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DECEMBER 2012

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They have touched the lives of so many  
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*May God Bless you, Sister Claire and  
Sister Rose.*

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health and happiness as you  
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- ◆ A quarter of a million people attend Toastmasters each week. **Why?**
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or Jennifer ◆ 604 485-0564

[jennifer@platinumbusinessdevelopment.com](mailto:jennifer@platinumbusinessdevelopment.com)

Find us on  at "Toast to the Coast"

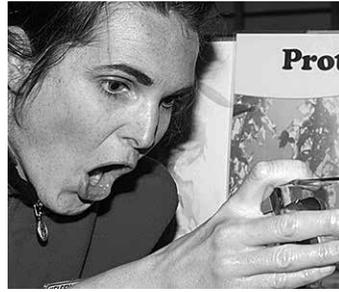
*Wishing Family & Friends  
a Very Merry  
Christmas*



  
**HUETZELMANN**  
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10



26



39

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### ON THE COVER

A coloured pencil sketch of the Hulks, by Lowell Morris.  
Lowell Morris Portraits & Fine Arts  
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## POWELL RIVER LIVING CONTRIBUTORS



**HEATHER ALLEN** is a former newspaper reporter, and now a fan of West Coast Square Dancing.



**JANET MAY** is a CBC radio journalist and Powell River Living contributor who enjoys both oral and written storytelling.



**MARGARET HARRIS** is a retired teacher and former manager of Vancouver Calonas Womens' Volleyball team and the Canadian National Women's Volleyball team.



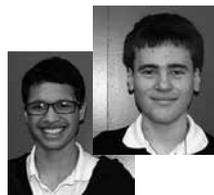
**DR CHRIS MORWOOD** is the co-chair of Powell River Division of Family Practice, a non-profit medical society.



**COCO HESS** is a part Let's Talk Trash team, Regional District's Waste Management Education Program. She is excited to talk trash in our community.



**SEAN PERCY** is Powell River Living's associate publisher. If he had taken a different road in the yellow wood, he may have worked at an aquarium.



**ALEX MACDONALD & TEIVA CASTAGNOLI** are Assumption School Grade 9 students. Their story is about AIDS Angels and the opportunity it offers students to make a difference.



**RAY SKETCHLEY** is a researcher who has been tracing his family's roots and helps others to do the same. He is occasionally confused with Santa Claus.

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**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.

*The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.*

Winston Churchill (1874–1965)  
Prime Minister, United Kingdom



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

## Give where you live, what you can, when you can.

It's the time of year when we think of others. Many of us do this by choosing the perfect gift for family and friends. By donating to the Salvation Army. To Christmas Cheer. To the Food Bank or another equally deserving charity.

The month of December can be overwhelming. To do lists are long, there are social events and concerts to attend, and you feel guilty that you can't support every charity that asks.

We've all heard that charity begins at home. If you don't look after yourself, you'll be no good to anyone else. So begin by taking stock of what is really important to you. What do you feel passionate about? One person might feel moved to build wells in Africa while another might want to support animal rescue efforts and someone else might want to support the good work of a local charity they feel personally connected with.

These are all good causes but with over 80,000 registered charities in Canada, one person can't support them all. That's why it's wonderful that there are so many different opportunities out there. Some will speak to my heart; some will speak to yours. That doesn't mean one is right or the other is wrong, they're just different. And different is good.

When it comes to gift giving different is definitely good! Take a look at our "Made in Powell River Christmas" story that begins on Page 11 for some wonderful gift ideas.

Powell River's Health Care Auxiliary has done it again. This amazing group of volunteers pledged over \$1 million to purchase health

care equipment for Willingdon Creek Village, the new health care facility that will replace the Olive Devaud Residence, and other health related equipment. That's incredible! But they couldn't have done it without the help and support of our community.

The magic continues on Page 19 with a heartwarming story about local resident Connie Thurber who was presented with a prestigious medal she'd won 43 years earlier without even knowing she'd won it!

This month we launch our Townsite feature. After seeing the growth and new energy that's been happening in the Townsite, our Sales and Marketing whiz Suzi Wiebe decided it was time to dedicate part of the magazine to our historic jewel. She came up with idea of a special Townsite page called: *Townsite...where it's at*, that includes a look at what's going on in the Townsite.

Local authors have been busy this year. See what they've been up to on Page 28 in our book roundup.

As the year draws to a close, I'd like to take this opportunity to thank you for being part of the *Powell River Living* experience. Without our advertisers, readers, writers and the *Powell River Living* staff, we wouldn't be able to bring you this 100 per cent independent, 100 per cent local, community magazine month after month after month!

God bless you and your family. Happy Holidays.



Isabelle Southcott, Publisher • [isabelle@prliving.ca](mailto:isabelle@prliving.ca)



Dear Santa,  
Valley has great stocking stuffers.

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a safe and happy  
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# What's up?

## POWELL RIVER

### WANTED: A few good volunteers!

Do you have a passion for coaching sports? Or are you interested in sitting on a volunteer board? Special Olympics, BC-Powell River needs a few good volunteers to sit on their board and coaches.

Coordinator Dan Vincent says: "We're currently looking to recruit volunteers to help us sustain programs that support over 60 athletes. We need help in the area of coaching floor hockey, bowling, curling and golf. We also need some board positions filled."

Special O has been around for over 20 years locally, providing opportunities for athletes of a variety of abilities.

Seventeen Special Olympic athletes qualified for the summer provincial games, said Dan. They will compete in Langley this summer.

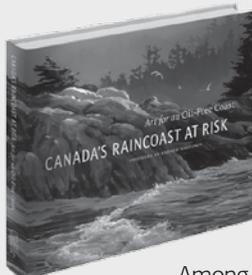
Dan's involvement in Special Olympics began 25 years ago when he began coaching skiing in Kelowna. When he moved to Powell River he looked for the local organization to get involved. "There weren't any coaching positions open at the time so I took on an administrative position," he said.

Dan likes getting to know the athletes and forming new friendships. He also likes to know that he is able to help open doors for them. "Special Olympics provides our athletes with the opportunity to travel and many of them wouldn't be able to do this on their own. I like making a difference in someone's life."

If you would like to help, contact Dan at 604 483-3006 or vindan@telus.net.

### Art for an oil-free coast

Some of Canada's most celebrated artists have taken up paintbrushes and carving tools to portray Canada's fragile raincoast—one they feel is threatened by the Northern Gateway pipeline proposed. Their goal is to bring attention to the dramatic beauty and ecological diversity of BC's coast that will be at risk if tankers are permitted to ship tar sands oil through their narrow and dangerous channels. Last June, artists travelled to the region to depict the rich biodiversity and integrated ecological elements of the area.



The resulting works, combined with prose and poetry, have now been published in an art book entitled Canada's Raincoast at Risk: Art for an Oil Free Coast.

Among the artists featured in the book include three artists who have close ties to Powell River: Megan Dulcie Dill, April White, and Mark Hobson. The three have donated their artwork to be auctioned to raise funds for Raincoast Conservation.

The book is available through the Raincoast Conservation website at [www.raincoast.org/canadas-raincoast-at-risk-art-for-an-oil-free-coast](http://www.raincoast.org/canadas-raincoast-at-risk-art-for-an-oil-free-coast).

### ORCA Bus

Powell River & District United Way recently received a bus donation from a resident of Texada Island to be used as the new ORCA Bus.

Families throughout the region will once again have access to Success By 6's mobile early childhood learning project due to the generosity of Alan and Wendy Davis. The family donated a 2001 school bus after they heard the news that the old bus that had been used was no longer suitable. The original ORCA Bus was taken off the road this past summer when it failed a safety inspection.

The ORCA Bus project has been an integral part of the Early Childhood Learning in our community and many families from Lund to Saltery Bay and Texada Island used this free service. "We are very fortunate to have received this generous donation," said Success By 6 coordinator Nadine Porchetta.

### Local film wins award

Terry L Brown, also known as *The Amphibiographer*, and his film, *People Love Turtles*, won the People's Choice Award, in the Paws and Claws Film Festival recently. For more information about Terry's work please visit his website, [www.otterbegood.com](http://www.otterbegood.com).

Congratulations Terry!



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'm sitting here going through my bazillion of years of *Powell River Living* and tearing out my ads and throwing out the rest of the magazine because I've kept these for a bazillion years and you have done a marvellous job. I am looking at all the stuff, all the stories, all the ads, and all the people and it's just marvelous what you have accomplished and I say bravo to you!

I wanted to let you know how much I appreciate what you have done, because it is a beautiful thing.

Janice Olfert  
HEATHER TOURS

### Dear Powell River Living,

What an excellent article, right down to the painting in the November issue of *Powell River Living* (Reflecting, the art of remembering, page 20). How terrific it is to get some insight from a member who not only stood at the cenotaph, but who also served for our country.

Although I never served, I have family who did and in today's busy world it's so nice to see all those who take the time to honor our fallen, those who served to protect our rights and freedoms.

In my house we are vigilant to acknowledge Remembrance Day for its true meaning, from Terry Kelly's song, "A Pittance of Time," to Lieutenant Colonel John McCrae's "In Flanders Fields," and this truly inspiring article and painting in the November issue of *Powell River Living*.

Thank you for helping us to remember.

"Lest we forget—at the 11th hour of the 11th day of the 11th month."

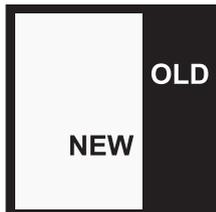
Bill Chinn



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



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- Side of fries
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# The lights of Christmas

Lighting up the darkness

**R**on Diprose undergoes an amazing transformation every December.

The young retiree, known to his friends as Dipper, pulls out his favourite Christmas movie and sits down with his patient and long-suffering wife Linda to watch National Lampoon's Christmas Vacation. This year, we're betting he'll be watching it while wearing his latest acquisition, a hockey jersey bearing the name of Clark Griswold, star of the aforementioned movie.

To say the Diproses of Manitoba Avenue go all out over Christmas is an understatement. Nothing about the Diprose family's Christmas decorating is understated. It takes Ron over four days to get his outdoor lights up. The inside of their house is all lit up, literally. Winter wonderland scenes, trains and of course a gigantic tree take over the living room.



The back yard is decorated. Even Linda doesn't escape. Last year, she was decorated in lights too!

Ron adds to his display each year. Three years ago, neighbours who were downsizing gave Ron their Christmas



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Tay-Guhm  
GALLERY & STUDIO

Debra Bevaart's studio gallery is  
a showcase for more than 40 local artists with  
Debra's stone sculptures brought to life  
on-site. The theme of the gallery is  
strong coastal imagery.



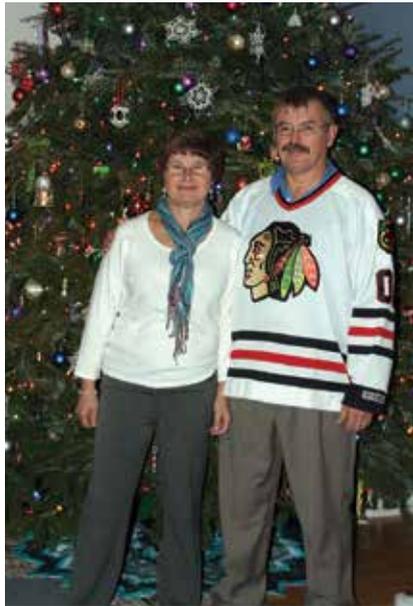
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"A UNIQUE STOP AT THE END OF THE ROAD"

inflatable lawn ornaments. Last year, Ron added a new bicycle to the roof. "I used Linda's bicycle the year before but she wasn't very happy about it," he said. So a friend donated her old bike, which was covered in lights just in time for when the bike club held their Christmas party at his house.

Powell River's answer to Clark Griswold, didn't always do it up big. He says he's been adding to his display bit by bit but it really took off three or four years ago when he retired because he now has the time! **RL**



**ALL LIT UP:** Linda and Ron Diprose light the inside of the house just as well.



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and have a

# WARM

holiday season.



