or artists and artisans on the Upper Sunshine Coast. Free brochure available in late July at local stores, PDF file can be downloaded from powellriverartists.com/2011.

September 4–5: The 30th Annual Sunshine Music Festival at Palm Beach Park. A music festival with performers from across Canada and around the world. Enjoy the craft market and tasty treats from food vendors. Don't forget your beachwear! For more info go to sunshinemusicfest.com.

September 24: Fall Fair & Horse Show, Exhibition Fair Grounds. A country fair with home canning, gardening, baked goods, crafts, art, wine and eggs. Exhibition of livestock, poultry and honey bees. Pony rides, petting zoo, children's play area, auctions, live music, entertainment and farmer's market. Entry fee: \$1.

with mental illness. Info: call Sasha at 604 485-0087.

2nd Mon: at Family Place: "Multiples," a group for parents with twins and more! 10–11:30 am.

Last Monday: La Leche League, breastfeeding support, 10 am, Family Place. Call Lynne, 604 487-4418.

Tuesdays: Carpet Bowling at the Lang Bay Hall, 2 pm. Contact 604 487-9332.

Tuesdays: at Family Place; "Toddler Time"; parent-child open drop-in and circle time 10:30 am–12 pm. "Parent Child Drop-in"; 12:30 pm–4:30 pm.

Tuesdays: PR Stroke Recovery Club meets Legion Hall from 10 am–1 pm. Contact Trudy Simpson at 604485-06396 or Rhonda Ellwyn at 604 483-3304.

Tuesdays: Soup Kitchen at Seventh Day Adventist Church (4880 Manson Ave), noon–1:30 pm.

1st & 3rd Tues: Kiwanis Club of PR, 7:30 pm at the Annex on Kiwanis Ave. Info call 604 487-9332.

Tues & Thurs: Bike Ride starting at RCMP lot, 6 pm

1st & 2nd Tues: Food Bank, 6812-D Alberni Street, 10 am–2 pm. Call 604 485-9166.

2nd Tues: Living with Cancer Support Group, 1:30–3:30 pm. For more info call Helen at 604 485-4071 or

Carol at 604 485-9115.

1st Wed: Family Place: "Stone Soup" cooperative lunch and "Open Space" planning, 12:30–2:30.

2nd Wed: SPCA meets at Quality Foods Boardroom at 7 pm. Everyone Welcome.

Wednesdays: Family Place; "Baby and Me"; parent-child drop-in; 10:30 am–12:30 pm. "The open Space"; parent led family programs; 12:30–2:30 pm. Parent-child Drop-in 12:30–4:30 pm. Everyone welcome.

Wednesdays: Salvation Army Soup & Sandwich 11:30 am–1 pm, by donation. Everyone welcome.

Thursdays: Soup Kitchen at Seventh Day Adventist Church (4880 Manson Ave), noon–1:30 pm.

Thursdays: Family Place, parent/child drop-in, 10:30 am to 4:30 pm. Contact the Parent-Child Mother Goose coordinator at mothergoose@prepsociety.org.

Thursdays: Crib Club at the Lang Bay Hall, 7 pm. Contact 604 487-9332.

Thursdays: A&W Cruisers at the A&W parking lot. Bring your cool car or just yourself. Until dusk.

Fridays: Family Place, parent child drop in, 12:30–4:30 pm, everyone welcome. Call 604 485-2706 for information on "Rhythm Circle Time" & "Bi-lingual Playgroup".

Saturdays: Knitting Group meets from 11–4 at Great Balls of Wool (4722 Marine Avenue). For more information, contact Roisin at 604 485-4859.

2nd & 4th Sat: Faith Lutheran Food Cupboard is open 12 noon to 2 pm. 4811 Ontario St. Call 604 485-2000.


3rd Sat: Senior's Center in Cranberry holds their afternoon of cards, games and scrabble at 1 pm. Please register in advance by calling 604 485-9562 or 604 485-2153. Everyone is welcome.

Please submit calendar items to
bonnie@priving.ca by the 20th of each month

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Oct 6-7
Nov 21-24
Dec 7-8
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Weekend Casino Trip
Island Casino Hop
8 Days to Reno

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Rocky Mountaineer & Britannia Mines • Whistler & Squamish
'Amadeus' & Apple Festival • Chemainus Theatre & Salt Spring Isl.
Irish Rovers • Cowichan Theatre, Duncan
Victoria Getaway
'Countryside Christmas' • Chemainus Theatre
Nanaimo • Sept 7, Oct 5, Nov 2, Dec 6
Lower Mainland • Sept 10-12, Sept 25-27, Nov 5-7, Nov 12-14
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Powell River Living FACES of EDUCATION

When more help is needed

When it comes to providing opportunities in education, both School District 47 and Westwind Learning Center listen to what students and the community have to say and then respond.

This openness and approachability led them to partner on after-school tutoring and summer science camps.

Westwind Learning Center educator and owner Rachelle Warman and her tutors provide tutoring in a variety of subject areas. But that wasn't always the case, says the busy mother of three.

