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## **Christmas traditions**

**In big families, or all alone**

## **Keeping the faith**

**Why it's important**

## **Going wild**

**Food from the forest**

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DECEMBER 2011

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The "Big Cheque Presentation" of \$13,800 by President Lorraine Hansen and other Members of the Powell River Health-Care Auxiliary in front of the Economy Shop on October 31.

The two "TrailRiders" were on hand for the photo and the suggestion was made that we should have someone in them. Auxiliary member Darlene Sundin excitedly volunteered to be the one and enthusiastically gave up her walker. Her enthusiasm continued as she announced she wants to be a "rider" as soon as the good weather returns and is on the list for when our programming starts in May 2012!

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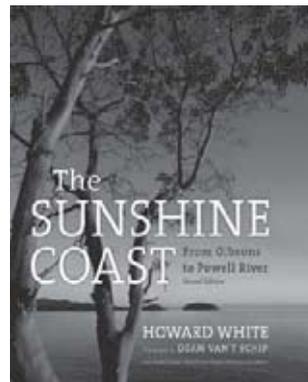
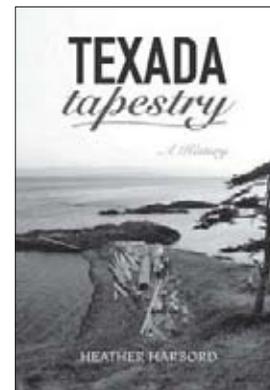
A HISTORY

*By Heather Harbord*

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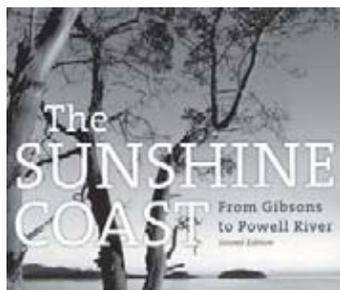
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## Powell River Living CONTRIBUTORS



**ROBERT COLASANTO** has been a photographer for over 35 years and specializes in capturing Powell River in the moment.



**ERNALEE SHANNON** is a holistic health practitioner, writer and a big believer in the power of gratitude, being positive, and helping others. An active member of River City Storytellers, ErnaLee is a passionate storyteller who loves a good story.



**DAVID PARKINSON** is the coordinator of the Powell River Food Security Project, which makes sense given that he is a formally trained linguist who worked in software for seven years.



**EMMA LEVEZ LAROCQUE** is a local author and the Literacy Outreach Coordinator for Powell River. Her job is to raise awareness about literacy in the community.

*I love to hear a choir. I love the humanity... to see the faces of real people devoting themselves to a piece of music. It makes me feel optimistic about the human race when I see them cooperating like that.*

**Sir Paul McCartney (1942 – present)**  
English musician, singer-songwriter

### OUR CHOICE OF PAPER

This magazine is printed entirely on paper made by Catalyst Paper. The cover and centre stock are PacificCote, made at Port Alberni. Most of the pages are Electrabrite, made at the Powell River mill.

### ON THE COVER

Walter Martella heralds the season with a tune during last year's Carols by Candlelight. The event runs this year Dec 9 and 10. Photo by Robert Colasanto



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

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# Powell River Living IN THIS ISSUE

## Faith, family and friends

**W**hat are the most important things in your life? Money? Power?

For most of us, no. If we had to focus on a few things only, they would probably be family (love), health, faith, and friends.

For it is people who give meaning to life.

December is good time to reflect on what has been and look ahead at what can be. Be grateful, be thankful. Help others when you can. Pretty simple huh?

This issue began with the theme of faith, family and friends. We asked three of Powell River's clergy to share their thoughts on Keeping the Faith.

Their stories, which begin on page 29, are not only moving but show how important faith is in our lives.

Last year, writer Ernalee Shannon and many others stuck at the Little River Ferry Terminal wondered if they were going to make it home for Christmas. Read how a miserable situation brightened with Christmas spirit in Ernalee's story on page 35.

Distance, busy lives and all the things that prevent us from getting together with loved ones the rest of the year are often overcome at Christmas. Twelve-year-old Daniel Schweitzer (aka The Fifth Schweitzer, because of his birth order) tells us what Christmas is like in his family. We also interviewed interviewed the Desilet and Clark families about what they do to celebrate.

Columnist George Campbell and his faithful feline Cleo share more of their adventures with us. This time, it's all about birds, turkeys and a partridge in a pear tree. For a deep-belly chuckle George Campbell style be sure to read his column on page 10.

You may know just what an amazing program Powell River Therapeutic Riding provides to children and adults with a variety of disabilities. But running this program is expensive... very expensive. There's a reason why horses are called oat burners. It costs more than \$3,000 a year to feed, stable, shoe and provide basic veterinary care for a horse and with seven horses in the program, the bills add up quickly. A new Adopt-A-Pony program is a great way to help others while letting someone you care about know you remembered them at Christmas. Don't miss our Christmas pony Liam on pages 20 and 21! If that doesn't melt your heart I don't know what will.

If you're thinking about books by local authors, CDs, tickets to the Banff Mountain Film Festival or snowshoes for that special someone on your Christmas list, you'll find an advertiser who carries just what you need.

Until we meet again in 2012, a Merry Christmas to you and your family. God Bless. **RL**

*Isabelle Southcott*

Isabelle Southcott, Publisher • isabelle@prliving.ca

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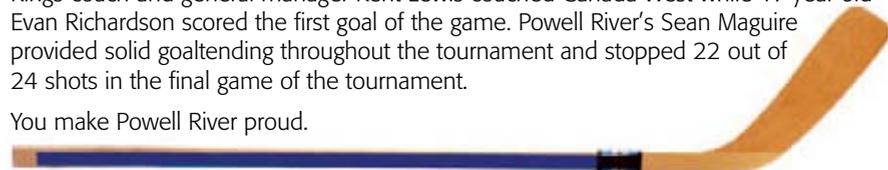
604 485-9744

# What's up? POWELL RIVER

**Way to go!** Congratulations are in order for Kent Lewis, Sean Maguire and Evan Richardson of the Powell River Kings for helping Canada West beat Canada East at World Junior A Hockey challenge last month and winning the gold medal.

Kings coach and general manager Kent Lewis coached Canada West while 17-year-old Evan Richardson scored the first goal of the game. Powell River's Sean Maguire provided solid goaltending throughout the tournament and stopped 22 out of 24 shots in the final game of the tournament.

You make Powell River proud.



## Support for the PR Hospital Foundation



The Powell River Hospital Foundation was the recipient of a \$20,000 cheque last month from RBC. The money will be used to update software for colonoscopes. Pictured in the centre is Rachelle Ford, RBC Mortgage Specialist and on the far right is Lisa Tonks, Senior Account Manager Business Personnel. Far left and middle are representatives the Powell River Hospital Foundation Dal Matterson and Peter Maitland.

## Medallist athlete

Adam Rahier made a big splash at the Para-PanAm Games in Guadalajara, Mexico last month by winning a gold and two silver medals. Rahier won a silver medal in the 100 metre breaststroke and silver in the 200 metre freestyle. He won gold in the 100 metre backstroke. Twenty-three year old Rahier, who is classified as an S14 athlete which means he is intellectually impaired, has his sights set on qualifying for the 2012 Paralympics in London, England. The qualifying events for those games will be held in Montreal in March. Adam grew up in Powell River and began swimming through the Recreation Complex. Today he trains with the Rip-tides in Nanaimo. Congratulations Adam!



**Fire at the 'old golf club'** This may be old news, but we loved the photo of our firefighters at work. The *Sallie Scanlon Lodge*, as the building was named when built in 1929, was gutted by fire on Oct 26.

## Mailbag

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

### Dear Powell River Living,

I couldn't agree with you more, what an incredible [November] issue!!! Well done and a special thanks to all of your team! You folks are the greatest! Keep up the excellent work.

**Bill Reid N.P.D.**

DIRECTOR OF PARKS, RECREATION & CULTURE,  
CITY OF POWELL RIVER

## Nativity "heaven"

Powell River's nativity lady Heather Farrell-Sketchley and friends are working on crèche displays to share with the entire community.

With another 50 crèches added to her collection that already stood at over 500, Heather's window display in the window of 6820 Alberni Street (by Anderson's Men's Wear) will get you into the spirit of Christmas. This display, which is for viewing only, is up the entire month of December.

The third annual Nativity Night held at the St. John Ambulance building in the Town-site, features fun activities, snacks, crafts and Christmas carols from 7 to 9 pm on Friday, December 2. "It's a free event that's great for kids and the entire family," said Heather.

Be sure to visit The Church of Jesus Christ of the Latter Day Saints at 6952 Courtenay Street on December 2 or 3 to see their beautiful crèche displays that also includes a live display.

There is no charge for any of the above and everyone is welcome.

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**Ian Fleming** B.A., LL.B.

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# Christmas in a large family

A time to celebrate and to share

**T**raditions and family bring meaning to the holiday season. Daniel Schweitzer, Linda Wegner and Isabelle Southcott write about how some of Powell River's large families celebrate the holidays and what makes them special.

## Fun with friends and family

By Daniel Schweitzer

**CHRISTMAS** in a large family like ours is tons of fun and it starts long before December 25th.

Things get started around the end of November when we all go out and collect cedar boughs for wreaths and to decorate the house.

On the first Sunday of Advent, we put up the boughs and lights and secretly deliver wreaths to friends and neighbours. One of the best days before Christmas is the Feast of St. Nicolas on December 6th when we invite friends over to make gingerbread houses. This is a messy day with gobs of icing sugar and bits of candy everywhere. By the time we are finished, we have a great collection of structures; some very elaborate, some kind of basic, but all of them piled with candy.

Nobody is allowed to touch them until Christmas. Mom starts baking like crazy that day too. She always makes poppy seed roll, buckets of shortbread, gingerbread men, gaufrette and dozens of loaves of Christmas bread.



**HOLIDAY FUN:** Christmas is about more than one day. Here, some of the Schweitzer children have fun making a snowman.

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If you decide that this season is about celebrating life and love, and keep that as your number one priority, there's no telling what your holiday may end up looking like, but I'm willing to bet it will be very special.

On behalf of everyone at The Medicine Shoppe Pharmacy, we wish you a very Merry Christmas!

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**Dirk de Villiers**  
pharmacist/owner

Another thing we look forward to is going to see Christmas lights in other places. Sometimes we go to Stanley Park. It's usually freeeezing cold, but so much fun. This is usually the time we do our shopping. We all like to get something for everyone in the family, so we save our money all year, even birthday money, and search for special things for each other. Sometimes it's a person's favourite candy or cereal or something home-made. The wrapping takes half a day!

On the second Sunday of Advent, we go and find the tallest tree we can find so we can fill it up with decorations we've made. We listen to Christmas carols and drink eggnog and then put the pile of presents in a big mound under the tree.

