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### ON THE COVER

There are many great places to explore in Powell River's backcountry during the winter. Here, Matt Larocque ponders which trail to follow.

Photo by Emma Levez-Larocque

# Welcome winter!



**W**hen most people think of the Sunshine Coast, it's natural to think of sun-drenched beaches or swimming in clear mountain lakes. Most don't think about snowshoeing or muddy hiking. Most don't think about winter at all. But those of us who live here or those who visit in the winter know a precious secret: Powell River is a happening place in the winter!

Whether you're taking in a Kings hocking game at the arena, catching a movie at the Patricia, strolling through a quilt show, or heading into the mountains for some snow fun, there's no shortage of events and activities to enjoy. Sure it rains a bit. You won't melt! Get off the couch and enjoy all that Powell River has to offer. There are plenty of indoor activities to keep you dry, and even in the rain, you can explore the beaches, trails and backroads. Statistically, we get two weeks of sunny days in January, three in February and four in March. So you'll be sure to find some sunny days this winter to get outside. No doubt, while you do, you'll think of your fellow Canadians huddled in still-frozen cities across the country.

Getting outdoors is ever more attractive with continuing development of the Sunshine Coast Trail's winterized cabins. A third winterized cabin was completed this year, this time on Walt Hill, joining winterized cabins on Mount Troubridge and Tin Hat. Take a look at the three winter cabins in our feature starting on Page 5. While they're the gems in winter hiking, the glorious truth is that all 10 of the cabins along the trail are accessible all year, and with a little planning, hut-to-hut hiking can be done all year.

Of course a discussion about winter fun would not be complete without a reference to The Knuckleheads, Powell River's winter playground. Enjoy pictures and photos of this beautiful place on Page 35.

For me, the best part of winter is scuba diving. Though local waters teem with life in the summer, visibility can sometimes drop to just a few metres. But in winter, much of the plankton dies off and the water turns gin-clear. On a recent dive off Hardy Island, my brother and I looked up from 100 feet, and could see the boat waiting overhead. Check out some photos from that dive on page 34. So, whether literally or figuratively, I encourage you to dive into the best of *Winter Living* in Powell River. 🐻

Sean Percy, Associate Publisher • [sean@prliving.ca](mailto:sean@prliving.ca)

*Winter friends are friends forever.*

George R.R. Martin – *A Game of Thrones*

### A NOTE ABOUT OUR PAPER STOCK

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Publisher & Managing Editor • **Isabelle Southcott**  
Associate Publisher & Sales Manager • **Sean Percy**  
Graphic Design & Production • **Works Consulting**  
Marketing & Sales • **Suzi Wiebe**  
Office Manager • **Bonnie Krakalovich**

### Southcott Communications

7053E Glacier St, Powell River BC V8A 5J7  
[isabelle@prliving.ca](mailto:isabelle@prliving.ca) • tel 604 485 0003

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# Winter in Powell River

A Chicago couple weighs in

By Jeff Hellenbrand



In January of 2012, I jokingly told my wife Emily, that we should move from Chicago to the West Coast of Canada. She laughed and said that sounded pretty great. After all, quitting good jobs in the city to live by the ocean, surrounded by mountains seemed like a lovely, if outlandish, idea.

Here's how we got to Powell River.

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**M**arrying Emily was a dream come true for me. She's beautiful, smart, whimsical and down to earth. We moved to Chicago so I could have a dream job. While there, I realized my calling as a life and business coach. I got the training and started my own company. Coach training helped me to realize that our dream life wasn't just a fantasy—we could have it. We began to apply that truth to different areas in our lives. We lived in the perfect apartment but couldn't have dogs. By getting creative (and not lying) we were allowed to have two lovely, hilarious pugs, Roscoe and Relvis. And we continued to joke about moving to the West Coast.

Then, on a perfectly humid summer night in the kitchen of our Chicago apartment, we locked eyes and I said: "We're really moving to Canada, aren't we?" Emily smiled and said, "Yeah, I think we really are." And that was that. We started furiously searching for apartments, researching immigration laws, visa requirements, required vaccinations for the pug-a-lugs, etc. Pugs can't fly on airplanes - their short snouts make it a deathly risk. We knew we'd have to drive. Never having spent much time in San Francisco, or Portland, for that matter, we decided to make a road trip out of it. We'd take two weeks to travel through the mountains of Denver to the fog and barking sea lions of San Francisco and then up 101. We just didn't realize how far up Highway 101 really goes.

We kept searching for the perfect apartment in Vancouver, but nothing seemed just right. It was hard to find a place anywhere near the water that would allow pets and was in our price range. Really, we just didn't like the idea of being stuck in the city once more. That's when we found it. In a Craigslist post was a tiny little cabin overlooking the ocean just south of a place called Powell River.

We started to tell our friends and family about our plans. We were moving temporarily to a little town in Canada to live in the mountains on the ocean. And then they surprised



Want to swap stories with Jeff while he's here?  
Email him at [jeff@cakecoaching.com](mailto:jeff@cakecoaching.com).

us. Two of our best friends said, "We think we want to come with you." So they rented out their house, quit their jobs and packed everything they could fit into their car (including their own two dogs) and made the road trip with us in September. They found their own slice of heaven in a slightly larger cabin on Texada Island.

If you had told me a year ago that I'd quit my day job, run my own dream business as a coach and spend six months in Powell River (after you explained where that was), I wouldn't have believed you. I almost still don't. But the best part of the experience for us hasn't been the breathtaking mountains or the mesmerizing ocean waves. It's been the people. Inspiring, entertaining, interesting, kind and generous locals, many

of whom have made their own journey here at some point (but plenty who've grown up here, too).

There's a ton to do in Powell River in the winter, out-of-doors and in. Living in staggeringly different places has taught me that geography is important, but people really make the place. So if you don't find me hiking the nearby trails or taking in the view from our porch, you can bet you'll catch me enjoying a sleeve of Suncoast with new friends at The Hub or enjoying great company at a "Toast to the Coast" Toastmasters meeting.

We're leaving in April. But the people of Powell River aren't making it easy. We're not sure what's next for us on this big adventure, but one thing's certain: we will be back. 🐾

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## Try table tennis

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### Play table tennis

and you might find great things happening. Danish physicist Niels Bohr loved to discuss ideas over a game of table tennis. One day he had an insight that was the start of quantum mechanics; it revolutionized theoretical physics. So in a sense playing table tennis was a “game changer” for him.

Although there are no guarantees that you will get the same benefits from it, there are other potential benefits, according to local table tennis player Yvon Ricard.



