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Palliative Care: Improving the Quality of Life

SIXTY-FIVE PERCENT OF CANADIANS OVER 65 have two or more chronic medical conditions, and 25% have four or more. As chronic illnesses advance and become life threatening, palliative care is important to improve quality of life. Talking about end of life care can be difficult. In 2014, the Powell River Division of Family Practice and Vancouver Coastal Health started a project to support these conversations and improve palliative care.

PALLIATIVE CARE

Palliative Care is beneficial for everyone with a life-threatening illness, even when people are undergoing treatment to cure their disease. It focuses on providing relief to patient's symptoms, such as pain, physical, and mental stress.

Research has found that people receiving palliative care have:

- An improved quality of life & live longer
- Better pain & symptom management
- Good long-term bereavement management outcomes for family members
- An improved dying experience and overall better quality of care

Palliative care matches a patient's treatments with the patient's life goals. This requires an understanding of the medical conditions and goals of the patient. Therefore, it is important to talk about your wishes with your loved ones and your doctor, and ideally have these wishes written down. Having conversations early can reduce stress and ensure that treatment is in line with what you want.

Palliative care is often provided by a team and can include: nurses, a family doctor, social worker, spiritual care provider, palliative care specialist, physiotherapist, home care workers, and volunteers. Coordination of the care is also part of palliative care. Palliative care might not end when someone dies. Family members may need support as they grieve. Bereavement programs can be part of palliative care.

HOSPICE CARE

Hospice care is a form of palliative care that intends to keep pain and suffering of a person with a terminal diagnosis to a minimum, and is not intended to cure the illness. Hospice care is based on the belief that every person has the right to die pain-free, with dignity, and with family and friends nearby.

The Powell River Hospice Society (prhospice.org) is a non-profit organization providing social, emotional and spiritual support to people at the end of their life to improve the quality of living and death. They also support family and friends in grief, and educate and advocate.

The Powell River Division of Family Practice is a not-for-profit organization that supports local physicians to advance family medicine and improve community care. This project is funded by Shared Care, an initiative of Doctors of BC and The BC Ministry of Health.

**Powell River
Division of Family Practice**
A GPSC initiative
www.divisionsbc.ca/powellriver
powellriver@divisionsbc.ca

Frequently Asked Questions

What is palliative care?

Palliative care is for people with a life-threatening illness at any stage of the disease. It relieves suffering, improves the quality of life, and can include bereavement support.

Palliative care can be provided at the same time a patient receives treatment to cure the illness, like chemotherapy or surgery.

Is there a difference between palliative care and hospice care?

Hospice is palliative care at the end stage of someone's illness. Hospice care only focus on symptom relief and no longer on curing the illness.

What is involved in palliative care?

1. Pain & symptom management
2. Social, emotional, and spiritual support
3. Family and caregiver support

Where do people receive palliative care?

Palliative care can be offered at home, in a hospital, in a long-term care facility, and in a hospice. Powell River does not have a hospice.

Who pays for palliative care?

Palliative care can be free, but might sometimes require payment depending on the location and the provider. Financial support may be available.

How can I make my wishes known when I am facing a life-limiting illness?

You should discuss your wishes with your family and write them down. [Nidus.ca](http://nidus.ca) and theconversationproject.org have some great resources.

PRL triggered goodwill

Dear Isabelle,

We are fortunate to have a community magazine that consistently showcases the best of Powell River. It also serves to bring out the best in our community, as evidenced by your Helping Issue (November 2015.) Your words inspired many in our area to reach out, helping those in need at a particularly difficult time of year.

I would like to express our sincere appreciation for featuring the Community Resource Centre (CRC) as part of the Helping Issue. As a result, concerned citizens who may not otherwise have known about the CRC stepped forward with donations, enabling our staff to continue providing warm food, much needed services, and a comfortable, safe environment for Powell River's most vulnerable population.

The CRC relies on donations like these to bolster our work in supporting the more marginalized members of our community, and we deeply appreciate your contribution.

Lyn Adamson

Executive Director, PREP Society

MAILBAG



We welcome feedback from our readers. Letters must be signed and may be edited for length.

Email isabelle@prliving.ca, or mail letters to

**PR Living, 7053E Glacier St,
Powell River, BC V8A 5J7.**

Horoscope Hurray!

Hi PR Living

Just wanted to let you know how absolutely fantastic I thought 'Your Local Horoscope' by Michael Moonbeam was this January. What a wordsmith! A true delight to read. Thank you Michael.

Sheryl Wagner

"From behind the shadow... a flame of passion rises."
-Michael Moonbeam,
February Horoscope, Page 28

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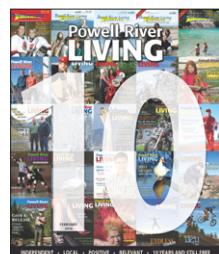
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ON THE COVER

The first issue of PRL hit the streets in February 2006 - the first of 111 issues published so far. Since then, Southcott Communications has also published *Home Grown*, *Zest* and *Ferns & Fallers* magazines. For our cover of this anniversary issue, we selected some of our favourite covers from the past 10 years.



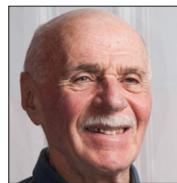
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What's your favourite free thing?



"Love is my favourite free thing."

JOSEPH RAVICK moved to Powell River in 2010 after a lifetime helping people and organizations manage relationships and resolve disputes across Canada and the USA. For more information about conflicts, relationships, and resolutions, please visit my website and not-for-profit public resource at www.appropriate-resolutions.org.



"Hugs, kisses, soft tickles, the sound of rain, the unconditional love of a pet, the smell of moss on the trail, sunny days, companionship, wild huckleberries..."

SABRINA UPTON(VINK) is a BC girl through and through, Sabrina has a built in passion for the outdoors and an artistic soul. From all things pencil and paint to textiles and clay, she loves to create. To see some of her other work, go to Vink Artworks on Facebook.



"Sunsets. And guilt-free watering of the gardens. We are blessed with both in Powell River."

ANN NELSON runs the Patricia Theatre and is passionate about sharing the history of Townsite and preserving its heritage. She's also active in many interrelated community organizations such as the Arts Council; Tourism Powell River; Townsite Heritage Society; Far Off Broadway Theatre Co., as well as being an enthusiastic gardener.

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IN THIS ISSUE

A decade of a kinder, gentler media phenomenon

I admit that when I first started working at *Powell River Living* magazine nearly three years ago, I wasn't sure I fit the mandate very well. Showcasing the best of Powell River? Positive stories? Only write about what happens within the boundaries of the region?

Positivity is not my strong suit. As a journalist, I'm attracted to sensitive, gritty subjects - stories about ethics, conflict, change, and ideas. It's a headspace that's served me well as a writer and editor both on staff at various publications, and as a freelancer.

It wasn't really until I started working on the first issue of *Ferns & Fallers* magazine, in early 2014, that I realized the genius behind owner Isabelle Southcott's approach to media.

When reporting on environmental and social issues, I had always lobbed bombs. It's easy to do. You can break stories by simply reading reports authored by the province's regulators, or government departments. Or, receiving a brown envelope by an anonymous whistleblower. A toxic spill here. A failure there.

But try cold-calling someone from industry or gov-

ernment, and asking them to speak on the record about this stuff. It's a sure-fire way to abort what could be a much richer story: "no comment." It's also certain to make sure that you, as a reporter, rarely learn anything from those actually working in government or industry.

With that first *Ferns & Fallers*, that gentler, listening-oriented approach rewarded me with far greater insights into the forest than any official report could have delivered. Foresters showed me what they did. Business managers and owners confided their concerns and struggles. Eureka. Important stories could be told.

The same holds true for *Powell River Living*, I've discovered. Ultimately, stories about the people, animals, land and ideas that are closest to us are the ones that we care about most. But it's more than that.

Dislocation - the failure to be rooted in a place and a community - infects the 21st century. As our traditional media gets bigger and farther away, those local stories become rarer. We lose touch with each other, the economies that sustain us, the challenges we all face, and the humour that can come from a deep knowledge of each

other, and from having a clear sense of place.

I now see that the stories that appear in *Powell River Living* are absolutely critical to binding us together. Whether it's Maria Glaze's Ruby Duck stories and photos, Janet May's excellent 'Hello Tla'amin' series, Isabelle's tumultuous turn on hockey skates in this issue, or Ioni Wais' rich presentation of local harvesting, these are the cures for what ails us.

That said, community magazines such as *Powell River Living* should ideally be a counter-point to a vital news media, which should regularly hold rules-violating industries and failing government programs to account.

Here at PRL, that's not what we do. Instead, I'm proud to be part of a team making a new kind of media for a new century. Congratulations, Isabelle, for pioneering it for us these past 10 years.

PIETA WOOLLEY pieta@prliving.ca

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Community mags are 10 lovely

Ten years ago I launched *Powell River Living* magazine out of the basement of a house I rented on Manitoba Avenue.

For the 20 years leading up to the 2006 launch, I'd covered everything from civic governments to grisly car wrecks as a reporter for daily and community newspapers from coast to coast.

I was ready for a change. Nothing could have prepared me, though, for what an enormous transformation was coming.

Ten years ago, the print media industry was in turmoil, so it seemed to many onlookers that starting a paper publication was, to put it mildly, insane. But I had a dream of creating a community magazine filled with stories about the people of Powell River - a new kind of local publication. It was a risk; at the time, there was no model for this kind of publication - a hyper-local product with an emphasis on things that really matter to readers beyond the hard-news model.

Having a home-based business was perfect in the early years because it meant that I could be home when my kids came home from school - something that was important to me as a single mom.

But what it offered in convenience, it sometimes lacked in polish! For example, Bonnie Krakalovich ran the office for many years. Sometimes she'd arrive at work to find a note on her desk written by my son Alex that said: "You rock Bonnie!" or a pair of dirty socks left

THE OFFICE: Actually, working here is this fun. Clockwise from top: owner and publisher Isabelle Southcott; sales rep Suzi Wiebe; special projects and graphics coordinator Pieta Woolley; sales manager Sean Percy; book-keeper Lauri Percy. Sketch by Sabrina Vink. Photo top right by Isaac Percy.



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 and 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 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.

"Congratulations, Isabelle, and the team at PRL,
for 10 years starting and running
a successful, all-local business."

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Congratulations, *Powell River Living*,
for 10 years of telling beautiful stories
about this community!



blooming for a reason

years publishing PRL



on her chair by Matt.

We were squished in the basement, Bonnie, Sean Percy and I, and there was no room to meet clients. So we met at coffee shops and clients' offices until we were able to rent an office outside my home.

Although I had tons of experience as a journalist, I had no experience as a business owner. But I was determined.

I didn't qualify for the Community Futures business course. However, I was invited to sit in on most of the sessions and there, I learned how to write a business plan.

