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—Bev Falconer

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—Davina Grundle



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ON THE COVER

Dr Evan Tesla Adams is a featured speaker at the sold out TEDx Powell River on April 7.

photo courtesy Evan Adams

Powell River Living CONTRIBUTORS



ROSEMARY ENTWISLE is a retired psychologist and a member of the Powell River Writers' Conference. She has been published in health magazines. Her interests include the history of Powell River.



MARG MCNEIL is a retiree who loves to spend time kayaking Powell River's water. She is an avid supporter of lifelong learning, and ElderCollege at VIU.



WENDY GOODWIN is a semi-retired TA who loves going up the lake and enjoys meeting new people.



JANET MAY is a writer, broadcaster and active volunteer in Powell River. She enjoys hiking, kayaking and gardening, and is eagerly digging up her lawn to plant with more exciting things this spring.



COCO HESS is a member of the Let's Talk Trash team, the Regional District's Waste Management Education Program. She believes in Zero Waste and is excited to talk trash in our community.



CARMA SACREE is director of the drama program at the Academy of Music. She is currently rehearsing for her role of Miss Hannigan for the Far off Broadway production of *Annie*.



DAVID JONASSON is a designer from Saskatchewan who rode his bicycle to Powell River in 2009. He now happily resides in Wildwood.



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*Tension is who you think you should be.
Relaxation is who you are.*

Chinese Proverb



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 Spring has sprung!

You can't help but feel happy this time of year. The days are longer, temperatures are rising and spring flowers are popping up everywhere. There's a feeling of optimism and energy in the air.

There's also been a new energy around the *Powell River Living* office. A couple of weeks ago, we had journalism school graduate Ariana Biagi join us for a month-long internship. I'm not sure who has learned more, Ariana or Sean and I, but we've loved working with her. Students are like spring in a way — they bring new life, energy and ideas to their jobs and their enthusiasm is infectious.

Spring is also a time when homes are traditionally listed for sale. Prices are down from where they were a few years ago and mortgage rates low. In short, it's a great time to buy.

Our story on Page 7 and the ads realtors have in this issue will tell you more about what's available.

Powell River is a community with a heart. You don't have to live here very long to realize just how important volunteers are to our whole community. Volunteer week is April 21 to 27. It's a good time to recognize the efforts of our volunteers, like Harley and Helen deBruyckere (see Page 25) and to say thank you!

Wendy and Paul Goodwin and their friends up the lake also volunteered to look after something so that others could enjoy it. In Wendy's story on Page 10, you'll read how they unofficially

adopted a campsite on the Powell Forest Canoe Route when the government stopped maintaining it. The couple and their friends didn't want visitors to think Powell River people don't care about the environment, so they took on the task of cleaning up the campsite. Kudos to all of you for going that extra mile!

We love showing off our beautiful community and now, with the expansion of Cooper Boating, more people will be able to drink in the beauty of Powell River, Desolation Sound and the surrounding area. Local writer and sailor Marg McNeil's Page 15 story about Cooper Boating introduces the company's history and how they plan to show off Powell River to the rest of the world.

Earth Day, on April 22, is a good time to think about what you can do for the planet. You may decide to participate in the Trash Bash on April 27 or reduce the amount of waste you bring into your home. For more ideas on how you can help read the Trash Talk story on Page 23.

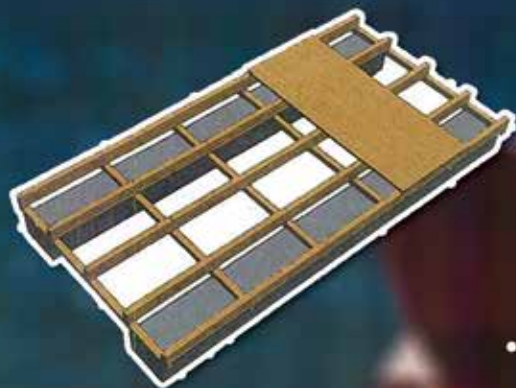
Of course, there's more in this issue, like stories about Rudy Pearson's 80th birthday and the cool house on Skeena Street but you'll have to dive into the pages head first with the energy, enthusiasm and optimism of spring to find them!

Happy reading. **RL**



Isabelle Southcott, Publisher • isabelle@prliving.ca

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What's up? POWELL RIVER

What is it? Kid scores with daily grocery store visits

Bill de Groot lives opposite Harwood and Vivian Islands and when he looked out his window onto the Strait of Georgia recently, he saw chunk



Evan MacFarlane was the subject of envy March 14 when he hit the ice alongside the Vancouver Canucks as the winner of the Save-on-Foods *Every Kid's Dream* contest. Evan's stepfather, Glenn Holstine, visited the store every day for five weeks to fulfill the contest requirements—and he won the grand prize for his stepson. But maybe it wasn't a completely selfless act, as both Evan and Glenn enjoyed an all-expenses-paid trip to Vancouver to watch the Canucks beat the Nashville Predators.



Not only did they get prime seats, Evan, now 13, got to take the pre-game warmup skate with the players. "My favorite part was standing with the team for the national anthems," said Evan.

Gandhi, Ecology & World Religions

of debris about 50 feet long and four feet in diameter. Bill figures it weighs about ten tons and says it is definitely a hazard to boaters.

Anglican minister Dr Adela Torchia's new book, *Gandhi, Ecology & World Religions* was just released. In it, Dr Torchia deals with Gandhian ethics of economics which helps us to reengage the religion and ecology debate, and to re-envision ecology's more-with-less philosophy as an invitation to liberation rather than deprivation. Library request forms will be available at the book launch.

Art show at VIU

Joyce Furness showcases her acrylic and watercolour paintings in an exhibit entitled "Naturescapes and More" at Vancouver Island University from April 4 to May 3. There is an opening reception on April 4 from 7 to 9 pm. These works "capture the essence of the nature of the landscape."



Inbox

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

Dear Powell River Living,

I just wanted to thank you for doing the write up on Powell River Special Olympics a while ago. We filled two key positions due to *Powell River Living*! I can't tell you how happy I am over that. As you know it's great to find good volunteers.

Dan Vincent
SPECIAL OLYMPICS

Dear Powell River Living,

I just finished reading the latest edition of *PR Living* from cover to cover with my afternoon cup of tea. Another wonderful edition! Thank-you to you and your team. I look forward to reading your magazine every month!

Patricia Winchell

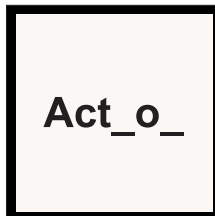
Dear Isabelle,

I absolutely howled at your recent article (March 2013) about your teen boys and their "unique" way of saying sorry. Keep up the good work Isabelle. *Powell River Living* is always full of good stuff!

Bill Chinn



Guess the hidden saying, phrase or word(s) suggested by the pictures!



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Local filmmaker's doc screens

The Malaspina Sierra Club invites everyone to attend Powell River native Twyla Roscovich's screening of her documentary film *Salmon Confidential* at the Evergreen Theatre on April 4 at 7 pm. The film follows biologist Alexandra Morton as she works to educate people about viruses infecting wild salmon. See Morton as she moves from courtrooms and remote rivers to grocery stores and sushi restaurants.



Sauvé writes book

Local financial planner Jeff Sauve has authored a new book, *Wisdom Beyond Years*. In it he examines how people's behaviour controls their destiny. It is a study of what makes human beings do the things they do. "Once we understand what makes us tick, we can make the changes we desire so that we can live the life we want to live instead of the life we are living," he says.



It's a great time to buy

Lots of deals out there

By Isabelle Southcott • isabelle@prliving.ca

Interest rates are at an all time low and housing prices are down—it is really a great time to buy real estate in Powell River.

“Often it’s less expensive to buy a house than it is to rent,” says Paige Anderson, president of the Powell River Sunshine Coast Real Estate Board.

You can still purchase a single family home in Powell River in the \$150,000 to \$250,000 range, which makes it one of the more affordable communities in BC to buy a home.

It’s true that housing prices are down in Powell River from where they were a few years ago but it is the same all over BC, says Paige. “We are seeing some investors buy properties because they are affordable. Their rental income can pay for their mortgage.”

Right now there are more in-town than out-of-town buyers. “Sixty-two per cent of our buyers are in-town buyers. At the peak of the market, 62 per cent were out-of-town buyers,” says Paige.

Who are our out-of-town buyers? Are they retirees? Are they from BC or Alberta?

“I have retirees coming from the Lower Mainland mainly and a few from the Island. We have a few locals who are returning to Powell River because they managed to find employment here.”

Most out-of-town buyers first come to Powell River on vacation, fall in love with the community and end up buying a house. “I see that a lot,” says Paige. “They think they will move here in five years but go back home and then want to move here immediately. It’s a lifestyle change for many. They are sick of driving for an hour into work. I had a client who did just that a year ago.”

Albertans find Powell River’s mild winters appealing. “They say they’re sick of the snow,” says Paige.

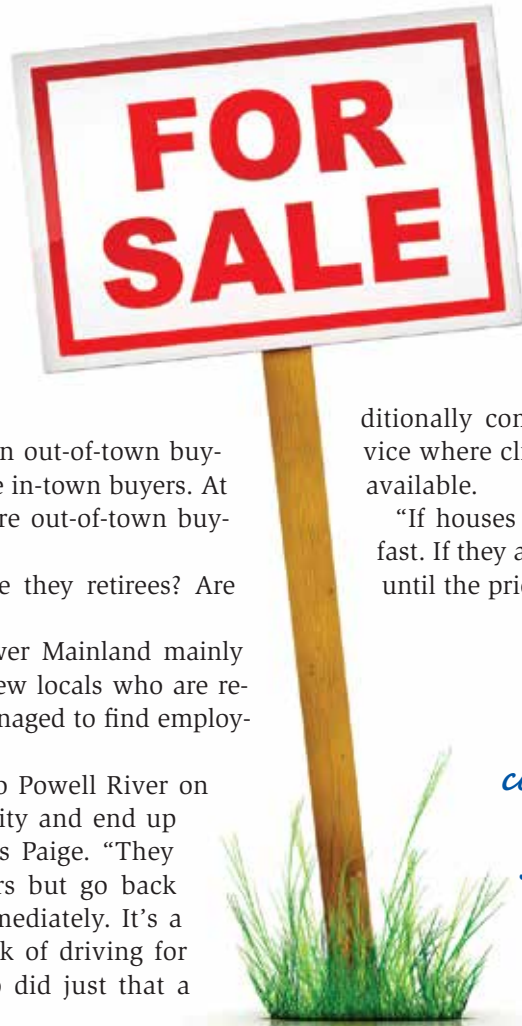
Some people who have researched Powell River say they are fond of music and arts and plan to get more involved when they move here.