Soon it is Christmas Eve and we all go to Mass. When we all sing "Joy to the World," it is the most powerful, wonderful feeling ever. After Mass, we hurry home and get right into bed. We all wake up extremely early to the sound of carols. This is the best day of the year! But we can't open the presents until all the Masses are done, so we don't get the presents until about noon.

Upon completion of the unwrapping, there is paper everywhere. Now it's time to clean up and help mom cook Christmas dinner, which is particularly delicious. I love having everyone home for Christmas and friends come for dinner too. We eat, play games and sing carols until very, very late. Christmas is the most wonderful time of the year!

## Christmas at the little house by the ocean

By Linda Wegner

**THERE** is no mistaking the Christmas sparkle that's already in the eyes of Angela and Luke Desilet's children. The Desilets live south of town in a small and modestly furnished house near Palm Beach. Small as it may be, there's plenty of space for Gabriel (16), Brianna (14), Grace (10), Bethany (9), Joshua (5) Joseph "Jo Jo" (3), and baby Emma Mae, Luke and Angela to celebrate the season to its fullest.

"I like building stuff with Lego," Joshua quickly exclaimed. Skating at the rink, opening up presents, getting up early and being with everybody on Christmas Day were just a few other "favourite" activities.

When asked about pre-holiday preparations, there was no shortage of responses.

"Shopping!" said one. Decorations, including window decorations and home-made tree ornaments, baking cookies and cutting down the tree were others.

Then there is the day the entire family, including extended family, head to the hills for a day of tobogganing. "We bring hot chocolate, soup and hot dogs," Angela continued. "Don't forget oysters and clam digging," Luke added. "We always have a seafood feast during the holidays."

Luke explained that an important part of Christmas to him and his family is attendance at their church's Christmas Eve service. Following the service, snacks are in order and the children are allowed to open one present.

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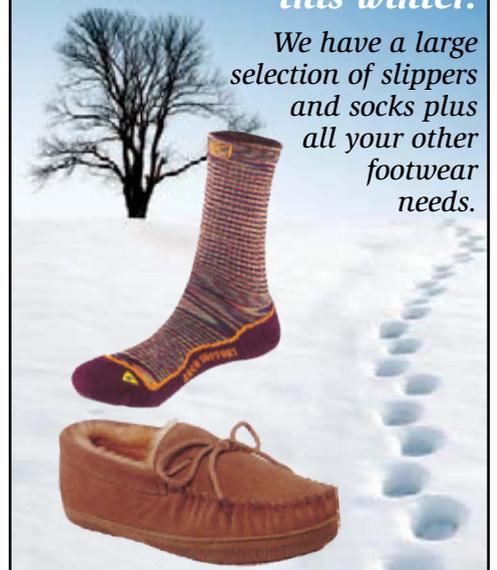
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“Not before we put out a plate of cookies and a glass of milk for Santa, though. There are only crumbs left in the morning,” Angela adds.

But going to bed late is no reason to waste Christmas morning! Often up at 4 am, the children are allowed to open the gifts in their stocking but they can't call Mom and Dad until 8 am.

After a quick cup of coffee, the next ceremony takes place: Santa and an elf helper distribute gifts and photos are taken. Later, Luke will prepare a huge breakfast of crepes, local berries and whipped cream for nine hungry mouths.

“Before we open up presents on Christmas morning we stop as a family to thank God for the gift that He gave us, the real meaning of Christmas. On behalf of the entire Desilet Family it is the only gift of value we can pass on to our friends in Powell River,” says Luke.

As morning morphs into noon, the little house must expand to accommodate up to 35 family members, potluck offerings in hand. Each child present receives yet another gift while adults enjoy conversation, companionship and a gift swap circle. For Luke, his wife and his beautiful children, Christmas is another reason to acknowledge and honour the gifts of family and faith.

“Family getting together and celebrating... It's an awesome way to celebrate the birth of our Lord.”



**ALL IN THE DESILETS FAMILY:** Luke and Angela Desilets, surrounded by their seven children, are looking forward to Christmas.

## Advent calendars and trees

**FOR** Meridith and Shaun Clark, the Christmas tree is an important tradition. Not only does it bring together their seven children and other family members for a pre-Christmas outing, choosing the perfect tree is lots of fun!

Along with their seven children, Blaise (13); Joseph, (9); Gemma, (8); Owen, (7); Lucia, (5); Andrew, (4) and Hugh, (year-and-a-half), Shaun and Meridith head out to the Christmas tree farm. “We all go. Sometimes Shaun's family joins us, sometimes my family does. I have five siblings and they are all younger than me. Shaun has a brother and a sister.”

With the kids dressed in snow gear and Meridith usually with a baby in her arms, the Clark family troop around in search of the perfect tree. Everyone has input but Meridith and Shaun have the final say.

Last year, Shaun made an ice rink on the patio behind their

home. He took a YouTube video of it and captured Meridith on it saying: “I don't believe this will work!”

But it did work and the children were skating in the yard just before Christmas.

Shaun's parents are into experiential gifts. They've taken their grandchildren to the island to see a play in past years. They'll do things like bake cookies or make a gingerbread house or take them to Winter Wonderland.

Shaun enjoys listening to Christmas music and often has it playing all year long. “We both like Christmas. We make Advent wreaths and light the candles.”

Last year Meridith created her own Advent Calendar. Instead of having a chocolate behind each day, special surprises were there. “It said things like ‘We are going to watch *The Grinch Who Stole Christmas*,’ or ‘Going to get our tree today,’ or ‘Going skating,’ or ‘We are going to make goodies for the creatures of the outdoors,’” said Meridith. **RL**

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**Powell River Living**  
**PARDON MY PEN**

*By George Campbell*



## Pussycat pandemonium at Christmas

**R**ecently my cat Cleo learned how to catch birds. This is not only bad for the poor little birds that hang around my yard looking for seeds to eat during the winter; it is positively CAT-astrophic for me. Here's why. Cleo insists on bringing the bird she catches into the house to show me. And it is always still alive.

Then she lets the bird go and it takes wing and flies right into the nearest window. Cleo goes leaping and running after it—over shelves, dressers, and cupboards. Ornaments are sent flying this way and that, drapes are torn from the curtain rods and pictures and dishes end up smashed to pieces on the floor. Then there are the feathers. It is incredible how many feathers one small bird can shed in its desperate attempt to get away from the cat and out of the house.

Eventually, of course, the bird is caught (usually by me) and released outdoors. After that the cat is caught (also by me) and thrown out after the bird. Then the long, arduous job of cleaning up the mess in the house begins. It wouldn't be so bad if this happened only once in a while, but lately it's been occurring about three times a week. It's gotten so that every time I open a closet or cupboard door around here, a few feathers come fluttering out.

I have tried explaining to Cleo that I don't want her birds, alive or dead, but she just ignores me. Boy, does she ignore me. Once I've thrown her out she doesn't come back into the house again for several hours. And when she does come back she'll have nothing to do with me, slinking instead into the bedroom where she hides under the bed and sulks. "I bring you a per-

fectly good live bird," she seems to be saying, "and what do you do? You let it go! Then, you boot me out of the house. Well, let me tell you, Mister, that's the last gift you'll ever get from me!" If only she would remember this thought. But she doesn't and by the following day or maybe the day after that this whole charade is repeated once again.

It has become so bad, that the other night I caught myself dreaming about it. It was a Christmas dream, too. I was dreaming about that carol, *The Twelve Days of Christmas*. You know, the one about the partridge in a pear tree. The fourth verse goes: 'On the fourth day of Christmas, my true love gave to me, four calling birds, three French hens, two turtle-doves, and a partridge in a pear tree.'

Well, somehow Cleo got into this dream and she knocked the partridge out of the pear tree; ate the two turtle-doves; scared the three French hens so badly they left the country and went back to France; and had the four calling birds calling for help at the top of their sweet little voices. I woke up before she got around to the six Geese a-laying or the seven Swans a-swimming so I don't know what she did to them.

Ah well, it's nearly Christmas and by then all the birds should have left Powell River for their annual journey south and there'll be no more around for Cleo to catch. Yep, by Christmas time my home should be bird-free. All except for a big turkey, and that's one bird I don't mind being brought into the house! **PR**

*Merry Christmas everyone!*  
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# All alone at Christmas

## Finding the jolly and holly

By Isabelle Southcott • isabelle@priving.ca

It's the most wonderful time of the year, or so goes the song. But what if it isn't for you? What if you've just moved to Powell River and your friends and family aren't with you? What if someone near and dear to you has passed away? What do you do if you find yourself all alone at Christmas?

You could always rearrange Christmas. You could do something a little different this year. You could skip visiting the family in Vancouver or wherever they live. You could skip Christmas dinner and book a trip somewhere tropical or head out skiing at Mount Washington or snowshoeing in the Knuckleheads.

Of course there are other things you can do to find the jolly of the season. Being connected is important and many folks go to church to experience a sense of community and connection. Here are some other things you can do:

### Decorate

Even if no one else will see it, decorate your home and office. You don't have to put all your Christmas decorations out, just some of your favourites.

### Plan something special

If there isn't someone else in your life to spoil you, spoil yourself. Plan something special. It may be a nice hike, a new book, a special yummy treat or a Christmas pedicure! Make sure you have something to look forward to.

### Volunteer

The best way to feel better about yourself is to help others. The good folks at the Salvation Army have been organizing an amazing community dinner for a few years now. This year's dinner will take place on December 18 at the Carlson Community Club with doors opening at 4 pm and dinner at 5. "Volunteers are always needed and welcome," says Captain Jennifer Robins.

The community dinner is "kind of like the Christmas dinner Mamma used to make," says Jennifer.

"We have fun; it's a way to connect with others. For a lot of people Christmas can be lonely. You don't have to be low income or lonely to join us, you just have to want to get together with other people and enjoy the season."

Jennifer says they have a large turnout of seniors and families. "There is room for everyone who wants to be there."

The dinner is free but if you are interested in helping or attending please call the Salvation Army so they know how many to plan for.

Helping others by volunteering is fun. Jennifer sums it up like this: "It's kind of like putting the kid in the tub. Like the kid, you might not want to do it at first because you're overwhelmed by shyness and wonder what kind of people you will meet but then you try it and you really like it."

### Embrace Christmas traditions

Just because you are on your own doesn't mean you have to abandon your favourite Christmas traditions. Put on your favourite Christmas music or, better yet, find a friend and take in a Christmas concert or play or both. Walk around your neighbourhood and enjoy the Christmas light display. Bake Christmas cookies. Eat Christmas cookies! Make a wreath with friends. Bring on the eggnog. It's all good.

### Find people to visit

Visit friends or invite people over. Being all alone on Christmas day can be lonely. If you have friends who are on their own this Christmas, organize a potluck at your house. Round up all the Christmas "orphans" you can think of and invite them over for a special meal. You'll be surprised at how much fun you'll have and forget about being lonely.