In short, it worked. Not only is *Powell River Living* magazine now published 12 months a year, we also publish *Home Grown*, *Zest*, and *Ferns & Fallers* annually. Southcott Communications executes projects for governments, businesses, health authorities, and others.

Many people helped my original dream expand into the publishing company I own today. Some offered advice while others wrote stories, sold ads or designed.

I took to heart the Community Futures advice about bookkeepers: "If you aren't good at doing your own books, one of the best investments you can make is to hire a good bookkeeper." Lisa Beeching took on our bookkeeping in 2006 and has been with us ever since.

Robert Dufour of Works Consulting designed the magazine for years and answered many of my questions about how to run a business.

Jennifer Blampin handled sales in the early years. Writers such as Barb Rees, Janet May, Devon Hanley, Ann Nelson, Roger Whittaker, George Campbell, Jonathan van Wiltenburg and many more shared their stories. Photographers Rod Innes, Emma Levez Larocque, Maria Glaze and others also contributed greatly.

It takes an entire community to raise a community magazine, so thank you!

"We are still 100 per cent locally-owned. I believe that this publication, which has both feet firmly planted in the community it serves, is part of what makes Powell River unique and sustainable."

– Isabelle Southcott, PRL

The current team is a power-house.

Sean and I had worked together at the *Powell River News* in the early 1990s and we stayed in touch after he was hired as the editor of the *Hay River Hub*. I knew he wanted to return to Powell River with his family but I couldn't see how it would work. He convinced me he could create his own job with the magazine and that yes, it would work. So in 2008, he came onboard and the magazine improved exponentially thanks to his many talents and hard work.

With a background that includes sales for newspapers, radio and Labatt's and Okanagan Springs, sales rep Suzi Wiebe really understands the value of relationships and community in building a business.

Journalist Pieta Woolley met Sean at the *Hay River Hub*, and brings her design, writing and editing skills from her days at *The Georgia Straight*, *The Tyee* and elsewhere.

Their skill, creativity, professionalism and the value they place on relationships is evident in the publication

and everything they do. Not only do we all work well together but, along with Lauri Percy, who now looks after the front office, we are truly a team.

My vision was to have a magazine that was free to pick up so everyone who wanted to read about their community could do so.

Ten years later, the magazine remains free to readers. And we are still 100 per cent locally-owned. I believe that this publication, which has both feet firmly planted in the community it serves, is part of what makes Powell River unique and sustainable.

Thankfully, our advertisers trust us to get their message out month after month. They are a crucial part of the sustainability of this magazine.

Since *Powell River Living* was born in February 2006 it has grown and changed, as has my family. When I launched, my two boys were six and eight. They are now 16 and 18. Looking back, I can see how my kids and the magazine have grown up side by side.

Indeed, the print industry, too, has continued to evolve – the latest crash was the loss of the *Nanaimo Daily News* in mid-January. At the same time, more than 30 independent community magazines have launched around BC over the past decade – proof, to me, that in spite of corporate profitability struggles, there will always be an appetite for local, meaningful stories.

So thank you again for being part of our journey for the last ten years. We look forward to continuing our relationship with you and developing new ones in the future. **PRL**

Isabelle Southcott

ISABELLE SOUTHcott | isabelle@prliving.ca
Publisher

Congratulations, from one 10-year-old to another.

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5 things you might not know about community magazines

1. They fill a niche traditional media has abandoned.

Over the past two decades, more and more local independent newspapers have been bought by large corporations. Often, that means shrinking newsrooms, less local content, and death – as in the case in February of the *Nanaimo Daily News*, the *Guelph Mercury*, and the merging of the *Vancouver Province* and *Vancouver Sun* newsrooms.

In response to the perpetual desire for local stories, independent community magazines have sprung up to take their place.

2. BC has at least 30 of them

There's no official association, but depending on how you define "community magazine," they seem to be blooming all over the province.

3. They range vastly in style

From the hipster-inspired *Northword* and *Highline* magazines, to the folksy appeal of Vancouver Island's offerings, each one seems to have a unique style.

4. The only revenue is local advertising

Unlike larger publications, most community magazines don't get any funding from the federal Canadian Periodical Fund. They're too small, and if they're free, they're disqualified (*Canadian Living*, on the other hand, received \$1.5 million from the fund in 2014-15.) And, most national businesses and governments buy advertising through chains, rather than independents. Which means... community magazines are all local, all the time!

5. This is media democracy

You know the editor. If you want to submit a story, or have a story written about something you care about, it's so possible. That's what local and independent is all about.

Extraordinary in the everyday

"Ten years has gone by so fast. I remember when you talked about doing this and then it happened. I remember the very first issue and how the Powell River Chamber of Commerce did what they could to support your endeavor."

"It's been a long haul and you have produced a beautiful magazine, that is fun to read, and full of diverse, interesting stories about locals. It's all about everyday people who do extraordinary things and I love reading every issue page to page. Congratulations and thank you for letting the Chamber be part of your baby!"

Kim Miller,

Manager, Powell River Chamber of Commerce

Focus on people

"We have enjoyed our relationship with the team at *Powell River Living* magazine over the past ten years. Their focus on the people, activities and events in Powell River make the magazine a great vehicle for advertising and a fantastic way to find out what's happening in our community."

Tara Chernoff,

Marketing and Community Impact Manager
First Credit Union

Supporting local business

"*Powell River Living* is a good, local publication. It is produced locally with lots of excellent stories about the people who live here and the things they are doing. Both Mitchell Brothers and *Powell River Living* are local businesses and our customers have an interest in supporting local and we like to do the same when we can."

Peter Mitchell,

Owner, Mitchell Brothers

Powell River newssprint

"When our paper mill operation produced our first paper in 1912 here in Powell River, that really was the start of the town we all live in today. We are proud of the three generations of employees we have had making our high quality paper and the fact that *Powell River Living* has been using it in their magazine since the beginning. Thank you for being an important part of our community communications for the last ten years."

Fred Chinn

Vice president and General Manager
Catalyst Paper Powell River Division.

Willing to risk life and limb

"The first time I met Isabelle was at the Texada Island Fly-In and she was skydiving for the first time. She was writing an article about the experience for the *Powell River News*.

"I was so impressed that she was willing to risk life and limb in order to share her first experience jumping out a plane with readers that I knew that we would become friends. And we still are. When she showed up at my old Heather Tours office ten-and-a-half years ago and told me about a new venture she was pursuing, I knew that she would have no trouble getting it off the ground."

"I even offered to put an ad in that very first issue. Well, here we are all these years later and I am still supporting her and her incredible magazine with my ads."

Janice Olfert,
Owner, Heather Tours

Great relationships

"As a local business built on family traditions and values, my father, the late Harold Long, and I respected the importance good relationships play in being able to carry on a community business for more than three generations. City Transfer is proud of the many great relationships it has with Powell River businesses including *Powell River Living* and we're proud that we've been trusted with delivering their magazines month after month since the first issue rolled off the press ten years ago."

Craig Long,
CEO/Operations Manager, City Transfer

It's where the readers are

"Pinetree Autobody advertises in *Powell River Living* every month because it's where people look. We know they read the magazine because we see people reading it in our waiting area. When they're waiting for a glass repair or an estimate, they choose to pick up *Powell River Living* out of all the other magazines in our office because it's full of local stuff. And it has been all local for ten years, local stories about your neighbors and friends. I love that."

Neil McKenzie
Owner, Pinetree Autobody

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Super-fans Carrieres kept all the mags

Muriel Carriere has saved every single issue of *Powell River Living* magazine since it was first published ten years ago.

"I just thought it was such a great publication," she said. "And it provides a history of Powell River for the last ten years."

Her two favourite covers are the ones shot by photographer Rod Innes. The first, of a hummingbird, appeared in May 2007 and the second, of a robin feeding her young, appeared in March 2014.

Muriel collects four copies of each issue and sends them to friends and family who no longer live in Powell River.

Husband Len says he likes the stories. "I really liked the story about the duck. I was so sad when the eagle got the duck."

Len is not alone. The cover of the May

2013 issue featured a photo of Ruby Duck taken by local photographer Maria Glaze and carried a story inside. Maria adopted "Ruby", formed a close friendship, and even created a Facebook page for the duck.

Muriel can't pinpoint her favourite.

"They're all so interesting. I like learning about the new people who move to our town. You had a story in the magazine last year about a man who works for 21 degrees Mechanical. The man's wife is the niece of Len's younger sister's best friend who lives in San Francisco. It was so interesting to discover that."

Muriel also likes seeing what Associate Publisher Sean Percy is doing. Sean was one of Muriel's kindergarten students and it is "just a joy to see my former students go out in life and make their way." **RL**

Welcome Jessica Jessings to the Scizzors team!

Jessica has spent the last couple years working in Alberta, and is excited to be back in Powell River.

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~ Andrea Layne Black

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I MADE THE MOVE

Au revior, East Van

With a degree in child and youth care counselling and work experience in his field, Trevor White moved to Powell River for a job, but only after a visit here convinced him this would be a great place to live.

Trevor grew up in East Vancouver. After high school, he began framing and painting houses until a fateful meeting at a community centre in the Downtown Eastside changed the course of his future. After learning that several safe houses for young people had just been shut down, he coordinated a coalition of homeless and street-involved youth. "We marched on City Hall, wrote grants and started several major community projects."

Trevor worked at rowdy group homes, schools, street outreach, behavioral support, community centres and youth probation.

Why did you choose to move to Powell River?

Trevor • Moving to Powell River was more of a natural progression of my life. I sense that this place is a place of possibility. It's small enough that I can be honest. I can share my challenges and my joys... and I am endlessly interested in the stories that will unfold once I settle in. I came to a natural conclusion of my time in Vancouver. I feel certain that Powell River is the direction for me now... towards trees and wind and water. I have too much love to be in the big city. People walk too fast and share too few smiles. I grew up falling asleep to sirens. That was the lullaby.

When? From where?

Trevor • On October 1, 2015 from South East Vancouver.

What surprised you about Powell River once you moved here?

Trevor • First the smiles, then the wind, then the respectful driving. It is much windier here than in Vancouver. And people actually slow down in school zones; people don't in the city. I was surprised that there is both affluence and poverty here. I was astounded with how genuine my work team is. My Clinical Supervisor put me up in her house for all of October while I got on my feet, and my Executive Director regularly has me over to her house.

What made you decide to move to Powell River?

Trevor • I love the work that I do for a living, and it was Powell River Child Youth and Family Services that cemented the deal to move. After we worked together for one day I knew I would be happy here. My team is comprised of the most fantastic group of professionals I would ever want to work with.

Where is your favorite place in Powell River?

Trevor • No question, Fish n' Chix! You might remember the spot as the old Edgehill Store. I adore this place. I even wrote a review on Google Maps. My review sounds cheesy but the truth is that I found what I needed. I immediately found friends and became part of the cozy environment.

How did you first hear about Powell River?