While retirees are usually looking for one level, low maintenance homes close to amenities, the typical first-time buyer looking for a family home usually doesn’t care if the house has two floors. They also want a little yard space.

“A lot of people who move to Powell River want a view if they are going to buy. It’s a popular feature. Sometimes an ocean view is more important than the house itself.”

Now is the time when new listings traditionally come on the market. All realtors offer a service where clients can sign up for daily emails on what’s available.

“If houses are priced well they are selling and selling fast. If they are not priced well they will sit on the market until the price comes down.” **PRL**



Most out-of-town buyers first come to Powell River on vacation, fall in love with the community and end up buying a house.

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A Community University What's New at VIU?

VANCOUVER ISLAND UNIVERSITY has had a presence in Powell River since 1974, when the first students took Continuing Education and Adult Basic Education (ABE) classes in a small white storefront on Marine Avenue. Since then, VIU has become an internationally recognized university and is a significant economic and social force in Powell River.

When VIU was granted university status in May 2008, the work began for developing a Regional Action Plan (RAP) for Powell River. It was the first time in the institution's history that a regional development focus had such a clear priority.

"Working closely with community partners including the City of Powell River, Tla'amin First Nation, industry representatives, the local School District, and community members, we developed initiatives to address the unique needs of the Powell River region,"

says Arlette Raaen, principal of VIU's Powell River campus. "These initiatives will ensure VIU continues to provide a variety of high-quality educational opportunities and promote the cultural, economic, environmental and social prosperity of our region."

Some of the key initiatives are:

Increasing Capacity in Academic & Research Areas

ABE programs are in high demand, and VIU's Powell River campus will develop more academic programming, particularly in the area of Human Services & Health Care. An increased focus on building research capacities with projects relevant to the region will be part of the academic plan. A consultant, Dr. Wayne Nelles, will lead a community-wide consultation to help inform decision-making about the region's future university and research programs.



It's so great that VIU is in our community. I was able to upgrade my education through the ABE program, and I'm now taking university programs in preparation for going into nursing. I also really appreciate the smaller class sizes as the teachers are so supportive and friendly, and the cost-savings benefits of pursuing my education while staying at home.

— April MacAskill,
ABE, University Programs



Yukiko Hamada (EASE program) and Angus Charlie (ABE program).

Becoming a Portal to the World of International Education

Developing opportunities for international students to study at the Powell River Campus is a key initiative. The English Academic Skills Experience (EASE) program is already underway, which combines Canadian classes, English as a Second Language skill development and community activities — such as square dancing, curling, golf, dragon boating and music lessons — for a full immersion experience.

Developing Niche Specializations

Technology-enhanced learning is a niche area for the campus and video conferencing and online learning have increased the number of students accessing post-secondary courses, doubling the number of courses being offered in the university program. For example, criminology students from all of VIU's campuses take courses with a Powell River instructor. Blended courses are effective as they draw students to Powell River for part of their studies.



ABE students: **Gerrimae Setowski** (front), **Jennifer Gustofson**, **Tara Schumacher** and **Samantha Riczu**.

Investing in Aboriginal Education

VIU is actively pursuing funding for programs to support the Tla'amin community as they implement their treaty. A proposal for entry level training in the pulp and paper industry is in the works. A First Nations Educational Advisor position will support the implementation of the university's Aboriginal Education Plan.

In challenging economic times it's important to collaborate with community partners to create opportunities for everyone. Tla'amin is focused on being a good neighbor and looks forward to continuing to work with VIU on initiatives to support our community as we have many young people excited to seek out opportunities.

— **Clint Williams**,
Chief, Tla'amin First Nation

Investing in Trades Programming

VIU will continue to invest in trades programming, which has historically been one of the university's strongest areas. VIU's Women in Trades Training program is now in session, and the Fall trades programs are filling up quickly so interested students should apply by April 30.

Developing a Campus Master Plan

The RAP includes recommendations for a Campus Master Plan to enhance the campus learning environment. The plan includes a learning centre which would have the library, bookstore, student study lounges and expanded food services in one space. Student life would be enhanced through on-campus events and activities.



The goal of these combined initiatives is to support the Powell River region and its citizens to seek new opportunities for growth and prosperity.

"I look forward to seeing the initiatives identified in Powell River's Regional Action Plan, developed into programs and services that will support the educational needs of this region," says VIU President Ralph Nilson.

With the announcement of new funding for these initiatives, VIU's Powell River campus is already making changes. The Health Care Assistant program is running annually, university program courses have been expanded from 8 to 16 per year, and the Diploma in Disability Studies, after a successful pilot run, will now be offered in the region on a regular basis.

There are many exciting changes happening at VIU and because it is Powell River's community university, input from community members is welcome. What do you think of these initiatives? Do you have questions about programing or suggestions for courses? If so, please email Campus Principal Arlette Raaen at arlette.raaen@viu.ca



Student **Braden Shaffer** and Automotive Program instructor, **Ron DePape**.

VIU is working with the City of Powell River and School District 47 to support the city and region in the best possible way. For example, VIU has created many community partnerships aimed at advancing opportunities for students to pursue careers in healthcare fields and industry — two areas that are vitally important to this region. VIU is looking outside the box, too, working with community partners to develop niche educational opportunities that suit and support our citizens.

— **Dave Formosa**, Mayor, Powell River



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Little campsite up the lake

Locals adopt abandoned spot on canoe route

By Wendy Goodwin

One day we saw smoke! The last group of canoeists had paddled off early in the morning and didn't put out their fire. We gathered some shovels and buckets and set out to rescue the forest and prevent damage to our float cabin, which is only a stone's throw away.

Sure enough, even with good intentions on the part of experienced campers, we found smouldering roots. We managed to put out the fire and decided to dig a better fire pit and took a good look around. The tables and tent sites were in poor repair and the outhouse had seen better days.

The little oasis I'm talking about is on the Powell Forest Canoe Route maps and is signed as a recreational campsite but we noticed that nobody ever came out to maintain the site anymore. My husband, Paul, and I questioned Forest Service, BC Parks and other organizations. Nobody wanted to lay claim or be responsible, as it is in the region of Inland Lake Provincial Park.




ROTTEN BEFORE AND NEW AFTER: Abandoned by government and left to rot, this little campsite got a reprieve when local cabin owners adopted it and built safe, new picnic tables. Among the volunteers (left to right) are Paul and Wendy Goodwin and their son Al, along with Mark Stevens.

The site, accessible only by boat, is used by up to 200 people each year but the government has abandoned it. Because it was so close to our cabin, we decided to appoint ourselves as caretakers.

We wanted Powell River to have good reviews of the entire canoe route so we challenged cabin neighbours and

friends to form work parties. We placed a camp journal in a metal mailbox at the camp's entrance and encouraged visitors to tell us about their adventures and themselves. To date, we have 10 years of recorded tales, simple drawings and awesome memories of friends we've met!


City of Powell River Sustainable Official Community Plan Update
Help shape a sustainable future for Powell River!



A second round of four neighbourhood meetings will take place in late April and mid-May.

Why you should come:


- Draft Vision review - have we got it right?
- Land use objectives
- Trail and cycle networks
- Make your voice and ideas heard



Meeting Schedule:
You are welcome to attend any or all of the four neighbourhood meetings.


<p>TOWNSITE Wednesday April 24, 2013 6:00pm - 8:30pm Dwight Hall 6274 Walnut Street</p>	<p>WESTVIEW Thursday April 25, 2013 6:00pm - 8:30pm Cedar Room, Recreation Complex 5001 Joyce Ave.</p>
<p>WILDWOOD Monday May 13, 2013 6:00pm - 8:30pm Location to be Announced</p>	<p>CRANBERRY LAKE Wednesday May 15, 2013 1:00pm - 4:00pm Cranberry Seniors Centre 6792 Cranberry Street</p>

Thanks to over 200 people who attended the visioning workshops. For more information, including documentation of the visioning workshops, see the SOCP website at www.powellriverocp.com

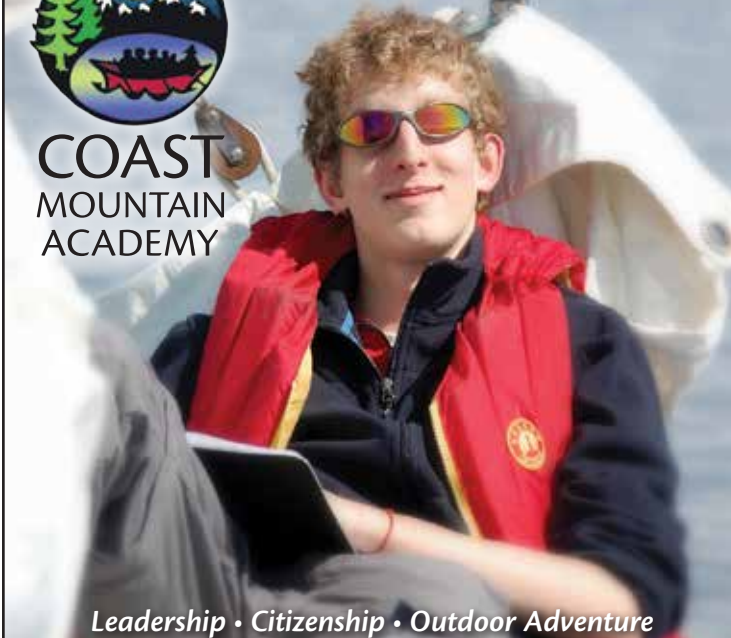


"CMA has been transformative & a high point of my life so far. I cannot stress enough what a positive process this course has been for me. The knowledge, principals, skills & friendships made will benefit me for the rest of my life. This has shaped who I will become"

Graham May, Alumni



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On Easter weekend you can usually find us up the lake raking leaves, levelling tent spots, cutting dead and down trees for firewood and setting out a fresh journal. A turkey is usually roasting in the propane stove while we work. Later, we gather with our friends for a feast. We've been known to invite weary travellers in for happy hour or a home cooked meal, which is welcomed after a long paddle down Powell Lake.

Over the years we hear of other campsites getting new tables, outhouses and canoe rests... we watch, we wait, we ask and nothing is done to help us. One day I posted some photos of this little gem of a campsite on the Internet and someone noticed the rotting picnic tables that we were asking help to replace. Before long, money was donated, two tables were built and a heavy-duty boat carried them to our cabin.

We recently took the new tables to the campsite. A group of volunteers got together and held a work party to clean up and ready the site for the first visitors who usually set out on the canoe route in early April.

Many schools do the canoe route. Opening a journal Paul, points out visits from Elphinstone School, Chatelech Secondary



WHAT'S NEXT?: The outhouse is the next job this group of volunteers takes on. Can you help?

School, Greenwood College in Ontario and St George's. "We've also had groups like Simon Fraser University's recreation club. They played flutes and fiddles for us as they were leaving."