Vladislav Tretiak is considered as one of the best goaltenders in the history of hockey. His reflexes were lightning quick. Tretiak played table tennis to sharpen his reflexes. So, if quick reflexes and hand-eye coordination is important to you and you want to have fun doing it, consider table tennis. You’ll get a great cardio workout at the same time.

Table tennis is a lot of fun, says Ricard. And at \$2 per person for drop-in play at the Complex, it’s a great deal.

If you are interested in experiencing the fun and fitness of table tennis, why not give it a try? Who knows, you may come up with some revolutionary game-changing idea in your field. As for Ricard, he just does it “for the fun of the game.”

To find out more, call the Complex at 604 485-2891 or go to [www.PowellRiver.ca](http://www.PowellRiver.ca).

### Winter table tennis schedule

Drop-in play at the Complex

**Tues** Adult drop-in 1-3 pm plus FREE Seniors’ Day  
2nd Tues each month

**Wed** Adult drop-in, 6:30-9 pm

**Thur** Youth (9 to 14 yrs) 4 lessons Jan 17 – Feb 7, 4-5 pm.

**Thur** Open play 7-9 pm

**Coming March 10** • A fun table tennis tournament. Look for details in *Powell River Living* magazine and online at [www.PowellRiver.ca](http://www.PowellRiver.ca).

# Why wood?

Heating your home in winter

There's nothing quite like wood heat in the winter. Just ask Brandy Peterson. She recently bought a Jotul woodstove from Valley Building Supplies and had it installed in her Townsite home by Justin Behan of Abuzz Construction who specializes in wood stoves and installations.

"I love it!" says Brandy. "It's in the spot where the original was between the living room and dining room."

Brandy bought her woodstove early last year. "It's the tiniest woodstove ever," she said. "But it heats the whole main floor and it's beautiful. I love looking at the flame, it's so beautiful."

Woodstoves like Brandy's burn really clean. "And I'm happy to save on hydro."

Brandy likes the fact that she can dry garments by her stove. "I dry lots of laundry by it. I put laundry on the drying rack at night and it's dry by morning."

At first she was hesitant to get a wood stove because she thought it would be dirty and messy. "Because I am the one lighting it and running it, it's not that dirty."

Some people prefer pellet stoves, although there are still more wood stoves than pellet stoves being sold.

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# Get *cosy*

## 8 ways to warm up your home this winter

*By Leah Rourke*

Don't let the cold weather get you down, make your house a haven this winter. You can create a cosy atmosphere yourself with a few interior decor tips.

### 1. LIGHT MY FIRE

A crackling fire is the first thing most people associate with coziness. Homeowners who do not have a working fireplace can create a faux fireplace by clustering a number of candles at varying heights on a tray.



### 2. IMPLIED WARMTH

Warmth can come from colours other than reds and yellows, as it is less about the hue and more about the tone of the colour. If you love blue but think it's too cool, choose a tone that has hints of green and grey.

### 3. SECURITY BLANKET

Switch your white cotton summer throw for a caramel apple or mossy green cable knit one as the days turn chilly.

### 4. BRING THE OUTSIDE IN

It might be cold outside, but you can bring warmth in from the garden. Use plants that you would normally keep outside. Fresh cut flowers are always nice as well — think white roses mixed with gladiolas and crisp green salal.

### 5. TREAT THE WINDOWS

Even if a house already has blinds or shades for light control, adding panels will bring added warmth. Choose a rich textured fabric and over-sized rod.

### 6. CHANGE THE BEDDING

Put away the light cotton coverlet and pile the bed high with an inviting duvet in a bold pattern and an abundance of pillows. Splurge on Egyptian cotton and you'll never want to get out of bed.

### 7. SENSUALITY

Don't forget to pay attention to the rest of the senses. Light candles or scented oils. Find a scent that works with the time of year — vanilla, chocolate, gingerbread or even pumpkin spice.

### 8. WHOLE HOME

Just because a bathroom is clad in tile and porcelain doesn't mean it has to be cold. Bring in fresh flowers, scented candles and fluffy towels in rich warm colours. Place bakery-fresh bread on the kitchen counter, mount a seasonal wreath on the front door, toss pillows in the den. The important thing is to make every room feel lived in and welcoming. 🍷



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# Why is The Medicine Shoppe pharmacy on Marine Avenue different from other pharmacies? What makes it unique?

*It's the unique relationship and treatment options that owner Dirk de Villiers offers his customers.*

The size of the pill or the flavour of the syrup – custom compounding can do all that. Conventional and alternative medicines, as well as nutritional consultations that utilize homeopathic and naturopathic remedies make up an approach called integrated pharmacy.

At The Medicine Shoppe, customers are often pleasantly surprised that their pharmacist is willing to recommend non-traditional solutions or suggest lifestyle changes.

On top of that, traditional medicines come in an unusual variety of shapes and flavours. Dirk is a compounding pharmacist for both human and pet medicines.

*Things can be made in any shape and size and form and flavour. We can make a medicine in a lozenge for someone who can't take a capsule or tablet. Some drugs come in cherry flavour only, but we can make it*

*any flavour. We can put a dog's medicine in a treat, for instance, or we can make a suppository, a syrup or a cream.*

Dirk manufactures these specialized medications in the lab in the back of the pharmacy at Gibson's Crossing. Even medicines that are no longer available, or hard to get because of drug shortages, can be manufactured on site. Dirk did his honours in pharmaceutical manufacturing and an extensive compounding course in Alabama. *For me, that was a love from the beginning.*

It was also a perfect fit with the Medicine Shoppe franchise, which has a Custom-Meds program. *It was a good fit for my philosophy. It's the roots of pharmacy. I like the image of Medicine Shoppe, too. It's not your regular retail pharmacy. It's more like a professional practice. It's a comfortable, friendly and professional setting.*



*We have a huge focus on education,* says Dirk. He enjoys educating his customers about their total health care needs so they can achieve ultimate health goals and live a healthy life style. Dirk does this by providing individualized, personal, one-on-one care to every one of his customers.

*Many people are in bad health because they don't have knowledge. Knowledge means power. Medicines should be considered toxins and our aim should be to first do no harm. Many drugs do harm, and we weigh that against the bigger risk. But if there is an option that's not harmful, that's the first thing we should do.*

*It's a paradigm shift,* he says.

A big part of Dirk's business is filling prescriptions. He believes many problems we take drugs for, or side-effects of drugs, could be alleviated with nutrition, lifestyle changes, and the right supplementation.