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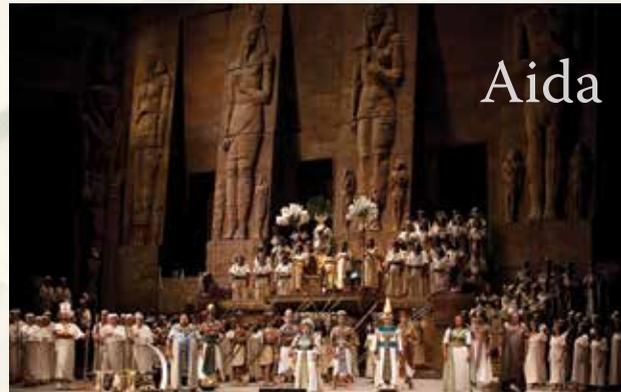
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## Max Cameron Theatre presents



### LIVE FROM THE MET OPERA

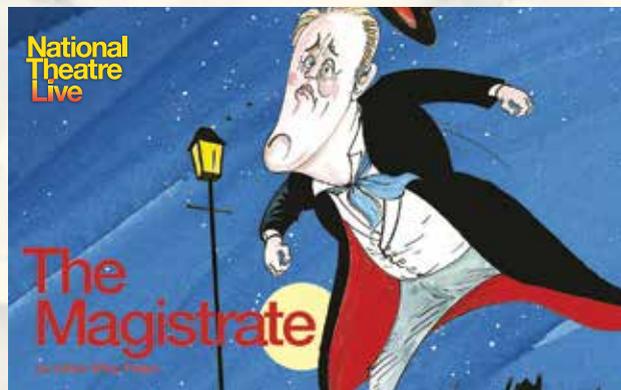


## Aida

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(encore from Dec 8)
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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

# AIDS Angels

## Gifts that make a difference

By Alex MacDonald & Teiva Castagnoli

**H**IV AIDS is a huge worldwide problem, particularly in Sub-Saharan Africa. Every 15 seconds, someone, somewhere dies of AIDS, which translates to 5,500 AIDS related deaths a day. That number would wipe out Powell River in three days. Fifteen million children have been left orphaned and three quarters of them are in Sub-Saharan Africa, yet not even 10% of them are cared for. This is because after their parents die, their grandparents are the only ones that can

care for them. Unfortunately, a lot of the grandparents are unable to take care of the orphaned children because they are either too old or they can't afford it.

Volunteers and students at Assumption school have been making African AIDS Angel dolls for several years to create awareness and raise money to support projects in Africa. These dolls make a lovely Christ-

mas gift that you can feel good about giving. They are available at Breakwater Books and Paperworks Gift Gallery.

When you buy an African AIDS Angel, you want to know where your money goes right? Well, there are four programs

in three different countries: South Africa, Zambia and Malawi. There is a hospital for pregnant women and newborns and an orphanage in South Africa. Sadly in South Africa, one quarter of the population is HIV positive.

There is another orphanage in Zambia and a supplementary food project for people on HIV medication in Malawi.

Hundreds of lives are affected by these programs. All donations, large and small, will be graciously accepted and the AIDS Angels are only \$5.

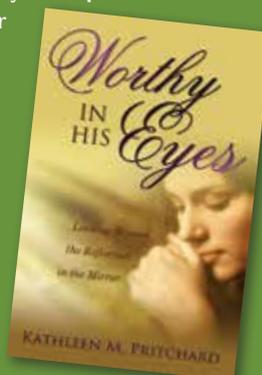
Buy an angel and be the change you want to see in the world! **RL**



**ANGELS ALL:** Assumption school teacher Liz Brach and students make angels to raise money for people affected by AIDS in Africa.

Give a Gift that offers  
**HOPE**

Local author, Kathleen Pritchard, shares her story of hope and faith after acquiring a brain injury in 2001. She encourages others, "Life is precious. Embrace it today."



Kathleen's book, *Worthy In His Eyes*, is available at Cole's, Breakwater Books, Chapters and Amazon.com



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**Happy Holidays!**

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# This Christmas...

Let's celebrate 'Made in Powell River'

Virginia, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They only believe what they see. They think that nothing that is not made in a giant Asian factory at the expense of Canadian labour doesn't exist.

Yes Virginia, it is possible to have a Made in Powell River Christmas. If we can stop the out-of-town shopping frenzy and get people to shop local we will help the Powell River economy prosper.

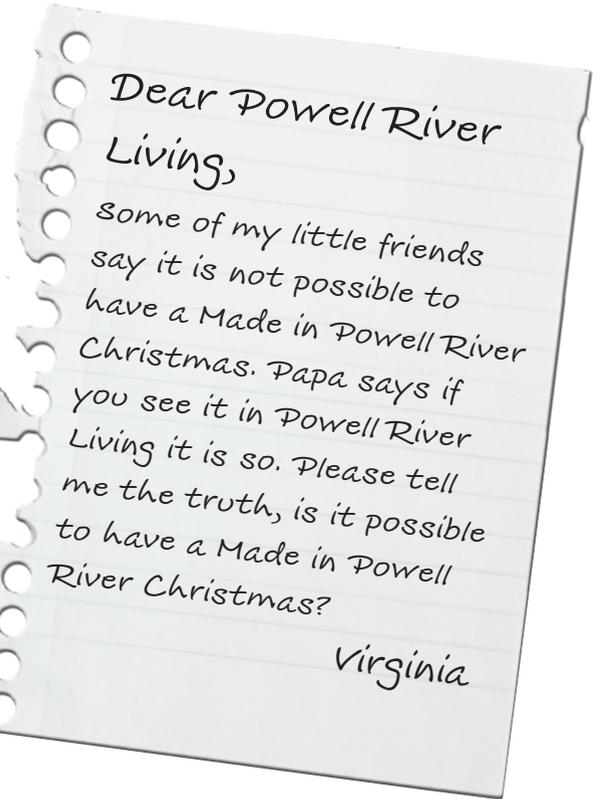
Think about it. When we stop giving all our money to BC Ferries for shopping trips to Vancouver and Vancouver Island



and instead, spend our money in the community where we live, we build a healthier Powell River.

Virginia, I know you might be thinking that there's nothing made in Powell River that anyone on my Christmas list would ever want. Well, Virginia, you are wrong. There are many things made in Powell River that you and the people on your list use regularly and other things, they would like to have.

I know your Mama loves her morning cup of coffee. Although the beans that River City Coffee uses aren't grown in Powell River, they are roasted and packaged right here. Furthermore, the labels they



use on their packages are designed and printed right here in Powell River.

While you're Mama is drinking her coffee she might want a little something to read. There's this trilogy called Fifty Shades of Gray, a blockbuster best seller, that is printed right here on paper that is made at Catalyst's Powell River mill where your Papa works.





Don't drink & drive. We'd rather not have that business.

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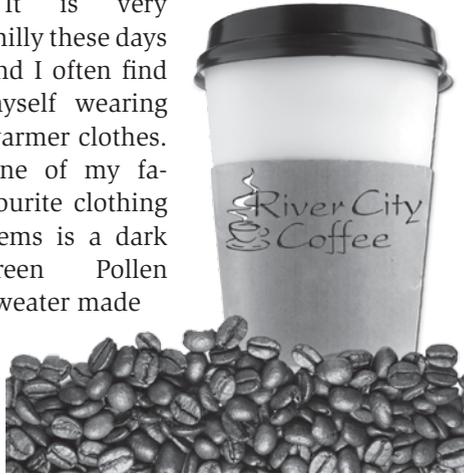
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While your Mama is drinking her coffee and reading, you could take a hot bath. Your favourite lavender soap is made right here in Powell River. There's also a soapmaker who makes a wonderful soap for pets. I've used it on my own dog many times and I love how the foam disappears quickly. This same soapmaker also makes specialty soaps like cupcakes, novelty soap for kids and shaving soap that any man, even your Uncle John, would love.

It is very chilly these days and I often find myself wearing warmer clothes. One of my favourite clothing items is a dark green Pollen sweater made



right here in Powell River. I wear it a lot these days and see many others do the same. In fact, I saw Councillor Chris McNaughton sporting a Pollen sweater at the Community Futures open house in November.

I usually have boiled eggs for breakfast. They too are made, or should I say laid in Powell River by hens born in Powell River oops, I mean Wildwood. Oh well, that's still part of Powell River and last I heard you don't need a passport to cross the bridge!

Every woman knows that no outfit is complete without a little bling. I keep it simple and often wear a pair of earrings. Creative Rift has lots of great earrings and other bling.

I often eat too many sweets over Christmas. I love the treats



made by the lady at Myrtle Point Candy Company, especially her sugar plums, so I have been spending more time at the gym at the complex and doing a cardio class at the Canadian Martial Arts Academy to stay slim. I also like swimming. Did you know that passes to the complex make great gifts?

I never know what to get my best friend but last year I came up with the perfect gift for her! A pedicure/manicure combination. She loved it! Not only did it make her look good but she didn't gain any weight in the process.



My car gets sooo dirty in the winter and it's one of those jobs I don't enjoy doing. I think there should be a law against cleaning your own car when it is cold and wet. We aren't expected to do our own open-heart surgery so why should we clean our own car?

We all need to get our hair cut from time to time and although Christmas Day isn't the day to have it done, a gift certificate makes a lovely gift!

Ho ho ho! Men will appreciate a little something special such as a Shiny Penny or a Zunga made right here in Powell River at Townsite Brewing. I hear that Santa loves it when someone leaves him a beer or a glass of wine made at a local brew to drink on Christmas eve.

I like to use an appy plank from Blitz Beach House with the glass of wine I made at a local brew. That way I can balance my appetizer while I chat and imbibe. What a great invention!

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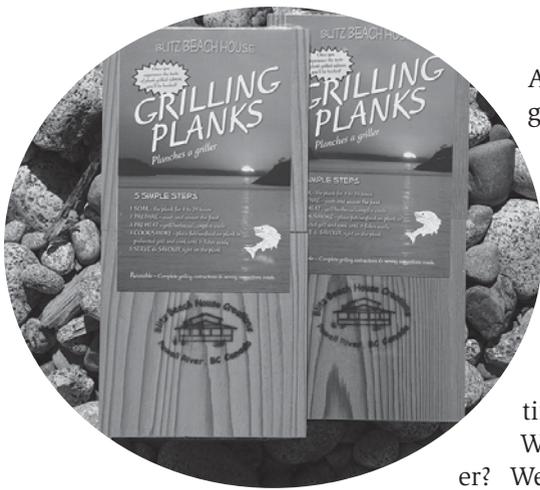
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All this thinking about gift giving is making me tired. I think I'll sit down on the soft and curl up with a good book by a Powell River author. I think I'll put Walter Martella's new CD on to listen to at the same time.

What about your brother? Well, Fred Moss, makes this amazing digger, I'm sure he'd

love. Grandma bought one for my own son many years ago and he loved it! I saw Fred with a digger at a craft fair a few weeks ago.

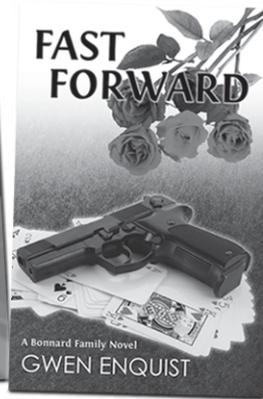
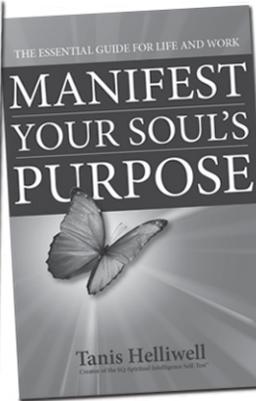
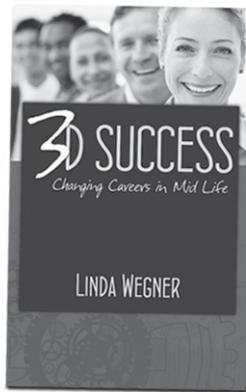
Oh dear, I must have drifted off to sleep. I was dreaming I was cooking Christmas dinner. My local turkey, local squash and potatoes looked totally yummy but what really surprised

me was the kitchen in my Townsite home. I've wanted to redo my kitchen for a long time and I saw myself standing in a beautiful country kitchen designed by Mother Hubbard's Cupboards. Sometimes dreams are better than reality aren't they?

If you're like me, you probably have that hard to buy for person on your list. This year, our Made

in Powell River solution is called Powell River money. Not only do Powell River dollars boost the local economy but they also help non-profits. Buy Powell River dollars and you will double dip on feelin' good. The lucky recipient can then choose his own gift.

Another Made in Powell River gift idea are leotards or bodysuits for the gymnast in your family. They are colourful and made with four-way stretch material. They're machine washable too. Or maybe your little gymnast would prefer a new pair of shorts or a tote bag! These are all available through Guadalupe Dufour at Perfect Fit. If you're looking for a one-of-a-kind gift, give Guadalupe a call, and ask about



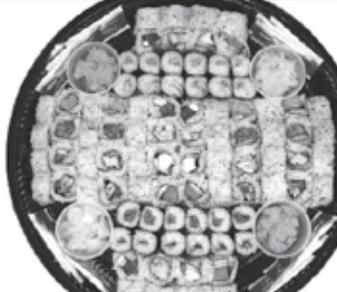
custom sewing. For the adventurous type on your list, surprise them with a gift certificate to get outside and learn a new activity. For example, a certificate to learn scuba diving would open a whole new world to them. A person would never forget someone who introduced them to octopus, wolf eels and life under the waves.



