

# Powell River LIVING

*Showcasing the best of Powell River*



*the sledheads take on  
the knuckleheads*

JANUARY 2016  
FREE

KOREAN YOGA | ROTARY | TLA'AMIN CULTURAL REVIVAL | PREDICTIONS | BEER



We are so proud to be celebrating 25 years of therapy on horseback to people in our community.

Thanks to all who have supported Therapeutic Riding for the past quarter century, and to those who will support us in the future.

With your help we will continue to provide our important service in Powell River.



Learn more, or donate online at [prtherapeuticriding.com](http://prtherapeuticriding.com) or call 604 485-0177.

Live well with

**PHARMASAVE®**

It's more common than you may think.

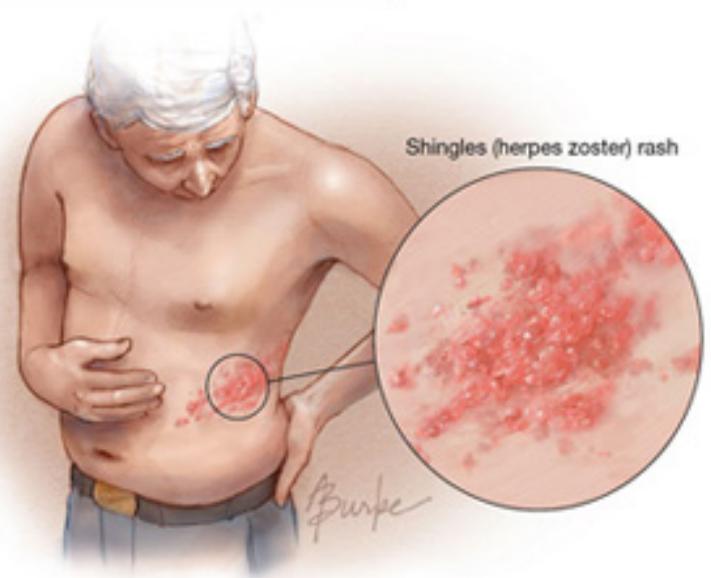
It is estimated that nearly 1 in 3 people will experience SHINGLES in their lifetime.

SHINGLES may cause long-lasting nerve pain called Post Herpetic Neuralgia which can last for months or years after the rash heals. It also may cause muscle paralysis and loss of hearing or vision. This pain can be debilitating and lead to loss of independent living.

Don't wait for you or someone you love to develop Shingles.

If you are 50, or over ask your LIVE WELL pharmacist about the SHINGLES VACCINE.

Live well with **PHARMASAVE**



Powell River Pharmasave  
4280 Joyce Ave  
P: 604-489-9272  
F: 604-489-9273



# Winter Programs

Over 20 new programs to choose from in Aquatics, Health & Fitness, Skating and Community Recreation.

## Feature Programs

### Aquatics

Pre-school to Red Cross  
Swim Kids Levels 1-10  
Lessons begin January 4th

### Health and Fitness

Outdoor Open Air Fitness  
Burn calories and build endurance  
Monday & Wednesday options  
starting at just \$120

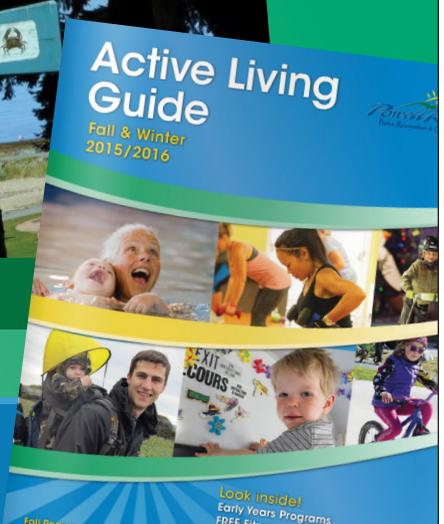
### Skating

Adult Learn to Skate  
Classes start January 15th  
(5:00-5:45pm)  
\$36 for 4 classes

### General Programs

Cheesemaking classes  
Learn how to make Mozza, Cream  
Cheese, Fromage Blanc & more!  
Starts January 10th - \$65/pp

Register Today!



Call 604-485-2891 to register

...or go online, or visit the Complex

CHECK OUT THE FULL LIST OF PROGRAMS IN THE  
**FALL/WINTER ACTIVE LIVING GUIDE**

**"Our goal for this brew is world domination."**

-Anders McKinnon,  
Collaborate to Compete, Page 13



Powell River Living is a member of:



This magazine is supported entirely by our advertisers. We encourage you to choose the businesses that you see in these pages. We do.



Publisher & Managing Editor  
**Isabelle Southcott**  
isabelle@prliving.ca



Associate Publisher & Sales Manager  
**Sean Percy**  
sean@prliving.ca



Special Projects Coordinator & Graphics  
**Pieta Woolley**  
pieta@prliving.ca



Sales & Marketing  
**Suzi Wiebe**  
suzi@prliving.ca



Accounts Receivable  
**Lauri Percy**  
lauri@prliving.ca

## CONTENTS

### JANUARY 2016

Powder Power Snowmachines in Powell River	6
I Made the Move SLP & writer hit the coast	8
Hello, Tla'amin Devin Pielle	9
420-character stories Library contest winners	11
Korean Yoga PRL publisher gives it a go	12
Collaborate to Compete Townsite meets Persephone	13
Taste Full: Prawns Marika's first food column	15
Rotary makes a difference Local humanitarians	16
January's just for me What did Santa forget?	18
Colouring contest winners With the Brain Injury Society	20
10 things to be proud of Wow, 2015 was innovative	22
Community Calendar Cheese-making!	24
Business Connections Joyce Carlson retires	25
What's Up? And ice photography spread	26
Take a Break Crossword and Horoscope	28
Predictions Grain-of-salt look at 2016	30

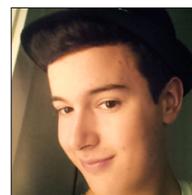
## CONTRIBUTORS

**What headline do you hope to read in 2016?**



**"PR Residents Turning their Grass in to Edible Gardens" or "PR Schools Growing Food and teaching about real food."**

**MARIKA VARRO** was born in Budapest, Hungary. She developed a deep passion for cooking from a young age, learning the basics from her grandmother. She has over 30 years' experience in the food service industry, owned various successful food and wine related businesses, such as WestView U-Vin and the Tree Frog Bistro.



**"New Forestry Protection Laws," to keep the forest intact.**

**DAVID NADALINI** is a Grade 10 student at Brooks Secondary, and won the teen division for the Library's 2015 "420 Character Story Contest". An avid poetry writer, he said, "I am honored for [winning] the spot and excited to submit a poem next year. I strongly urge any young authors to do the same in the future."



**"We live on a beautiful planet and we should relax and enjoy it."**

**ROD INNES** was born in Alberta and came here in 1946 at 8 years old. He loves photographing people and nature from animals to insects. Rod contributes photos and film to UBC's e-flora and e-fauna sites. He also has loaded 60 short films to youtube.com, mostly of the Powell River area.



**"Whale habitat rebounds in Salish Sea."**

**JANET MAY** is a writer and outdoor educator who refers to traditional teachings in her work with young people in Powell River. Janet welcomes the new era at Tla'amin, and hopes that both communities continue to support and learn from one another.



**MARG MCNEIL** loves the challenges of retirement, the time to explore life's continuing mysteries. Writing very tiny stories exercises her imagination as she creates a story then pares it down to 80 words or less. She's retired from teaching at Brooks and Edgehill, where she used to "make my students write."

### ON THE COVER

Snowmobiling in the Knuckleheads. Machine-powered riders are cooperating with snowshoers and skiers to establish trails in the recreation area. Here, Jackson Clausen and Mackenzie Ellis fly.

Photo by Jackson's wife, Powell River realtor Meaghan Westie





## ■ IN THIS ISSUE ■

# Opportunities for change

Every new year brings with it opportunities to start afresh and begin again. We are filled with optimism and hope fuelled by the knowledge that we need to change - but often times that need isn't accompanied by a well-thought out plan or followed up by a commitment and the courage to do the hard stuff.

Change is hard. It's easier to keep doing what you've been doing but when you want different results, something has to change and you need to turn that ship around.

Like many, my journey of change has to do with health and wellness. I'm carrying more weight on this 50-something body than I should and I need to change what I have been eating and how I've been exercising if I want different results.

I also want to give myself time to relax which is why I tried a Korean yoga class. See my story on Page 12, and find out what it is. I was particularly interested in this gentle form of yoga because I thought

my partner might try it on his road to recovery following a very difficult surgery and health complications. In order to step out of my comfort zone I enrolled in the Rec Complex's adult learn how to play hockey program which gets underway this month. Stay tuned for how I make out with that!

Like every year, 2015 was filled with highs and lows. Powell River has a lot to be proud of as our story on Page 22 shows.

We don't get much snow in town but if you head up into the mountains around Powell River you'll find lots. If you don't have time or don't want to experience the fluffy, white stuff in person you can always sit yourself down in a comfy chair in front of a roaring fire with a cup of hot chocolate and read the snowmobiling story on Page 6. And while you're at it, be sure to check out ice images on Page 26 & 27.

The year ended on a sad note when we learned that 15-year-old Reid Kyfiuk died in a tragic accident at Mount Washington. The family lived in Powell River

for many years and was a member of the Assumption School and Church family. The community grieves over his death and prays for his family.

The year also ended with joy, when 13-year-old Maddison White returned to Powell River cancer-free, after an arduous struggle with leukaemia, which included a bone marrow transplant.

What will the new year bring? Last word by Pieta Woolley takes a brave look at the year ahead.

Although it is difficult to tell what's in store for us, we know that the Tla'amin's treaty will go into effect April 5, 2016 and it will be an independent nation as Devin Pielle notes in our Hello feature on Page 9.

We can't predict the future but we can do our best to be prepared for tomorrow and live our best lives possible. **PR**

*Isabelle Southcott*

ISABELLE SOUTHCOTT | [isabelle@prliving.ca](mailto:isabelle@prliving.ca)

# BABY, IT'S COLD OUTSIDE

## VALLEY IS YOUR FIREPLACE DESTINATION

Valley carries the only the best gas or pellet stoves and inserts, including Pacific Energy, Blaze-King and Quadra Fire.

Come see our amazing **showroom** to find out more.

# VALLEY

— Building Supplies Ltd. —

604 485-9744 [www.valleybuildingsupplies.com](http://www.valleybuildingsupplies.com)





# Powder Power

Snowmachines summit the Knuckleheads on 2016's "spectacular" snow

BY PIETA WOOLLEY | pieta@prliving.ca

Here's Jackson Clausen's idea of a perfect day. He wakes up in his Powell River home, and together with his wife and kids, they load their two Polaris snow machines into his truck and head off into the backcountry. They park where the snow starts, and ride in towards The Playground, or the Bonus Area, up near A Branch cabin – one of the huts in the Knuckleheads Winter Recreation Area south-east of town. Up among the Douglas firs, they'll ride as a family – its own kind of thrill. Together, they'll have a fire, drink hot chocolate, build forts and ski. But Jackson makes sure, at least once per day-trip, he gets the chance to rip around on his own, breaking trails, and testing his own strength and balance against the challenging coastal terrain.

"That feeling of blasting through deep snow is why it's fun. It's tough. It's not for everyone," said operational safety consultant Jackson, who at the end of December, enjoyed one of these perfect days – the first time since 2013 the snow has cooperated here.

"That feeling you get from having a really successful powder day in the Powell River area is unmatched. There's no other sport that meets snowmobiling for the fun factor – and you're talking to a guy who has all the toys."

So far, fewer than 25 sledders regularly ride the region. But until a few years ago, snowmobiling here wasn't a 'thing' at all. Just a couple of large, utility sleds moved people and stuff around the backcountry. Thanks to emerging technology which makes riding in Powell River's unique conditions thrilling, Jackson believes far more snow-based motor-sport athletes will start com-

ing soon – both on sleds and snowbikes.

"I almost never ski because the fun factor of snowmobiling is so much better than it used to be," said Jackson, a fourth-generation professional alpine skier – Jackson both raced for and later coached Canada's junior national ski team racers. In central BC, he grew up riding sleds, quadding, riding dirtbikes, street bikes, and finally, stand-up jet-skis.

Typically, where backcountry motorsports go, conflict with quieter sports isn't far behind. Who wants to hear – or fear – a machine roaring past while tranquilly snowshoeing the alpine? In true Powell River style, though, the introduction of snowmobiles is about collaboration, rather than conflict. That's according to Ron Diprose, a longtime skier, Knuckleheads director, and newbie snowmobiling enthusiast.

**Start off the New Year with a healthy home...**

**Clean ducts**

**Clean water**

*Purely Refreshing*

Water Filtration Systems & Analysis  
Bottled Water, Dispensers & Coolers

**AARON SERVICE & SUPPLY**

aaronservice.com • fb.com/AaronServiceSupply

**Clean air**

Holiday special  
Air Purifier  
\$399 reg \$499  
Rent starting at \$25

604 485-5611  
4703 Marine Ave

**Start the new year with a new look.**

Professional. Affordable. Earth-and-body-friendly.

**SCISSORS**  
SALON & BODY WORKS

604-489-6566  
at #103-7030 Glacier Street  
Find us on

**Monday's Old Time Dinner Specials \$9.95**

5-6:30 pm only

Come on in for lip-smacking, stick-to-your-ribs, comfort food before CHEAP MOVIE NIGHT...or just 'cause you want great grub!

