

Powell River **LIVING**



FREE
JANUARY 2017

LUNAR NEW YEAR • CUBA • MEN WHO KNIT • ROTARY • BIZ AWARDS

Beyond banana peels



Never forget recycling day again!

City residents, go to www.powellriver.ca/content/recollect-web-app to register to receive collection notification reminders via email, text or a phone call for your weekly curbside garbage and recycling pickup!

Look for curbside organics collection coming soon.



Free Community Composting Pilot Program

Looking for a green new year resolution? Start composting! Good for the planet and your wallet!



WHAT GOES IN? Food scraps, yard waste & food-soiled paper.

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- Fish & Shellfish
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- Dairy Products
- Eggs & Eggshells
- Fruit & Veggies
- Food-soiled Paper & Cardboard
- Paper Coffee Filters, Coffee Grounds & Paper Tea Bags
- Wooden Utensils, Skewers & Toothpicks
- Yard Waste (no invasive species or any branches/limbs larger than 1" in diameter).



How to drop your compost

The Town Centre Recycling Depot is open Monday to Saturday from 8 am to 5:30 pm. Large loads of yard waste can be brought to Sunshine Disposal and Recycling on Wednesdays and Saturdays from 10 am to 4 pm.

Questions? info@letstalktrash.ca or 604.485.0020
For more information and tips on how to avoid food waste at home check out: www.letstalktrash.ca

Regional Districts: designed for democracy

Services provided to the public and the benefitting members within them (whether that be local, sub-regional/shared or regional services), basically determines which regional district directors are eligible to vote on matters.

There is a very special rule in regional district local government. That is, no item of business can be decided by a single director. Thus, where only one director represents the service, is the only participating member, and would be the only member entitled to vote; each director present at the table must vote on the matter.

This rule prevents autocracy. It also promotes collaboration and the concept of regional government. No man is an island.

Another unique voting rule is that if a director who is entitled to vote does not indicate how he or she votes, the director is deemed to have voted in the affirmative.

And, the Chair is not the tie breaker in any vote. By virtue of the above rule, the Chair must vote on all matters and it would be wise to clearly indicate so.



POWELL RIVER REGIONAL DISTRICT

202 - 4675 Marine Avenue
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604-485-2260

administration@powellriverrd.bc.ca

powellriverrd.bc.ca

Selling?

This is your time to shine!

Take the time, reap the rewards

Early 2017 will continue to be a strong market and an ideal time to list and sell your property here in Powell River. Inventory is low and listings are needed.

But don't get complacent! If you're planning to put your house on the market, there's plenty you can do to make sure you get the best price in the best time. You'll be showing both online and in person. And I'm here to help.

Five proven ways to help your home reach its selling potential:

1. Tidy up outdoors

Winter can be rough on the garden and exterior of your home. Clear the yard debris and hose away grime from your entryway. Ensure hedges are neat.

2. Tidy up indoors

Get sturdy boxes, and round up your stray papers, knick-knacks, hobbies, and other bits and pieces. Make sure surfaces are relatively clear.

3. Make it neutral

If you decorate with loud colours, consider painting over them with a pleasant neutral, and storing unique items.

4. Clean and freshen

Mop floors and wipe surfaces before showing. If you have dogs or cats, an air purifier can help allergic buyers look past your pet's impacts.

5. Call me

I'm here to help you get the top price for your home. Let me advise you on how to make your home buyer-ready.

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CONTRIBUTORS

RON BEREZAN, a certified permaculture teacher and designer, has been an organic gardener for over 30 years. He's the founder and proprietor of The Urban Farmer and moved to Powell River seven years ago. Ron spends his time with his hands in the soil, playing with fire and organizing educational travel to Cuba. .



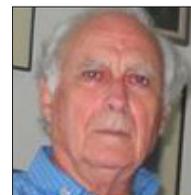
BILL HOPKINS moved to Powell River 15 years ago. He loves his job as a teacher's assistant with School District 47. "I love working with young people and helping out with community events." He's raced in the Soap Box Derby, swum in the Polar Bear Swim, worn the Mr. Powell River sash, carved hundreds of pumpkins and is an accomplished knitter.



EMMA LEVEZ LAROCQUE, after years as a newspaper writer, author, photographer and literacy coordinator, among many other roles, has now turned her attention to food. Emma is a Chef/Nutritionist at Plant-Based RHN and Blog Manager/ Cookbook Club Moderator at Vegan Mainstream. When she's not cooking up another delicious dish, you can find her on the Sunshine Coast Trail with her husband, Matt.



WILLIAM MITCHELL-BANKS is a retired physician and has been a member of Rotary for a half century. He and his wife Ruth moved to Powell River nine years ago, after moving to Canada from England in 1964, first to Prince Rupert, then to Creston. In addition to speaking several languages and setting up websites for people, the 87-year-old is a prolific knitter.



GARY SHILLING enjoys creative processes and mixing words with pictures to tell stories. In addition to engaging in a bustle of marketing and communications activities for local non-profits, including the Film Festival which he writes about in this issue – he gets tactile with ink, paper, and blocks of wood and metal precisely 0.918" high.



KEVIN WILSON is a gardener, computer geek, fiddle player and ex-engineer who came to Canada from the UK in 1981, moved to Powell River in 2003 to grow vegetables for market, and now leads Urban Homesteading workshops on such topics as cheesemaking. He lives in Cranberry with his partner, Alfe, who also knits.