There are journal entries from groups from as far away as Switzerland, Ontario, Saskatchewan and Prince Rupert.

The following entry is one of many:

One canoe, two guys. We arrived at this beautiful spot on our eighth day after starting out at Lois Lake. Portages at some points along the route were challenging. Eight days of sunshine, warm lakes to swim in and the scenic countryside made it all worthwhile. To top it off, I know you won't believe it, but we got invited by P and W, some very nice local people for cold beer and nachos!

Our group that adopted the campsite up the lake has done a lot to maintain and improve this site, but more needs to be done. The outhouse badly needs replacing. This is our next project but we need help.

If anyone has materials, a fibreglass Porta-Potti sitting around in their back yard, or funds to donate to a good cause, please email us at goosgetaway@shaw.ca.

We couldn't have completed phase one of the campsite restoration without the help of Lori Brown, Community Forests, Jackson Cedar Products, Terry and Jeanne Gustafson, Kenny and Deborah Jenkins, Mark Stevens, Al Goodwin and Don Hart. Thank you! **RL**



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Bill Bailey

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Powell River Living I Made the Move

How Zuzana and Georges found Powell River

Have you ever wondered how someone from Europe or Asia or some other remote corner of the earth ended up in Powell River? This I Made the Move series explores the reasons why people decided to move to Powell River and what they love about this great community.

This month we feature Zuzana Kulkankova and Georges Coulon. Zuzana is a translator who originally came to Canada from the Czech Republic via an Austrian refugee camp. She returned to the Czech Republic in 2000 and worked for the European Union in Luxembourg. In a Bohemian cow barn, she met Georges, an entomologist specializing in beetles. Georges worked at the Natural History Museum in Brussels. The pair fell in love, married and lived in the Czech Republic until Zuzana convinced her new husband that they should move to the west coast of Canada. "We looked at what we wanted and where we could af-

ford to live and Powell River came up," says Zuzana. Today, they both work as translators and Zuzana also works as a strata manager with REMAX. Zuzana, keen to introduce more people to Powell River, is putting on the Powell River International Translators Conference September 12 to 15 this year. "Translators are the ideal people to move to Powell River. For the price of a condo in Vancouver, they can have a great house in Powell River and be in Vancouver in 20 minutes."

When did you move to Powell River?
Both • December 2008.

How did you first hear about Powell River?

Zuzana • I knew about Powell River from living in Vancouver but I had never been here. I wanted to be by the water and I wanted a view. I came here and loved the place! I sent Georges pictures and brought back the phone book. He saw there were

lakes...he likes fishing...and I promised him a boat.

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

Georges • There are only six traffic lights in Powell River and it is beautiful. When I lived in Brussels, I lived three miles from work but it took me three-quarters of an hour because of fighting traffic. When you go to shop you do not have to fight for a parking spot. I was also surprised that I could buy Belgian endives here. It was one of the conditions of me moving to Powell River. The first day we were here we went to the grocery store and I asked the manager of the produce department where he kept the endives and he was able to point them out. Then I told Zuzana that I would stay.

Zuzana • It was not a complete shock but it was the absolute beauty of Powell River and that we could afford to buy a place with a view like this. It's a healing experience to look out on the water and the mountains. And the people! The people



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here are just wonderful. There is an amazing collection of people.

What is your favourite place in Powell River?

Georges • My father was a forester and he gave me some advice... never tell the place where you pick your mushrooms. My favourite place is my entomology laboratory in the basement.

Zuzana • The sofa where I can read with my feet up looking out the window at the beautiful view.

What would make Powell River a nicer community?

Zuzana • I think it already is a very nice community. I would not improve anything, but there are ways to make it more prosperous. We should attract people who telecommute because they bring work here with them and they create jobs in services.

Georges • I am very pleased that the Powell River community accepted me.

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

Zuzana • I would market Powell River as a beautiful, affordable and friendly place to live.

Georges • I would see that public money was used in a wise way.

What are Powell River's best assets?

Georges • The Brewery! We have local, perfect quality beer made



by a professional brewmaster.

Zuzana • Clean air, clean water, beautiful scenery and wonderful, friendly people.

If you were hired to market Powell River how would you go about it?

Georges • I would put forward the advantages of Powell River like quality of life and safety and lack of crime.

Zuzana • I would talk about the beauty and the low stress levels in Powell River. With the mountains and water, Powell River is a naturally gated community.

What is your greatest extravagance?

Zuzana • Probably buying books!

Georges • To try to be my own master because it is more difficult to be free and independent than to be under the direction of someone else.

Which talent or superpower would you most like to have?

Zuzana • I would like to have enough time to use the superpowers I already have!

time to use the superpowers I already have!

Georges • I would like to be able to have more time! Twenty-four hours in a day is not enough.

If you know someone we should feature in *I Made the Move*, please email isabelle@prliving.ca with your idea!

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- Guitar lessons** • Wednesday, starting Apr 10
- Garden weed & pests** • Thursday, Apr 11
- "Nettles" Cooking class** • Saturday, Apr 13
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- Parent/Child Yoga** • Thursday, starting Apr 18
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Feeling lucky?

Try pitching horseshoes!

Long time members of the Powell River Horseshoe Pitching Club Lorraine Hubick and Betty Blacklock are happy that the season is underway.

Drop by the Recreation Complex on a Sunday morning and you'll see a horseshoe stake set up on the court to the left of the front entrance. You'll see ladies and senior men throwing from 30 feet away and men throwing from 40 feet in an attempt to get the horseshoe as near to the stake as possible.

"You get two pitches each time you go up," says Lorraine. "You have to be within six inches of the stake to get a point."

If you get the horseshoe around the stake you get three points.

The women enjoy the social aspect of horseshoes. "It's a friendly game. It keeps your hand-eye coordination sharp," says Lorraine.

The original four pitching lanes were located at Willingdon Beach. "During this time there were to 70 pitchers," says Lorraine, an 11-year member. The club moved to the complex and today there are 12 lanes of playing courts and 40 members.

The club is a member of BC Horseshoe Association and local pitchers participate in tournaments in Canada and the United States. Powell River holds two sanctioned tournaments a year. New members are always welcome. An open house will be held Sunday, April 21 from 9:30 am to 12:30 pm. Everyone welcome play will continue every Sunday until September. League play is on Thursdays from 6:30 to 8:30 pm. Find out more from fhubick@shaw.ca or Lorraine at 604 485-5589. [PR](#)



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Cooper Boating

On the doorstep to Desolation Sound

By Marg McNeil

Desolation Sound is one of the premier cruising areas for yachts anywhere in the world. The name, Desolation Sound, seems to spark people's imagination. Cooper Boating, which has the largest charter fleet in Canada, has recently expanded its operations in Powell River because it is an ideal location for a full service charter base with easy access to the Desolation Sound cruising Mecca. In the last two years, with the expansion of both the north and south harbours, the company has been able to greatly enlarge its small fleet of charter vessels. Cooper's other two bases are Granville Island, its head office, and Sidney adjacent to other major cruising grounds on the beautiful BC coast. The company is celebrating its 25th year of providing sail and power bare boat cruises and recreational boating courses.

In 1988, Colin Jackson and three business partner bought a charter boat company called Cooper Boating. Now, Colin owns the company by himself. I interviewed him one rainy March morning in his new office at the corner of Westview and Marine looking out over the dull grey of the Salish Sea.

After introducing myself I commented on the office space.

Colin answered, "I was told I had to find a real office. Last year we operated out of the back of a truck parked in the north harbor parking lot. This building is perfect with its view over the ocean. We have some storage space and parking. It's an ideal location, easy to find and central. We plan to increase to

20 boats, some of which will be moored in the south harbour."

"Last year what worried me about expanding was finding the right staff: helpful, friendly and professional, but there are great people in this town. I like it up here. When you get to Earl's Cove things change."

"I hired Larry Ludwig as my base manager who has the right touch with the clients and a mechanic, Dan Minard, who can fix just about anything. We avoid problems during cruises by keeping the vessels well maintained. This year I have hired an

I like it up here. When you get to Earl's Cove, things change.

office manager and have two captain/instructors lined up, Chris Coldham and Adrian Sparham. Part of our business is recreational boater education offering on-the-water training both for beginners and offshore sailors. Boaters can book a teaching charter five days long with hands on experience, and receive a certificate that qualifies them to rent a vessel in most locales."

With spring, there is activity around the docks. Charter vessels are being moved away for their preseason maintenance check which includes getting their bottoms painted. The actual cruising

POWELL RIVER ARTS COUNCIL GRANT PROGRAM

THE ARTS COUNCIL...

Powell River Council for Arts, Culture and Heritage invites applications for its Spring 2013 grant program. Any organization involved in arts, culture or heritage in the Powell River community may apply for support for a local project.

Applications and funding criteria are available online at:

www.PowellRiverArtsCouncil.com

or may be picked up at the Patricia Theatre.

APPLICATION DEADLINE

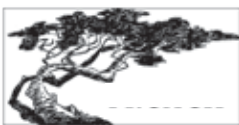
Monday, April 15, 2013 4:30 pm

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NICE BOAT! Step-on boarding hints at the luxury awaiting down below. Larry Ludwig shows off one of Cooper's 'bare cruise' options which include power and sail boats.

season starts in May and lasts through September. The 60 boats in the fleet are not owned by the company but are private yachts under contract to Cooper Boating, a practical way to help owners defray some of their expenses such as moorage and upkeep while still having cruising time aboard their own vessels.

I asked Larry Ludwig what a base manager does?

"Anything that needs doing. I greet new clients and arrange pickups at the airport or ferry. It isn't unusual to have to turn two or three boats around in a day. This means everything has to be serviced and polished to a gleam, and all the systems checked and operating. If there are any problems I call on Dan. We want our clients to be comfortable and have no hassles. It's good if they arrive the afternoon before the charter starts and spend the night at the dock. I do an orientation with the boat's crew going over all the systems and in the morning do another quick run through. If the client feels that their boating skills need a brush up an instructor can go with them for the first couple of days. The boat comes totally equipped including all the safety gear."

In 2012, clients came from Europe (Germany and England), Australia, all over the United States and Canada, with 50 per cent being return customers. Chartering has become a very popular way to vacation with cruising destinations around the world. With the larger sailboats having three or four staterooms, a shared rental can be very reasonable per person making chartering more attractive than owning.

Colin and his staff want to make holidays easy and enjoyable for their clients. Help is available to customize a cruising adventure or to provide a comprehensive navigation briefing. The measure of a successful cruise is the smiles on the clients' faces when they return to the dock.

In mid-September, there is a seven-day trip, the Dreamspeaker Desolation Sound Flotilla. The authors of the Dreamspeaker series of cruising guides, Lawrence and Ann Yeadon-Jones, will take part in the cruise.