Jan 11 <b>Salisbury Steak</b>	Jan 25 <b>Beef Stew with Dumplings</b>
Jan 18 <b>Chicken Pot Pie</b>	Feb 1 <b>Spaghetti &amp; Meat Sauce</b>

Located at The Old Courthouse Inn, 6243 Walnut Street  
For reservations: 604.483. EDIE (3343) • www.oldcourthouseinn.ca



Ron, now 61, recalls more challenging days bringing his own kids into the backcountry to ski – “having to break trails [from where the drive ended to the recreation areas] when they were five or six years old, hauling their skis and snowshoes and crazy carpets in... depending on where the snow starts, that can be a long way to go.” Not only can snowmachines carrying families and their gear to A and E-branch cabins, plus pellets for the pellet stoves, but they also break trails for skiers and snowshoers – a once-onerous task.

This season, The Knuckleheads society is working with the ATV Club and individual sled owners, to accommodate the sport and minimize conflict, Ron said. The nonprofit’s partnership agreement with the province requires managing the Knuckleheads recreation area for all users, including snowshoers, skiers, hikers and

motorized sports. Part of that involves educating snowmobilers about trail courtesy – no roaring by other users. And part of that will involve designating some trails as non-motorized only – while opening up other areas for motorsports, such as Sentinel, near Beta Lake. The society may also build another cabin in the area.

Users should know how much work local volunteers have put into opening up the backcountry, including grooming trails with ATV track machines, said Ron. They include Bob Baxter, Al Parsons and others.

Jackson named Ron and “Breezy” as pivotal mentors in his encounters with Powell River’s backcountry.

So get out there. Enjoy it.

Ron called this year’s snow “spectacular.” And Jackson agrees. “For me to just go up there and drive kids around is a great part of family life.” [PR](#)

### RESOLVE TO LOVE LIFE THIS MUCH:

*Opposite:* Mike Bassett celebrates a sunset summit on top of one of the Knuckleheads (photo by Jim Hebert). *Top left:* Mackenzie Westie gets ready for a ride (photo Jackson Clausen). *Top middle:* Peter Behr takes shelter in his machine. *Top right:* Ron Diprose has been keeping track of snow levels at the Knuckleheads for more than a decade. *Bottom left:* The patriarch of local snowmobiling, Breezy, digs in. *Above:* Linda Diprose snowshoes the backcountry, demonstrating that motorized and non-motorized folks can co-exist peacefully.

*Note: Tourism Powell River offers maps of the backcountry online and at the storefront on Joyce Avenue - plus in-person advice on access.*

The PRRD, Sliammon First Nation & the City of Powell River want to hear from you!

# RECREATION CONVERSATION

## Entering final phase

The Expanded Regional Recreation Initiative Study is entering its final public input phase in January. The study, commissioned by the City of Powell River and endorsed by the Powell River Regional District and Sliammon First Nation, is examining the prospect of the three governments partially or fully integrating parks, recreation and cultural services. Information gathered will also assist in the development of a 10-year plan.

## Take the survey!

EventCorp Services Inc. has been hired to administer a community-wide survey regarding parks, recreation and cultural services throughout the Powell River region. The questionnaire the survey company is developing will be available online; there will be paper copies available and four touchscreen kiosks will be situated in strategic locations throughout the region.

Information on how to access the survey will be made available on the City of Powell River website plus through other communications outlets.

## Have your individual say

More than 50 focus group sessions were held last year, covering the Powell River Regional District area, to solicit input from affected user groups.

The coming community-wide survey will be an opportunity for individuals to express their thoughts and opinions regarding parks, recreation and cultural services throughout the entire region, including Texada Island.



**Tla'amin First Nation**  
SLIAMMON FIRST NATION



**POWELL RIVER REGIONAL DISTRICT**

# I MADE THE MOVE

## Weather, job, and bookstores seal the deal

After a trek from Ontario that included stops in Saskatchewan and Northern BC, Alyssa and Shawn Dixon think they have found their home in Powell River.

Alyssa is a Speech-Language Pathologist who received her undergraduate degree from Brock University in St. Catharines, Ontario and her Master's degree from Western University in London, Ontario. She started her career in Saskatchewan before taking positions in Ontario and then BC. She started here at Community Health (Vancouver Coastal Health) in September 2015.

Shawn (S.L. Dixon) is a dark fiction writer who received a diploma in print-journalism from Niagara College in Welland, Ontario and his short stories have appeared in digests, journals, magazines and anthologies from around the globe.

Alyssa and Shawn grew up in a farming county two hours north of Toronto. They married in 2011 and began trekking the country looking for home. They live in Townsite with their 17-pound cat Polina.

### Why did you choose to move to Powell River?

**Alyssa** • Employment and proximity. The position with Community Health was a different challenge for me. I've never worked in a public health setting before. It's an interesting switch from child development centres.

**Shawn** • I go where she goes.

### When? Where from?

**Alyssa** • We moved from Kitimat in August 2015.

### What surprised you about Powell River once you moved here?

**Alyssa** • Powell River is bigger than what I had expected. The surrounding communities didn't pop up much when we Googled the area. We'd never actually visited prior to moving. Also, the view is tremendous.

### What made you decide to move to Powell River?

**Alyssa** • The biggest factor was that there was a position open. Having a job opportunity put Powell River onto a list that my husband and I had begun whittling down



**BOOK LOVERS:** Alyssa and Shawn Dixon will celebrate their fifth wedding anniversary this year. *photo by Sean Percy*

until the weather, the scenery, the location and the general feel of the area settled it for us.

**Shawn** • Multiple bookstores really did it for me. Kitimat doesn't have a proper bookstore, new or used.

### Where is your favourite place in Powell River?

**Shawn** • A few blocks from the waterfront in Townsite has a wonderfully creepy "land that time forgot" kind of feel to it. The old buildings and alleyways are great.

**Alyssa** • There's a view from Hemlock Street (I think) that's really fantastic, so far. I haven't yet hiked any trails, but I'm sure it's only a matter of time until I have many favourite places.

### How did you first hear about Powell River?

**Alyssa** • A job posting for a Speech-Language Pathologist position.

**Shawn** • Google did the rest after that.

### What would make Powell River a nicer community?

**Alyssa** • A Winners. I don't know if that makes it any nicer, but I miss Winners.

### If you were mayor, what would you do?

**Alyssa** • Bring in a Winners or maybe an entire outlet

mall. After that, I'd better the community with lots of great ideas with inexpensive solutions to make Powell River the new Happiest Place on Earth.

**Shawn** • Step down and let somebody qualified for the job take over.

### If you were a fly, which wall in town would you like to inhabit?

**Shawn** • Anywhere free of spider webs and bats. A dumpster near the Chopping Block is probably pretty swanky to a fly.

### What are Powell River's best assets?

**Alyssa** • The view, the moderate seclusion and the relatively sunny, coastal weather.

### What is your greatest extravagance?

**Alyssa** • We buy a lot of used books. We're not really of the extravagance-minded type, unless you count cookies. We eat a lot of cookies.

### Which talent or superpower would you most like to have?

**Alyssa** • Caloric invulnerability; I would have a cape and a spoon.

**Shawn** • First-try perfection. **PR**

**Staying at home for the big game?  
Hosting a few friends?  
Visit Capone's  
to stock up!**

Open 9 am to 11 pm daily  
Corner of Duncan & Joyce • 604 485-9343

Cold beer • Cool prices  
Great selection!



**Visit the Shinglemill  
this month to enter to win two  
Canucks tickets  
to the Feb 4 game!**



Pub & Bistro

Where are you watching  
**Super Bowl?**

**Big screens, burgers & wings,  
brews, views & more at the  
Shinglemill Feb. 7.**



604 483-3545  
info@shinglemill.ca  
www.shinglemill.ca

Proud Member of the PR Chamber of Commerce



**Anthony Canil, owner**

Electrical Upgrades • Renovations • New construction  
Call today for a free consultation.



**FOXTROT ELECTRICAL SOLUTIONS**

Full Electrical Services  
Lighting/Climate Control  
Automatic Shades  
Surveillance Systems  
Smart Home Control  
Whole House Audio  
Wireless Networking

604.414.3929

www.FoxtrotElectricalSolutions.ca

info@foxtrotelectricalsolutions.ca



**“We need people to be patient with us while we put the pieces of our culture back together. We are trying to do it the right way, but we are doing it for the first time in a long time.”**

*- Devin Pielle*

# This is who we are

## Cultural revival at Tla'amin

**LEANING ON EACH OTHER:** How do you revive a culture that others once tried to take away? By re-learning language, stories, history, dance, and much more - and sharing them between generations, says Devin Pielle, pictured here with her daughter Amaya on her shoulders.

*selfie by Devin Pielle*

BY JANET MAY

**D**evin Pielle is a member of ‘Generation Treaty’ at Sliammon First Nation. Born in 1991, the year before negotiations started, the 24-year-old grew up among community working groups, debate, and tremendous decisions. With the Final Agreement signed and due to go into effect on April 5, 2016, Devin’s generation is poised for opportunities and responsibilities as part of a new nation within Canada.

An important element of the treaty is eight hundred thousand dollars set aside to support Tla’amin culture and language. Following Canada’s banning of the potlatch, in 1885, and through the residential school era (the Sechelt Indian Residential School closed in 1975), much of the local nation’s language, music, dances, spir-

itual beliefs, and political strength was lost.

Devin recognizes this loss. “Culture for me wasn’t normalized. For a long time we sang other nation’s songs. We didn’t have our own. And our language is dying.” With the independence and resources of the new nation Devin hopes that traditional culture will be respected and built upon. “I hope that my daughter will grow up and know exactly who she is and where she comes from. She won’t have to fight for it like I do. She can be proud of it.”

Devin admits that she is shy but she overcomes her shyness in order to speak up for her culture. In 2013 she interviewed Sliammon elders and co-produced the radio documentary “We Are Still Here”. ([cjmp.ca/resonating-reconciliation-wearestillhere/](http://cjmp.ca/resonating-reconciliation-wearestillhere/)) She is also a key member of Sliammon’s Canoe Family who participated

in a Mini Tribal Journey which culminated at Willingdon Beach in July. Her strong voice can be heard over the water while she paddles in canoe OTAQKEN, and on stage singing a welcome for numerous Powell River events.

Devin learned to speak and write Tla’amin in Powell River, through School District #47’s language programs. When she graduated, her knowledge of Tla’amin’s orthographic alphabet enabled her to work on the First Voices online project, documenting and sharing Tla’amin words and phrases. (<http://www.firstvoices.com/en/Sliammon>)

“I am just the tech person,” says Devin. “I feel so lucky that I get to hang out with my elders on a regular basis. They’re so funny.” Laughter is medicine for the elders, she says, acknowledging that they have suffered

**The water is supposed to stay on the outside!**

If you have drainage problems around the perimeter of your business or home, call T&R!

**open Mon-Fri 7-5**  
closed weekends & holidays  
**4240 Padgett Rd**  
**604-485-2234**  
after hours  
Shaun 604-414-5455  
or Dan 604-483-6978  
**tandrcontracting.ca**

Also see T&R for **precast cement products** including concrete blocks, highway and bumper curbs, barrel and catch basins, manholes, riser rings, well casings, lamp bases, and many more products.

Aggregates and equipment for industrial, commercial or residential projects.

**T&R**  
**CONTRACTING LTD.**  
SAND, GRAVEL AND GARDEN

**Why do we say: “We acknowledge that we are on the traditional territory of the Sliammon people”? And will we still, after treaty is implemented?**

Tla’amin Traditional Territory represents all the land that the Tla’amin people used for harvesting shellfish, fishing, hunting, and gathering, before contact with non-indigenous people. It “spans the Powell River area, including Sliammon, Powell Lake, the Gulf Islands, Courtenay and the Desolation Sound area,” according to the BC Treaty Commission, and is set out in the Statement of Intent Lands map of the Tla’amin Final Agreement. After the treaty is implemented April 5, 2016, Tla’amin people continue to have harvesting rights on their territories.

The Traditional Territory includes the 8,322 hectares of land that will become Tla’amin Lands: the former reserve lands along with about 6,400 hectares of formerly BC crown lands and a handful of other small land packages. This portion of Traditional Territory will be directly owned and governed by Tla’amin.

Powell River and the Regional District are on the Traditional Territory, and when we acknowledge that we are on these lands we are practicing ancient protocols. The acknowledgement is a foundation for a healthy relationship among neighbours, and will continue after Treaty is implemented on April 5, 2016.

racism and poverty for generations. “We talk about heavy things, but it is always important to have a joke in there to know that things have happened, but we are still here and fighting, and we are going to be ok.”

The elders are witnessing their community growing stronger and more confident. “They see the youth learning the language in school, and that drumming and singing are coming back. They appreciate the ‘red road,’ as we call it. When you follow your teachings, we call it the red road.”

Last spring Devin went to Winnipeg for the Canadian Roots Exchange’s National Youth Forum involving Indigenous and non-Indigenous youth. She was very moved by a workshop she attended there, called the Blanket Exercise.