*Westerners consume the most drugs in the world. We should be the healthiest, given the amount we spend on health care. But we have the most illness,* says Dirk. *Education can change that. Dr. Weston A. Price's last words: You teach, your teach, you teach!*

Dirk offers a distinct personal touch to The Medicine Shoppe with expert personal advice. He greets nearly every customer by name. He has only one staffer – pharmacy assistant Charlie Akins – who takes care of some of the technical work so Dirk can spend more time with clients.

If you are looking for personal care and expert advice with your overall health, drop in today. Dirk will be happy to help you.

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# Story windows

Let the imagination grow

By Emma Levez Larocque

Helping children find windows into the world of imagination is the aim of a free Family Place program that will run again this winter. Story Windows is a special program where children listen to a story, and then learn how to make up their own.

Annabelle Tully-Barr, a program facilitator at Family Place says: "I've watched kids in this program go from non-participating to finding their own voice and getting excited about telling their own story. It's a great tool for children who are struggling to express themselves. You see them wanting to sit and listen, share, and take turns. And their attention span expands as they become involved in the process."

Story Windows is one of many programs that happen at Family Place throughout the year. The next sessions of Story Windows will take place on Friday, January 25 and Friday, February 1 from 10:30 am to noon. After that another popular program, called Rhythm Circle Time, will start in the same Friday time slot.

"Rhythm Circle is designed around rhythm, song and movement," Tully-Barr says. "It's play-based, and the main thing is to have fun, to participate, and to use your



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Nyana McCormick, two, and Annabelle Tully-Barr look over a story made in a *Story Windows* workshop.

Photo by Emma Levez Larocque

imagination. There is a gentle building from one week to the next.”

Family Place is an open community for parents and their children to come together to enjoy programming, snacks, and playtime.

Parents and their children can drop by Family Place in the Town Centre Mall from 10:30 am to 4:30 pm on Tuesdays, Wednesdays and Thursdays, and from 12:30 pm to 4:30 pm on Fridays. For special program times and details see the website at [www.prepsociety.org/familyplace.html](http://www.prepsociety.org/familyplace.html). To register for Story Windows, call 604 485-2706. 🐾

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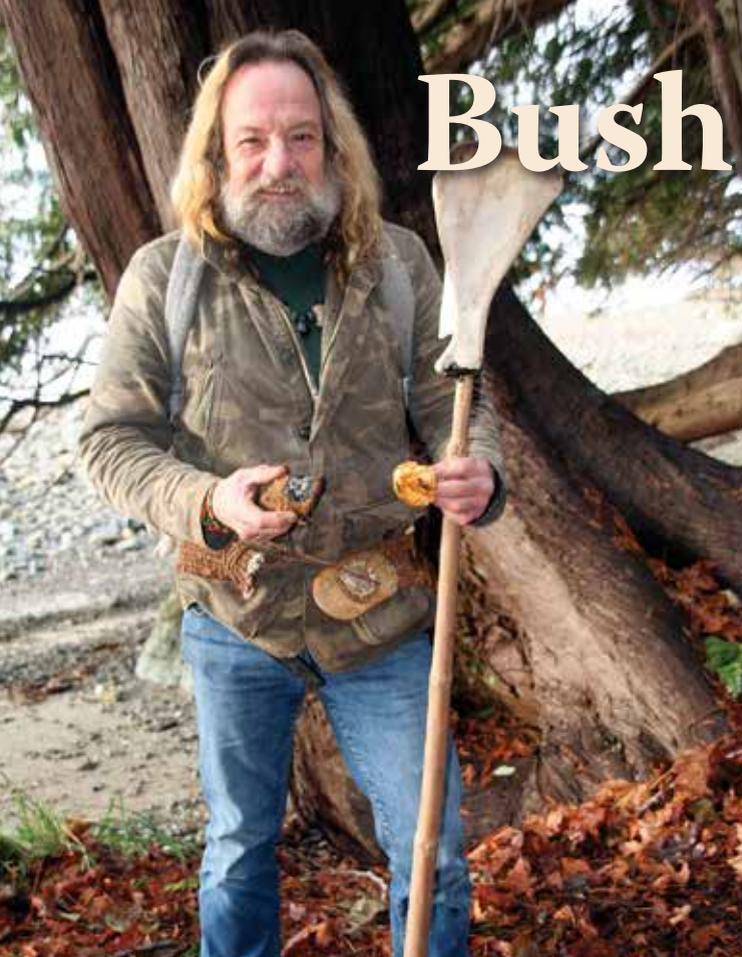
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# Bush man

## Modern day survival skills

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

**T**o many, Brian Lee is Powell River's "Bush Man." His long beard, camouflage jacket, cougar-tooth necklace, sturdy hiking boots and knowledge of survival skills speak of a man who is comfortable in spending time in the wilderness.

"The more you know, the less you carry. The less you know, the more you carry," he says.

Brian doesn't need to carry a lot of stuff like fancy fire starters and such. "We have pitch stick around here," he says, pointing to old stumps.

Brian teaches courses on wilderness skills. He has taught adults and students what they need to know in order to survive in the woods. He worked as a wilderness skills consultant for the movie industry, was a paramedic in Alberta for 20 years, worked for Alberta Forestry and was a leader of Junior Forest Wardens.

"Being prepared is huge. I often hear people say: 'I had no idea there was so much to learn.' Being prepared is like having insurance."

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## Wilderness Survival *with Brian Lee*

### Did you know?

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**WATER** • You can survive only four days without water.

**FOOD** • You can survive 40 days without food.

### What you need

- A good bush knife
- Fire starter
- A pot to boil water, collect food and carry things in; wear it as a hat
- Extra clothing
- First Aid Kit (and some knowledge of first aid)
- Rope or cordage

- Navigation equipment (compass and know how to use it)
- Blanket or sleeping gear
- Signal devices (whistles, mirrors, fire signals, noise makers).
- Extra tools
- Shelter supplies like a piece of polypropylene
- Enough water, and food

Winter is a great time to go hiking but before you go, there are a few things you should know in case you get lost.

When it comes to shelter, the kind you need to build in the woods depends on the length of stay. But if you're prepared and take some polypropylene, a good bush knife and cordage with you, you'll have an easier time building a shelter than if you don't.

It is hard to grapple with the fact that you are actually lost, he says, but once you do admit you're lost then your focus changes. "Then you begin to focus on hunkering down instead of finding your way out."

Once you determine you are lost, mark the spot where you are. "It is advised to stay put but if you have to look for a better spot walk 1000 steps one way and then go

back to the spot you marked and so on.

So do you build a fire first or do you build a shelter?

"It all depends on the time of day," says Brian. If it is late in the day, you'll want to build a shelter first because you'll need to protect yourself from the environment. He also says drink as much as warm water as possible because your body uses energy heating cold water and you'll need as much energy as possible to build your camp and fires.

