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Winter Living

A Powell River Living publication



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42

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January – March 2012

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Gourmet Canton renovated!

Have you been to the Gourmet Canton Restaurant recently?

The newly renovated restaurant now boasts new flooring, new paint and new art on the walls. This has given the restaurant an updated look, but the food is what really keeps customers coming back, and the food at the Gourmet Canton always pleases.

The family style restaurant has changed many of its menu items since opening in 1991, while keeping old favourites. Originally serving signature hot plate dishes from their village in Canton, each year they have expanded their menu and now draw from many regions including Szechuan and Teochew. This broad and diverse blend creates a rich tapestry of flavours and textures to suit all tastes.

Curry, Szechuan, or satay sauces can be added to hot-plate dishes. Gourmet Canton's satay is a Malaysian style with flavours such as lemon grass and cilantro.

They also cater to each individual diner's tastes.

"Food is only cooked when an order comes in," says head chef Vanbe Lam, "so fresh ingredients can be added or subtracted and spices adjusted to individual tastes. Five people at the same table could each enjoy their own personalized plate of any dish."

In addition to catering to different tastes, the restaurant is happy to cater to any dietary restrictions. There are vegetarian options, such as spicy garlic tofu, and gluten-free options, like the rice noodle dishes. Even no-salt diets can be accommodated.

"I love food," says manager Emily Yee. "It is so satisfying to see customers smile when they walk out the door."

A popular feature is the restaurant's

Teochew cooking, famed for light noodle soups. These are made with a homemade broth. Customers can create their own soup, starting with broth and their choice of noodle. They then can choose from seafood, fishballs and meatballs, along with a choice of sauce.

Custom dishes can be ordered over the telephone. They are made ready for delivery, pickup or dining room enjoyment.

Ordering ahead makes it easy for quick lunches when time can be short. Customers can just slip into the restaurant and have their meal served to them without waiting.

Set menu items and house specialties include light and spicy chow meins and pan-fried garlic prawns. Weekly specials add variety to an already expansive menu.

The staff enjoy customizing meals, whether it is making a slight adjustment to a menu item or creating a special dish just for you.

Delivery and custom catering can be arranged through Emily at 604 485-2885.



Scan this to see the menu right now.

Join us for **Chinese New Year!**
January 20-29

As the largest celebration in the Chinese calendar, New Year's celebrations start days before. This year the special menu will begin Friday the 20th and run through the new year ending on the 29th. Group bookings are welcome and custom menus can be planned.



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ON THE COVER

Any Evans, director with the Knuckleheads Winter Recreation Area, leaps into the snow near one of the cabins. Many Powell Riverites look forward to winter and the recreation opportunities it brings.

Photo by Ron Diprose

Publisher's note



Like it or not, winter's here. So instead of hiding from it and wishing it would just end, get out and embrace it! There are lots of fun things to do in Powell River in the winter, but in order to enjoy the shortest days of the year you have to get off the couch and find the fun.

Powell River has a smorgasbord of activities to choose from. For those of you who celebrate Chinese New Year's on January 23, this year is The Year of the Dragon. Family Literacy Day on January 27 is a great opportunity to get

the whole family enjoying time together.

When winter arrives, outdoor enthusiasts often think of The Knuckleheads, Powell River's winter playground. Every year more and more people are enjoying this area. The maintenance (which includes cleaning up messes created by vandals during the summer) and pellets needed to warm the cabins cost money. If you enjoy the backcountry, please consider helping with the upkeep by dropping off a donation at the Town Centre Mall office, headquarters of one of the famous Knucklehead directors.

This morning I leaped out of bed at 5:22 am to join Una Southall's first winter running class of the new year at 6 am. I won't lie: it was hard to get up that early and the workout itself was challenging. I am comforted by the fact that there is TONS of room for improvement!

I also recently tried my hand at curling for the very first time with Dave Douglas and family at the newly refurbished Powell River Curling Club. Dave and his kids patiently taught my boyfriend and me the basics of curling after we finished doing an interview about the sport.

There's winter golf, winter biking, winter birding, winter diving, winter kayaking and winter hiking. In fact, almost anything you can do during the summer you can do in the winter. You just have to plan ahead, dress for the weather, take into account that it gets darker earlier and let someone know where you are going and when you will return!

Stop hiding from winter this year and resolve to join it and experience the best of Winter Living in Powell River. 🐾

Isabelle Southcott, Publisher • isabelle@prliving.ca

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust and hostility to evaporate.

Albert Schweitzer (1875– 1965) Nobel Peace Prize recipient.

A NOTE ABOUT OUR PAPER STOCK

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Throwing ROCKS

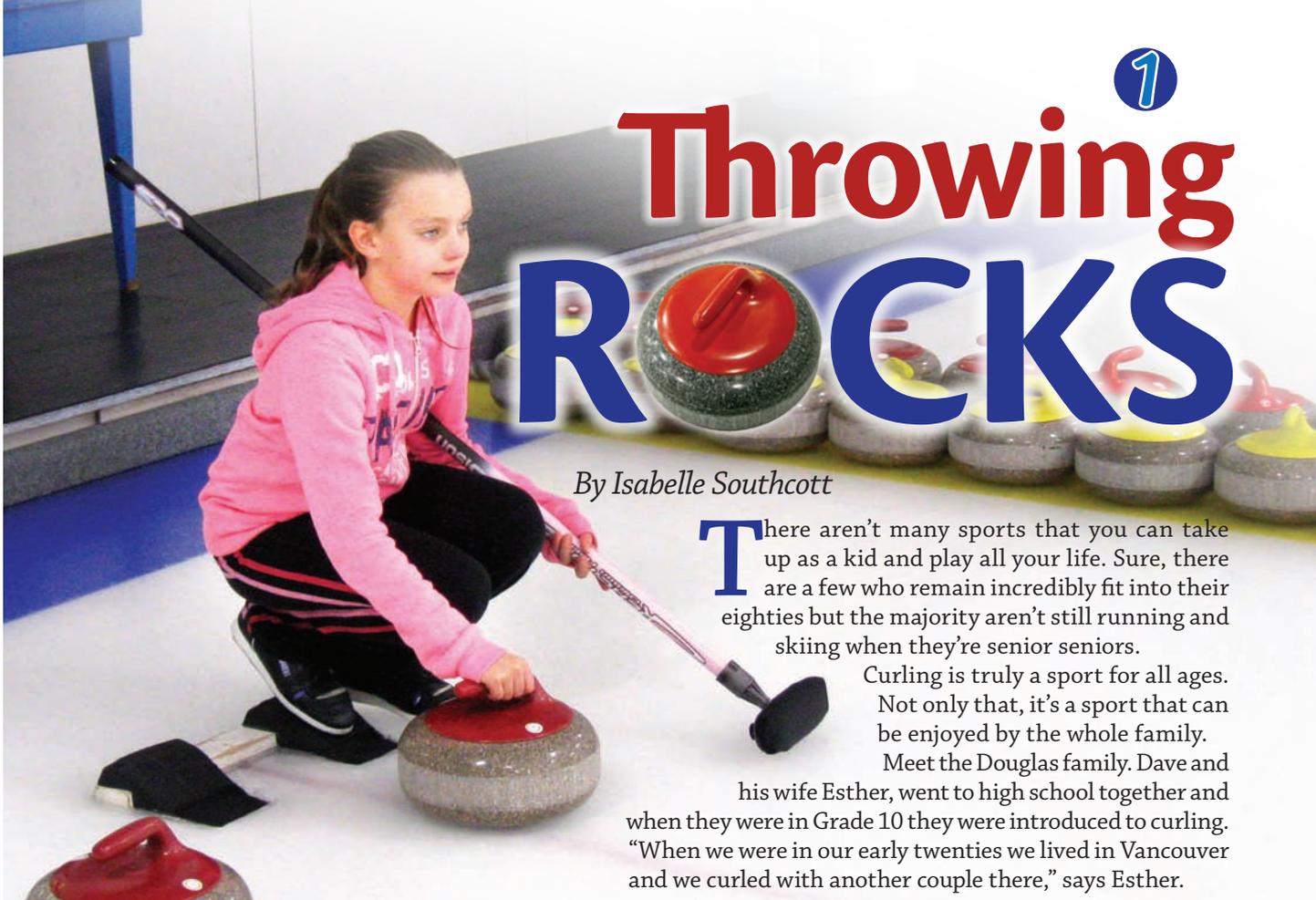
By Isabelle Southcott

There aren't many sports that you can take up as a kid and play all your life. Sure, there are a few who remain incredibly fit into their eighties but the majority aren't still running and skiing when they're senior seniors.

