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The gift of sight

Local doc helps overseas

Soft jazz

Walter Martella's new CD

Book roundup

Winter-time reading

Attacked by an owl

From out of nowhere

A helping hand

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OUR CHOICE OF PAPER

This magazine is printed on paper made at the Powell River Catalyst mill. The cover stock is ElectraPrime—the company's smoothest and glossiest uncoated grade, made only in Powell River... on #10 Paper Machine!

ON THE COVER

Snowshoers make their way through a wintry wonderland in the Knuckleheads recreation area.

Photo by Mischa Brooks-Thoma

Powell River Living CONTRIBUTORS

MICHAEL BLACE tinkers with computers and entertainment systems with his company Digital Shepherd Technology Solutions.



ROSELYN BOARMAN moved to Powell River in 2006 and decided to meet like-minded individuals by volunteering with the SPCA, something she had always wanted to do and is so happy she did.



TERRY L BROWN is known as "the Amphibiographer," revealing life on both sides of the boundary between water and air. He specialises in photos and video which show both the underwater and above water worlds at the same time. Visit www.TerryLBrown.com.



JESSICA COLASANTO is grateful that she and her husband are able to raise their three young children in a community so rich in the arts, sports and outdoors.



LINDALU FORSETH is the owner of Malaspina Soap Factory and organizer of Operations Santa Claus, delivering soap to overseas troops.



GERRY GRAY was an editor and longtime columnist for *The Powell River News*. He moved to Powell River in 1963 and worked in the lab of the Powell River mill for 30 years. He has also been involved in the Powell River Association for Community Living for many years.



BONNIE KRAKALOVICH, a long time Powell River resident, is involved with her community, sitting on the boards of United Way, Success by Six and the Chamber of Commerce.



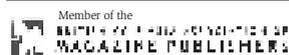
DAVID MAY moved to Powell River 19 years ago with his wife Janet and children. He works as a family doctor and an anaesthetist. Outside work, David advocates for local food security and loves exploring the region, both on and off the water.



MARG MCNEIL is a retired teacher and avid kayaker. She lives on a sailboat and is learning how to write magazine articles and use a computer.



MISCHA BROOKS-THOMA is an artist and photographer. She has taken up the art of soap making, adding yet another dimension in creation. A graduate of Emily Carr and Capilano College, she is inspired by her love of nature. Visit kissingfishstudio.ca.



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

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Volume 5, Number 11

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Powell River Living IN THIS ISSUE

The power of grey, in black and white

When you think about spirit, what comes to mind? Something ghostly? Someone who is animated? Something holy?. Spirit is all of these and more. The dictionary defines it as the vital principle or animating force within a living being.

People in Powell River have spirit and our community does too. That's why we decided to publish stories that show our Community Spirit is alive and well.

We open with a story that talks about the work carried out by the Lions Club and Dr. Thomas Adamack that helps others see by providing glasses for those who need them.

On page 15, Heather Farrell-Sketchley continues in the giving theme by donating her time to put together a beautiful crèche display for the community to enjoy.

The Community Spirit is alive and well in the hearts of Powell River youngsters. On page 20, Kate Fisher, Lauren Mander and Melinda Boyd, talk about making and selling jewellery to raise money for the SPCA.

The good work carried out by the Salvation Army never fails to touch me. This is one organization that exemplifies Community Spirit in all they do. Last year I had the privilege of serving at the Community Christmas dinner they organize and I was moved beyond measure. If you're feeling lonely, sad or just need to connect with others I encourage to call the Salvation Army

and let them know you'd like to come to dinner. The food is great and so is the fellowship. Everyone can do something. Local soapmaker Lindalu Forseth used her gift to organize a shipment of soap to Canada's armed forces serving overseas. Several of Lindalu's family members have served so this was a project near and dear to her heart. Lindalu helped soldiers feeling alone at Christmas remember that someone cares.

There are still a few weeks to go till winter officially arrives on December 21 but we're ready. Those who love winter are smiling gleefully as they head up to the Knuckleheads for a bit of snowshoeing or cross-country skiing.

This issue of *Powell River Living* is out for two months. The next issue comes out Feb. 1. But don't worry, we'll give you something to look forward to in early 2011. We have a new publication called *Winter Living* coming out in mid-January that will showcase what Powell Riverites and visitors can find to do in the off-season.

Until next year, I wish you the best of the season and peace on earth. From my family to yours, Merry Christmas and God Bless. 



Isabelle Southcott, Publisher • isabelle@prliving.ca

WINTER LIVING

A new publication for Powell River's off-season

The team at *Powell River Living* will publish a new magazine in January that highlights all of the fun indoor activities, outdoor adventures and shopping opportunities in Powell River during winter. *Winter Living* will be a once-a-year publication in the same as our wildly successful *Home Grown* publication.

In addition to a local market eager to find things to do in the winter, this magazine will also tap into the active, albeit smaller, winter visitor market. Tourism Powell River intends to use *Winter Living* to help visitors find activities and businesses during the off-season.

Every Powell Riverite will want to read this magazine, and so will every visitor. If your business has its doors open in January, February or March, you'll want to be involved in this publication!

Contact your ad rep today to book your spot:

Sean at 604 485-0003 or sean@prliving.ca

Lauri at 604 414-5967 or lauri@prliving.ca

DEADLINE: DEC 21, 2010

Stories & features planned for this publication:

- Hiking
- Waterfalls
- Embrace winter weather: Where to walk and what to wear so you're comfortable
- Cycling for all seasons
- Why try opera?
- Cold water makes for hot scuba diving
- Out-of-the ordinary theatre experiences
- Vitamin D – why you need to get outside; and how to do it if you're not an "outdoorsy-type"
- Winter DIY projects
- And in celebration of Powell River Living's upcoming 5th anniversary, our 5 list:
 - 5 things to do when it rains
 - 5 ways to be beautiful in January
 - 5 things to do before you die: The Powell River bucket list
 - and more 5 lists!

KUDOS Powell River

Top grocer

Kudos to Powell River Quality Foods for winning FIRST in the large store category for BC/Yukon and finishing third nationally at the Independent Grocer of the Year awards.

"It's a huge honour," says Quality Foods store manager Bruce Robertson. "It really motivated the staff, they have smiles from ear to ear and have been getting congratulated by customers and the community."

Powell River Quality Foods is not quite two years old yet — they celebrate their second anniversary at the end of January! "Ninety five per cent of our staff are brand new and to achieve that award after just one year is wonderful," says Robertson who was quick to credit the hard-working staff at the Powell River store.

The awards were presented at the Canadian Federation of Independent Grocer's Annual Awards Dinner in Toronto.

Judges looked at a variety of criteria including atmosphere, customer service, quality of product, acceptance and involvement in the community.

"They interviewed customers and went out into the community and stopped people on the street and asked them what they thought of Quality Foods."

Hundreds of grocery stores from across

the country competed this year.

Quality Foods is a Vancouver Island owned and operated company that opened its first store in 1982.

Local author nominated

Kudos to Powell River author KL (Kim) Denman for being one of three BC children's authors (five nationally) on being finalists for this year's Governor General's Literary Awards.

Denman, was a finalist for her book *Me, Myself and Ike*, a book she wrote for older teens. "It's a book appropriate for teens age 13 and older," she said.

The Awards Committee wrote about Denman's book: "A gripping novel full of surprises. KL Denman's masterfully-crafted first-person narrative on schizophrenia sweeps the reader along.... Denman



manages to portray Kit in a way that is both realistic and sympathetic."

Although Denman did not win it was a huge honour to be nominated for such a prestigious award.

And to all of us

For supporting the youth resource centre during SunFM's radio-thon celebrating the opening of The Phoenix Centre last month.

"A big, heartfelt thank you to the entire community who came out in droves to show support for the Youth Resource Centre," said Kim Miller, manager of the Powell River Chamber of Commerce."

The corner of Joyce and Duncan was a hub of activity with a carnival atmosphere from 6 am to 6 pm, in support of the youth of our community.

Businesses, organizations and individuals stopped by with their pledges. "Special thanks to Dave Formosa for bringing forward this amazing idea and also to all the great volunteers who helped throughout the day."

The community rallied together to raise a grand \$30,180! **PR**

The only thing that stands between a person and what they want in life is the will to try it and the faith to believe it is possible.

Rich DeVos (1926–)
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We welcome feedback from our readers. Letters may be edited for length. Letters can be sent to isabelle@prliving.ca, faxed to 604.485.8381, or by post to **Powell River Living**, 7053E Glacier Street, Powell River, BC V8A 5J7.

Dear Powell River Living:

Once again I have enjoyed another issue of Powell River Living. Good job Isabelle & all your staff/friends that help make it a great contribution to Powell River.

Kelly Gaudet

Dear Powell River Living:

Thank you so much for your interest and patience, and the nice article in the Powell River Living. The (Rotary) Club was kind to me, and I have had all kinds of nice comments about it.

William Mitchell-Banks

Giving back Helping the community

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Here to there

Helping others see

By Bonnie Krakalovich

For 15 years the local Lions Club has been gathering and distributing used glasses to thousands of boys, girls and adults who can't afford to buy them. John Vanrietschote estimates that they have collected 4,000 to 5,000 pairs of eyeglasses, with a great deal of help from the ladies of the Healthcare Auxiliary. The glasses are then sent to a sorting station where they are tagged with their various prescriptions and then sent out to third world countries to give the gift of sight.

Local optometrist Tom Adamack has been involved in this project for a number of years and has made mission trips to the Dominican Republic where, with the help of the Lions Club he is able to dispense glasses to the locals. Of course, because he has only used glasses, he must find a pair that is the closest match for a person's prescription. Although this is not ideal, by any means, these people are able to see more clearly than they would otherwise.

In 1985 Dr Adamack served as a locum with an optometrist office in the Cayman Islands. Twenty-five years ago he discovered that the Turks and Caicos Islands had 8,000 to 10,000 people who did not have eyecare. Third World Eyecare Society, (TWECS) organized through the BC Optometric Association, contacted the chief medical officer and received permission to



HELPING OTHERS SEE: Powell River optometrist has been helping people without access to eyecare in the Turks and Caicos Islands see for 25 years. In November, Dr Adamack made his 26th trip. He is shown here examining an Islander's eyes.

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provide services in their country. The government supplies the names of the indigent, the volunteer optometrists provide the eye exams for a nominal fee and the suppliers provide the eyeglasses. Anyone that cannot pay has the fee waived and no one is denied an eye exam. Since this venture began there is one island, Providenciales, that now has regular eyecare.