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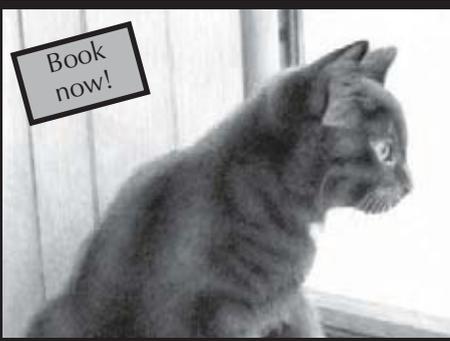


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Linda Wegner still remembers how lonely she felt at Christmas after her children and their families moved to Powell River and she was still in Saskatoon. "It didn't bother Ed but it was terrible for me," she said. Linda refused to put up Christmas decorations and just struggled through the holidays. One day her niece came over and said "Auntie Linda, where are your decorations?" as she looked at the cheerless house. Linda remembers mumbling something about not feeling much like Christmas with the kids gone. Her niece dragged out all the Christmas decorations and pretty soon had the whole house looking festive!

**Get a good book or movie, or go out to a movie**

Being alone isn't always a bad thing. Sometimes we need to be alone, especially when we have a bad cold or the flu like Deb Calderon did last Christmas.

"We were going to Sechelt for Christmas. I was coughing and coughing and was so miserable that I didn't want to leave the house. I told Paul, my husband, to go without me. He didn't want to leave me, but I insisted. So I spent the Christmas holi-

days watching all the MI-5 movies on DVD and then my wonderful neighbours brought me a lovely plate of turkey with all the trimmings. There's no place like Powell River!" **PR**



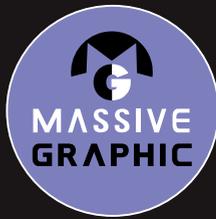
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# Trumpet and piano conversing

Walter Martella teams up with jazz legend Don Thompson

By Isabelle Southcott • isabelle@prliving.ca

**A**pianist, trumpeter, accordionist, conductor, and composer, Walter Martella is one of Powell River's home-grown talents who never ceases to amaze us.

Now this musical phenomenon has paired up with Powell River born musician Don Thompson to create what promises to be a musical sensation and a must-have this Christmas.

*Three Shades: Don Thompson and Walter Martella in Concert* comes out early this month.

"We recorded it at the Academy [of Music] last fall with Don playing the Steinway piano which is one of his favourite pianos to play," says Walter. With world-renowned musician Don on the keyboard and Walter on the trumpet, this marriage of piano and trumpet is a dream come true for Walter.

"In 1992, I went to Banff School of Fine Arts and he was an instructor at the time. I knew of Don's Powell River connections but in those days I would never have dreamed that I would meet up with him again and

we'd make a CD together. Don is truly a Canadian icon in the jazz music world and I really admired his commitment to music."

Don is a jazz musician who was born in Powell River. He formed part of the Toronto Quartet of Paul Desmond during the mid 1970s with Toronto guitarist Ed Bickert and drummer Jerry Fuller. Thompson has been a fixture on the Toronto jazz scene since the late 1960s when he moved there. He played for a long time in Rob McConnell's Boss Brass. He's won several Juno awards and was awarded the Order of Canada in 2009.

"I always wanted to do a recording with Don," says Walter, "and so I sent him an email and asked."

Don was quick to respond with a yes. "I was more than excited when he said yes. I didn't know what to think. It was a dream come true," says Walter.

Walter contacted his friend Paul Steenhuis (who recorded and produced *Three Shades*) and they picked a date.

*Three Shades* is Walter's third CD and, like his others, it is a live recording. Although some pieces took a couple of takes, others like "East of the Sun" and "Body and Soul" were done in just one.

"There is an intimate quality to our music. Every song was played there essentially for the first time. There's magic making songs where there are no preconceived ideas or rehearsals," said Walter.

The new CD features some of Kenny



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Wheeler's songs, Walter's music and a few standards. "Song for M" is a piece Walter wrote for his son Marcello.

With Walter's background being a combination of jazz and classical, there's definitely a jazz feel to this CD but it is influenced by other influences. "It's conversational music with a jazz influence," says Walter when asked to describe it. "It's kind of like I say this, he says that, and then we say something together. The trumpet asks a question then the piano replies, then both musicians have a conversation."

*Three Shades* is available at the Powell River Academy of Music, where Walter teaches, and at Breakwater Books on Alberni Street.

To hear Walter's music, visit [www.waltermartellamusic.com](http://www.waltermartellamusic.com). 



**CAROLS BY CANDLELIGHT:** Walter Martella performs at the always-sold-out Carols by Candlelight at Dwight Hall.

Photos © Robert Colasanto Photography

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# Book roundup

The latest by local authors

*There's nothing better than curling up with a good book on a dark, stormy night. Make that book a newly-released book written by a local author and it gets even better! Here are a few suggestions by local authors for the reader on your Christmas list.*

## A Dream of Giants: The Story of the Sunshine Coast Trail

A new coffee table book about Powell River's Sunshine Coast Trail by local author and photographer **Emma Levez Larocque** is out just in time for Christmas. *A Dream of Giants: The Story of the Sun-*

*shine Coast Trail* features more than 150 full-colour photographs, and tells the inspiring story of the 180-kilometre trail that started out as a dream almost 20 years ago.

"It's the story of how the trail came to be, the people who built it, and the land it passes through," Emma says. "It's a book I have wanted to write for a long time—really since I met Eagle Walz, Scott Glaspey and

inspires me and, to me, represents what is best about living in Powell River."

Whether or not you are a hiker, this book will take you on a journey into Powell River's beautiful backcountry and give you a sense of the special community it has taken to build the trail.

*A Dream of Giants* is Emma's fifth book. It will be launched at River City Coffee on December 8 from 7–9 pm, with author's remarks at 7:30 pm and a book signing at 8 pm. After December 8, it will be available at Breakwater Books and Paperworks Gift Gallery.

## The Sunshine Coast: From Gibsons to Powell River

Sunshine Coast author and publisher **Howard White** has done it again with a newly revised coffee table book called *The Sunshine Coast: From Gibsons to Powell River*. The second edition captures the Sunshine Coast's natural beauty and the lives of the people who live here thanks to the photographic efforts of Keith Thirkell, Allan Forest, Powell River photographer Darren Robinson and others.

With stories, photos and characters, *The Sunshine Coast* takes readers on a journey of discovery about what makes the coast unique.

With nearly 200 photographs and illustrations, from archival photos of early set-



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hiking the trail. The effort that has gone into creating this incredible trail



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tlers to stunning and colourful landscapes, this book illustrates coastal lifestyle from Port Mellon to Lund.

Howard White is well known for his *Raincoast Chronicles* series about the BC coast. He and his wife Mary live in Pender Harbour where they operate Harbour Publishing. He is publisher of the *Encyclopedia of British Columbia* and has been awarded the Order of British Columbia and the Order of Canada.

### Texada Tapestry: A History

Texada is the largest island in the Strait of Georgia, a long strip of richly mineralized granite and limestone dividing the upper gulf. Powell River author **Heather Harbord's** portrait of the island, *Texada Tapestry: A History* is a colourful and fascinating portrait of one of the most diverse of the Gulf Islands. Heather writes about the rich history from the early First Nations peoples and the discovery by Spanish explorers, to the development and extraction of its natural resources, to the cultivation of British Columbia's most illustrious yet prohibited crop to its tourist trade.

With a Sunday farmer's market and a scant population of aging loggers, miners, pot growers and other retirees, the island is a unique world unto itself.

Texada was once the focus of a gold rush that lured cookie tycoon William Christie. Later Texada was the site of British Columbia's first major political scandal when squabbles over a rich iron ore claim forced the resignation of Premier Amor de Cosmos in February 1874. The rich mineral deposits gave rise to three booming towns with Van Ande, having everything, even an opera house. Author Heather Harbord has dedicated years to research, including over a hundred interviews with locals and old-timers to create a captivating book full of unforgettable characters, humorous anecdotes and well-researched facts, accompanied by many previously unpublished photographs. This is Heather's fourth book.

### Farther Up The Strait

Powell River's **Wayne Lutz** has released a new book in the series Coastal British Columbia Stories. In keeping with previous books in the series, *Farther Up The Strait*, focuses on the people and places along the southern coast of BC.

"I've concentrated on trying to capture the lifestyles of our area, where people tend to be particularly self-reliant," says Wayne. "My recent books feature local individuals who possess an unusual sense of purpose."

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## Winter Living

*A publication for  
Powell River's  
"off-season"*

The team at *Powell River Living* also publishes in January a magazine called *Winter Living*, which highlights all of the fun indoor activities, outdoor adventures and shopping opportunities in Powell River during winter.

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.

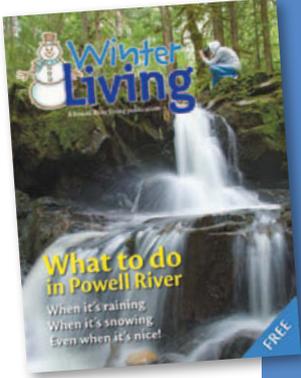
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Using a travel memoir format, Wayne has tackled a variety of topics involving the local region where the mountains drop into the sea and everything is affected by the rugged geography. In his latest book, the Strait of Georgia serves as the backdrop for boating adventures on the nearby coast. This book is a sequel to an earlier volume, *Up the Strait*, focusing on local waters and the islands to the north.

"The Strait of Georgia is Powell River's front door, and boating is an important part of our regional heritage," notes Wayne.

*Farther Up the Strait* is available in print format at local bookstores and from online vendors. The Kindle electronic-book version and other e-book formats are also available on-line. For more information visit [www.PowellRiverBooks.com](http://www.PowellRiverBooks.com), email [wltz@mtsac.edu](mailto:wltz@mtsac.edu) or call 604 483-1704.

### Even Hell Rejects Me

In a nutshell, the theory first time author **Cassidy Boag** has used to create this work goes something like this: "In order to appreciate beauty and light to their fullest, one must also have a keen knowledge of pain/ugliness to contrast against."

Cassidy started writing when he was in his early teens. "I began, as many of us do, by trying to write a novel. To my credit, I did actually finish the story, but 100 hand-written pages does not a novel make. That doesn't even take into account the quality of those pages."

Not long after that, he began to write what he called "songs."

"Music had always been, and still is, a big part of my life. So began my poetry writing. Heavy metal and other darker

styles became my music of choice as a listener, and thus, the style of many of these 'songs' as I imagined them sounding."

Essentially, *Even Hell Rejects Me* is 16 years' worth of poetry, with work from as many as 15 years ago alongside work created just before the printing of the book.

"My life's work in print. I still can't believe it possible."