The Blanket Exercise is a teaching tool for sharing the historic and contemporary relationship between Indigenous and non-Indigenous people in Canada. Devin went on to learn how to facilitate the exercise, and now she is offering this ninety-minute interactive presentation to groups in Powell River through the

**A different part of the script makes me emotional every time I do it. For me, the Blanket Exercise is looking at the past and getting people to understand why we are the way we are today.**

– Devin Pielle



**SINGING IN THE TREATY:** Devin Pielle poses with Cyndi Pallen, “a member of my canoe family,” during the events at the March 15, 2015 treaty signing. *To book a blanket exercise, contact Devin at [dpielle@gmail.com](mailto:dpielle@gmail.com).*

Powell River Diversity Initiative. About two hundred Powell River people have participated in the Blanket Exercise in 2015. Seventy people participated at the Celebration of Cultural Diversity in November.

Devin describes it as “extremely powerful. A different part of the script makes me emotional every time I do it. For me the Blanket Exercise is looking at the past and getting people to understand why we are the way we are today. I have heard people say ‘You need to get over it’. People can only see addicts or alcoholics but they can’t see past what is on their skin. People don’t just wake up and decide [to become addicted]. They are born into a cycle that they are not even aware of. They don’t know why they are angry. [The Blanket Exercise] is about bridging the gap and understanding each other more.”

After the exercise, Devin leads participants in a de-briefing session. An elder is

invited to do a brushing and cleanse the hurtful thoughts. “I don’t want people to feel sad for us. I want people to help us, or to find changes in their own hearts, and talk to other people.”

This generous young person has deep feelings for her people and for others learning about her history. “Reconciliation is not about feeling guilty. Reconciliation is about doing what you can to make a small difference. Like I am just one person in my community but I am doing what I can with the language and explaining First Nations history.” **RRL**

**Is it “Tla’amin” or “Sliammon?”**

Sliammon is the official name of the band under the *Indian Act*. After Treaty Effective Date, April 5, 2016, the nation and the community will be called Tla’amin.

## Live Well in 2016!

Inspiring you to live life with a holistic approach to wellness.

Yoga. Group Fitness. Bellydance. Indoor Cycling. Pilates.



Join Pro-Active’s new 10 week program! Learn to eat what your body needs and let go of extra weight by eating real food.



www.nourishstudio.ca  
604-485-2596  
www.t-fit.ca

Kitty Clemens, RHN CPCC  
Board Certified in Practical Holistic Nutrition & Certified Professional Cancer Coach  
kitty@pro-activenutrition.ca 604-489-0200



# Quirky & Cool

## Library's 420-word story contest

*The challenge: pack vivid descriptions, original characters and surprising plot twists into a narrative small enough to fit in a status update. The result: more than 100 entries by local writers. Here are a few of the winners:*

### TEEN WINNERS

**1ST PLACE:** David Nadalini, Grade 10

#### Broken Pencil

Test almost finished. One minute left. But what's this? My pencil has fallen and rolled to the side. Excuse me sir, but would you be ever so kind as to passing me that pencil? No! How rude! Would moving your hand be ever a pain? Would helping your fellow man be a crime! Well there we go that wasn't so hard. Although, I would have enjoyed it much more in one piece.

**2ND PLACE:** Olivia Williams, Grade 10

#### Reverse Psychology

When I was little, I played in my yard as my father watched from the porch. "Never grow up," he would say. But it seemed every time he repeated that phrase, time would pass a little faster and I'd get a little older. Now I'm a grown adult, living paycheck to paycheck, dealing with custody battles. I longed to be as worry-free as my son. I saw him playing in the backyard, "Grow up!" I shouted from the window.

**3RD PLACE:** Desiree Young, Grade 10

#### Another Universe

The craft flew through space at warp speed, its destination: Jupiter. Alien experiments had resulted in an army of cyborgs that were hell bent on destroying the Earth. Mankind's salvation lay in the hands of Captain Jack. Time was running out. He ordered his crew to arm themselves. An urgent voice came from below decks. "Jack, your pancakes are ready!" Jack dropped the mini lego spaceship, and ran for breakfast.

### OPEN CATEGORY

**1ST PLACE:** Marg McNeil

#### The Children's Answer Machine

The principal came into the Grade 1 room, "Ms. Smith, I like visiting your class. They're so inspired to learn. How do you do it?" Ms. Smith merely smiled. "What's this?" he pointed to the old-fashioned dial phone sitting on her desk.

"It's the children's. It gives them an answer to anything they wish to know." He reached towards it, "How does it work?" Voice firm Ms. Smith spoke, "Please don't. It's the children's."

**2ND PLACE:** Marg McNeil

#### Lunch at the Sunnyside Care Home

Gray head bowed Meg prayed, "Lord remember, 70 years ago I got that dolly I wished for from the Christmas catalogue. When You sent me my John I ignored him. Thank You for being more stubborn than I and for giving us so many years. With life's hard stuff You were there easing my pain. Today all I asked for was something gooey and chocolatey. THANK YOU LORD. Meg picked up her fork and dug into her lemon meringue pie.

**3RD PLACE:** Anne Carney

#### The Dress

We sorted the house after his mother's death. Many boxes; most were to be discarded. A picture and letter were found. A young couple, out for an evening in Shanghai; she beautiful in a black silk dress, he handsome and proud. We paused to relish their moment. Hours later I found the dress, saved all those years. Could it be worn again? I saw the holes caused by moths and mildew. Onto the trash heap it went.

# FINE free in 2016

All is forgiven!

We just want to  
see you back  
in the Library

(We refuse to let  
money and guilt  
get in the way of a  
beautiful relationship.)

Starting January 1st there will be **no more overdue fines**. Overdue charges will be forgiven when you bring back all your overdue materials.

**All** charges (even lost and damaged books) **older than three years** will be forgiven.

*Happy New Year!*



connect inspire imagine

visit us at [powellriverlibrary.ca](http://powellriverlibrary.ca)  
4411 Michigan Avenue 604-485-4796  
Follow us on Facebook

**JANUARY 2016**

*Heather Tours* est. 2004

New winter / spring schedule coming out soon!

**Retiring June 2016  
Business for sale.**

tel: 604.483.3345 We would love to have you join us!  
cell: 604.483.1408 [heathertours.com](http://heathertours.com)

MasterCard VISA BC Reg. No. 30400

**unifor**  
Local76

5814 Ash Avenue • 604-483-4130  
[local76@unifor76.ca](mailto:local76@unifor76.ca)

**TRANSMISSION  
SPECIALIST**  
and so much more!

- Full mechanical repairs
- Nation-wide guarantee
- Diagnostic equipment to save you time & money

**BLACK POINT**  
TRANSMISSIONS LTD.  
Call 604 487-9602

**A regular transmission service keeps your transmission healthy. When was your last service?**

Swedish Relaxation  
Deep Tissue • Hot Stone

26 years experience  
\$60 for one hour or  
\$80 for an hour & a half

**MASSAGE BY JANA DAWN**  
On Marine Ave near Richmond Street  
604-414-5208



**A&W**  
Value Deals  
**Chicken BUDDY BURGER**

Sized for snacking, the Chicken Buddy Burger starts with juicy chicken - raised without the use of antibiotics - battered to crispy, golden perfection and paired with mayo and pickles. Add this tasty treat to your meal for only \$2.50.

© 2016 A&W Trade Dress Limited Partnership

RAISED WITHOUT the use of ANTIBIOTICS  
Price plus tax. **\$2.50**

**In 2016 plan to use only the best!**

**Ideal Cedar**  
Cut from the heart of the log with little to no sapwood **Ideal Cedar** is some of the nicest select, tight knot cedar on the market. The lower moisture content and 100% tight knot makes this product ideal for all your trim needs.

**Mill Direct Quality Cedar Products**  
Cedar Shakes & Shingles  
Exterior & Interior • Haida Skirl Siding  
Decking & Siding • Post & Beam  
Trim • Panelling • Fencing  
*Shipping & delivery available.*

**Lois Lumber Ltd.**  
www.loislumber.com

Mon-Fri 8-4:30  
1.855.79.CEDAR  
604.487.4266



## Korean Yoga: for body and brain

Tap and stretch your way to better health



**LOVE YOUR HEART:** During the height of the holiday season, Korean yoga teacher Venus Yoon, left, showed PRL publisher Isabelle Southcott techniques for enhancing her energy. Venus is Powell River's only certified Korean yoga teacher. To learn more about Korean yoga or to sign up for her new class that takes place Mondays from 10 am to 11:10 am at the Canadian Martial Arts Academy, call 604 992-1018 or email [bodynbrain21@gmail.com](mailto:bodynbrain21@gmail.com).

BY ISABELLE SOUTHCOTT|[isabelle@prliving.ca](mailto:isabelle@prliving.ca)

I am sitting cross-legged on a yoga mat rhythmically drumming my tummy. I can feel myself getting warmer and warmer as I continue to tap.

"This improves your circulation," our instructor Venus Yoon explains.

Venus teaches Body and Brain Yoga, a form of Korean yoga, that incorporates movement, music, meditation and energy management techniques to improve emotional and physical wellness.

Korean yoga is a gentle form of yoga that began in the mid 1980's when founder Ilchi Lee taught mind-body exercises in a South Korean public park to a stroke victim and supported him in his recovery. "The overriding goals of Body and Brain Yoga are to create tools to promote health and well being," says Venus. "Where your mind goes, energy follows. You have to pay attention to where you want to move the energy."

Venus says Korean yoga is different from other forms of yoga and is particularly good for those over 50 who are looking for a gentle form of yoga. It's also good for older people who are very weak.

"We are focusing on energy; how to activate energy and activate more energy."

I asked her to explain what she meant. "When you have a pain in your back you tap your back. Why? Because it relieves the pain."

We tap different parts of our body beginning with our head. "Good circulation means fewer hot flashes," she says. Tap. Tap. Tap. Face. Tap. Tap. Tap. Temple.

Tap. Tap. Tap. Chest. "I love my heart," she sings out. "The heart carries joy. Your liver carries anger and your kidneys, fear. The stomach, anxiety. The lungs, sadness."

Not all energy is the same, she explains. "Energy is like water. If a cow drinks water, it produces milk. On the other hand, if a snake drinks water, it produces poison. The quality of energy is up to your mind. A peaceful mind creates peaceful energy."

Quiet music and stretching helps calm your mind. "Once your body becomes flexible, your brain becomes flexible," says Venus.

She's right. At first, I found it difficult to calm my mind. I kept thinking about everything I had to do. I was busy at work; I had to pick up groceries, take my son to hockey and what was I going to cook for supper?

I continued to stretch and tap and bit by bit, I began to relax and enjoy the journey. Venus told us to breathe in the good energy and breathe out the toxic energy and negative thoughts and feelings.

Korean yoga is part yoga and part meditation. There's a lot of stretching and breathing and tapping involved. Venus calls it energy work all meeting into one.

At the beginning of class, many people find it hard to concentrate. "Your mind is scattered and busy but to create energy you need to focus." But by the end of class, it's a different story.

"People feel more calm and peaceful because they are focusing inwards during class and the heart, body and mind are all connected. It's an awakening of their bodies and their minds. They feel so good that they become more understanding of others." PRL

# Collaborate to compete

## Businesses that brew together, rule together



BY SEAN PERCY | sean@prliving.ca

**Y**ou might think they had been sampling their wares a bit too heavily.

Except it was just after 10 am, none of the brewers had had a drop to drink (yet), and the conversation was so technical that a couple of non-brewers watching the proceedings were mostly lost in the jargon.

But the work of coupling valves, adding chemicals, and burning sugar was punctuated by games of Ms. Pac-Man, pallet-jack surfing and crazy selfie poses.

Clearly the brewers from Gibson's Persephone Brewing Company were enjoying their visit to Townsite Brewing Inc last month to work together on a beer to be released this month, likely called Coastal Collaboration No. 1. ("Red Beard" is also in the running since the head brewers from both companies sport ginger facial hair.) But fun is just part of the reason the brewers are collaborating. Part of it is just good business sense.

Despite the exponential growth in the industry in recent years, craft brewers still make up just 17 per cent of the beer consumed in British Columbia, so the small operators see the enemy as Labbat's and Budweiser,

not their fellow crafters.

"New beers keep things interesting," said Persephone brewmaster Anders McKinnon. "There are lots of similar beers, and this is not just another IPA. It's something new and interesting and that keeps the beer drinkers interested and focused on craft beer."

Both breweries have done collaborative products in the past. On most days at Townsite Brewing's tasting room, there's some collaborative recipe in a cask on the counter, with a spice from Ecosystems, or, this week, coffee from local roaster 32 Lakes. Persephone has done collaborative brews with Port Moody's Yellow Dog and North Vancouver's Deep Cove Brewers and Distillers. But it's the first time the Sunshine Coast's only two breweries have collaborated. And it's about time, they agreed. Although Persephone is physically closer to North Vancouver, they share a "unique connection" with Townsite in the isolation of the Sunshine Coast, said Anders.

"We've been talking about it for years and finally decided to do it. We emailed back and forth about the kind of beer and when to do it," said Persephone brewer Matt Smith. The collaboration will produce 1,200 litres

**FOG OF WAR:** Small craft brewers are joining forces to battle the big corporations for your beer bucks. At Powell River's Townsite Brewing recently, brewmaster Cedric Dauthot stirs things up above the steaming mash with visiting collaborators from Gibson's Persephone Brewing Company.

*photo by Sean Percy*

ACCEPTING APPLICATIONS FOR  
"CHARITY OF CHOICE"  
+ "FREE BUSINESS BOOTH"

Powell River  
**HOME+**  
**GARDEN** SHOW  
April 29 + 30, 2016

Charity of Choice - Accept donations at entry to show, keep 100% of funds raised.

Free Business Booth - Win a free booth to showcase your local business.