Dr Adamack started this project with two other optometrists and over the years some have dropped out and others have come on board. They travel to Turks and Caicos two to four times a year and since 1986 have made 76 trips. Grand Turk is an island comparable in size to Savary Island, but with a population of between four and five thousand people. In order to get eye care they have to travel to Miami or Nassau which is quite expensive and most residents can't afford that. Of those trips Dr Adamack has been 26 times. The government of Grand Turk has also paid for the doctors to fly down and do diabetic clinics as eyesight is very much at risk in anyone with diabetes. Dr Adamack also remembers that one year they went down and examined all children between the ages of two and 16 years.

This year Dr Adamack was able to work with Powell River doctor Dr Deon Human, who is in Grand Turk for two years serving at one of the two hospitals that InterHealth Canada designed, built and opened



TEAM EFFORT: Dr Tom Adamack and his wife Caroline went to the Turks and Caicos islands in November to provide eye care for those who can't afford it. While there they met up with Dr Deon Human, left, who is serving at a hospital that InterHealth Canada designed, built and opened this past spring.

this past spring. Dr Adamack had a patient who he thought might have a tumour and was able to call on Dr Human to get a scan. Thankfully, it turned out not be a tumour and all was well. While on this trip they got to experience Hurricane Tomas. They were a mere 23 miles from the center of the storm and the winds were 90 miles per hour and more.

In my short time interviewing Dr Tom

Adamack I found out that, he and his wife Caroline are slowing down and taking more time off. They truly enjoy the work that they do on these trips and even though they work from 8 am to 7 pm and later, when he talks about it, it does not sound like work—it sounds like a passion. I really get the sense that they both feel that giving back is as natural as breathing for them. **PR**



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From out of nowhere

What was that?

By Marg McNeil

It was only a couple of weeks before Halloween but I was thoroughly scared. To be attacked out of nowhere literally staggered me. I was completing a walk along McFall Creek down to Marine Avenue on a sunny fall afternoon thinking about the list of things I had left to do that day when suddenly I was almost knocked to my knees.

I looked to see if a branch had landed behind me. As I was in a fairly open spot and there was no evidence of any vegetation on the path I knew I must have been hit by a bird. I put my hand up to my head behind my left ear and it came away bloody. I had heard and seen nothing. Afterwards there was a whole chorus of crows making a ruckus. Thinking about possible infection I headed to the hospital as my head continued to bleed.

The doctor in emergency found three small wounds still seeping blood. He asked if I had had a tetanus shot within the last year which I had. He decided I didn't need antibiotics. After some discussion the



medical staff thought I had probably been swooped on by an owl who had mistaken me for prey as my hair is very white.

Evidently this is not an unusual occurrence as in the summer edition of *British Columbia Magazine* there was a short article reporting a similar attack by a barred

To be attacked out of nowhere literally staggered me.

owl. This species is known for its silent flight and its attack from the rear. As I was in the owl's territory I can't blame it for doing what owls do. I am continuing to hike in the woods, but now I cover my head, and like lightning I hope owls do not strike twice. [PRL](#)

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SPEED

TACKLING



Edgehill Elementary school students participated in the annual *Guinness World Records Day* for sport cup stacking. Over 316,000 people around the world participated in cup stacking for 30 minutes on November 18th. From the left are **Jordie Livingstone, Grace Gould, Kassidi Kirk, Ashlynn Allen, Austin Rickson-Brown, Melinda Boyd**. Cup stacking is a new sport, which requires excellent hand-eye coordination and lightning-fast reflexes. In the photo, Grace is doing the 3-6-3 stack which

many students have learned to do in less than six seconds. Cup stacking is also an excellent example of a 'Brain Gym' activity that promotes connections between the left and right hemispheres of the brain by engaging both sides of the body simultaneously. Research has shown that these types of activities increase creativity and problem solving skills. Students do cup stacking as a great way to participate in a daily phys-ed program on days when the class does not have access to the gym. [PRL](#)

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	5:30-7:00 pm	Power Yoga	Penny
	7:15-8:45 pm	Level 1 ongoing	Keely
Tuesday	7:00-8:15 am	Rise & Shine	Keely
	5:30-7:00 pm	Level 1	Penny
	7:15-8:45 pm	Beginner	Penny
Wednesday	10:30 am-noon	Therapeutic Beginner for Men	Penny
	5:30-7:00 pm	Beginner	Keely
	7:15-8:45 pm	Kundalini	Penny
Thursday	9:30-11:00 am	Level II	Penny
	11:15 am-12:45 pm	Level I	Penny
	6:00-7:00 pm	Strength & Sculpt with Yoga	Keely
	7:15-8:15 pm	Yoga & Meditation	Keely

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Angels among us

They're here to help

By Isabelle Southcott

No figures in the Bible are as delightful as the angels.

This time of year, you can't help but notice these messengers of God perched on top of Christmas trees, in church plays, and on greeting cards.

"Every time a bell rings an angel gets his wings," George's daughter Zuzu says in the famous Christmas movie, *It's A Wonderful Life*, starring James Stewart.

Cindy Smith, a certified angel therapy practitioner and medium, depends on angels all year long. She listens to and is guided by angels in her daily life and practice.

Attracted to angels

Cindy didn't always listen to angels. "Three and a half years ago I went into buy an angel oracle deck of cards by Doreen Virtue for my Mom's birthday," says Cindy. She ended up buying a second deck for herself. When she used that deck of cards she was blown away by the accuracy.



ANGELIC HELPERS: Cindy Smith and Deanna Parsley say they help people connect with angelic powers.

That day Cindy embarked on a journey. "I wanted to know what Doreen Virtue was about," she said.

Cindy, a trained substance abuse counsellor and child and youth care worker, took her first step toward becoming an

angel empowerment practitioner.

Life-changing journey

At first it was self-exploration, but later she took courses to become an angel therapy practitioner. "I did a complete life change;

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I knew I'd make this my life's work."

By connecting with her angels, Cindy says she was able to open up and stop being afraid because she knew she was protected.

"And now I get to teach other people how to do the same thing."

Cindy isn't the only Powell River angel therapist. Deanna Parsley of Shambala of the Rainbow Heart Spiritual Retreat calls herself an intuitive healer, which means that she invites angels to assist her in healing work.

"I act as an interpreter for the angels. I aid in releasing blockages and old patterns."

Deanna uses a blend of massage, energy work, chanting and intuitive listening in helping people rebalance to wholeness.

Intuition

"We are all intuitive," says Cindy. "Our intuitive ability is connected with our Guardian Angel. Each person is given at least one Guardian Angel at birth. It doesn't matter what your belief system is because Guardian Angels are non denominational," says Cindy.

Both women say angels want to assist people however they have to be asked.

"When you open your life to working with angels your intuition increases and by inner listening you have divine guidance in your journey," says Deanna. "We have free

choice along our journey and angels only assist when we call upon them to help."

It was five years ago that Deanna embarked on her journey that led her to angels. "I was looking for ways to help my diabetic child and through that I discovered that I was the one that needed healing," says Deanna, who trained in Victoria at the Canadian Acupressure College.

Angels in the Bible

In the Bible, nine ranks of angels are mentioned with Seraphim and Cherubim angels on top. Angels are headed by an Archangel whose name is Saint Michael. Guardian Angels protect us, look after us and comfort us. Christian doctrine about angels evolved rapidly from 1100 to 1200 AD, as in the teachings of Saint Thomas Aquinas. Saint Thomas believed that angels fill the gap between God and mankind; they are countless and immortal.

Helping angels

Cindy teaches clients how to connect with angelic energy. "Guardian Angels and Archangels are messengers to a higher power. They will help you but you have to ask for assistance because of free will," she explains.

Angels provide a healing energy that can help you in all areas of your life, says Cindy.

Energy works through the unconscious

mind. First you ask, then you look for signs. Not all people pick up the signs, which may include feathers, butterflies, coins, numbers or even frogs. "The angels use symbols to remind us they are with us and once you pick a symbol you like, have fun!"

"But be specific when you ask, and ask for steps because there are so many ways it can be presented that you might not pick up or receive the signs."

Cindy says Guardian Angels remind us that they love us by using the four senses, feeling, knowing, seeing and hearing. "It is trusting in your gut intuitively. If it feels right it is right. If it feels wrong, it is wrong."

Deanna says it is all about releasing your control and surrendering to the divine. "I have seen the most growth when I surrender and release my own personal control," she says.

Cindy finds comfort in believing we have a Guardian Angel team with us 24/7. "If we tap into that energy we can receive a lot of guidance in our daily life."

During the month of December, many people communicate more with their Higher Power. "They're more open to watching miracles happen and witnessing human angels' help. It is not always unseen angels who create miracles," says Deanna, "but the human angel who stands up at a moment's notice to assist in miracles." PRL

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Keeping Christ in Christmas

Marine Avenue nativity display

By Isabelle Southcott

In late November of each year Heather Farrell-Sketchley unpacks the 435 nativity scenes she has stored in her attic and gets them ready to display in a vacant store window on Marine Avenue.

"I've been collecting them for the last 12 years," says Heather. "People can just look at them as they go by."

Many Powell River residents appreciate the effort Heather puts into her display. In November, Beth Kozman emailed *Powell River Living* asking about the story behind the Christmas crèche/nativity collection.

"It is a huge display of all sorts of pottery, paper maché, wooden, carved and glass nativity sets from around the world. I have no idea who the person is that spends the time collecting and displaying these pieces but suggest it for a story in the December issue of *Powell River Living*."

Powell River Living discovered the person behind the Christmas nativity display is Heather Farrell-Sketchley.

"Every year the location changes," says Heather. "It all depends on what space is available. The merchants have been very kind in donating space, I pay the electrical bills."

The display is for viewing only. Last year, it won first place in the Santa Claus parade.

Heather isn't motivated by money or recognition. In fact her reason for sharing her beautiful collection with Powell River is simple.



"I want to keep the Christ in Christmas," she says.

Remembering that Jesus is the reason for the season is important to Heather. It is also important to an international organization she belongs to called The Friends of the Crèche Society – an organization with more than 2,000 members.

In November of last year, Heather and her husband Ray travelled to Salt Lake City where they attended the Friends of the Crèche Society's biennial convention.