Curling is truly a sport for all ages.

Not only that, it's a sport that can be enjoyed by the whole family.

Meet the Douglas family. Dave and his wife Esther, went to high school together and when they were in Grade 10 they were introduced to curling. "When we were in our early twenties we lived in Vancouver and we curled with another couple there," says Esther.



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But then the Douglases took a break from curling for a while. They resumed after their eldest daughter, Michaela, who was eight at the time, and visiting her grandmother in Parksville, saw a game of curling and said: “I’d love to curl.”

Michaela signed up for the junior program and has never looked back. Now 16, Michaela plays for the Brooks High School team and in the mixed league.

The Powell River Curling Club is celebrating. This summer, over \$150,000 of renovation work was carried out thanks to a Community Forests grant. For years, curlers had to contend with buckets on the ice to catch drips from the leaky roof and unfinished ceilings.

The result of the renos? Come see for yourself and while you’re there, ask about the novice league on Wednesday nights. “This is to get people started,” says Dave. “We give some instruction initially and we end up with a number of new curlers.”

With a variety of leagues, there’s something for everyone. If you want to learn to curl, just ask. There are always people willing to teach.

Curling is a sport that combines two aspects at the same time. It gets you out of the house and onto the ice for a good workout and it’s social. The Douglas family also likes the fact that you can curl at any age.

FAMILY FUN — (Top) Rebecca Douglas, 10, delivers a rock while sister Michaela, 16, and father Dave sweep.

FINE TECHNIQUE — (Below left) Michaela Douglas exhibits fine technique as she sends one down the sheet.

TRYING HER HAND — (Below right) Powell River Living’s Isabelle Southcott tries her hand at curling for the first time.





TOOLS OF THE GAME

Broom • (Red handled brush) Is what most curlers use to help keep their balance and for sweeping the rock.

Edge • (White T with gloves) Some curlers prefer to use the edge instead of the broom for balance. Another tool to assist delivery.

Sliders • (Look like galoshes, beside gear bag) An overshoe you slip over your footwear. It has a slippery bottom so you can slide down the ice. You wear one slider when delivering the rock.

Gripper • (Look like sneakers) Like the slider, it is an overshoe that goes over your footwear. The gripper, as you might guess, helps you grip the ice and prevents sliding. When you are sweeping, you wear grippers as they give you the most traction to apply the weight of the broom to clean the ice.

OPTIONAL

Stick • (Far left) Used in stick curling. For people who have trouble bending over, with their knees or back, this tool means they can still enjoy the sport.

“We have curlers from eight into their nineties,” says Dave. At 91, Phyllis Williams is the oldest member of the club, says president Marlene Hall. “She still curls two days a week.”

Dave and Esther’s youngest daughter Rebecca is 10. She started curling last year and like the rest of the family, loves the sport. “You can talk to your opposition and team mates between shots,” says Rebecca. “It’s a lot of fun.”

Michaela has made lots of friends through curling. She and her sister met world champion curler Jennifer Jones when they attended a curling camp in Parksville.

Esther and Dave curl on Friday nights in the mixed league. Last summer, the whole family played as a team in the summer bonspiel.

Because a mixed team can consist of children and adults, the element of mentoring exists in curling. “When the juniors curl with more senior people they learn strategies,” says Esther. “They are team mates out there, offering each other tips.”

This year, the Douglas girls will team up with Grandma Nancy when they play in the ladies Bonspiel in Parksville. From 10 to 91, curling really is a game for all ages. 🐾



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Karate kids take over TC Mall 2

Demo Day: Sunday, January 22

The normally quiet Sunday morning at the Town Centre Mall will be a hive of high-kicking activity on Jan. 22, when the Canadian Martial Arts Academy takes over for a demonstration day.

The event will take place in the old Shopper's Drug Mart portion of the mall, beginning with Cardio Kickboxing from 10-11 am. Watch local women use focus mitts, kicking shields and heavy bags, work up a sweat with cardio training and go through strength training exercises.

From 11:30 to 1 pm, a black belt pre-test will be on exhibition. Youngsters and adults, who have been practicing for four years for the March exam, will go through everything required to pass the black belt test, including kata



forms, weapons work, self-defense, kicks and punches. It's a good over-

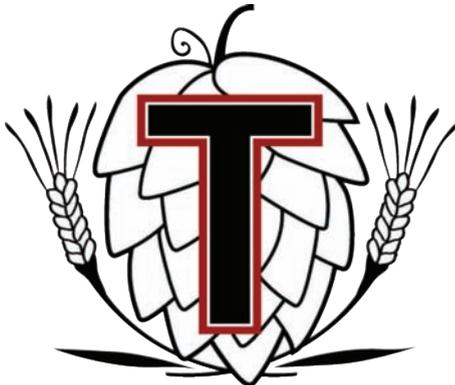
view of the sport, says Frank Clayton, of Powell River's Canadian Martial Arts Academy.

From 2-3 pm, competitors and volunteers who will participate in the huge Championship tournament to be hosted March 16-18 at Brooks School will demonstrate their skills and do a pre-tournament practice, showing skills with kata (forms), weapons and kumite (sparring).

Finally, from 3-4 pm, the four and five-year-old Little Ninja classes will show what they've been learning.

"It's a great opportunity for people to see exactly what we do in the school," says Frank. "People will get to see what Powell River has to offer — and it gives the students a jolt to perform in front of an audience." 🙌

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Winter fishing exciting

Chinook give a great fight

By Sean Percy

To a non-angler's ear, it sounds like someone is confused: "Yep, the winter springs are back." Huh? Are they talking about unusually cold weather before summer? No, they're talking fishing.

"Springs" is another term for chinook salmon. And springs are the monsters of the salmon world. Though winter chinook often aren't as huge as their summer brethren, they are fantastic on the barbecue and on the end of the line.

"They're great fighters," says fishing charter operator Neil Woloschuk, who operates the *Gail Warning* out of Westview harbour. "They'll do headstands!"

"They're a beautiful fish — shiny as a chrome flasher fresh out of the package," he says. That's like a polished mirror for you non-fishing folks.

A just-legal-sized chinook usually weighs in around nine pounds. But they're often caught in the mid to high teens, perfect for steaks or smoking. Some anglers hook into springs weighing 20 pounds or more.

The fishing is deep, with downriggers set at 120 to 250 feet, as salmon tend to hug the bottom during the winter months. Coho Point and both sides of Harwood Island are popular spots to find winter springs.

The fishery starts in mid-December and continues through March. Different runs can intersect in the waters off Powell River. Neil says he has caught three different springs — white, red and marbled — all in the same day.

"We have repeat guests who come here specifically for winter springs."

More and more local residents are taking their guests on fishing charters, he says. "They want to do something different, and this is a great way to spend a day." 



BIG CATCH! — Visitors from Thailand delighted in catching this beautiful chinook salmon.

Photos courtesy Neil Woloschuk

Winter Golf



Photos by Darren Robinson

When you live at the top end of the Sunshine Coast you can golf all year round. Powell River golfers take advantage of Myrtle Point Golf Club's year round golf course and are out on the greens "weather permitting," says Myrtle Point Golf Club's President Scott Randolph.