Pick up application forms at Relish Interiors or Personal Touch Floor + Window Fashions. Or email [homeshow@relishinteriors.com](mailto:homeshow@relishinteriors.com) for more information. Submission deadline January 29, 2016



*Feel comfortable with your realtor.*

Buying or selling your home is a huge decision. You want someone on your side who will give you good advice and great service. You want a realtor who will help you make decisions that leave you feeling comfortable - not stressed. I'm Brandy Peterson, and I pride myself in giving the best service possible. Born and raised in Powell River, I am a full time REALTOR® committed to providing outstanding client services.

*Brandy Peterson*

**ROYAL LEPAGE**  
Powell River  
INDEPENDENTLY OWNED AND OPERATED

Let's talk! 604 344-1234 direct • 1-877-485-4231 toll free • [powellriverrealestate.net](http://powellriverrealestate.net) • [brandypeterson@shaw.ca](mailto:brandypeterson@shaw.ca) • 4766 Joyce Ave



of a Belgian single – one that will have much more hop flavor than the usual Townsite Belgian.

“Usually we do Belgian style beers, whereas they use a lot more hops and a lot more hops flavor,” said Townsite brewmaster Cédric Dauchot. “We don’t do the same style.”

So even though they compete for taps at bars and restaurants up and down the Sunshine Coast, they don’t really see each other as competition.

“If we bomb a tap (craft brewer’s lingo for getting one of their beers on tap at a drinking establishment), it’s always from a Labatt’s or Bud or Kokanee or Milwaukee. It’s always from one of the bad, I mean, big, guys,” said Cédric.

And in the spirit of “the enemy of my enemy is my friend,” the small brewers find that working together to turn more people onto craft beer grows the craft market, stealing market share, not from each other, but from the big corporations.

The collaboration has the benefits of idea-sharing



**SWEET SUCCESS:** Brewmaster Cédric Dauchot, top right, pours some sugar into a mix to caramelize, as Persephone brewmaster Anders McKinnon looks on. Above, the two masters join forces, superhero style. Top, Matt Smith, Matt Cavers, Anders and Erin Brophy of Persephone, with Cédric and Scott Martin of Townsite Brewing pose with kegs at the Powell River shop.

*photo by Sean Percy*

and the joy they clearly get from being in the same room as other beer-makers. But, they say, it’s also good business, and something from which other small businesses can learn.

While they might seem on the surface to be competitors, combining efforts can grow the market. Other small businesses in small communities can work together to grow local markets or keep people shopping at home, too, said Anders.

“It’s about working with your neighbours,” said Anders. The goal is to make the whole market bigger for everyone.

Their goal for this collaboration is somewhat grander. “We share what we do best and they share what they do best, and we’ll end up creating the greatest beer ever,” said Townsite’s manager, Chloe Smith, with a flourish, a laugh and a little leap that made it clear she’s really enjoying the collaboration.

Anders laughed. “Yes,” he said. “Our goal for this brew is world domination.” **PR**

# 25 % off all hockey stuff

Find us on Facebook  
Twitter: @Taws\_Cycle  
4597 Marine Avenue  
604-485-2555



(in-stock only)

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



How you think about behaviorally challenging kids is about to change for good!

**WIN** a chance to hear Dr. Ross Greene

4children.ca is hosting this event in Courtenay April 8, 2016 and Powell River Living wants to send you to see the author of best sellers *The Explosive Child* and *Lost at School*.

Learn more about the presentation and Dr. Greene at [livesinthebalance.org](http://livesinthebalance.org) and [4children.ca](http://4children.ca)

Win a free registration and BC Ferries passenger-only travel from Westview to Comox and back!

**How to enter? It's so easy!**

Send an email to [contest@prliving.ca](mailto:contest@prliving.ca) with your name and the word GREENE in the subject line. That's it!  
One entry per person. Winner to be drawn at random on March 10, 2016.

## Spicy Thai Prawn Stir-fry

(Serves 6)

3 red chilies (cut into thin strips)  
 3 cloves garlic (cut into thin strips)  
 ½-inch piece peeled fresh ginger (cut into thin strips)  
 2 tbsp peanut oil  
 6 green onions (green part only, chopped diagonally in ¼-inch pieces)  
 1-1½ lbs prawns (shelled, leaving tails intact)  
 2 cups bean sprouts  
 1 cup snow peas  
 2 cups broccoli florets cut into small pieces  
 ½ green pepper, sliced  
 ½ red pepper, sliced  
 1 large carrot, thinly sliced  
 12 mushrooms (cut into 4)  
 8-12 cherry tomatoes  
 1 small zucchini, sliced  
 green onions (white part, cut into 1-inch pieces)

(Vegetables can be added or substituted to personal preference.)

2 tbsp Thai fish sauce or soy sauce  
 1½ tbsp white vinegar  
 1 tbsp brown sugar

Heat oil in wok, stir-fry chilies & ginger for 2 minutes, add garlic & green onions, fry together until lightly brown & crisp. Remove from wok, drain and set aside. Re-heat oil in wok, add prawns & stir-fry for 2 minutes. Remove from wok & set aside. Re-heat oil, add vegetables, stir-fry until vegetables are just tender. Add combined sauce, and prawns, stir fry until prawns are cooked. (Don't over cook prawns) Sprinkle with the crisp chili, garlic, ginger & green onion mixture. Serve with Jasmine rice or chilled on a bed of greens. Garnish with cilantro.



TASTE FULL

BY MARIKA VARRO | marika.varro23@gmail.com

# Little shrimp, jumbo taste

### What is the difference between a shrimp and a prawn?

The answer depends on where you live.

On the West Coast, large shrimp are mostly known as prawns, and the name shrimp is usually reserved for the small cooked and peeled variety.

The exception for that is the sidestripe shrimp, which can also be found fresh here in Powell River.

On the East Coast, shrimp is the common name for all types and sizes. The British call all shrimp-like creatures prawns. The name persists in most British Commonwealth nations, including India and South Africa.

Shrimp/prawns are crustaceans. They have ten legs like crabs and lobsters, and a shell covering the head and body. Shrimp/prawns live in a variety of habitats ranging from coral reefs to sandy bottoms, but the species that are consumed as food usually live on muddy bottoms and feed on detritus, small plants and animals.

### Fresh shrimp

Here in Powell River we are lucky to be able to harvest or purchase fresh prawns and sidestripe shrimp.

Shrimp are among the most widely available and most widely used seafood, but most seafood suppliers do not bother

with fresh shrimp due to their higher cost and perishability. So take a moment to appreciate the bounty of the Salish Sea, if you're getting truly fresh shrimp.

Whole raw shrimp/prawns should be stored on ice; their heads tend to blacken after about 48 hours. Head-off fresh raw shrimp/prawns have a shelf life of about 5-7 days on ice as do truly fresh-cooked shrimp.

### Thawing frozen shrimp

Shrimp are best thawed overnight in the refrigerator. Place the frozen shrimp in a colander set inside a large bowl. The shrimp should not sit in their own juices as they thaw.

There is a quick method if you are in a hurry. Place the shrimp in a colander and run water over the frozen shrimp. Avoid letting thawed shrimp sit in water for a long time; they may become waterlogged.

### Cooking and preparing shrimp

The most common error in preparing shrimp is to over cook them.

Shrimp should be boiled in well salted water. Small to medium shrimp should be boiled 3 to 5 minutes and large 6 to 8 minutes.

Shrimp can also be broiled, baked, stir-fried, sautéed, deep-fried or barbe-cued but; whatever the cooking method is **avoid overcooking!** 

# Real honest meals...

Chilled or flash frozen quality meals. Ready to heat and enjoy in your home!

Marika Varro, the former chef/owner of the Tree Frog Bistro, and Naomi Salmund, Red Seal chef with 16 years of experience, are bringing their passion for cooking to your home from the new commercial kitchen in Townsite.

### Perfect for:

Busy professionals  
 Elderly  
 Bachelors/singles  
 Families on the go  
 Families with a new baby  
 Date night at home  
 Injured  
 Extended care  
 Cabin go-ers/boaters



### Good food, conveniently

Local, seasonal (100 miles) ingredients  
 Maximizing nutrition and taste  
 No additives or preservatives

Office and home catering  
 Cooking classes for all ages

Start pre-ordering online in mid-January for February opening at ConvenientChef.ca or visit us at 5830 Ash Avenue or call 604 483-9944

Order in advance  
 (Freshly prepared, not fast food!)  
 Delivery or pickup

### Sample from the opening menu:

- Chicken Paprikash, Herb Spätzle
- "Thai" Green Curry Rabbit Stew
- Squash Gnocchi, Gorgonzola Cream Sauce
- Steelhead with organic Honey/Ginger Glaze

and soups such as

- Winter Minestrone
- Roasted Squash
- Cioppino
- Hungarian Gulyash

House desserts

Check online or in store for full menu! 

# Humanitarians building the future

## Local Rotary International volunteers step up for health, history

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

It's 7:30 am on a Tuesday morning. Coffee's on, networking and brainstorming is well under way as the final few members of Powell River Rotary Sunrise club make their way into the banquet room at the Town Centre Hotel before the meeting gets under way.

President Mac Fraser runs a tight ship. His agenda is full of project updates, opportunities and Rotary International news before an interesting guest speaker talks about their project or group.

Powell River Rotary Sunrise is part of Rotary International, an international service organization that brings together a global network of volunteers dedicated to tackling the world's most pressing humanitarian challenges. Rotary connects 1.2 million members from more than 200 countries and their work impacts lives at local and international levels.

There are two Rotary Clubs in Powell River. The morning club, Powell River Rotary Sunrise and the evening club, The Rotary Club of Powell River. The evening club meets at 6:30 pm Wednesday upstairs at the Carlson Community Club and the morning club at 7:30 am Tuesday at the Town Centre Hotel.

Mac, who first joined Rotary ten years ago in Cumberland, calls the morning club's meeting to order. There's a speaker this morning but first, he goes over club business.

### Historic photo exhibit at airport

Rotarian Bert Finnamore is called upon to give an update on the Airport Enhancement Photo Project he's leading. This project will see a collection of 15 historic photos by two of Powell River's top photographers, Rod LeMay and Maud Lane, who photographed the early years of our community, enlarged and on display at the airport early this year. "They will show the lifestyle of Powell River from 100 years ago," said Bert who is also the heritage manager at the museum. "Many are iconic

images of this town."

One particular shot of boys dressed up for a special occasion holding a string of fish is a real show stopper," says the morning club's president elect Don McLeod.

"While we are working on building the future of Powell River we are proud of our past," says Mac adding that this project can be expanded upon in the future.

### ROTARY SUNRISE CLUB

Meets Tuesday at 7:30 am  
at the TC Hotel banquet room

For information about the morning club contact Helen de Bruyckere at harleyandhelen@telus.net or Mac Fraser at mfraser@cdpr.bc.ca or Don McLeod at don@mycoast.ca

### Adult Exercise Park

Next up is the adult exercise park, a project the club has been working on under the leadership of Don McLeod. The park, which will open at Willingdon Beach this summer, all began after Don's daughter Ciara told Don about an adult exercise park in Nanaimo. Ciara, a nursing student, was excited about the health benefits of such a park and thought her home community of Powell River could benefit from such a park. A few conversations later Don thought, hey I'm a Rotarian, I'm going to take this idea to my club and see what they think. "They got behind this 100 per cent," says Don. After spending hours and hours researching these parks and learning about the benefits Don approached the city and they jumped on board.

"It just goes to show you what a group of like-minded people interested in improving their community can do," says Don.

Ten pieces of equipment will be installed to begin with depending on sponsorship, he said noting that the equipment is very expensive. "It will be like an outdoor gym." Equipment will include an exercise bike, a strider and a leg press. Don says the equipment

will help people stay in shape while providing a social atmosphere and meeting place at the same time. And with an increase in the number of early retirees, it is a timely addition for our community.

Rotary gives bursaries to high school students going to university and supports community organizations with financial donations.

### Guest Speakers

Sgt. Bailey Hollingsworth and Corporal Allison Boyd of the Royal Canadian Air Cadets are joined by Christine Boyd of the parents group to tell the club about 22 Red Knights. There are many opportunities for cadets with training in everything from leadership, survival fitness gliding and aircraft maintenance. Sgt. Hollingsworth, a Grade 11 student, is poised and articulate as she enthusiastically talks about the program and fields questions from the audience. The cadets are looking for a donation and they don't go away empty handed.

"Sometimes a speaker needs something and a Rotarian will say I have something that will help you," explains Mac. Other times, the club will make a donation.

Club members are also willing to roll up their sleeves and provide hard manual labour. They recently helped Far Off Broadway paint their building at Timberlane by providing "sweat equity," says Mac. They worked on the Junior Forest Warden Cabins, painted the interior of the Powell River Academy of Music building and created and maintain the Rotary garden.

Although the morning club is just five years old, it has made an impact in a very short time. The money the club makes by running Bingo at Sea Fair is used to support Computer Assisted Learning – online literacy – as well as bursaries and other projects.

The club also contributes to Rotary International's projects such as polio eradication fund. Since this initiative was launched in 1985, there is a 99.9 per cent reduction in polio cases worldwide. Rotary's global relief



**Don McLeod**

**Realtor**  
**RE/MAX Powell River**

**DON**  
**MCLEOD**  
*Mycoast.ca*

*Proudest Rotary moment 2015:*  
Advocating for the Senior Fitness Park at Willingdon Beach with the help of my daughter Ciara, who brought this project to my attention.