Trevor • Last summer I sailed up to Desolation Sound with my Uncle Don and brother Chris. I hadn't sailed before and I'm kind of into theater so I pretty much turned into a pirate for two weeks. After echoing through the islands with our roars and howls and songs and laughter we tied up in Powell River and gathered our bearings for a few days. I was shocked how big and beautiful it was, and how friendly the people were.

What would make Powell River a nicer community?

Trevor • A delightful string of conversations. A gentle acceptance of whatever pain it is that we carry. A recognition of the gifts that we all have to offer each other. A belief in the possibilities that are yet to be realized. A commitment to hearing each other out and looking for each others' gifts.

If you were the mayor of Powell River, what would you do?

Trevor • I would consider everyone my kinfolk. I would walk around a lot and talk to everyone. I would volunteer to make and serve soup for my brothers and sisters. I would breathe deeply and feel grateful. I would ask my brothers and sisters what might be the best way to gather their ideas... and then I would ask for their support in sorting through their collection of ideas.

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

Trevor • I know that there is a vibrant music scene here, so I would like to sit on a sound-proofed inner wall of a music studio. Buzzing around through the heavy bass notes would be a turbulent experience, but well worth the extra effort.

What are Powell River's best assets?

Trevor • Toughness. I believe that Powell River has an understanding of life that fills it with compassion. At the same time there is a paradox. We have a tough side and we also have a sensitive side. This is a place where I can find my voice, find my paint or ink or tune. Maybe it's the convergence of stories that make Powell River a place of unlimited possibility.



RIGGED IN HIS FAVOUR: East Van social worker Trevor White quickly found a community here in Powell River - centred at Fish n' Chix.

What is your greatest extravagance?

Trevor • The food that I can cook is amazing. I have imported dried spices, plants that grew here in Powell River... and some coconut oil from Thailand or the Philippines or Sri Lanka... and then I have sea life from our shores and oceans. When I put time into making an amazing meal I feel ultimate extravagance. Our garlic is so lovely... and our oysters... and I haven't even started learning to fish and navigate the waters.

Which talent or superpower would you most like to have?

Trevor • Empathy. Humans can sense what other people are feeling, or at the very least feel their level of calm or anxiety. The superpower that we all have is the power of empathy, and it's rather useful to hone. 

*Know someone who made the move in the past year?
Did you? Let us know! isabelle@prliving.ca*



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Congratulations Powell River Living and Isabelle Southcott on 10 years of keeping business local.

A special thank-you for helping us share what's new and changing in the local business community through the "Business Connections" column. Here's to many more years "working together!"

Celebrating Valentine's Day?
Getting married?
Romping through OKCupid or
Craigslist for dates? Keep your
expression individualist and
local with this handy list.

14 uniquely-Powell River ways to say "I Love You"

1. Hike Valentine Mountain

Cause it's called "Valentine," of course. And it's got a view. Some people have held weddings there. But maybe we've got it all wrong.

At the Powell River Museum, curator Teedie Kagume delved into the history of the mountain / hill combination, and found some local lore. "There was a Valentine family in Powell River and some think that it was named after them," she says. "It has also been called 'Ballentine' with variations on the spelling. Not quite sure if there was a Ballentine family."

"However, when you look at the 'nekkid' mountain after the loggers finished their work, the top part of the mountain really looks like a heart."

It's true. See the pic, below. But we'll likely never get a glimpse of the heart up there again, as that part of Valentine Mountain has since been designated a City of Powell River un-loggable park.

2. Eat a local oyster

You know what they say about oysters. They're like natural Viagra. But if you've ever slurped a local oyster and... not much happened... here's why. The vast majority of oysters on Powell River beaches are Japanese Pacifics – an introduced species with negligible potency powers. The region's native Olympia Oysters have a far higher hormone dose, responsible for all those feelings. Currently, they're being re-introduced, a passion project by Vancouver Island chef Michael Thurber.



THE SHAVED HEART OF POWELL RIVER: Be my Valentine? Courtesy of the Powell River Museum and Archives

3. Share your love... in a hut

What could be more romantic than a hike and a private mountain retreat, in one of the Sunshine Coast Trail's free-to-stay-in huts? Well, staying in one without any other hikers lurking around, anyway. Because there's no guarantee that you'll get one to yourselves, the key here is quietness. Stealth love. Or swinging - always a West Coast option.

4. Pick a flower

Also because this is the West Coast, there are still roses blooming around town. We're not saying where. Actually, if they're not yours, don't pick them. Seriously.

5. Walk the Labyrinth

In the permaculture garden behind the Anglican church in Townsite, there's a labyrinth over-looking the sea. If romance, to you, includes reflection and reverence, this is an obvious Valentine's activity. Plus, you can drop your compost at the same time. Romantic love and domestic duty – together at last.

6. Texada Valentine's Event

5:30 pm, spaghetti at the Legion. Ya, that's right. Everyone loves spaghetti.

7. Restaurant meal

Platefuls of exciting edibles are available around the region Valentine's weekend. Sort of like the bumper sticker says, "Powell River: I had a good meal, actually."

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WEDDINGS + PORTRAITS + PHOTOBOTH

8. Shake it, baby

Plan to make a splash for your loved one (or loved ones... don't want to be too couple-centric, here) at the community talent show. Perform a song or a poem or a dance for your beloved at Living Water Foursquare Church February 13.

9. Salute the red fire monkey

On February 4, Asia's Lunar New Year begins – the year of the Red Fire Monkey. This is a year of change and financial uncertainty. You have two options, then. Spend Valentine's night making a family budget and preparing to hunker down for a spartan, treat-free year, or host a blow-out. Buy and eat everything within range.

10. Give a bouquet of salal

Florists all over the world hanker for this ubiquitous Powell River shrub. The waxy, bright green leaves are very pretty. Ditch the flowers and go for the green? Let us know how that goes over.

11. Get cheesy. Or Oyster.

The Powell River Recreation Complex releases its *Active Living Guide* on February 12. As a gift, give a class in cheesemaking, oyster-gathering, or yoga.



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12. Felt Art Hearts

Need a love token that's both warm and fuzzy *and last-minute*? On February 13 get maker-ing with award-winning fabric artist Amber Friedman. The class runs 2-3:30 pm at the Rec Complex Elm Room. To register call 604-485-8664.

13. Most delicious treats

Look, if you really love trays full of factory-made brown chocolaty-flavoured nuggets, have at 'er. But here in PowTown, there's no reason to settle for anything but the best. Vera Richmond, on Marine, makes luscious, perfectly-smooth caramels, and Jeannie Keays' MAD Chocolates in Cranberry are over-the-moon delicious. Not since Christmas have you had such a perfect excuse to indulge!

14. Sour face

And, if feeling bad makes you feel good, head to the Powell River Film Festival's screening of *Sugar Coated* February 20, a doc about why the sweet stuff is truly evil. Just make sure you and your paramour privately punk the show by getting the extra large Junior Mints on the way in. 

Top 5 reasons to get a Pollen Sweater for your Valentine

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4. Available in the colour of chocolate.
5. Anecdotal evidence suggests people who get Pollen Sweaters as gifts most often end up not wearing them that night. Just sayin'.

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What I learned about love

Relationships require well-managed conflicts

BY JOSEPH RAVICK

Living happily ever after is what many people crave and expect until conflict strikes and dreams are overwhelmed. In their 1999 book, *Difficult Conversations, How To Discuss What Matters Most*, Douglas Stone, Bruce Patton, and Sheila Heen wrote that "...asking for a raise, ending or changing a relationship, giving a critical performance review, saying no to someone, confronting disrespectful or hurtful behaviour, or apologizing," can stressfully threaten important relationships with a boss, spouse, family, friends, or clients."

About 25 years ago, I found out that I didn't know as much about relationships, managing conflicts, or about myself, as I thought I did. Having decided to change professions, go back to school, and give up the comfortable life Joanna and I had enjoyed during our time together, I also chose to ignore her right to know my plans as they were forming, not just after my decisions had been made.

So when I finally did tell Joanna what I had planned, she blasted me with, "Where do you get off telling me that I need to give up having the life of my dreams;" then "Why the hell haven't you told me all this before?" And her final parting shot, "I'm not going to lose what I enjoy just because you're going through some kind of mid-life crisis." It was a sunny Sunday afternoon which had turned into a relationally destructive tsunami.

According to psychologist Ty Tashiro in his 2015 book *The Science of Happily Ever After*, "Of all the people who get married, only three in ten remain in healthy, happy marriages."

So "Why can't people just get along?" The short answer is, when people are dissatisfied emotionally or materially, when they start believing that the others will never satisfy their needs, their relationships have drifted into 'white water'."

In time, Joanna and I put aside our emotional pain, 'changed' our relationship, collaborated on relatively satisfying resolutions, and to this day remain distanced friends after 35 years.

According to psychologist John Gottman, relationships which last depend on "the spirit people bring to the relationship. Do they bring kindness and generosity; or contempt, criticism, and hostility? But among those who not only endure, but live happily together for years, the spirit of kindness and generosity guides them forward."

How and what we communicate to others, and to ourselves, will nurture or undermine any relationship. In effect, our words become the house we live in. **PR**



Fundamental Love Lessons

Among the many lessons I learned, or had to re-learn, these three realities inevitably influence all relationships, conflicts, and resolutions; so if you value a relationship, don't ignore them:

1. APEs, the Assumptions, Perceptions, and Expectations which affect all of us, our relationships, and our resolutions. To the detriment of my relationship with Joanna, I had mismanaged all three.

- Assumptions are not facts, but I had treated them as if they were instead of checking them out respectfully with Joanna. I had forgotten that exploring what we both needed did not mean that I had to give up what was important to me.

- Perceptions are only what we see through our personal lenses. I had missed all Joanna's signals that she was as unhappy as I was in her job and our relationship. I only saw what I wanted to see, my own wants and needs, and had totally ignored Joanna and her APEs.

- Expectations: I had expected to be dumped, so being afraid, I avoided discussing what I intended or exploring how she felt about my plans. Doing nothing had been doing something as it most often is.

2. Conflict itself is neither "good" nor "bad," but the consequences may not be what you prefer! Because I had been afraid of nasty arguments and a negative outcome, I betrayed Joanna's trust by not respecting her right to know my intentions before they became irrevocable plans.

3. All conflicts will be resolved, sooner or later, for better or for worse. By avoiding what I was most afraid of, I had chosen the "or for worse" options. Negotiating relationally effective resolutions takes patience, respect, effort, commitment, curiosity, skills, and most importantly, emotional intelligence. Instead, I had chosen to remain ignorant about Joanna's thoughts and feelings. As Einstein wrote, "We are all very ignorant; what happens is that not all ignore the same things."