The phone rang and I overheard Colin say: "Mother's Day and cupcakes."

"Sorry, I had to take that," he said. "It was my wife. I let her know that we would be in Powell River on May 11th, Mother's Day, to hold an open house or "an open dock" down at the north harbour to celebrate our 25 years as a company as well as our opening here. I asked her to make her special cupcakes. Everyone is welcome." **PR**



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The price of housing in the Townsite

WHAT IS NOW the historic Townsite in Powell River started off as nothing more than a sea of tents located behind the Rodmay Hotel for employees of the Powell River Paper Company.

After the construction of Dr. Andrew Henderson's house in 1911, the first house to be raised in the Townsite, the Powell River Paper Company embarked on the de-

cadés long process of creating the then company-owned town.

By the end of 1911, 21 homes were built in the Townsite. That number expanded until, by 1927, over 500 homes covered the area.

The monthly rent in 1915 for a home was approximately \$4 per room plus extras. Extras included steam heat, electricity, maintenance, and



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yard work. For example, a four-bedroom house located on Second Avenue (now Ash Avenue) rented for \$28 a month.

Architect John McIntyre designed the houses of the Townsite with the Garden City Movement in mind. The Garden City Movement—a method of urban planning that required proportionate areas of agriculture, industry, and residency—ensured that each house had ample room for a garden.

Once the controlling interest of the Powell River Paper Company was sold to MacMillan Bloedel in 1954, the houses were placed on the market.

Most of the houses were sold to the tenants currently occupying the space. When the houses were assessed for market value, it was instructed that “[the weight of valuations] be in favour of the purchaser” and that “fair market will be made

to the buyer more than fair sales to the [company].”

Housing prices ranged from \$1,900 to \$13,000, depending on size, accessories, and location.

Houses with fireplaces were valued at \$250 more than those without, and homes with ocean views added \$250-\$500 to a home’s value.

During this time, the houses in the Townsite were deemed to have several “shortcomings.” Each home was rewarded a \$3000 deduction in price for the lack of basements, oil heat, hardwood floors and tiling.

With only marginal increases, usually \$7-\$14, to the original monthly rent prices, houses were fully paid off after 10 years.

In 1995, the Townsite was declared a National Historic District of Canada with over 400 original buildings intact. [PR](#)



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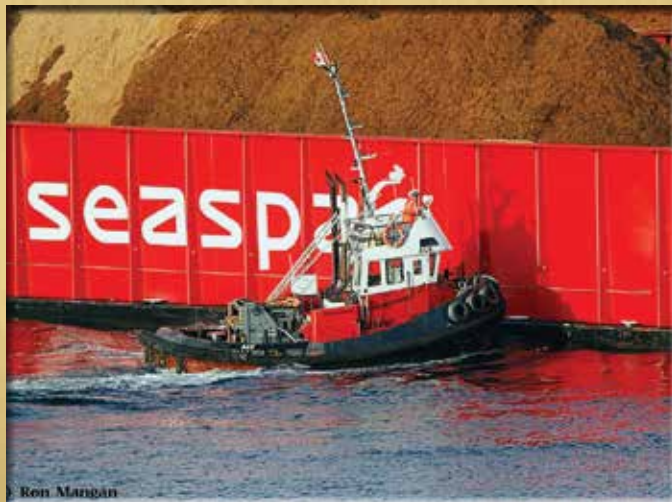
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EXPLORE Powell River

*Photos by members of the
Malaspina Camera Club*



© Allan Richardson



Ron Mangan



© Niels Voss

The Malaspina Camera Club provides an opportunity for local photographers to improve their photography through seminars, outings and competitions in the Powell River area. They meet on the third Wednesday of each month at 7 pm from September to June at Vancouver Island University. Visitors are always welcome. For more information, contact Niels Voss at 604 485-6963, or Steven Grover at 604 485-5333, or email algerine@telus.net.

Clockwise from top left: Darlene Hammer, Allen Richardson, Adam Cramb, Mike Higham, Gerry Chabot, Niels Voss, Ron Mangan, Steven Grover

Ideas worth spreading

Powell River holds first TEDx

By Carma Sacree

TEDx is coming to Powell River. No, no, no, no, no, not Ted's ex. TEDx.

Just what is TEDx? TED, standing for Technology, Entertainment & Design, is an organization that houses free knowledge and inspiration from the world's most inspired thinkers, and a community of curious souls to engage with ideas and each other. The "x" in TEDx means it is an independently organized event, kind of like TED's little brother. And like all little brothers, TEDx is a big deal.

Voted a cultural capital of Canada, Powell River continues to be a cultural and creative arts hub. The community is a wonderful fit to host this event, full of kismet and connection.

For such an isolated town, Powell River seems to produce extraordinary citizens who, no matter where they go, stay connected to this community. My theory is that you have to try just a little bit harder when there are no actual roads to the outside world.

Comedian Anna Gustafson's road started where the road ends, in Lund, and she is circling back, via Toronto, to speak at TEDx Powell River on April 7.

When asked how this would be different than her comedy, Anna says "You can't just show up at TEDx Powell River and do your act with a mission statement closer. You need to go somewhere way deeper and braver and as nerve-wracking as that is, that's what you say yes to when you accept the invitation. I will be funny, I just won't ask you to tip the wait staff or enjoy the veal."

As someone who has been friends with Anna since I moved to Lund in 1971, I've experienced and can understand people's surprise when they hear that this shy little girl went into the scary world of stand-up comedy. She was always the one choreographing dance numbers and Miss Canada Pageants on the beach, but didn't really like the limelight. At one particular Christmas concert in the Lund Hall a 10-year-old Anna was backstage crying, unable to perform her recorder solo. Of course I jumped in her spot with an impromptu festive song. Anna told me years later that her fear of that experience was what impelled her to stand up in front of an open microphone in Vancouver.

More evidence of my theory on the absence of a road out of town is another speaker at TEDx Powell River, Evan Tlesla Adams. Evan, Anna and I rode the same bus to school together. Let's just say that stepping off the "Lund Bus" wasn't the most popular way to arrive at high school.



FUNNY GIRL: Anna Gustafson is a stand up comic who has worked the Canadian comedy circuit including Yuk Yuk's in Toronto. Originally from Lund, Anna is one of the featured speakers at TEDx.

Evan has been an integral voice for First Nations aboriginal people since he started chasing his dreams at an early age right up until now. Where many actors have played doctors on TV, Evan, who hails from Sliammon First Nation, is an award-winning doctor as well as an award-winning actor and playwright.

"Powell River has always had a unique culture and a lovely group of thinkers and doers. I look forward to hearing their many thoughts in many areas—particularly around the arts, lands and aspirations of Powell River itself," says Evan.

Evan's road is paved with recognition and commendation yet it has brought him back home to us and this extraordinary event.

CBC host Grant Lawrence, who has "summer roots" north of town, is another of the 14 scheduled speakers. I'm very interested in talking to him as I think I might have been at the nude potluck he references in his book *Adventures of Solitude*.

Not all of the speakers are coming from out of town or returning home; many call this glorious diverse community home. For more information on the speakers and the sold out event visit TEDxPowellRiver.com.

Although there is nothing like experiencing a TEDx or a TED conference live, the talks are made available, free, at TED.com and you will be able to view the videos on the TEDx Powell River website after the show.

I'll be at the event enjoying everyone who participates but in particular, the two speakers who rode the magic school bus with me. **RL**

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Unsung heroes

A gift for caregivers

By Janet May

Carol Stanley is a voice for family caregivers in Powell River. For three years she and her husband have helped her father get the care he needs for his complicated medical condition. She has struggled to understand the health care system, understand his symptoms and disease, and pay for unexpected expenses. It is a common situation. "Caregivers are everywhere, but you don't see them because they are rushing around, doing their jobs," Carol says.

"Without family caregivers, where would the patients go?"

The Canadian Caregiver Coalition estimates that family caregivers annually contribute more than \$5 billion dollars in unpaid labour to the health care system. Carol would like to see caregivers get more recognition and more support for the work they do, and she is inspired to make a difference this year by celebrating Family Caregiver Week, with an event called Cel-

ebrating Family Caregivers, on May 7.

"'Try not to stress yourself out,' they say. Those are nice platitudes, but the whole thing is so overwhelming," Carol says. The hardest thing for her was learning to navigate the health system. Often one entity of the system doesn't communicate with another, and the caregiver is left advocating for the patient. Carol has


Caregivers are everywhere, but you don't see them because they are rushing around, doing their jobs.

found Patient Voices Network a good resource. (www.patientvoices.ca) She has also been able to attend workshops specific to her father's condition which help her to understand signs of the disease and to have more empathy for him. Carol gains strength by learning about caregiver issues through Dr. Gordon Atherley, who hosts *Caregivers Unite*, aired weekly on CJMP radio.

Powell River Community Health has an

ongoing caregiver program coordinated by a Registered Nurse, which provides bi-weekly group meetings and counselling for caregivers. Carol knows that there are many caregivers who do not attend the ongoing program and she invites every local caregiver to attend Celebrating Family Caregivers. "It is a no-strings-attached opportunity to network with other caregivers and tell your story. It is a day to take a deep breath and relax. This is your day and you deserve it."

The Powell River Hospital will provide a lunch, and local practitioners will give head and neck or foot massages and offer instruction in gentle chair yoga.

Celebrating Family Caregivers will run from 11 am to 3 pm on Tuesday, May 7, at the Powell River General Hospital. For more info, contact Carol Stanley at gilytton7cs@shaw.ca or Community Health Clinic 604 485-3310, lindadevreis@vch.ca. 

CO-TREATMENT

BC Liberal councillors brought privatization ethic to PR

It has been 15 months since our sitting mayor, Stewart Alsgard, was vilified in the newspaper, two days before an election, in an editorial heading "Election debacle."

He was accused of playing politics with people's jobs, and putting our city at tremendous risk, after suspending two senior staff.

Nothing happened. All Stewart Alsgard did was try to put a motion to council for a referendum on co-treatment. On Oct 6th, the committee of the whole publicly berated our mayor. Councillors had a variety of comments about the mayor's motion: "political stunt" (Maggie Hathaway), "kicked in the guts, driven a wedge between him and council and hung us out to dry" (Debbie Dee), "political opportunism, disrespect for council" (Chris McNaughton), "broke my heart" (Dave Formosa). Formosa even alleged that some advisory committee members were bullied into voting against co-treatment.

Just before the 2011 municipal elections, *The Peak* ran a story that councillor McNaughton was upset with an advertisement that mayor Alsgard had placed in *Powell River Living*, in which the mayor stated that he would make sure voters would make the decision on co-treatment. Why would councillor McNaughton not want to make sure voters decided the co-treatment question?