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*Thank You & Happy Holidays!*



**Thank you for your support in 2012! Please drop in and pick up a 2013 calendar while supplies last.**

**This holiday season, have you:**

- Checked your smoke alarms?
- Kept candles away from flammables?
- Reduced speed in poor weather?
- Arranged for designated drivers?
- Checked Christmas lights for fraying or broken sockets?

*Happy Holidays!*



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We know not everyone is so adventurous, though. Perhaps you know someone who prefers their adventures from the comfort of a chair. Well Powell River is blessed with cultural events including plays, ballets, orchestral performances, concerts and more. A ticket to one of those made-in-Powell River events would bring a smile.

Who doesn't like to eat? A trip to a local restaurant is a yummy locally made treat. Powell River has so many to choose from, and they all offer gift certificates.

There's always so much to do at Christmas and not all of us are the Martha Stewart type. Luckily, we have some talented locals who make jam, jellies, chutneys and preserves. They'll

**Snacks that double your deliciousness intake.**

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Christmas craft fairs always have a good selection of local goodies under one roof. It's a great way of seeing what our local artisans have been up to. You'll find everything from wooden salad bowls to crocheted dishcloths and lovely handmade Christmas ornaments.

Well Virginia, just because something isn't Made in China, doesn't mean it isn't worthwhile. Look at you Virginia. You're one of a kind. You're special. You're unique and you were made right here in Powell River.

Before you buy something for your mother or father, stop and think about the meaning of Christmas.

When we care about other people in our community, the



benefits come back to us in ways we can't begin to imagine.

And caring about each other is a good thing isn't it? It rates right up there with believing in Santa Claus in my books. After all, caring and believing are what Christmas is all about. Merry Christmas Powell River! 



## New Format at VIU Automotive Service Technician Program



**Ron DePape** has been passed the torch as new instructor of the automotive service technician at VIU Powell River. Born and raised in Powell River, he took the automotive program in 1989 when VIU was Malaspina College and Dan Light was the shop assistant and Stu Wright was the instructor.

Ron apprenticed locally at Quality Parts and shortly after receiving his red seal certificate, Ron opened his own business, Ron's Auto Machine in 1995, doing general auto repairs and specializing in cylinder head rebuilding. As well, he took on auto students to guide them through their work practicum.

In 1998, a student mentioned to him that Dan Light, who had moved into the instructor position, needed an occasional substitute teacher, so Ron stepped in to fill in, while starting his instructor

diploma at Vancouver Community College. Then in 2000, the opportunity came up to be the full time shop assistant at VIU, and Ron was immediately hired.

When Dan Light decided to retire after 27 years, Ron took on his position as the main instructor. Ron says, "Working with Dan was a great experience. He taught me a lot about being a good instructor and it is nice he is only a phone call away when I need any teaching advice."

In order to best accommodate students, the new automotive service technician program starts February 4, 2013 and runs to the end of June. Apply soon as space is limited. For more information, contact Alison Turley at VIU: 604.485.8029 or Alison.Turley@viu.ca.

### Program runs February 4–June 28, 2013

This full-time comprehensive program is designed to prepare students for a career in the automotive repair industry • Student loan eligible.

Funding available: Women may qualify to take this program for free!



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# West Coast Dance

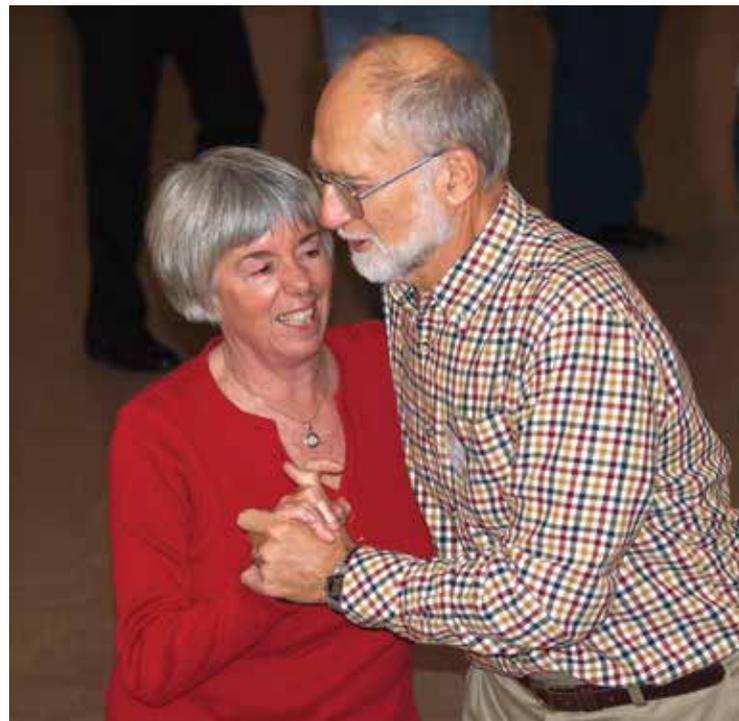
## Join the Powell River revolution!

By Heather Allan

Square dancing has always been an evolving dance form. Originally it was an amalgam of English, Scottish and Irish folk dancing, as interpreted by immigrants to North America. Eventually it became somewhat standardized with callers controlling the moves. But over the years that became a little stale, and so it was modified again, with more intricate moves. And instead of just the opposite couples dancing while the other four dancers watched, everyone became involved, making it as entertaining to watch as it was fun to dance. Now there's another very recent twist, a West Coast revolution.

The local Stardusters Club caller, Gord Ruedig, has developed this new teaching method for this year's crop of dancers. The fall dancers are due to 'graduate' by Christmas, and then a new session will begin in January. The key factor is that Gord's course is much shorter than the previous one; 10 sessions rather than the usual 30. 'Less lessons, more fun' is the mantra. Square dancing has come a long way from its roots. Crinolines are no longer de rigeur, and you don't even have to have a horse hitched outside the hall to gain entrance. Classes are held at the Rancho Hall every Tuesday night, and once the 10 lessons are completed, dancers can then also come on the first and third Thursday of each month. Plus, these dancers can go further afield—each club on Vancouver Island from Nanaimo to Campbell River will take turns hosting dancers trained in this way.

Gord's Powell River dance revolution is spreading. Presently his program is used by six square dance clubs on Vancouver



**DANCIN' UP A STORM:** Alison and Bob Butkus enjoy the fun and friendship and exercise they get square dancing.

Island. And recently he presented it in Surrey to a seminar hosted jointly by the Vancouver and District Caller Teachers' Association and the Fraser Valley Square and Round Dance Association.

A new session of this program will start in Powell River on Tuesday, January 15 at 7:30 pm in the Rancho Hall at 5399 Timberlane Avenue. The first class is free, and the full 10-week program is \$55. People with two left feet are welcome! More information is available from Laurel Bennett at 604 485-7262. [PR](#)

## West Coast Square Dancing

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# Give where you live

Work of Health-Care Auxiliary simply amazing!

Incredible. Amazing. Two words that don't begin to describe the difference that the more than \$1 million pledged by Powell River's Health-Care Auxiliary will make to the quality of life in our community.

This volunteer organization, which operates the Economy Shop, the gift shop at the Powell River General Hospital, the Red Cross Equipment Cupboard and the Candy Strippers program, has over 230 members; the third highest number of members of all health care auxiliaries in BC and has been serving the hospital and Powell River since 1945.

And just last month, The Powell River Health-Care Auxiliary pledged more than \$877,000 for much needed new equipment at the Powell River Complex Care Facility. This is one of the largest donations made by any organization in the history of the community!

The Powell River Health Care Auxiliary also pledged an additional \$342,000 to purchase additional equipment for Powell River General Hospital and for residents at the existing Olive Devaud Residence. The

auxiliary's significant donation will provide hundreds of items of equipment for residents of the new care facility that, when complete in 2015, will replace the Olive Devaud Residence. It will be called Willingdon Creek Village.

"This donation represents thousands of hours of work by so many of our members over the years," said President Lorraine Hansen. "This large donation is an accurate representation of the commitment that our 230-plus auxiliary members bring to health care in the community. It also validates all of the work we've managed to do over the past 67 years."

Wendy Hansson, Chief Operating Officer, VCH-Coastal, welcomed the auxiliary's funding commitments and acknowledged the strength of Vancouver Coastal Health's partners in Powell River.

"For the Powell River Health Care Auxiliary to make a donation like this is remarkable," she said. "The significant support we've received from the auxiliary is indicative of the strength of our partners and the type of community Powell River is."

## Willingdon Creek Village

The Powell River Complex Care Replacement Facility project is currently in the design phase and will open to residents in spring 2015. The \$23.5 million project is a partnership between Powell River Regional Hospital District (PRRHD) and Vancouver Coastal Health that will result in a new 102-bed facility which will be owned by the PRRHD and built on its land, adjacent to Powell River General Hospital. VCH will operate the new facility, which will be called Willingdon Creek Village.

Powell River Health-Care Auxiliary

*Thank You  
&  
Season's Greetings*



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Happy New Year  
We look forward to serving  
Powell River in 2013

*A very  
Merry Christmas  
and a prosperous  
New Year*

*from  
my family  
to yours.*



Mayor Dave Formosa



## Merry Christmas



*We would like to  
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Merry Christmas and  
we look forward to  
being of service  
in 2013*

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*Merry Christmas*

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**COMMUNITY BENEFITS:** Lorraine Hansen, president of the Health-Care Auxilliary, is proud of the accomplishments of her group.

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  - Resident Bedroom Equipment: Wardrobe, cupboards, other furniture and window coverings.
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# Where is Connie Thurber?

43-year-old mystery solved!

**A** 43-year search for Powell River's Connie Thurber (nee Bryde) ended on Saturday, November 3 when she was presented with a medal that she did not know she had won in 1969!

In 1969, Connie was a student at the University of British Columbia (UBC). She played volleyball for UBC and the Calonas of Vancouver. That year, the Calonas won the 1969 Canadian Women's Volleyball Championship held in Fredericton, New Brunswick. This historic match went point for point against the Calgary Flames and finally finished after five games with the Calonas winning the match and the title.

Connie was an important member of the 1969 Calonas volleyball team. After this great win, Connie was asked by the coach to continue training and playing for the Pan-American Games team in 1971. Because of leg injuries, Connie retired at that point and went about the next part of her life and did not remain in touch with the team.



**STARS IN 1969:** Stars in 1969: Connie Thurber (fourth from right) and the Calonas volleyball team that won the 1969 national championship.

Connie missed the Civic Medal presentation which was held well after the title win but teammate (and manager) Marg Harris saved Connie's medal, hoping that one day their paths would cross. The Vancouver Civic medal is a prestigious medal and is awarded to individuals or groups who bring honour and recognition to the city of Vancouver.

Connie would probably still not know about the Vancouver Civic Medal had it not been for a series of coincidences beginning with fellow team member Maureen Fishleigh (former resident of Powell River) and Marg Harris being reunited after 35 years. When these former teammates got together via a mutual friend, Maureen told Marg that Connie was liv-



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





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ing in Powell River. Marg's sister Lynda Harris, who is also from Powell River (former teacher and founder of the Sunshine Gogos) had met Connie. Lynda contacted friend Maggie Hanson to see if Maggie would be willing to set up a top secret gathering of Connie and friends so that Marg could present her civic medal to her. When Maggie heard the story about Connie's missing medal she made many phone calls and was able to convince everyone to be at Connie's home on November 3 just before 3 pm She kept everything very hush-hush. "All they were told is that one of them would be receiving a special award and that the secret would be revealed at Connie's house," said Maggie.



**SURPRISE!** Connie Thurber, left, was surprised to discover she had won a medal 43 years ago. Marg Harris, right, kept it safe all these years.

Marg flew to Powell River from Richmond early on the morning of November 3 and was reunited with another former member of the championship Calonas team, Anne Fowler, a local stone carver. Just before 3 pm Marg

thing to be reminded of my past glory and to have present friends witness the honour! I realize, yet again, how blessed my life is, then and now, by wonderful people." **RL**

went to Connie's house for the presentation. Connie had no chance to recognize her as Maggie quickly organized the group into their seats. Marg began the presentation by talking about excellence and dedication as well as the honour of receiving the recognition of the city of Vancouver all of which was cloaked in secretive language. When she announced that the recipient of the award was Connie, Connie's jaw dropped when she realized that the event had been organized in her honour and that the award was hers. "Having looked after the medal for 43 years, it gave me great joy to finally present it to Connie," said Marg.