Because Myrtle Point Golf Course has the ability to host people all year-round "die hard" golfers are out on the course long after the fair weather golfers have flown south. "On December 17 we had a good number of people on the course," said Scott. "It gets a little soggy but we have improved our drainage on the course. Our greens are in just amazing shape for this time of year."

Powell River does not shut down in the winter. "It's one of those places in BC where you can go up in the back country and ski in the morning and golf in the afternoon." 🇨🇦

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This well-known statement has never been more true than today. In today's "developed" world we see poorer nutrition, poorer health, and higher incidence of pernicious disease worldwide. Many "Third World" countries are suddenly developing ill health; previously unheard-of ailments are suddenly reaching epidemic proportions, largely due to dietary changes. The "modernization" of their food supply—convenience foods, soft drinks etc., coupled with tampering with basic cooking ingredients to improve appearance and shelf life have left people with simple fresh local foodstuffs decimated by illness completely strange to them.

A classic example is the Solomon Islands, finally "free" after civil war in the year 2000. Almost immediately importation of "Western" food and drink began, and just as rapidly diabetes surfaced and thrived. In 2007 an estimated 3,200 people were diagnosed with the disease, and the World Health Organization forecast that number would rise to 5,000 three years later. The principle causes? Sugar of course, but "improved" cooking oils, such as canola, margarine and shortening, which replaced coconut oil by reason of their ability to keep longer without turning rancid through a marvellous process known as "hydrogenation"—thus introducing a modern-day plague of trans-fatty acids to an unwitting world.

The world-renowned German biochemist Dr. Johanna Budwig predicted the disastrous effects of this process in 1951, and was immediately pounced upon by massive lobby groups and was subjected to 28 court cases disputing her claims—allof which she won.

Another age-old adage is as true today: "An ounce of prevention is worth a pound of cure." We at Kelly's Specialty Shop, hold firm to that principle, and as part of our commitment to it we are constantly searching for sources of safe reliable products to improve and maintain health for people of all ages.

We shall be bringing in some books written on coconut oil by Dr. Bruce Fife M.D., author of 18 books on coconut oil, including "Eat Fat, Look Thin" and a new book "Stop Alzheimer's NOW!" giving a program using ketone therapy and diet backed by decades of medical and clinical research which has proven successful in restoring mental function and improving both brain and overall health. Learn how to prevent and even reduce symptoms of Parkinson's disease, Multiple Sclerosis (MS), amyotrophic lateral sclerosis (ALS), Huntington's disease, epilepsy, diabetes, stroke and various forms of dementia. A must read for any and all healthcare professionals as well as any family members and friends.

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For all those ladies missing *Curves*, check out Power Fit, Circuit Training, Circuit Express or Interval Circuit classes.

The Complex has something for everyone no matter what age. With offerings for both the body and the mind there's a new animal drawing class for children and cooking for kids. Zumba, which incorporates Latin

dance, is all the rage these days and now there are special teen zumba and mucho macho zumba classes.

Personal trainer Nathan Jantz is offering weight training and supervision for youth. Youth between the ages of 13 and 15 can learn how to work out safely in the weight room and learn how to properly use the equipment.

Of course there's all the usual offerings on the rink and at the pool this winter. The Complex has to be the best deal in town. For under \$6 you can skate, swim and take an aerobics class all in the same day! 🇺🇸





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Paddling into winter

Enjoying the fourth season

By Marg McNeil



When *daylight saving* ends in the fall, most kayakers in Canada including the majority along the BC coast, hang up their paddles until spring. With the wide variety of kayaking sites available around Powell River my friends and I enjoy paddling through the fourth season. We are well aware that the shorter days and the cooler temperatures mean that our trips must be carefully planned and prepared for. As one friend said, “Winter kayaking is very different. There is a stillness rarely found in the summer months. What a great sport that we can enjoy it all year. I have never been disappointed with a paddle on a quiet winter day.”

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ALL GEARED UP — Getting ready for an excursion means getting your gear together. And yes, it all fits in!

Anytime a kayaker ventures out in a kayak concern about the weather is of prime importance; in winter this is doubly so. When one of those bright, crisp days comes along it beckons the kayaker to get out on the water. If there is a very reassuring forecast with no wind it could be a Harwood day, a circumnavigation of the island with a stop on the islet on the far side for lunch, tucking into a crevice among the sun warmed rocks. There are very few such days each winter which means the kayaker has to be ready to drop everything and head out. Other times we travel to a launch spot such as Gibson's Beach, the foot of Texada Street, Saltery Bay Park or even all the way out to Okeover Inlet to try our luck. Where in summer we would make a passage across open water now we are content to doddle along the shore keeping our eyes open for seals and the loons, ducks and murlets in their winter plumage.

With the gate to Inland Lake locked for the winter, the Haslam Slough is our fall back locale as protected sites are limited. Many times I have paddled on the slough idling along the wandering channels basking in the heat of the sun while the wind whipped up white caps on the salt water.

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 A photograph of Daniel Chow, a man in a dark suit, playing a piano. The name "Daniel Chow" is written above the photo.

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 A photograph of the Pacific Baroque Orchestra, a group of musicians in formal attire standing with their instruments.

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www.PowellRiverAcademy.org

 A photograph of two people riding snowmobiles down a snowy slope.

Now that we are able to enjoy our winter sports, please remember to play safe. So many brain injuries happen while we're enjoying our favourite sports.

 A circular inset photograph of a person wearing winter gear, including a helmet and goggles.

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Brain Injury Society
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 tel 604 485-6065
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 www.braininjurysociety.ca

life beyond acquired brain injury

or gets out of the kayak for lunch that more layers are needed. Getting chilled can be the start of hypothermia. Also in the cockpit where it is easily accessible a kayaker should have a dry bag holding a complete change of clothes. In the winter months a full survival kit is a necessity for that hopefully rare time when it could be needed. If we spill there is a very good chance we wouldn't be able to self rescue due to the shock of the cold water. It's a risk we all are aware of. A VHF radio and a cell phone are carried as part of our gear in separate waterproof bags.

My husband shakes his head as I prepare for a chilly day on the water. He doesn't kayak. I carefully collect all the items of clothing I will need. I pack my lunch going to the trouble of preparing a hot drink and even hot soup. I include extra food in my lunch bag in case I have a delay in getting back. He almost always says, "It seems to be a lot of bother for only a couple of hours on the water."

But very much worth it! It is very peaceful as we move along with hardly a ripple. The salt water in winter is crystal clear and there is a constant change of scene beneath the kayak. My friend is right. Winter paddling is different. I return refreshed, renewed for being out on the water, but always ready for the phone ringing and hearing, "It's a Harwood day!" 🐦



AND READY TO GO — The author climbing in for a "fourth season" excursion on the lake.

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Una Southall comes from Edmonton where it is cold. Very cold. And it snows there. A lot. So when Una talks about winter running in Powell River it seems more like all season running than real winter running to her.

"I remember doing a 20k run in Alberta. It was very cold out and on the way back the wind was blowing in our faces. It was 20 below. There were four of us. We took turns out in front. When your eyes iced over you would go to the back and the next person would go to the front and block the wind."

Luckily, in Powell River it just gets kind of cold and muddy. The cold can fool the novice runner who might forget to layer and overdress. "People tend to overdress," says Una. "As soon as you get warm you overheat and get sweaty."

The trick to winter running is to dress in layers so you can take off what you don't need. Una wears three layers consisting of a T-Shirt, a long sleeved shirt and a light jacket. "Mitts and a toque if it is really cold."

"Everyone has their own thermostat. The trick is to find out what yours is and dress appropriately."

Wearing technical clothes... poly-blends that wick the sweat away are good. You don't need special winter running shoes here. "Regular runners are fine."