*Why I'm a Rotarian:*  
It's a great group of likeminded people all with similar goals to improve lives in our community and abroad. "Many hands make anything possible."

*Years involved: 3*



**Benjamin Fairless**

**Canada Post Supervisor Retired**



*Proudest Rotary moment 2015:*  
Helping the Club host prospective new members at our annual open house.

*Why I'm a Rotarian:*  
When we invited Eagle Walz of the Sunshine Coast Trail as our guest speaker, I immediately started volunteering and have been ever since. Our club lets us get to know and serve with civic leaders.

*Years involved: 7*



**Frank Clayton**

**CEO**  
**Canadian Martial Arts Academy**

**Personal Development Through Martial Arts Training**

*Proudest Rotary moment 2015:*  
Raising over \$3,000 through a kick-a-thon (1,000 kicks in 20 minutes) to help eradicate polio.

*Why I'm a Rotarian:*  
Someone once said, "Don't ask what your community can do for you, but what you can do for your community."

*Years involved: 1*



**Guy Sigouin**

**Manager**  
**Quality Foods**

**Quality Foods**

*Why I'm a Rotarian:*  
To make a difference in the community I live in.

*Years involved: 7*



funds are at work whenever there is an international disaster. “You’ll always see Rotary Shelter boxes,” says Mac explaining that these are self-contained tents with survival equipment inside.

Although the club works hard to help the community, members have fun in the process. “We are attracting new people all the time,” says Don.

“We have a lot of early retirees who want to be involved in their communities,” he says. They help with trail building and improving the lifestyle of early retirees.

“We have a lot of fun. We are here because we choose to be here. We have fun doing community service work,” says Mac. “We are very excited by our membership growth and the involvement of more people means we can do more for our community. Nothing succeeds like success!” **RL**



**AIRPORT PICKS:** A detail from a historical photo of *The Cardinia* at the Powell River mill dock taking on rolls of newsprint. It’s one of the photos to be exhibited at the airport as part of a Rotary project to spruce up the waiting area.



**Kim Friedel**

**Branch Manager  
RBC Powell River**



**Proudest Rotary moment 2015:**

Financially supporting organizations such as Friends of Powell River.

**Why I’m a Rotarian:**

To serve and give back to the community of Powell River.

**Years involved: 10**



**Mac Fraser**

**City Manager  
City of Powell River**



**Proudest Rotary moment 2015:**

When our club facilitated online literacy training for 30 people in the Powell River area.

**Why I’m a Rotarian:**

Rotary allows me to serve my community and give back. It is also a great social activity with like-minded people.

**Years involved: 10**



**Isabelle Southcott**

**Owner / Publisher  
Powell River Living Magazine  
Southcott Communications**



**Proudest Rotary moment 2015:**

When my 16-year-old son Alex returned from his Rotary-sponsored trip to Germany, a little more grown up and a lot more internationally-aware.

**Why I’m a Rotarian:**

The positive impact I can make as a business woman is stronger, working together.

**Years involved: >1**



**Kim Miller**

**Manager  
Powell River  
Chamber of Commerce**



**Proudest Rotary moment 2015:**

Working together on community projects. Our annual Seafair Bingo raises funds for scholarships.

**Why I’m a Rotarian:**

I love to be a big part of my community, feel a sense of pride with the good projects we do that will benefit many.

**Years involved: 5 (founder)**



**Michelle  
Hodgkinson-Kristof  
& John Kristof**

**Owner / Dealer  
Canadian Tire**



**Rotary members  
for 4 years**



**Rod Wiebe  
Detachment Commander  
RCMP**



**Proudest Rotary moment 2015:**

Being co-chair for our scholarship selection. I’m proud our club is able to help students pursue post-secondary education.

**Why I’m a Rotarian:**

To give back to the community and to make it an ever better place to live.

**Years involved: 4**



It's January.  
 It's **cold** outside.  
 But in-store  
 our specials are **hot**.  
 Check it out.

**PAPERWORKS**  
*Gift Gallery*  
*As usual, the unusual*

Visit us at

202 - 4741 Marine Avenue • Open Mon-Sat 10-5 • 604 485-2512



**February 17-21, 2016**  
**10 great films & 1 fabulous party**  
 ★Update: 11 features, 12+ shorts, and special guests!★  
**Full schedule & trailers online**  
 Look for our film posters around town  
[prfilmfestival.ca](http://prfilmfestival.ca)



*Wondering what your home is worth?*  
 Call me for reliable answers to your real estate questions.  
**Brandy Peterson**  
 ROYAL LEPAGE  
 Powell River  
 brandypeterson@shaw.ca 1-877-485-4231 toll free 4766 Joyce Ave  
**Let's talk! 604 344-1234 direct** [powellriverrealestate.net](http://powellriverrealestate.net)



*For zen-like fish* **1**

Calm down after the hectic season with the therapeutic relaxing effects of an aquarium. A Fluval Vista panorama aquarium kit starts at \$129.99 at Mother Nature, and the staff can also help you pick the right fish to bring colour, life and light to your living space.

a 20% off discount on all rooms for the month of January. Sleep with history!

*For a wilder ride* **3**

There are trails to be followed and a Bike Park to test your skills, but you deserve to do it with the best equipment from TAWS. Norco full suspension mountain bikes start at \$2299 and BMX bikes, perfect for the Bike Park, start at \$399.



*For intact furniture* **2**

Kitty needs to exercise those claws, and your furniture is a good place to start - unless you invest in a good safe scratching surface or tree from Top Shelf Feeds.

*For a sweet staycation*

Tired of trying to get out of town but the ferries aren't running? Why not have a "staycation" at The Old Courthouse Inn (full hot breakfast of your choice is included at Edie Rae's Café)! Locals get



**Breakfast, Lunch & Dinner**

**Eat in or take it to go.**

*One bite and you're hooked!*

Fish n' Chix is your family diner at Edgehill Store on Manson Ave, open 10 am - 8 pm, 7 days a week.



**Wishing you all the best in 2016**

*From your friends at Top Shelf Feeds*

**Top Shelf Feeds**

We allow pets to bring their people into the store. Find everything for your pet, livestock, farm and garden needs.

4480 Manson Avenue (corner of Duncan & Manson) • 604 485 2244



# January's Just for Me



Santa does his best, but sometimes even he doesn't get it right. Despite all your hints and suggestions, what you got for Christmas was not on your list. Oh sure, you could try to be a little less naughty next year, but let's get real. That's probably

not going to happen. And why should you have to wait a year? You deserve to treat yourself. So *Powell River Living* asked a few of our favourite local retailers to share what they think should go on your "Just for Me" list for January.



## For happy feet 4

Treat your feet to that instant "ahhh" feeling with a pair of Darn Tough Merino wool socks from Pagani's.

## For hiking with style 5

Whether you're cozying up with a good book, or snowshoeing up the mountain, you deserve to be warm and comfortable. A Pollen sweater delivers on that, plus it's good-looking. If you didn't get one for the holidays, it's time to get yourself what you deserve. The women's V-neck, pictured here, is deeper than the men's and features a thin, more feminine neck band. With Pollen's signature straight body and drop shoulder construction your movements are never restricted; whether you are fishing, hiking, skiing, gardening or turning pages. Stretchy ribbed cuffs slide up your arms and stay there when you need them to.



## For sunny ways, my friends 6

With the fantastic snow conditions on local mountains and on Mt. Washington, you'll want to make sure you have the best UV eye protection available. Choose a pair of Maui Jim's from Powell River Optometry. Your eyes, and your fashion sense, will thank-you.



## For your new bling 7

Or maybe Santa did deliver the bling at Christmas morning and now you need to figure out where to put it all! Paperworks can help with that. Quality wooden jewelry boxes start at \$99.

## For romantic winter nights 8

Sometimes you're just too tired to pull a cork. Or, more likely, you only want one glass, and don't want to open a bottle. Capone's can help you with that with their selection of XO,G, by Giuliana Rancic. It's a wine-bottle shaped package that has two single-serve glasses of Pinot Noir and two glasses of Pinot Grigio. Life is full of hard decisions - wine shouldn't be one of them.

## For a softer step 9

You abuse them all day long. But at the end of the day, your feet deserve Isotoner slippers with pillow non-slip step. Starting at \$19.50 at Fits to a T.



**Use this free space  
to market your charity  
or non-profit organization.**

This space available to non-profit organizations, courtesy City Transfer



**You Get It.**

*Next day, damage-free delivery.*

**CALL TODAY  
to schedule  
your next  
delivery**



[WWW.CITYTRANSFER.COM](http://WWW.CITYTRANSFER.COM)

POWELL RIVER |

SUNSHINE COAST |

VANCOUVER

**310-CITY (2489)**

**DON  
McLEOD**  
PERSONAL REAL ESTATE  
CORPORATION  
*Mycoast.ca*

A lifetime in Powell River - no one knows it better.  
Experience matters. List your home with confidence.

**Free no-pressure market evaluation – call Don 604-483-8044**

**RE/MAX**  
POWELL RIVER  
Independently Owned & Operated



[mycoast.ca](http://mycoast.ca) • [don@mycoast.ca](mailto:don@mycoast.ca) • 604-483-8044

THE DON McLEOD MARKETING TEAM

Taws, Powell River Living & The Powell River Brain Injury Society  
Colouring Contest

Your brain: it's a beautiful thing



Name: Sabrina Upton  
Age (or "adult"): Adult  
Contact: 604-244-2038

# Your brain: it's a beautiful thing Contest winners!

In December, the Powell River Brain Injury Society, together with TAWS and *Powell River Living* magazine, held a colouring contest to raise awareness about brain injury. Dozens of entries came in. Taws donated helmets to the winners – and also made a surprise donation of helmets to the Brain Injury Society. Mayor Dave Formosa also donated \$25 of his own money as a cash prize to each winner. They are:

**Adult** (left): Sabrina Upton

**5 to 9 years** (below left): Asia Millar, 8

**10 to 15 years** (below centre): Stephanie Logan, 12

**16 to 18 years** (below right): Victoria Ketchum, 16



**FULL SCOPE FALLING**  
**TREE SERVICES**

Industrial & Residential Falling • Danger Tree Removal  
Topping, Limbing, Pruning • Clean-up/Chipper available • On-Site Milling

604 414 9864 [fullscopefalling.com](http://fullscopefalling.com)

**REMOVE THE HAZARD**

**WIN coffee for a year!**  
For you, not your pet.

Buy any **GO!**™ or **Now Fresh**™ pet food & give us your email to be entered to win:

- 12 bags of River City Coffee (your choice of flavours)
- \$50 River City Coffee gift card
- 2 ceramic mugs by Earth Inspirations Pottery

Draw date: January 31. Approx value \$300.  
To enter without purchase, visit Mother Nature and provide your email address.

**Mother Nature**  
Who knows better than Mother Nature?  
garden & home decor • lawns • pets • plants

Duncan Street • 604.485.9878  
[fb.com/MotherNaturePowellRiver](http://fb.com/MotherNaturePowellRiver)  
[www.mother-nature.ca](http://www.mother-nature.ca)

**What people are saying about Tree Frog parties:**

“It was outstanding! The room looked lovely, the meal was terrific and we really appreciated the great rate on the corkage and the above and beyond service from the servers – especially Jessica B. Thanks.”  
~ Dawn Adaszynski

“The food was excellent, as always. The room looked so beautiful and the service was amazing. Thanks.”  
~ Don Edwards

Full-service banquet room for up to 60 guests

4603 Marine Avenue • Reservations recommended • 604-485-0010 • [www.treefrogbistro.com](http://www.treefrogbistro.com)

**Tree Frog Bistro**  
Refreshingly Different

**Sat: Date Night**  
\$45: includes appy to share, an entree each, dessert to share

**Fri: Roast Beef Dinner**  
\$22.95: with all the trimmings!

**Daily: Drink specials**  
Froggy Hour  
between 3 pm and 5 pm

# Curriculum in focus

## Two non-instructional days added to this year's school calendar

Students will have an extra two days off school this year as teachers learn more about the new BC curriculum set to kick off in September. Kindergarten to Grade 9 will see changes beginning in September 2016 with Grades 10 to 12 seeing the new curriculum implemented in September 2017. Brooks Secondary School teacher Jennifer Kennedy, Professional Development chair for School District 47, tells us about the new curriculum and government mandated non-instructional days.

### Why?

The Ministry of Education launched BC's Education Plan to help transform education to better meet the need of all learners. This more flexible curriculum is focused on the core competencies, skills and knowledge that students need to succeed in the 21st century.

Teachers need time to prepare and understand the redesigned curriculum so two curriculum implementation days, **February 15** and **April 15**, have been added to the calendar. "These are not Pro-D days," says Jennifer. "These are curriculum development days. We, as teachers, need time to collaborate and create content which reflects the upcoming curricular changes."

### New curriculum

At the heart of BC's redesigned curriculum are core competencies, essential learning.

The new curriculum maintains a focus on literacy and numeracy while supporting the development of citizens who are competent thinkers and communicators, and who are personally and socially competent in all areas of their lives.

### What it means

The focus of the redesigned curriculum looks at core competencies and big ideas. It's primary focus is not solely on subjects but on broad-based concepts like creative thinking, critical thinking, social responsibility, personal responsibility, personal and cultural identity. "Our current curriculum touched on these concepts. This new curriculum gives the ability to address content while personalizing learning, which is a powerful thing."