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Publisher & Managing Editor
Isabelle Southcott
isabelle@prliving.ca



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



Editor & Graphics
Pieta Woolley
pieta@prliving.ca



Sales & Marketing
Suzi Wiebe
suzi@prliving.ca



Accounts Receivable
Lauri Percy
lauri@prliving.ca

ON THE COVER

Local photographer Rod Innes captured the cover image of this Northern saw-whet owl (*Aegolius acadicus*) in a tree on Gallagher Hill late one winter afternoon. Saw-whets are one of the smallest owls in North America measuring between 17-22 cm.

Photo by Rod Innes



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PUBLISHER'S MESSAGE

Time, patience and your goals

It's January and somewhere, someone is on a diet. Or quitting smoking. Or signing up for a course or exercise program. Or joining a service club like Rotary. Most of us resolve to do something in the new year but many of our good intentions don't make it past the 15th of the month.

Like so many others I'm saying hello to January by saying goodbye to a few (okay maybe it's more than a few) extra pounds. Right now I'm determined and inspired, but how long will that commitment last?

Whenever I embark on change, I find it helps if I take a long term approach. When I read the story about men who knit (on Page 8) I found it interesting that all three learned to knit when they were young. They didn't pick it up again until they were older, but it stayed with them.

My youngest son Alex learned to knit at school. He was 11 and knitted up a storm of dishcloths one Christmas. We were visiting family on the Island and decided to attend a

Christmas eve service in Parksville. Alex and Grandma sat in the pew just behind me. Alex insisted on knitting during the service. All was quiet in the church as the pastor paused during a particularly important part of the sermon, until this little voice loudly proclaimed "Shit, I dropped a stitch." I was horrified. I hoped no one else heard. But when my very-hard-of-hearing mom loudly whispered to my son how to fix the dropped stitch, I knew we were doomed.

Knitters and those who love them all have stories but they also have patience. They know it takes time to create a beautiful sweater or shawl or pair of socks.

It also takes time for Rotarians to raise money so they can help others but the result of their efforts are evident throughout Powell River. Our Rotary feature (see Page 19) illustrates Rotary's impact both locally and internationally.

Learning a new language also takes time but as Emily Yee explains in Decoding Canada on Page 7, the first thing

new immigrants should do is learn English. Emily, who saw her parents struggle with the language while running a restaurant, now works as a business consultant and translator helping new immigrants communicate.

Our Page 1 photographer, Rod Innes, also has patience. You need it in spades to capture beautiful wildlife photos like his of the saw-whet owl.

Rotary, knitting, learning a new language, photography, and losing weight all take time but they do have something in common. In order to meet your goal in any one of these areas you need to work hard and be committed.

What are your goals for 2017? Whatever they are, dig in and stay the course.

ISABELLE SOUTHCOTT | isabelle@prliving.ca

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GONG XI
FA CAI

Cock a doodle doo! It's the year of the Rooster.

The Lunar New Year begins on January 28 and is ushered in by the rooster, the tenth in the Chinese zodiac.

Lunar New Year is the first day of the lunar calendar, which is based on the cycles of the moon. Chinese, Korean and Vietnamese people traditionally celebrate Lunar New Year as one of their most important holidays.

Coco Kao, immigrant services coordinator for Powell River Immigrant Services Society, says Lunar New Year is a new year's celebration but it's also like Christmas in some ways because families get together.

"The Asian population is growing in Powell River. We have more and more international students. There are Chinese and Korean families who have moved to Powell River and purchased homes and businesses," she said.

Many families, like Coco (who is Taiwanese-Canadian) and her husband Chung Choo (who is Cantonese-Canadian), and their two children Cheyenne, 8, and Misia, who turns 10 on January 28, will celebrate Lunar New Year together.

They often spend it with Chung's parents in Vancouver. However this year, they will remain in Powell River.

"We have a hotpot on January 27 and eat seaweed when we are with Chung's parents," says Coco.

According to Chinese astrology, the year of one's birth sign is the unluckiest year for them so if you were born in the Year of the Rooster, you should be more careful in 2017. **PR**

HOW TO RING IN THE LUNAR NEW YEAR!

1. Wear red! Even red underwear or socks will do.
2. Give lucky money in red envelopes to children and seniors.
3. Clean or sweep all the bad luck out of your house before New Year's eve.
4. If you eat something sweet on the first day of the New Year you will be talking sweet all year!
5. On the 15th day (February 11), light paper lanterns.

ARE YOU A ROOSTER?

If you were born in 1921, 1933, 1945, 1957, 1969, 1981, 1993, or 2005, then the rooster is your sign. Your lucky colours are gold, brown and yellow. Your lucky numbers are five, seven and eight. Your lucky flowers are gladiola and cockscomb.

You are considered to be observant, hardworking, confident, courageous, talented, frank and honest. Career-wise, you are best suited to be a salesperson, restaurant owner, athlete, teacher, waiter, journalist and surgeon. The second, fifth and 11th month are your lucky lunar months and your lucky directions are south and southeast.

Other attributes: you are a deep thinker, capable and naturally talented. You are devoted and like to keep busy but are deeply disappointed. You can be eccentric and this results in troubled relationships with others. You always think you are right and sometimes give the outward impression of being adventurous but you are actually timid. You can be selfish and outspoken, but are always interesting and can be extremely brave.