"Get eight hours of comfortable sleep a night too," he says.

"Food is always at the bottom of my list but water is important," he says. "Once you stop eating your body will kick into fasting mode and you will live off your body."

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FROM LEFT • Shaved cedar makes great tinder to start a fire • A firebox holds embers on the trail until needed  
 • A bucksaw made using a hacksaw blade. BELOW • Fire starter — using the firebox.

Before taking off into the woods, you should tell someone where you are going and when you will be home. “These days they often find the vehicle first,” says Brian.

“Bring the right clothing, too, because clothing is your first shelter.”

Many people are lackadaisical about wearing the proper outerwear on the West Coast because the climate is so mild but proper outerwear is important.

Ultimately, he says, how you handle yourself in the bush determines your outcome.

“Know yourself. Know your level of fitness and your skills and abilities.” 🐦



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# Family Literacy Day

## Learning connections

**F**amily Literacy Day is coming up on Friday, January 25th at the Powell River Recreation Complex. Be sure to save the date as this event promises to be just as exciting as the one last year!

The theme this year is Learning Connections. This year it will be spread out into four different “theme rooms” on the upper floor of the complex.

“This year’s event will build on the Powell River Literacy Council’s recent campaign Literacy: It Means More Than You Think,” says Literacy Outreach Coordinator Emma Levez Larocque. “We’ll have four rooms — Health, Food, Family and Community — and there will be fun activities, games and stories in each of the rooms on those themes.”

Some of the activities include yoga for kids, reading with specially trained reading dogs (a new St John Ambulance program that is starting up), an art station, and cooking in the food room. There will also be the opportunity for children and their parents to participate in creating a community story, as part of the Community Mapping Project. The rooms will be decorated with murals created by children from all over Powell River and Texada Island.



The art station was one of many popular activities at Family Literacy Day last year.

“I am always overwhelmed by the number of community members who come forward to help with this event,” Larocque says. “That really helps to make every event special and unique.” Families with children of all ages are welcome at Family Literacy Day, a free event that is co-sponsored by the Powell River Literacy Council and First Credit Union. 🐦

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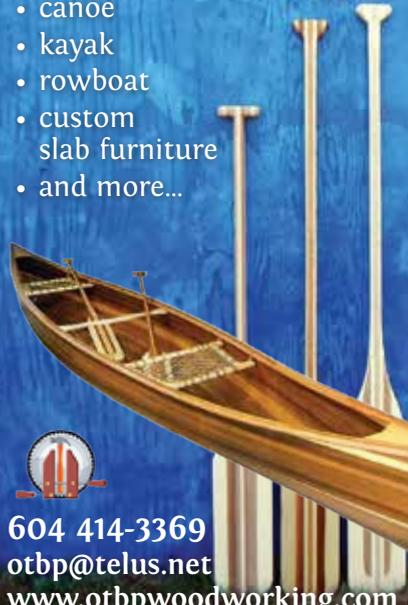


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# Soup's on!

## Warm up your insides

There is nothing like a good bowl of soup to warm your soul and fill an empty belly on a cold winter day. Wendy Devlin of Glade Farm in Wildwood loves writing about food almost as much as she enjoys eating it. Here, she shares a favourite recipe that uses many ingredients she grows in her own garden.

### BORLOTTI BEAN SOUP

This rich and hearty soup can be eaten as a complete meal.

Borlotti pole beans are easy to grow. The colorful pods are streaked with red and white with plump beans inside that cook up, soft and buttery. Freeze extras for winter soups. You may also buy bortlotti beans dried or in tins. White kidneys can also be substituted but the flavour and texture of fresh or frozen beans is extra special.



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## Ingredients

- 1 large onion, finely diced
- 2 cloves garlic, crushed
- 100 g butter or olive oil
- 1 kg fresh or frozen borlotti beans
- 2 large potatoes, peeled and quartered
- 2 litres vegetable or chicken stock
- ½ cup roughly chopped parsley
- Salt & pepper (or tomatoes, celery or carrots to taste!)

## Preparation

In a large pot, melt butter over a medium heat. Add garlic, onion and bay leaf and sweat for five minutes until the onion and garlic are cooked and soft. Add the beans, potato and cold stock, bring to the boil and simmer, skim away any foam that rises to the surface. Simmer gently for 30 minutes or until the potato and the beans are cooked. Remove the potato from the pot and mash with a fork in a bowl, you can add a little of the liquid from the pot to make this easier.

Stir the potato back into the soup; this will help to thicken the soup.

Season to taste, stir in the parsley and serve! 🍴

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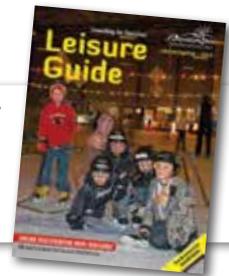
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# TOWNSITE IS WHERE IT'S AT!

## TOWNSITE TRIVIA

A few things you probably didn't know

**MAX CAMERON THEATRE** was named for Max Cameron who was principal of Brooks School from 1928-1933 and went on to a meteoric career in BC's education system. Max had previously been honoured as the namesake for the Max Cameron High School, since demolished. The theatre has 402 seats... not 500 like Wikipedia says!

**BROOKS SCHOOL** was named after Dr. Dwight Brooks and the first Brooks School was built in the Townsite in 1926. The

new Brooks Secondary School was under construction in 1993 when a fire broke out, delaying its opening and its first graduating class until 1996.

**THE HUB 101** is the Townsite's newest restaurant is open seven nights a week. Amy Sharp, formerly of Manzanita's, also in the Townsite, says the kitchen is open until 10 pm. You can cozy up to the fireplace in The Hub's lounge, have a drink, or enjoy a pint of Townsite beer!

**MAGPIE'S DINER** owner Margaret Thistle hasn't seen any ghosts but her eyes are peeled for a sighting of Charlie, who used to sit at the end of the counter. "Every night before we lock the door we have the counter seats all facing the same way



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and every morning we hope to see Charlie's seat moved one way or the other, a sure way to prove that he was in the restaurant but so far that has not happened."

**TOWNSITE BREWING** isn't quite one year old yet this microbrewery has made many friends and even won some awards for its great craft beer. Townsite Brewing's first keg delivery included a bagpiper, a bride, a groom, a parade and a goat! What a great re-purposing of our original Federal Building, opened in 1939.

**THE SHINGLEMILL PUB & BISTRO** can proudly boast that it has an amazing view of Powell Lake. The Shinglemill was the second home for Sam Sing's businesses, a respected pioneer and the first merchant in the Townsite.