Now teachers are given the ability to determine how best to let students explore their own learning. "We can make our courses local and relevant, as well as introduce more Aboriginal (First Nations) content. Any opportunity we have to re-investigate how we teach and reinvigorate our own practices is a positive!"

Kids day off	A taste of what SD47's teachers will be exploring
February 5	<b>Pro-D day:</b> District Day. Teachers in the district come together at Brooks for a Keynote speaker talk about Inquiry as a thought process model. Breakout sessions in the afternoon.
February 15	<b>Curriculum implementation:</b> Non-instructional day for teachers to discuss and develop for the new BC curriculum set to begin September 2016 for Grades K to 9 and September 2017 for Grades 10 to 12.
April 15	<b>Curriculum implementation:</b> Non-instructional day for teachers to continue developing curricula: teacher-leaders will help to determine the needs of their schools, grade levels and or subject areas, and develop a scope that meets the needs of students and educators across the district.
June 6	<b>Pro-D day:</b> Admin Day. Individual schools set goals (curricular, community, social) and look forward to curricular implementation and professional growth.
Summer!	<b>Pro-D days:</b> Determined by the individual school and staff, the content or structure can be influenced by school goals set in June. Held during the week before school starts for students.



Want to learn more? Contact us.  
**School District #47**  
 4351 Ontario Ave, V8A 1V3  
 604 485-6271 • [www.sd47.bc.ca](http://www.sd47.bc.ca)



**CUTTING-EDGE CLASSES:** Jennifer Kennedy teaches Photography and Foods classes at Brooks Secondary School, and offers seven years of experience in the district. She is also the Professional Development Coordinator for the 2015-2016 year.

*Photo by Alyssa Edmunds*

### Meet the teacher: Jennifer Kennedy

Before she was a teacher, she was an art student and photographer. After graduating from high school, she attended the University of Victoria with aspirations of becoming a painter.

"Then I happened to try photography and was excited by the challenge and consistently changing technology."

Jennifer graduated with a Bachelor of Fine Arts but soon discovered there weren't many job prospects in her hometown of Powell River, outside of her own photography studio (which she began nine years ago). After working with youth through tutoring,

she decided return to university to do a post-degree professional program in Secondary Education.

"I prefer being behind the lens," she says.

That's part of why she chose teaching. "Being a teacher is standing behind students, fostering their independence and encouraging engagement. I get to share my passion for art, for food, for leading and for learning with students every day. It's awesome."

Jennifer, affectionately known by many students as "JenKen", is also Coordinator for Link Crew, a new student leadership program for incoming Grade 8 students.

"We train Grade 11 and 12 students to facilitate and advise our Grade 8s in their transition to high school."

These days, in addition to her role as teacher and Pro-D Coordinator, she is an avid sponsor of extra-curricular groups at Brooks Secondary including Student Council, Link Crew and Yearbook. Outside of work, she enjoys spending free time with her husband, two-year-old son and family.

Jennifer is passionate about leadership. "I whole-heartedly want to promote both student leadership and teacher leadership. A rising tide lifts all ships!"

# 10 things Powell River should be very proud of from 2015



## Bike & Skate Park

**What is it?** A collection of jumps, ramps, wall rides, fun boxes, lifts, lips and landings, transitions, and pump tracks built beside the recreation complex.

**Why be proud?** The bike & skate park is a legit awesome amenity – among the top five bike parks in BC, and situated in a beautiful pod of coastal rainforest. For both local users and as a tourist draw, it represents fitness, community-building, skills, and pure fun. In addition, we should be proud that the \$550,000 in funding came from the Powell River Community Forest – a people-empowering, progressive, community-based resource co-management model that’s growing exponentially across the globe.



## Catalyst generator

**What is it?** A \$25 million waste steam-to-energy turbine generator at the Powell River mill.

**Why be proud?** At one time, BC’s coast was pockmarked with big industry that pillaged resources with little thought to environmental impact. But here, we have a story that shows transformation is possible. In terms of energy, Catalyst is BC Hydro’s biggest customer – with the majority of that energy coming from big hydroelectric dams. The new generator reduces Catalyst’s reliance on BC Hydro with an almost zero-impact alternative

source of power. Other mills may soon follow in our footsteps.



## Lot 450 protest

**What is it?** A multi-faceted action against Island Timberlands’ plan to log the remaining stands of its privately held trees within the municipality.

**Why be proud?** Two reasons. First, recognizing that Powell River is a community that depends on forestry and logging, the protestors were very specific about what they were protesting (not logging in general – specific logging practices, regulations and locations). Second, after months of zero communication, public pressure here moved the company to show up and deliver an open house here in November. Unheard of!



## Pro-active anti-racism work

**What is it?** A campaign by the Powell River Diversity Initiative to help Powell River embrace new residents.

**Why be proud?** While Powell River is already ethnically-diverse and always has been, it will likely become much more visibly so over the next few years. That’s thanks to the expansion of the BC Ministry of Education partnership school Sino-Bright, a surge in new business immigration, and the welcoming of

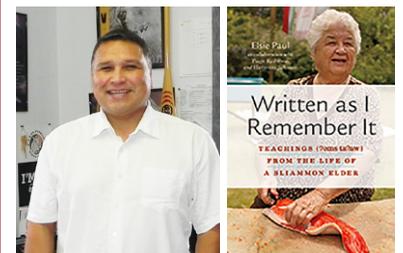
the sponsored refugees from Syria. However, there has been some private and some not-so-private grumbling about both immigrants and refugees here. That a local agency saw the need for education-based anti-racism work – before serious conflicts happened – says that this is a community that believes in a globally-relevant, inclusive future.



## Fuller’s award

**What is it?** Ron and Doug Fuller operate a 1,230-hectare woodlot just east of Powell River. They won the 2015 provincial Minister’s Award for Innovation and Excellence in Woodlot Management.

**Why be proud?** Woodlots are sometimes contentious in other parts of the lower coast. But here, Ron and Doug Fuller demonstrate that locals tied to the land and the community truly have a stake in excellent sustainable forest management. Here’s what Steve Thomson, BC’s Minister of Forests, had to say: “Ron and Doug Fuller have led the way in building a viable, thriving business without compromising forest stewardship values. ... We appreciate your industry leadership and value your long-term commitment to the woodlot program.”



## Tla’amin treaty signed

**What is it?** Just a handful of BC First Nations have signed final agreements through the BC Treaty



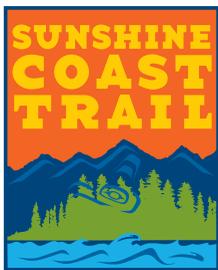
We are happy to provide you with the peace of mind that comes from a well-planned estate by protecting your family and loved ones from uncertainty.

Let us use our estate planning tools to leave a lasting legacy for your family. Call us today.

Fleming and Associates, Lawyers • Find us at 4571 Marine Avenue • 604-485-2771 • [www.fleminglaw.ca](http://www.fleminglaw.ca)

Commission's slow-moving negotiation process. In 2015, Tla'amin First Nation became one of them, with the treaty to be implemented on April 5, 2016.

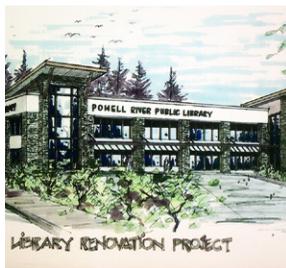
**Why be proud?** Negotiating the land, resource and governance agreement was no easy task. It required more than two decades of attention and focus, plus a contentious vote. The reward is self-determination into the future. We are all now treaty people. At the same time, this has been a particularly vital time for Tla'amin's cultural renaissance, including an honorary doctorate for *Written as I Remember It* author Elsie Paul.



## Sunshine Coast Trail recognition

**What is it?** The 180-kilometre trail, the building of which began 24 years ago, is getting record recognition this year, including *Explore Magazine's* "50 best hikes in the world."

**Why be proud?** Unlike many of the other trails on *Explore's* top-50, the SCT distinguishes itself in two ways. First, the trail and huts were built entirely by volunteers. Second, it is not in a park, but largely runs through the "working forest," a swath of crown land under tenure by Western Forest Products, private woodlots, Tla'amin Lands, and much more. The trail is beautiful, yes, but it also symbolizes some pretty sophisticated collaboration and community vitality.



## Library decision

**What is it?** After decades of debate (moving or not? Willingdon or not?) the Powell River Public Library has a clear future: a move to Crossroads, committed government cash, and a fundraising campaign.

**Why be proud?** Resolving a big, expensive, contentious public issue is always something to be proud of. It's done. Congratulations to us. But also, the Powell River Friends of the Library are killing it on the fundraising, with its Pump Up The Volumes campaign having already raised nearly half of the \$100,000 goal for 4,000 new items for the bigger space.



## Hosting the BC Festival of Performing Arts

**What is it?** The provincial festival of dance, music and speech arts for youth aged 5 to 28. In May, Powell River hosted youth from around the province for the event.

**Why be proud?** This was a one-off, but it piggy-backed on the region's well-greased billeting and volunteer machine, built over years hosting Kathaumixw, PRISMA, the annual local performing arts festival, and many other events. Powell River's strong showing revealed how extraordinary this place is, as a hive for arts talent.



## We shoot, we score!

**What is it?** Powell River hockey players won on the global stage as Kings players Kyle Betts and Carter Turnbull helped Canada West to gold at this year's World Junior A Challenge. Powell River can also be proud of the results from its Minor Hockey program, which has representation on the hometown BCHL team, with locals Rylan Ball (above), Jack Long, and Hunter Findlater on the squad.

**Why be proud?** This is Canada. It's no small feat to stand out in hockey. But Powell River has a long history in the international tournament, including Kurt Keats captaining Canada West last year, and Powell Riverites coach Kent Lewis and goalie Sean Maguire, along with fellow King Evan Richardson winning gold in Langley in 2011.

---

Was 2015 an unusually-vital year here? It seems so, after we rounded up this too-short list of truly innovative, proactive, and unique actions this community undertook in just 12 months. We could have named 50 more...

---

**Get a jump on the spring market.  
List your home now!**

**CARLA MCKAMEY**  
POWELL RIVER REALTOR®

**ROYAL LEPAGE**  
Powell River  
INDEPENDENTLY OWNED AND OPERATED

**604 483 1568**  
**carlamckamey.com**  
**info@carlamckamey.com**

**Call today for your free Comparative Market Analysis.**

# PLAN YOUR JANUARY

**January 6**

## One Voices Choir Opening Night

Everyone welcome! New singers orientation 6:30, choir 7-8:30pm. Cranberry Hall. Contact: Julia singipowellriver@gmail.com or 483-1143.

## New Year with PRISMA

Musical performances by Maestro Arthur Arnold on cello and Olga Tereschenko on piano, as well as an exclusive screening of our first-ever DVD documentary. Attendees can also expect a variety of wines at the cash bar provided by 40 Knots Winery. 7pm, Max Cameron, by donation, open to all.

## Ferry Schedule Modifications

Both to Earls Cove and Comox. See bcferrys.com for more.

**January 8 & 9**

## Banff Mountain Film Festival

At Max Cameron Theatre. Doors open 5:45pm. Films, 6:45. banffmountainfestival.ca. Tickets at Taws, Pacific Point and River City Coffee.

**January 9**

## Kiwanis Giant Book & Misc Sale

10am - 1pm, 4943 Kiwanis Ave.

**January 10**

## Cheese-making workshop

Instructor Paula Maddison teaches mozzarella 10-12pm, or Cream Cheese, Fromage Blanc & Boursin 1 - 3pm. Recreation Complex.

**January 13**

## Parents workshop

How to talk with your teen about sex. With local physician and sexual health educator Dr. Leta Burechailo. Does education reduce risk behaviours? What should we be talking about? Safety and health? Media? Decision making? Family values? Contraception? When do we talk? How should we say stuff? How do we get everyone talking? What resources can help? Brooks School, 7 to 9pm.

**January 14**

## Author Reading

Local historian Tim Balzer reads from *Journey Towards Community: Sixty Years of Inclusion Powell River Society*. 7pm, Jean Pike Centre.

**January 16**

## Wellness Fair

Meet your local health practitioners. We are The Powell River Healing Collective and we are here to support our community. We offer Acupuncture, Reiki, Massage, Nutrition, Herbalism, Fitness/Exercise, Chiropractics, Shamanic Healing, Hypnotherapy, Bio-Kinesiology and more. Free admission, 1 to 5pm at Nourish.

## Townsite Brewing Warehouse Speakeasy

Speakeasy and games night in the Warehouse of the Brewery! \$15/ticket gets you 2 beverages and snacks. 7:30pm. Tickets at the Brewery.

**January 17**

## Sunday Song Circle

Cranberry Community Hall, 2 til 5pm.

## Dancing and Drumming Workshop

With Jacky Essombe and Yoro Noukoussi. Only 40 seats available! \$15 tickets at the Brooks office. 2 til 5:15pm.

## Dancing and Drumming Performance

With Jacky Essombe and Yoro Noukoussi. 7 to 8:30pm, at the Max Cameron Theatre. \$5 suggested donation at the door. Kids 12 and under free.

**January 22**

## Texada Reading

Tim Balzer, author of *The Information Front: The Canadian Army and News Management during the Second World War*, reads 2:30pm - 4pm at the Gillies Bay Seniors Centre. Texada Military historian Tim Balzer will talk about the Canadian Army and the Battle of Dieppe in 1942. For information contact Mark at 604-485-8664.