"There were hundreds of crèches on display," says Heather,



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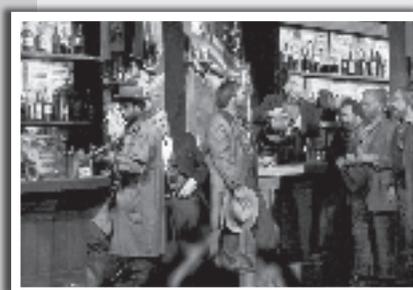
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band's church, The Church of the Latter Day Saints, began putting on a crèche display.

"They (Church of the LDS) has well over 200 crèches in their display," says Heather. The display takes place on Friday and Saturday, December 3-4.

People are invited to visit the crèche display at the Church of the Latter Day Saints on December 3 and continue on to St. John Ambulance in the Townsite to participate in the second annual Nativity night between 7 and 9 pm. "You can make nativities, sing Christmas carols, and watch nativity videos. You will leave with your very own handmade nativity. And on your way home, stop by the nativity display on Marine!" [PRL](#)



who couldn't stop herself from visiting Manger Mart and picking up a few new ones for her own collection.

Heather first bought a beautiful crèche 15 years ago around the same time her hus-

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Thirty years of AIDS

Physician reflects on sex, drugs and a loss of innocence

By David May

As it turned out, it all started long before 1981 but then (as now) few people outside the continent care much about what happens in Africa.

Thirty years ago the world was a very different place. Ronald Reagan and his "Iron Lady" UK equivalent Margaret Thatcher were sowing the seeds of a corporate-led right-wing revolution whose harvest we are reaping today. The cold war was still hot and as London medical students we virtuously attended protests against the Americans basing medium range nuclear weapons on "aircraft carrier Britain."

We amused ourselves by going to Bob Marley and Supertramp concerts. We also amused ourselves in other ways. We were probably the last generation of naive sexual innocents.

Meanwhile at the Centre for Disease Control (CDC) in Atlanta alarm bells were ringing. A new wasting disease was on the loose that left previously fit and healthy young people vulnerable to fatal and, until then, rare infections and cancers.

Some wag at the CDC called it the 4H disease based on the first letter of groups it affected. The first H was homosexuals or, more specifically, the "free loving" gay population of western California.

The second H was for heroin addicts, which later got broad-

ened to any IV drug abuser.

The third H was (inexplicably) Haitians.

And the final H was Hemophiliacs. Hemophilia is a genetic disease involving a lack of a product (factor VIII) in the blood, which enables it to clot. Untreated sufferers are vulnerable to

There's a killer on the road...

...If ya give this man a ride

Sweet memory will die

Killer on the road

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disabling and sometimes fatal hemorrhages.

One of the mainstays of treatment is to transfuse factor VIII into sufferers. Factor VIII was produced by pooling blood from multiple donors, a significant proportion of whom were drug

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addicts who used the donation fee to get their next fix. In the U.K. in 1980 the supply of factor VIII came from the U.S.

The fourth H became personal for us one cold winter's afternoon in 1983 as we lined up to donate blood. By then the probable cause of the disease-HIV (or HTLVIII as it

It's hard to remember the paranoia that surrounded those early years.

The religious right labelled AIDS as an avenging plague sent by God and a clear indication that end of the world was near.

AIDS was at that time 100% fatal

was already global.

Since then the reality of AIDS has predominantly changed our lives. There have been a few light moments. I recall the fits of giggles from my children as I discussed safe sex and demonstrated correct condom technique

Approximately 30 million people have died of the disease since 1981.

was then called) had been isolated. Our blood donation on that day was part of a premature attempt to develop an artificial factor VIII free from the virus. One of the senior medical students had hemophilia and had asked us all to come. Unbeknownst to any of us at the time, Tim had already contracted HIV. He never graduated and died at home two years later.

and sufferers were treated like lepers. It wasn't until 1987 that there was a sea change in attitudes in the UK when Princess Diana was seen to hold the hand of an AIDS patient, shaming the general public into a less xenophobic attitude.

By the next year I was a senior resident on a respirology ward and treating AIDS victims on a regular basis. The pandemic

on a bunch of bananas. (They refused point blank to eat the fruit at the end of the show.)

The cold, hard facts, however, are daunting. Approximately 30 million people have died of the disease since 1981 and about 0.6% of the total world population is now infected with HIV. In the developed world these statistics are



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Health and Social Scientist*

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now largely disarmed by the huge advances that have been made in management and treatment. With the shameful exception of Vancouver's downtown East side, those infected with the virus in the "developed" world can look forward to a life expectancy about the same or better than those who have other chronic illnesses.

And then there is Africa.

Sixty-four per cent of all those infected with HIV globally live in sub-Saharan Africa and most are without access to optimum treatments. This has resulted in a generation of orphans brought up by their grandparents in ghost villages.

Worse still, the kids end up on the street, turning to drugs and

prostitution and renewing the cycle.

AIDS has influenced several of the continent's wars and the child soldiers that fight them; leading to what one CEO termed an "unfavourable business environment throughout much of the continent." Organizations like the UN and the Gates Foundation are making some things better but meanwhile 'big pharma' is bickering over patent rights and access to newer, better drugs.

As Bono said: "History will judge us on how we respond to the AIDS emergency in Africa... whether we stand around with watering cans and watch while a whole continent bursts into flames... or not."

Some 30th birthdays are better off not being celebrated. **PR**



AIDS ANGELS: Many volunteers have been creating African AIDS Angels to sell for Christmas. Two of them are Assumption Youth Group members Alex and John MacDonald. The money raised from the sale of these angels is used to support projects in Africa including a hospital, an orphanage and a school. African AIDS Angels can be purchased at Paperworks Gift Gallery, Rainbow Valley and Breakwater Books.

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Children helping

Those who cannot speak for themselves

By Roselyn Boarman

Many organizations rely on volunteers and supporters in order to continue with the good work that they do, and the Powell River SPCA is no exception. Thanks to the efforts of many volunteers and foster parents, we are able to hold events throughout the year which raise money to help care for the many animals who need our assistance. With the help of foster parents, we are able to house and shelter them and give them the care and attention they deserve until they can find their forever homes.

Many children and youth go above and beyond to help animals who have been abused, neglected, or abandoned.

This year, generous kids in our community showed their community spirit through fundraising to help animals, with 30 children raising \$1288.71.

One of the most creative fundraisers was that of Kate Fisher and her dog Skipper, Lauren Mander and Melinda Boyd. The three friends have been making lovely earrings just in time for Christmas, under the label of Tree Frog Designs. The 11-year-old girls began selling jewellery



HELP FOR THE ANIMALS: Kate Fisher and her dog Skipper, Lauren Mander, and Melinda Boyd are selling jewellery to raise money for the SPCA.

this past summer after Kate thought it would be a good fundraiser. “For the last two summers we did bake sales and sold ice tea to raise money for the SPCA. This summer we decided to make earrings.”

The girls were able to raise \$200 for the SPCA this year, which they donated to towards the building of an SPCA shelter here in Powell River. “We think it’s cruel how some people treat animals,” said Melinda.

“I think the SPCA is a good invention,” said Kate. “I am glad that they help animals who haven’t been treated well.”

Kate and her family adopted Skipper from the SPCA. “He had quite a traumatic beginning,” said Kate’s mom Moira. “He’s scared of lots of people and he’s very shy but Skipper is a great dog.”

I am incredibly fortunate to meet many of these children, to hear about the work they do, to accept their donations, and to thank them for their efforts. The amount of time and effort they put in, and the generosity they show, is nothing short of inspiring. The SPCA is lucky to have such young and generous hearts sharing our vision of Speaking for Those Who Cannot Speak for Themselves—but luckiest of all is the city and district of Powell River. With kids like these, the future of our community looks bright indeed. **PR**

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Tutors and learners

A mutually satisfying relationship

By Dawn McLean

Rae Fitzgerald is used to doing things quickly. When she turned 60 in 2006, she retired, sold her place on the Sechelt Peninsula, bought a condo and moved to Powell River. And she accomplished all of this in six weeks.

Accustomed to her fast-paced job in the Sechelt hospital as a unit clerk, she realized she needed an outlet. "I was used to a busy job. At the end of the day, I had to just sit in my car for a few minutes to let my heart slow down!"

After seeing an advertisement for a tutor training course at the Powell River Campus for Vancouver Island University, she signed up for free training. Although she was ready to be matched up with a learner, Rae admits that she was nervous.

Trained in Japan as a dental hygienist, Maiko Todokoro claims she could barely say "How are you?" in English when she came to Canada in 2005. On a working holiday visa, she fell in love with Powell River. "It's so laid back—and people are so nice and are not judgmental."

But language proved to be a barrier.



LEARNING TOGETHER: Maiko Todokoro and Rae Fitzgerald found English tutoring to be mutually beneficial.

Deciding to improve her English, Maiko signed up for classes at VIU, where her instructor asked for her to be matched up with a tutor. It was the perfect match when Rae met Maiko Todokoro. Maiko was soon working with Rae on reading and writing, but the pair also just talked about life.

Rae soon realized that Maiko's goal was to get her dental hygienist license in Canada. To do that, Maiko is rapidly improving her English. In the meantime, Rae helped Maiko put her resume together, made a few phone calls, and drove her learner to prospective job sites. This goes beyond the usual requirements of a tutor.

Maiko now holds two jobs, one at Breakwater Books, and the other working in Dr. Smillie's office. "Rae is amazing," she says. "She's also a friend."

Rae is quick to point out that this relationship is very fulfilling to her. "I've learned a pile about Japanese culture, for example." As her eyes well up with tears, she adds, "But it's more. It's a connection that will last a long time. It's very satisfying."

The next volunteer adult training course starts in January at the Powell River campus. It's a free course put on by VIU and CALL (Community Adult Literacy and Learning). For more information contact VIU at 604 485-2878 or CALL at 604 413-1021. [PRL](#)

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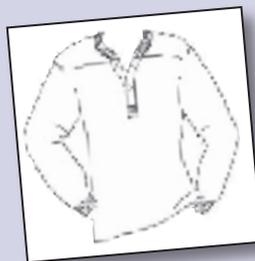
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Listen softly

Enjoy mellow jazz selections

By Jessica Colasanto

Buying local is a rewarding experience, and this holiday season brings us a great local treasure: the latest CD by Walter Martella, a live recording featuring

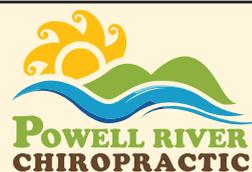
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his jazz piano complimented by the voice of Gergana Velinova.

