



Howe Sound

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IN THE COMMUNITY

The rewards of being a girl guide leader

On her first Brownie's camping trip, Angela Ruggles cried when her mother dropped her off... and then she cried again when her mom picked her up. "We slept in canvas tents," Angela recalls the excitement of that first trip. "I remember looking up to the young women who were camp councilors."

Now (25 years later) Angela works as a kraft pulp process specialist at Howe Sound and volunteers as a leader with the Gibsons Girl Guides. She has been helping out with the Gibsons guides for six years—even though she has no kids of her own.

"Because I don't have kids, I have the time to volunteer," Angela explains. And there can be an advantage to not being a parent: "Kids act differently around their parents. But for me, they're all equal."

The rewards of being a leader are many. "Camps are cool because I get to spend a whole weekend with the girls. You see them at their best," Angela pauses, "and at their worst. You get to really know them and be a part of their world."

For Earth Day the guides picked up roadside garbage. "They weren't really looking forward to it," Angela admits. "But then they really got into it and did it with enthusiasm. At the end of the day, you could see the pride in their faces and that can be really inspiring."

The Gibsons and Roberts Creek Girl Guides are currently looking for leaders to start in September; to find out more, contact Debbie at 604-886-5703 or Bernice at 604-886-0618.



Girl guides Ashley (left), Lauren (front), and Morgan tried their hands at papermaking at a recent guides' meeting.

QUICK FACT

Sounds over 80 decibels can be hazardous to your hearing. That's why workers at Howe Sound are required to wear hearing protection when they perform certain tasks or enter certain areas. But hearing can also be damaged at home—lawn mowers, hedge clippers, hairdryers, vacuums, food blenders, chainsaws, circular saws, drills, sanders, and stereo headphones can all produce sounds over 80 decibels.

Winner of the Howe Sound Cup

"It's always great to hear everyone's performances," says Kiel Strang about his fellow young musicians at this year's Sunshine Coast Festival of the Performing Arts. There were over 400 entries in this year's event playing a gamut of pieces from Albioni to personal compositions.

Kiel has been playing at the festival since he was six years old. As this year's winner of the Howe Sound Pulp and Paper Silver Challenge Trophy, Kiel needed to have outstanding performances in two or more piano courses. But "you can't worry about the marks," Kiel explains. "You can only worry about playing your best."

Kiel performed three different pieces including Knight Rupert by Robert Schumann, which he also played at the festival highlights concert.

His favorite piece—and the

one that he feels won him the cup—is a modern piece by a Vancouver-born composer. "Shooting Stars went really well," Kiel acknowledges the Alexina Louie composition. He attributes a lot of his enthusiasm for the piano this year to his discovery of Alexina Louie's eclectic, challenging compositions.

Modern compositions have less defined rules and structures. But Kiel notes that baroque and classical pieces can be more difficult to perform, "because the audience can tell what they're supposed to sound like."

In the next year Kiel hopes to start learning the clarinet, adding it to his existing repertoire on piano, violin, and fiddle. And he has already picked out his performance piece for next year's festival. "I try to practice everyday," he says emphasizing the word "try."



Al Strang, Howe Sound's manager of environment and communications, presented the Howe Sound Cup to his son Kiel Strang at this year's Sunshine Coast Festival of the Performing Arts.

Chinook salmon are released into the sea

It's hard to imagine having 100 children and being lucky if only one gets old enough to have children of her own. Yet that's the grim reality of being a chinook salmon. Fortunately for us, the Sunshine Coast Salmonid Enhancement Society works to keep our salmon stocks alive—because the odds for their existence can be pretty long!

This year the society raised and released chinook, coho, chum and pink salmon, as well as steelhead salmon, and cutthroat and rainbow trout. The chinook salmon fry were raised at Howe Sound in a special incubation facility the mill built in 1997. The facility uses excess warm water produced from the mill's processes.

"We couldn't do chinook without Howe Sound's support," acknowledges Bob Anstead, the society's hatchery manager. Chinook require

10° C water for incubation and then 13-15° C for optimal growing. "Because of the mill, they are the largest salmon," Bob comments on their seven to eight gram weight.

The fish spawn in November and in the spring the babies are ready to go. Bob points out how the fry have lost their spots—an indication that they can now survive in salt water. The 96,000 chinook fry the society raised at the mill were released into Chapman Creek on May 5. Of that number, hopefully 600-800 will return to spawn in three to five years.

The society's work (and the salmon's survival) would be impossible without the support of the community. "Every year we need to raise \$100,000 for our programs," says Bob. "We're very appreciative of the support we receive from the Sunshine Coast community."



Tina Sebert, community relations at Howe Sound, releases some of the chinook fry raised at the mill's incubation facility. Bob Anstead, hatchery manager for the Sunshine Coast Salmonid Enhancement Society, has been caring for the fry since November.

Capilano College's trades-entry students and instructors recently toured the mill. The 16-week program introduces students to several trades — including carpentry, plumbing, electrics, pipefitting, sheet metal, and welding. "The mill tour gave the students exposure to how the trades function in relationship to the mill," instructor John McNevin says. For more information on our mill tours call community relations at 604-884-2575 or email tours@hspp.ca.



CONTACT US

Howe Sound's News & Views is published once a month in the Coast Reporter. Issues are also available on our website at www.hspp.ca.

Questions? Comments?

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