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Parks • Recreation • Culture

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Marika's Chocolate Zucchini Cake

½ cup	soft butter
1 cup	sugar
½ cup	vegetable oil
2	eggs
½ cup	buttermilk
1 tsp	vanilla
2½ cups	flour
4 tbsp	cocoa powder (Dutch)
1 tsp each	baking soda, baking powder
1 tsp	salt
1 tsp	cinnamon
½ tsp	powered cloves
2 cups	grated zucchini, drained
1 cup	chocolate chips

- Cream together butter, sugar, oil, eggs, buttermilk and vanilla.
- Sift and mix dry ingredients, flour, cocoa, baking powder & soda, salt, cinnamon and cloves.
- Stir dry ingredients into creamy mixture.
- Fold in zucchini and chocolate chips.
- Pour into greased bunt or chiffon pan, or two small loaf pans.
- Bake at 350°F for 45–60 minutes, till tester comes out clean.
- Dust with icing sugar or top with chocolate glaze.

Chocolate glaze

(Makes about 1¼ cup)

7 oz	semisweet chocolate
1 tbsp	butter, unsalted and melted
¾ cup	sugar
½ cup	strong coffee



TASTE FULL

BY MARIKA VARRO | marika.varro23@gmail.com

Chocolate: Food of the Gods

Chocolate: delicious, decadent, delectable and soothing. And now in Powell River, a local interest.

Jeannie Keays, a certified chocolatier, and her daughter Kaylie both love chocolate. That passion led to their business MAD (mother and daughter) Chocolates. It's a new storefront in Cranberry.

Using Peruvian, fair trade, organic cocoa mass and local ingredients they created their own chocolate recipes. Flavours including ginger, orange, almond, and even Ecosseential's maraschino cherries add complexity to the rich cocoa.

At Farmers' Markets, too, you'll find a

liberal dose of chocolate among the artisanal baked goods.

Spending and sipping chocolate

The origins of chocolate go back at least 4,000 years.

The Aztecs valued the cacao bean so much that they used it as currency. They prepared a thick, unsweetened drink called chocolatl laced with ground chilies; a liquid so prestigious that it was served in golden goblets.

Cortez is credited with introducing chocolate to the Western world. He also established in the name of Spain a cacao plantation, where "money" could be cultivated.

LUSCIOUS & LOCAL:

Valentine's Day in Powell River is even sweeter this year, with Jeannie and Kaylie Keays MAD Chocolates storefront in Cranberry. Fair trade, organic and locally-crafted.



The Spanish mixed the beans with pepper, sugar, vanilla, nutmeg, clove, all-spice and cinnamon, and it became the drink of nobility – a secret Spain managed to keep for almost 100 years.

Is it hot in here?

The French acclaimed it as an aphrodisiac and by adding heavy taxes became a drink for the rich. In the 18th century England, the drink became so popular that many chocolate houses opened up.

Chocolate: a natural food

The red, orange or gold ripened pods of the cacao tree are shaped like small footballs. The beans are fermented to de-

velop flavor and characteristics, turning to a rich brown color.

Roasting the beans further develops the fullness of its flavour and colour. They then pass through a grinder causing the cocoa butter to melt into a fine paste called "chocolate liquor".

The list of ingredients in chocolate candy should be short: chocolate liquor, cocoa butter, sugar, lecithin (emulsifier) and vanilla.

Keep it in your Earthquake kit

Cocoa butter will keep for years without becoming rancid; there are many pharmaceutical demands for it. **RL**

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- 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! **f**

For your love shack



Reveal your amorous feelings with these sizzling local offerings. Weddings and Valentine's Day are just an excuse...



4

Because you're so sweet **1**

Chocolate. There are good, scientific reasons why chocolate is so inexorably linked to romance. Plus it just tastes so good. Fortunately for Powell River, there are some great chocolate choices. Check out Rene's to-die-for chocolate mousse, the selection of Rogers' at Paperworks, or the locally-made creations at the new MAD Chocolates in Cranberry.



1

Because you're hot **2**

Things will be steamy for you this Valentine's Day if you invest in a Beachcomber hot tub from RONA. Think how hot your date nights could get! They're also great for relaxing and watching the stars, all year round. Yeah, there are other things to do in a hot tub, too.



2

Because you click **3**

Engagement or couples' sessions are regularly \$250, but are a complimentary add-on for all couples that book their wedding photography with Kennedy Photografik. Why is this free for clients? So that she can work with her clients before the big day, coaching her couples in posing, and building rapport that allows her to create stunning and intimate images on their big day.



3

Because he or she will love it **4**

A little black book from Exposure Studio Photography after a boudoir session is "a little sneak peek," says photographer Sarah Schindel, that makes a sexy surprise.

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Show your kindness **5**

The Pollen Sweaters ad on Page 12 gives five good reasons that a Pollen Sweater is a romantic gift. We particularly like how snuggly it makes your significant other. Mmm. So cozy.

Show you're uniqueness

Personalization is key to romantic success. What works for you may not work for others. That's why customization makes a special day even more special. Aaron Services, for example, offers bottled water for weddings or special events, with customized labels. Squatter's Creek offers a similar custom-label service for wedding wines crafted at their shop.

Show your guests a good time **6**

Your next party is sure to be a huge hit with the addition of a Photobooth. Perfect for any occasion from birthday to wedding to corporate event... complete with full-service attendant, attention to detail (custom templates and gorgeous backdrops) and F-U-N (hello, cool props and instant prints!). Selected for its awesomeness by local photographer Jennifer Kennedy and husband, Brandon, the booth boasts a professional dSLR, pro lighting and touch-screen for the ultimate photo booth experience! Most popular package is \$749.



5



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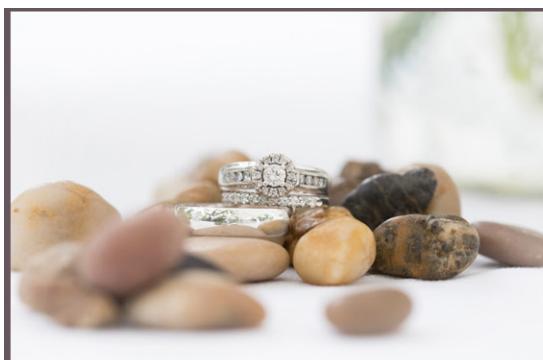
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Steak dinner for two, \$49, add prawn skewer for \$5,
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Little school with a big heart

At Henderson, caring for each other makes all the difference



Henderson Elementary School has a lot to be proud of. Not only is it the oldest school in the District, but since the facelift, it's one of the best-looking!

Kristen Brach, Principal at Henderson, couldn't be prouder of the school, staff and students.

"We're a little school with a big heart," she says, reciting the school's motto.

Students Layana Vanasseldonk, Kayden Piniewski, Chayanna Nivens, Trinity Jacques, Gibson Goodfellow and Tate Van hees agree.

"We have a small school but we do lots of fundraisers like Jump Rope for Heart, and we have a great after-school program," says Layana.

"We all care for each other," says Kayden. "If someone gets hurt we go see if they are okay. We always include people."

For Gibson, the school's motto means being kind to the environment. Trinity is proud that the older students at Henderson help the younger ones.

Chayanna likes the fact that students pick up litter and help with the Trash Bash.

When Henderson School opened in 1913 it was located where the dog park and playground in Townsite now stand. The town and school grew together. The present Henderson Elementary, located adjacent to Brooks Secondary, opened in 1957.

Named after Dr. Andrew Henderson, one of this town's founding fathers and first doctor, the school was and still is an important part of Townsite.

"One of our school goals is to build community," notes Kristen, who has been Principal at Henderson for two years. She came to the school from Edgehill where she'd served for nine years.

Every month, for example, a volunteer comes to Henderson and reads with the students in the library.

"We're very much a community school, and because we are a small school we can do things like have a pancake breakfast for the entire school in the gym," says Kristen.



LOVE RULES: Henderson Elementary School students (above) Layana Vanasseldonk, Kayden Piniewski, Chayanna Nivens, Trinity Jacques, Gibson Goodfellow and Tate Van hees know they've got it good where they are. Left, Principal Kristen Brach makes reading come alive.

Henderson has a fabulous breakfast program run by volunteers. "We even have two volunteers who don't have any children at the school!"

At Henderson, everybody knows your name. "Our staff know all the children and the kids know each other," says Kristen.

Last year, the School District completed a seismic upgrade and renovations at Henderson. Workers painted the entire school, inside and out; they installed new windows, lighting and siding, along with a new boiler system and new landscaping. New furniture, whiteboards and projectors complete the classrooms.

Staff and students alike love the new digs!

"It's beautiful. And they maintained the history of the building."

Henderson launched a popular after-school program in the spring of 2015. Now, as many as one in four students stay late to learn more.

"The program pairs education with fun activities. It's hands on, it's entertaining and it has been really good for the school."

For instance, a nature walk will

integrate science learning. A cycling trip will include math.

In school, too, fostering creativity and teamwork are paramount. Henderson offers small classes and promotes small-group learning.

"The staff work together as a team to meet the needs of our students," says Kristen.

"For instance if one particular student is having difficulties, all our staff will get together and brainstorm how to help this particular child. Staff doesn't just feel like it's their kids or their class they take responsibility for the entire school. That's probably the thing that impresses me the most," she says.

Staff implemented positive behavior support last year. This method of interacting with students involves consistent rules and expectations for the entire school. "There are constant conversations about how we can support certain kids so they can be successful."

"I've seen huge changes since we implemented this," says Kristen. "We build on their successes so they continue to try. Sometimes all kids need is a little bit of love and someone who believes in them."

"Sometimes
all kids need is a
little bit of love
and someone who
believes in them."

- Principal Kristen Brach



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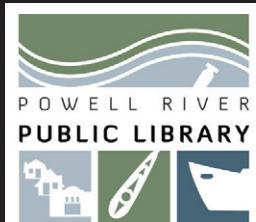
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BUSINESS CONNECTIONS

BY KIM MILLER | office@powellriverchamber.com



Marika Varro hoped to open **The Convenient Chef** (from Marika's kitchen to your table) this month but construction delays may put her behind schedule. Located at 5830 Ash Avenue, across from The Patricia Theatre, the Convenient Chef offers prepared meals for the busy professionals, elderly, disabled or anyone who doesn't feel like cooking but appreciates restaurant quality meals with local (100 mile) ingredients without any preservatives or additives. As well, Marika offers office and home catering. Marika owned the **Tree Frog Restaurant** in Powell River and has been in the food and hospitality industry for many years. Head chef is Naomi Salmond, Red Seal chef with 16 years experience in the industry. For more info, call 604-483-9944. www.convenientchef.ca or visit them on Facebook.