Because it is dark early in the morning and early in the evening, it is important to wear reflective clothing. "Run in groups, run on the proper side of the road and check for lights yourself," Una advises. "Stay in a pack no deeper than two people wide."

Winter running is all about maintenance and because it is harder to get motivated to go out running groups are good at keeping people on track.

"I have never cancelled a running class here because of the weather," says Una. 🐦



Winter running



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8 24-hour Film Contest

On January 14 at 9:30 am until January 15, entrants make a film in 24 hours! Open to all ages and experience levels. Maximum film length is three minutes. The winners will be shown at the Powell River Film Festival. Register 9:30 am–10 am on January 14 at River City Coffee. For more info email nola@prfilmfestival.ca.

9 Festival of Performing Arts

The 68th **Festival of the Performing Arts** brightens up Powell River with school children and adult musicians, actors and other performers. This year's festival runs Feb 23 to March 5; the Grand Concert is on Wednesday, March 7. The festival is held at the Evergreen Theatre and the Max Cameron Theatre and is sponsored by the Rotary Club of Powell River. Visit clubrunner.ca/powellriver for more details.

10 Ballet lovers

Ballet Jörgen returns with the ballet **Anastasia** on February 8 at 7:30 pm. This mystical story of the Russian Grand Duchess Anastasia, is a tragic tale of life taken from the pages of history.

11 Feast on films

The light of winter burns brightly for film lovers during the **Powell River Film Festival** from February 16 to 19. This year, the 11th annual festival includes an art mosaic that celebrates visual artists, quilters and musicians at the Evergreen Theatre.

The festival opens with a gala reception and the Swedish film *Pure*. A love story with a road trip to Nova Scotia is a genuine crowd-pleaser on February 19 with *Cloudburst*, by Canadian filmmaker Thom Fitzgerald. In between these two dramas will be a rich selection of documentary films and dramas. *Louder Than a Bomb* and *The Whale*, start the day on February 17. On the Line, with director Frank Wolf takes us along the *Gateway Pipeline*. Friday night is a rich offering of *The Girls In The Band*, and *The Artists*, sweeping the awards nominations for 2012. *Pink Ribbons, Inc* is a must see look at the corporate 'pink-washing' of breast cancer. *To Make A Farm*, will inspire us to get growing. There's also *40 Days at Base Camp*. On February 19th at the Patricia, the 24-Hour Contest, open to everyone, and Film Camp Presents will be held.

Tickets will be on sale at Breakwater Books, Armitage Men's Wear and online at www.prfilmfestival.ca. Visit www.prfilmfestival.ca, or call 604 485 0325, ext 224.

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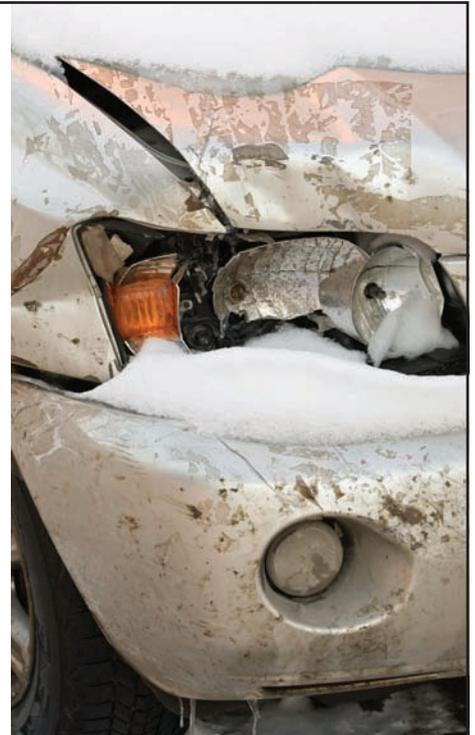
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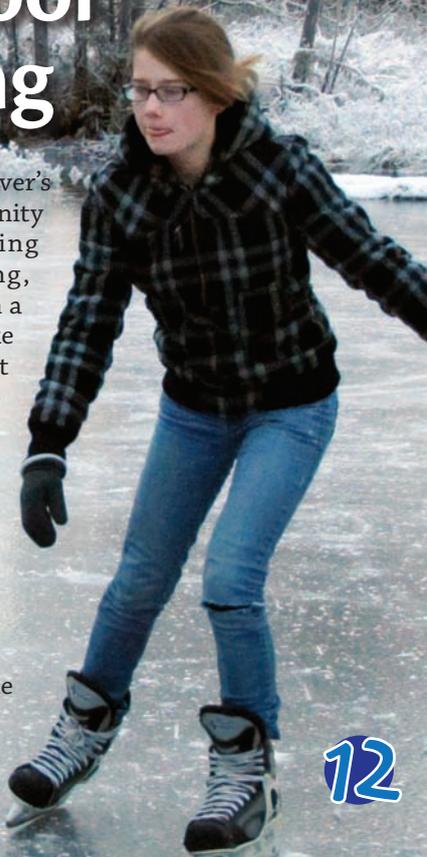
Outdoor Skating

Although Powell River's window of opportunity for outdoor skating isn't terribly long, outdoor skating on a frozen pond or lake is a lot of fun. Last winter, Fairah Peterson and friends had a ball on ponds near Lewis Lake. They followed up their outdoor skate with a blazing bonfire.

Word of caution:

Be sure to check the thickness of the ice before skating.

Photo by Noni Stremming



13 Run a trail

Join the 16th annual **Tour de Trail** on Sunday, February 12 for five or 10 km of fun. Start and finish at Avid Fitness. This event gets underway at 10:30 am with registration at 9:30. Pre-register at avidfitness.ca or in person at Avid for early registration discount. Proceeds go to Powell River Food Bank. Call Avid at 604 485-9580 for more info.

14 Go to church

If you haven't been to church in a while, you'll be surprised by what you'll find. Connect with your higher power and other people at one of Powell River's many churches. There are lots of friendly people to be found at church happy to welcome you.

15 Go beachcombing

Colder weather doesn't much change the sea life in the tide pools, and winter storms toss up all sorts of interesting treasures on the shore. Plus, you're far more likely to have the beach all to yourself this time of year — and be the first to spot that unique piece of driftwood or maybe even a message in a bottle!



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Birding along Malaspina Strait

By Anne Parkinson

Much more than seagulls

A pair of binoculars, my coat, hat and boots. That's all I need. Cheap. A typical day starts early in the morning right outside my windows. Bald Eagles cruise overhead checking out the fishing. A family of Common Loons, flashing bright white neck feathers, paddle near the shore, disappearing underwater frequently for a morning snack. Sometimes mixed in will be a couple of Horned Grebes, much smaller and more furtive than the loons. Of course, there are always seagulls either floating idly or standing on a shore log, mostly Glaucous-winged but occasionally a Bonaparte. The crows complete the morning scene as they hop about the pebble shore foraging or chasing each other. As I

start my walk, a psst of air alerts me to a sea lion a few meters from the tide line, cruising at high speed with his head lifted. We regard each other for a few seconds before he arcs down under.



16

Kingfisher

Later in the day, along the sea walk, there's sure to be clusters of mallards, surf scoters, and buffleheads. At Willingdon Beach, the action is raucous, with the gulls and crows cleaning up the end of the salmon run, and further along the forest walk, many herons perched like statues on a boulder waiting for the perfect moment to grab a meal.

These are just the regulars! So far this fall and winter, there have been many seabirds dropping by to rest on their migration routes — a flock of

Pacific Loons, a cluster of Common Eiders, a few pintails. My guidebooks are well used as I challenge myself to increase my skills. Internet sites are also excellent aides including videos and call sounds.

I've noticed a particularly large number of a human migratory species that inhabit the shores along Powell River — the kind that goes south to Mexico, Cuba, Hawaii, or Bali in the darkest winter months. Like the turkey vultures that left in October, I could use some warm sun too. If our birds were banded, I could say hello to the ones that spend summers back in Powell River.