### Decoding Your Destiny

Local author **Tanis Helliwell's** new book, *Decoding Your Destiny* is a roadmap for humanity. "It contains what is needed to prepare for the transformation of the world as we know it and to embrace the new reality."

This guidebook for spiritual transformation has exercises that readers can apply in their lives. Topics include humanity's next evolutionary step, cycles of human evolution, other species evolving on the earth and life in our solar system. *Decoding Your Destiny* will be launched Thursday, December 8 from 6:30 to 8 pm at Breakwater Books.

"The earth is experiencing a quantum jump in its evolution, a raising of its frequency. We humans, who are cells in the body of the earth, must also attune to this frequency in order to live on this planet. Each person who raises his or her frequency increases exponentially the ability for others to do so as well. This means that we are able to create a world at peace with all beings living in harmony." [Excerpted from *Decoding Your Destiny*.]

Tanis Helliwell is the founder of the International Institute for Transformation. She has published a book of poetry and three other books including the best seller *Take Your Soul to Work*. 



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# Never Too Late to Learn Learning to become self-sufficient

By Emma Levez Larocque

**W**hen you start to learn about something new, sometimes the first thing you find out is how much you don't know. Kevin Wilson and Alfred (Alfie) Bolster are constantly taking on new learning challenges, and in the last few years their learning initiatives have revolved around making themselves more self-sufficient, and their lives more sustainable.

"I've always been an environmentalist," Kevin says, "but in 2008 I read *The Transition Handbook* by Rob Hopkins, and that really tied things together for me." It was a "light bulb moment" and the book inspired Kevin and Alfie to start making their lives more sustainable.

Over the past few years they have learned about gardening, expanding their own home garden and learning how to use the things they grow — preserving, canning and drying food for use throughout the year.

They have learned how to make their home more sustainable, insulating it and putting on their sweaters so they can turn the heat down and use less energy. They also try to use their car less, and they don't buy as much "stuff."

What has surprised Alfie through the process they have been working through "is the realization of how incredibly rich we are [as a society]. All the food, water, freedoms that we have — I am constantly more aware of that. And realizing how much we have to share."

Alfie and Kevin are involved in all kinds of community groups and projects, from Toastmasters to the River City Storytellers, and with each new interest they continue to learn. Their most recent sustainability project is learning how to knit.

"Over the years I have wanted to learn how to knit," Alfie says. "I realized that I need to struggle and learn to figure it out." Kevin, whose mother first taught him how to knit is enjoying it — it's one in a long list of obsessions in things he has learned in order to make things. Alfie's experience has been somewhat different. "It has been somewhat painful," he laughs. "But I'm determined, and I'm doing it. My goal is to make a scarf."

As lifelong learners Kevin and Alfie have recognized patterns in how they each learn.

"We both read a lot," Kevin says, "but we learn differently. I read about things and then do them — I don't like being shown how to do something. I like to read a lot about something, and then experiment myself and figure out how to do it." Alfie, on the other hand prefers to jump right in. "I learn by reading," he says, "but if it's a skill I want to acquire I need to do it hands-on."

But it's not only becoming personally self-sufficient that Alfie and Kevin have been learning about. *The Transition Handbook* inspired Kevin to start a Powell River chapter of Transition Town ([transitiontownpowellriver.ca](http://transitiontownpowellriver.ca)). Through this group he has

helped to organize many workshops and events for local people who are interested in learning about becoming more self-sufficient. The workshops span in topic from food security to bicycle repair.



Why is learning to be more self-sufficient important?

"Because the society and structure that we rely on is far more fragile than we realize," Kevin says. "Also, it's a fairness and justice thing. If the people in the world who currently have nothing are to get a fair share, then we need to stop using it all."

"It's also about realizing how much we can do for ourselves before we actually need to do it," Alfie adds.

"It's a case of we should be doing it anyway," Kevin continues. "I'd get bored if I didn't keep learning. There is all this stuff out there in the world to know — and you don't even know what you don't know until you start looking into things!" **RL**

**TIME TO KNIT:** Alfred Bolster and Kevin Wilson are lifelong learners; they continually challenge themselves to learn new skills.

Photo by Emma Levez Larocque

*Never Too Late To Learn* has been a literacy awareness campaign that is sponsored by the Powell River Literacy Council and Powell River Living Magazine. It focuses on adult learners in the community who strive to make Powell River a better place by strengthening their own skills while contributing to the community. This is the last in the series.

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# Adopt-a-pony

## A new way to help Therapeutic Riding

**A**re you searching for a meaningful gift for the person who has everything? Don't want to buy another useless tie for dad or more placemats for grandma to cart off to the thrift shop next spring?

Here's a new idea that's totally local and will help people with disabilities. It's Powell River Therapeutic Riding's new Adopt-A-Pony program.

"Horses are expensive," says Vanessa Sparrow, program coordinator. "It costs \$250 a month to feed, shoe, and care for a therapy horse."

The children and adults don't pay to ride horses such as Liam, Desi and Dana. "The primary objective of the program is to use horses to provide therapeutic rehabilitation," says Vanessa.

Riding can activate muscles that can help some walk again; it can improve balance and coordination and also self-confidence. There's also that special bond that develops between rider and horse and, in this case, volunteers, too.

There's always a waiting list of children and adults with a variety of physical, cognitive and social disabilities who would benefit from the program.

If you can help, please call 604 485-0177 or email [coordinator@prtra.ca](mailto:coordinator@prtra.ca) or visit [www.prtherapeuticriding.com](http://www.prtherapeuticriding.com) to see how you can get involved. "We welcome people and businesses to sponsor any aspect of a horse's care," says Vanessa. "You may want to contribute to the annual cost of feeding or you might choose to make a donation towards veterinary costs or farrier care." 



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Photo: Alex Girard backcountry skiing, Rogers Pass, B.C. © Ryan Creary

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**FEED ME:** A decked-out Liam, with Vanessa Sparrow, encourages you to support Therapeutic Riding's new Adopt-A-Pony program.

Thank you Liam.

As a side-walker for my 27 year-old daughter Rebecca, I'm able to watch her ride Liam on a weekly basis and each time she rides, I am filled with such gratitude! I'm thankful for the joy of watching Rebecca's smile as she towers above me mounted on such a grand horse. I'm grateful for all the staff and volunteers at Powell River Therapeutic Riding Association who make it possible for Rebecca to participate. I am extremely appreciative of all the individuals, businesses and organizations that support PRTRA through their financial contributions and donations. But I'm most grateful for Liam.

Liam is a magnificent horse to look at, but it's his spirit that dazzles me the most. Walking beside him, it would be easy to be intimidated by his size and strength as he carries my precious daughter on his back. But his gentle presence is incredibly calming and he makes it possible for me to relax and enjoy Rebecca's experience.

Rebecca does not use words to communicate, but her pleasure is obvious from her smiles and laughter when she rides Liam.

Due to the nature of her disability, Rebecca can often seem "lost" and disconnected from what is happening around her. When she is riding Liam she is calm, very focused and aware. She has become such a confident rider now that she often looks around, appearing to take in the beauty of the trees along the trail. There are very few physical activities Rebecca is able or willing to participate in. Her physical position on Liam and her body's motions throughout the ride give her opportunities for movement she would not have in any other area of her life.

Without Liam, I'm not sure Rebecca would be able to ride. What a gift to be able to have this experience in my daughter's life.

Thank you!

*Maria Glaze*

*Parents!*

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## Parenting Pizza Parties

...and the pizza's on us!



For more information on organizing your FREE, tailor-made, home Parenting Pizza Party, contact **Colleen Mudry** at Powell River Child, Youth and Family Services at **604 485-3090**.

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

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Organize a group of friends who are also parents and choose a topic that interests the group. What interests you?

- |                            |                                  |
|----------------------------|----------------------------------|
| Talking to your teen?      | Bringing Baby Home?              |
| Finding fun family time?   | Reducing Bedtime Battles?        |
| Improving Communication?   | Understanding Child Development? |
| Help—they've got homework! | Too Many Computer Games?         |
| Anxiety and Your Child?    |                                  |

Other ideas? Call us to book a Parenting Education Facilitator who will come to your home to facilitate the discussion AND bring the pizza!



### Parenting Group Sessions for parents of children ages 2-5 years

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**Sleep Strategies**  
Friday, Dec 9, 10–11:30 am

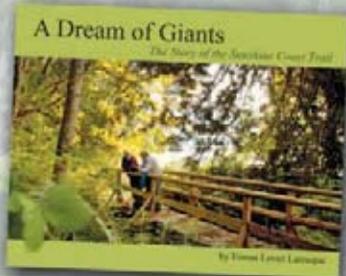
**Supporting &  
Understanding the  
Angry Child**  
Monday, Dec 12, 10-11:30 am

At Family Place in the Mall  
Pre-registration required

Contact Colleen  
604 485-3090

# EXPLORE Powell River

Photos by Robert Colasanto



## BOOK LAUNCH

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# From the forest

## Local lady loves wild food

By David Parkinson

Those of us who live along the coast sometimes spend so much time facing the ocean that we forget that we are surrounded by vast forests teeming with life of all kinds. Although we might carelessly think of these forests as little more than sources of timber, they are in fact the homes of countless species of plants, animals, and fungi which make up a complex natural community. Humans have traditionally known when and how to harvest food from the forest in a respectful and sustainable way, and many in the region still go out to find mushrooms, berries, and other edible plants. Some of these non-timber forest products are found only in the rain forests of the west coast, which makes them precious and almost magical.

Susan Canning is one local wild-food-lover who is putting the bounty of our forests on the culinary map. Four years ago she founded Wild WestCoast RainForest Products, which produces small batches of hand-harvested and hand-made jams, jellies, and other products made from wild berries and other plants. After 25 years of gardening and processing shellfish and other wild foods in Thor's Cove, she began to experiment with the possibilities of the many varieties of berries in our forests; and what began as a hobby quickly became an obsession and is now a thriving small business. From a regular-sized (but commercially-certified) kitchen in Townsite, she is turning the world on to the amazing, delicious wild foods of our bountiful forests.

Susan's current line of products gives a good idea of her imagination and inventiveness: jams, jellies, sweet sauces, savoury sauces, chutney, and salsa. And the list of wild foods used in these products is dizzying: blackberries (but of course!) and native blackcap blackberries, dewberries, salal berries, huckleberries, Oregon grapes, elderberries, highbush cranberries, rosehips, Nootka rose petals, dandelion petals, Saskatoon berries, wild blueberries, salmonberries, and wild mushrooms.

"Almost no one is producing jams, jellies, and sauces made from wild fruits," Susan tells me as we sit at her table, sampling



**THE WILD SIDE:** Local wild food lover Susan Canning created a business out of preserves made from wild berries and plants.

some of her latest concoctions. "Only one other company in Canada is producing exclusively wild-fruit products. And there are more and more people looking for these very special foods and willing to pay extra for the very best that nature can offer." Susan notes that farmers' markets are where you might find many of the small artisanal producers of wild-fruit products, but she is setting her sights higher: she is currently working through the steps of taking Wild WestCoast RainForest Products to the commercial level, meaning that she will be able to sell to distributors who can get these unique local products into stores all around BC, Canada, and elsewhere.