Softly, as the name suggests, is a collection of relatively melodic selections—a perfect mix of wistfulness and bliss, strung together with beautiful melodies.

While tracks such as *Blue Orchids* and *Moon River* conjure an innocence of youth, and *Estate* brings in a Latin groove, many of the songs—such as *Mood Indigo*, *I Get Along Without You Very Well*, *Didn't We* and *Where or When*—certainly have lyrics tinged with melancholy. But Martella unravels the tunes as he plays, and Velinova lifts the essence of those lyrics to bittersweet as her voice floats above the piano strings. There is nothing melancholy about this album.

The tracks for *Softly* were captured earlier this year at the Powell River Academy of Music. Martella plays the Steinway concert grand piano, an instrument renowned for its tonal

Previous page...

WISTFULNESS AND BLISS: Gergana Velinova and Walter Martella at the Steinway work on the music for *Softly*, a new CD available at the Academy of Music.

Photo by Robert Colasanto

beauty, in a hall known for its acoustics. The disc is truly a live recording, capturing a few noise imperfections and performance originalities in order to deliver an authentic feel and sound.

Martella's musical skill is remarkable, and his favourite musical language is jazz. His musicianship landed him a spot teaching at the Victoria Conservatory of Music, and it was there that he met Velinova, who is on the VCM Jazz Department faculty and conducts its Vocal Jazz Ensemble.

Gergana Velinova is a respected and admired figure for many of Powell River's vocalists, having led several popular vocal jazz workshops in the community, brought in by the Powell River Chorus—which Martella conducts. These workshops always culminate in a performance not unlike the tracks on this disc, and the musical rapport between the two musicians inspired many audience members to suggest that they produce a disc.

When Martella was discussing his next project with Paul Steenhuis, an internationally known recording engineer who just happens to make his home on the Sunshine Coast, the collaboration with Velinova was deemed a perfect fit. Steenhuis recorded, mixed, and mastered the production. Photographer Robert Colasanto was on hand during the session to capture still images, which comprise the album artwork.

Softly is set to be released on December 6th. Readers wishing to purchase a copy can find it at the Powell River Academy of Music or may contact Martella at waltermartella@hotmail.com. For more information visit waltermartellamusic.com, and listen to two of the tracks at prliving.ca. **PR**



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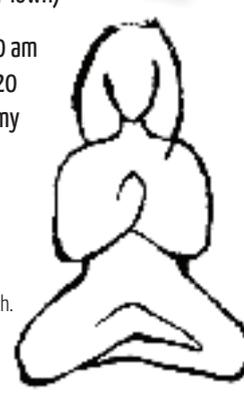
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Helping others

With a bag of groceries and a dish of hope

By Isabelle Southcott

When Rick first met Joe (not his real name) he was sleeping in his van and hadn't eaten in two days.

"He was afraid to ask for help," says Captain Rick Robins of the Salvation Army. "But out of desperation, he called the Salvation Army."

Making that call was difficult for Joe. He'd never had to ask anyone for food or shelter before. A sudden change in circumstances had left him without a place to live and no money.

"A lot of times when we meet people they are hungry and want food but we soon realize there are other things going on too."

Captain Jennifer Robins remembers what happened next. "It went from hello, how are you doing to two hours later. Rick heard his story about how he ended up this way and talked about how he could move forward."

When Joe came to the Salvation Army he felt like all hope was lost. "After two hours, he felt better. We put together a plan with



COMMUNITY DINNER: Volunteers serve up dinner and entertainment for more than 200 Powell River folks every year at the Carlson Community Club.

him. He came with nothing and left with hope," says Rick.

ASK FOR HELP

Joe isn't the only person who has had a hard time asking for help. There are many. Some drive by for days, too uncomfortable to come in. Others never do.

Rick and Jennifer understand only too well how hard it is to

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walk through those doors and ask for help. At one time, when they lived in Lloydminster and Rick was hurt in an accident, they too were on the receiving end.

Putting food on the table can be challenging. Paying the rent, and other bills is often enough to send someone struggling over the edge.

When life gives you more than you can handle, don't give up, says Rick. "We can help."

The Salvation Army has a variety of programs to nourish the body and soul.

INCREASING NEED

"We don't believe in just being a hand

out. We're a hand up. In the four and a half years that the Robins have been here they've seen the need climb and climb. When they first came, a busy day would be 25 clients needing help. Last Monday, they had 74.

"There are a lot more people coming through. We don't want people to be embarrassed about coming here... that's what we are here for," says Jennifer.

Sometimes people just need help to get back on their feet. And sometimes they come back to let Rick and Jennifer know how they're doing.

A RUSTY OLD POT

"One day a lady came in here with nothing at all to cook in," says Jennifer. "All we had was a rusty old pot and so we gave it to her. She took it home and used it because it was all she had."

Later that same lady came back to see Rick and Jennifer. She was doing much better and she took them to her home so they could see for themselves. "It was nicely furnished and she was happy. She had new pots but she said 'I'll never get rid of that rusty old pot because it reminds me of how things used to be.'"

For Rick and Jennifer, knowing that

they've made a difference in someone's life is the best gift of all.

HOW TO HELP

You too can make a difference.

Last month, the Salvation Army put on a food drive to meet the increased need. "The community support, as always, was awesome," says Jennifer. But more donations are needed to fill hampers for December. Help and donations are needed for the Christmas kettle campaign.

Those who volunteer for the Salvation Army are awesome for without them it would be impossible to run programs like the Wednesday soup kitchen or Monday and Friday hamper program or the Christmas kettle campaign.

The door at the Salvation Army is open to everyone. So is the Community Christmas Dinner put on by the Salvation Army on December 19 at the Carlson Community Club. The evening, which gets underway at 5 pm, is a wonderful coming together of people of all ages with the community band and carols. "This is Christmas dinner for a lot of people who don't have any family here," says Rick.

The dinner is free but reservations are needed. Please call 604 485-6067 to book a spot at the dinner or to volunteer. **PRL**

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Operation Santa Claus

Soapmaker organizes gifts for troops

By Lindalu Forseth

I have a nephew who serves in the Forces as a Captain; he's been to Afghanistan a couple of times already. I also have a brother who was a member of the armed forces and four uncles who served their country, two of whom were killed during World War II.

After watching programs of US citizens putting together little "extras" for the troops I decided to see what could be done in Canada and I discovered a program called Operation Santa Claus. In February 2010 I put an application to-

gether and sent it in. I got a very positive response and was informed that they will have over 5,000 troops overseas this Christmas.

I went ahead and started asking people to help by either donating soap they had made or to make a purchased donation that we would match. I contacted other soapmakers from around the world, the Handcrafted Soapmakers' Guild, of which I am a member, and my main supplier. We asked people to support our troops—the individuals

who are serving our country. Our expectations, even our hopes, were far exceeded. Thanks to donations from as far away as Australia, we are able to donate over 5,000 bars of soap.

I am very proud of everyone who donated knowing that Canadian men and women will have something special in their Christmas package this year from a diverse group of people who were able to put aside their political beliefs to say that each one of our troops matter as an individual. 



Thank you Powell River

for making our 6th annual event the best ever!
If you were unable to participate,
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What can I do to help?

Great question for this time of year

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Heating costs a lot at this time of year but we all need to stay warm—even those who can't afford it.

Food costs a lot at this time of year but we all need to eat—even those who can't afford it.

'Tis the season and anyone who has children wants to give their kids a gift or two—even those who can't afford it.

People who have been having a hard time making ends meet will have an even harder time in the next few months so if you can help, they would appreciate it.

By they we mean all the groups and individuals who put together food drives, make up Christmas hampers, volunteer, collect coats, hats, mitts, food and so forth for others.

Groups like Christmas Cheer and the Powell River District Food Bank are two very worthwhile organizations that depend on the generosity of the community so they can help those who live here.

Donations of food, grocery items, gift certificates, new toys, gloves, mittens, and scarves are needed.

Christmas Cheer has a tree at Walmart where people can pick off a name and purchase a toy for a boy or girl.

The December 4 deadline is quickly approaching to "adopt a family," said Christmas Cheer president Sandra Carmen.

It's been a busy year and there are many families and individuals who need help.

Donations for Christmas Cheer can be dropped off at the home of Tom and Marilyn Lewis at 4229 Fernwood Avenue.

Gina Kendrick and her volunteers at the Food Bank helped more than 800 people in November. But they wouldn't have been able to do that without the support of the community.

"Shaw Cable brought us 6,132 pounds of food through their drive. They are amazing! They doubled all the donations that came in as part of their Canada-wide project," said a grateful Kendrick. Campbell's Soup was also in on that project; they doubled what Shaw did. "That was an incredible campaign. And Investors Group through their Harvest the Pearl campaign raised 3,500 pounds of food for the local food bank," she added.

Because of the drives, the food bank is able to supply a variety of food and grocery items to those in need.

Upcoming drives for the foodbank includes A Dickens Banquet, an event put on by the Laughing Oyster on December 3 and 4 at Dwight Hall. Dave Bowes and his



crew always put together a fabulous evening of food and entertainment but they think of others at the same time which is why they encourage people to bring non-perishable food to the event. On December 11, people are encouraged to come on out and Fill the Bus with food for the Foodbank at Save-On-Foods.

"If anyone is able to donate money, we can always use it to purchase bulk items. We can give out receipts," said Gina.

To those who have already helped, thank you! And to those who plan to help others this year, thanks for your support. **PR**

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Proceeds from this draw will be used towards helping the less fortunate in Africa.

And the lucky winner is... Isabelle Southcott.



Powell River Living
PARDON MY PEN

By George Campbell

As the saying goes

When I was very little, around four or five years old, my grandma used to urge me to eat my entire piece of bread, including the crust. "Every time you eat the crust, an angel in heaven gets her wings," she'd say. This was way back in 1933 and it bothers me somewhat when I think of all the angels walking around up there grounded, because of the bread crusts I didn't eat.

My mom also had some favourite sayings about food. One of them was, "Eat it up. It'll warm the cockles of your heart." This one usually came about when my brothers and I complained that our food was too hot. When I grew up I did a little research into this old idiom and I discovered that the heart doesn't have any cockles. Ventricles, yes, but not cockles. Obviously my mother didn't know this and so, throughout my childhood, she went happily along quoting it over and over, determined that no child of hers was going to be walking around with cold heart cockles.