## Kings vs Alberni Valley Bulldogs

7:15 The Hap

**January 23 & 24**

## Fibre and Fabric Workshop

This is the second annual Fiber and Fabric weekend!



**MAKE IT CHEESY:** Paula Maddison, a renowned cheesemaker and instructor from Gabriola Island, is coming to Powell River to teach workshops at the Recreation Complex. On the morning of January 10, you can learn to make mozzarella. In the afternoon, creamy Fromage Blanc and Boursin. "Using products readily available and demystifying the idea that cheese making is difficult, Paula's classes are comprehensive, delicious and a lot of fun," reads her site. Contact the Recreation Complex to register.

*photo from Paula Maddison's blog, maddacres.com*

## Kings vs Coquitlam Express

7:15pm The Hap

**January 30**

## Puccini's Turandot

Princess of ancient China, whose riddles doom every suitor who seeks her hand. Franco Zeffirelli's golden production is conducted by Paolo Carignani. Tickets: Adult \$25, Senior \$22. Youth \$15. Available at the Academy Box Office, 604-485-9633, Online, and Breakwater Books, or at the door.

## Kings vs West Kelowna Warriors

7:15pm The Hap

**January 24**

## Kings vs Surrey Eagles

1:30pm The Hap

**January 29**

## Petunia and the Vipers

Red Lion Pub, 8pm.



Marie-Eve Barnes  
604 414-9772

Eve Stegenga  
604 414-5991



Gift Certificates & Mobile Service Available

Reiki  
Zen shiatsu  
Reflexology  
Aromatherapy  
Couples massage  
Four hands massage  
Pre and post natal massage  
Swedish & deep tissue massage

6804 Alexander Street



## Dog Gone Grooming

Do you have a new fur-baby? We'd love to meet them! Come visit Jessica and Lou Anne. Limited spaces available. Maximum 50 lbs.

Grooming • Bath • Brush • Nails  
Teeth Brushing • Ear Cleaning

Wash your own dog in our convenient walk-in tub. Leave the mess for us! By appointment only.

6758 Cranberry Street • 604 483-2293

This page sponsored by:



**You get it...**

*Next day, damage-free delivery.*

**CALL TODAY  
to schedule  
your next  
delivery**



[WWW.CITYTRANSFER.COM](http://WWW.CITYTRANSFER.COM)

POWELL RIVER | SUNSHINE COAST | VANCOUVER

**310-CITY (2489)**

BY KIM MILLER | office@powellriverchamber.com



**W**arren Behan is now the owner of the Powell River franchise of **Royal LePage**. The real estate company, Canada's oldest and fastest growing, acquired the Coast Realty brokerage in July, but it took until Dec. 1 to close the deal in Powell River because there was no Royal LePage office here, and no franchisee was immediately found. Warren said he was too busy to manage the brokerage because he prefers to list and sell properties. But Warren wanted to see local ownership, so decision-making could be done quickly and locally. When **Dawn Adaszynski** agreed to stay on as manager, Warren was sold, but it still took a while to work out a deal on the building and the franchise. "We have a really good team of realtors and support staff and property managers," said Warren. "If we didn't have the right people, I wouldn't have wanted it." Dawn said the Royal LePage brand gives good value and support to realtors, particularly on the increasingly-important digital aspects of the business. Almost 50 per cent of sales are made to out-of-town buyers, so having a strong web presence is important, said Dawn.

**Robert Dufour** of **Works** has purchased **Phoenix Printers** from Colin Palmer, who is retiring from the printing business. The purchase includes the client list, dockets, digital and paper files, but does not include the equipment or building. Robert says he already had similar or better equipment. "Colin has served the community well for many years, and I look forward to continuing that tradition and offering even more services," said Robert. Works specializes in custom design and printing of flyers, brochures, rack cards and business cards, as well as large-format printing. If you usually dealt with Phoenix for printing, contact robert@worksconsulting.ca or call 604 485-8381.

**Jocelyne and Brent Esterer** have purchased Don Carto's trucking and concrete business and separated it into **Random Concrete Products** and **JBE Trucking**. They've relocated the business from Wildwood to their Green Acres farm on

Random Road south of town. The concrete business provides well rings and lawn ornaments, picnic tables, benches, commercial garbage cans, memorial benches, planters and more, with close to 1,000 molds available. The trucking business has a 20-foot flatbed with a hi-ab crane and can lift 11,000 pounds. It also has a four-car hauler and a bobcat with trencher, grapppler, augers, sweeper, rototiller and rock screen. Jocelyne and Brent also have the contract for Coast Storage Containers, serving as a depot for the "sea cans." They bought the sheep farm in April, after moving from Edmonton where they sold a paint manufacturing business and retired to travel. Having grown up in New Brunswick, Jocelyne missed the ocean and "Brent found me paradise" when he introduced her to Powell River. They hope to grown fruit trees and blueberries on the farm soon. Contact Random Concrete or JBE Trucking at 604 578-0066.

**Rick Peers** is running Powell River's newest tattoo parlour, **Ink House Tattoos**, at 4312 Franklin Street near Paparazzi Pizza. Rick has been doing work in black and grey for over 10 years and has an apprentice who, he says, is very good with colour. Contact the Ink House at 604 489-9908 or Rick on his cell at 778 896-7425.

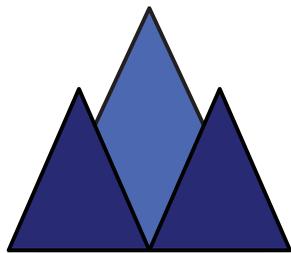
**Jenny Lessard** is now quarter owner of **Westview U-Vin U-Brew**. Jenny started working at the wine and beer making shop almost three years ago, and decided she liked the business so much she wanted to buy in. "It's a fun business - everyone is in a good mood when they come here. I enjoy the work and I think it has a good future." Jenny co-owns with Jackie Marjerison. Contact Westview U-Vin U-Brew at 604 485-0345.

The **Horizon Business Awards** gala takes place February 6 at Dwight Hall and recognizes the best of local businesses. Is there a local business you think needs recognition? Nomination forms available in the *Peak* or online powellriverchamber.com Tickets available by reserving with the chamber office at 604 485-4051 or email office@powellriverchamber.com. 

## HORIZON BUSINESS AWARDS

February 6, 2016 • Dwight Hall

Nominate your favourite businesses in 13 different categories. Online at [www.powellriverchamber.com](http://www.powellriverchamber.com) or fill out the form in the *Peak* Newspaper.



Co-hosted with Community Futures and Peak Publishing

PR CHAMBER OF COMMERCE

604 485-4051

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



January Winter Blow-Out

Up to 50% off

Fits to a T

www.fitstoat.ca

4573B Marine Ave  
604 485-6163



## Top 5 reasons to get a Pollen Sweater in the New Year

1. Pure wool keeps you warm in winter.
2. One of your resolutions was to support local workers. Right?
3. Wool fabric is soft and doesn't get too snug around the turkey belly.
4. Washable, which is good after you get sweaty trying to burn off said turkey belly.
5. What? You didn't get one for Christmas? What was Santa thinking? Treat yourself.

For more fun, and fabulous sweaters, wool and bamboo ponchos, toques, scarves & skirts, books and jewelry, find us above Nancy's Bakery in Lund.



Made in Lund, BC, Canada since 1986

Open 10-4 Wednesday-Sunday

604 483-4401 • [pollensweaters.com](http://pollensweaters.com)



## WHAT'S UP

### Powell River Film Festival

The Powell River Film Festival celebrates its 15th anniversary from February 17 to 21 with a showcase of the latest independent documentaries, short films and, feature dramas. Engaging cinema, lively filmmaker Q&A's, and a fabulous anniversary party. There is also a youth component, with the Adventures in Film Camp, 5-Minute Film Contest, and a School Film Focus program for local students. Visit the film festival's new website [prfilmfestival.ca](http://prfilmfestival.ca) for trailers and schedule details.

### Banff Mountain Film Fest

Tickets for the Banff Mountain Film Festival in Powell River are selling quickly as the January 8 and 9 festival draws nearer. Jim Palm, event organizer, predicts there will be a mad rush for tickets. Doors will open at 5:45 pm to give people time for food and refreshments and an opportunity to mingle before the screenings start at 6:45 pm.



### Second in the province

Brooks Secondary School's Thunderbirds won silver at the AAA girl's volleyball provincial championships last month in Vernon.

"We were ranked seven out of 16 when we went in," said an ecstatic coach Doug Skinner. "The audience gave them a standing ovation when they got their medals."

The Thunderbirds played Sa-Hali Sabres of Kamloops in the finals. The Thunderbirds lost the first set but played "brilliantly in the second set and Sa-Hali had their first loss of the entire tournament," said Doug. Sa-Hali went on to win the next two sets and the title with the silver going to Brooks.

Brooks Thunderbirds team members Hope Lechner, Matilda Bertrand, Melinda Boyd, Tyana Sacree, Chantel Gauthier, Kristen Watson, Paige Lawson and Amelia Vincent all played well. Maddie Yule and Kate Fisher were named first-team all stars. "It was awesome. We were so proud," said Skinner.

### PAWS wants you!

The AGM of PR PAWS takes place on January 11, 7 pm at the Westview Elementary School at 3900 Selkirk Avenue. New members are most welcome. There are two vacancies on the Board and we are looking for new directors who love the outdoors and are interested in helping develop the Sunshine Coast Trail and access to the outdoors through a variety of projects.

### Enter the festival

The closing date for the 72nd Festival of Performing Arts is 4 pm Tuesday, January 19. Entry forms are available at [clubrunner.ca/powellriver](http://clubrunner.ca/powellriver) and can be dropped off at the Academy of Music. The festival runs from February 20 to March 5 when the Grand Concert takes place. Amateurs of all ages will perform on the piano, in strings, wind and brass instruments, vocal and choral, speech arts, dance, and amateur choirs.

The festival is sponsored by the Rotary Clubs of Powell River with the help of many other community volunteers.

**fine cut meats  
fresh produce  
deli  
lunch bar  
market style  
groceries**

## CHOPPING BLOCK



4741 Marine Ave

604.485-4838

**we carry  
LOCAL  
chicken,  
beef, pork  
and eggs**

### January Sale

free range, boneless, skinless chicken breasts \$7.99lb while stock lasts



Open Mon - Sat 9:30 - 5:30

## Kelly's SPECIALTY SHOP LTD

Natural Health & Beauty - Organic Health Foods  
Vitamins, Minerals & Herbs - Homeopathic Remedies  
Beer & Wine Making Supplies - Special Customer Orders

4706C Marine Avenue 604.485.5550



**NATURE'S BLING:** Inspired by the simplicity and beauty of frozen water in its many exquisite forms, Powell River photographers have captured ice this chilly winter. *From far left: 1. Maria Glaze; 2. Rod Innes; 3. Rod Innes; 4. Lauri Percy; 5. Gary Sloatweg. Immediate left: Rod Innes.*

## Shreddin' the gnar?



Snowboarders and skiers, be safe. You're among the most likely to get an aquired brain injury.

We know what a brain injury is.  
You don't want to find out.



**Powell River  
BRAIN INJURY SOCIETY**  
tel 604 485-6065  
info@braininjurysociety.ca  
www.braininjurysociety.ca

## Love your winter gear?



Keep your cool-weather clothes  
smokin' hot.



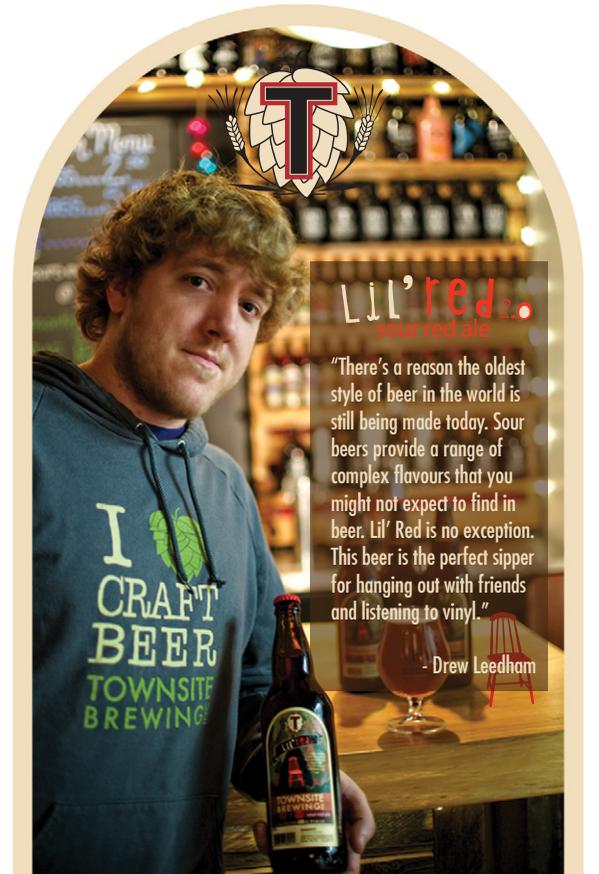
### Granger's®

- CLEAN, PROOF & RESTORE
- Cleans all technical outdoor clothing
    - Restores and refreshes the water repellent finish
  - Merino Wool, Down, Gore-Tex & other waterproof breathable garments
    - Water based & phosphate free
    - Wash-in or spray on options



**PAGANI & SONS**  
SHOES & REPAIRS  
"the fit specialist since 1956"

604 485-5110 4670A Marine Avenue



**Lil' Red 2.0**  
sour red ale

"There's a reason the oldest style of beer in the world is still being made today. Sour beers provide a range of complex flavours that you might not expect to find in beer. Lil' Red is no exception. This beer is the perfect sipper for hanging out with friends and listening to vinyl."