The fact that Susan's line of products is made from wild foods already makes them special. On top of that, she is careful to prepare these wild foods in ways that preserve their intense flavours and nutritional content. "I like to call them the 'new organics' because they are so rich in antioxidants," she says. "And I'm working hard to keep them as low in sugar and other added ingredients as I possibly can so that the taste of the fruit really stands out."

One of the ways Susan keeps her products so flavourful is by reducing cooking time as much as she can — and here she has performed all kinds of experiments with temperature and different types of pectin which she says she prefers not to reveal.



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



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Another way Susan lets the natural flavours shine is by reducing the sugar content as much as possible. In fact, because she uses on average 33% less sugar than conventional jams and jellies, she is required by the Canadian Food Inspection Agency to label these as 'spreads' and 'ambrosia' respectively. These are good for people on reduced-sugar diets, and she has created a sugarless spread made with grape juice concentrate which is appropriate for diabetics.

Susan is also passionate about seeing traditional food-gathering and preparation skills revived and handed down to a younger generation. "The old-timers knew so much more than we do now about how to gather wild foods and what to do with them," she says. "Harvesting and processing red huckleberries used to be a business here in the past. We don't have the same need that they did to be self-sufficient... although I see more and more people who want to learn these traditional skills." Each year, Susan employs two or three

people to help with the harvesting, and she hopes that as her business grows, she will be able to hire more people and keep these skills thriving.

For the past two-and-a-half years, Susan has been selling Wild WestCoast RainForest Products at local farmers' markets and craft fairs as well as at larger farmers' markets in the lower mainland. For her, it's all about honing the products and learning what wild-food aficionados are looking for. She has had surprising successes and surprising flops, and along the way has developed a line of healthful and delicious products like none other on the market, here or anywhere.

Susan's no-sugar spread is available locally at Kelly's Specialty Shop, and her low-sugar spreads are available at Hindle's Camera & Stationery. For more information on Wild WestCoast Rainforest Products, contact her at scanning58@gmail.com or visit her website at wildwestcoastrainforest.com. 



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DECEMBER 24, 7 PM  
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REGULAR SERVICES  
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Dec 18 • 7:30 pm Service of Lessons & Carols

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Dec 24 • 8:00 pm Candlelight Service with Holy Communion

Dec 25 • 9:00 am Christmas Day Service




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CANDLE LIGHT SERVICES**  
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PLEASE JOIN US

Dec 18 • 5 pm • **Community Dinner** at the Carlson Community Club. For Free tickets call 604 485-6067

Dec 25 • 10:30 am • **Worship, story & prayer service** at The Salvation Army.

Dec 24 • 7 pm • **Christmas Eve Service** at The Salvation Army.

Dec 25 • 2 pm • **Christmas Day visit** and sing-a-long with the seniors at the Olive Devaud Residence.

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For info call 604 485-6067, ask for Leigha.

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

**Powell River United Church**  
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**CHRISTMAS SERVICES WITH REV MAXINE PIRIE**

Dec 4 • **White Gift** 10:30 am

Dec 11 • **Sunday School Christmas Pageant** 10:30 Sunday Service

Dec 14 • **Blue Christmas** 7 pm

Dec 24 • **Christmas Eve Services** 7 pm; 11 pm with communion

Dec 25 • **Christmas Day** Regular 10:30 am service

Dec 27 • **Family Skate** at Complex 4 pm followed by a **potluck** supper at the Trinity Hall

# Merry Christmas

from The Salvation Army!



**DID YOU KNOW...** that Christmas music is already in the air? Maybe you are singing "It's beginning to look a lot like Christmas", or humming "All I want for Christmas is my two front teeth", or even lamenting "I'm getting' nothin' for Christmas"!

**Did you know...** that The Salvation Army is world renowned for making music? In fact, inspiration for the song "Silver Bells" came from Salvation Army Bell Ringers standing outside of department stores during the holiday season! **Did you know...** that we here at your local Salvation Army are committed to keep making beautiful music, including the music of compassion, respect, excellence, integrity, relevance, co-operation, and celebration during what can be a busy and stressful time of year.

We know that the sounds of expectation and pressure and drama and deadlines can drown out the sweet strains of what Christmas is really all about... stopping long enough to enjoy a "Silent Night"; looking to see how we can bring "Joy To The World"; listening to the "Angels We Have Heard On High" reminding us of the reason for the season, the Christ of Christmas coming to our world. We here at your local Salvation Army Powell River, want to **keep this melody of hope & dignity ringing** in the hearts and lives of those who long to know it this Christmas. **WE WANT YOUR HELP!**

Through your financial donation, your gift will be used as a hand up to assist and encourage those right here in our community with food, clothing, shelter and many more practical expressions of care. Previous donations have made it possible for us to serve over 8500 individuals already in 2011!

We invite you to join with us and the Christ of Christmas to sing and bring hope, love, joy, and peace... not only today, but throughout the year ahead, and beyond. Then everyone will certainly know that "It's Christmas time in the city"!

*Captains Rick & Jennifer Robins*

Officers / Pastors, The Powell River Salvation Army



*The Salvation Army 2011 Christmas Appeal*

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# SEASON'S GREETINGS

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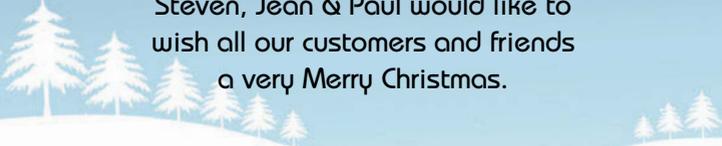


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**Connections**

By Kim Miller • office@powellriverchamber.com

**A**lpha Dive and Kayak has a new owner. Sasha Van Kessel, who has been in the dive industry for many years, has purchased the operation, and will be keeping it in its current location at the Beach Gardens. Sasha taught recreational diving in the Lower Mainland for a couple years, before moving to commercial and surface supply diving for Powell River Divers. Now he's returning to recreational diving. "I have big shoes to fill with Scott and Kathy (Friesen) leaving," said Sasha. He hopes to expand the store's operation and turn it into an adventure hub for Powell River, adding climbing equipment and snowshoes rentals, hopefully in time for this season.

The first draught from **Townsite Brewing** could be flowing as early as mid-January, but t-shirts, coasters and gift certificates from the much-anticipated local brewery should be available in time to be Christmas gifts. Visit [www.townsitebrewing.com](http://www.townsitebrewing.com) for info. Brewmaster Cedric Dauchot has joined Karen Skadsheim's operation, which will offer Zunga Golden Blond Ale, Tinhut India Pale Ale, and PowTown Porter.

Bernie Anderson has purchased the **Old Jailhouse Café** at 4690 Marine Avenue. He has extended the hours of operation as well as the menu. Bernie is introducing fancy coffees and espresso, fresh desserts and pastries. He's open for breakfast and lunch every day except Monday.

Rob Reed opened **Rockit Music** at 4660 Marine in early Octo-

ber. Rob carries drums, guitars and instrument accessories. Call Rob at 604 485-7625 for more info.

**Westcoast Furniture** is opening in a newly renovated portion of Crossroads Village, in the space formerly occupied by the Royal Bank. (We incorrectly reported the old Brick space last month and we apologize. Westcoast will be a few doors over.) The new space has 30 per cent more floor space, allowing Kevin Cuthbertson and team to expand their selection and carry some new lines, including Serta mattresses and a full line of bedding products. Sonia Kelshaw, who holds a degree in interior design, will help customers choose furniture colours and styles for their homes. "After 19 years, in order to grow, we needed more space," said Kevin.

The Rodmay Hotel is getting a new resident business. Graham Winter, who has owned and operated a hair salon in Vancouver for 22 years, fell in love with the Townsite, and bought a house here in March. He's been working on the house ever since, splitting his time between here and Vancouver. On Dec. 9, he's opening **Madcap Beauty Spot** in the Rodmay, offering haircuts and colouring. He hadn't intended to open a shop when he moved here, but with no other salon in the Townsite, he was urged to do so by the Rodmay owners. Graham is also a professional artist, specializing in architecture, and while he plans to paint pictures of the Townsite homes he has fallen in love with, he's opening a show at the Rodmay with his stunning images of urban highrises.

**Maggie's Diner** has expanded their hours, and the restaurant in the Rodmay Hotel is now open seven days a week for all three meals, from 7 am until 8:30 pm. The diner has received a liquor license, so can now serve drinks alongside their expanded menu. **PR**

*With files from Powell River Living staff.*

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# Keeping the faith

What it means, in three stories

**F**aith may well be the single important element in a Christian's life. It's trust, hope and belief rolled into one. We've all heard stories about how someone's faith helped them through times of trouble but why is faith so important and what does it mean? Three members of the Powell River clergy weigh in on keeping the faith.

## Christmas Eve in Jasper

By Reverend Adela Torchia,  
St David & St Paul Anglican Church

MY SECOND LAST CHRISTMAS in Jasper was a happy one, as the retired minister, his wife Patti and his sister and I traipsed through the evening snowfall glittering in the lamplight. The main Christmas Eve service was over, and a quieter later one was anticipated. I had danced with the children in the church, to a version of Lord of the Dance that started off slow, and then kept getting faster and faster until we were a bit giddy with exuberant

joy—the perfect response to the news that God had taken on flesh and moved right on into the neighbourhood of being human, just like you and me.

When Patti read a scripture text at the service, her voice seemed strained, and on the snowy walk afterwards she said that

then weeks later she was, miraculously, walking down the street to get a haircut, with a small oxygen tank strapped gingerly inside a backpack.

Patti turned 63 that summer and my visits turned partly into music lessons as she endeavored to teach me to play the

*Faith is taking the first step even when you can't see the whole staircase.*

— Martin Luther King Jr

her throat was sore. Little did we know what arduous times lay ahead. Five months later we had the full diagnosis—advanced lung cancer even though she had never smoked, and the prognosis was not good. Many among us are all too familiar with the heartbreaking discouragements and temporary reprieves that can come with such a diagnosis. Much prayer from the parish helped carry the family through the unavoidable roller coaster of emotions. Some days the end seemed so near, and

Alto recorder, spreading joy until her last days. Many family members visited with tears that she often turned into laughter. She was ready to meet her Maker, but not so ready to leave behind the loves of her life, especially her closer family. Finally she spoke to me of the funeral she wanted me to conduct, and that one hymn she particularly wanted used was “Lord of the Dance.” In late November she succumbed to the disease, and we came full circle, from Lord of the Dance to greet the

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# Happy Holidays!