To say Connie was overwhelmed is an understatement. "It was a great

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# Grown in Powell River

## Local Christmas tree and adventure!

By Isabelle Southcott • isabelle@prliving.ca

It was a beautiful sunny Sunday back in 2011. My 12-year-old son Alexander was ready to go Christmas tree hunting in the wilds of Powell River. With our free forestry tree permit and map in hand we headed up Duck Lake Road in search of the power line to look for the perfect tree. Our tree would not be beautifully manicured. Our tree would not have a fancy name or a pedigree. It would most likely be a hemlock or a fir or a pine or something else along those lines.

But our tree would be real. And it would be grown right here in Powell River!

Twenty minutes after leaving the Townsite we reached our destination. My energetic duck toller, named Hunter, bounced after my equally energetic son as they began the Christmas tree hunt.

"Look, it's Christmas tree Hunter," I said. My lame attempt to incorporate the dog's name, Hunter, into our little outing, was met by moans and groans.

"Very funny," said Alexander.

Hunter picked up a stick and bounded off with it. Every now and then, he'd take a break and lie in the middle of the power line and have a good chew.

We found one tree that looked fine to me but Alexander said it was too short. Far be it for me to know how tall a tree we needed.

It was warm for December and gloriously sunny. I was happy to be out and about enjoying the fresh air and getting a bit of exercise. Alexander and my partner checked out several trees but there was always something wrong with them. Finally, he found the perfect tree.

"This is it," he announced. "This is our Christmas tree."

I looked at it closely. I thought it looked a little sparse but



**TREE HUNTERS:** Gerry Joly and Alex taking down a mighty tree. Inset: Hunter, the stick-fetcher!

Alexander thought it was beautiful.

I squinted and closed one eye and looked at the tree again. As I did so, I remembered how Linus wrapped his blanket around the tree in the classic Charlie Brown Christmas TV special. All of a sudden, I could see the possibilities in the tree before me.

"Yes," I agreed. "This is a perfect tree, Alexander. Good job!"

It didn't take long for him to cut it down. We pulled it out of the bush and carried it down the power line and back to the van. After a drink of hot chocolate, we tied the tree on top of the van.

Everyone was happy. Kid. Dog. Adults.

Mission accomplished.

Well, almost.

We loaded into the van and headed home. Before we reached the end of the dirt road I heard the telltale heaving of a sick dog.

"Mom, Hunter's going to vomit," Alexander said.

I stopped the van, unloaded everyone and waited while the dog hurled. Note to self, next time remember to bring dog's ball so he doesn't pick up a stick to chew.

Then we loaded back in the van and began singing Christmas carols. An almost perfect end to a perfect Christmas tree hunt!

Merry Christmas everyone! 



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# Unravelling the past

## Putting the pieces together

By Ray Sketchley

Three years ago Isabelle Southcott interviewed me and others at the Family History Center on Courtenay Street for an article about genealogy that later appeared in *Powell River Living*.

In her article, she mentioned my Great Great Grandmother, Sarah Justice, who was born on February 11, 1800 in Greenville, Virginia and died March 29, 1889 in Webster City, Iowa. Isabelle mentioned that I have the slippers and silk stockings she wore when she married my Great-Great Grandfather Thomas William Henry Sketchley on the 4th of June, 1829 in Northampton Co., North Carolina.

She also mentioned my fourth Great Grandfather whom I believed was transported from Leicestershire, England to Virginia for committing felonies. I had never been able to find him in the years between 1767 and 1800 when I found the Sketchleys in Poughkeepsie, New York.

Thanks to Isabelle's article, a cousin in Washington State who was researching the Sketchley family and through the article mentioning the slippers and silk stockings they were able to reach me in Powell River with the help of the Genealogy Club.

*Thanks to Isabelle's article, a cousin in Washington State who was researching the Sketchley family... found me.*

With the information they gave me, I was able to trace my fourth Great Grandfather from England. Thomas came from Warwickshire and was an auctioneer in

England. From there he came to Canada and was in Quebec City in 1783. As one of the business people he was in a group that petitioned the King of England to relax the trade restrictions on the colonies trading with the United States. In 1785 he agreed to let his name stand as some-

one who was willing to serve as a Juror as a way of having more self government.

I also learned that he had applied for a land grant in 1795 in Quebec, south of Montreal. He was not successful; he tried again in 1797, this time for a piece of land on the Rideau River. I believe he was unsuccessful as in 1799 I found them in Lancingboro, New York which is now part of the City of Troy.

I have also found that my Fifth Great Grandfather was James Sketchley who was an auctioneer and printer in Warwickshire, England. His wife died in 1791 in Warwickshire and between 1797 and 1798 James came to Canada also as he applied for land on the Rideau River in Ontario. He died in 1801 in Poughkeepsie, New York.

I believe my family liked to travel as I have followed them from New York to Virginia then to North Carolina. My Great Great Grandfather went to Tennessee and his family went on to Iowa. My Grandfather went to Oklahoma and was in the Cherokee land strip race, settling near Garbor, OK. in 1902 he left Oklahoma and went to Saskatchewan to get away from tornadoes. My father left Saskatchewan and moved to New Brunswick. I live in British Columbia. 

Visit the Powell River Genealogy Group online at: [www.rootsweb.ancestry.com/~bcprgg/prgg.htm](http://www.rootsweb.ancestry.com/~bcprgg/prgg.htm)

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# TOWNSITE

There's a new energy in the Townsite.

If you haven't been there recently, you really should make a point of heading that way.

Several new businesses have opened their doors in Powell River's nationally designated historic district. Alongside established businesses, they're giving

the area a buzz and feeling of excitement!

This month *Powell River Living* launches a special feature about the Townsite and its many businesses. There's everything from historic lodgings, a variety of entertainment options, places to eat, drink and other exciting innovative businesses including

Townsite Brewing, Catalyst, and the venerable Patricia Theatre.

With the increased interest in heritage tourism, we invite you to take a walking tour of the Townsite or visit the house of the community's first doctor, Dr. Andrew Henderson's house.

Please visit the Townsite. It's where it's at!

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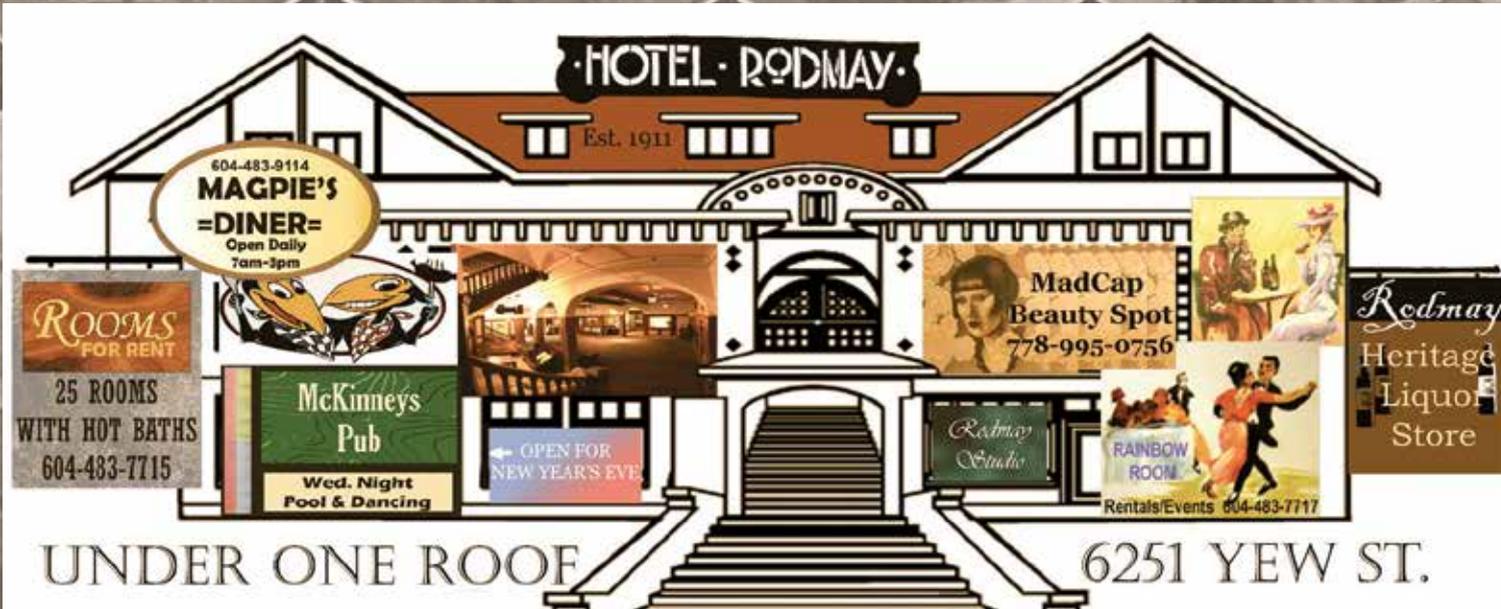
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**Take a step back in time.** Way back to December 1923. You're in the Townsite. Your husband, who works at the mill, says he wants to go to the opening of the Bowling Alley that is being opened at 2 pm by Mr. A. E. McMaster, mill manager. According to the *Powell River Digester*, Mr. McMaster "threw the first two balls on No. 2 alley or rather down the gutters."

On January 5, our managing director, Mr. Lang, visited the alleys and offered a prize of \$100 for the first man who made five successive strikes. "Our experience bowlers have been busy throwing their arms out in an endeavour to take home the bacon. But it was left to a novice, Mr. W.A. Shreeve, to walk in on January 11 and roll the winning score. Mr. Shreeve said afterwards that "it was just pure luck."

*The Digester* also contains news items that get straight to the point coupled with warnings!

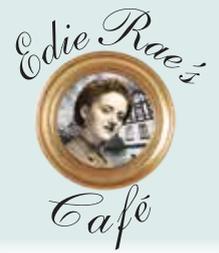
### Stray Voltage

"We learn with regret that some of the boys are making money on the side. In hunting electrical trouble around town, they often find one cent copper pieces doing duty where the fuse out to be. Just a straight word to those who read the *Brain Wave Mechanic's Magazine*. Go ahead, put your coppers under fuse plugs if you want to do so, then hook up the electric light wire to the bed spring and get lots of heat as well as light—nothing like enjoying all that justly belongs to you. We are sure that no one outside the Welfare Department cares, and they want you to have a good time. But

if you care a hoot for the comfort, or even the lives, of your wife and kiddies then don't do it!"

### Paper Maker's Ball

"The celebration New Year's Night, the ninth annual dance of the Paper Makers of Powell River will go down in the annals of the town as a Red Letter Night. The guests came from far and near, and the attendance ran away over the three hundred mark. The music supplied by local talent, augmented by two of Vancouver's Musical Artists, left nothing to be desired and the liberal way in which the orchestra responded to repeated encores was a leading actor in the evening's enjoyment."



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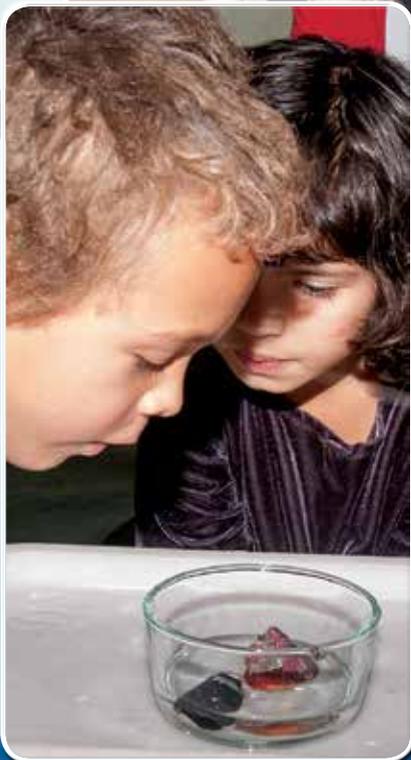
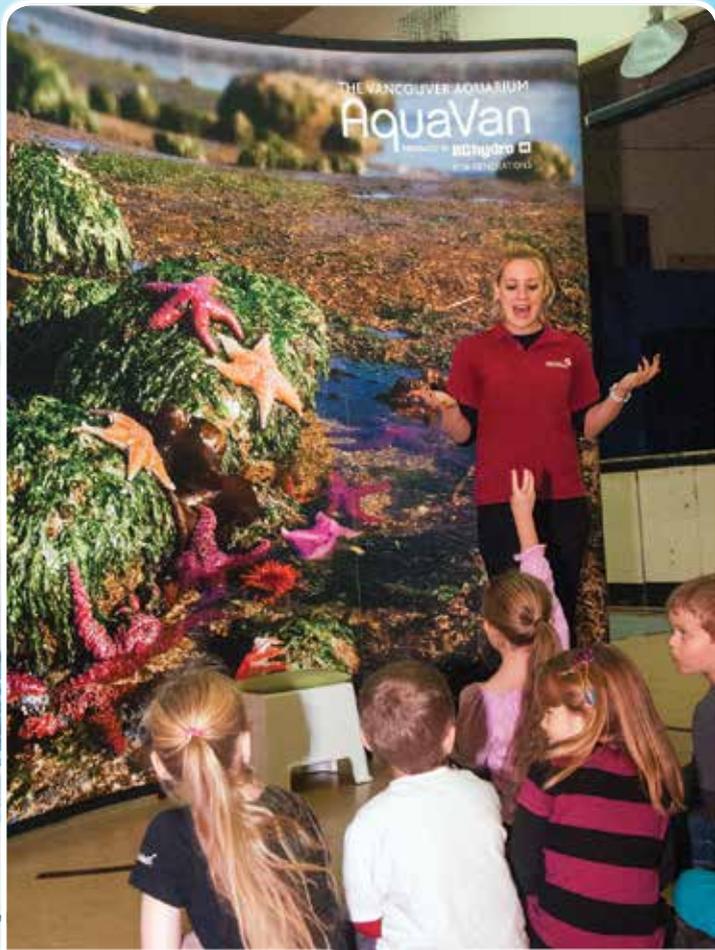
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# EXPLORE Powell River

*Photos by Sean Percy*

Vancouver Aquarium's AquaVan visits Henderson School.