You are most compatible with Ox, Snake, and Dragon.

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DOES**

Decoding Canada

Interpreting China

Emily Yee finds a valuable middle between two changing cultures

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

When Emily Yee moved to Canada in 1981, she could not have predicted that she would become a critical link between her birthplace and her chosen home – helping guide both together, and into a mutually-prosperous future.

Emily, who used to own the Gourmet Canton Restaurant, is now a business consultant. Not only does she translate English to Cantonese and Mandarin and vice versa, she can translate the cultural nuances.

She also helps local businesses understand their new Chinese clients better.

“Emily can explain contextually what is important,” says Dan Dyble, her friend and consulting partner. “Some translators can translate only the literal message but because Emily has done business here for 24 years and has collaborated with so many groups in the community she can explain the cultural difference between business in Canada and business in China. She can also explain what is unique about Powell River.”

And that is important.

Local knowledge is helpful to new immigrants, in helping them integrate into the Sunshine Coast.

For example, last year Emily was driving clients around the Townsite. “I told them about the history of the mill and tried to explain that there are four parts to the City of Powell River. Townsite, Cranberry, Wildwood and Westview. They were commenting on how old the houses were in the Townsite. They noticed the bow roofs on the houses and were interested in the fact that some of the houses were built by Chinese people.” When they realized the Chinese connection to the Townsite, Emily’s clients wanted to see more of the Townsite. “They wanted to drive around Townsite a few more times because they were interested in the history of Powell River.”

Connections between people and place are important. “Feeling emotionally connected to Powell River makes a difference to some investors,” says Emily.

Emily and her family moved to Vernon from Canton, China when she was in elementary school to join her aunt. That was over 35 years ago. She moved to Powell River with her family, mom, dad and two younger sisters in 1990.

“Nobody spoke any English when we first arrived,” said Emily. Her mother, Kim Yee, was a teacher and her father, Moon Yee, was a truck driver and heavy duty mechanic back in China. But in Canada, they were not considered qualified, so they had to reinvent themselves.

“They wanted a better life for their children. That’s why they moved here,” said Emily.

For the first three years, her father wanted to return to China. “He had a very hard time because of the lan-



A BETTER LIFE FOR THEIR CHILDREN: Back in the early 1980s, Emily Yee’s parents moved to Canada without speaking the language. Now Emily (second from left, with her children Tristen, 21, Nathaniel, 22, and Tyannika, 17) helps connect people across cultures.

HOW’S YOUR MANDARIN?

Make an effort in 2017 to reach out to our new neighbours. A little language can go a long way to helping immigrants feel at home.

Hello.

你好。¹

Nǐ hǎo.

How are you?

你好吗?

Nǐ hǎo ma?

How can I help you?

我可以怎么帮你?

Wǒ kě yǐ zěn me bāng nǐ?

What is your name?

怎么称呼你?

Zěn me chēng hu nǐ?

My name is...

我叫.....²

Wǒ jiào...

guage,” said Emily. “He worked two jobs just to keep a roof over our heads and food on the table. It was difficult for him to provide for his family.”

She remembers her parents kept falling asleep in their ESL classes because they were so tired from working all the time. “Mom worked as a seamstress in a sweat shop tailoring during the day and in a restaurant at night.”

They finally learned to understand basic English after five years of being in Canada, “because they had to.”

The family visited Powell River on a July long weekend in 1990, and decided to move here and start the Gourmet Canton Restaurant.

By this time, all three children were attending university. However Emily’s parents still had trouble speaking and understanding English. “All of us girls would take shifts of four months off from school to help Mom and Dad run the restaurant,” said Emily.

“I was at university full time in Vancouver and worked part-time at a bank. Then I spent four months of

the year in Powell River at the restaurant.”

The daughter who was home would run the front of the restaurant along with her mom.

After 15 years, Emily’s parents sold the restaurant to her. She sold it in 2015.

“I remember how difficult it was for my mom and dad. They were handicapped because they could not communicate clearly. My dad couldn’t speak or read English and he couldn’t work as a truck driver. Because of this I want to help other Chinese immigrants communicate.”

But like any good relationship, communication works both ways. “I like to be able to educate the local people about the difference in culture, too.”

She says many people believe immigrating Chinese have money to burn but in reality, many of them don’t. “They move here because they want a better life. Some immigrants are wealthy and some are not. Most have worked hard to build their wealth and money does not go as far here as it does in China. It is very difficult to do business when you do not speak the language.”

“Nobody spoke any English when we first arrived.”

– Emily Yee, on coming to Canada as a child in 1982.

She says the first thing new immigrants should do is learn the language.

“It takes about two years to be able to understand the basic English language and another year or two to have enough vocabulary to be able to communicate.”

A breakdown in communication can lead to different expectations and often misunderstandings which is not what we want to see happen, says Emily.

“If we can make new immigrants feel like this is their home, they will stay. If we don’t, they may leave.” **PR**

Real men

In Europe back in the 1400s, knitting was a 'blue' job. Teenaged boys who wanted to join a prestigious knitters guild and trained for six years to do so. This was no "stitch n' bitch" circle of hobbyists. The thick woollen clothing was a key to human survival and comfort. Plus, knitters made fishing nets – crucial in the middle ages and beyond.