The 101-year-old **RODMAY HERITAGE HOTEL** has been lovingly restored in recent years. It's wide, graceful double staircase and grand lobby with fireplace inglenook continue to attract photographers, artists and historians.

**THE PATRICIA THEATRE** is Canada's oldest continuously running movie theatre company and celebrates its 100th birthday in 2013. On

March 14, 1932, the Patricia's safe was blown and the cashbox stolen by notorious criminals, Bagley and Fawcett, before they headed down the hill to try robbing the local liquor store.

**THE TOWNSITE HERITAGE SOCIETY** is housed in the home that was built in 1910 for Dr Andrew Henderson, Powell River's first doctor. "Doc" helped start the first school (named for him), the first Scout troop, the Lawn Bowling Club and the Golf Course.

**THE OLD COURTHOUSE INN** located in the Provincial Building, built in 1939, once housed the courts, jail, police station and all other provincial government services. This boutique heritage hotel is inhabited by a few or more friendly ghosts, so if your TV remote, keys or scarf are not where you left them or if you hear a hello and there is no one there, don't be alarmed, they just want you to know they're around. If you verbally state that you don't want to be bothered, they are pretty good at leaving you alone... most of the time.

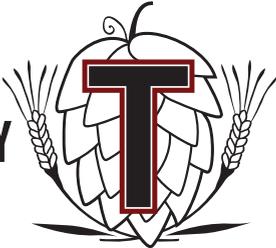
The walls of **EDIE RAE'S CAFÉ** are covered with photo enlargements of Edie Rae taken

in the summer of 1953 in differing outfits — mostly swimwear worn at Palm and Mahood beaches. Have a look when you come in, but remember fellas — she was only 15 at the time, so don't look too long!

# NEVER FEAR CRAFT BEER IS NEAR

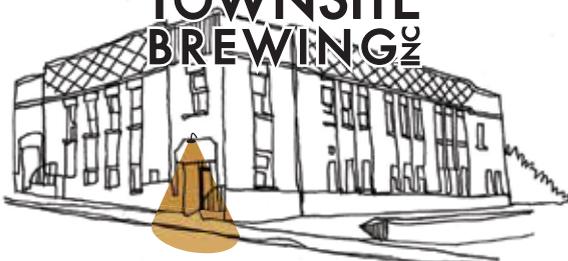
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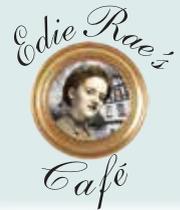
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www.patriciatheatre.com

# Fun on a Monday night

## Happiness is yelling *BINGO!* in Powell River

By Isabelle Southcott • isabelle@prliving.ca

It's Monday night. Outside, it's cold, dark and stormy but inside the Carlson Club, it's warm and cozy.

This is my very first bingo night and I am not sure what to expect.

Some people say that happiness is yelling BINGO in Powell River. Before going to bingo, I would have dismissed this notion. Now, I'm not so sure.

I am sitting at a table with four veteran bingo players. Sharon Sawyer has been playing for 10 years plus; Lynn McCartney for 15 plus, Julie Taylor for 15 plus and Annie Jones for 15 plus.

A lot of plusses. Telling someone the number of years you've been playing bingo is kind of like telling someone how old you are once you've passed 29. These players don't want to own up to

how long they've been playing but they remember playing grocery bingo when their kids were little for the chance to win a can of soup.

I'm handed The Carlson Club's Bingo 101 guide to the games while my bingo friends wait for the action to begin. They've been sitting here since 4:30.

"Since 4:30?" I say. "Why so early? It doesn't begin till 6."

Sharon laughs. "We want to make sure we get our usual seats," she explains. "And we visit."

There are 19 regular games plus Bonanza and

Odd and Even to be played tonight. "We also have Early Birds and Late Nighters," Sharon added.

Before Christmas the jackpot was up to \$900. It's back at \$400 but will go up by \$50 each week until it's won. Each game starts with 48 numbers. If you win within 48 numbers you get the jackpot, otherwise you get the consolation prize.

Purple, orange, violet, yellow and green bingo daubers stand at the ready. Players uncork their weapon and hold it over their play sheets. They have backups nearby, just in case. Trolls with crazy hair and other good luck charms ward off



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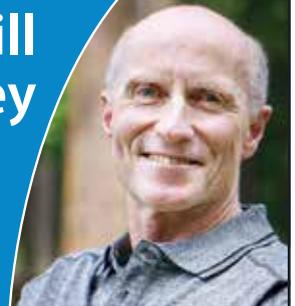
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The BINGals Sharon Sawyer, Lynn McCartney and Julie Taylor enjoy their weekly outings to the Carlson Club bingo night.

bad karma. My bingo teachers are wearing t-shirts that say: "Get Out Of My Way I'm Going To BINGO." I move over.

The room becomes quiet as the caller begins. "As you can tell the

competition is keen," whispers Sharon. "Sometimes we say good luck but we don't really mean it," Annie jokes. I see what she means when the first person yells BINGO! and the rest of

the players groan. "No way," moans another player.

I focus as the ball drops and the number shows up on the big screen at front. The caller calls the number out and I check my play sheet. Nothing.

Bingo is its own little subculture. "We network, socialize, knit and crochet between games," says Lynn.

The object of the game is to be the first one to fill in all the squares and yell BINGO! Since its invention in 1929, modern day bingo has evolved in many variations and game patterns.

Sharon says it cost anywhere from \$21 to \$26 a night depending on the package you buy. They keep it interesting with different games. There's Crazy L where you have to be the first to make an L with your numbers. There's picture frame, check mark and Lucky 7.

Lynn and Sharon play as a team. "One night we won \$200," says Sharon. Annie won \$350 at Assumption's bingo and \$114 here. "I just come for



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Bingo is really just luck. Nothing more... or is it?! Playing a full sheet of nine cards is not for the faint of heart — some play multiple sheets.

the fun of it,” says Lynn. Julie won \$1,800 at the old Riverside bingo and a friend of hers won \$18,000 once. “She bought herself a new car,” said Julie.

The bingo hall is filled mostly with women. There’s the odd brave man in the mix... four in all. The remaining hundred or so are all female over the age of 25.

Local non-profits send volunteers to work the floor at bingo. In return they make money for their organization. I recognize one of the volunteers and go chat with her.

“I’ve changed my opinion about bingo since coming here,” she says. “I didn’t get it before. Now I see it as a great night out, a time to socialize while doing something at the same time. These people are keeping their minds active while playing. It’s like crossword or word search.”