# May we suggest?

An offering by a local author

If you are still looking for that perfect gift, check out the local book section. Here is a sampling of what Powell River authors have recently published.

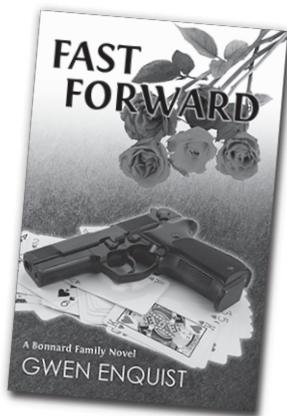
## Fast Forward

By Gwen Enquist

This is the third novel in the Bonnard family story following *Phone Calls After* and *Beginnings*. Familiar characters reappear as Anna, the family anchor, is tested in ways she never imagined. Sylvie, Anna's sister, has always walked a tight-rope of emotional instability. When she returns to her hometown to assist Anna with their sick father she is confronted by a pivotal man from her past. Shocked and confused by strong memories and Reed Buchanan's magnetism, she succumbs to pressure and puts her marriage and her family's future at risk.

Angus has only been a footnote in his daughter Lauren's life until he comes looking for a temporary place to stay, bringing all his character flaws with him. Angus' needy presence leaves Marta, his ex-wife, vulnerable to his seductive charms all the while dragging his family into a world of danger where debts have to be paid.

Readers of the Bonnard series will savour the dramatic events of *Fast Forward* as family members face escalating dangers that climax late one night, changing the family forever.



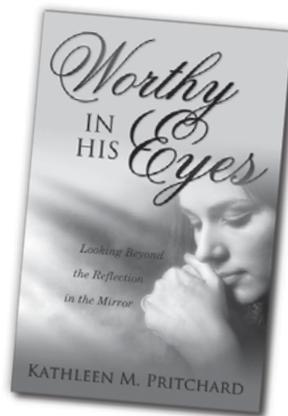
## Worthy In His Eyes

By Kathleen Pritchard

Local writer Kathie Pritchard shares the story of how her life was instantly changed the second her car was rear-ended in November 2001.

Kathie suffered minimal physical injuries that left her with some chronic pain however, she also suffered permanent brain damage which changed her life.

In this book, Kathie shares the story of



how her life changed forever that day and how she has moved forward since drawing on her spiritual reserves and support provided by her loving husband Kip, family and friends. *Worthy In His Eyes*, is about faith, family, change and acceptance.

It is available at local bookshops.

## 3D Success: Changing Careers in Mid Life

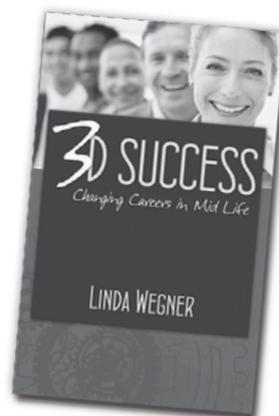
By Linda Wegner

Local writer and business owner Linda Wegner's new book about mid-life career changes chronicles her journey from pastor's wife to entrepreneur. In *3D Success: Changing Careers in Mid Life*, Linda shares the principles of Discover, Determine and Defend. The book was written to cheer on others making career change decisions in mid-life.

"Any career change is accompanied by at least three points of view: one beckons you to look back, another, to look around and the third, to look ahead. The secret is to learn and grow from the past, draw inspiration and create innovative

ideas, products or service from what's going on around you and then move forward with a well thought out plan for the future."

Linda is a motivational speaker, researcher and workshop presenter. She launched Words of Worth in 2000. She is the author of three books and more than 1,000 articles published in newspapers and magazines across North America.





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My name is Oscar and this is my younger brother Bert, on the right. When Bert is not pestering me our favourite activity is going for long walks in the forest, barking at the birds and squirrels. We enjoy taking long naps and dream of one more treat. We love to spend time with Lou Anne at Dog Gone Grooming because she is so nice, makes us look incredibly handsome and we always leave smelling so good.

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## War Brides & Rosies: Powell River & Stillwater BC

By Barbara Ann Lambert

When our boys went overseas in World War II they met girls in pubs, at dances, in hospitals and parks. Romances were intense as young men and women faced the reality that tomorrow they could die. Marriages occurred within days and weeks of first meeting.

*War Brides & Rosies* relates the stories of the war brides that made Powell River home. Over 40 war brides came here; some didn't stay but many did. Their stories of dealing with homesickness and adapting to a new life are compelling. Their experiences fill in a lost chapter in Powell River's history.

## Slow Sunday on the Malaspina Strait

By Hannah Main-van der Kamp

Seabirds, oysters, jellyfish. Desolation Sound. Texada Island, the ferries. The Salish Sea, the campsites, the yachts and the kayakers.

These are just a few of the scenes familiar on the Upper Sunshine Coast about which local poet Hannah Main-van der Kamp writes. Many poems reflect her interests as a birdwatcher and hiker. Additional themes include contemplation, art making and aging.

"Many people are a little shy of poetry," she says, "though these poems are accessible to any reader who enjoys perusing words slowly. Poems are more like prayers than they are like stories though some of these poems contain stories. The effect of these poems is to delight while inviting the reader into deeper gazing and meditation."





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- Activate Your Intuition
- Walk the Path of Heart

## Off the Grid

Wayne J. Lutz

Local author Wayne Lutz has released the 10th book in his Coastal British Columbia stories. Like the others, *Off the Grid*, is set in the same travelogue memoir format and set on Powell Lake. This time the theme is remote living. After experiencing a remote environment in all seasons, Wayne decided to write a book about the joys of living off the grid.

## Echo of a Distant Planet

By Wayne J. Lutz

How would an alien intelligence contact earth? Shawna is an Air Force officer with remembrances of the future. Trapped in a structured military world, her unearthly memories persist for nearly three decades, culminating in a message from the stars. The US Air Force and the Air National Guard are the focus of this journey into military aviation science fiction.

## Not All Paved Roads – Stories from Powell River Seniors

Edited by Jena Lohrbach

*Not All Paved Roads*, initiated by The City of Powell River and funded through a Government of Canada grant, details the stories of seniors living in the Powell River region. People describe their lives by remembrance of self and in some cases the honouring of others. The stories reveal many details of life, dispelling myths and ideas once taken for granted.

Jena Lohrbach served as lead organizer and editor of the project. 



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# An inside perspective

## Physician shortage

By Dr Chris Morwood

When my wife and I first came to Powell River in 2005, it was like trying on a shoe to see if it would fit. We had decided we wanted to move back to BC from Ontario, but were unsure to which community. I fondly remembered playing soccer in Powell River as a young boy and each year being billeted out or camping at Willingdon Beach. Though we knew no one here, I decided to come and check it out. I met a couple of docs and toured the community. When someone gave me the local recreation map I was hooked. A few months later my wife came with me for a second visit, and we stayed in a float cabin on Powell Lake. One night we boated down to dinner at the Shinglemill then putted back under a starry sky. She quickly agreed we should try living here for a year.

We were the first physicians to arrive in nearly four years. Having recently lived and worked in Northern Ontario, it did

not surprise us that Powell River, being rural and somewhat isolated, did not have hordes of new doctors. We knew that there was a national shortage of family physicians, and that many doctors were moving from rural to urban centres, and that most rural communities had chronic physician shortages. In an effort to help address this problem I had even done a year and half long research project on how to predict which medical students would chose rural practice.

Surprisingly, we found Powell River to be well serviced with doctors. We soon understood why. The combination of a wonderful working environment, a welcoming and diverse community, and a spectacular natural setting was better than we could have hoped for—an ideal community in which to find and balance work and play. After the year was up we decided to take over a practice and settle in, and we've been busy ever since.



**ON THE BEACH:** Chris Morwood and his daughter experiencing one of the joys of living in Powell River.

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Despite a number of other new doctors being recruited to the community in the last few years, a significant number of physicians have retired and there is now a net shortage. Every week people come to my office asking if anyone is taking on new patients. My staff and I tell them we know of no family doctors in Powell River who are accepting new patients into their practices. Recently two more physicians announced they were closing their practices this month and the number of people without a family physician has grown significantly, almost overnight. One of these practiced in my own clinic. On hearing of her departure patients have expressed sadness, denial, frustration, anger, and fear—in short, both grief for the loss, as well as uncertainty about the future. I can appreciate their concern—for some of these patients, not having a regular primary care provider puts their health and well being at risk.

*For my wife and I, moving to Powell River was a wonderful decision.*

While I recognize many of the reasons for this shortage are beyond our community's control, there are things we can do locally to make a difference. For instance, I am involved with the Powell River Division of Family Practice (a non-profit society whose membership includes every practicing local doctor and specialist), and we are focusing our efforts on helping find solutions to the physician shortage, both in the short and long term. Our group is acting on strategies to recruit more permanent physicians, attract more locums, explore hiring nurse practitioners, and retain the physicians we already have. These initiatives do take time away from our clinic hours, when we could be seeing more patients, but we know that it is important work as we add our "inside" perspectives to those of other stakeholders working on the problem. Unfortunately, while I feel optimistic about Powell River's long-term physician numbers, I know this opinion is of little consolation to those who need a family doctor now.

For my wife and me, moving to Powell River was a wonderful decision, and we feel very lucky to be living and working here. Our community has so much to offer—the key is getting more docs here to try it on but in time, I believe, they will and discover Powell River fits them as it did us. **PR**

## Northside's new fire hall Ready for visitors and volunteers



The Regional District recently announced the completion of the new fire hall on the corner of Plummer Creek Road and Craig Road, north of the city.

Northside Volunteer Fire Department members are mostly moved in and have conducted their first practices at the new hall.

The new facility has been built to post-disaster standards and was constructed by local contractors, said a Regional District spokesperson.

### The new fire hall features:

- Four apparatus bays
- A 30,000 gallon rainwater collection cistern
- Air purification/filtering system in apparatus bays
- Training room for region-wide firefighter training
- Laundry facility, kitchen, meeting room, sleeping facilities for on-call members
- Emergency generator

A public Open House will be held on Saturday, December 8 from 2 pm to 4 pm. Members of the Northside Volunteer Fire Department will be giving tours of the new hall and will have the barbecue 'fired up.' There will also be demonstrations of fire rescue equipment. Everyone is welcome. **PR**



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# Create memories, not garbage

## Reduce your waste this holiday

By Coco Hess

It's that time of year again. The weather has turned, sales are on, and the holiday promotions are encouraging us to 'buy, buy, buy'. We don't want to be considered Scrooges as we see the value in giving and receiving gifts, but we would like to encourage everyone to be mindful of the excess waste produced during the holiday season.

So here are some ways to reduce your waste. Purchase gifts that don't come wrapped in excessive packaging. Make homemade gifts or re-gift when appropriate. Consider buying baking supplies in bulk and shopping locally. Alternative gift-wrapping ideas are plentiful and you can avoid purchasing gift-wrap materials that will end up in the landfill by creatively looking around your house for solutions. Save the comics for comedic present wrapping or use leftover swaths of fabric to enclose your gifts and don't forget those old brown paper shopping bags can be reused as well. Perhaps incorporate the gift into the wrapping – if you're buying someone a kitchen gadget, wrap it in a tea towel and make the packaging useful. Scrap paper can be re-purposed as nametags and scrap ribbon or yarn can be used instead of new ribbon and tape. Be creative and show the recipient of your gift that you care about the waste you produce. Of course, if you save the gift-wrapping you receive this year it can be repurposed again and again.