For now, I'll enjoy the peacefulness of the cold and grey, appreciate the wild, windy days and the moments of sun, along with the diverse and abundant seabird life with whom we share Malaspina Strait. 🐦



Where to see birds

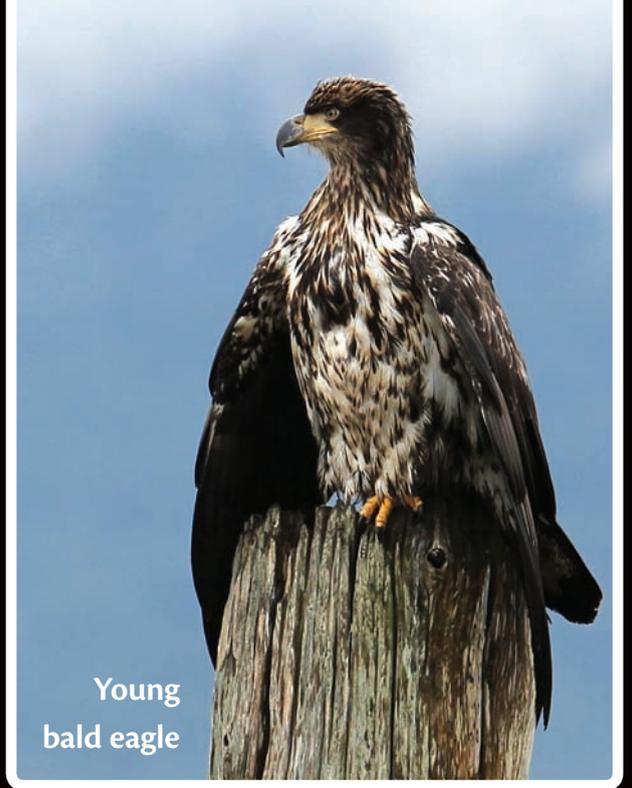
Great places to spot birds include Willingdon Beach, Palm Beach and Myrtle Rocks. Anywhere along the Seawalk below Marine Avenue can be a good spot for watching winter seabirds. For ducks, geese and the occasional swan, check out Cranberry Lake. Also, watch for hilarious little water dippers along Lang Creek. This can also be a good spot to watch eagles, although Marine Avenue and Donkersley Beach may be better.

Harlequin Duck





Kingfisher



Young
bald eagle



Steller's Jay

Winter biking

A year-round activity

There's no reason why you can't bike year round in Powell River. In fact, many people do but in order to bike in the winter you need to dress differently and adjust your riding to meet conditions.

Some outdoor enthusiasts like Karin Burnikell bike year round. On December 15, she returned from a ride and posted this on Facebook:

"My legs are wobbly, shaky thighs, my mountain bike is filthy, my dog smells like swamp and I almost kept up to Christie Dionne...what a good morning!"

Karin likes the fact that she can do winter mountain biking with her children. "I can slow down and do it with my eight year old or I can get a major workout. I love the diversity of it."

Charlie Kregel, head librarian at Powell River Public Library, bikes to work year-round. "There's no such thing as bad weather, only bad clothes," he says. Charlie advises bikers to "dress for success," by wearing their waterproof boots and jackets on bad days.

"On those snowy and icy days, go slow, use knobby tires and be ready to put your feet down before disaster strikes."

Group rides such as the Monday ride starting from Sun-coast Cycle at 6 pm and the more advanced Thursday ride

18



starting from the RCMP detachment also at 6 pm, provide night ride opportunities. *The Wild Women* ride Saturday mornings throughout the winter. They meet at 8:30 am.

Trail maps are available on the Powell River Cycling Association's website at www.bikepowellriver.ca and group rides are often arranged on the cycling association's Facebook wall.

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Come to the Knuckleheads

A little altitude makes all the difference

If you have not yet visited Powell River's most amazing winter recreation area put it on your list of Top 10 things to do in 2012.

Ron Diprose and Andy Evans are two of five Knucklehead Winter Recreation Area directors. They love nothing better than to play in the snow and enjoy the beautiful mountain scenery of Powell River's back country.

"It's a multi-use area," Ron explains. "There's snowmobiling, touring skiing, cross country skiing, snowshoeing, and tobogganing. And the views are awesome." There are runs at both the cabin at A branch and at E branch but be sure to bring your own toboggans.

There is a third cabin at Emma Lake but that one is not used as much in the winter. "People need to be very experienced to go up there," says Ron. "The avalanche hazards are high and what is a three or four hour trip to Emma in the summer can be an all day trip in the winter."

Four of the five of the Knucklehead directors are members of Powell River Search and Rescue.

"There's something for everyone at the Knuckleheads," says Andy. "Even the youngest can make it up here if they take their time."



20 Watch Powell River's know-it-all

Join Powell River's newly minted TV celebrity, Jennifer Salisbury, to watch the first episode of *Canada's Greatest Know-It-All*. Salisbury was one of 10 competitors, including just two women, who were part of the Discovery Channel's newest reality TV show. The premiere is being shown at the Evergreen Theatre on January 30 at 7 pm. Doors open at 6:30 pm and admission is free, but a donation of cash or a non-perishable food item to the Salvation Army would be appreciated. *Know-It-All* starts Jan. 30 and runs eight episodes on Monday nights at 7 pm on the Discovery Channel or DiscoveryChannel.ca.

21 Need a REALLY good laugh?

Need a laugh to get rid of the March blues? Enjoy comedy night with Lorne Elliott at 7:30 pm March 27 at the Max Cameron Theatre. Well-known for his work with CBC's *Madly Off In All Directions*, Lorne's funny stories will make you laugh until you cry. See www.maxcameron-theatre.ca for more info. Tickets from the Powell River Academy of Music, Breakwater Books and at the door on the day of performance.

Children as young as four have come up to the Knuckleheads. "I took my son up here when he was two years old on my back. We cross country skied in," says Ron.

The Air Cadets and Army Cadets and the Junior Forest Wardens came up to the Knuckleheads last year for a winter adventure. "They all stayed overnight. Given the right conditions, anyone can make it up to the playground," says Ron.



The playground is an area known as A700 which is a big logging slash below the cabin at A Branch. "It's great for tobogganing," says Andy.

New markers and signs are being put out this winter and directors are working on improving the marking of trails continually. "The GPSing of the trails is being done in conjunction with the outdoor recreation users group. They've improved all the markings for people to stay on the road," says Andy.

Andy recalls how difficult it can be for a first timer to get up to the cabins. "When I went up on my own for the first time I was lucky that I found the cabin," he says.

Some days you can walk in with just your boots on because the snow is so hard and other days, when there is lots of fresh powder, it is much more difficult. If you are interested in visiting the Knuckleheads this winter or want information about snow conditions, email Andy Evans

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It takes two to four hours to reach the cabins. The A branch Road is at the 15½ mile mark and the E Branch Road is at the 16¼ mark on the Stillwater Mainline.

You have to organize your own snow shoe rentals and a few of the companies that rent gear have advertisements in this magazine.

The Knucklehead directors are planning a special outing for people who wish to join an organized tour of the Knuckleheads this winter. If you are interested in being part of this please contact Andy or Ron. [🐦](#)

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SNOW SEASON — Author John Hermsen and partner Christy Krebber enjoy all our seasons.

From snow to Salish sea

By Isabelle Southcott

The only thing that distinguishes winter from summer is the gear. Winter should not stop you from going outdoors.

John Hermsen, Footprint Nature Explorations & Board member, Tourism Powell River

It was a beautiful sunny day back in the winter of 2008. John Hermsen, and his partner in life and business Christy Krebber, had their snowshoes strapped on for a little outdoor winter activity. They were up in the Knuckleheads, Powell River's pristine backcountry winter recreation area, doing a bit of snowshoeing.