Who if anyone convinced the city CAO Stan Westby and clerk Marie Claxton to improperly withhold from the mayor a legal opinion by the city's legal counsel, a document paid for by the taxpayers. That legal opinion supported the

mayor's right to bring his co-treatment motion before Council. This conduct by the two senior staff was cause for their suspension by Mayor Alsgard. Why did Council ignore the improper conduct of the suspended senior staff and immediately re-instate them?

Mayor Alsgard was then accused of a breach of council confidentiality – a very serious charge under the Community Charter. Mayor Alsgard asked to face his accuser at an open council meeting, according to the principle law of natural justice. He was denied, and council went in camera and no public charge every saw the light of day. Who was that brave councillor who made the allegations against Mayor Alsgard, just before the elections?

Why did councillor Hathaway, just before the election, enthusiastically participate on CBC's Early Edition radio program, calling the mayor's conduct in suspending the two senior staff "bizarre"? Does she still believe that withholding legal opinions from the mayor is proper?

Who called SFU's Dr. Patrick Smith (he will not tell us, neither will *The Peak*) with their version of first hand information regarding the mayor and the staff suspensions, thus giving credibility to *The Peak's* hatchet job on your elected mayor?

It should be noted that the cost to have the referendum added to the general election ballot was zero; on a separate ballot at a general election \$1,200; and \$30,000 between general elections.

Legal fees in the thousands of dollars in this period caused Council to go over their legal budget

for the year. Stewart Alsgard did not initiate any of those costs. Council did.

Stewart Alsgard stood between the people of Powell River and the the B.C. Liberal party agenda, whose mandate appears to be to privatize public assets. Take as examples Powell River Hospital employees replaced with near minimum wage employees, BC Rail, BC Hydro, etc.

Why do we say this? We would like to think that *The Peak* was unbiased, but the publisher was clear that she was in favour of co-treatment, and she was a failed federal Liberal candidate. The previous council had four executive members of the B.C. Liberals (McNaughton, Formosa, Dee, Pinch) holding the balance of power on council. The co-treatment agreement was negotiated by McNaughton (BC Liberal local president) and Formosa. That agreement essentially gave Catalyst a tax break for the term of the agreement, for which you and I and the regular commercial taxpayer would be liable.

Council, led by Formosa, McNaughton, Dee and Palm, continues to push co-treatment with Catalyst. The question is: Will the people have a vote?

Both Formosa and McNaughton are on record that a vote was not necessary. The question we have is: Which master are they serving? Catalyst Paper? The B.C. Liberals and the legacy of Gordon Campbell? Or the people who elected them?

*Former election committee
for Stewart Alsgard*

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Trash Talk

Happy spring-cleaning

By Coco Hess

The buds are starting to bloom, the weather is shifting and the windows are opening to invite in the warm spring air. If you're like many of us, this is the time to clean out old closets, purge the garage, empty boxes in the basement and remove things you no longer need or use.

As a result, you may find your garbage bags bulking up on the curb or your weekend trips to Augusta Recyclers increasing. But, have you considered all that can be re-used, re-purposed and/or recycled? Have you created systems in your home that will help you cut down on accumulating stuff that needs to be discarded? Are you setting new intentions for reducing waste? Is there a recycling box handy? Do you have a recycling station that separates hard and soft plastic, metal, paper and glass? Do you have a composting collection system? Do you have a reusable shopping bag in your car, with reusable containers for to-go packaging or purchasing in bulk? Do you have questions on how to compost, recycle, reuse or reduce your waste that we can answer for you?

The Let's Talk Trash team runs the Powell River Regional District's Waste Management Education Program and we are here to help you reduce your waste. You can learn more at our website at www.letstalktrashpr.com or by emailing us at letstalktrashteam@gmail.com. We recently produced and delivered the 2013 Waste Wise Guide Annual Calendar to all households and businesses throughout the region. If you did not receive this in the mail, it may be that you refuse 'ad mail' through Canada Post; a commendable action, however you can pick one up at the Regional District office, City Hall or the Library. This calendar includes the city's curbside garbage and recycling collection schedule, as well as information on how to reduce your waste.

Want to learn more about turning your food waste into valuable nutrients for your garden? You can attend one of our workshops at the Compost Education Centre at the Community Resource Centre on Joyce Avenue to learn about Bokashi fermentation with Heather Claxton from Mother Nature (April 20 from 1 to 2:30 pm), worm composting with Carol Engram (April

18 from 6:30 to 8 pm), building a critter-proof composter in your backyard and converting an old freezer into a high temperature speedy composter. You can find workshop information at www.letstalktrashpr.com/cec.



BROOKS COMPOSTS: Before its composting program began, Brooks more than 100 gallons of organic material from the Culinary Arts program at Brooks was being sent to the landfill every week. Students and teachers involved in the program include: Carlos Williams, Chris Gray (VIU), Carol Engram, Michael Austin, Tai Uhlmann, Naomi Parkhouse, Rachel Barton-Bridges, Heather Rowbotham, and Lucas Brown (front).

The Let's Talk Trash team recently helped launch a composting pilot project at Brooks Secondary School in partnership with Vancouver Island University and the Sustainable Schools Committee. The pilot project will measure the volume of compostable materials from the VIU cooking program, assess the costs of local collection services, divert all cooking program organics from the waste stream through daily pick-ups by local farmers, and help



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determine a long-term composting solution for the school. The cooking program estimates 100 gallons of organics are currently being sent to landfill each week. Decomposing organic materials in a landfill create toxic methane gases, estimated to be 25 times more harmful than carbon dioxide. Compostable organics are a valuable resource that can add necessary nutrients back to our soil. Nationwide audits estimate that approximately 40 to 50 per cent of our solid waste stream is compostable and can be diverted, which could result in significant waste disposal cost savings. This pilot program will run from February to June 2013.

Finally, in an attempt to support spring-cleaning efforts, the Let's Talk Trash team is pleased to promote the annual Trash Bash event. Since 1998, the Powell River Regional District has supported this community clean-up effort of removing illegally dumped trash from our back roads and backcountry. On April 27th from 9:30 am to 3 pm, volunteers will gather at Willingdon Beach to be directed to collect garbage that has been dumped at previously identified locations. Dumpsters will be available thanks to Augusta Recyclers at Willingdon Beach for free disposal of garbage collected as part of this clean-up. Students, neighbors and families are encouraged to gather together for this incredible day of community collaboration to keep our backcountry clean. Participants will receive a free lunch. To find out more about this event you can contact trashbash@powell-riverrd.bc.ca. Trash Bash is timed to coincide with Canada's national Pitch-In Week. Visit www.pitch-in.ca to learn more about this nationwide movement to clean up litter and be inspired to make a difference in our community. We will kick off Pitch-In week with a celebration of Earth Day and a film screening of the new documentary "Trashed" by Jeremy Irons at 1:30 pm on Saturday, April 20th at the Patricia Theatre. **PR**

Avoid the skunk!

By Linda Wegner • wordsofworth@gmail.com

"Don't get skunked" is no idle admonition for members of the Westview Women's Cribbage Club; in fact, for the past sixty-six years, it's been their goal.

Westview Women's Cribbage Club was founded in 1947 under the leadership of the late Mrs. Olive Devaud. Long time and still active members of the club include Josie Morrissey who joined in 1988 and Marianne Warga who has been part of the club since 1985.

"The original club consisted of 24 members and the membership limit remains at 24, plus some spares," current President Clara Whitmore, told *Powell River Living*.

During the playing season, club members get together every week. Two teams of two members each meet at a member's home to compete. Although they gather on a weekly basis, the choice of days is random depending on the individuals' schedule.

"All 12 teams play once a week, all at different homes, and eventually you play all the teams. Score sheets are handed in and the most 'wins' in both singles and doubles are recorded. At the end of the year there is a Skunk trophy for the most losses," she continued.

Although the game itself is important, getting together as friends is equally important.

"We need new members so if anyone wants to join, please call us. You don't have to know how to play to join, you can learn as you go," said Trudy McCracken, club treasurer.

For more information or to join, call Clara at 604 483-4161. **PR**

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Giving back

Helping others is what they do

By Isabelle Southcott • isabelle@prliving.ca

There are volunteers and there are those super volunteers who give 150 per cent all the time with everything they do. You know the sort, the people who go the extra mile and spend more time to make sure the job is not just done, but done exceptionally well.

Helen and Harley deBruyckere are two of Powell River's special volunteers who deserve to be recognized this year during volunteer week, April 21 to 27.

By Powell River standards, they are still fairly new, having moved here permanently in 2005. "We bought our home here in January 2002," says Helen. The couple were winding down their careers as financial consultants in Red Deer. It was Harley's second career; he had already retired from a 25-year career with the RCMP.

"Our niece and nephew lived here," Helen explains. The couple rode their motorbikes to Powell River in 2000 and "fell in love with the place."

Transitioning wasn't easy but after the couple had been here for a year Helen went to the volunteer centre to see what she could get involved in. Volunteering has been a way of life for Helen and Harley for many years. Helen, who has survived leukemia, below the belt cancer and skin cancer, has volunteered with the Canadian Cancer Society since 1987. In 1993 she was given a lifetime membership with the society for her volunteer work. She's also a recipient of The Canada 125 award and Her Majesty the Queen's Golden Jubilee Medal for her volunteer work with the cancer society. And because Helen and Harley are a couple in every sense of the word, they like to work together. "When they get her, they get me," says Harley smiling.

"We're a team," adds Helen. "Where one goes, the other goes. You get both of us."

But that wasn't always the case. There was a time just before Harley came into her life when Helen was on her own. In 1984, Helen was a single mom and diagnosed with leukemia. "There was no cure for the disease I had at the time and



they removed my spleen and it shocked my immune system into remission. I truly am blessed."

Helen believes in miracles. Perhaps that's why she and Harley still give back despite the fact that Harley is fighting cancer right now. A malignant ureter tumour caused him to lose his kidney. "But he's been doing very well. His nephrologist gave him a clean bill of health in November. In December they discovered that he had bladder cancer and he is still undergoing treatment for that," Helen explains.

"I tell people I wouldn't know (I had cancer) if I did not know," says Harley.

Most recently, Helen has been involved with the cancer society's peer support line. She helps people recently diagnosed with cancer below the belt, a form of cancer she also had.


"It is emotional and very traumatic for women to go through this," says Helen, who remembers only too well how she felt and how she wished she'd had someone to talk to when she was going through her own journey. "In one year I helped six women from all across Canada. I have always liked to stay on the side of positive, that life will get better."

The deBruyckere's have volunteered with the BC Bike Race but they say they really got involved beginning with the BC Disability Games. Helen, who is a director on the Powell River Hospital Foundation's board, says these days, most of their volunteerism in the community is channeled through the Sunrise Rotary Club to which they belong.