On the recycling front, if you're buying a new electronic device to replace that old coffee machine or toaster, don't forget

that the used item can be taken to our local ElectroCycle depots at Sunset Coast Bottle Depot or Augusta Recyclers to be properly recycled. You can also recycle your old light fixtures at Augusta Recyclers. When you replace items such as batteries, cell phones and printer ink be sure to stop by local businesses (Canadian Tire, Staples or Rona) to recycle these old items.



If you're buying items that come wrapped in Styrofoam, please save it rather than throwing it in the trash. The Let's Talk Trash team will be promoting another Styrofoam Round-Up this year; however this time it will be a *one-day* event on

January 5th in partnership with Gibsons Recycling

Depot. Styrofoam must be kept dry and clean and placed in a clear plastic bag. Meat trays, egg containers and peanuts can be saved in a separate clear plastic bag.

Holiday libations can create great memories without the waste. Eggnog containers are recyclable and can be taken with all of the accumulated refundables to Sunset Coast Bottle Depot.

Enjoy a safe and memorable holiday season and remember it's not too late to sign-up for the Zero Waste Challenge. Your household or business can receive a FREE reusable shopping bag – great for holiday shopping – when you sign up to tell us about your waste diversion activities. Learn more by visiting us at [letstalktrashpr.com/zero-waste-challenge](http://letstalktrashpr.com/zero-waste-challenge). Thank you for doing your part to reduce waste during this season!



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**CREATE MEMORIES, NOT GARBAGE.**



**POWELL RIVER REGIONAL DISTRICT**

# Life-changing hike

## Pemberton to Toba 27-day trek tests teen's mettle

By Sean Percy

By day two, Shea Sketchley-Whalen didn't think he'd be able to go on. A couple of weeks of hard hiking lay ahead, and he was already exhausted. But 25 days and several mountain ranges later, Shea and his hiking companion Brian Couch walked out of Toba Inlet, and Shea was a changed man.

The physical accomplishment itself is impressive. The duo hiked the Meager Creek from Pemberton Meadows to its headwaters, then across the mountain ridge to Toba Inlet, leaving September 10, and walking into the Toba camp on Thanksgiving weekend 27 days later. They had carried provisions for 20 days, and so had also been eating what berries and greens they could find along the way. While some of the trip had been on abandoned logging roads, much was bushwhacking through untracked wilderness.

But for Shea and Brian, the psycholog-

ical accomplishments were more important. Brian was weaned off coffee and cigarettes as these ran out early in the trip. Shea, who was just 14, was a captive audience to Brian's amateur camp counselling and learned much about life, depending on others and being depended upon.

The biggest challenge of the hike came on day 11 when they reached the waterfall where Meager Creek splits. They had to find a way up a steep, muddy hill, or else backtrack. Part way up, they wished they had backtracked, but committed, they slipped and slid and hauled their packs on ropes up to the top.

The highlight of the trip was crossing the peaks. "It was warm and we didn't have to go bushwhacking—just walking over the rocks and the view of the glacier was beautiful," says Brian.

Perhaps the biggest highlight, however, is how both hikers were changed.

Brian had accomplished a long-held



goal of retracing the route taken by one of his mentors, Russell Letowsky, 35 years earlier. Shea realized how much he was capable of pushing himself, and has taken that new outlook into the rest of his life.

"Out there, constantly facing danger, I realized I needed to change myself. Last year in school, I just sat there and didn't care. Now I actually care about passing school. It enhanced my attitude. I treat my mom with respect. I take care of my body. I started brushing my teeth and showering more regularly."

A student at the Brooks off-site program, Shea now completes four or five pages of school work each day, and he attributes his new attitude to the life-changing hike. [PRL](#)



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~ Rob & Denise

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from the team at Powell River Living.  
(Hunter was the only one to show up for the staff photo shoot. Everyone else was too busy putting together this great magazine!)



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# 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 renown 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 2012!

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 2012 Christmas Appeal*  
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- Sun, Dec 16 • *Sunday School Christmas Pageant* 10:30 am
- Mon, Dec 24 • *Christmas Eve Service* 7 pm; 11 pm with communion
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- Dec 24 • 7 pm **Christmas Eve Candlelight Service** at The Salvation Army

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DECEMBER 24, 7 PM  
† Candlelight Service with Holy Communion

REGULAR SERVICES  
† Every Sunday at 10 am

# Her global family

One woman's compassion

By Janet May

**P**at Martin believes in the power of an individual to change the lives of others, and she has proof that it is true.

Pat started by being curious about the world. "I wanted to see the real world, the good and the bad," she says. She has witnessed dramatic landscapes, frightening living conditions and dangerous neighbourhoods. Her love for travel and care for other humans fuels her adventures. "I believe that we are a family on this planet. No one is better than another. We are all equal, and I have so much." Pat is determined to "to leave the world a better place."

Pat's first experience combining travel and service, was to Guatemala, where she volunteered at a school for children who would otherwise be working at the enormous Guatemala City dump. Along with other volunteers to Safe Passage/ Camino Seguro, she was asked to sign a waiver acknowledging that she could lose her life and possessions doing this work. They



**PAT'S BOYS:** Pat Martin posing with "her boys" in Guatemala.

were bussed into one of the most dangerous parts of a city which at that time suffered an average of 32 murders a day. Children worked at the dump among heavy

machines between large unstable piles of garbage, collecting things that could be sold. Their families depended on the children's income and Safe Passage supplied

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food to those families who sent their children to school, to compensate for the lost hours of gleaning at the dump. One day Pat accompanied a social worker to the slums, to deliver rice and beans. During this visit she met a small child. “His eyes were dead,” Pat remembers. “I paid some attention to him, I talked to him, and he became a little boy.” It was the

ized Pat’s position. The organization was in transition, and Pat was without a place.

Pat was quick to re-think her plans. Within seven months, she set off on an 11 month stay in China teaching English in Xian, Shaanxi province, near the home of the famous terra cotta warriors. The school and her apartment were so cold that she



**IN CHINA:** Zhang Kang was born with a congenital heart disease. Pat Martin raised money to pay for half his surgery.

**IN GUATAMALA:** Pat Martin worked with children in a variety of Guatemalan shelters.

change in that boy’s eyes that triggered a big change in Pat’s approach to life.

“We are all deserving of love,” says Pat. “Love is the big thing; letting children know they are important. It makes me feel good to give love.”

After four months working with children in a variety of Guatemalan shelters, Pat returned to British Columbia, determined to give more. She trained and gained her Teaching English to Speakers of Other Languages English certificate (TESOL) in order to return to Guatemala. She could not afford to continue to volunteer and had arranged a position which supplied room and board at Safe Passage. Tragically, Safe Passage founder, Hanley Denning, was killed in a traffic accident the day before she final-

wore an ankle-length down coat every day from morning until bedtime, yet she still suffered health problems from the winter conditions. “We had only a tiny coal burning stove, where we would sit between classes,” Pat says. “Another teacher and a cook sat with me. We were always cold.”

Pat’s curiosity and spirit once again created opportunities to see beyond the obvious. She acknowledges that “seeing the poverty might prove upsetting, but I’m not the person who turns away from such things. Something in me demands that I face ...realities.” This time she accompanied an aid worker to a small village, five hours drive north of Xian where they were met by a man standing outside a brick-walled compound containing long adobe and brick buildings. At one of the doorways he held

open a colourful blanket. The apartment could not be sealed because the coal heater gave off poisonous fumes. Fumes, and not enough heat, Pat noted as she entered. It was below freezing outside.

Pat was introduced to thirteen-year-old Zhang Kang and his family. Zhang was born with a congenital heart disease and needed an operation. His symptoms were worsening and he was excluded from the high-school because he had been losing consciousness in class. While he studied math at a desk in the corner, Pat and the others sat on a hand built wooden sofa and talked about funding his operation. The Chinese Agape Foundation was able to pay half of the cost, but the family were already in debt for previous medical bills and had no money to pay the difference, about \$4,000.

Pat wrote a letter to friends and family that Christmas with a wish that she could help to Zhang's family. Within weeks she had received enough money to donate half of the amount needed, and returned to photograph the receipt as evidence for the donors. She visited Zhang again after the operation, and he wrote her a letter in Chinese script describing his feelings. Pat keeps a translation of his letter:

"...Now I am well and I can jump and run, before, (the other) students ran and jumped around the yard of school, their laughter after the class ... but for me, I can only squat there still ... On those days, I was so sad and lonely, how many times in the dream I run and jump like others. Now we are well and healthy, my biggest dream is that I can study hard and...be a valuable man and make a lot of money to give help to those who are in trouble and has no hope..."

"Many people feel overwhelmed by how much need there is in the world" says Pat, "and because it feels so overwhelming and they don't know where to start, they do nothing. After all, it is easier to turn a blind eye. If all of us could help just a little we could change the world!"

Pat's story is an illustration of that principal. She eventually raised enough money to support three other Chinese children with congenital heart disease, whose operations cost more than Agape could supply.

Now Pat has another journey planned. In January 2013, she will be going to Cambodia to see Angkor Wat. While she is there she will volunteer at Enkosa River School, where locals learn English and geography to give them opportunities in the tourist industry. The school depends on donations from visiting tourists to supply six local teacher's salaries, electricity, internet



**A HELPING HAND:** This photo was taken at Wesley's House Orphanage in Pingguo, China, where Pat Martin lived for seven months.

access and other supplies. Of course Pat will not be going empty handed. She has pared down her luggage in order to bring colourful books and games for the school. She is hoping to find two used lap-top computers in Powell River, and will pay the extra luggage allowance to bring them with her. She also wants to donate funds to buy lumber for desks to be built at the school. "It is not easy for me to ask for help," Pat admits, but her knowledge of the need enables her to do so. "I am asking that people trust me to make sure that everything that is given to me will go where it is supposed to go." We can't all afford the time to travel and witness poverty and experience the pleasure of helping out. Pat's travels give Powell River the chance to make a difference a little bit at a time.

Pat has an account for donations to Enkosa School at the Bank of Montreal. She can be reached at 604 485-3787 or ms.pat.martin@gmail.com. 

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# Powell River Living BUSINESS Connections

By Kim Miller • office@powellriverchamber.com

**S**ean Melrose has launched **Powell River Community Investment Corporation**, which he says will serve the community three ways. 1) It provides investment capital to Powell River businesses, whether it be a new business, an expanding one or one changing ownership. 2) It lends capital to Powell River non-profits to support the purchase of major assets or the launching of new social ventures. 3) It provides an opportunity for Powell River residents to invest directly in their community. Learn more from Sean at 604 485-5256 or email sean.melrose@prcic.ca

**Select Video** has moved into the 7030 Alberni Street plaza in the space previously occupied by Village Meats.

The **Powell River Regional District** will relocate its offices from its current location in the Townsite, to new office space at #202-4675 Marine Avenue. The actual office move will take place prior to April 1, 2013. The current building that houses the Regional District offices is a heritage building. It was originally built as the Chief Superintendent's house in 1911. The Regional District has occupied the building for 30 years. The building will be turned back into a private residence by its new owners who take possession on April 1.

The Regional District hired **Allan Radke** as the new Chief Administrative Officer. Allan, who was serving as assistant administrator with the County of Camrose, Alberta, began work here December 3. He comes to this position with broad experience

in regional issues including fire protection and potable water. Prior to joining the public service, he had 15 years in the grocery business. Allan holds a Bachelor of Science in Business Administration from the Michigan Technological University, which he attended on a hockey scholarship. In his early career, he played professional hockey in Spain. Allan was the President of the Local Government Administration Association in Alberta.

Congratulations to **Kevin Sigouin**, Vice President of Insurance for First Credit Union, First Insurance, and Westview Agencies on being awarded the "Rising Star-2012 Leadership Award" on October 25 from the BC Insurance Industry for his contributions to the next generation of insurance industry leadership.

Claire MacPherson and Scotty deVries moved to their Pinetree home and woodworking shop from a small island off the lower coast back in September of 2011, but after weaning some of their lower coast customers, they're turning their focus to business in the Powell River area. **OTBP Woodworking Co.**, stands for 'off the beach 'n' path' woodworking', an apt name. They build canoes, power, sail, rowing, and paddling boats and stand up paddle boards. They also build custom slab furniture and do custom woodworking. As well, OTBP does traditional marlin-spike ropework such as boat fenders and floor mats. Get a look at their work at [www.otbpwoodworking.com](http://www.otbpwoodworking.com), on their Facebook page, or contact them at 604 414-3369 or [otbp@telus.net](mailto:otbp@telus.net). **PR**



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## Season's Greetings

from the Powell River Regional District  
Board of Directors

We would like to extend a special holiday greeting to the many volunteers who generously contribute their time to our communities and to regional district services:

Volunteer Fire Departments:

Malaspina, Northside, Savary Island & Lasqueti Island

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Composting Advisory Committee

Parks & Greenspace Implementation Advisory Committee

Texada Island Airport Advisory Committee

Savary Island Dock Advisory Committee

Lasqueti Island Ramp Advisory Committee

Craig Park Committee

Texada Island Community Heritage Commission

Texada Island Recreation Commission

Powell River Emergency Support Services

Powell River Search and Rescue Society

Powell River Emergency Radio Communications Unit



**POWELL RIVER  
REGIONAL DISTRICT**

## Powell River Living

# Love what you do

This is the third and final article in a series about Powell River people who are passionate about what they do for a living.