Fresh snow had fallen the days before, the sun was out, and the hills were beckoning. John and Christy strapped on their snowshoes and away they went. "It



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KNUCKLEHEADS CABIN — With pellet stoves, the cabins at A & E branches are a great place to warm up for a bit, or spend the night.



WINTER KAYAK — John Hermsen takes a break and enjoys the sunshine while kayaking in December.

was hard going with all that new fresh snow,” said John. They got quite a workout that day so after an hour or so the couple decided to head home. Not wanting to let the beautiful winter day slip away, the couple decided to do something different with the remaining daylight. “So we went kayaking,” said John.

They already had most of the necessary winter clothing on from snowshoeing which made the changeover

fairly quick. When you’re kayaking in the winter you stay warm because you are moving. “It’s just like walking in that you get warm. It’s not high impact but it gets your blood flowing.”

Winter kayaking, in John’s opinion, is a gift. “It’s quiet, there’s no one out there except for a bunch of sea lions, both migrating and resident birds and waterfowl, and seals. Some sea stars come up a little higher in the tidal

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zone and with a bit of luck you'll see porpoises."

Be it snowshoeing or kayaking John says it is all about the gear. It's just that extra layer of clothing. It doesn't have to be expensive."

The fact that they are able to enjoy such a diversity of outdoor

activities in Powell River is just one reason why John and Christy moved to Powell River from Holland five years ago. "We love the outdoors and we knew we wanted to live on the ocean in a community that was not too big and not too small. A community where we could do

hiking and kayaking tours," said John.

After shortlisting Powell River as a possible new home, the couple came to visit in 2005. Within a few days of being here, they decided that Powell River was the place to be and so they stayed. 🐻



45 Comedy and music

Don't miss the double bill of *The Human Statues* and *The Good Lovelies* at 7:30 pm on March 6 at the Max Cameron Theatre. The incredibly funny *Human Statues* pair up with roots/folk musicians *The Good Lovelies* for some of the finest entertainment ever.

45 Family Literacy Day

Friday, Jan 27, 3 to 6 pm at the Complex. A fun family event. Tons of activities, reading stations, each with its own reading hero including the Aviation Station, Imagination Station and Fire Station.



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23 Go bowling

No matter what the weather, it's always warm at Powell River's bowling lanes! It's good exercise and a great way to socialize. And the bowling lanes also have great pool tables.

24 Try scrapbooking

Indulge your artistic side and sort out some of those photos and mementos that have been cluttering up your desk. It's a productive and rewarding way to while away a rainy day.

25 Play cards

Learn bridge in a day! Discover why millions of people are hooked on bridge. Learn the object, mechanics and scope of the game. This one-day workshop will give you an introduction to the challenges of bidding and playing hands. Most of all it will give you a sense of the fun and social benefits of the world's most fascinating card game. Saturday, February 4 from 11 am to 4 pm at Vancouver Island University Campus. \$10 ElderCollege members, \$20 non-members. Coffee available, bring a lunch. For more info call Scott Glaspey at 604 485-9463 or scottglaspey@hotmail.com.

26 Take a course

Exercise your mind and body by taking a course at VIU, St John Ambulance or the Recreation Complex. They all have great selections to choose from.

27 All about women

Plan to attend the women's show by Powell River Women in Business on Saturday, February 25 beginning at noon at the Carlson Community Club. There'll be crackerjack sessions on topics of interest to women such as breast health, finance and personal development. With booths, demonstrations and more, it's the place to see what Powell River has for women! To book space email bonnie@prliving.ca or call 604 485-0003.

28 Skate for Jasper

A fundraising event will be held February 3 from 7 to 9:30 pm at the Complex to help Jasper Mohan, a local teen currently in Children's Hospital fighting a brain tumour. Prizes, music, skating and other activities. Admission is \$5. Organizers are hoping to Skype with Jasper during the event so he can see how much support there is for him and so his friends can wish him well.

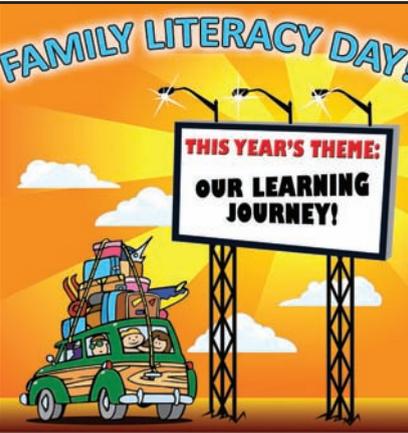


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We all want to be healthy but sometimes it's difficult to do the things we know we should. We often begin the New Year eating properly, exercising and getting enough sleep but soon, life takes over and we slip back into our old routines.

One of the best ways to ensure success is to be accountable. When you work with a trainer you have

someone to keep you on track and most of us need that. In an ideal world, we'd all be self-motivated but alas, we are human.

There are many fitness classes, activities and gyms ready to welcome you. If you need advice on nutrition or diet or wish to begin an exercise program now's the time to start. 🙌

Debbie Duyvesteyn

Owner, Coast Fitness

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Kitty Clemens

Nutritionist & Breast Cancer Coach;

Owner, Pro-Active Nutrition

The New Year is here. The Christmas tree long gone and the good intentions are quickly fading. You started well, but are already slowing down. This is the time however, to make sure your resolutions do not end up in the same place as in other years.

If your plans were too big, unrealistic or overwhelming, change them to smaller, more achievable ones. It is not in the big changes but the small ones that you succeed. Incorporate them slowly but surely into your lifestyle.

Find something you can manage, but still challenges you. Make sure it is something YOU want and can work on each day. Create a plan with a long-term goal and small steps for each day to get there. Tackle one thing at the time and build on it. Take action no matter how small. Before you know it you will not recognize the person you left behind.

Terri Cramb

Owner, T-Fit Yoga & Fitness Studio

It is important to have fun with your workouts. If you choose an activity you enjoy rather than one you dread you are way more likely to continue exercising and achieve your goals.

Fitness shouldn't be a miserable experience; it should be something you can't wait to do, it should be something you look forward to, something that leaves you feeling refreshed and energized. You should enjoy it so much that you can't wait for your next workout!

Choosing an activity that you like will only increase the chances of you sticking with it. Powell River offers a greater variety of classes and instructors than ever before and you are bound to find an activity you enjoy. So get out there and find something that you love to do and before you know it you'll be feeling great, looking good, having fun and getting fit!





Winter scuba diving

Or, why divers don't get cold

By Sean Percy

"Don't you get cold?"

Invariably when I head out on a winter dive, someone asks that question.

"Yes, standing here on the beach in the wind or rain with you, I am beginning to get cold," I think. I try a wittier answer: "I dress for it."

Underwater, wrapped in layers of insulation and sealed in neoprene, I barely feel the cold. Even if I did, I'd be far too distracted to notice it.

The amazing flora and fauna captivates my attention; the Emerald Sea always has something new to show me.

Hundreds of species of fish inhabit local waters, and I'm currently working on identifying all the rockfish I've seen. There are so many variations, that project alone will keep me busy for years. Then something odd will happen, as in a recent dive on the Okeover break-

water. In just 30 feet of water, we spotted a brightly striped Tiger Rockfish hiding in the jumbled rock. I'd never before seen one shallower than 60 feet. It was like spotting a duck perched on a telephone wire.