"Rotary has really helped us connect with the community. It's been a real thrill. I've gotten to know many business people," says Helen.

From a volunteer's point of view, Rotary has opened doors for Helen and Harley. "We love doing volunteer work at the Academy of Music... and there's so much to be done up there. We helped Barry (Kosturos) with his food truck with tailgate barbecues and love helping kids learn dragon boating. Every three months, we help with our club's highway cleanup and we've helped with Seafair Bingo and the Junior Forest Wardens cabin project. Rotary has allowed us to be involved in the community and make a difference," says Helen.

The couple also enjoy lawn bowling and true to their nature, they always look for an opportunity to give back. "Harley is the president and I'm the vice president," says Helen.

Hmmm, now why doesn't it come as a big surprise that Helen and Harley are busy bowling over Powell River? 

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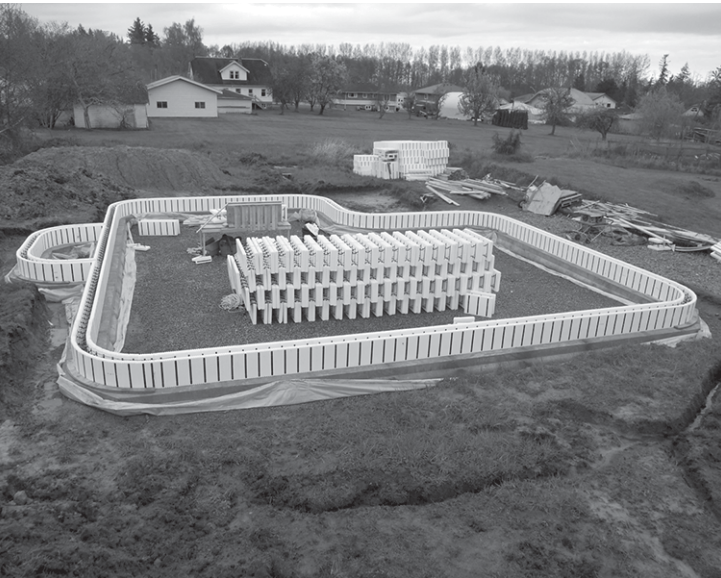
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21st Century Art Deco

Wildwood home on Skeena Street

By David Jonasson

Perhaps it started with LEGO when I was five. I am sure visiting EXPO 67 had an influence on me. Fifty years later, I am still designing with blocks that stack together to form walls. The difference now is that the blocks are much larger and filled with reinforced concrete.



Having previously lived in a home built in the 1920's that had kindling and crepe paper for insulation, I looked forward to starting with a blank slate. My idea was to design and build a reasonably modest, en-

ergy efficient home that would last a long time and require minimal maintenance. In addition, I wanted to take advantage of the natural light and provide good accessibility with a guest room that visitors would feel comfortable staying in.

The single level 1370-square-foot layout has two bedrooms with an adjoining bath and a shower room respectively. The kitchen and living areas face south towards the pastoral view of Wildwood while the bedrooms face north towards the street and mountains. Fluted glass windows in the entrance doors on the east and west walls bend the early and late light across the interior, which then fades along the curves. During the milder months, a covered patio area will open up from the living room through French doors to expand the living space.

The Skeena Home: A Baker's Dozen

1 The external walls are of Insulated Concrete Form construction. Using what looks like oversized foam LEGO, the blocks are stacked in courses with 10m rebar placed horizontally and vertically. The 11-1/2" thick unfinished wall is a 6" reinforced concrete core sandwiched between two 2-3/4" layers of insulating foam. The vertical webbing, which holds the foam sides in place also provide anchor, points for internal and external finishes. ICF buildings are highly resistant to fire, moisture, mold, wind, thermal leakage, insects, earthquakes and noise.

- 2 The walls are tied with rebar into an oversized pontoon-shaped footing. The shape is the result of using a fabric material for the concrete form. As the house sits on compacted glacial clay it is expected that in the event of an earthquake, the entire structure will float. While reducing the amount of materials needed to build the form, fabric also allows for pouring a footing on an uneven rock surface as it conforms to the profile it is resting upon.
- 3 The roof is a 24-gauge standing seam metal roof over a 5/8" tongue and groove deck. The hip design minimizes wind forces acting on the roof structure while 6-foot overhangs provide a sheltered perimeter walkway. Skylights placed in the eaves funnel additional light into the bathrooms while a pair over the patio bring additional light into the living and kitchen areas. Placing the skylights out of the internal footprint avoids any potential leaking problems. Not that skylights ever leak! Attic insulation is R60.
- 4 The floor is a continuous 6" slab of integrally coloured polished concrete. Zoned, in-floor hydronic radiant heating allows for different temperature settings throughout the house—warm in the bathrooms, cool in the bedrooms and medium in the living areas. The texture is reminiscent of a sandy beach while the reflections appear as gentle waves upon a pool of water.
- 5 The radiused external corners are echoed in the interior, resulting in a trumpet shape transition from the kitchen to the living room as well as an enveloping bench in the shower.
- 6 Nine-foot ceilings give the impression that the interior is larger than it actually is. A friend likened the house to the Tardis from Dr. Who,

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- which looks bigger on the inside than the out. Overhead cupboards provide considerable additional storage for seasonal or occasionally used items.
- 7 The glass block corner windows bend both sun and moonlight in delightful ways, scattering filigree on the walls and floor while also providing privacy in the bathing areas.
 - 8 The concrete kitchen counter provides 21 linear feet of work-space with lunch counter style seating at the living room end.
 - 9 Smooth bearing-glide 36" pocket doors disappear when open, eliminating both the wasted space of an open hinged door and the hazard it presents.
 - 10 Bookshelves built into the windowsills of both bedrooms provide bench seat reading while affording a good view of Scout Mountain.
 - 11 Hinged closet doors faced with shelving for pocket books and small items further reduce the need for standalone furniture resulting in less cluttered spaces and an enhanced sense of openness.
 - 12 An external mechanical room houses the boiler and primary heating manifolds, electrical panel, hot water tank and HRV and geothermal chases, isolating all mechanical sounds in a separate space behind an ICF wall.
 - 13 After considering various tiling options for the shower, a story about the demise of the Canadian Penny led me to one about a restaurant in New York with a penny tiled floor. It occurred to me that pennies might work for a shower. How many? Approximately 32,000 or so, with a few rolls of nickels thrown in. Maple leafs and beavers. Wheelchair-accessible.

As I now wait for warmer evenings that will allow for the application of the exterior stucco and concrete, I reflect upon my good fortune. It is one thing to have a design. To make it happen is quite another. The realization of my design would not have been possible without the excellent work and knowledge of Harold Jonasson of Discovery Homes on Quadra Island, to whom I am deeply indebted. [PRL](#)



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Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

Maureen Latta and Susan Biagi have just launched **Girls on the Cloud** to help anyone struggling with computer applications, from Microsoft Office to Google Apps. The women had been looking for a way to share their knowledge of social media and cloud-based applications. Their goal is to assist individuals, non-profits, and small businesses expand their reach through the use of online marketing campaigns, blogs, and social media. Email contact@girlsonthecloud.com or call 604 483-3311 to book a one-on-one tutorial. On-site classes are available for businesses and non-profits.

BHC Consulting has hired two new sub-contractors to join the

Let's Talk Trash team. Inger-Lise Burns will be responsible for the Compost Education Centre coordinating workshops on a variety of composting options. Lesley Thorsell will be the new Zero-Waste Event Coordinator to support local community events with the goal of reducing waste. The team has moved its office into the Rodmay Hotel. The special email address for event coordinators to reach the team is letstalktrashevents@gmail.com.

Dan Keane, formerly of Malaspina Massage, has branched out on his own and moved. Dan's new business is called **Koastal Therapy** and is located at 4763 Joyce Avenue. He can be reached at 604 485-4833. Don Shelton and Anne Robinson remain at **Malaspina Massage**. They can be reached at 604 485-2224.

Sheffield Express, now open in the Town Centre Mall by the Sweet Shoppe entrance, offers a variety of tobacco-related items as well as snacks and cold beverages. The lotto centre and post office, which were temporarily relocated during the renovation process, are now back in business in their new space.

Thursday, April 18, is the next **Chamber of Commerce** luncheon. This is the chamber's annual general meeting and election of its board of directors. It is also the United Way's recognition awards of its corporate donors. There will be a special presentation by Arthur Arnold of PRISMA (Pacific Region International Summer Music Academy). To RSVP, please call Kim at the chamber office at 604 485- 4051. [PRL](#)

DISCLAIMER

The Powell River Chamber of Commerce would like to advise the business community that the recent Green Pages publication (Powell River Business Directory) was **not** a Chamber project. We did not contribute to the publication in any manner, nor did we collect or provide information for the directory. Any questions about the publication should be directed to 1.888.825.3044.

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A growing concern

By Jonathan van Wiltenburg • edenhort@gmail.com



Hooked on herbs

Picture this: a large pot on the stove simmering away, the front door wide open, and a body running across the yard with scissors in hand. This is a regular occurrence at our house around mealtime. We are hooked on cooking with fresh herbs. Growing herbs is so rewarding and easy that I thought I would share some of our favourites for a patio or garden near you.

Often overlooked, many of the herbs are charming, effortless to grow, and inexpensive additions to the garden (\$25 should get you a smattering).

On a whole, they prefer sunny, well-drained locations and are extremely well suited as container plants. They don't need much more than a routine weeding a few times a season and most will grow without difficulty. The more difficult task is remembering to use them in the kitchen. But once you get into the routine, you wonder how you ever survived without them.

So, if you are looking for a way to begin gardening this season, growing a few herbs is definitely a great place to start. Just take care when you're running with the scissors!

Here are a few essential herbs:

French Tarragon (*Artemisia dracunculus var. sativa*) Don't confuse it with Russian tarragon. It is unavailable from seed, so

you will have to buy a plant. Great addition to a multitude of dishes. Attractive glossy evergreen. Will overwinter in mild climates. Prefers well-drained, full sun location and is fairly drought tolerant.

Rosemary (*Rosemary officinalis*) Tall, silvery green plant with attractive early spring flowers that bees love. Not always hardy and can die in harsh winters. Prefers well-drained, full sun location and is drought tolerant.

Oregano (*Origanum vulgare*) Used to season meat, sauces, vegetables, dressings, and soups. Low growing, creeping evergreen herb. Will grow a little out of hand so you may want to plant in a pot. Harvest all year. Prefers well-drained, full sun locations and is drought tolerant.

Thyme There are many cultivars available so make sure you purchase one that is grown for culinary purposes. Lower growing evergreen. Flowers in summer and is attractive to bees and other pollinators.