Frenchie's Pressure Washing and Yardwork now rents out hot tubs. The pressure washing and yardwork business was launched last July by partners **Sarah Wilson and Guy Pouliot** and they are now adding the hot tub rental onto their business. "This idea had been brewing for a while," said Sarah. They put a hot tub on a trailer, wired it to be able to plug in to a standard plug, and started renting it out. Sarah moved to Powell River two years ago and met Guy, a 19-year resident of Powell River. The two Quebec expats (hence the

company name) are currently working on setting up a second tub to make available for rentals. The pressure-washing business operates from a truck containing a machine that provides 1,500 litres of hot water, so they can bring their own water to jobs, which is particularly important to rural residents dependent on well water. Contact Frenchie's at 604-414-7381, visit their facebook page at fb.com/frenchiepywd or the website at frenchiepressurewash.ca.

Former Squamish chief administrative officer **Corien Becker** has been named interim chief financial officer (CFO) for the **City of Powell River**. The Powell River council named her to the role at its meeting on Dec. 17. Becker, who is originally from Creston, BC, was hired as CAO in Squamish in June of 2012. At the time of Becker's Squamish departure, a news release from the district said council had decided to move in a new strategic direction. Powell River's former CFO, **Shehzad Somji**, has taken a position as secretary-treasurer with the Squamish school district, though he continues to reside in Powell River.

The best and brightest businesses will be honoured this month at the annual **Horizon Business Awards** on Saturday, February 6 at Dwight Hall. Now in its 21st year, the Horizon Business Awards recognizes the accomplishments of local businesses in a variety of categories. The awards are sponsored by **Community Futures** and **The Peak Newspaper**.

An Evening for
Elsie



Photo by Georgia Combes

A community event honouring
Dr. Elsie Paul • qaʔaqstales

Dwight Hall • Friday, March 4
Doors open at 6pm • Program 7-9 pm
Refreshments to follow.
Admission is free. Seating is limited.
Must have tickets in advance.

Tickets available starting February 5 at:
River City Coffee
EcoEssentials • Base Camp
Tla'amin Convenience Store

Sponsored by the City of Powell River
and the Powell River Regional District.

Musical Theatre Kids

present



February 11, 12 & 13 at 7 pm

February 14 at 1 pm

Evergreen Theatre

Tickets: \$15 Adult

\$10 Children 12 and under

**Available at the door, at Taws
and at Anderson's Men's Wear**

Director: Carma Sacree

Music Director: Megan Skidmore

Choreographer: Paige Anderson

THE WIZARD OF OZ By L. Frank Baum

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Orchestration by Larry Wilcox

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HELLO, POWELL RIVER



"I see [Powell River] as an ideal destination to offer programs that may not be offered elsewhere or ones that complement the various physical and cultural assets that we have."

- Greg Cran

new VIU Campus Administrator, Powell River

Be disruptive Invite the outside world in

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

Five years ago Greg Cran was sitting on the deck of the Lund Hotel enjoying a glass of wine with his wife Wendy Drummond. They had just spent a long day looking at homes when a man they hadn't met approached them and said: "I have the house of your dreams."

It was 2010 and Greg and Wendy were looking for a cottage/retreat of some sort. Living in Cowichan Bay and both working at Royal Roads University, they were doing the 40 minute commute each way. "We came across an online ad for a place in Lund," says Greg, who is now the new Powell River campus administrator for Vancouver Island University. "We'd never been to Lund before."

Greg and Wendy (a fibre artist) finished their wine and followed the man who promised he had the house of their dreams.

"He was a builder and he was right," says Greg. "It



was the house of our dreams."

The house was a five-minute walk from the Lund Hotel and overlooked the water. The first thing they did was listen to make sure they could hear the water from the house. They could.

And so they bought the house.

It didn't take long for their retreat to take hold of them. Both realized it was getting harder and harder to leave. So it made sense for them to downsize and make it their permanent residence. Greg left Royal Roads to work at North Island College as Dean of Business, Fine Arts + Design and Humanities and Social Sciences and Wendy commuted from Lund to Royal Roads weekly and then finally had enough, retired from her role and remained in Lund. Weekly, Greg travelled back and forth from NIC in Courtenay. In June, after three years of commuting, he decided to "come home and stay home." He planned on doing contract work but then the job at VIU came up and that was that.



For the love of chocolate, get your eyes checked.

If you can't see clearly, how will you know to avoid the cherry nougat, and find the pecan-covered ones? Or, equally importantly, how will you see your lover who brought you the chocolates? Something as important as your vision should be entrusted to a professional. Make an appointment today.



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A COMPLICATED CAMPUS: VIU Powell River was once a community college, then a university-college, and is now part of a graduate-degree granting university. photos by VIU

Greg is both an academic and a practitioner. His field of study is conflict analysis and management. He spent more than 25 years working for the provincial government on complex issues that ranged from hunger fasts and blockades to bombings and burnings among the Russian Doukhobors. He worked with First Nations on policing and justice and later as a treaty negotiator. After leaving the provincial government he worked as a consultant with the World Bank Institute in a number of countries and later with the United Nations Development Program in Uzbekistan, introducing evidence-based policy making to the Uzbek government and others in Tashkent.

Greg has seen, done and accomplished a lot, yet he chose Powell River and he's happy he did.

"There is so much energy and creativity here."

Has he settled in to his new job as the campus administrator for VIU Powell River? No. "I've been too busy being disruptive in a positive way!"

Disruptive innovation is a good thing, he says. "In the midst of all the things we are doing there is always a new thought that creates a new idea."

When Greg was a young boy working for the potato industry in Grand Forks he said they used to feed all the little potatoes to the pigs. Then one day someone said: "Let's package and sell all these little potatoes and call them Gourmet Potatoes."

And that, he says, is an example of disruptive innovation. "When you look at what could be and not just what has been, you cause a disruption. I look forward to see-

ing new partnerships and new ventures. I look forward to inviting the outside world in."

Greg sees the opportunities in Powell River as endless. "There's PRISMA, Kathaumixw, and a vibrant arts community. We have biking, hiking, boating, the Sunshine Coast trail. And on top of that, Powell River is a safe haven and I think that is what attracts people, especially if they are looking for a lifestyle far richer and more meaningful than what they are used to."

"This is a different type of community. It is more connected and there are more partnership opportunities. Although the community might be shrinking in terms of the K to 12 demographic, which makes it more challenging to offer programs when classes are not filled, I see it as an ideal destination to offer programs that may not be offered elsewhere or ones that complement the various physical and cultural assets that we have."

Both the faculty and staff at VIU recognize the significance of what the Powell River campus has to offer, says Greg. "We also know we need to do more to make it the kind of campus that draws interest from the outside as well as from inside the community."

Greg says the people who live here are one of this community's greatest assets. "There's a sense of authenticity and friendliness that you experience almost immediately and for those who come from other areas, particularly urban environments, that is a unique experience in many ways". It is something we savor, he said, like a fine wine, sitting on a deck overlooking this amazing view scape we now can call home. RRL

Greg Cran's academic cred

Greg Cran has a MA in leadership and training (Royal Roads) and a PhD focusing on ethno-political conflict (UVic).

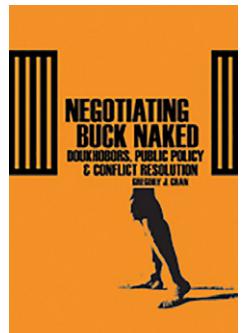
He was associate professor and director of the School of Peace and Conflict Management and director of business development at Royal Roads.

From there he served as dean of the Schools of Business, Fine Arts + Design, Humanities + Social Sciences & Math Sciences at North Island College.

He taught in graduate programs at UVic, RRU, universities in Thailand and in the MBA program at Sharif University of Technology in Iran.

He lectured at St. Petersburg State University (Russia) Conflictology program and University of Strathclyde in Glasgow, Scotland.

Negotiating Buck Naked: Doukhobors, Public Policy & Conflict Resolution
(2006, UBC Press,)
By Greg Cran



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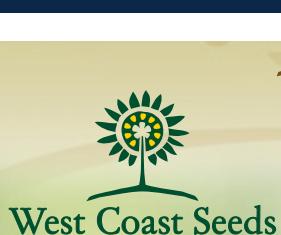


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One third of local children are "vulnerable"

United Way rises to local kids crisis

The United Way is changing the way it spends your money in Powell River.

The charity is making a special effort to give more money to programs that support children and families, and is accepting applications for funding all this month.

A review of recent studies on the needs of the community prompted the change in focus, said Powell River and District United Way president Ashley Hull.

She cited a report from the Human Early Learning Partnership that shows that 34 per cent of Powell River children have one or more vulnerabilities, with the biggest problems in physical health and well-being.

That's just one of the studies, she says, that shows the need to help the youngest members of society. The stats show the problems here are significantly greater than the provincial average.

"Aligning our funding resources with our 'All That Kids Can Be' pillar has the ability to assist in having a considerable impact for children, youth and families in our community," said Dale Lawson, executive director at the United Way.

"As well as focusing our resources on funding projects and programs tailored to strengthen this foundation, we intend to work with community partners to increase awareness of the importance of the early years, daily physical activity, healthy lifestyles and highlight family-centered activities."

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-Travis Berg

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PHOTO BY R. S. PHOTOGRAPHY

HOW TO GIVE:

Tax-deductible donations to the United Way can be made through workplace payroll deduction plans, pre-authorized debits, or by clicking on the donate button at unitedwayofpowellriver.ca



The shift in focus means some of the programs that have been supported by the United Way in the past might not get money this year. Applications will be considered with a "kids come first" focus, said Ashley.

Another new approach being taken by the United Way is year-round acceptance of applications for one-time community events. A simplified application has been created for those events.

"This is a pilot. We've never done this before. But we need to be relevant in our community."

The organization suffers from a public perception that the United Way funds only certain organizations, she said. That changes now.

Applications for projects are available online and open all through February at www.unitedwayofpowellriver.ca

"We're excited about what we might be able to collect this year."

The organization is also looking at needs that aren't being met by local organizations. If appropriate applica-

tions are not received, the United Way may develop its own programs, said Ashley.

"But we know there are more skilled people doing good things, and maybe we can help them extend their reach."

Money raised by the United Way stays in Powell River, and "has a real effect on real people, our neighbours," said Ashley. **PL**

Make your RRSP contribution before the Feb 29, 2016 deadline

Let's talk soon so you can make your contribution and I can provide you with some convenient strategies to make doing so easier for you in the future.



Nicole Rumley
Consultant
Investors Group Financial Services Inc.
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International and more affordable: 2016 Film Festival

Acclaimed actress Dame Maggie Smith stars in *The Lady in the Van* on Saturday, February 20th, highlighting the 15th anniversary of the Powell River Film Festival.

Along with this special anniversary comes special pricing – reduced this year.

In response to audience feedback in our 2015 survey, the obligatory festival membership has been reduced from \$5 to \$2, the Saturday night party has gone from \$18 to \$15, and the opening night has dropped to \$12. All in all a great deal, and fabulous films to boot.

The party begins February 20th at 7 pm, with the local six-piece jazz band PST entertaining.

Guest filmmakers at the party will include Charles Wilkinson, Jeremy Williams, Claudia Medina, Peg Campbell, George Johnson, and Tony Papa – always a special festival treat.