- Drew Leedham

PHOTO BY R. S. PHOTOGRAPHY

**FAN'S FAVORITES** with **TOWNSITE BREWING**  
www.townsitebrewing.com

*Tug-Guhm*  
GALLERY & STUDIO



Open 10 am to 4:30 pm  
Closed Tuesday  
in the Historic Lund Hotel  
604 414-0474  
aartcreations@shaw.ca  
"A UNIQUE STOP AT THE END OF THE ROAD"

Powell River's only locally-owned, full-service grocery store

- local produce •
- expert staff • *Give us a try!*
- competitive prices •



**Mitchell Brothers**  
*Your Hometown Grocery Store*  
5687 MANSON AVE • 604.483.4011  
OPEN DAILY 9 AM - 6 PM, FRI UNTIL 9 PM

*fresh local...* **PRODUCE**

**WINTER MARKET**

**SATURDAYS 10:30 - 2:00**

4752 Joyce Ave.  
(Community Resource Centre)

**EGGS**

**MEAT**

**BREAD & PIE**

**ARTISANS**

**EL's AUTO TEC LTD.**  
*Certified*

**Complete Auto Repair  
Any Make & Model**



7050 Alberni St 604 485-7003

**Try boxing. It's fun  
and it's FREE!**

5 to 6:30 Mon, Wed & Fri  
Powell River Boxing Club gym  
at Oceanview Education Centre.  
For more info call, 604 485-7095

*Improve your self-confidence and  
learn the "manly art of self defence."*



# Your local horoscope

With Texada Island astrologist Michael Moonbeam • Join Michael Moonbeam on 

**...spiralling towards our destination, dove wings open to reveal a strength we only dreamed we had, with open arms we face the returning sun and a world yet begun...**

## Aries

(Mar 21/22-Apr19/20)

What does it all mean? Does my work life satisfy my deepest feelings about how I define myself and what matters most to me? Do I have the courage to risk another dance with my shadow on the banks of destiny's mighty river?

## Taurus

(Apr 20/21-May 20/21)

As you look out across the waters of memory, thoughts swirl in the forest canopy of the mind. Picturing your place in the land of someday, a plan begins to form.

## Gemini

(May 21/22-June 20/22)

Fatal attraction. What you think you want may reveal something deeper than you imagined. Look close, the soul has wisdom beyond the mind's grasp.

## Cancer

(June 21/22-July 22/23)

What you think you see in the world is the trickster of the soul playing songs of independence. Showing you the source of your creative strength is the mansion of your own heart.

## Leo

(July 23/24-Aug 22/23)

Like a beacon on a hill a health issue or work concern can communicate a direction and a goal. If possible choose the high ground of heartfelt independence..

## Virgo

(Aug 23/24-Sept 22/23)

You see yourself and what actually feeds you with x-ray vision. This leads to some original thinking about the future, and how to refine the integrity of your dreams, and who you share them with..

## Libra

(Sept 23/24-Oct 22/24)

Shining the light of emotional inquiry on uprooted patterns of behavior reveal what appeared as darkness is actually the rudder of the soul steering your life to a freedom you didn't know was possible.

## Scorpio

(Oct 23/24-Nov 21/22)

A previously hidden desire reveals itself with stark emotional clarity as the soul tips its hand and demonstrates why it needs freedom to implement its master plan.

## Sagittarius

(Nov 22/23-Dec 21/22)

At certain crossroads of the self it becomes obvious that the soul has a currency, and its own set of goals. As you think about the year ahead and how to achieve what matters to you think about this. The outcome will surprise.

## Capricorn

(Dec 22/23-Jan 19/20)

Light the fire of your ambition with the deepest intent of your heart my achieving friend. Put self-doubt to bed and take us across the threshold of a new year.

## Aquarius

(Jan 20/21-Feb 18/19)

What is simply bursting to come out of you dear aquacat, know the power of your thoughts are magnificent and perfect whether you incubate or co-create. The scepter is in your hand.

## Pisces

(Feb 19/20-Mar 20/21)

As outsourced elements of your own prodigious soul, friends add music and partners to your personal dance with the cosmos. Maybe it's time to make some new ones. 

 *Tangled Tails* 

Grooming 604•223•0404  
3682 Marine Ave, Powell River

**VALERIE GRIFFITHS**  
Think Real Estate.

**GriffithsProperties.com**  
val@griffithsproperties.com  
**604 483-6930**  
1-877-485-4231 toll free  
4766 Joyce Avenue




**This is for carpenters,  
not your glasses.**

How will you get measured for your next pair of glasses? When you order online, you're just guessing at how those glasses will sit on your face. But when the experts at Powell River Optometry measure your face with their professional equipment, you're assured of the perfect fit.



**DR JOHN WYSE AND ASSOCIATES**  
powellriveroptometry.com  
#106-4801 Joyce Avenue  
In Crossroads Village  
604 485-7115



- Across
4. Tall frozen vapour
  6. Slow-moving ice river, or Street
  9. View-rich mount, beer, or helmet
  11. Winter recreation area
  14. PR avg 11 snow days, but 176
  16. Remote cabin stove fuel
  17. Snowcapped peak, or Bruce's butler
  19. First route for snow removal
  22. High-altitude lake, or vegan author
  24. Tapered hanging frozen water
  27. Rapidly sliding snow
  29. Partly melted snow
  31. Hockey royalty
  32. What you do on ice sheet
  33. What frozen things do in summer
  35. Bombardier's snowmobile
  36. Tire wrappers for winter roads
- Down
1. Winter walkers, or hare
  2. Falling ice, rain and snow

3. Icy dew, or realtor Neil
5. Road-clearing truck accessory
7. Ice sheet with limited viewing area
8. Snowy mount in this pic
10. Frost photographer Rod
12. Ice sheet with lots of seating
13. Please shovel this after it snows
15. Coating of ice from frozen rain
16. Golf and ice cream
18. Movie, or Sheridan performance
20. Frozen rain, or to call someone
21. Speedy winter footwear
23. Nipper of nose and toes
25. Crown's icy sport
26. Sonja Lake, or uncomfortably cool
28. Icy? Avoid these
29. Don't pepper the road
30. Lund ice cream shop
34. Glacier visible from Westview
35. Flakey rain

**STUBBERFIELD  
FUNERAL HOME LTD**

Providing dignified service to the region since 1969  
Visit our website to view obituaries and send condolences online

7221 Duncan Street      www.stubberfieldfh.com      604 485-4112

## Crazy Quilt Cottage

Fabrics • Notions • Patterns • Books • Wonderful Threads

### Sign up for 2016 classes

604-485-5668 Tues-Sat 10-5  
6952 Duncan Street  
deborahjenkins@shaw.ca  
crazyquiltcottage.com  
fb.com/crazyquiltcottage

Longarm quilting  
available

Powell River Hospital  
**Foundation**

Improve the future of health care.  
Donate to the Powell River  
Hospital Foundation.

604 485-3211 ext 4349 | 5000 Joyce Avenue, Powell River, V8A 5R3  
www.prhospitalfoundation.com

## Lund Water Taxi

604-483-9749

Daily runs to Savary Island • Charters serving Savary  
Island & surrounding areas, including Sunshine Coast  
Trail • Phone for reservations • Phone hours 8am-6pm

## 2016 GRANTS

The Community Foundation is accepting grant applications from **registered charitable organizations** for eligible local projects.

For application guidelines and forms see  
[prcommunityfoundation.com](http://prcommunityfoundation.com)

**Application deadline: Monday, March 11, 2016 at 4:30 pm**

Solution  
for last  
month's  
puzzle:  
"Christmas"

# 16

## predictions for 2016

**1.** Sea Fair, Logger Sports, Kathaumixw and Blackberry Festival all get rolled into one single event... once. Who knew that choirs, street festivals, parade floats and axe-throwing really don't mix?

**2.** The newly arrived Syrian refugees overhear locals referring to themselves as "Vancouver refugees." Eyes are rolled and foreheads slapped.

**3.** Third Crossing gets built. Locals secretly miss BC Ferries wallet-emptying fares, the unpredictable promotions, canned recordings they know by heart, cancelled and delayed sailings, uncoordinated connections... plus the chance to shop for knee-socks.

**4.** Justice is served. BC Supreme Court deems the original Lot 450 land grant, from the 1870s, illegal. Judge rules that IT must return it to "the people of Powell River" in its original condition - including intact old-growth forests.

**5.** Justin Trudeau visits Powell River and wears a Pollen sweater, rendering him 90 percent more attractive. (As if that's even possible.)

**6.** Justin Trudeau visits Courtenay and wears a sweater he bought at Costco, rendering him 90 percent more likely to think that a \$1.50 giant hot dog and pop is a good idea.

**7.** Local spot prawns become so popular, attempts are made to start farming them. Protests ensue. Early efforts don't taste as good anyway.

**8.** Construction at Powell River Stores wraps up, and it opens... as something.

**9.** First cyclists are sighted on the bike path to Wildwood.

**10.** Recognizing the region's fastest-growing retail presence, the City of Powell River changes tag line "Coastal, by Nature," to "Coastal, by Pharmacies."

**11.** Recognizing Catalyst's shift from newsprint to paper towels, the City of Powell River changes "Coastal, by Nature" to "Powell River: the quicker-pick-upper."

**12.** Saddened by the "IT go home" sign that sat at Marine and Alberni for most of the summer, Powell River's information technology specialists leave town.

**13.** The "Resident attraction campaign" is augmented by a new "Resident employment campaign," specializing in finding jobs for newly-arrived, highly educated, limited-ambition, environmentally-oriented former urbanites.

**14.** "Resident employment campaign" soon replaced by "Guaranteed income campaign."

**15.** Not to be outdone by other municipalities which have banned plastic bags, plastic water bottles, and battery hens, Powell River City Council bans banning things. Instead, it asks the federal government to step up and regulate consumer disposables and animal welfare.

**16.** Cranberry is the new "it" neighbourhood, thanks to a secret goose-culling campaign at Mowat Bay.



604.485.7676  
4487 Franklin Avenue  
pinetreeauto@shaw.ca

No matter how rough 2015 was, we can smooth things out.

**PINETREE  
AUTOBODY  
LTD.**

**ICBC Car  
shop**  
Accredited Collision Repairs



## DR ROSS GREENE

Author of best sellers: *The Explosive Child* and *Lost at School*



[www.livesinthebalance.org](http://www.livesinthebalance.org)

**Friday, April 8, 2016**

**Florence Filberg Centre  
Courtenay**

Pre-registration required  
Online registration, details and enquiries [www.4children.ca](http://www.4children.ca)

**Check out the PRL contest on Page 14!**  
Win FREE registration plus travel there & back



Find us on for updates and other events



## Roofing you can trust.

As Powell River's leading roofing contractor since 1980, we provide high-quality installations of all types of roofing systems, and all of our workers are trained and ticketed in each specific roofing application.

- Commercial and residential
- Torch on membrane systems
- Single ply roof systems
- Hidden fastener metal roofing
- Cladding and corrugated metal
- Fiberglass asphalt shingles
- Composite shingle roofs
- Green roofing certified
- Repairs and maintenance
- Roof consulting and planning
- Custom sheet metal and flashing sales
- Mechanical and HVAC sales and service
- Government Certified Tradesmen
- FREE Estimates



Member Better Business Bureau and Roofing Contractors Association of BC  
[www.nelsonroofing.com](http://www.nelsonroofing.com) (604) 485-0100

Why do you love serving on the board of the Powell River & District United Way?



**Ashley Hull**

*I love that our community is so caring and supportive.*



**Barb Sills**

*I love that we help address a range of needs in our community.*



**Barbara Sherriff**

*I love that we help local people with emergency funds through Danielle's Helping Hand Fund.*



**Barbra Ralston**

*I love working with passionate people who are dedicated to strengthening our community.*



**Pat Hull**

*I love that my life improves through service to others.*



**Kim Miller**

*I love that we support volunteers; it's a way I give back to the community I call home.*



**Sean Melrose**

*I love working with people who want to make a difference in our community.*



**Tammy Siddal**

*I love that all our funds stay in our community.*

**Thank-you, Powell River, and Happy New Year!**

Want to help? To make an individual donation either through your own financial institution, visit [unitedwayofpowellriver.ca](http://unitedwayofpowellriver.ca) to donate online or mail your cheque to: **Powell River & District United Way, PO Box 370, Powell River, BC V8A 5C2**

- Residential heating oil
- Heating oil tanks (10 year warranties)
- Equal Payment Plan options, heating oil, tanks and new heating systems
- Receive a \$25 heating oil coupon after every 500L of heating oil purchased
- Refer a friend and receive a \$50 coupon instantly
- All Commercial Fuels
- 24/7 Commercial Cardlock
- Mobil1 Quality Lubricants
- Esso Quality Lubricants

Call us

for all your fuel needs  
or visit us at 4419 Marine Ave.  
Or place your order online at  
[sunshinecoastfuels.ca](http://sunshinecoastfuels.ca)

# Keeping you **warm** this winter.

100% **locally** owned & operated

Serving all of Powell River  
and Texada Island

**Mobil**



**Sunshine Coast FUELS LTD.**

*Cleaner Fuel - Cleaner Future*



**604-485-4188**