Another favourite saying of my mother's was, "Wait until your father comes home, then you're going to get it." This frightening warning had a tendency to spoil the rest of my day, especially if it happened in the morning. Dad didn't get home from work until 5:30 pm, and I well and truly knew what was coming as I had received "IT" several times before. It was difficult to find much fun in the day when you had "IT" to look forward to at the end. You'd think I'd have learned to behave better under such circumstances, but I didn't. I was a slow learner.

One of the things I was slow to learn was getting up early in the morning. My dad was a big promoter of this endeavour. He, himself, was a great one for rising at the crack of dawn, and he

felt strongly that his oldest son should do the same. "Remember son, the early bird gets the worm," he was fond of saying to me. I pointed out that another way of looking at this was that if you were an early riser you'd get worms. He didn't much care for this spin on one of his favorite sayings though it did prompt him to quote another that went: "I never worry about my oldest, he's just as happy as if he was in his right mind."

My Dad had another favorite saying that went: "If it don't hurt, it don't help." This one came out whenever my brothers or I had a cut, dent or scrape and were getting the wound treated. Whatever salve was used had to sting, according to my Dad, or else it did no good. My brothers and I had many bumps and scratches so he got to use this one a lot.

We were a noisy, boisterous group, my two brothers and I, and were often told, "Children should be seen and not heard." We paid no attention. One of my aunts referred to us as the "Riotous Brothers". If we had been able to sing rather than scream, we might have become the Righteous Brothers.

Today I am much older, and a good deal quieter, too. And I have some favorite sayings of my own. One of them is, "Okay, you can come to dinner now." Another is one that I seldom hear, but when I do it really lights up my day. It usually occurs when I am out with the boys at the local Royal Canadian Legion. It goes something like this: "Drink up, pal, I'm buying." I am very fond of that saying and it takes all the restraint I can muster to keep from blurting it out myself.

Hey, it's not that I'm cheap; it's just that I've mastered the art of self-discipline. **RL**

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HAPPY HOLIDAYS!

Gifts for your techie

For the geek who has everything

By Michael Blace

Struggling with what to buy the techie on your Christmas list? Struggle no longer! Here are a few suggestions from a local guru for the top five gifts your techno-geek might have on their list.

Apple TV

Apple TV allows you to connect your Windows or Mac computer to your TV. Apple TV streams your videos, music, Netflix, and youtube videos from iTunes. Apple is still working on improving network agreements, but as it stands their Apple TV provides one of the largest selections of TV shows in Canada apart from cable and satellite television networks.



Gifting Software/Downloadable Content

Is the techie you're thinking of also a gamer? Computer and iPhone/iPod Touch users will be thrilled by gifted games and other applications through Apple's app store or through Steam (www.steampowered.com). Point gift cards are available at most electronics stores for use in purchasing games and extra content that are online exclusives to the Xbox 360, Playstation 3, and Wii systems.



Think Geek

Technology has become so widespread that there are several subcultures within technical communities. To find a niche gift that isn't afraid to let its inner-geek shine out, look no further than Think Geek (www.thinkgeek.com). Gifts that range from edibles to office accessories—you will be able to find at least one gift that is sure to please.

Entertainment in the 3rd dimension!

2010 has had an incredible boost in 3D devices. The Nintendo Wii was a big contributor to this phenomenon and continues to lead with titles that are playable with hand movements of the controller. Microsoft and Sony have entered this field with their own devices—the Kinect and the Playstation Move respectively. Both allow the user to be superimposed into the game they are playing, but at this time the Kinect seems to excel at sports and fitness games where full body movement is necessary while the



Playstation Move excels at aiming or shooting genre of games and sports involving gear such as a golf club. Perhaps, the person you are looking for would not be interested in a work-out to feel immersed with the game. If this is the case, television manufacturers are now releasing 3D televisions that allow you to play blu-ray

movies and games supporting 3D for an immersive visual experience. For PC users, there is 3D Vision from Nvidia—a monitor and glasses combination that allows you to view many games and 3D graphical programs with greater realism.

Drobo

Practicality isn't always very glamorous, but perhaps their data is what is absolutely important to them. Drobo FS (www.drobo.com) provides another back up option with apps that support Windows, Mac, and Linux operating systems. Drobo will keep expanding with the user too, so if you start to run out of storage space simply buy another larger hard drive, and replace the oldest smaller drive. Drobo will transfer all the data over to it without the user having to do anything further. **PR**



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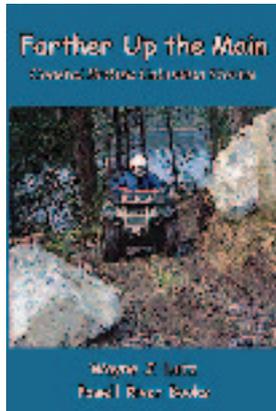
Sara McClinchey

604-485-0377

Book round up

Wintertime reading

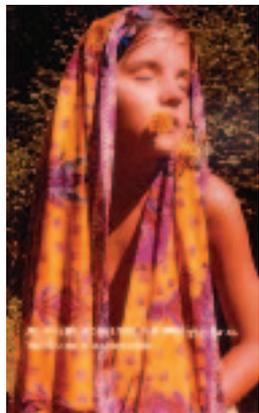
Powell River area authors have been prolific in recent months. Here's a roundup of a few books you may wish to consider for those on your Christmas list.



Farther Up the Main is the latest publication in local author Wayne Lutz's Coastal British Columbia Stories.

Lutz's latest offering provides a look at our area through the eyes of a city-folk author who discovers a place where mountains into the sea and lifestyles focus on self-reliance and a different sense of purpose.

Lutz visited Powell River 10 years ago from Los Angeles, and could not leave. He describes his "favourite place in the entire world," into his narratives of outdoor adventure. All titles in Lutz's Coastal British Columbia Stories are published by Powell River Books and are related, yet stand on their own, and can be read in any order.



Adult Child of Hippies by former Powell Riverite Willow Yamauchi (Goddu) is a humorous book about growing up with hippies.

"Come out from behind the bead curtain and stand tall," Willow urges other adult children of hippies. Do you have a name like Willow, River, Oak or Sunshine? Have you ever lived in a commune or done yoga naked with your family? If the answer is yes, then you are an adult child of hippies.

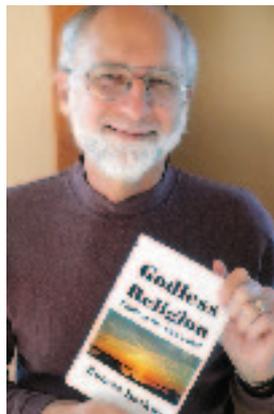
People who grew up eating sprouts and lugging herbal tea in their thermoses to school will delight in Yamauchi's first book.



Beginnings, A Bonnard family novel, is Powell River author Gwen Enquist's latest offering.

Being a novelist wasn't on Gwen's radar until she attended a Powell River Writers' Conference. She has since published three novels, *Lazy Water*, *Phone Calls After* and *Beginnings*.

Her novel *Beginnings*, a sequel to *Phone Calls After*, in what is becoming the Bonnard family series. *Beginnings* picks up the family's life one year after the accident that killed Mathew. All the characters are back and caught up in the drama of contemporary life. *Beginnings* looks at the challenges of a homeless family, tackles transformative issues and explores what it is that makes a family whole.



Godless Religion looks at how you might explain profound "religious" experiences when you don't believe in God. Local philosophy professor Bob Butkus tackles that subject in his new book. Butkus argues that experiences like watching a stunning sunset, viewing stars spread across endless space, listening to Beethoven, or facing the inevitability of death can form the basis of a religion without belief in God. He also tackles issues that arise from such a belief, such as godless justification for morality and the fear of death in a god-

less universe. Butkus says the book is the result of nine years of work. "Now I have all the answers!" he jokes. He says he has tried to write it in a way that is approachable and accessible to the general reader, and that the book will appeal to anyone who questions religion or the existence of God. [PR](#)



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The egg collector's job

Article brings back memories

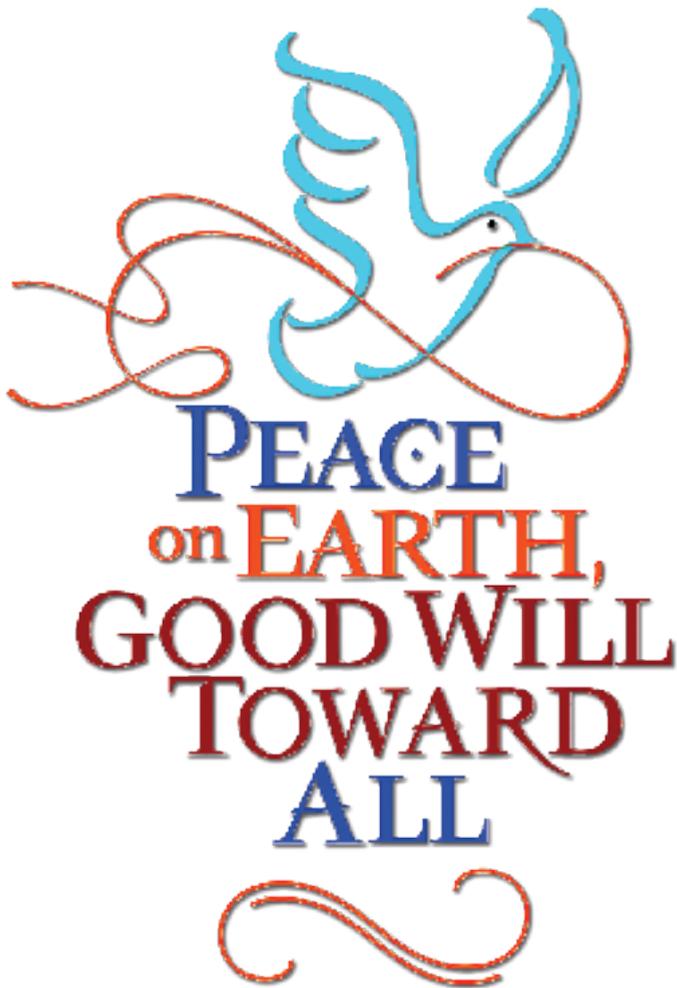
After reading an article called the "The Egg Seller's Dilemma" in the October 10 issue of Harrowsmith, 73-year-old Arlene Carsten of Okeover was reminded of visits to her grandmother's farm when she was just five years old.