The opening reception on Wednesday, February 17th features *Second Mother*, a brilliant Brazilian film that explores class differences, motherhood, infatuation and privilege in a mixture of comedy and drama.

As per usual the local inclusive festival shows films for both elementary and high schools as well as local film buffs, and presents a camp and contest for youth

POWELL RIVER FILM FEST

What: The 15th annual Film Fest

When: February 17 to 21

Go: Festival passes and individual tickets are on sale at Breakwater Books and online at prfilmfestival.ca.

More: Information about film schedules, trailers, and synopses is on the website, prfilmfestival.ca

aged 15-19.

A highlight this year is the Australian documentary *Tender*, which will be followed by a panel discussion presented by the Hospice Society & Powell River Division of Family Practice.

This is a thought provoking film about a community reasserting its right to look after their own, even after death. The film screens at 7 pm Thursday, February 18th (tickets \$10/\$12).

Saturday is documentary day, with a range of films focussing on First Nations, both here with the stunning feature, *Haida Gwaii: On the Edge of the World*, and in the New Zealand documentary, *Ever the Land*. Each of the features are screened with BC shorts by local filmmakers. PR



LADY IN THE VAN: Dame Maggie Smith's itinerant character would likely enjoy the Powell River Film Festival's new, more affordable pricing.

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SHARING A VISION: Elsie Paul takes in Theodosia Inlet.

photo by Georgia Combes

For years, Tla'amin First Nation elder Elsie Paul (qaʔaxstales) has helped others. As a wife, mother, social worker, foster parent, Justice of the Peace, elders' coordinator, elder in residence at the local university, and one of the founding members of Tsow Tun Le Lum Society in Nanoose Bay – a centre for survivors of trauma – Elsie bridged the divide between First Nations and non-First Nations people.

Because she's given so much to Tla'amin and the entire region, friends of Elsie's have planned a March 4 event: "An evening for Elsie (qaʔaxstales)."

"Elsie is one of those wonderful, rare, great souls," said Powell River artist Donna Vance, who is helping to organize the evening, at which former Powell River mayor Stewart Alsgard will be the master of ceremonies.

"She has done so much for us, for everyone, so we wanted to have a public ceremony honouring all that she has done for this community," said Donna.

Speakers have been asked to address their remarks directly to Elsie. Speeches will be short, just two to three minutes each. Entertainment and short readings will be interspersed with the speeches.

Performers include the Academy Chamber Choir,

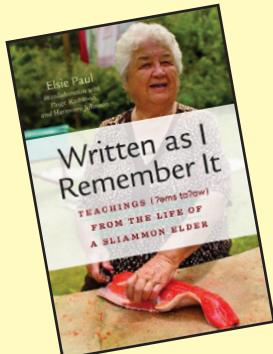
AN EVENING FOR ELSIE (qaʔaxstales)

What: Honouring Powell River elder, author, social worker, and intercultural leader. Music, dance, short speeches, and refreshments.

When: March 4, from 7 to 9 pm, with doors opening at 6 pm and refreshments to follow.

Where: Dwight Hall

Tickets: Although the event is free you must pick up your ticket in advance at River City Coffee, Ecostentials, Base Camp and the Tla'amin Convenience Store. Tickets are available after Feb. 5



Powell River Chorus, and the Tla'amin Dancers. Tla'amin's own song-writer and traditional singer Drew Blaney has written a song for Elsie, which he will perform that night.

Tla'amin Councillor Eugene Louie will say the opening prayer and Chief Clint Williams will be one of the speakers.

"This is Elsie's evening," said Donna. "I see this as a community coming together to witness and thank Elsie for her gracious contributions to our community."

Organizers are working closely with the Paul family on the event. "While it's honouring Elsie, it's also honouring the people of Sliammon," she added.

In 2009, Vancouver Island University awarded Elsie an honorary doctorate for bridging cultures.

The gifted storyteller won national recognition from the Canadian Historical Association for *Written As I Remember It: Teachings from the Life of a Sliammon Elder*.

She was also awarded an Aboriginal History Book Prize, a Clio Lifetime Achievement Award, and the prestigious Armitage-Jameson Prize, an award bestowed last year by the Coalition of Western Women's History. **PR**

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PLAN YOUR FEBRUARY

February 3

The True Cost (2015) doc screening

About the fashion industry. Admission is by donation with all proceeds to support the eCouture Fashion Show, April 23, 2016 at 6pm, at VIU.

February 4

Book Publishing – from Gatekeeping to DIY with Karl Siegler

For info call 604-485-8664. Library. 7pm. Trinity Hall

Love Tribe and the Starships

Kaleidoscope Collective art show opening 7pm, VIU

February 5

SD47 Pro-D Day

Literacy Day skate

Free, playful, Literacy event from 1-2:30pm. Strap on your skates and helmet to scribble on ice. Or, rent skates for \$3.

February 6

Auction

To raise funds for the sponsorship of a family from Syria. Storefront behind the Town Centre Hotel. Doors open at 9am, silent auction starts at 10am.

Starman: an acoustic evening of David Bowie songs

Evergreen Theatre. See acousticstarman.com

Magic Mike Night

The Red Lion Pub, 9pm. www.magicmikeplayboyz.eventbrite.ca

TACT Volunteers Appreciation Event

Texada Royal Canadian Legion, 6 to 10pm

February 8

B.C. Family Day

Family Day at the Recreation Complex

An afternoon of free activities! Everyone Welcome. Swim 1 - 4pm. Everyone Welcome Skate 1:30 - 3pm. Open Gym 1 - 4pm. Live music from the Powell River Community Band and the ORCA bus on site from 1-3pm. Free cupcakes, prize draws.

February 11 - 14

The Wizard of Oz:

Feb 11, 12 & 13, 7pm, February 14, 1pm. Evergreen Theatre. Adults \$15, Children 12 & under \$10. Tickets at Anderson's Men's Wear, Taws & at the door.

February 11

Hot Soup Social

Support the Powell River Friends of the Library's "Pump Up The Volumes!" campaign. A mere \$20 gets you two tasty soup choices and much more! Live music! 5:30 pm - 7:30pm, Ecoresentials

February 13

Felt Art workshop

Celebrate St. Valentine's Day by making fabric art hearts with Amber Friedman. 2-3:30pm at the Rec Complex 'Elm Room' To Register call 604-485-8664.

Talent Show

For children and adults of all ages! Entry forms at Sheridan Dance Academy or SheridanDanceAcademy.ca Tickets by donation at the door. Cash Prizes! 7pm Living Water Foursquare Church.

Valentine's spaghetti dinner

Texada Royal Canadian Legion 5:30 pm - 11 pm

February 14

Valentines Day

Sunday song circle

Bring an instrument and your voice. Admission by donation. Pat Buckna: pbuckna@telus.net or 604-485-5198. Cranberry Hall. 2 - 5pm

February 15

SD47 Pro-D Day

Feb 16

Joy Yeh, harp & Academy Chamber Choir

Students 18 & under free with a student ticket voucher. Phone (604) 485-9633 or visit www.powellriveracademy.org for details and online tickets. 7:30pm, James Hall.



WITH REAL MUNCHKINS: Junior performers take on the classic Wizard of Oz at the Evergreen Theatre February 11 to 14. Adults \$15, Children 12 & under \$10.

Feb 17 to 21

Powell River Film Festival

Enjoy award-winning local, Canadian & international films, nightly bar and festival guests. Ticket prices vary; \$2 membership required.

February 20 - 21

Bantam Hockey Tourney

Hosted by Powell River Minor Hockey

February 20

Party with David P. Smith Music & The Ape Shit Army

BASE CAMP - coffee/food/art, 9pm. \$10 at the door

Karaoke Competition

Red Lion, 8pm. Sign up now! Cash prizes.

February 21

The Maureen Valentine Memorial ride

11 am, beginning at Paradise Valley Exhibition Grounds. powellrivertrailriders.com.

February 26

KERMODE with guests all ages show

Jean Pike Center. Doors open 8 pm, music starts at 8:30pm. Tickets- \$15

Johnny Cash Tribute

Royal Canadian Legion, 8pm.

Feb 28

The Crooked Brothers

Cranberry Hall. Tickets at Rockit Music and Breakwater Books. \$18 in advance, \$20 at the door. For more info contact Pat Buckna (pbuckna@telus.net) 7:30pm

February 29

Author reading: John Vaillant

Medley Reading from The Golden Spruce, The Tiger and The Jaguar's Children. 7pm at the Cranberry Seniors Centre, 6792 Cranberry St. For info call 604-485-8664. Library.

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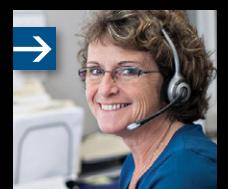
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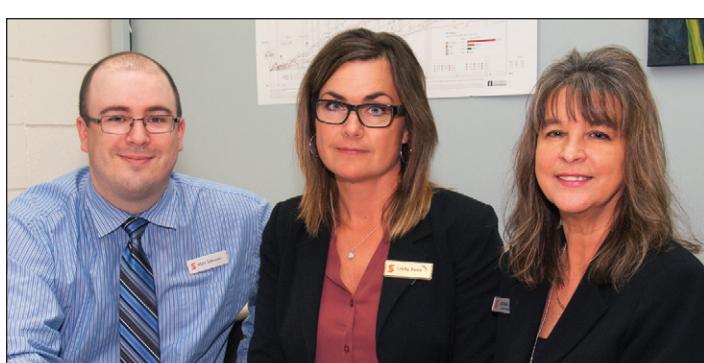
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"Kickin' back" in Townsite to celebrate Heritage Week

BY ANN NELSON

For the heritage preservation community in Powell River, the chance to share more of our unique and distinctive history during Heritage Week, February 15 to 20 has become a highlight of the winter. This year, the national theme for Heritage Week is Distinctive Destinations.

Every province has its own celebrations around the national theme, and for those of us who live in Powell River, we can take great satisfaction in knowing that we're home to a very Distinctive Destination, indeed!

Talk about a theme being tailor-made for Powell River's Townsite.

Not only is the Townsite one of a very small family of National Historic Sites and Districts in BC (see sidebar), but we're actively re-claiming the lifestyle that is celebrated in our designation by Parks and Monuments Canada.

We were honoured in 1995 by that designation in recognition of being "...an exceptional example of a professionally planned, single industry town dating from the early modern period in Canadian town planning" and "A pioneer in

HERITAGE WEEK

When: Starts National Heritage Day, February 15

Canadian town planning, the community also illustrates the emergence of an industry of international importance."

Much of that planning was social, as well as physical. The founders of the Mill were committed to many of the revolutionary principles of the Garden City Movement and the Arts and Crafts Movement. Their beautiful little town, clinging to Canada's western frontier, was designed to foster excellence in work, athletics, culture and recreation by providing greenspaces, social opportunities and the dignity which comes with having one's "own space."