Good friends. Good times. And a little exercise for your brain. What more could you ask for on a cold winter night in Powell River? 🐦



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# On the Sunshine Coast Trail

## WINTER HIKING



**H**iking can be just as fun in the winter as it is in the summer. The difference is all in the planning. Be sure to take extra clothes, food, and let someone know when you are leaving, what time you plan to return and where you are going.

Three of the 10 huts along the beautiful Sunshine Coast Trail are fully winterized cabins. They have pellet stoves so before you leave, stop by Valley Building Supplies and pick up wood pellets for the stove.

# Scenes from the Sunshine Coast Trail



Walt Hill hut, a terrific place to stop for the night.

Photo by Emma Levez Larocque



Troubridge Log Cabin, at the highest point of the Sunshine Coast Trail.

Photo by Eagle Walz

## WALT HILL HUT

This is a brand new cabin fully winterized cabin that was built by Powell River Parks and Wilderness Society volunteers during the summer of 2012. The site overlooks Horse-shoe Valley with its chain of connected lakes that form the Powell Forest Canoe Route. An old growth yellow cedar forest surrounds this high elevation location.

The hut is located at Kilometer 122 and will sleep eight. It is fully enclosed cabin and has an outhouse and picnic tables.

## How to get there

From the junction of Wharf Street and Marine Avenue drive south on Highway 101 to Duck Lake Forest Service Road.

Turn left onto the road and drive north to Duck Lake. At the south end of the lake turn right, cross over the Lang Creek Bridge, continue along the south shore of Duck Lake for 2.7 km until you reach the Alaska Pine Junction. Bear right for 2.8 km to Burma/Granite Lake Junction (N 49°50.587', W 124°22.710'). Turn left and four wheel uphill for about 400m and turn right at next junction (historically Branch 21). A few hundred metres along is a new logging road to your right. Look for a parking pullout. From the logging show on, Branch 21 gets really gnarly, resembling a creek bed rather than a road. It's recommended to park and continue on foot straight past this new logging. Look for the occasional red diamond-shaped markers and signage directing you toward Walt Hill. Ignore other old logging roads.



Two sides of Tin Hat hut in mid-winter — a glorious view in every direction.



Photos by Emma Levez Larocque



Whatever the season, the Sunshine Coast Trail amazes, entertains and reminds us about the glory of our region.

Photos by Emma Levez Larocque

Within an hour you will reach a T-junction. A right turn would take you into Suicide Pass, while a left turn leads you up, close to the top of Walt Hill for about another hour. Where the old road begins to level out continue to watch to the right (East) side of the road. After passing an old quarry you will notice the road runs parallel to a small creek. In a few more minutes you will spot the access trail to Walt Hill Hut. This takes you down across Walt Creek and in about 15 minutes you will reach the Walt Hill section of the Sunshine Coast Trail. The hut is not up at the summit, so you must turn right, descending just a little, and in another 15 minutes you will reach your destination.

### TROUBRIDGE LOG CABIN

This beautiful hut is located at the highest point on the Sunshine Coast Trail in the middle of a large section of old growth forest. The cabin is fully winterized which makes it the perfect getaway for a great winter escape! To get to it, take the newly reconditioned Branch 41 up towards Elephant Lake. It's been made more accessible this fall by work performed by the forest service. The deactivation is a real boost to recreation and tourism.

**Challenging: 4-5 hours, one way.**

### TIN HAT HUT

The hut at the summit of Tin Hat Mountain is located at the halfway point of the Sunshine Coast Trail. This viewpoint provides an amazing 360-degree lookout, which is spectacular in every season. This hut is fully winterized. To access, follow the Tin Hat Mountain trail description in the Sunshine Coast Guidebook.

**Challenging: 2 hours one way.** 🐦



Snowshoes are the perfect footwear for the Sunshine Coast Trail in winter for builder and author, Eagle Walz.

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## Staying healthy all winter

### Tips for your health and fitness

As Old Man Winter roars at us and daylight becomes scarce, it's vital to have a structured fitness program that keeps you motivated, improve your health and helps you to achieve this year's goals. Here, we take some tips from local health and fitness experts. Remember, with any fitness regime, it's a good idea to check with your doctor before tackling a new challenge.

### Mix it Up!

Take a break from the regular routine to avoid plateaus in your fitness program, advises **Terri Cramb**, owner **T-Fit Yoga & Fitness Studio**. "Your body is a machine and it quickly adapts to meet whatever demands are placed on it. Over time, the same type of exercise will no longer produce the same results." A new workout will confuse your muscles and engage your mind. And you might even have a little fun trying something different! When it's fun, and you're seeing results, you are more likely to stick with it!

So, shake things up a bit this year, challenge yourself by trying something new, it might be exactly what you need!



### Spin Your Way to Winter Fitness

Indoor cycling classes are a great way to beat the cold, since you don't have to worry about cars, the terrain or any of the usual distractions, says **Debbie Duyvestyn** of **Coast Fitness**.

Spin classes allows you to build strength, burn up to 500 calories in a 45 minute class and are low impact — ideal for those with back, knee or neck injuries. Because you control the tension on the bike, you can participate at any fitness level. Classes provide a lot of motivation that can be lacking when it comes to indoor training. New Visual spin classes take indoor cycling on the road, so to speak, as you follow a real road race on a projector screen as you cycle through the class, virtually climbing mountains and sprinting into the finish line — a great way to have fun and be motivated in your workout.



## Hot & Cold

After any repetitive exercise — even if that’s just a day at the computer — your body needs to recover. To do that, it needs to pump fluid in and out of the affected area.

Eddie Romagnoli of **Crossroad Village Massage Therapy** suggests stimulating your lymphatic vessels with alternating hot and cold baths. Place your arms, or feet (to above the Achilles’ tendon) in hot water for three minutes, then cold water for 30 seconds. Repeat three times. Then let

the body part air dry. This stimulates the blood flow and can move more than 30 times the fluid through the tissue compared to the same time without the hot-cold treatment, says Eddie. It’s all about moving fluids quickly. “If you’re going to drain a pool, you want to use a fire hose, not a garden hose,” he says.



## Eat Breakfast

Instead of making huge resolutions that we probably won’t keep, **Kitty Clemens**, Registered Holistic Nutritionist at **Pro-Active Nutrition** says many of us would be much better off to make just a small change and build on that. When you change just something small you have a much better chance to succeed and that will help you to make another small change. “My suggestion? How about starting with breakfast every day of the year. How is that for a good New Year’s Resolution?” When you eat breakfast each day you will provide your body with nutrients, wake it and your brain up, which in turn will help you with all the other decisions you need to make throughout your day.