"My job on these visits was to gather the eggs from the hen coop and carry them up to the kitchen where Grandma would brush the eggs clean of any dirt and then get out the egg candler. This was comprised of an old Quaker Oats round box with the picture of the happy Quaker in blue garb against a background of red and yellow and white. Grandma had cut a hole in the bottom of the empty box and then would hold a light bulb inside the box and we looked at each egg, now illuminated from beneath.

We never washed the eggs since that would remove a protective natural coating from the shell. She would "grade" them by eyeballing the size of the egg in preparation for boxing and selling them to her neighbours.

That small farmers are now beset with so much government regulation and cost blew me away: \$125 yearly fee for a Canadian Food Inspection Agency License to grade eggs, \$600 for a candle grader, \$100 for a weigh scale, two refrigerators (one for graded eggs and the other for non-graded eggs), a washing system, a sink and a concrete floor with a drain. And it can't be done in your house.

Oh for the Good Old Days! Wonderful memories." **RL**



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Powell River Living FAMILY MATTERS

By Isabelle Southcott

Learning to communicate... again

Parenting has to be the most difficult job of all. There's no one size fits all; what works for one child often doesn't work for the next.

Communicating with teens can be tricky and sometimes I feel like I am talking to another species when I attempt to have a conversation with my own.

Me: "Would you like beef dip for supper tonight?"

Teen: Happy grunt.

Me: "Would you like a Cesar Salad with that?"

Teen: Another happy grunt.

We eat dinner and at the end I hear a satisfied double grunt.

Me: "Can you clear the table?"

Teen: Deep unhappy grunt.

Recently, I've been expanding my vocabulary so I can understand a variety of grunts as I'd like to be able to communicate effectively with my teenager. I've already discovered that short, monosyllabic words are favoured... words like "Later," and all the short cut acronyms they use on FB (sorry Facebook) so they don't waste words.

When my teen doesn't like something, I hear sad face. Conversely, I hear happy face when something I do pleases the said teen in my life.

My male teen is in training to be a man and, according to numerous surveys, men use fewer words than women. In fact, the average woman uses anywhere from 7,000 to 20,000 words a day whereas the average man uses just 2,000 to 7,000 words a

day, depending on which survey you believe.

So it stands to reason that teenage boys would use fewer words than their mothers.

I am discovering that parenting a teen requires a lot of patience and understanding. It also requires just the right amount of letting go, love, respect, firmness, discipline and trust. And even if you get all the ingredients right there are no guarantees everything will turn out the way you want it.

I remember a congratulatory message left on my answering machine by a good friend while I was in the hospital giving birth to my first child.

"Congratulations on your new baby. You're probably really excited right now but remember someday he'll grow up and when he does, I hope you'll remember all the good times you had. Like when your baby becomes a teen and experiments with alcohol. Or when he steals your car and gets caught speeding and gets brought home by the cops."

My friend paused and collected her thoughts. "Babies are beautiful," she said. "So enjoy yours. And hold onto that because when they become teenagers you'll need something to hold on to. By the way, in case you haven't guessed already, my teenager stole my car and got brought home by the cops."

Click.

I listened to my friend's message and although I quickly dismissed it, I never forgot it. I remember my own teenage years and my own struggles as I try to understand my own teen and other teens.

The teenage years are tough. There's no two ways about it, but if you can keep grunting with your teenager, hopefully that will lead to more meaningful conversation down the road. **RL**

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For the sixth year, Powell River will host the Banff Mountain Film Festival in early January. The popular film fest will run over two nights, January 7-8. Last year, just one night was booked, and it sold out quickly. Jim Palm, who organizes the visit of the travelling tour, says the festival regularly draws a large crowd. "This year we're doing two nights again to make sure no one is disappointed. When you're flying somebody in (to deliver and present the film line-up) you might as well."

The event usually attracts a different crowd from that usually lined up for events at the Max Cameron Theatre.

"It appeals to anybody interested in the outdoors, the environment, or culture. There's a wide variety," said Palm. Adrenalin-pumping climbing and mountain sport films are the core of the show, but exploration, adventure and mountain culture are also popular. At deadline, the film line-up had not been confirmed, but Palm says the entries never disappoint. Doors open at 6 pm for socializing and snacks. Those with tickets to Friday's

show will enjoy light fare provided by the Culinary Arts students. Finger food will also be provided Saturday evening. The films start promptly at 7 pm both nights. Proceeds from this year's event will go to support students in need, as well as assist with travel expenses for Brooks sports teams. "The cost of travel is not getting cheaper and it's hard to get teams to travel to Powell River, so our teams are having to travel more," said Palm. **PR**



TOP: Seth Lightcap, From the film *Deeper*

BOTTOM: Ozturk & Richards Collection, from the film *As it Happens*

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Powell River Living BUSINESS Connections

By Kim Miller

Seven former staffers from the Tree Frog Bistro, when it was on Texada, have opened **The Ravenous Raven** on Texada Island after the Tree Frog moved to Powell River's Marine Avenue. The Ravenous Raven opened in the same location in Gillies Bay, and is open Tues-Sat 11-8 and Sundays for brunch from 11-3. The building has been totally renovated and new furniture added. It now seats 50, plus 10 at the bar. Daily features and frugal Tuesdays are popular, with the focus on good homemade food. Visit theravenousraven.com or call 604 486-0471.

A new pharmacy called **The Medicine Shoppe** will be opening soon. It will be located in Phase One of Gibsons Crossing.

There's a new hand at the helm of the **Welcome Wagon**. **Danielle Dunbar** has taken over from Joanne Clements. Danielle and her husband Craig Dunbar of Investor's Group followed Danielle's parents who retired here. Before moving to Powell River, Danielle and Craig were dive instructors in Thailand and English teachers in Taiwan. Craig is originally from Scotland, while Danielle is from Prince George. Danielle says she enjoys meeting new people and new businesses. If you know someone who has moved to town, or who could benefit from the "Welcome Baby" program for new parents, give Danielle a call at 604 485-9785. She has a basket of gifts for them!

Dr John Hall has sold the **Powell River Veterinary Hospital** to **Dr Bryce Fleming** who most recently practiced veterinary medicine in Regina, but is originally from BC. Dr Fleming says he has no wholesale changes planned for the hospital, but does plan to add some more technology and diagnostic equipment. Fleming plans to continue the tradition of good basic medicine and care for both clients and animals that Dr Hall established. You can reach the Powell River Veterinary Hospital at 604 485-6333.

Sharon Erickson of **Eclips Hair and Body Salon** and **My Sister's Closet** is excited to announce their new location on Marine Avenue. They're moving to 4689 Marine, beside the Healing Room, and across the street from the Jailhouse Café. With the new location, My Sister's Closet will have a larger selection of clothing in Junior, Plus and Petite sizes along with their selection of purses, boots and shoes. The salon/store is open at this new location December 1st and will be open Tuesday through Saturday.

Do you collect Air Miles? Air Mile reward miles are now available at **Valley Building Supplies**. You can earn one reward mile for every \$15 spent at Valley.

Powell River's **Sears Home Store** has changed hands. The new owner is **Carl Haakensen**, formerly the sales manager at Staples. Former owner **Chuck Schreiber** is now with **Investor's Group**. Carl says he had been wanting to own a business, and the Sears Home Store fit his strengths in retail and sales, and it allowed him to stay in Powell River. Under Carl's ownership, the store will now also be open Sundays, 12-5. More than 2,000 appliances are available at the store, and they price match to anywhere in Canada.

Speaking of new owners, **Chantelle Jackson** is the new owner of the Powell River **H&R Block**. She takes over from previous owner Sharon Jackson who has retired.

If you haven't already heard, a new Apple specialist store opened at the **Town Centre Mall** in November. **Dave Allen**, who publishes Just Business magazine from Sechelt, owns a **Rapid Edge Apple** store in Sechelt and has expanded to now include the whole Sunshine Coast.

Measure for Self-Employed people is a new Employment Insurance (EI) program which extends access to EI special benefits to self-employed people on a voluntary basis. There are four types of EI special benefits: maternity benefits, parental benefits, sickness benefits and compassionate care benefits. Learn more at www.servicecanada.gc.ca/eng/sc/ei/sew/index.shtml or call 1-800-O-CANADA. 

Do you have any changes within your business you want Powell River to know about? New managers, new owners or are you moving locations? Starting a new business? Call the Chamber office at 604-485-4051 and I will get your info into the next issue of Powell River Living.

Also the Chamber of Commerce provides monthly updates and invitations to community events via email. If you are interested, please send us a note and we will include you in our updates. Email me at office@powellriverchamber.com.

With files from Powell River Living staff.

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PLEASE JOIN US

Until December 24 we are looking for more people and organizations to take a Kettle shift and bring joy in the marketplace this Christmas. Shifts from 10 am to 8 pm. Please call 604 485-6067 to book your time!

Until Dec 15, please fill Christmas hampers by donating non-perishable food items and new toys for youth/children..

SUNDAY, DEC 19 @ 5PM • Our annual Salvation Army Community Christmas Dinner, held at Carlson Community Club (formerly Moose Hall), 4463 Joyce Ave. Call 604 485-6067 to book your free tickets, or to volunteer to help with the dinner.

FRIDAY, DEC 24 @ 7 PM • Our annual Christmas Eve Candlelight Service, held at The Salvation Army

4500 Joyce Ave † Powell River, BC † 604 485-6067



Faith Lutheran Church

DECEMBER 19, 10 AM
† Sunday School Pageant:
'Twas the night of Jesus' Birth

DECEMBER 24, 7 PM
† Candlelight Service with
Holy Communion

DECEMBER 26
† First Sunday after Christmas, 10 am
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Dec 12 • **S/S Christmas Pageant** 10:30 am Sunday Service
• **Carolling around the church neighbourhood** 6:30 pm

Dec 15 • **Blue Christmas** 7 pm

Dec 19 • **Communion** (No Sunday School) 10:30 am Sunday Service

Dec 24 • **Christmas Eve Friday** 7 pm Family Service; 11 pm Communion

Dec 26 • **Carols & Lessons at the 10:30 Service**

Dec 27 • **Family Skate** 4–5 pm at the Complex then **Potluck** in Trinity Hall

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Powell River Living BLAST FROM THE PAST

Savary Island's candy store lady

By Gerry Gray

She was attacked by a rhino, was run out of Kenya by marauding Mau Mau's, survived a couple of plane crashes, suffered through malaria fever and survived pneumonia. Along with an emergency landing on the Nile River and a few other catastrophic events, the lady with the unlikely name of Rosemarie Primrose, now comfortably ensconced in her Kiwanis Manor apartment, looks back on those death defying "near misses" as adventures.