Here in 21st century Powell River, men still knit. **Kevin Wilson, William Mitchell-Banks, Bill Hopkins** and others are all keeping the craft alive and well.



SIT AND KNIT: William Mitchell-Banks keeps busy knitting.

British-born doc learned to knit from quirky & exotic travellers

BY WILLIAM MITCHELL-BANKS
RETIRED PHYSICIAN

When I was a small boy just before the war, strangers came to our home, and would stay a few months. They were a various bunch.

One was the crown Prince of Abyssinia – as it [Ethiopia] was then called – escaping the Italian invasion. Amongst the others were a German-speaking Hungarian couple, a husband, wife and a little cross-eyed girl of maybe three. Small boys are not good assessors of age. (The husband, years later, turned up as a math teacher at my private boarding school.)

The wife was a knitter, and I became fascinated by the miracle of the process. Eventually she gave me a pair of green plastic knitting pins – they tasted delicious when chewed – and taught me the basics.

During my school years at boarding school I never thought about knitting, not because I thought it unfitting for a

boy, but because my life was so preoccupied striving to excel at academics and athletics.

Not until I was in practice as a junior in family medicine did I pick up the pins again and knitted a little blue jacket for our young son – with brass buttons, just like Peter Rabbit. I remember sitting on the beach at Barmouth in Wales (Abermawdach) busy with it – and nobody thought anything of it.

Another thing a year or two later came a pretty pleated skirt for our daughter.

All this was before we emigrated fifty years ago.

Then, in Creston, I won a couple of first prizes at Fall Fairs, and I knew I had made progress.

I knit Aran and Icelandic sweaters, hoodies for grandchildren, cardigans for Ruth, and some colourful double sided scarves – each side having different colours. They are tricky to do, and gained me the admiration of the owner of Great Balls of Wool for “double knitting.” I

have knitted Ganseys (densely knitted dark blue fisherman's sweaters) on long steel double pointed needles.

I've knitted garments from top down and bottom up. I can repair a frayed cuff or shorten a sleeve – that is trickier than you would think, since it means knitting down to repair something knitted up.

I knit anywhere. My photo appeared in one of the Vancouver newspapers knitting while sitting in the front row at a medical meeting. This was one of the funnier things in an otherwise hum-drum knitting career.

At the moment I knit to keep me sane while CBC 24 hour news plays incessantly. I tell people it gives me something to

think about while I talk.

But there is a mantra-like quality about knitting that approaches meditation. Buddhists may repeat “Om mahne pade om” – I repeat the basic binaries of knit-purl.

I also feel part of a line going back centuries of folk knitting. It was a guild profession, and a master knitter would have traveled extensively in honing his skills. Before the industrial revolution, everyone in a family knitted, often with a small cage on their belt containing the yarn, so they could walk about.

In Peru the men knit and the women spin the yarn.

I feel part of that venerable tribe.



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can knit



Urban Homesteader picks knitting up again with partner, after a decades-long break

KEVIN WILSON
COMPUTER, LEGO & URBAN HOMESTEADING
MAESTRO

Who taught you how to knit?

Kevin • Mum, when I was a teen, but I stopped for a long time until a few years ago when Alfie decided he wanted to learn, so we both went and took lessons from Roisin at Great Balls of Wool.

How long have you been knitting for?

Kevin • About five years from 16-21, and then another five years recently. I don't think we should count the Dark Ages of Knitting in between :)

Why and what do you knit?

Kevin • Mostly socks, as they are both portable and useful (and they wear out and need replacing). I knit a pair of adult socks for me from a 100g ball, then one or two pairs of baby socks. I mostly give those away to friends and relatives. People keep having babies!

Where and when do you knit?

Kevin • On the bus, waiting for the bus, in doctors waiting rooms, on the ferry, in meetings and workshops and classes, and occasionally even at home. Just a few days ago, I finished a pair of socks so I have nothing on the needles right now. Shocking, I know!

FIBER & FABRIC WEEKEND

What: This full weekend of fiber arts workshops will get you hands on with all kinds of crafts. Topic may include crochet * knitting * spinning * dyeing * felting * weaving * silk-screening * beading * hand-sewing * recycling * sewing machines * more

When: January 28 & 29

Where: Oceanview Education Centre

Register: Early Bird weekend \$99 till Jan 7. Full weekend \$135, Single day pass \$75 Jan 8-29. Single workshops \$30 each. See <http://uhspr.ca/>

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Constant knitting binds this charitable couple together

BILL HOPKINS
SD47 EDUCATION ASSISTANT

Bill Hopkins is involved in a knitting club at Henderson School, where he works, and has been involved in knitting clubs at several other schools in the district. Bill won first prize at Powell River's Fall Fair a few years ago for his knitting.

Who taught you how to knit?

Bill • My mom taught me how to knit when I was 17. I only knitted for a little while then I cast off!

How long have you been knitting?

Bill • Ten years ago I met Lynda (my wife). Lynda is a knitting guru and she got me back into it. I didn't know how to cast on or cast off so Lynda used to do that for me until one day she finally said, "Bill you have to learn how to do this."

Why and what do you knit?

Bill • Knitting is fun because it lets me be creative. I knit scarves, cowls, baby booties, toques, and baby surprise jackets which I sell or donate for school funds.

Where and when do you knit?

Bill • I knit everywhere except the bathroom. I knit in the car, on the ferry, at the hockey rink and on the beach. We have separate couches at home and we each have our own knitting corner. Whenever we are going out we ask each other: Are you bringing your knitting?