My favourite critters include hand-sized Painted Greenlings that dart in and out of the cracks, curious Copper Rockfish, beautiful orange and white Plumose

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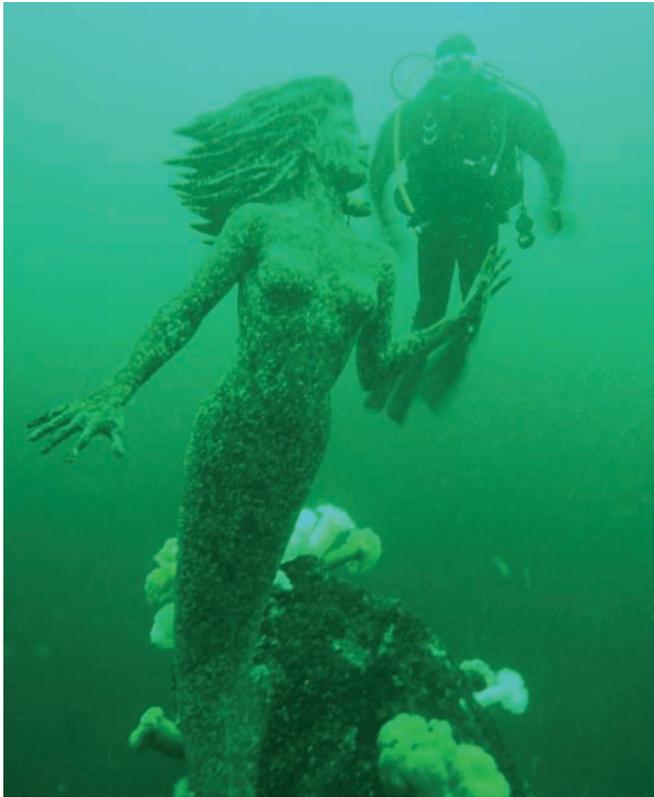
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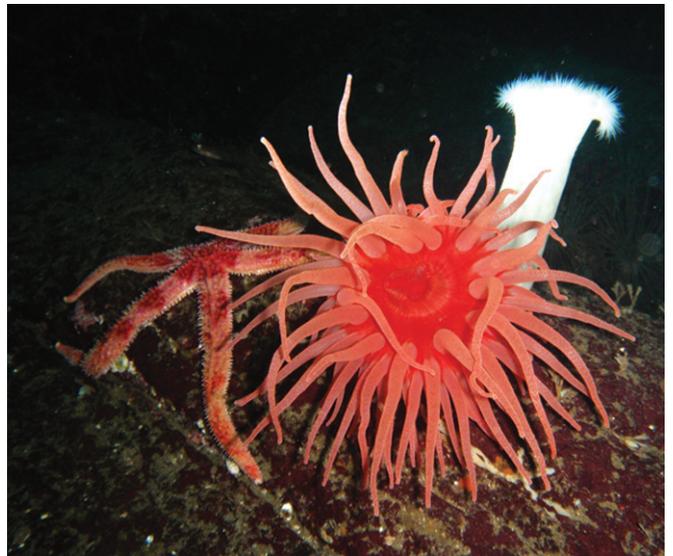
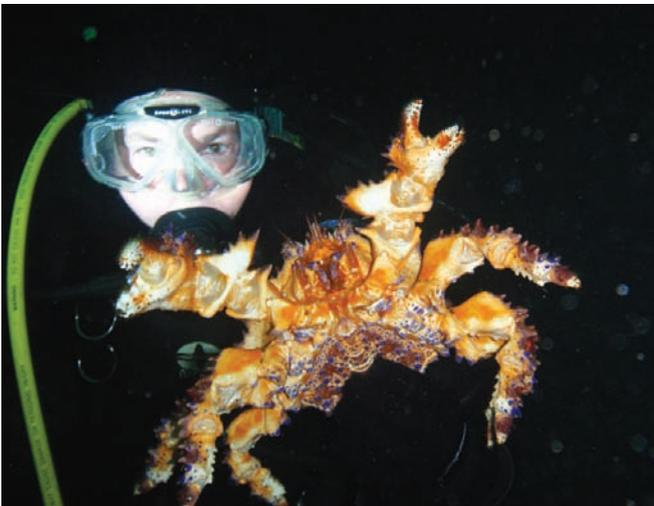
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EMERALD SEA — Clockwise from left: The bronze mermaid at Saltery Bay welcomes divers, as does a Quillback Rockfish on her shoulder. A Crimson Anemone glows in the photographer's light, along with a Painted Sea Star and a Plumose Anemone. A Puget Sound King Crab strikes his most intimidating pose.

Photos by Sean Percy



Anemones, and the out-of-this-world Crimson Anemones.

Almost every dive features a stoic Lingcod, often several. They seem to glare at these oddly dressed intruders, and refuse to leave their resting spots, sometimes waiting until we actually touch them before they swim off in a huff, only to circle around to see if their spot is available again. During February, I'll be helping the Vancouver Aquarium count lingcod egg masses. Check out www.vanaqua.org/act/research/fish/lingcod-survey for details, or stop by Alpha Dive and Kayak to find out more.

Finding an Octopus or a so-ugly-it's-cute Wolf Eel makes a dive extra special.

Most of these creatures can be seen in the summertime,

too, but clear visibility makes winter diving even more enjoyable. I love to take the time when I'm 60 or even 100 feet down, and roll over and stare at the surface waves high above, and watch my exhaled air bubble to the surface. It's a beautiful sight, and often you can't see that during the summer.

Winter diving also often means night dives, and the animals, dazzled by my flashlight, are more approachable than ever. Exploring by means of a flashlight also forces me to slow down, and I spot tiny or hidden living things that would otherwise have escaped notice.

Cold? Sometimes. But I cure it by getting in the water. 🐡

Hike all year long

With or without snow shoes!

By Sean Percy



31

Powell River is a hiker's paradise, any season of the year. Though best known for the Sunshine Coast that runs from south of Saltery Bay to Sarah Point beyond Lund, there are also lots of other trails closer to town.

Much of the Sunshine Coast Trail (SCT) is snow-free all year, and if you stick to low-altitude stretches, your biggest challenges will be the odd mud puddle. One of the best features of the SCT is that there are so many places accessible by car or bike, where you can hop on the trail, hike a few kilometres, and then connect back up with civilization.

High altitude sections of the trail should be considered off limits during

the winter unless you're comfortable with snowshoes.

But you don't have to go far for a nice hike in Powell River. The seawalk below Marine Avenue is a gorgeous walk any time of day, and is an especially great place to catch a sunset. Willingdon Beach Trail is another flat and easy hike. For a steeper challenge, consider Valentine Mountain in Cranberry or Scout Mountain in Wildwood. A little further afield, the Duck Lake area trails are snow-free most of the year.

For a listing of local trails, stop by the Visitor's Centre or find Eagle Walz's guidebook *Along the Edge of the Salish Sea*.

For all the details on the SCT, visit

www.sunshinecoast-trail.com or pick up Walz' guidebook *The Sunshine Coast Trail*, now in the third edition. For a pictorial look at the trail and how it came into being, look for Emma Levez-Larocque's book *A Dream of Giants: The Story of the Sunshine Coast Trail*.

Or by ATV...

For those who prefer power-assisted trail exploration, the Powell River ATV Club offers a map guide for \$25, available at Quality Parts and Guy's Cycle Works, two of our area's quad dealers. The Powell River ATV Club maintains a vast web of paths that can keep you out of the snow, or lead you right into it, if you prefer! 🐾

Explore the world below the waves!

Diving is great in Powell River all year, but winter holds the best visibility! So there's no better time to learn to dive or advance your underwater skills.



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Knit a helmet

A free pattern to get you started

The following pattern for a helmet style of winter hat knits up quickly and quite easily. Our own Lindalu Forseth knitted one up just before Christmas; she was very pleased with the results. Give it a shot.

MATERIALS

Sirdar Indie 2 x 50 gram balls
Tension: 17 st x 24 rows = 20 cm
Needles: 10 mm & 12 mm

EAR FLAPS (both alike)

Using 12 mm needles cast on 2 st

1st row – Knit

2nd row – Purl

These 2 rows will now be referred to as st-st (Stocking Stitch). Working in st-st proceed as follows:

3rd row – K1 pick up loop between last and next st and work into the back of this loop (this will now be know as m1), k1 (3 stitches)

4th row – P1, (m1, p1) twice (5 stitches)

5th row – K1, m1, k3, m1, k1 (7 stitches)

6th row – Purl.