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new life of the Christmas Babe among us, and then Lord of the Dance singing “I am the life that will never, never die” at Patti’s funeral. A month later we felt her conspicuous absence at Christmas, but also the closeness of her angelic spirit hovering nearby.

Together as a parish family, we had walked this journey of love and pain. Love triumphed in spite of the pain.

***Faith makes all the difference***

By Pastor Oskar Arajs, Westview Baptist Church

I HAVE OFFICIATED IN many funerals and they are all difficult. Comforting people as they say goodbye to their loved ones is one of the hardest parts of being a pastor. One of those tough funerals was for my aunt who passed away a few years ago. She was dearly loved by all who knew her. Many had experienced her love and gentle caring spirit that seemed to just flow naturally from her.

I will never forget a conversation I had with her before she passed away. We spoke of her health and the days ahead, but we also talked about her faith in God. I remember asking her what difference faith makes at a time like this. She looked me straight in the eye and said, “Faith makes all the difference!”

At the funeral I recounted her words to the large group of extended family and friends that had gathered. We had all experienced her love through the years, but that love came from

somewhere. The courage she had to love came through her faith in Jesus. That’s where she found her strength.

AN Wilson, the brilliant philosopher who was a harsh and cynical critic of Christianity, wrote a shocking piece in a newspaper in London announcing his newfound faith. He wrote, “Materialist atheism says we are just a collection of chemicals. It has no answer whatsoever to the question of how we should be capable of love or heroism or poetry if we are simply animated pieces of meat. The Resurrection, which proclaims that matter and spirit are mysteriously conjoined, is the ultimate key to who we are. It confronts us with an extraordinarily haunting story. J S Bach believed the story, and set it to music. Most of the greatest writers and thinkers of the past 1,500 years have believed it. But an even stronger argument is the way that Christian faith transforms individual lives—the lives of the men and women with whom you mingle on a daily basis, the man, woman, or child next to you in church on Sunday morning.”

In the great faith chapter of the New Testament, Hebrews 11, we find these words, “Now faith is confidence in what we hope for and assurance about what we do not see.”

My aunt had learned this powerful truth about faith.

The world can be a dark place, but knowing that God’s presence rumbles in the background can be an incredible comfort. Faith protects us from the cold meaninglessness that is preached today, from the hostile selfishness we see all around, and the fear within that can consume us. How comforted are those who know the path of faith; who have submitted themselves to the work of God in their lives.

Faith makes all the difference.



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**Why every business should belong to the Chamber of Commerce**

*A national study by The Schapiro Group, a market research firm, reveals a number of important findings about how consumers and business owners perceive the local chamber of commerce and the businesses that are their members. For example:*

- When business decision-makers believe that a business is a chamber member, they are 37% more likely to think favorably of the business, 51% more likely to be highly aware of it, 58% more likely to think positively of its local reputation, and 59% more likely to buy goods and services from it.
- When consumers know that a business is a member of the local chamber, they are 44% more likely to think favorably about it.
- Consumers who are told that a business is a chamber member are 51% more likely to be highly aware of it and 57% more likely to think positively of its local reputation.
- Consumers are 63% more likely to buy goods and services in the future from a company that they believe is a member of the local chamber of commerce. The study also has good news for businesses that sell to other businesses.

*Supporting these findings, the study also reveals a positive perception for the local chamber itself:*

- Regarding the chamber’s impact on the local economy, 82% of respondents believe that the local chamber of commerce helps create jobs and promotes local economic development.



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## He spoke about faith

Reverend **Maxine Pirie**, Powell River United Church

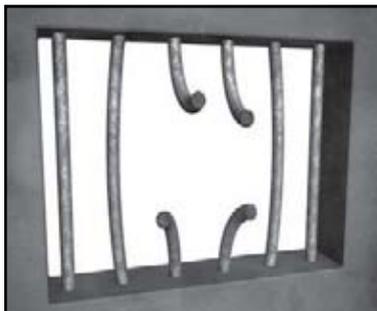
READING ISAIAH 35:1-10 and Luke 1:46b-55 reminded me of someone I had met at a concert about five years ago in a downtown church in Saskatoon. It was beginning Advent, a time of waiting and worship, with the choir's offering of Handel's MESSIAH. The voices rose in song and proclamation filled the sanctuary with God's promises and victory. The Saskatoon Symphony's accompaniment lifted the words even higher.

An elderly, very distinguished gentleman sat down beside me and before the music began, we began to talk of Faith. And then, a look of joy began to appear on this man's face in such a way that was almost beyond description. He opened his program and, with great jubilation, said, "May I show you the incredible mix of Scriptures in the MESSIAH?" This gentleman pointed to the combinations of Scripture, intermingled in such a way that God's love, promises and purpose would radiate throughout the music. With a twinkle in his eye, he said, "Isn't God grand!" That face filled with joy began to glow in a very special way; his faith was obviously a very important force in his life and he was excited to live it and share it.

The music began. His eyes were closed and a faint smile emerged. Scriptures of joyous glad tidings were sung and his smile couldn't have become any larger. As we stood for the "Hallelujah" chorus, he looked to the heavens for a while and then bowed his head in prayer. And as the last chorus was sung, "Worthy is the Lamb," he sat with his hands folded in his lap, tears streaming down his cheeks.

The music stopped. He threw his arms around me and hugged me saying: "Wasn't this marvellous? I have loved hearing God's words in this music and I have enjoyed sharing God's words with you." Then he disappeared into the crowd.

How do you tell someone else about an encounter such as this? I walked away from that concert not quite sure "who" I sat beside and was reminded of Hebrews 13:2. The man seemed angelic as if he had been afforded special holy glimpses. Perhaps that is what Faith is about... being filled with the hope; being filled with the words of Isaiah as we wait for and pray that Christ be born anew in us... being filled with Jesus in such a way that our soul, too, magnifies GOD as did Mary's... and having faith in God's radical changes to mend this broken world. **RL**



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*Debbie Dee*



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*Brandy Peterson*

# After the turkey

## Now what?

By Isabelle Southcott • isabelle@prliving.ca

The turkey dinner has been eaten, the mashed potatoes swimming in gravy is gone, the carrots, Brussels sprouts and cranberry sauce vanished and now you're feeling as stuffed as the bird you just polished off. What's next? Dessert?

Fruit cake? Maybe plum pudding with brandy butter?

Or maybe, a heart attack.

Did you know that an unusually big meal, like those often consumed over the holidays, may increase the risk of heart attack by about four times within two hours after eating?

So instead of doing an all you can eat and heading over to the dessert table, why not start planning your 2012-lifestyle changes?

We all know that exercise alone isn't the answer but when you combine it with healthy food choices and other good lifestyle choices (such as not smoking or doing drugs or drinking too much alcohol) you are on the right track!

"I believe that people feel their shot at success is more real if the person who has made a change is someone that they know locally rather than a celebrity," says Lorne Morrow, owner of Avid Fitness.

Personal trainer Roché Rossouw says you cannot out-train a lousy diet. "Exercise without diet change is useless for weight-loss. Eat more vegetables. The way the weight comes off is the way the weight stays off. If you cannot sustain the changes, don't bother making them."

Roché's husband Pieter, a local physician, used to yo-yo with his weight. He says keeping a food diary of what he eats keeps

him on track. "Both of us believe in what we follow ourselves so Pieter often requires his patients to keep a food diary as well."

Roché also suggests weighing in regularly and paying attention to how your clothes are feeling. She tells clients to eat real food and stay away from processed food.

It's not easy to make a lifestyle change, says Roché. "As one client said: 'It is like taking on another job. You have to relearn everything, make a few mistakes and then figure how to do it so it becomes a habit.'"

There are stories everywhere of friends and neighbours who have traded in the potato chips and lazing about on the sofa for carrot sticks and apples and a date at the gym. Here are three Powell River success stories.

### How Vince did it

**Vince Metcalf** had been going to the gym for a couple of years but wasn't really getting anywhere with it. "I was still eating potato chips and drinking beer. I had high blood pressure and my doctor told me I should lose weight."

One day, Vince asked Lorne Morrow at Avid Fitness to put him on a program that would help him lose weight and gain strength. The two met and Vince began following Lorne's advice.

Vince has lost 37 pounds in the last six months.

The reason why Vince was able to drop the weight this time has to do with diet and commitment to his program.

"Before I began working out with Lorne, I continued to eat

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the same way but under Lorne's guidance I began to eat differently."

One of the biggest dietary changes has to do with vegetables. "I eat way more vegetables, salads, broccoli and carrots now. Vegetables are now half my meal and I eat smaller amounts of meat. I've also dropped the chips and beer on a regular basis and now just have them as a treat."

Nobody can get someone else to change, he says, but they can surely help.

"The person has to want to do it," says Vince, but he suggests getting help to get over that initial hump. "Baby steps are the key and being realistic about what is achievable."

Vince says he feels better since losing the weight and getting fitter. "I can do more and I am more positive. My doctor is happy with the changes and my blood pressure is back to normal."

Vince has also gone down four belt holes!

Success begets success and when Vince began to see and feel the changes occur he was motivated to keep going. "It's a lifestyle change. My eating habits have changed but I am committed to this. I enjoy going to the gym. I like the atmosphere, the staff is friendly and it's social."



**TAKING TIME:** Lori Blackman gets some pointers from yoga instructor Keely Fandrick.

### Finding the right time

**Lori Blackman** knew what she should do to be healthy and fit. As the recreation office coordinator for The City of Powell River, Lori is surrounded by fitness classes, programs and information.

"I don't know how many times I tried and it just didn't work."

Two years ago, on December 28, Lori decided she really had to do something about her weight and fitness. "I met with Roché Rossouw [fitness trainer at the Recreation Complex] to get a program to begin the new year with."

Lori remembers that meeting like it was yesterday. "Roché asked how many times a week can you commit to this program. I was thinking two times a week but I thought she'd want to hear three and so I said three times a week. Roché said okay, five days a week. No excuses. You work here, the gym is right down the hall."

Roché told Lori that exercise needs to be a habit. "It's all about getting into a routine," she told me.

Lori struggled with finding the time. "Lunch didn't work for me. We live north of town and I don't like to drive back in after work and I'm too tired right after work."

So Lori began getting up at 5:30 am five days a week and hitting the gym.

Being organized is key to Lori's success. She packs her bag for the week and on Monday morning, brings a bag filled with towels, toiletries and gym clothes to her office. "For me, it was all about finding the right time that worked."

Lori also likes to mix things up so she does a couple of yoga classes and walks as well. She thinks the turning point for her was realizing that she wasn't getting any younger and noticing that she was out of breath one day.

"I work in recreation and am president of the Recreation Facility Association of

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I will do my best to represent everyone's interests as your mayor over the next three years. I'm happy to continue working together to make Powell River a city we're proud to call home.