Sure, there have been other company towns built across Canada, like Cumberland and Ladysmith right here in BC, but we are distinguished as much by the survival of a phenomenal number of original buildings as by the setting of this planned community on the hillside overlooking the Straits and the million dollar sunsets.



THE HEART OF THE GARDEN CITY: The founders of the Powell River Paper Mill built the Townsite neighbourhood to support their workers' dignity. More than 100 years later, their beautiful vision remains. *photo courtesy of the Powell River Museum and Archives.*

BC's National Historic Districts:

Vancouver's Chinatown
Gastown Historic District
Victoria's Chinatown
Barkerville
Gitanyow (Gitxsan village)
Yuquot (Friendly Cove,
Nuu-chah-nulth)
Powell River Townsite

Visitors are amazed that almost every building in the Townsite shares an unrivalled view of Vancouver Island and the water: the houses may have been built to group workers of like occupations to-

gether, but everyone's a millionaire when it comes to those views.

The serendipity of one of BC's many resource extraction-based communities having been sited right here in 'paradise' has surely contributed to our survival, when so many others have dwindled away.

For my money, you couldn't ask for a more Distinctive Destination than Powell River and its Townsite. Eat your hearts out, Barkerville and Gastown. We'll be sitting on our front verandahs in the sunshine after a day of outdoor activities, chatting with the passing neighbours and kickin' back! **PR**

Find Your Community Health Services on one Website



For Everything That's Community Health



Fetch is an on-line community directory. It includes descriptions of services and how to access them.

powellriver.fetchbc.ca

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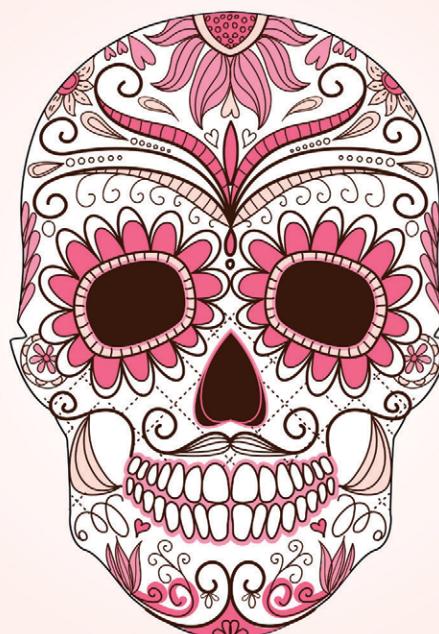


PHOTO BY R. S. PHOTOGRAPHY

10 years of business success and counting! Cheers!

Want to get your Grade 12?

New partnership between VIU and SD47 makes it possible

If you dream of getting your Dogwood but think it's too late, it's too expensive, or it simply won't work with your schedule, think again.

A new program called Connect-ED, run at Vancouver Island University, by School District 47 teacher James Hanson, focuses on helping non-graduated adults get a diploma while also connecting them with post-secondary options.

"James offers several high school courses that are not available at VIU, but also works very closely with the academic advisors at VIU to help students access post-secondary courses that they can use to both complete their high school programs and make the transition to college," says Rod Perrault, SD47's Administrator for District Personalized Learning Programs and Vice Principal of Brooks Secondary School.

"Our focus is on a wide range of learners who have not yet graduated, from students just out of high school to students who are 'much older' and want to complete their secondary school diploma."

The program fills a gap in serving adult learners who have not graduated from high school.

"We developed a program to get them back on track to get their Dogwood but in a setting where they are willing to come and working with their schedule," said James.

Students range in age from 17-year-old Austin (story at right) to a 74-year-old man who had to leave school at a young age to support his family.

"It's been a life long goal for this man," said James. James said one student in the hairdressing pro-

gram talked her grandmother into coming back to school.

"I also have a couple of moms working on their Dogwoods because they want to show their children about the value of education."

"This program is all hard copy... none of it is online," said James,



One student's story

Austin Ackerman wants to get into a trades program but he needs to finish high school first.

"School isn't really my thing," he told Powell River Living. When he heard about Connect-Ed, a new program that helps get non-graduated adults a diploma while also connecting them with some of the post secondary options at Vancouver Island University, he signed up.

Austin spends four hours a week at VIU working with SD 47 teacher James Hanson on Math, English and Marketing and more time at home working because he wants to write the entrance exam for welding in March.

"My goal is to get into a trade program in September."



MOVING ON UP: Teacher James Hanson, centre, has designed a program that helps adults power through their Dogwood. To learn more, please contact a VIU counselor, Rod Perrault at Brooks Secondary School (rod.perrault@sd47.bc.ca) or see James Hanson in Room 113 at VIU between 11 am and 5 pm.

who built six courses for the program and will build one more before the end of the year.

Students can work in the classroom, at home, or wherever. "It's highly portable." Math and English are mandatory, but students get to choose their three electives.

"Most adult learners are 20 per cent on their way to getting their Dogwood when you look at their life skills and experience, although many are filled with self doubt."

"They say 'I've never been good at school' or 'I've never been successful.' So I have to be a bit of a cheerleader and point out all the things they have done," said James.

The length of time it takes for a student depends on their time commitment to the course and how many courses they are taking.

"One lady who took three courses started in September and finished by Christmas. She was moti-

vated as she had a job waiting once she graduated."

For most jobs, the minimum requirement is that you have your Grade 12.

"Once people get their Grade 12 they can enroll in a post-secondary program which leads to a higher paying job," said James.

"The flexibility of this program means that people who are working full time and taking care of their own household are able to finish school. Some of our students are working full time, trying to pay rent and finish school so it's challenging."

Enrolment numbers attest to the program's success. With over 60 students since it was launched last March and eight new students in the first three weeks of January, it has exceeded expectations.

"I've had three graduates already," said James. ▀

Want to learn more? Contact us.

School District #47
4351 Ontario Ave, V8A 1V3
604 485-6271 • www.sd47.bc.ca



WHAT'S UP

Brainiacs challenge Campbell River!

Help the Powell River Brain Injury Society win this year's Loonie Wars from February 22 to 28 and bring the trophy back from the Campbell River Head Injury Society.

The loonie war is an annual event that raises funds for client programming for the brain injury society. Powell River Brain Injury Society executive director Debbie Dee expects fierce competition this year. "We want the trophy back," she said. "We won it the first year and Campbell River has had possession of it ever since!"

Join the campaign, Walk a Mile in my Shoes, and help the Powell River Brain Injury Society raise money and awareness about traumatic brain injuries so they can help their members. The community that raises the most funds per capita will be declared the winner of the war and awarded the prestigious trophy.

Drop by the brain injury society office at the Phoenix Plaza next to Capone's and deliver your loonies or cheques or call 604 485-6065 with your pledge.



Love Tribe & The Starships

The Kaleidoscope Collective is having a group show at VIU, opening at 7 pm February 4 and running to March 1, titled "Love Tribe and The Starships."

The Kaleidoscope Art Collective provides an open space/working shop (located at 4710 Marine Avenue) where artists, creators and people who care passionately about their community can gain skills in operating a business, connecting with others, creating arts and crafts and where the cross fertilization of ideas can take place.

The Kaleidoscope Art Collective has over 40 people of diverse ages and skills involved and collaborating in its space.

By promoting locally made art and goods The Collective creates a sense of community confidence. **RL**



LITERACY DAY: TALES ON ICE

On February's first Pro-D day, celebrate Literacy Day by skating for free at the Complex, with the Powell River Kings from 1 til 2:30 pm, **February 5**.

Strap on your skates and helmet to scribble on ice. When your feet need heat, snuggle down for a good story on the sidelines with a free hot chocolate and fresh treats for sale at the concession. There will also be books to buy and swap in the Lower Foyer. The rink is your open book! Skate rentals: \$3 (skates) and helmets are provided. All children age seven and under need a guardian present during the event.

Sponsored by Powell River Public Library and Literacy Outreach, Powell River.



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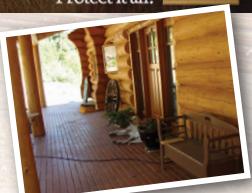
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Your local horoscope

With Texada Island astrologist Michael Moonbeam • Join Michael Moonbeam on [f](#)

From behind the shadow of teary-eyed self-confinement, a flame of passion rises, reaching beyond the deepest levels of inhibition to join the flaming wings of soul

Aries

(Mar 21/22-Apr 19/20)

Like a flame, desire heats the self, releasing the sweet fragrance of soul to the high borne wind of freedom's song. You sense where to place your rebel feet and make your stand.

Taurus

(Apr 20/21-May 20/21)

Friends help you discern your emotional patterns and together you illuminate a new path to what feeds the sacred centre of your child's heart. Willingdon nature trail may share a secret.

Gemini

(May 21/22-June 20/22)

Passion is a sweet aphrodisiac whose radar can perceive the slightest nuance in the object of desire. Swirl and twirl, enjoy and learn from this dance with your twin, twin.

Cancer

(June 21/22-July 22/23)

Playful love triggers the healing powers of an open heart to express and release long held patterns of trauma and wounding. Empty the emotional closet. Soul wants to go shopping.

Leo

(July 23/24-Aug 22/23)

In the black of night the radiance of your thoughts light the inner corridors of the soul and the intimacy of your connection inspires us all. PR film festival Feb 17-21.

Virgo

(Aug 23/24-Sept 22/23)

The power of your creative mind is in overdrive as a flush of beauty and inspiration spill from your pen and flood the sweet paper of your heart with your own song of songs.

Libra

(Sept 23/24-Oct 22/24)

My goodness look what happens when you let go and let god(dess). Your solar center ignites with life giving creative fire. Stand against the neon night and burn, baby burn.

Scorpio

(Oct 23/24-Nov 21/22)

The mysterious murky origins of desire continue to communicate to you the mysteries of life, or at least a new flavor of ice cream at Putters Mini Golf.

Sagittarius

(Nov 22/23-Dec 21/22)

The creative power of female emotion knows no bounds, listen to her, about the path you must walk, the path though the very heart of the fire that will set your spirit free.

Capricorn

(Dec 22/23-Jan 19/20)

Your intrinsic value to the group becomes increasingly more obvious as you contribute from the deep resources of your protective warrior self.

Aquarius

(Jan 20/21-Feb 18/19)

With a cosmic precision that only you can deliver the world receives your visionary and imaginative leadership with gratitude! VIU presents "Love Tribe and the Starships" on Feb. 4.

Pisces

(Feb 19/20-Mar 20/21)

As the Jacques Cousteau of the unconscious sea your lantern eyes slay monsters of the deep with powerful love beams. Nothing can stop us now from falling into the radiant arms of the sun.

Hot Soup Social for the Library

Support the Powell River Friends of the Library's "Pump Up The Volumes!" campaign. A \$20 contribution gets you two tasty soup choices, flavoured butters, fresh-baked bread, an 8-ounce glass of Fairytale Rose Kombucha, and a pair of locally made pot holders. Live music!