Tell us your funniest knitting story:

Bill • We usually get our wool at garage sales or second hand shops. Lynda likes to use 100 per cent wool and one day I saw a whole lot of 100 per cent wool balls at the Health Care Auxiliary Shop so I bought them all.

I wrapped them up and gave them to Lynda for Christmas. A month later, I was back at the Auxiliary Shop and I saw they had some more 100 per cent wool balls so I bought them all because it was just before her birthday.

When she opened her birthday gift, she saw it was the same wool I had given her for Christmas!

Unbeknownst to me, Lynda had taken the wool back to the Auxiliary Shop because she didn't like working with really small balls of wool. **PR**



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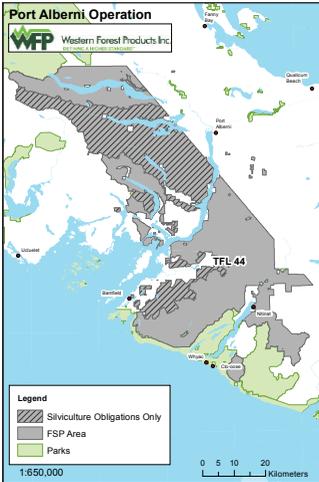
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Western Forest Products Inc. Port Alberni & Powell River (Stillwater) Forest Stewardship Plan

Western Forest Products Inc. within the South Island and Sunshine Coast Natural Resource Districts gives notice and invites written comment on the proposed Port Alberni and Powell River (Stillwater) Forest Stewardship Plan (FSP) replacement. The replacement FSP covers the area on the map inset and includes areas within the vicinity of the following geographic areas: Port Alberni, Powell River, Bamfield, Nitinat, Uchucklesaht Inlet, and Great Central Lake.

The FSP shows the location of the Forest Development Units which provides the Results and Strategies that the FSP holder will follow as it applies to the *Forest and Range Practices Act*.

When approved this FSP will form the basis for future development of roads and timber harvesting which may lead to the issuance of road and cutting permits by the Provincial Government. In addition the standards in which future forests are managed are identified and approved.

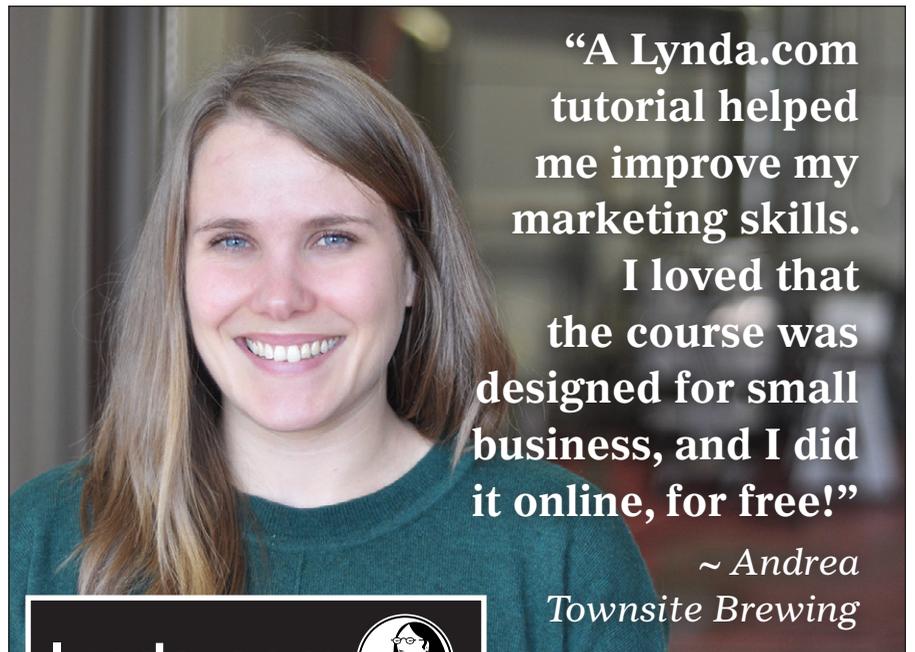
The proposed FSP can be viewed online at:

www.westernforest.com/sustainability/environmental-stewardship/planning-and-practices/our-forests/fsp-port-alberni-and-stillwater-operations/

or by appointment from **January 10, 2017 to March 10, 2017**, weekdays 9am to 4pm, excluding holidays, at this address: **Western Forest Products Inc. #201 - 7373 Duncan Street, Powell River, BC. Call 604-485-3113 for appointment.**

Please send your comments to the attention of Darwyn Koch at dkoch@westernforest.com.

To ensure consideration prior to final submission of the FSP, comments must be in writing and received no later than **March 10th, 2017**.



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Pedal power: Marcus Cramb, Grade 7; Gibson Goodfellow, Grade 7 and Kyle Barnes, Grade 6 are moving and learning at the same time!

Got the wiggles? Bring them on!

Three boys in the Grade 6/7 classroom at Henderson Elementary School are pedaling away on exercise bikes purchased by the school's Parent Advisory Committee. Their laptops are open and they're absorbed in their schoolwork. So absorbed, in fact, that they didn't notice Principal Kristen Brach snap a picture of them.

"I was so excited when I saw this," says Kristen. "Children need to move. If they can move, it helps their mind focus."