Chives Attractive grass-like appearance, tasty and easy to grow. Can be eaten raw or cooked. Keep moist, drain well. Full sun is preferred; however, can handle a bit of shade.

Bay laurel (*Laurus nobilis*) Evergreen glossy leafed shrub or tree. Can be clipped to maintain smaller size, and can be grown in a container.

Sage (*Salvia officinalis*) Aromatic shrub with leaves of green, purple, and yellow.

Excellent herb for meats, stew, dressings, and sauces. Also can be infused in water for refreshing tea. Prefers well-drained, full sun location. [PRL](#)

Priorities for April

- 1 Resist the temptation to plant everything outside. Don't plant the beans, tomatoes, squash, peppers, eggplant, and most of the flowering summer annuals outside. Unless you have sufficient insulation such as cold frames or cloches, keep them sheltered until May.
- 2 April is the optimal period for lawn maintenance. Take advantage of the moist spring weather and get all the seeding, aerating, or topdressing finished before the sun arrives.
- 3 Feed your berries, and other trees and shrubs. Don't go overboard. Be sure to use an appropriate fertilizer for particular species. Use compost or an organic fertilizer if you can.
- 4 Prune back your wintering flowering plants: winter jasmine, forsythia, witch-hazel, kerria, heather, daphne, edgeworthia and sweetbox.
- 5 Keep sowing your vegetable and flower seed. For vegetables, such as greens and lettuce, sow a little bit of seed more often. Sow other crops such as squash, lettuce, beets, spinach, greens, carrots, parsnips, chard, celery, early potatoes, leek and onion.
- 6 Harvest early crop of rhubarb and asparagus. Continue this for the next six weeks.
- 7 Spilt up and/or move perennials that have outgrown their homes or those that are just not working in a particular spot.
- 8 Weed. Get out there and scuff the soil. Even if you don't see any weeds, it will save you time and energy in the long run.

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**LITTLE SUNSHINE MISTAKES
That Can Give You Cancer
Instead of Vitamin D**

Your Initial Exposure

The first few days, you should limit your exposure to the sun to allow your body's melanocyte cells to rev up the ability to produce protective pigmentation that not only gives you a tan, but also serves to help protect you against overexposure to the sun.

If you are a fairly light skinned individual that tends to burn, you will want to limit your initial exposure to a few minutes, especially if it is in the middle of summer.



Dirk de Villiers
pharmacist/owner

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What to Do if You Get Sunburned

If you ever develop a sunburn it is important to realize that aloe vera is one of the best remedies to help repair your skin as it is loaded with powerful glyconutrients that accelerate healing. Ideally, it is best to use the gel from a fresh plant, but there are commercial products available that have active aloe in them. Ideally you would never need it because you are using these safe tanning guidelines, but accidents do happen and it is important to have contingency plans for them.

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Rudy Pearson turns 80

Fortunate to be who he is

By Rosemary Entwisle

Rudy's arrival in the world 80 years ago into a loving family of Norwegian parents raised questions in the mind of his five-and-a-half year old Norway-born brother Tommy. What was he? "Dr. Marlatt, are you sure that he is Norwegian?" the boy asked. "Yes, Tommy, I am very sure," answered the doctor. Rudy was born at home in a house built by his father on a four-acre parcel of land in Edgemoor, on Manson Avenue.

One day when he was four, Rudy decided to visit their neighbour Oren, who lived about half a mile away. He didn't tell his mother where he was going. "Well, did I ever create havoc!" First thoughts were did he fall down the well? No, that was checked and he wasn't there. Did he go down to the lake; did he fall in the creek? No, none of those.

"An hour or so later I appeared sitting on top of Oren's shoulder, smiling and happy. Mom was so glad to see me she gave me a big hug instead of a spanking."

A couple of years later World War II broke out. When Norway was invaded, Rudy remembers his mother crying. "She had no idea what was happening to her family (in Norway). I was little and really did not understand what was going on."



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The family was in suspense till after the war when they were found to be safe. Rudy enjoyed going to Mrs. Bosa's store (now Mitchell's) for candy treats. "I felt special that she gave them to me; it lifted my spirits at this time of worry."

Rudy completed his education with Grade 13 at Brooks School. Then he and his family decided it would be enriching for him to visit his Norwegian grandparents living south of Oslo. It took five days by boat to get there. "I loved Norway: I felt at home there." Learning Norwegian came easily and was followed by the acquisition of Swedish and Danish without much effort. Now Rudy had five languages, English, French (from school) Norwegian, Swedish and Danish.

Upon leaving Norway, Rudy toured Europe with a friend. There were a couple


of special highlights in Italy, in the Isle of Capri and the Blue Grotto, "which I will never forget. I had a wonderful time in Italy. To walk where Caesar had walked was a wonderful experience."

Another time he visited Gracie Field's restaurant and chatted with her and her husband. Rudy found her to be vital, gracious and full of life.

Returning home Rudy chose a career based on family hairdressing skills from both parents. He trained in Victoria for two years and returned qualified to Powell River. Initially he worked out of the former police station on Marine Avenue, then a beauty salon. It was leased to him for six months. This is now a colourful Latin American restaurant. He moved his business to a salon in the Marine Inn called In Touch. The Inn was

"lovely, beautiful fifty years ago" Rudy says. He continued hairdressing till "the taxes came in and I did not want to be bothered with all that" so he retired. He enjoyed his career. "I never made a lot of money but, I had a lot of fun."

Rudy has contributed much to Powell River through his volunteer work at the Museum, the Historical Society, Sunset Homes, the Olive Devaud Residence, the Shriners and anywhere there were opportunities to help less fortunate people, as he still does.

The secret of Rudy's good life is his sunny, caring personality that encourages people to be good to him in return. Summing it all up he says "I am not ready to go just yet—boy! I have really had a good life. Though sometimes things have seemed bad, they have not really been that bad. I am fortunate being who I am." 

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Powell River Living

SAVE THE DATE

April 4: Salmon Confidential, a documentary film by Powell River native Twyla Roscovich, will be screened at the Evergreen Theatre at 7 pm.

April 4: Meet video journalist Rajie Kabil from Shaw T.V to learn how to participate in local programming, have videos showcased and more at 4706 Ewing Place, 12:30-3:30 pm Please RSVP with rajie.kabili@sjrb.ca.

April 5-6: Powell River United Church is holding a garage, bake and hot-dog sale at Trinity Hall from Friday, noon-4 pm and Saturday, 9 am-noon.

April 6: The Peoples Drug Mart for Amyotrophic Lateral Sclerosis charity walk will begin at the Laughing Oyster Restaurant at 9 am. A benefit lunch will follow at the Laughing Oyster. \$25 reservation required.

April 6: Book Sale by the Powell River Friends of the Library. 10-3 at the Club Bon Accueil, 5110 Manson. The giant book sale we all wait for! Find stacks of treasures- old favorite authors and new ideas.

April 7: Scotiabank MS Walk. Every step matters. Check in at the Powell River Public Library at 9 am. Walk starts at 9:30. Register now to end MS at mswalks.ca or call 1-800-268-7582 ext 7238.

April 11: People, a play by award-winner writer Alan Bennett, will be broadcast live at the Max Cameron Theatre at 7 pm. Tickets: \$20/Adult, \$18/Senior, \$10/Youth (12 and under) Purchase tickets at the Academy of Music Box Office (7280 Kemanu), Breakwater Books or at the door on the performance day.

April 11: Book launch of The Sunshine Coast Trail: Hut-to-Hut Hiking by R.E Waltz at Breakwater Books at 7 pm.

April 13: The Powell River Christian School fundraiser gala dinner in celebration of their recent purchase of Grief Point Elementary School. Dwight Hall from 6-11 pm

April 13: Jim Baron performs at the Royal Canadian Legion from 8-11 pm Cover charge is \$10.

April 15: Phil Dwyer and Don Thompson perform a fundraising concert in the Max Cameron Theatre for the Brooks Music Program. Tickets, \$20, are available at Brooks, River City Coffee, and The Knack. Show time is 7:30pm.

April 16: Randy Bachman and the Vinyl Tap tour visit the Evergreen Theatre at 7:30 pm, presented by cbcmusic.ca. Tickets \$42.50 at the rec complex or call 604485-2891.

April 18: Chamber of Commerce AGM and Luncheon and the Powell River & District United Way Recognition Awards will take place at the Town Centre Hotel at noon. Must RSVP with Kim Miller, tickets are \$15 at the door.

April 18: Ballet Kelowna "passages" an evening of mixed repertoire at the Max Cameron Theatre at 7:30 pm

April 18: Learn about vermiculture composting with Carol Engram, the worm lady at the Compost Education Centre from 6:30-8 pm.

April 19: The Westview Baptist Church is hosting a free community dinner at 7 pm.

April 19: The Academy of Music will present Academy Cabaret at 7:30 pm Tickets are presale only and cost \$25. For info call the Academy Box Office at 604485-9633.

April 20: Recreation Complex is holding a spring carnival in support of James Thomson School from 11 am to 3 pm

April 20: Learn about Bokashi with Heather Claxton from Mother Nature at the Compost Education Centre from 1-2:30 pm

April 20: Powell River Idol 2013 take over the stage 7-10 pm at the Max Cameron Theatre.

April 21: Bill Bourne plays a concert at Cranberry Hall at 7:30 pm

April 21: Horseshoe Pitching Club open house at the complex 9:30 am-12:30 pm Horseshoes and refreshments.

April 23: The Chamber, Welcome Wagon, and Peak Publishing, are hosting the Newcomers Social for Powell River residents. Meet groups and organizations from 7-9:30 pm

April 27: Handel's Giulio Cesare broadcast at the Max Cameron Theatre at 9 am. Tickets at the Academy of Music.

April 27: All volunteers welcome at Willingdon Beach Trash Bash from 9:30 am-3pm.

April 27: Opening for the 2013 season of the open-air market at the exhibition grounds on McLeod Rd. Saturdays 10:30-12:30 pm, Sundays 12:30-2:30 pm. Earth Day celebrations with sapling giveaways, cake, and kids activities.

April 28: 20th annual Marathon Shuffle. Pre-register at www.clubfatass.com/events/marathon-shuffle. Meet at 7:30 at Shinglemill parking lot to sign in, late registry, and for free

bus ride leaving at 8 am to trailhead on Malaspina Road for 8:30 am start. Half shuffle starts at 10 am on Wilde/Tomkinson Road.

April 30: An All-Candidates Meeting for Provincial Government, including a question period, will be held at the Evergreen Theatre from 7-9:30 pm.

April 30: Come celebrate Dutch culture while the Netherlands crowns a new King at Hub 101 at 5 pm.

May 1: Is the deadline for submissions to the Youth Peace-Poem Competition put on by the Powell River Live Poets' Guide. Both written poetry and art entries are accepted. Entry forms are available from schools, the Powell River Public Library, Breakwater Books, Kingfisher Books, or by contacting the Live Poets' Guide at 604-483-4940.