## Show and tell with Christine Hollmann

An earth-centered adventure

By Isabelle Southcott • isabelle@prliving.ca

*Tell me and I'll forget; show me and I may remember; involve me and I'll understand.*

Chinese Proverb

### Learn by doing.

It's the guiding principle behind Terracentric Coastal Adventures, the company Christine Hollmann and her partner Hugh Prichard built.

Christine, who was born and raised in Powell River, grew up on an acreage south of town. "I spent a lot of time outside," she said. "Mom and I would go for walks to the beach and we'd just sit there in the sun. I had my own little garden with flowers and veggies."

When she looks back at her childhood, it was centered around the outdoors and the earth. So it made sense that when Christine started her own business, she'd want a name reflective of her values and beliefs. Terracentric, which means earth-centered, was the perfect choice. "Our name reflects our belief that ev-



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everything is connected to our natural environment either directly or indirectly," she explained.

Christine went to Kelly Creek School. Family vacations were spent camping or cruising around Desolation Sound in the 27-foot boat they shared with another family. "We'd sleep aboard the boat, ride in the dingy and fish," said Christine.

There wasn't much time to sit around and when she did, it was only to get ideas to take outside.

"My friend and I, we'd play Tarzan and Jane. She had long blonde hair and she was Jane. My dog Sasha was Cheetah. I was always Tarzan cause I had short boy hair. And we had this Zunga, we'd use...," she said.

After high school, Christine went to UBC to study sciences but soon switched to arts and social psychology. She took up trail running which helped relieve stress and connect her back to nature. After graduating, she joined Up With People for what was supposed to be a year-long international experiential educational program. "We could try out marketing, stage and lighting and sound technician jobs. You learned that person's job through job shadowing for eight weeks," said Christine.

This style of learning had a huge impact on her. "One hundred and forty of us



travelled on three busses and represented 25 countries. It was exciting in terms of my love of people and language." The following year, Christine was hired on as a stage and lighting technician and remained doing contract work, set design and staff training.

After moving back to Powell River, she was hired by the Jitterbug Café where she worked with Stacey Forbes. "We were a

bit ahead of the curve in our interest in local food," she says. "Cooking has always been a passion in our family."

In 1996 Christine met Hugh Prichard, the man who was destined to become her future partner both professionally and personally.

The following spring she joined a friend and enrolled in a 10-day kayaking guiding course. "I'd only been kayaking three times before I went on this course," she said.

This friend's family had a sail and kayak lodge on Cortes Island. After completing the course, Christine was hired to work for them and she and Hugh moved to Lund. "For the next few years, my summers were spent working for the lodge. I ended up managing the lodge. I learned so much there from people who were really some of the founders of the industry on the West Coast. I was learning by doing."

The learning by doing, or experiential learning, method had a huge impact on Christine. She appreciated the watch, try it, receive feedback and suggestions for improvements and then do it again, method of learning.

When Hugh joined Christine on Cortes Island to work for the lodge, the two began dreaming about a business they could do together. "Hugh grew up in On-



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tario and worked with youth and youth at risk in summer camps. He led wilderness trips for youth at risk from downtown Toronto and worked in the far north with First Nations communities. It was a natural transition for him as he had the leadership training and experiential learning skills.”

In 2001 the couple officially launched Terracentric Coastal Adventures Ltd., the business that they still own today.

They had a few contracts, worked as kayak guides and ran summer camps and children’s programs all geared at bringing kids outdoors using adventure-based learning techniques. “Working with youth and kids is a passion for both of us,” she said. “It is exciting when they discover their own passions and develop leadership skills. You see their self-esteem improve.”

In 2005, Terracentric moved to the new building that housed Nancy’s Bakery. Hugh and Christine’s son Kiran was born, they bought the zodiac and they brought the Brooks Outdoor Adventure Tourism Training (BOATT) program on stream. “That was a very busy year,” said Christine.

Terracentric offers experiential adventures and recreation programs for youth



and families, educational, therapeutic and organizational groups in the Powell River area. They have a Ropes Course Facility south of town and also offer wilderness-guiding services. It’s also particularly well known for its popular marine environmental educational programs and tours.

“The over-reaching arch is connecting people to themselves and each other in the natural world,” said Christine. Anyone who has ever had their own company knows that running a business isn’t easy but it works for this couple. Christine jokes that employees must be versatile and like children, as they might be asked to keep an eye on Kiran from time to time!

“Hugh is the visionary, the big ideas

guy but then we work together to make it happen. I’m good with the logistics, planning and in the food department,” said Christine.

She enjoys working with students and meeting learning outcomes. A walk in the woods gives her the opportunity to teach kids the names of different things they find along the way. “It pushes me to be better and to learn more,” she said. It doesn’t matter whether it is Kiran or a 65 year old from Germany!”

She sees Powell River’s potential as an innovative sustainable community and wants to be part of it. “I think that was part of my motivation in coming back and wanting to raise a family here. Also, there are people who know Kiran and who also knew me as a baby. There’s a sense of place here that is so powerful.”

For Christine, a perfect day is a day when she shares the beauty of Powell River with someone who appreciates it.

“I love to share our local environment with people. I get energized by their excitement and their questions. When a child goes home after a program being able to name and know something about our local flora or fauna, that is a perfect day for me.” **RL**

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## Giving back

### Local woman donates hair

**A**fter more than two years between haircuts, Marg McNeil decided it was time donate her untreated grey hair once again. This donation marks the fourth time that Marg has cut her hair off and donated it.

At Image One her hair was braided into two good sized pig-tails, wrapped with elastic bands and then cut off. The pig-tails were sent to Vancouver where they will become part of a wig which will be donated to a woman undergoing chemotherapy treatment. Why grey? Human hair cannot be dyed grey. After being diagnosed with breast cancer thirty-four years ago, Marg McNeil says it is her way of giving back. 



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# Guess who didn't come for dinner

## Reflections of utility Christmases past

By Teresa Rice

Imagine a Christmas without themed trees, glittering ornaments, presents galore and more food than you could possibly eat. Hard to visualize, but in England during and after World War II most of my Christmases were without all the trappings we take for granted these days. Back then, we had utility furniture, utility clothing and utility Christmases. Utility meaning: functional, basic and no frills.

Decorations were pieces of colored paper glued together and strung across the room. Once we had a kind of Charlie Brown tree. It had candleholders with real candles; we couldn't get the holders to sit straight, so we didn't light them. Probably just as well, we could have set the house on fire! If we were lucky we might get one present, something like a bar of chocolate or an orange. One year I was invited to a Christmas party at the town hall where we had cake and a gift from Father Christmas. I don't remember what the present was, but it was wrapped and tied with ribbon; that was exciting in itself.

We celebrated the spirit of Christmas, going to church, singing carols and watching small children perform in Nativity plays. Nonetheless, apart from the religious aspect and having two days off work, it was business as usual. Food was still rationed and anything not rationed was in short supply so we never expected much in the way of fancy desserts. My father liked to make his own version of Christmas pudding. He mixed suet, flour, raisins and a bottle of beer, wrapped the mixture in a cloth and boiled it for hours. It was an unappetizing shade of grey with a hard crust when finished. We didn't like it but would always take a piece in case there was a silver coin inside. We usually had a good dinner at Christmas because one of my uncles had a farm in Ireland, and every year he would send us a goose. It would come by mail, wrapped in a brown paper parcel with the neck hanging outside. Not very hygienic I know, but none of us ever contacted food poisoning from the travelling goose. We depended upon the goose to arrive on time, and always waited impatiently for the postman. One year it didn't come, and because it was the weekend and all shops were closed we had canned sardines for Christmas dinner!

Another Christmas there was a lot of snow and ice in the North West of England where I lived. Roads and railway lines were blocked and there was a shortage of coal. Even if the coalman could get coal it was delivered by horse and cart, and the horses could not handle the snowy streets. My Dad heard that the local gasworks would give sacks of coal to anyone who could collect them. We had an old beat up baby buggy so off we went slipping and sliding down the icy cobbled streets to the gasworks. I don't know why he took me with him, maybe for sympathy, so they would give us more fuel. We were freezing by the time we got back home but it was worth it because the only source of heat in our house was the fireplace in the kitchen.

When I get together with my family in England and talk about old times, we often have a laugh about the goose that didn't come for dinner, the dreaded Christmas pudding and the perils of keeping the home fires burning. 

## The 2013 PR Film Festival

*New look, new location!*

The Powell River Film Festival is getting a whole new look. This year is one with many changes, brought about in part by the new digital technology in the film industry. The one constant: the great selection of newly released independent films! What's new? The venue, more films with more variety, and a longer running festival.

The Film Festival will be at the Patricia Theatre and the Arts Mosaic, receptions and community displays at Dwight Hall. With the smaller capacity at the Patricia, the festival will run from Tuesday, Feb 19 through until Sunday, Feb 24. There will be more daytime films, and both the opening and closing films will have daytime re-runs. Organizers are still working on the selection of films, but there will be twice as many to choose from, with some special interest films for smaller audiences. Stay tuned for more details as they make their final picks!

Early Bird passes go on sale now until Dec 24. Because of the smaller capacity, the number of passes is limited, so now's the time to get them! Pass holders will have priority seating held open until 15 minutes prior to show time. Passes are on sale at Breakwater Books, the Patricia Theatre and online.

Information about the films will be posted soon. Check out the new website at [www.prfilmfestival.ca](http://www.prfilmfestival.ca) or call 604.414.9758. 

## Thanks Powell River!

*The BC Thanksgiving Food Drive was a big success!  
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A publication for  
Powell River's  
"off-season"

Published Jan 15, 2013

The team that brought you this issue of *Powell River Living* also publishes 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.

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

Contact your ad rep today to book your spot:

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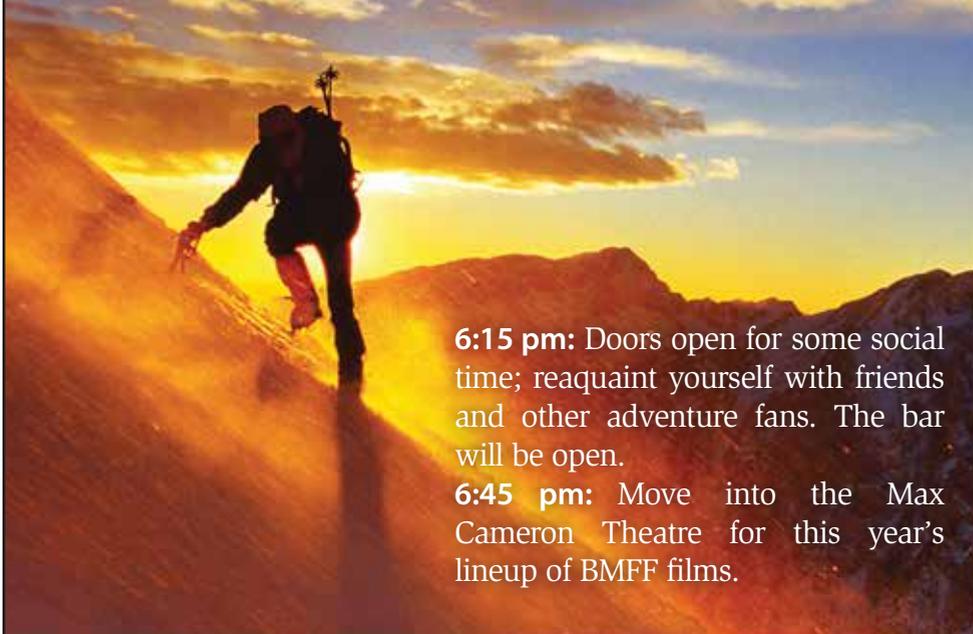


**Stories & features planned for this publication:**

- Get OUTside:
  - Cycling
  - Change your altitude: Ski to sea
  - Kayaking
  - Golf
  - Beyond kale: gardening
  - Cold-weather Running
  - Scuba Diving
- Storm watching
- Fitness: Trainers, gyms & more
- Winter birding
- Choosing a wood stove
- Wine and dine for winter
- Curling
- Music and Theatre
- Warm your Home
  - How to avoid frozen pipes
  - Weatherproofing & heating
  - Winter Colours
- Travel tips
- Cocooning: Cooking, Baking, Crafting, Decorating
- How to meet new people
- Freezing for photography

**Friday & Saturday  
January 11 & 12**

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**6:15 pm:** Doors open for some social time; reacquaint yourself with friends and other adventure fans. The bar will be open.