Work 2 [4:4] rows more in st-st. Break off yarn, leave these 7 stitches on a stitch holder.

FRONT FLAP

Using 10 mm stitches cast on 18 stitches.

1st row – *K2, p2, rep from * to last 2 sts, k2.

2nd row – P2, *k2, p2, rep from * to end.

These 2 rows will now be referred to as 2x2 rib. Continue in 2x2 rib until front flap measures 8 [8:9] cm, ending with a rs row. Break off yarn, leave these 18 stitches on a stitch holder.

MAIN SECTION

Using 12 mm needles cast on 6 [7:8] st, with rs facing and using same needle and yarn knit across 7 stitches of one ear flap, with ws facing knit across 18 st left on a stitch holder for front flap as follows: k2 [3:3], [k2 tog, k2] 4 [3:3] times, with rs facing, knit across 7 st of other ear flap, cast on 6 [7:8] sts. (40 [43:45] sts).

Next row. Purl

Working in st-st (throughout) cont until helmet measures 10 [11:12] cm. (4 [4 ¼:4 ¾] in) from start of main section, ending with a rs row.

Next row. Purl to end dec 3 [0:2] sts evenly across row of 1st and 3rd sizes only. (37 [43:43] sts)



Shape Crown

Next row. K1 (k2 tog, k4) 6 [7:7] times (31 [36:36] sts). Work one row without shaping.

Next row. K1 (k2 tog, k3) 6 [7:7] times (25 [29:29] sts) Work one row without shaping.

Next row. K1 (k2 tog, k2) 6 [7:7] times (19 [22:22] sts) **Work one row without shaping.**

Next row. K1 (k2 tog, k1) 6 [7:7] times (13 [15:15] sts) Work one row without shaping.

Next row. K1 (k2 tog) 6 [7:7] times (7 [8:8] sts) Break off yarn, thread yarn through remaining sts, draw up and fasten off.

EDGING

Right side With rs facing and using 10 mm needles pick up and knit 6 [7:8] sts along cast on edge and 18 [22:22] sts evenly round 1st ear flap. (24 [29:30] sts. Cast off knitways.

Left side With rs facing & using 10 mm needles pick up and knit 18 [22:22] sts evenly round 2nd ear flap and 6 [7:8] sts along back cast on edge. (24 [29:30] sts. Cast off knitways.

Front Flap With rs of Front Flap and using 10 mm needles pick up and knit 12 [12:13] sts evenly along 1st side of front flap, 18 sts along cast on edge of front flap and 12 [12:13] sts evenly along 2nd side of front flap. (42 [42:44] sts. Cast off knitways.

TO MAKE UP

Join back seam. Using 2 strands of yarn for each cord make 2 twisted cords 46 cm (18 in) in length and attach to each ear flap. Turn back front flap and stitch in place. Sew on buttons. Cover with a damp cloth and leave until dry. See ball band for washing and further care instructions. 🐾



The Library in winter



The Powell River Public Library is offering some great programs right now. Staff regularly *Read to Seniors* at Kiwanis and Olive Devaud. Library patrons can get their *Books by Mail* now if they are sick, disabled or can't get transport easily to the library. People are invited to come to the library and create their own stories with the *Memoir Writing for Seniors* programs. And there's always Wednesday morning *Storytime for children*. Want to know more? See the library's Event Calendar at powellriverlibrary.ca or phone 604 485-4796. 🐦

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Jasper Mohan is a 13-year-old Brooks student who is currently at Children's Hospital fighting a brain tumor.

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Winter market



Eggs, scarves, aprons and veggies

By Wendy Devlin

Every Saturday morning from October to May, a green sidewalk sign announces the downtown location of the Powell River Winter Farmers' Market. Enter the Community Resource Center, into a room full of local vegetables, homemade baking and creative treats.

Inside the entrance, Grandma Rosie's table is piled with fruit pies, spiced loaves and giant cookies. Buy her knitted hats and scarves or bright kitchen aprons. Grandma also sells eggs from chickens, affectionately called, 'her girls.'

Walk a few steps more and stand in front of the covered pool table. Already, a line-up is forming before the 10:30 am opening for Boule Bakery. Inhale deeply to savor the sourdough bread, croissants and cookies with hunks of chocolate.

Tables from local farms display a cornucopia of organic fruit and vegetables. Squash glow among crunchy greens, plump potatoes and hardy root crops. Seasonal foods appear, rarely seen in conventional super markets. Orange chanterelle mushrooms in October and bright yellow quince in November. Unusual vegetables like horseradish or purple Jerusalem artichokes. Indoor space is limited so if a shopper is looking for something special or supply runs out, ask the vendor. Chances are they have supplies back home or can bring more next weekend especially if you preorder.

Vendors offer other specials. Glade Farm carries local seeds. Kristy and Paul bring dried fruit and herbs for teas or tinctures. Don Morrison dispenses bio-dynamic gardening advice along with his vegetables. Andtbaka Farm bring legal cuts of pork and beef plus whole frozen poultry. Barking Mad Bakers serve savory meat pies.



GRANDMA ROSIE—For yummy homemade cookies, pies and knitted wear, visit Grandma Rosie's table at the Winter Market. Market-goer Deb Calderon purchases some freshly baked cookies.



EVERYONE WELCOME— But some close friends need to wait outside.

'Willie Bee' brings honey. Periwinkle Granary provides fresh and dried pasta. Other vendors often bring new and interesting products.

Willow Hollow Bakery keeps the coffee/tea and pizza hot to tempt shoppers for brunch or lunch until closing time at 12:30 pm. Enjoy the warmth inside of shared food and friendship during a long winter. And, don't forget to give Grandma's dog, the Winter Market's unofficial mascot, a pat on the way out. 🐾

Entertaining youth

Powell River Idol returns to the Evergreen Theatre on Saturday, February 11 at 7 pm. Twelve Powell River youth compete for the winning title of Powell River Idol and the bragging rights, too!

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37 Get active!

Get inspired and energized with every WOMAN Powell River on January 28 at the Recreation Complex. Every WOMAN is a single day of activity that connects, motivates and supports women of all ages, shapes and sizes to be active through fitness and wellness. Workshops include Yoga, Dance, Tabata Circuit, Tai Box, Tap Dancing, Nutrition and Bellyfit. Register at www.everywoman.ca.

38 Quilt

Timberlane Quilters' Guild is hanging some of their best work at the Vancouver Island University foyer Feb 3-29. Check out the results from local needle artists. An opening reception will be held Feb 3 at 7 pm. It might even inspire you to take up the craft.

39 Warm up

For that perfect bowl of soup that will warm the cockles of your heart head on down to René's Pasta on Marine Avenue and enjoy a special lunch. René's offers soup of the day but his famous French Onion Soup scores top marks. He uses an old family recipe that belonged to his father, simmers it long and low, and tops it with crunchy French bread and melted cheese. This hearty soup is a meal in itself!

40 Take a pedicab tour

Powell River now has its own pedicab company. Take a cozy pedicab tour or use Cultural Calories Pedicab Company to ensure a safe and sober ride home after a night on the town. Call Les today and book your ride at 604 578-0567.

41 Britain's National Theatre in Pow-Town!

Don't miss the National Theatre's popular She Stoops to Conquer at 7 pm March 29 showing on the big screen at the Max Cameron Theatre. This rollicking comedy of mistaken identity and manners combined with a clash of the classes will have you laughing till you cry.

42 At the Opera

Powell River is a long way from New York City but you can still enjoy live broadcasts of the Metropolitan Opera (The Met) on the big screen at the Max Cameron Theatre without all the fuss and bother of flying to New York! The Met visits Powell River five times this season beginning with the age-old story of selling your soul to the devil in Gounod's rendition of Faust on Jan 21 at 9:55 am. Verdi's Ernani shows on Feb 25 at 9:55 am. Enjoy.

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