May 7: Relax and celebrate at the Powell River Caregivers Celebration from 11 am-3 pm at the Powell River General Hospital, conference rooms 2-3. Lunch will be provided.

May 11: The 5th Annual Thrive and Shine Women's Walk/Run in support of Grace House will begin at the Oceanview school field at 2 pm

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.

Sundays: The Powell River Horseshoe Pitching Club drop-ins. Entry fee \$2.00 and takes place from 9:30 am-noon.

Sundays: Sledge Hockey, 10:30-11:45 am, at the Complex. To register call 604 485-2688.

Mondays: Breast Cancer Exercise Group. Fun, relaxed atmosphere, led by a certified personal trainer. Open to all fitness levels. 4 pm at the Pilates and Fitness Studio at 7053-B Glacier Street. Contact Terri Beck at 604 485-5876 for more info.

Mondays: Family Place Garden Group: 10:30 am-noon at the Community Demonstration Garden. Call 604 485-2706.

Mondays: Cinch card games at RC Legion #164, 7 pm. Newcomers welcome.

Mondays: Bike ride at Suncoast Cycle, 6 pm

Mondays: PR Duplicate Bridge Club meets at 9 am at the Alano Club in the Townsite (5903 Arbutus Street) For more info call Viv at 604 485-4430.

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

Mondays: Mom's Group. Tea and snacks and it's FREE. 12:30-3 pm at Sarah Hooff's Nutrition Consulting office (4680 Willingdon Ave). Kids are welcome. A supportive place for moms to discuss health and nutrition.

Mondays, Tuesdays & Wednesdays: Garage Sale, 4476 Cumberland Place (behind Massullo Motors), 9 am-3 pm. Proceeds to funding job skills training program for people with mental illness. Info: call Sasha at 604 485-0087.

Second Monday: at Family Place: "Multiples," a group for parents with twins & more! 10-11:30 am.

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

Tuesdays: PR Stroke Recovery Club meets in the Lower Legion Hall from 10 am-1 pm. Contact Trudy Simpson at 604485-6396 or Sandy Graham at 604489-0024 for info.

Tuesdays: Duplicate Bridge Club meets at 7 pm at the Alano Club (5903 Arbutus St) For info call Viv at 604485-4430.

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. Everyone Welcome.

Tuesdays: Toast to the Coast Toastmaster group meets from 7-8:30pm at Oceanview School. For info call Isabelle at 604 483-9229 or isabelle@prliving.ca.

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

First & third Tuesday: Kiwanis Club of PR, 7:30 pm at the Annex on Kiwanis Avenue. For more info, 604 487-9332.

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

First & Second Tuesday: Food Bank, 6812-D Alberni Street, 10 am-2 pm. Call 604 485-9166.

Second Tuesday: Parkinson Support Group (Jan-June & Sept-Nov), 1:30 pm, Trinity Hall of the United Church. For more info call 604 485-9129.

Fourth Tuesday: Powell River Garden Club meets at 7:15 pm (September through June). Meetings are held at the Cranberry Senior's Centre at the corner of Manson and Cranberry. All are welcome.

First Wednesday: Family Place: "Stone Soup" cooperative lunch and "Open Space" planning, 12:30-2:30.

Second Wednesday: 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.

Wednesdays: Gospel Meetings 7:30 to 8:30 pm in the Cranberry Seniors Centre 6792 Cranberry St.

Third Wednesday: Are you a woman INvested, INvolved and INterested IN business? Then Powell River Women in Business is for you. For more info email prwomeninbusiness@gmail.com or check us out on Facebook.

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

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

Thursdays: River City Slims, a self help weight loss group. 5:30-7:30pm at Lighthouse Community Church (Burnaby and Michigan). New members welcome.

Thursdays: PR Duplicate Bridge Club meets at 2 pm at the Alano Club In the Townsite (5903 Arbutus Street) For more info call Viv at 604 485-4430.

Thursdays: West Coast Swing dancing and lessons. Beginners or advanced welcome. Single or with a partner. 7-9 pm at the Carlson Community Club. \$2 drop-in.

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

First & Third Thursday: Sunshine Speakers Toastmasters meets from noon-1 pm at the School Board. For more info call Barb at 604 485-2732.

Second and Fourth Tuesday: Sunshine Speakers Toastmasters meets from 7-9 pm at the School Board office. For info call Barb at 604 485-2732.

Fridays: Ravens Wheelchair Basketball, drop-in, everyone welcome, chairs provided. 4:30-6pm in the Oceanview gym. For info email disabilitiesportclub@gmail.com.

Fridays: Family Place, parent child drop in, 12:30-4:30 pm, everyone welcome. Please call 604 485-2706 for info about "Rhythm Circle Time" & "Bi-lingual Playgroup".

Second Friday: CrossRoads Neighborhood Café, Kelly Creek Community Church, 2380 Zilinsky Road, 7-9 pm. Open mike, free refreshments. Everyone Welcome! Bring the whole family! For more info contact Catherine Morris at 604 578-8555 or cate.morris@gmail.com.

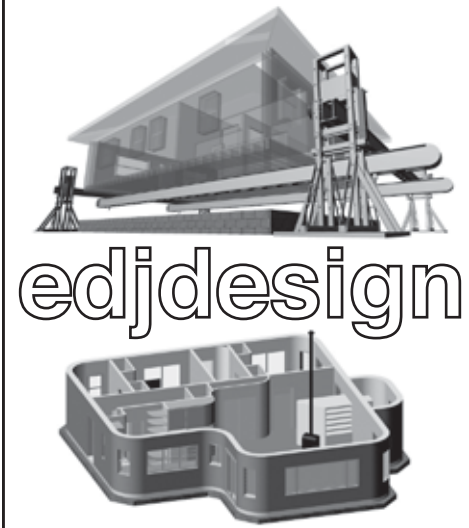
Saturdays: Knitting Group meets from 11-4 at Great Balls of Wool (4722 Marine Avenue). For more info, contact Roisin at 604 485-4859.

Saturdays: Ham radio enthusiasts meet at 10 am at A&W. Everyone welcome.

Second & Fourth Saturday: Faith Lutheran Food Cupboard is open 12 noon to 1 pm. 4811 Ontario Street (corner of Alberni). Call 604 485-2000.

Third Saturday: Senior's Center in Cranberry holds their afternoon of cards, games and scrabble at 1 pm. Register at 604 485-9562 or 604 485-2153. Everyone is welcome.

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sean@prliving.ca by the 20th of each month



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Centre stage with Shannon Behan

Shannon Behan's job as vice principal at Brooks Secondary School challenges and inspires her. She feels lucky to be able to combine her passion for drama and teaching, while learning something new every day.

Shannon grew up in Powell River; being one of five children, there was always someone to play music with, run with or just hang out with.

Shannon spent Grade 11 as a Rotary exchange student in Finland, where she quickly picked up the language, met many new friends, and travelled throughout Scandinavia.

After graduating from high school she attended UVic where she obtained a Bachelor of Arts in English. After chatting with a friend one day about her experience teaching English overseas, Shannon was inspired to head off to Taiwan, where she taught English as a Second Language to pre-schoolers, middle school students and adults.

"I had so much fun teaching English that I thought 'I'll go back and get my teacher's certificate.'"

As soon as she finished her internship at Claremont Secondary School in Victoria she found work back home in Powell River covering for a teacher who was off sick. "And I've never stopped working since," she smiles. Shannon started teaching at the former Max Cameron in 1993. From there she went to Oceanview and then to Brooks where she has worked alongside Rod Perrault, Brooks' other Vice Principal, and Kathy Rothwell Principal, for the past three years.

Shannon also worked as a school counsellor at Kelly Creek, Grief Point and Oceanview. "I was working with students who were struggling socially and academically, helping them to find resources and supports at school and in the community. Counselling at Oceanview included helping students look at course selections and career opportunities."

It was at this time that Shannon completed her Masters in Leadership degree from the University of Calgary.

Recently, Shannon transitioned Grade 8 students from Oceanview to Brooks.

"The transition has gone extremely well," says Shannon. "It has been a bit of a learning curve for all of us, creating a culture that allows the students to remain young and not grow up too quickly. They have their own area. Their classrooms are in one section, and they have a selection of lockers in one area of the school."

Shannon says the best part of her job is definitely the people. "The kids, the adults, the parents, the families and the colleagues I get to work with are the best part of what I do. I love the variety. I love watching students grow, learn and evolve. I've known some of these students since kindergarten and it is impressive to see them work so hard, and then graduate. We have so many programs to offer students now; our challenge is to find a program that suits each child."

Shannon isn't the only one who thinks students in Powell River are fabulous. "Recently School District 47 held the provincial gymnastic competition at Brooks. Parents and teachers from all over the province remarked on how well mannered and helpful our students were. And they are right!"

Shannon loves Drama and English. "I especially love musical theatre and when teaching drama at Max Cameron, we would put on shows such as, *Oliver*, *Guys and Dolls*, and even *Rebel Without a Cause*. At Oceanview students performed *Seussical—the Musical*. At every school, staff and parents have stepped up to help out. It is a challenge pulling it all together, but it is absolute magic right at the last minute when it all works!"

This year Roy Carson, Shannon, and the Brooks team, are putting on the musical *Oliver* on May 9, 10, 15, 16 and 17 at the Max Cameron Theatre. "It will be fabulous!" says Shannon. "We have a great cast; talented and dedicated. You won't want to miss it!"

Although she enjoys organizing musicals and events like Grad, Shannon is far from a retiring wallflower.

She will be on stage at the Max Cameron Theatre as the emcee of Powell River's first ever TEDx event on April 7.

"We have a few speakers who are originally from Powell River such as comedian Anna Gustafson and Dr. Evan Adams, Deputy Provincial Health Officer for Aboriginal Health. We have others who are inspired by our area, such as CBC Radio personality and author Grant Lawrence."



Part of Shannon's job on the TEDx Powell River organizing team, was to line up speakers. "Many people out there have ideas worth spreading. Our job is to unlock that potential."

Although tickets are sold out for the event—the TEDx license only permits 100 tickets—the videos will be available on the TEDx Powell River website after the show.

When she isn't spending time with her family—Shannon and her husband Ian have two children Linden, 14, and Hillary, 16—Shannon loves to go running with her dog Kirk. "It's the best way I know of to unwind. When you get into the trails and run, it's a good way to make sense of everything that goes on in your world."

Shannon has competed in several marathons, half marathons, and triathlons. She is now training for Powell River's Marathon Shuffle, which takes place in April. **RL**

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8 Limbs of Yoga Workshop (Part 2) • May 11, 10:30–1 pm

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