She points to a blue 'wobble stool' in one classroom. "These are designed so kids can move while they are sitting. They're part of our plan to meet the needs of individual learners."

The way in which students learn is changing. With the new curriculum introduced in September, much more learning is project-based and experiential, Kristen says.

"It's about teaching students to think critically and to be problem solvers and to be interested in learning. It's not just stand and deliver any more. If students can learn by discovery, it's so much better. I see an improvement in buy-in," says Kristen.

She shows a vehicle project that students designed, which included learning about the history, parts and pieces, wiring the motor and working with gears, ratios and circuits. The vehicle really runs.

She sees how much fun the school's Kindergarten to Grade 3 students have with their game-based 'Literacy Blitzes.'

On this day, eight-year-old Brianna Edmonds and seven-year-old Quintin Price are engaged in a hockey literacy blitz with teacher Tami Murray. The three are sitting at a table where a mock hockey game has been set up. The kids shoot pucks with words written on them at the goalie.

"It's about sight words, teaching them instant recall in a fun way," says Kristen.

Henderson launched a learning centre in September. It is available for any student who needs a break, a quiet place to work, or a little extra help.

"Sometimes there is one student in there and sometimes there are ten of all different ages."

One of Henderson's goals is to bring community members in to the school. Events such as Literacy Day on January 27 bring students, parents, grandparents, community members and Townsite neighbours together to eat pancakes and read books.

"It's so much fun," says Kristen. "We have invited firefighters, paramedics, the RCMP, School Board Trustees and City Councillors to come. They can dress up as a book character or wear their pyjamas."

In addition to the well-known breakfast program, the Henderson lunch program has expanded. Grade 7 students prepare healthy lunches each day for students who need one.

Henderson's after-school program has also grown and now accepts students district-wide. Five-days a week, students are bussed in from other schools in the District to participate in experiential learning. Up to 45 students attend each day. "It's hands-on and it's fun," says Kristen.

Not only has the way educators teach changed at Henderson since it opened in 1913 - so has the physical structure. The first Henderson Elementary was located where the Townsite dog park is.

The present Henderson, which opened in 1957 and is adjacent to Brooks Secondary School, was named after Dr. Andrew Henderson, Powell River's first doctor.

Now, like then, the school is an important part of the Townsite.



Game-based Learning

Brianna Edmonds, 8 and Quintin Price 7, like the hockey literacy blitz they're doing with teacher Tami Murray.



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In 2017, power-up your ethics and health

A CURE FOR THE COMMON CHRONIC CONDITION: A whole-foods, plant-based diet has significantly changed the health of locals Elaine Bagan (left) and Dave Kuntsi (right).

BY EMMA LEVEZ LAROCQUE, R.H.N.

When Dave Kuntsi went to see his family doctor in October 2016, his blood pressure had been dangerously high for months. She asked if he wanted to start medication, or try a dietary overhaul to a whole-food, plant-based (WFPB) way of eating. He decided to try changing his food.

For two weeks Dave cut out meat, dairy, oils, alcohol, junk and processed foods. He concentrated on eating as many fruits, vegetables, legumes, nuts and seeds as he could.

"I lost 12 pounds in those two weeks, and when I went back my blood pressure had gone down from 156/99 to 116/75."

Normal blood pressure ranges between 90-120/60-80. Dave was so encouraged that he continued with the changes.

"My blood pressure really freaked me out," he says. "I'm only 54, and I have a wife, kids and grandkids. I couldn't believe the difference in how I felt generally. I used to feel crampy all the time, I'd lose my breath when I went for walks, and I always felt really tired. I had acid

reflux – I was taking two Zantac a day. Now I have way more energy, no acid reflux and I've lost 19 pounds in two months."

People everywhere are experiencing the benefits of the WFPB diet, and the relationship between the food we eat and chronic disease is increasingly recognized by medical professionals and the general public. One doctor helping to inspire locals is family physician Dr. Danielle Marentette.

"A WFPB diet can benefit numerous conditions including heart disease, obesity, diabetes, hypertension, some cancers, kidney disease, and autoimmune conditions," she says. "The concept of using diet as medicine is something people are becoming more interested in."

Dave Rusnak also decided to try a WFPB diet to help him lose weight and control Type II Diabetes. He started making changes around the beginning of November, and within weeks he was able to reduce his insulin dosage.

"I'm excited about it because it's a whole new way of living and eating," Dave says. "I've noticed my skin improving, I'm losing weight, and my blood sugars are coming down."

"My blood pressure really freaked me out. I'm only 54, and I have a wife, kids and grandkids.

"I couldn't believe the difference in how I felt generally.

"I used to feel crampy all the time, I'd lose my breath when I went for walks, and I always felt really tired. I had acid reflux – I was taking two Zantac a day. Now I have way more energy, no acid reflux and I've lost 19 pounds in two months."

- Dave Kuntsi

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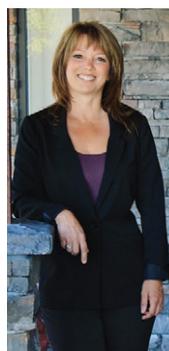


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It's surprising how quickly people see improvements, Danielle says. "People who dive into the change see the most benefits, but even those who make small changes notice a difference."