Another suggestion could be to drink just one more glass of water everyday. You might not be drinking the eight glasses yet, but, hey, four is better than three and you can work it up from there. 🍷



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# Getting you out of the house

## Things to do this winter

It may be dark and stormy but that doesn't mean you have to stay cuddled up inside all winter. There's plenty going on for both your brain and body. Take in a play, check out the opera, get some exercise, pamper yourself at a salon, shop, or enjoy a meal out. It's all waiting for you. Here are some of our suggestions.

### Go beachcombing

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



### Family Literacy Day

Don't miss **Family Literacy Day** on Friday, January 25 at the Recreation Complex. This fun event is for families. Check out the many activities and visit reading stations.

### Art exhibit

If you're searching for serenity, check out Malaspina Art Society's *Coastal Serenity* by artist Vi Isaac in the Vancouver Island University foyer until February 6.

### Go bowling

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

### Go skating

Although Powell outdoor skating season is short, an outdoor skate on a frozen pond or lake provides hours of family



fun when it is part of an all day outing. A blazing bonfire followed by a weenie roast never goes amiss but be sure to check the thickness of the ice before skating. If you don't like outdoor skating, or the weather isn't cooperating, you could always go skating at the recreation complex.

### Church?

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

### Something new

Exercise your mind and body by taking a course at VIU, St John Ambulance or the Powell River Recreation Complex.

### Get fit

Keep that New Year's resolution and head out to one of our many gyms, go for a run or walk or head to the Complex for a swim.



## Genetic Roulette?

How about a little Genetic Roulette on a cold winter night? Pro-Active Nutrition's Kitty Clemens and Powell River Food Securities David Parkinson are hosting this event and movie about genetically engineered foods. The movie by Jeffrey M. Smith, author of the world's bestselling books on GMOs, *Seeds of Deception*, points to genetically engineered foods as a major contributor to rising disease rates. The event runs from 1 to 4 pm January 26 at the Evergreen Theatre and includes speakers Arzeena Hamir, a professional agrologist who specializes in organic food production.



## At the Opera

Powell River is a long way from New York City but you can still enjoy live broadcasts of the Metropolitan Opera (The Met) on the big screen at the **Max Cameron Theatre** this winter without all the fuss and bother of boarding the ferry or finding a hotel!

The Metropolitan Opera visits (in HD live) Powell River on January 19 at 10 am with *Maria Stuarda* and then again on February 9 beginning at 10 am with *Un Ballo in Maschera*.

The Met Opera is back again at 10 am on February 16 with *Rigoletto* and at 9 am on March 2 with *Parsifal* and at 9 am on March 16 with *Francesca da Rimini*.



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The Magistrate



### National Theatre Live

Don't miss the National Theatre's popular *The Magistrate* at 7 pm January 24 showing on the big screen at the Max Cameron Theatre. John Lithgow takes on the title role in this classic Victorian farce. For more info visit [www.maxcamerontheatre.ca](http://www.maxcamerontheatre.ca). Tickets available at Powell River Academy, Breakwater Books and at the door on the day of performance.

### More at the Max

Two more shows not to be missed are live on the Max Cameron Stage. Comedian Roman Danylo of CTV's Comedy Inc brings his hilarious show. Reviews include the Calgary Herald's "Book 'em, Danylo" and "he's outstanding" in the Vancouver Westender. CBC calls him 'a gem.' The show is on Thursday, February 7 at 7:30 pm with guest standup Diana Frances.

Ken Lavigne (Tuesday, February 12 at 7:30 pm) has been described as having a voice of liquid gold. He takes us

on a riveting and enchanting journey, retelling his personal campaign to sing at Carnegie Hall with the New York Pops. In his concert consisting of ballads, showtunes and classical crossover hits.

### At the Academy

Be sure to see the *Little Mermaid* musical at the **Powell River Academy of Music** on January 31, February 1, 2 at 7 pm or February 3 at 1:30. Based on the Disney film, this special junior presentation is directed by Carma Sacree with musical director Megan Skidmore and choreographer Paige Anderson. Tickets available at the Academy.

### Festival of Performing Arts

The 69th **Festival of the Performing Arts** brightens up Powell River with school children and adult musicians, actors and other performers. This year's festival runs from February 23 to March 7 with the Grand Concert on Saturday, March 9. The festival is held at the Evergreen The-

atre and the Max Cameron Theatre and is sponsored by the Rotary Club of Powell River. Visit [clubrunner.ca/powellriver](http://clubrunner.ca/powellriver) for more details.

### Feast on films

With more than 20 films running from February 19 to 24, the **Powell River Film Festival** will light up the dark of winter once again. This year, the 12th annual festival will return to the Patricia Theatre in the Townsite and the Arts Mosaic, receptions, music and community displays will be at Dwight Hall.

The festival opens on February 19 with a gala reception beginning at 6 pm at Dwight Hall followed by the sumptuous romantic drama *A Royal Affair* about events that changed the course of Danish history beginning at 8 pm at The Pat.

There will be lots of interest in local documentaries with Jeremy Williams' *St'at'imckalh*, a portrait of a First Nation and a poetic expression of their way of life. Terry Brown and Jude Abrams' award-winning short film

A Royal Affair



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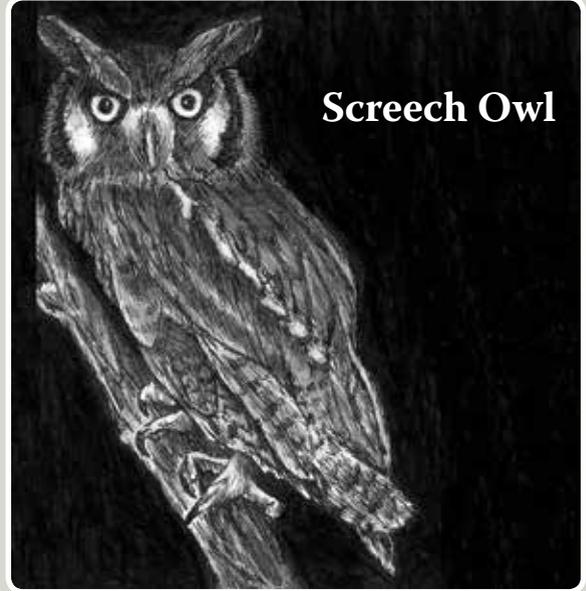


*People LOVE Turtles* takes us over and under water and *Building a Dream* chronicles the labours of love in wooden boat building and folk art on Denman Island.