Her name is a misnomer; Wonder Woman would better describe the life she has lived. Powell Riverites know her as the Savary Island Candy Store Lady, which she says was one of her tougher jobs but the one she most enjoyed. Along with a B&B over the hill from Primrose Lane and part time nursing, her life was a busy one.

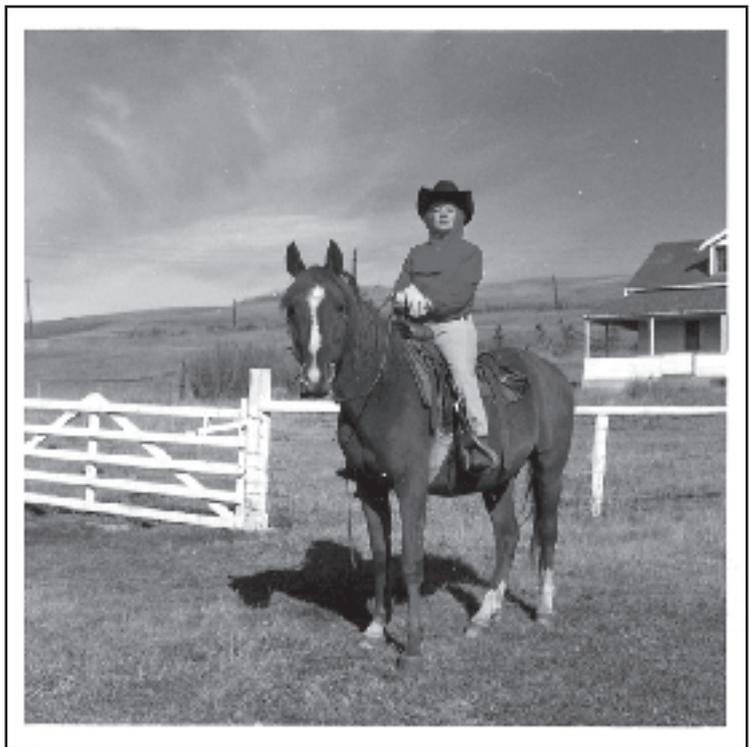
However one more near tragedy came her way whilst flying with a patient to Powell River General Hospital. "Over Harwood Island the motor suddenly stopped. I said this is it as the plane lost altitude. The pilot managed to haul the nose up and the motor resumed. It happened three more times before we got to the Powell River airport. Veteran pilots said the heat of the day settled and took away the stability of the air. I guess someone was looking after me again."

Early days

Rosemarie Primrose started her long journey through life in Lethbridge, Alberta during the Great Depression. "Ever since I was four years of age I wanted to be a nurse. Fifteen years later my dream came true when I was accepted as a nursing student at Vancouver General Hospital. "I had no money so I got a night job at the Cave Nightclub as a cigarette girl," she said. "Selling cigarettes, cigars and such table to table. After I got my degree I worked for a while in a Vancouver clinic. I then got an opportunity to work in Africa and quickly accepted and soon was flying out to Kenya.

Africa

"The plane, a Flying Boat, couldn't land on the lake near where we were to work but because of rhinos, elephants and a huge flock of flamingos clogging the lake so we flew back to Alexandra, where we had to put down on the Nile. Looking at that filthy river perished all thoughts I ever had of a beautiful Blue Nile. Then it was off to Sicily, for a short call to get some minor



BACK AT THE RANCH: In 1964, Rosemarie was working a ranch and a job at the Calgary hospital.

repairs then we moved on to East Africa. We landed at Mombasa and on to Kenya. I nursed for a while in the local hospital but soon realized that no one was interested in keeping equipment sterile (even the doctors) so I packed up and went to the country and set up outdoor clinics.

"Kenya was in a turmoil because of the Mau Mau attacks on white settlers. The tribe wanted to settle land claims and the government ignored them. Even though the warriors had threatened us I could still have empathy for their cause. Developers, mining companies and the like just moved in on their tribal land. They were being squeezed out of their heritage.

"My marriage broke up at that point and I went to work in a hospital situated on the Ugandan-Kenyan border."

By this time Rosemarie was getting tired of Africa so she wired

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her son Gary who was managing an inn (Yewfield) in the Lake Countries to help her get back to Canada.

Life on the ranch

"In 1959 I was back where I started (Lethbridge) working in a Calgary Hospital. About this time I took an interest in horse and cattle shows and met Bob Primrose, a writer and editor of show events. We hit it off good and were soon married. We bought a ranch outside Calgary and Bob started publishing Western Canada Outdoors and Field Horse and Rodeo. I still worked at the Calgary Hospital so we had a busy time of it."

Eight years into the marriage tragedy struck again. Bob died suddenly of a heart attack and Rosemarie was on her own again.

Savary days

"My son was a great help at this time. I had purchased three lots on Savary Island in 1972 (for \$19,000) so he suggested I start a bed and breakfast. I did as he suggested and spent the happiest days of my life managing my B&B (on Primrose Lane) and The Candy Shop. The people there were like family. Everyone got along."

Penny candy

"The Candy Shop was popular because I had 11 kinds of penny candy and was the only shop on the Island. In the summer time I had to limit entrance to the shop to three kids at a time. There'd be up to 20 waiting on some days. I loved the people that came and lived on Savary. During my time there I would spend some time being the Island nurse and would cycle around visiting people who were ailing."

In 2004 another disaster struck her. She had recently bought a house in Powell River with the idea of wintering in the city and spending summers on Savary. Unfortunately she had a life threatening reaction to her annual flu shot and was hospitalized immediately.

Life at Kiwanis

When she finally was discharged from the hospital she realized that she needed to live in an assisted living environment. She chose Kiwanis Manor but the waiting list was a year long. "The



PRIMROSE LANE: Rosemarie at her home on Savary Island, where she ran a B&B and a candy shop.

wait was worth it," she said. "My son comes over from England to see me every six months and he takes care of my needs. I'm comfortable here and the people in Kiwanis are excellent companions. Maybe I finally landed on my feet," she joked. **PR**

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Powell River Living COMMUNITY Calendar WINTER

Dec 3: Nativity Night. Creche display at Church of Jesus Christ of Latter Day Saints. Games, food, crafts, carols and activities St John Ambulance 7-9 pm. Watch for creche window displays on Marine.

Dec 4: Skye Fiona Wallace, indie/folk singer/song-writer performs at Manzanita. Full menu available, reserve for \$10 or \$13 per person at the door. Call 604 483-2228 or info@manzanita.ca for more info.

Dec 6: A Christmas Evening for Women at West-view Baptist Church at 7 pm. Fashion show, music, refreshments, door prizes. Tickets \$10 at Mark's Work Wearhouse, Eclips and the WBC office, or call 604 485-9607.

Dec 10: The Ravens (PR's wheelchair basketball team) host a special practice and games day at Oceanview School 4-6 pm. Former National Team coach Joe Higgins will be there with some players from the city. Required skills: Can catch and throw a 5' pass, follow directions in a team environment, independently wheel own chair. Contact Lindsay at 604 485-2688.

Dec 10: Carols by Candlelight at Dwight Hall at 7:30 pm. Tickets are \$16.

Dec 11: Don Carlo opera at the Max at 9:30 am.

Dec 11: 10 am-4 pm, The Ravens at Oceanview.

Dec 11: Carols by Candlelight at Dwight Hall at 1:30 pm & 7:30 pm. Tickets are \$16.

Dec 12: 2 pm at the senior's Centre in Cranberry. Sharing "Gemuetlichkeit", coffee, Christmas baking and traditional German Christmas carol sing-along. Join the Harmonie Klub if you feel connected. Bring something for the PR Christmas Cheer, please. Contact Elisabeth at 604 485-4767.

Dec 16: Chor Musica Men's Choir at the Academy Hall at 8 pm.

Dec 19: Christmas Crooning with Walter Martella and Zia Salehian at Manzanita Restaurant, full menu available, reserve your spot for \$10, call 604 483-2228 or info@manzanita.ca, \$13 at the door.

Jan 7 & 8: Banff Mountain Film Fest at Max Theatre. Door, snacks and bar at 6 pm. Films at 7 pm.

Jan 8: La Fanciulla del West opera at Max Cameron Theatre at 10 am.

Jan 21: Daniel Chow on the piano at the Academy Hall at 8 pm.

Feb 3: Shakespeare's King Lear by Britain's National Theatre at the Max Theatre at 7 pm.

Sunshine Speakers Toastmasters: Meets 2nd & 4th Thursday at 7 pm in the School District boardroom on Ontario Ave; and at noon on the 1st & 3rd Thursday. Guests welcome. Barb Rees, 604 485 2732 or Isabelle Southcott, 604 485-0003.

Alcoholics Anonymous: 8:30-9:30 pm. Fridays-United Church basement; Saturdays-Hospital Boardroom; Sundays-Alano Club. Info: 604 414-0944, 604 485-5346, 604 483-9736. Texada: 604 486-0117.

Community Resource Centre: 4752 Joyce Ave. Information sessions at 10-11 am. Free; open to everyone. For more info call 604 485-0992.

Sundays: Faith Lutheran Services & Sunday school, 10 am. Call Pastor Carol at 604 485-2000.

Mondays: ORCA Bus, Dec 6 & 13, Jan 10, 17 & 24-9:30-11:30 am at Lund Community Hall. For more info call 604 485-2132.

Mondays: Breast Cancer Exercise Group. Fun, relaxed atmosphere for all fitness levels. 4 pm at PR Gymnastics Studio, 4360 Joyce. Info: Terri Beck 604 485-5876.

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

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

Mondays: Bike ride at Suncoast Cycle, 6 pm.

Mondays: Pasta Night, 4:30-6 pm at Powell River United Church, 4440 Michigan Avenue.

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

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

Second & Fourth Monday: Faith Lutheran Food Cupboard is open 1-3 pm

Last Monday: at Family Place; La Leche League, breastfeeding support, 10 am.

Tuesdays: ORCA Bus-Dec 7 & Jan 11-12:30-2:30 pm at the beach in front of the church in Sliammon (bad weather? Bus will be at Ahms Tah Ow). January 10 & 17- 9:30-11:30 am at Lang Bay Community Hall. Jan. 25 12:30-2:30 at Public Library. Info: 604 485-2132.