"Westwind originally started as an English Academy two years ago," she told Powell River Living. "We became Westwind Learning Center in January. The change enabled us to broaden our scope of services so rather than just focus on the international market, this allows us to help local students with their school work."

Rachelle has a degree in education with a specialization in learning assistance and has English as a Second Language (ESL) certification. She spent 13 years teaching in Powell River, Calgary and Japan, before moving home to Powell River to open an ES school.

Rachelle said she broadened Westwind's scope in response to the community's needs. "We were approached by parents in the community who wanted to know if we could offer tutoring in different subject areas."

Rachelle approached the School Board and asked if they thought there was a need for this sort of a service and whether the community would support it.

"They were very supportive and said yes and in late 2010 they came on board," said Rachelle.

Jay Yule, School District 47's Superintendent of Schools, said: "we have excellent teachers and a great support network for students but at times students can benefit from specific one-to-one help and parents are not always in a position to help their children with homework or specific subject areas. This is where Westwind can help, with homework, remediation and organizational support."

Westwind began offering tutoring in January of this year. "It has been growing steadily ever since."

There are one-on-one, semi private and small group tutoring (academic clinics) with anywhere from four to 10 students.

Rachelle said her goal is to provide services to help students. "We are here to support learning," she said. "It is all about the student, giving them the best possible chance. We know it takes some students longer than others to understand concepts and complete their work."

While some students may need tutoring for an hour a week, others may need homework help or even help just before exams. "And some need time management help," said Rachelle.

"Teachers in Powell River do an outstanding job in preparing students academically. "Our job at Westwind is to continue that support at times when school is not in session and when some students just need those few extra hours per week to be successful," said Rachelle.

Although a parent may understand the work their child is doing, it is often difficult to teach your own child. "Many parents that come in here say, 'It is hard for me to teach my own child because of the frustration level,'" said Rachelle. And not all parents are able to help their children with schoolwork.

In July, Summer Science camps were offered by Westwind free to students aged six to 12.

"We decided that science camps would be beneficial for students because there is nothing offered in this area during the

summer. We cover some of the core IRP's in the science camps and because of that there is education funding available."

Rachelle said parents are very appreciative of these new camps, which are both fun and educational. "During the summer months, kids often get bored and it can be difficult and costly to find child care. It is nice to be able to offer these as free camps so all kids can come."



SCIENCE FANS: Brianna Narduzzi, 7 and Gabriel Albert, 6, hard at work as Jay Yule and Rachelle Warman watch.

Although both the School District and Westwind offer English as a Second Language they have different target markets. The School District offers ESL programs for students under the age of 18 whereas Westwind offers ESL for adults 18 and older.

"We value our relationship with the School District," said Rachelle. "They are very forward thinking and progressive in how they see education. You see it in the community in programs like the dual credit and outdoor education programs."

Starting in September, Westwind will offer learning assessment evaluation for students in Kindergarten through Grade 11 in reading, writing and math. "This will help to identify their child's strengths and areas that need support. **RL**

Why is The Medicine Shoppe pharmacy on Marine different from other pharmacies? What makes it unique?

It is the relationships that owner Dirk de Villiers has with his customers.

For Dirk, healthcare is not just about medicine, it is about whole health.

At The Medicine Shoppe, every single customer matters and Dirk is willing to spend time providing health care information.

Many people are in trouble because they do not understand. Knowledge means power. You are the biggest advocate for your health and I'm here to give you the tools to be the best advocate you can be, says Dirk.

Dirk wants to educate his customers about their total health care needs so they can achieve ultimate health goals and live a healthy life style. He does this by providing individualized, personal, one-on-one care to every one of his customers.

When people are knowledgeable about their health and the medications they are on, they can make informed decisions.

Many people have problems because of their medications and don't know it, said Dirk. Some medicines can cause nutrient deficiencies and so people will get another drug to mask those symptoms but they still don't know the real issue is nutrient deficiency.

Dirk sees his job as helping to educate people so they understand how their medications work and how they interact with other medications.

People develop relationships with their pharmacist. *It's a very personal relationship, explains Dirk. It is important that your pharmacist knows you, knows what medications you are on and that you feel comfortable talking to him.*

Besides offering expert personal advice on health care, The Medicine Shoppe offers information sessions each month in small group discussions and one-on-one consultations. If your busy lifestyle prevents you from dropping by in person to ask a question, Dirk welcomes questions via email at ms0309@store.medicineshoppe.ca.

Dirk offers an integrated approach to medicine by providing homeopathy and naturopathy, along with standard medicine, to help people get healthy and stay healthy.

Nutrition is vital to health, says Dirk. It's about what you eat and how you eat. I can also help with that.

When filling prescriptions, Dirk can personalize the actual formulation of medications. For example, if a client can't swallow but needs to take high blood pressure



medications, he can put them into a liquid or suppository form. Or if you have a large number of meds, it can be possible to combine them into a smaller number of capsules, reducing the number of pills you take each day, and with blister-packing available, your medications are organized so you won't miss a dose again.

If you are looking for personalized care and expert advice with your overall health and well-being in mind, drop in today at The Medicine Shoppe pharmacy on Marine. Dirk will be happy to help you.

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