Elaine Bagan is an example of someone who has experienced benefits from more gradual changes. About eight years ago Elaine was diagnosed with Type II Diabetes, and six years ago she had a stroke. Since then she has been struggling with the effects, as well as chronic pain and inflammation. In April 2016 she came across the work of Dr. Mark Hyman.

"He said, 'the medicine is in your food, not the pills,'" Elaine remembers. She started doing research, and began cutting certain things out – first refined flours and sugars – and adding other things, like turmeric.

"I noticed gradual changes, and that's what encouraged me to investigate further."

Over the course of several months Elaine eliminated meat and most dairy. At this point she has lost 20 pounds. She has also drastically reduced her insulin, her cholesterol-lowering medication, and the amount of Botox she receives for muscle pain. She noticed a huge improvement in her digestion. "The feeling of well-being is so prominent. It's nothing but positive."

While the benefits are clear to those on the journey, some people think eliminating meat, dairy and refined foods is extreme. But Dave, Elaine and Dave, who say they used to be lovers of these foods, are finding the transition easier than anticipated.

"The hardest thing is to change the way you're thinking," Elaine says. "You have to love yourself enough to look into it, and don't be afraid of 'what ifs'."

Dave Kuntsi agrees. "I've realized, this is up to me. You have to jump in there and try it. If you feel better, what is there to lose?"

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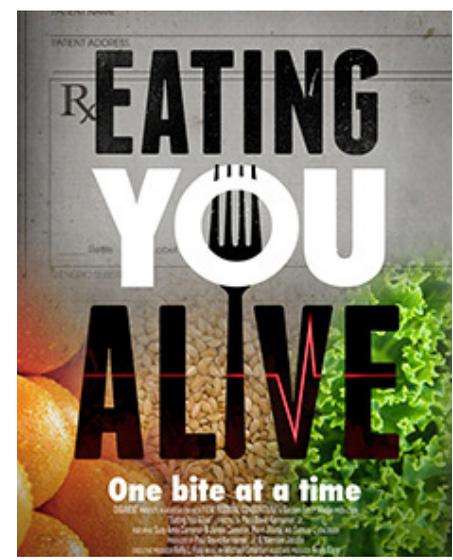
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What: The 2016 feature-length documentary film Eating You Alive takes a scientific look at how what we eat affects our health, and how we can become empowered to be our healthiest selves. Watch a preview at www.eatingyoualive.com.

When: February 2, 7pm.

Where: Max Cameron Theatre at Brooks Secondary.

Tickets: \$10 at the door.

Intrigued? Join us on February 2 for a pre-screening of the documentary Eating You Alive at the Max Cameron Theatre. This film features doctors working in the field of nutrition to improve their patients' lives, and takes a scientific look at how we can use plant-based nutrition to take control of our health. [PR](http://prliving.ca)

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VIVA LA LUCHA: Ron Berezan (far right) with a group of Canadians, Americans and Cubans gather behind a hand-sewn flag in Havana in November. The politically-isolated country was forced, over the past several decades, to become agriculturally independent and sustainable through innovation. *Photo by Linda Winski*

Cuba after Fidel

For the past 11 years, local permaculture activist Ron Berezan has led 22 groups of Canadians to Cuba to learn from the country's agricultural innovations. On November 25, Fidel Castro died - while Ron was there.

BY RON BEREZAN | The Urban Farmer

Word came to me in Cuba via a text from my daughter – Fidel Castro had died. The news that everyone in Cuba had known could not be far away came nonetheless as a shock.

El Comandante was gone. The distinctive voice of this indefatigable dreamer, master revolutionary, ardent confronter of capitalism (even in the post cold war era), constructor of one of the world's most enduring socialist experiments and defender of the cause of social justice for the world's poor had fallen silent.

Well, maybe not quite.

In the days following the death of Fidel, hundreds of thousands of "Fidelistas" filled the squares and lined the streets while his ashes made the four day journey by motorcade from Havana to Santiago.

Heads of state from every remaining left wing government on the planet (from Evo Morales of Bolivia to

Daniel Ortega of Nicaragua to Jacob Zuma of South Africa to Alexis Tsiprus of Greece and many others) gathered in Havana's Revolution Square on Monday night to offer passionate tributes and praise for the world's most outspoken, uncompromising and arguably most controversial socialist of our era. And surrounded by this incredible outpouring of grief, love and pride, one could not help but feel that the end of an era was indeed upon us.

I had the special privilege of leading a group of Canadians and Americans on a holistic health and permaculture program in Cuba during these unusual days.

Like the 21 other groups I have taken to Cuba, these curious travellers were discovering a Cuba much different from the tourist brochures *and* much different from the dour, extremist picture painted by American media.

They were encountering a Cuba full of passionate, creative and intelligent people with big hearts and gen-

erous spirit. A people who because of the political isolation and economic embargo foisted upon them have created remarkable innovations in fields such as organic farming, health care and culture.

It was this resilience and defiance that I encountered on my first visit to Cuba 11 years ago and that has drawn me back some 29 times since.

Several of the folks we met with on this recent journey shared their personal stories of their own direct relationships with Fidel: farmers, scientists, church leaders and community workers all on the verge of tears as they gave witness to how they had been inspired by Fidel in their life's work to make Cuba, and the world, a better place.

For these everyday Cubans, Fidel, despite his shortcomings and his errors which they too are willing to critique, was not only a charismatic revolutionary figure, he was the ongoing inspiration behind over 55 years of

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NINE DAYS OF MOURNING: No music, dancing, alcohol or baseball. Just Fidel.