**6:45 pm:** Move into the Max Cameron Theatre for this year's lineup of BMFF films.

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For more information contact Jim Palm at 604 483-3171 or [jpalm@sd47.bc.ca](mailto:jpalm@sd47.bc.ca)



# Powell River Living COMMUNITY Calendar **DECEMBER**

**Dec 6:** Homage to Winter. Malaspina Art Society group exhibit opening reception at 7 pm at VIU.

**Dec 6:** West Coast Swing drop-in at the Carlson Community Club 7-9 pm. For info call 604487-9156.

**Dec 7:** Carols by Candlelight with Ay-Luang Wang, organ. 7:30 pm at Historic Dwight Hall. Tickets are available through the Academy Box Office, and at the Door. Tickets \$20 each, for more info call 604485-9633.

**Dec 8:** Carols by Candlelight with Ay-Luang Wang, organ. 1:30 and 7:30 pm at Historic Dwight Hall. Tickets available through the Academy Box Office and at the Door. Tickets \$20, for more info call 604485-9633.

**Dec 9:** 4th Annual Nativity Night. Creche display at the Church of Jesus Christ of Latter Day Saints (6952 Courtenay St) from 10am-9pm. Marine Avenue window displays. Games, snacks, crafts, carols and activities at St John Ambulance building in the Townsite 7-9pm.

**Dec 15:** The MET Opera presents Aida at Max Cameron Theatre at 10 am.

**Dec 15 & 16:** Camel Lot. A Children's Christmas Musical at 7 pm at Evangel Church at 5139 Manson Avenue. Free admission.

**Dec 17:** B3 Kings, Funky Festive Jazz at its finest with Denzal Sinclair, Bill Coon, Chris Gestrin & Cory Weeds in a groovy Christmas concert, live on stage at the Max Cameron Theatre starting at 7:30 pm.

**Dec 21:** Last day of School before Christmas Break.

**Dec 21 & 22:** Christmas Variety Show at Dwight Hall. Performances by, Music Academy Acting Class, Jr. Jazz Band, Sheridan Dance Academy, Comedy by Kevin Cook, two one-act plays by Raven's Call and Carol Singing with the audiences; starts at 6:30 pm.

**Dec 25:** Free Christmas Dinner at the Westview Baptist Church. Turkey and/or ham with all the trimmings. Designed for seniors, singles or couples who would otherwise be alone for Christmas dinner.

**Jan 1:** Deck party noon-8 pm at the Boardwalk. Everything on the menu is by donation for the Northside Volunteer Fire Department.

**Jan 5:** Acupuncture for charity day at Healthworks. Call 604-485-0108 for details.

**Jan 5:** The MET Opera offers Berlioz's Les Troyens at the Max Cameron Theatre at 10 am.

**Jan 11 & 12:** Banff Mountain Film Festival at Brooks. Doors open at 6 pm. Films at 6:45 pm.

**Jan 15:** Fitness Is Fun! West Coast Square Dance lessons begin at the Rancho Hall (5399 Timberlane Avenue), 7:30-9:30 pm.

**Jan 17:** Academy of Music presents Ang Li, piano, at the Academy Hall at 7:30 pm

**Jan 19:** The MET Opera premieres Donizetti's Maria Stuarda at the Max Cameron Theatre at 10 am. Mezzo-soprano Joyce DiDonato, takes on the virtuosic bel canto role of the doomed Mary, Queen of Scots.

**Jan 20:** Canadian Martial Arts Academy tournament and demonstrations at the Town Centre Mall.

**Jan 23:** Chamber of Commerce luncheon presentation by Constant Contact. Call 604 485-4051 for more info.

**Feb 2:** Horizon Business Awards.

**Feb 19-24:** Powell River Film Festival. Early bird passes on sale until Dec 24 for \$85 at Breakwater Books, the Patricia Theatre or www.prfilmfestival.ca.

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

**Sundays:** Sledge Hockey, Nov 4-Dec 9, 10:30-11:45 am, at the Complex. To register call 604 485-2688.

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

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

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

**Mondays:** Bike ride at Suncoast Cycle, 6 pm

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

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

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

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

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

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

**Tuesdays:** PR Stroke Recovery Club meets in the Lower Legion Hall from 10am-1pm. Contact Trudy Simpson at 604485-06396 or Sandy Graham at 604 489-0024 for info.

**Tuesdays:** PR Duplicate Bridge Club meets at 7 pm at the Alano Club In the Townsite (5903 Arbutus Street) For more info call Viv at 604 485-4430.

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

**Tuesdays:** Toast to the Coast Toastmaster group meets from 7-8:30pm at Oceanview School. For info call Gerry at 604 483-9229 or Jennifer at 604 485-0564 or email jennifer@platinumbusinessdevelopment.com.

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

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

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

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

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

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

**First Wednesday:** Fibromyalgia Self Help group meets from 1-3 pm 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 7 pm. Everyone Welcome.

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

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

**Third Wednesday:** Are you a woman INvested, INVolved and INTERested IN business? Then Powell River Women in Business is the place for you. For more information email prwomeninbusiness@gmail.com or check us out on FaceBook.

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

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

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

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

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

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

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

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

**Fridays:** Ravens Wheelchair Basketball, drop-in, everyone welcome, chairs provided. 4:30-6:00 pm in the Oceanview School Gym. For more info email disabilitiesportclub@gmail.com.

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

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

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

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

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

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

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



# Powell River Living FACES of EDUCATION

## Rebuilding a volleyball dynasty

**S**pike. Pepper. Dig. Dump. Cut. Shank. Ace.

Sounds like someone's cooking? Nope! It's the kids at Brooks; they're playing volleyball again.

Volleyball in Powell River is making a comeback. Although we're officially in the rebuilding stage, parts of the program have exceeded expectations already.

Last month, the Grade 8 girls did Powell River proud when they won first and second in the North Zone volleyball championships. This team, coached by School District 47's Superintendent Jay Yule, went undefeated to win the region, which includes Powell River, Campbell River, the Comox Valley and Port Alberni. The Grade 8 boys, who are coached by Cam Miller, finished second in the North Zone and the Grade 9-10 girls, who are coached by Louise Kenning, also took second at the North Zone. The Grade 9-10 boys finished third.

"It was a great day for volleyball," says Miller. "It's great to see the resurgence. Our job now is to keep them in the game as they get older. Volleyball often becomes a weekend sport because it interferes with other sports like soccer or hockey."

Although competitive volleyball begins at the Grade 8 level, the foundation is laid much earlier, say coaches and teachers Louise Kenning and Brendan Clark. "It's exciting to see the Grades 5, 6 and 7s get involved again. It really makes a difference when they come to high school with those skills. It's because of the efforts of Lisa Lundell, Christy Sullivan and Doug Skinner that these students have the foundational skills," says Kenning.

Miller teaches physical education and coaches the Grade 8 boys volleyball. He grew up on Texada and played volleyball as a kid. He took a break for a while and when he came back, he discovered the rules of the game had changed. "I had to learn it over again. I co-coached a team that Brendan [Clark] played on."

Miller is excited about the potential of volleyball in Powell River. He points to Kenning and Clark, who both played volleyball while going to school in Powell River and then in university. Now the two young teachers are sharing their knowledge and love of the game with the next generation.

Kenning coaches the Grade 9-10 and Grade 11-12 girls teams. "I started playing volleyball in Grade 5 with Tom Freeman," she recalls. "Jason Christensen coached me later on."

The highlight of her volleyball career was winning the Provincials when she was in

"Club volleyball extends it and makes it an eight month sport."

If you want a cracker-jack team, you need that longer season.

"Club volleyball is really important for development," he said. If Powell River wants to compete at the Provincials in the future, club is a necessary training tool.

It takes everyone to create a winning team. Clark has been impressed with the support that parents and other teachers have given the program. "I coached volleyball in Burnaby for a while and there was less importance put on the program there.

Volleyball is a bigger thing in our town. Because of where we are and having to take ferries every week, it is a bigger commitment."

With the Grade 8 girls winning top prizes, Kenning believes this will encourage others to get involved next year. "In a town this size you need kids to be multi sport athletes," she says.

Clark has already noticed the momentum building. "More boys started coming out as the season went on."

Although it is always nice to have lots of players, a small

committed team can get the job done. The year Kenning and her team won the Provincials, they had only seven players but those seven players were all committed.

Volleyball is a technical sport that can't be learned overnight. "It's an awesome team sport," says Kenning. "You can't win off one player. Everyone on the court has to focus on skills and position to keep it really going."

Clark agrees. "There's so much hand-eye coordination in volleyball. And with so many rules it is challenging."

Volleyball also opens doors for young players. "There are lots of scholarship dollars at colleges and universities available for volleyball players," notes Kenning.

"You can continue playing after high school recreationally and make friends. You don't have to be a super athlete, you just have to enjoy playing volleyball." **RL**



Grade 11. She went on to play volleyball at Malaspina University before going to UBC Okanagan to do her graduate studies.

Clark's story is similar in that he played volleyball at Brooks and then at Douglas College before heading off to UBC. He coaches the Grade 9-10 and Grade 11-12 Boys Teams. "I started playing volleyball in Grade 5 at JP Dallos. Doug Skinner coached me in club volleyball during high school," he says.

Both Kenning and Clark keep coming back to the foundations of volleyball, which must be taught before players reach high school. "If you want to be competitive you have to learn the fundamentals early," says Kenning.

Club volleyball is an excellent program because it extends the usually short school volleyball season. "The regular volleyball season is only two months," says Miller.

# **Powell River Town Centre Mall**

**SANTA ARRIVES  
DECEMBER 1st**



## SHOPPING HOURS AT THE TOWN CENTRE MALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<b>SANTA            HOURS</b> 2 1pm - 4pm <b>MALL HOURS</b> 11am - 5pm	<b>SANTA            HOURS</b> 3 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm	<b>SANTA            HOURS</b> 4 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm	<b>SANTA            HOURS</b> 5 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm	<b>SANTA            HOURS</b> 6 1pm - 4pm <b>MALL HOURS</b> 9:30am - 9pm	<b>SANTA            HOURS</b> 7 1pm - 4pm <b>MALL HOURS</b> 9:30am - 9pm	<b>SANTA            HOURS</b> 8 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm
<b>SANTA            HOURS</b> 9 1pm - 4pm <b>MALL HOURS</b> 11am - 5pm	<b>SANTA            HOURS</b> 10 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm	<b>SANTA            HOURS</b> 11 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm	<b>SANTA            HOURS</b> 12 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm	<b>SANTA            HOURS</b> 13 1pm - 4pm <b>MALL HOURS</b> 9:30am - 9pm	<b>SANTA            HOURS</b> 14 1pm - 4pm <b>MALL HOURS</b> 9:30am - 9pm	<b>SANTA            HOURS</b> 15 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm
<b>SANTA            HOURS</b> 16 1pm - 4pm <b>MALL HOURS</b> 11am - 5pm	<b>SANTA            HOURS</b> 17 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm	<b>SANTA            HOURS</b> 18 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm	<b>SANTA            HOURS</b> 19 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm	<b>SANTA            HOURS</b> 20 1pm - 4pm <b>MALL HOURS</b> 9:30am - 9pm	<b>SANTA            HOURS</b> 21 1pm - 4pm <b>MALL HOURS</b> 9:30am - 9pm	<b>SANTA            HOURS</b> 22 1pm - 4pm <b>MALL HOURS</b> 9:30am - 5:30pm
<b>SANTA            HOURS</b> 23 1pm - 4pm <b>MALL HOURS</b> 11am - 5pm	<b>SANTA HOURS</b> 24 1pm - 3pm <b>MALL HOURS</b> 9:30am - 4pm CHRISTMAS EVE	<b>Merry            Xmas</b> 25 MALL CLOSED	<b>BOXING DAY!</b> 26 <b>MALL HOURS</b> 9am - 4pm	<b>MALL HOURS</b> 27 9:30am - 5:30pm	<b>MALL HOURS</b> 28 9:30am - 9pm	<b>MALL HOURS</b> 29 9:30am - 5:30pm
<b>MALL HOURS</b> 30 11am - 4pm	<b>NEW YEAR'S EVE</b> 31 <b>MALL HOURS</b> 9:30am - 4pm	<b>CLOSED NEW YEAR'S DAY, JANUARY 1st, 2013 - HAPPY NEW YEAR!</b>				



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