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

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

Tuesdays: PR Stroke Recovery Club meets In the Lower Legion Hall from 10 am to 1 pm. Contact Trudy Simpson at 604-48506396 or Rhonda Ellwyn at 604 483-3304 for more information.

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

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

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

Tues & Thurs: Anglican Church Senior-Supervised after School Club, 3-4:30 pm. Healthy snacks, board games, homework help, supervised Internet.

First and Second Tuesday: Food Bank, 6812-D Alberni Street, 10 am-2 pm. For more info call 604 485-9166.

Second Tuesday: Living with Cancer Support Group, 1:30-3:30 pm. All cancer patients, survivors and loved ones welcome. For more info call Helen at 604 485-4071 or Carol at 604 485-9115.

Second Tuesday: Parkinson Support Group (Jan-June & Sept-Nov), 1:30 pm, Trinity Hall of the United Church. For more info call 604 485-5973.

Fourth Tuesday: Powell River Garden Club meets at the Cranberry Senior's Center (corner of Manson Ave and Cranberry St). Doors open at 7 pm. Meeting starts at 7:30 pm. everyone welcome.

Wednesday: ORCA (On the Road with Children's Activities) Bus-Dec 1 & 15, January 5 & 19 9:30-11:30 am at the Lang Bay Hall, Dec 8 and January 12 & 26, 9:30-11:30 am in the Townsite by the Old Court House Inn. For more info call 604 485-2132.

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

Second Wednesday: Powell River SPCA meets at Quality Foods boardroom at 7 pm. Everyone Welcome.

First & Second Wed: Food Bank, 6812-D Alberni

Street, 10 am-2 pm. For more info call 604 485-9166.

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

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

Thursdays: ORCA (On the Road with Children's Activities) Bus: Dec 2, Jan 6, 1- 2: pm at Gillies Bay Community Hall on Texada. Dec 9, Jan 13 & 27, 9:30-11:30 am on Alberta Street by Assumption School. Dec 16, Jan 20, 12:00-2:00 at Texada School in Van Anda. For more info call 604 485-2132.

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

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

Thursdays: Family Place, parent/child drop-in, 10:30 am-1:30 pm. Please contact the Parent-Child Mother Goose program coordinator at mother-goose@prepsociety.org for more information.

First and Second Thursday: Food Bank, 6812D Alberni Street, 10 am-2 pm. For info: 604 485-9166.

Fridays: ORCA (On the Road with Children's Activities) Bus-Dec 3 & 17, January 7 & 21 & 28, 9:30-11:30 at the Bruce Denniston playground at The Larry Gouthro Park. Dec 10, January 14:9:30-11:30 at the senior's Center in Cranberry. For more info call 604 485-2132.

Fridays: Ravens Wheelchair basketball team practice from 4-6 pm at Oceanview School. For more info contact Lindsay at 604 485-2688.

Fridays: Anglican Church Community Lunch, 12-1 pm.

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

Third Saturday: Senior's Center in Cranberry holds their afternoon of cards, games and scrabble at 1 pm. Please register in advance by calling 604 4859562 or 604 485-2153. All welcome.

2nd Annual Nativity Night!

Friday, December 3rd

Crèche Display
10 am - 9 pm
The Church of Jesus Christ of the Latter Day Saints
6952 Courtenay St

Window Display
Watch Marine Avenue's windows for our display

Games, food, crafts, carols & activities
Join us 7-9 pm at the St John Ambulance building in the Townsite.

FREE - Everyone Welcome!





Powell River Living FACES of EDUCATION

Leading the way in trades training

Five years ago School District 47 added trades and technical programs to their educational offerings. Today, the school district is considered a leader in this area and is in the process of getting other districts to partner with Vancouver Island University like they have.

“School District 47 is a leader in providing dual credit programs,” said Kevin Evans, chief executive officer of the Industry Training Authority. Evans was in Powell River last month to speak at a Chamber of Commerce luncheon and while he was here, Troy Marshall, Central Island Regional Coordinator for dual

“I went from welding to carpentry to hairdressing and then to Brooks Secondary School,” said Evans. “I was impressed by the spirit that was present at the school and with the labour market leaders at the Chamber event. It was cohesive, with people who had their eyes on their target.”

Since the school district launched its trades and technical programs five years ago, student enrollment in these programs has doubled and new trades have been added.

Evans praised the school district for having a clear vision of knowing where they are going and for their role in building

community. “You don’t always find that,” he said. “It speaks to me of an engaged school board and of the education system as being an important part of that.”

Despite all SD47 and VIU are doing, the head of BC’s Industry Training Authority says more needs to be done.

“Less than 20 % of employers hire apprentices,” Evans told those attending the Chamber of Commerce luncheon.

“When you hire apprentices you keep young people in their communities.”

BC and Canada recently emerged from the worst economic downturn since 1982. Recessions, like these, hurt apprentices because they are often the first to be laid off and employers feel they can’t take on new apprentices.

The apprenticeship program appeals to many students because they are able to earn while they learn. And it is successful in BC. The national average pass rate for the Red Seal exam is only 63 %; BC’s average pass rate is 78 %, and School District 47’s average pass rate for the Red Seal for the last four years is 85 %.

The school district is running good programs cost effectively, said Evans. “They took the welding facility which isn’t an impressive place from the outside but they deliver state-of-the-art programs there.”

While in Powell River, Evans met with those involved in the culinary arts program and talked to students in the hallway at Brooks. “I got a good positive feeling at the high school. I talked to students in the hallway and they looked me in the eye and said hello. The amenities are tremendous. I almost wish I was back in school!”

Engaging students by providing meaningful programs is a priority with the school district. “When we add programs that are relevant to students there’s the opportunity for all students to be interested and engaged. This has done what we wanted it to do,” Yule said pointing to the 65 students who recently graduated from the dual credit program. “The program was relevant to them; they were engaged through to graduation.”

The collaboration that occurs between SD47 and VIU is a model for others to follow, said Evans. “It almost appears seamless as it relates to the trades. With SD47 acting as a broker with other school districts and VIU on the island, they are trying to get other school districts to tap into VIU,” said Evans.

Industry analysts say there will be a shortage of skilled workers in the coming years.

“Fewer people are entering the workforce than exiting. By 2015 BC will have a 160,000 position labour shortfall,” said Evans. And that demand will continue to grow. “We’ll need carpenters, chefs and people in the construction trades.” BC will be competing with other provinces for skilled workers.

“Our future prosperity depends on creating a training culture. We need to invest in training.”

Partnerships between various training authorities are necessary to keep programs running in smaller communities. “In areas like ours there needs to be partnerships between VIU, local First Nations, ITA and school districts all working together to maintain programs. It is a collaborative effort,” said Yule.

“It’s the ITA’s job to make it as attractive as possible to their partners to deliver programs that will equip people with the right skills,” said Evans. **RL**



TRAINING LEADERS: Kevin Evans (left) of the Industry Training Authority, says School District 47, headed by superintendent Jay Yule (right) is a leader in trades training.

credit programs for Vancouver Island University (VIU) and School District 47 (SD47), took him on a whirlwind tour of the school district’s facilities and showed him the trades and technical programs offered in Powell River.

In September, Marshall took on this new job as Central Vancouver Island’s regional coordinator for dual credit programs with VIU. “It’s a regional strategy for the delivery of trades and technical training to school districts,” said Jay Yule, School District 47’s superintendent of schools.

Because SD47 has a well-established dual credit program, Marshall is lending the school district’s expertise to help support the region. During Evans’ visit to Powell River, Marshall was able to bring the Industry Training Authority CEO up to date on what is happening in the area and show off Powell River’s programs.



Powell River Town Centre Mall



December Shopping

Join us for photos
with Santa & fun for all ages

Christmas Shopping Hours at TC Mall

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
SPCA's PET PHOTOS WITH SANTA Saturday & Sunday, Nov 27 – 28 11 am – 2 pm			Regular Hours	Open to 9 pm	Open to 9 pm	Santa's Hours 1 – 4 pm
5	6	7	8	9	10	11
Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm
Open 11 – 5 pm	9:30 am – 5:30 pm	9:30 am – 5:30 pm	9:30 am – 5:30 pm	Open to 9 pm	Open to 9 pm	9:30 am – 5:30 pm
12	13	14	15	16	17	18
Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm
Open 11 – 5 pm	9:30 am – 5:30 pm	9:30 am – 5:30 pm	9:30 am – 5:30 pm	Open to 9 pm	Open to 9 pm	9:30 am – 5:30 pm
19	20	21	22	23	24	25
Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 4 pm	Santa's Hours 1 – 3 pm	Merry Christmas
Open 11 – 5 pm	Open to 9 pm	Open to 9 pm	Open to 9 pm	Open to 9 pm	Open 9:30 – 4 pm	CLOSED
26 Boxing Day	27	28	29	30	31	
Open 10 – 5 pm	Regular Hours	Regular Hours	Regular Hours	Regular Hours	New Year's Eve	
					Open 9:30 – 4 pm	

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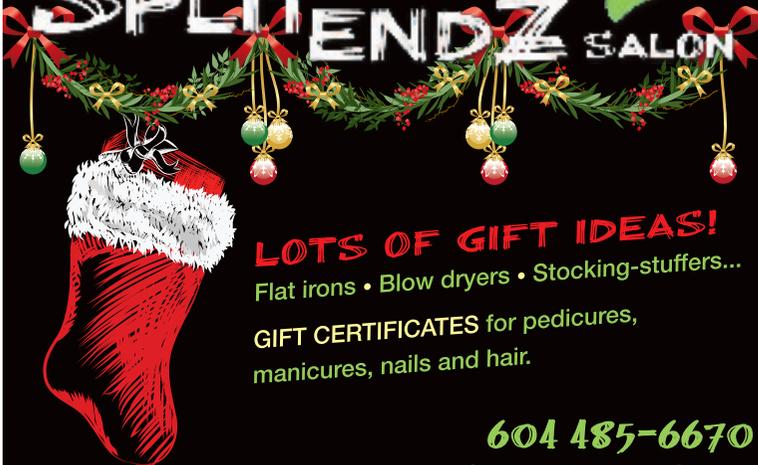


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MALL HOURS

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FRI • 9:30 am-9 pm SUN • 11 am-4 pm

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Powell River

Town Centre Mall