*Dave Formosa*



BC and on the board of Recreation Facility Council of Canada, so I'm very much aware of these things. I needed to practice what I preach!"

Last March Lori watched *The Biggest Loser* on TV. "It was incredibly inspirational. I bought a book called *Six Weeks to a Healthier You* that combines exercise and diet plans. Pat (Lori's partner) and I went on it together and I lost 47 pounds in five months and he lost 52 pounds."

Lori says they totally changed their lifestyle. They used to exercise sporadically but now they exercise daily. "We don't eat red meat, we don't buy bread, we've had no sugar or butter in the house for two years. I went through all the cupboards and got rid of everything we shouldn't be eating. It's easier if you remove the temptations. There's no salt in our house and no white flour."

I asked Lori what she brought for lunch today and here's what she said.

"I have my baggie of vegetables with zucchini sticks, tomatoes, mushrooms, carrots and celery. I have a small container of hummus. I have a banana, an orange, cut up pineapple and strawberries."

Lori spends more time on food preparation but it keeps her on track. Her blood pressure has returned to normal and she can do more activities than she could two years ago. "When you feel fitter and physically more capable you take on new challenges."

### Video doesn't lie

For busy mom **Corinna Curtis**, the defining moment occurred last spring when she saw herself on video.

"I'm a typical working mom busy with work and family," said Corinna. "I'd gotten away from exercising because I was too tired and I'd gradually gained weight over the years. I wasn't eating properly, I was grabbing food on the run."

Although Corinna had looked at herself in the mirror she really hadn't noticed the changes that were occurring with her body. "I went up a few sizes," she admitted.

Last spring break, Corinna's 17-year-old daughter took a family video. "When I got home I saw this video and said 'Oh my goodness is that what I look like?'"

Looking back, Corinna scolds herself. "I'm a nurse," she says.

After watching the video Corinna decided it was time to do something. "My friend was going to Better Bodies gym and he got me involved in a training program with Zee Salehian. Knowing that someone was there and that I was expected to show up made a huge difference. It kept me going. The more I exercised the more energy I had. I enjoyed going. It changed my whole way of thinking."

Better Bodies works well for Corinna as she is able to use it anytime she likes. "You get your own key. If I want to do a workout at 11 pm I can."

Corinna also started taking a high nutrition food supplement at the same time and the weight started coming off.

"I changed my eating habits a lot," she says. "I eat more fruit and vegetables and lean protein and I feel much better. Since May, I've lost 40 pounds."

These days the mother of three and grandmother of one is more conscious of what she eats, and it shows. [PRL](#)

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# A meaningful Christmas

## Pulling together on Christmas Eve

By ErnaLee Shannon

Staggering across the ferry parking lot at Little River, I was hit by another gust of wind that almost slam-dunked me to the rain-soaked pavement. This return trip from our pre-Christmas holiday in Victoria was fast becoming a disaster my family would talk about for generations.

With no end to the 95 km/hr winds in sight, my usual positive outlook was slipping towards my wet running shoes. It didn't help that my daughter Shaylnn, and her friend Cam were hunkered down in the backseat of our car bracing for the worst Christmas of their lives. My husband Ken remained stoic but I could tell he was thinking of the turkey dinner we'd be missing tonight. I was too.

I wrestled with the door of the waiting room and burst inside, streaming more water onto the floor. Weary-eyed foot passengers, many of them parents with tired, fussy children stared at me with a dull, 'when's this going to be over' expression. Some had that crumpled, 'been here all night' look.

### Stuck in Little River

Most of us had waited through two evening sailings last night and another two this morning. I took my turn in line for the bathroom and smiled at a woman with a little boy. "This isn't quite the Christmas we were expecting, is it?" I ventured.

She smiled back at me and answered, "No. But I'm really hoping we can get home tonight to his daddy." Above her son's tousled head she whispered, "He's afraid Santa won't find us here." The implication of those words were sobering. I couldn't imagine Christmas morning camped out in a ferry parking lot either.

Stepping back into the storm I thought of how lucky my family and I were.

What about the others?

At least we had stayed in a warm motel room last night and had cousins who were willing to loan us their car for the afternoon.

Soon we'd leave our vehicle in the line-up and go get something hot to eat. Guilt gnawed at what little peace of mind I had

left. But what about everyone else?

I thought of this all the way to town. My heart desperately needed to turn this Christmas Eve fiasco into something positive.

"Where do you want to eat?" Ken asked.

"I... um... what about Quality Foods?"

An idea was bubbling on the back burner of my imagination. My heart lifted. Maybe I could buy something and we could hand it out to people in the ferry line-up.

The delight of lunch was dampened by another hefty dose of guilt. Our Christmas budget had been blown to smithereens by this trip—what remained wasn't going to buy much of anything. I spied a young woman stocking shelves and on impulse I blurted, "Can I speak to the store manager please?"

Ken looked at me and asked, "What's wrong?"

### Something to cheer people up

"Nothing." I replied. Everything was fast becoming right!

The manager was out, but the young

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9:30 am-3:30 pm

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604 483-9551

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

## Which came first?

What comes first: compromised function or the obvious symptom?

Because our bodies are so adaptable, we often manage in spite of a growing problem that keeps nagging us. We may not yet have obvious symptoms, but our capacity to adapt is diminished. Then, all it takes is a sneeze, tying our shoes or the stress of a deadline to put us over the edge and symptoms appear.

You might say, "But I didn't do anything!"

Actually there are probably subtle signs that something was amiss. We all have a different threshold of "body awareness." Become more aware of your body. Take note of even small changes in your energy level, sleep habits and elimination. Take action while your body is still whispering, rather than waiting until it is shouting for help...



604.485.7907

Dr Ted Johnson

If you would like more information visit our website at [www.powellriverchiro.ca](http://www.powellriverchiro.ca) or call us to attend one of our FREE "Health Talks."

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man who came to meet me listened carefully as I explained the situation. "So... I was wondering if you could donate two boxes of chocolates... to help cheer people up."

"Just give me a minute," he said. "I'll see what I can do."

Time stretched by and I began to wonder if he had forgotten about us. Then there he was, grinning from ear to ear pulling a trolley filled with food! I was filled with such gratitude that my eyes welled up with tears. "Thank you," I whispered.

"You're welcome," he said. "Merry Christmas!"

Something for everyone

We loaded the supplies into the small trunk of our borrowed car. There were cases of bottled water, two gargantuan bags of buns, scones and bagels, a giant box of raisin tarts, and boxes and boxes of various kinds of cookies and crackers.

**Like Santa's elves**

Back at the ferry terminal Ken, Shaylnn, Cam and I juggled our bags and boxes and set to work knocking on windows.

"Oh, my gosh, food! Thank you!"

"Courtesy of Quality Foods," we said. "Merry Christmas!"

Indeed it was wonderful. Cold, wet and happier than we'd

been for hours, we settled back into the car feeling inspired and grateful. Something had shifted. From that point on, we played silly games and shared our funniest Christmas memories — like the time we cooked a 42-pound homegrown turkey that barely squeezed into the oven!

In the car we giggled with a carefree abandon that had nothing to do with where we were in the ferry line-up and everything to do with where we were in our hearts. We weren't the only ones. Despite the weather, people were jovial and drivers beeped out car horn renditions of 'Jingle Bells' and 'We Wish You A Merry Christmas'. Running back from the bathroom Shaylnn announced, "Mom! They're singing Christmas carols in the waiting room!"

BC Ferries supplied a cart of hot beverages and snacks and I talked to one crewman who said that he had taken a couple of people home with him the night before who were stranded in the waiting room.

With the announcement that the ferry would sail, a cacophony of joy erupted! People hung their heads out their vehicle windows and shouted and beeped their horns in jubilation. Foot passengers jumped up and down in the rain and danced onto the ferry. Thirty-four hours after we left Victoria, the ferry departed shortly after 7:30 pm with everyone on board.

The most meaningful Christmas ever

Upstairs in the galley Shaylnn wrote 'MERRY CHRISTMAS' on the steamy window. Soon children and adults of all ages began drawing pictures and writing messages of their own. The best part for me was when Shaylnn hugged me tight and said, "You know Mom, if I had to be stuck in a ferry parking lot with anyone, I'm glad it was with you! You helped make this the most meaningful Christmas ever!" **PR**

FALL 2011  
TOUR SCHEDULE



Dec 6	Nanaimo Casino • Day trip
Dec 7-8	Countryside Christmas • Chemainus Theatre
Dec 14-15	Countryside Christmas • Chemainus Theatre

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# Powell River Living COMMUNITY Calendar **DECEMBER**

**Dec 1:** Fourth Annual Gingerbread Contest. Enter your Gingerbread creation of a house, other type of building or vehicle, must be made primarily of gingerbread with edible decorations. Entries must be brought to the Town Centre Hotel between Dec 1 and 4, and will be on display in the hotel lobby until the end of December. Prizes will be awarded by a count of votes, and will be presented on Dec 23, for the three most popular entries. For more info, call Shelley Halliday at 604485-3000 or email admin@prtowncentrehotel.com.

**Dec 3:** Powell River Yacht Club presents "Parade of Lights". Sailors leave harbor at 5:30pm. Landlubbers: 6:30pm bonfire and hot chocolate at Willingdon Beach. Awards reception: 8pm at the Legion downstairs, back entrance only. For more info contact Mike 604485-7989, Robin 604483-6759 or Tom 604485-5869.

**Dec 3:** Opera Handel's Rodelinda, 9:30 am at Max Cameron Theatre, Brooks Secondary School. Adults \$25, Youth \$15. Reserved Seating available at Academy of Music 604485-9633. Performance day tickets available at the door. Call Jacquie 604485-3900 for more information.

**Dec 6:** Municipal Pension Retirees Association Meeting and Potluck Lunch, 1pm at the Cranberry Senior's Centre. Guest Speaker: Driving Instructor Michelle Jones. All Municipal Pension recipients welcome. For more info call Sue McCallum 604487-4156.

**Dec 8:** Reflections: An exhibition of paintings and stained glass art by Powell River artist Louise Gloslee. Opening reception 7-9pm at Malaspina Art Society exhibition space at Vancouver Island University. Art show runs to December 31. For more info visit www.artpowellriver.ca, or call 604487-1752.

**Dec 9:** Carols By Candlelight with Ellen Wang, organ at 7:30pm Dwight Hall. Tickets \$17.

**Dec 10:** Carols By Candlelight, Dwight Hall 1:30 & 7:30 pm.

**Dec 15:** PR Academy of Music presents "Chor Musica Christmas" featuring popular carols (sacred and secular). 7:30pm at the Academy of Music. Tickets available at the Academy Box Office. Call 604485-9633 for more information.

**Dec 16:** C.R. Avery House Show Concert at 3312 Malaspina Road, 7pm. Tickets available at Breakwater Books. Contact Ana at 604485-4415 for more info.