The variety continues with dramas including the winner of the Palme d'Or, *Amour*, a powerful and moving portrait of an elderly couple. Saturday's feature documentaries *More Than Honey* uses new technology to take us inside the hive and *Bitter Seeds*, a personal and profound journey of farming in India. Don't forget the five-minute film contest winners on Saturday afternoon.

There's a whole lot more so be sure to visit [prfilmfestival.ca](http://prfilmfestival.ca) for a complete list of films. Tickets are on sale at Breakwater Books, Armitage Men's Wear and online at [www.prfilmfestival.ca](http://www.prfilmfestival.ca). For more info visit [www.prfilmfestival.ca](http://www.prfilmfestival.ca), call 604 485-0325, ext 224 or email [info@prfilmfestival.ca](mailto:info@prfilmfestival.ca). 🐦

## Powell River Sketches



Screech Owl

These are the classic looking 'wise owls,' if you are lucky enough to see them. They are common around Powell River and are active at night or around dusk. You might hear their call, a mellow, muted "hoo-hoo-hoo..." or bouncing ball song, that speeds up at the end.

Ink drawing by Lowell Morris • [www.LowellMorris.com](http://www.LowellMorris.com)

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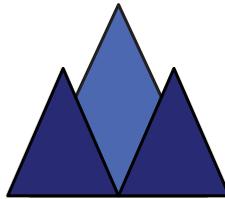
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# FORECAST: COLD BUT CLEAR

Photos by Sean Percy



Drysuit-clad explorers enjoy the best of Powell River's diving. Underwater visibility exceeds 100 feet (30 metres) during winter months. [W](#)

# Snow, snow, snow!

## A KNUCKLEHEAD WINTER

Close your eyes and breathe deeply. Imagine you've been transported to the Knuckleheads and you're standing near the cabin at A Branch. You're surrounded by a cornflower blue sky, evergreens bowing beneath the weight of fresh snow and a view of the mountains so stunning it takes your breath away.

Welcome to the Knuckleheads, Powell River's winter playground.

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



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There's already a huge snowpack in the mountains and trails are great for cross country, back country and all terrain skiing as well as snowshoeing, tobogganing and power sledding. You can get on the trails almost immediately for good cross-country skiing but you'll want to hike in a bit further before you begin backcountry or all terrain skiing.

Knucklehead Winter Recreation Society directors Ron Diprose and Andy Evans say they've used orange markers to mark most of the main trails so people shouldn't have any problem.

People are asked to not toboggan up the main road, as it will turn to ice. Instead they're recommending that

folks use A-100 for this activity. Most of the trails are now geared towards skiing, says Andy. "They're being widened to accommodate all terrain and cross country skiing," he says. A five-kilometer trail that loops from the A Branch cabin is being renamed Lintner's Loop in honour of the late Mike Lintner (top photo, right), an active outdoorsman who built trails in the Knuckleheads. Lintner's Loop connects with many other trails that are great for winter activities.

"We're working on A200 with the ATV club to provide alternate access to A and E branch cabins," says Ron. The change means you can park at A branch and loop through to E branch, while staying overnight at E and then back to A. "It's great skiing in there," says Ron.

Locals as well as out-of-towners enjoy Powell River's backcountry. Luke Clarke of Nanaimo has been coming to the cabin at E Branch for the last 15 years. He was with a group of seven who spent New Year's at the cabin. "It's an amazing resource for the community of Powell River as far as tourism and has great potential to draw more winter tourism to the area," says Luke, who grew up here. "We had awesome powder hikes in the old growth trees along the ridge and my 17-month-old daughter got her first winter wonderland experience." Luke is still amazed at how much quality terrain is accessible at the Knuckleheads.

"The scenery is spectacular," says Ron, who spends many hours up there with his wife Linda. "If we have a fresh snowfall and the trees are covered in snow, it's just beautiful."



Sadly, not everyone who uses the cabins respects them. When Luke and his group arrived at the cabin they were greeted by an absolute mess. “There was garbage and beer cans everywhere, all the windows were open. Wood pellet ash was dumped all over the floor and just about every dish in the place was dirty.” Luke and

friends spent two hours cleaning up the cabin.

“Those cabins have been a staple in my life since I was a kid. They’re valuable resources that need to be protected,” says Luke.

Ron and Andy agree. They’re frustrated by the damage to the cabins and are looking at the best way to protect them.

Most Knucklehead directors are also members with Powell River Search and Rescue. They suggest checking on conditions before heading out, particularly to E Branch, because of avalanche hazards. “A Branch is pretty safe,” says Ron. There is a Knucklehead Facebook page you can check and the snow forecast for Mount Alfred is about the same for the Knuckleheads. “The cabin at Mount Washington is at the same level as the A Branch cabin,” said Andy.

Before you leave for the Knuckleheads, prepare a trip plan and let someone know where you are going and what time you expect to return home. “Remember you are in the back country and conditions can change quickly,” says Andy. It never hurts to leave a note on your car saying where you’ve gone.

Alpha Adventures and Powell River Outdoors both rent snowshoes. As well, their knowledgeable staff can help you with your clothing requirements.

To get there, allow two to four hours to reach the cabins. The A Branch Road is at the 15½ mile mark and the E Branch Road is at the 16 ¼ mark on the Stillwater Main.

To donate to the Knuckleheads Society or for more information about the area, please email [atoz@telus.net](mailto:atoz@telus.net) or [rondiprose@shaw.ca](mailto:rondiprose@shaw.ca). 🐾

# Martial Arts

## Exercise that concentrates the mind

It's winter. You're bored, but you need to exercise.

Sensei Frank Clayton, of the Canadian Martial Arts Academy (CMA), says his classes are anything but boring. He believes in keeping fitness fun.

"Karate is an indoor activity," says Frank. "It's a good way to stay fit in the winter. Traditional martial arts has been a way of life in Japan for hundreds of years."

As well, traditional martial arts teach traditional values, positive motivation, fitness and self-defense.

Goal-oriented people like working towards their black belt, which takes between three-and-a-half and five years to earn.

Children as young as four join the Little Ninjas program, where they work on focus, concentration and discipline.

And adults in their sixties participate in the cardio kickboxing classes.

The CMA is moving and will reopen March 2 in their new studio on Joyce Avenue between Lordco and LW. With more parking at the new location and almost double the floor space, more classes will be offered, including a new co-ed combat fitness class and new kids karate kickboxing class for fun and fitness and a teens cardio kickboxing class.

On January 20, the CMA will host its annual dojo championships at the Town



Centre Mall. This gives students the opportunity to compete without leaving Powell River. "If they like this, they can compete in other events outside of Powell River."

For more info or to register for classes, call 604 485-8255. [🐦](#)

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