5:30 to 7:30 pm Feb. 11 at Ecosentials

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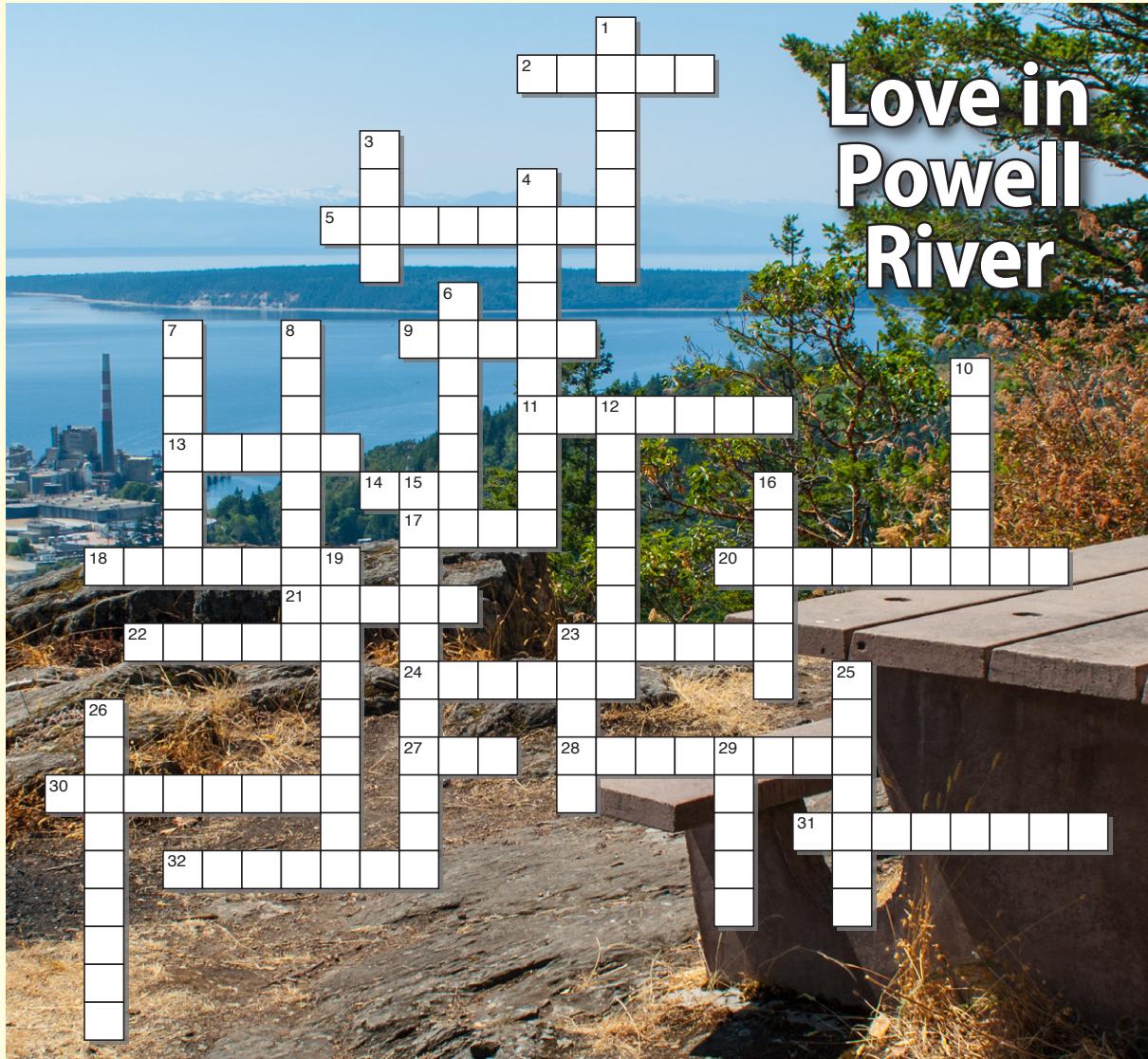
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Across

2. Little ___ book
5. Lingerie and other secrets shop
9. Lots 450 - green___
11. Oyster growing place
13. Lovey-not pigeon-ey
14. Go-to date-wear acronym
17. Optometrist lover's fave feature
18. Pretty, but for the fish tail
20. French food or turner of lead to gold
21. Cake maker
22. Because blue light is scattered
23. Simply tanned colour
24. Wax firekeeper at Winter Market
27. Angry cocoa
28. Hair cutters with z's
30. ___ Oyster Restaurant
31. Princess or theatre
32. Steak and ___

Down

1. Gangster-inspired wine seller
3. Gelato and mousse maker
4. Marine/Alberni gift store
6. Wedding photog, or shot pres
7. Sensual photography style
8. Mountain or love holiday
10. Lives it, loves it, sells it to the Max
12. Photo time, or Sara's studio
15. Hot tub maker or seaside picker
16. Sweaters, or honey-makers dust
19. Planned meeting evening (2 words)
23. Flower seller, or turn red, or wine
25. Sore? Jana Dawn or Sara's solution
26. You eat at, Drifters go under
29. Swingers swing, PowTowners ___



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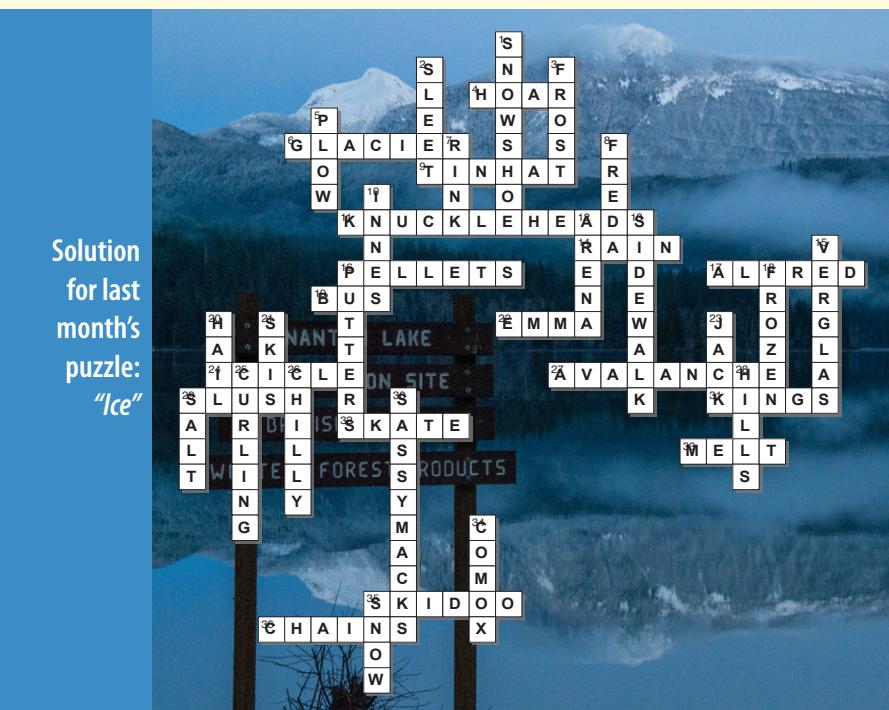
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I

I'm a bit nervous today, January 14. Soon I'll be putting on my 16-year-old son's hockey gear, lacing up a pair of borrowed hockey skates and heading out on the ice for my first "Adult Learn How to Play Hockey" lesson.

I think about falling and making a complete fool of myself. I also think that this may be quite possibly one of the craziest things I've ever done in my pursuit of a good story.

It all started when I stepped on the scales and didn't like what I saw. I didn't like where I was but that was my starting point. I knew I needed to improve my health through fitness and diet.

The next day, *Powell River Living*'s sales rep Suzi Wiebe – who also happens to be an ace hockey player and coach – said that I should take her adult learn-to-play-hockey program at the Rec Complex.

"You're joking," I said. "I'm too old and too fat."

My protests fell on deaf ears. Suzi is almost as old as I am (I am 53) but unlike me, she has been playing hockey for years – so she has a body like a 20-year-old.

"I'll do it," I said.

Committing to this class will be good for me. Not only will I learn a new skill but it is also a good way for me to kick start the Powell River District Wellness Project. With a goal to encourage people to make lifestyle changes, I was taking the first step.

Week one:

I am by far the worst one in the class. Visualize a three-year-old on the ice dressed up in a puffy costume with lots of padding. This is how I look. The three-year-old has a bar to help her balance. I do not.

I can't skate and I can't stop. I feel like I am about to topple over but I will not surrender.

We skate in a circle. Suzi explains how to do a cross over. I try and fall over. She shows us how to skate to the blue line and kneel on one knee. I can get down but getting up is another

story. I fall again. We skate backwards, I wiggle backwards. I discover the stick helps keep me balanced so I hang on for dear life.

Bit by bit my balance improves. I can't believe how much I am sweating by the end of the session.

Week two:

When you are as bad at hockey as I am, you have to get better. I bought a pair of second-hand skates from TAWS and I feel braver. I actually scored a goal during one of our exercises. Since I wasn't worried about falling the whole time, I felt more comfortable on the ice and was able to participate in some of the drills.

"Keep your head up and stick on the ice," Suzi reminded me for the tenth time. I was trying, really trying and I was sweating to prove it. Did you know that hockey gear really stinks? When I complained about the smell Suzi wrinkled her nose and said, "It's the smell of FUN!"

The people are very nice in my group. Patient too. Some are moms who have taken this course two or three times. Others are guys who can skate but haven't played a lot of hockey. We are all here to learn. I discover that when you put yourself out there and try something that you are not comfortable with, you grow. I had to let go on the ice. I had to be okay with making a fool of myself.

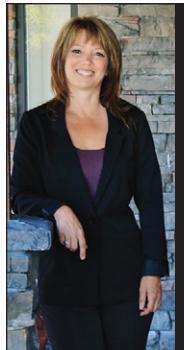
My hockey days are numbered. I'll finish this class. But I don't think I'll be joining the adult hockey league. At age 53, I don't think my body will put up with the game.

I'm proud of myself, though, for hitting the ice, stick in hand. I was more willing to try new things when I was young. Maybe that's because I didn't feel like I needed to be good at everything already, or to look cool, confident and in-control.

Hockey did "smell like fun," though. The class offered a great work-out, and jogged me out of my exercise rut.

So I challenge you to start where you are. You never know where you will end up. **PR**



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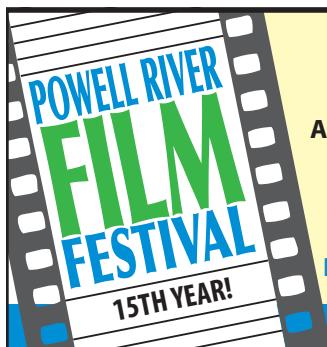
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