**Dec 18:** Powell River Community Band offers an afternoon of music at the Patricia Theatre; from 2-4pm. Tickets are \$10 at the door. Children 12 and under are free.

**Jan 1:** Polar Bear Swim at Willingdon Beach, 11:30 registration, swim at 12 noon.

**Jan 17:** Opera Insights with John Silver, 6-8 pm with discussion of Faust, Max Cameron Theatre. Admission \$6.

**Jan 21:** Metropolitan Opera presents Gounod's FAUST, 9:55 am, Max Cameron Theatre. Contact Jacquie at 604483-3900 for more information.

**Jan 27:** Family Literacy Day, 3-6pm at the Recreation Complex. Take a learning journey with adventures in reading at different stations manned by reading heroes on subjects from Lego to health to sports.

**Feb 16 - 19:** PR Film Festival. Includes 3 evening recep-

tions, daytime films for schools and the general public, art & live music, film contests and the Adventures in Film Camp for youth. Locations include the Recreation Complex, Patricia Theatre and Max Cameron Theatre. For more information contact Jan, Heather or Michelle at 604485-0325.

**ORCA:** (On the Road with Children's Activities) programs run Monday to Friday. For full schedule info visit www.successby6powellriver.ca or call Sheila at 604485-2132.

**Alcoholics Anonymous:** 8:30-9:30pm. Fridays at United Church basement, Saturdays at Hospital Boardroom, Sundays at Alano Club. For more info call 604414-0944, 604485-5346, 604483-9736. Texada Island: 604486-0117.

**Mondays:** Pasta Night, from 4:30 - 6pm (except holiday Mondays), at the United Church on the corner of Duncan and Michigan. Everyone is welcome

**Mondays:** Family Place Garden Group: 10:30 am-12pm at the Community Demonstration Garden. Call 604485-2706 for more information.

**Mondays:** Cinch card games at RC Legion #164, 7pm. Newcomers welcome. For more information visit cinchgame.net or call 604485-5504.

**Mondays:** Bike ride at Sun-coast Cycle, 6pm

**Mondays:** Whist Club at the Lang Bay Hall, 1pm. Contact 604487-9332.

**Mondays, Tuesdays & Wednesdays:** Garage Sale, 4476 Cumberland Place (behind Massullo Motors), 9 am-3pm. Proceeds to funding job skills training program for people with mental illness. Info: call Sasha at 604485-0087.

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

**Last Monday:** La Leche League, breastfeeding support, 10 am at Family Place. Call Lynne at 604487-4418 for info.

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

**Tuesdays:** PR Stroke Recovery Club meets in the Lower Legion Hall from 10 am-1 pm. Contact Trudy Simpson at 604485-06396 or Rhonda Ellwyn at 604483-3304 for more information.

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

**First & third Tuesday:** Kiwanis Club of PR, 7:30pm at the Annex on Kiwanis Avenue. For more info call 604487-9332.

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

**First & Second Tuesday:** Food Bank, 6812-D Alberni Street, 10 am-2pm. Call 604485-9166.

**Second Tuesday:** Living with Cancer Support Group, 1:30-3:30pm. All cancer patients, survivors and loved ones welcome. For more info call Helen at 604485-4071 or Carol at 604485-9115.

**Second Tuesday:** Parkinson Support Group (Jan-June & Sept-Nov), 1:30pm, Trinity Hall of the United Church. For more info call 604485-5973.

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

Cranberry. All are welcome for an evening of informative and entertaining gardening.

**First Wednesday:** Fibromyalgia Self Help group meets from 1 - 3pm at the Senior's Centre in Cranberry.

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

**Second Wednesday:** SPCA meets at Quality Foods Boardroom at 7pm. Everyone Welcome.

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

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

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

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

## Powell River Sketches



**TUG & BARGE:** Tugboats are a common sight on local waters, towing barges to and from the Powell River mill, or hauling log booms and other cargo up and down the coast as a mainstay of commerce. Pencil drawing by Lowell Morris — www.LowellMorris.com

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

**Thursdays:** Crib Club at the Lang Bay Hall, 7pm. Contact 604487-9332.

**Fridays:** Ravens Wheelchair Basketball, drop-in, everyone welcome, chairs provided. 4:00 - 6:00pm in the Oceanview School Gym. For more info call 604485-2688.

**Fridays:** Family Place, parent child drop in, 12:30-4:30pm, everyone welcome. Please call 604485-2706 for information about "Rhythm Circle Time" & "Bi-lingual Playgroup".

**Saturdays:** Knitting Group meets from 11-4 at Great Balls of Wool (4722 Marine Avenue). For more information, contact Roisin at 604485-4859.

**Second & Fourth Saturday:** Faith Lutheran Food Cupboard is open 12 noon to 2pm. 4811 Ontario Street (corner of Alberni). Call 604485-2000.

**Third Saturday:** Senior's Center in Cranberry holds their afternoon of cards, games and scrabble at 1pm. Please register in advance by calling 604485-9562 or 604485-2153. Everyone is welcome.

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



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## Dog Gone Grooming

Hi, my name is **Zuma**, and I am a 3-year-old Goldendoodle. Lou-Anne has been grooming me at Dog Gone Grooming since I was a baby. I enjoy runs in the forest with my Mom, car rides with my head out the window and wrestling with my Siamese cat brothers Gus and Romeo.

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Dog-Gone Groom of the Month...



## Powell River Living FACES of EDUCATION

# Meet your new Board of Education

**P**owell River's Board of Education trustees took an oath of office on November 15, marking the start of their three-year terms. Joining the four returning trustees is Steve Formosa, who retired as vice-principal of Brooks Secondary School in 2010 after a 34-year career as an educator.



**Steve Formosa** • This is my first term as a trustee; however I have a rich background in the field of education. For 34 years I worked in teaching and leadership roles for SD47 and SD57 (Prince George). I retired as a school administrator at Brooks Secondary in 2010. Previous to that, I taught mathematics, general science, and chemistry. I've organized and sponsored many school extra-curricular activities, including clubs, student leadership presentations, staff/student activities and graduation celebrations. I've been the union representative for several secondary schools and have served for years as a union executive member. I've always had a passion for teaching and won a science teacher Shell Merit Fellowship to Queens University. I have a B.Sc., a professional teaching certificate, and M.Ed. I believe in a student focused school district that provides authentic learning opportunities.



**Mary James** • This will be my third term on the Board of Education and as a retired teacher, principal and parent of two sons who went to school in Powell River, I am excited to continue my commitment to public education. I look forward to continuing to work on our current district initiatives in early learning, sustainable schools programs, parent involvement, responsive and personalized elementary education, and flexibility and choice at the high school level. I am encouraged by the work of all our school district staff. I believe that with honest and open communication and adequate support, together we can create safe and caring schools that meet the needs of our students and offer multiple pathways to their success.



**Aaron Reid** • I am a Powell River born, happily married, self-employed mother of two children. My daughter attends Grade 3 and my son, kindergarten, both at Grief Point Elementary. I am entering my second three-year term as a trustee and have served the past two years as the President of the South Coast Branch of the BC School Trustees Association. I have enjoyed playing ladies fastball and mixed slo-pitch for many years. I firmly believe all children have the right and responsibility to a safe, inclusive, respectful and creative learning environment. I am committed to continue working with my fellow trustees to make sure that Powell River continues to provide the great educational opportunities our children deserve.



**Jeanette Scott** • I am entering my fifth term on the board. Prior to my election, I retired after 35 years of teaching. I serve on the District Health Committee and assisted with the introduction of a new nutrition policy. I facilitated the introduction of a mentorship program for beginning teachers and played an active role in the designing of the Max Cameron Theatre. I supported the building of the new track and look forward to the opening of the new Westview Elementary School. I believe that through a focus on our First Nations students and on initiatives such as the outdoor education and trades programs we will realize the Board's vision of an education system that effectively meets the learning needs of individuals — one that encourages creativity, builds social responsibility and promotes community engagement.



**Doug Skinner** • This is my second term as an elected school trustee. At present, I am the BCP-SEA (BC Public School Employers' Association) bargaining representative and the BC Ferries representative for the Powell River School Board. Prior to my election to the board, I worked for 34 years in education as a teacher and administrator in Powell River and Victoria and have worked in all levels of education from K-12. I have also coached many different sports for over 40 years at all levels, from beginners to experts. I believe all students are special and that each and every one of them has special gifts. Our job as a school district is to create a system that will allow the growth of every special child.



# Powell River Town Centre Mall

## December Shopping

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Santa Arrives at the Mall

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				1	2	3
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4 Santa's Hours 1 - 4 pm Open 11 - 5 pm	5 Santa's Hours 1 - 4 pm 9:30 am - 5:30 pm	6 Santa's Hours 1 - 4 pm 9:30 am - 5:30 pm	7 Santa's Hours 1 - 4 pm 9:30 am - 5:30 pm	8 Santa's Hours 1 - 4 pm OPEN LATE 9:30 am - 9:00 pm	9 Santa's Hours 1 - 4 pm OPEN LATE 9:30 am - 9:00 pm	10 Santa's Hours 1 - 4 pm 9:30 am - 5:30 pm
11 Santa's Hours 1 - 4 pm Open 11 - 5 pm	12 Santa's Hours 1 - 4 pm 9:30 am - 5:30 pm	13 Santa's Hours 1 - 4 pm 9:30 am - 5:30 pm	14 Santa's Hours 1 - 4 pm 9:30 am - 5:30 pm	15 Santa's Hours 1 - 4 pm OPEN LATE 9:30 am - 9:00 pm	16 Santa's Hours 1 - 4 pm OPEN LATE 9:30 am - 9:00 pm	17 Santa's Hours 1 - 4 pm 9:30 am - 5:30 pm
18 Santa's Hours 1 - 4 pm Open 11 - 5 pm	19 Santa's Hours 1 - 4 pm OPEN LATE 9:30 am - 9:00 pm	20 Santa's Hours 1 - 4 pm OPEN LATE 9:30 am - 9:00 pm	21 Santa's Hours 1 - 4 pm OPEN LATE 9:30 am - 9:00 pm	22 Santa's Hours 1 - 4 pm OPEN LATE 9:30 am - 9:00 pm	23 Santa's Hours 1 - 4 pm OPEN LATE 9:30 am - 9:00 pm	24 Christmas Eve Santa • 1 - 3 pm 9:30 am - 4:00 pm
25 Merry Christmas CLOSED	26 Boxing Day Open 10 - 5 pm	27 Regular Hours 9:30 am - 5:30 pm	28 Regular Hours 9:30 am - 5:30 pm	29 Regular Hours 9:30 am - 5:30 pm	30 Regular Hours 9:30 am - 9:00 pm	31 New Year's Eve 9:30 am - 4:00 pm

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170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200



Get your photo taken with SANTA December 3 to 24 from 1-4 pm daily in the Mall