Photos from Hannah Eckberg

continued resistance to the forces determined to bring Cuba to its knees.

At one such visit in the Marinao neighbourhood of Havana, we bumped into an older woman named Mara who spontaneously offered to lead us to a neighborhood gathering where people were invited to sign their names in a book to honour Fidel and his revolutionary principles.

As we walked down the working class streets, Mara pulled out a large, slightly worn Cuban flag. "My mother," she shared, "sewed this flag in the Sierra Maestra where she was a combatant with Che and Fidel."

It took a moment for this to truly register for me but the deep pride and the defiance in Mara's eyes set things straight; the very flag we were holding as we walked down the street had been present during that historic struggle that has made Cuba the unique place it is today.

Following Fidel's death, there was an official period

of nine days of mourning: no music, no dancing, no alcohol and no baseball. Yes, many of the things that Cubans, and tourists to Cuba, most cherish were on hold for nine days. And despite some grumblings here and there from workers in Cuba's tourist industry about lost profits, the population seemed generally to embrace this as a fitting way to honour the man who played such a key role in creating the country that they love and continue to passionately defend.

In the squares and on the streets, chants of "Yo soy Fidel!" (I am Fidel!) rang out virtually without end. And speaker after speaker in the nonstop TV coverage, at the massive rallies and in the intimate gatherings we enjoyed during the week of mourning pledged their commitment to continue to multiply the revolutionary values of social justice, free access to education and health care, a vibrant cultural life and a form of agriculture that is healthy for the earth and for people.

At least during this very emotional week of both mourning and celebration, Cubans remain very committed to maintaining their independence, to determining their own path and to organizing their society according to their own values despite the ravages that over 55 years of economic sabotage and blockade have caused in the daily lives of Cuba's citizens.

This blockade, by the way, shows no signs of being lifted any time soon, despite the small steps of détente reached by Raul Castro and Barak Obama two years ago.

What exactly the future holds for Cuba remains unclear.

While President Raul Castro announced that, in keeping with Fidel's wishes, there will be no big monuments, no naming of streets, and no other physical immortalizing of the leader of Cuba's revolution, it is clear that he will long remain in the hearts and the lives of the Cuban people, his presence will be felt on the streets, in the music and in the poetry, in the many thousands of Cuban medical professionals serving in some of the most difficult places around the world, in the free universities and the country's vibrant lively intellectual tradition and in the spirit of defiance that the revolution has inspired.

While I never got to meet Fidel in my more than 30 trips to Cuba, I once had the opportunity to send him a direct message through his personal aide and secretary.

I send these words again that they may join with the millions of other voices being raised around the world: "Thank you Fidel. Thank you for all you have done not only for the Cuban people but also for all in the world who struggle for justice, for health and for life."

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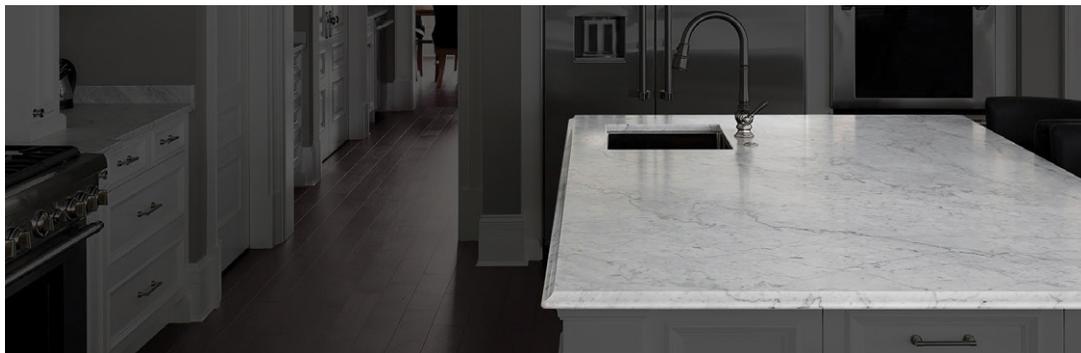
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Brothers in building



From the ground up, the WB Contracting and Personal Touch teams create a one-stop experience for home building and renos



Wes Brown didn't set out to build a company that could provide almost everything a home provider might need. It just kind of happened that way.

He learned his technical building skills by apprenticing with a premier high-end residential builder for eight years. After successfully completing his Carpenter Trade certificate and Red Seal Certificate and then managing projects for another four years, he decided to branch out on his own and create WB Contracting. Wes thought he would just be a builder.

But again and again, customers asked him for advice on a variety of products that were outside the realm of what an average carpenter would provide. So Wes began offering more services.

The company's capabilities soon included General Construction, Project Management, Design Build and Turn-Key Project Development.

The company has now been helping people build their dream homes for 15 years. WB Contracting has constructed many homes in a wide range of styles including custom guest homes, ranchers, waterfront estates and the popular West Coast contemporary style.

When Wes purchased Personal Touch Floor and Window Fashions in 2011, he wanted to be able to offer customers something more than just flooring and window coverings.

He wanted to offer them expertise.

"It was an opportunity to expand on what we offer our clients. It's another service we could provide," says Wes.

Countertops

Another service the company recently began to offer was custom countertop sales and installations.

For years when doing kitchen renovations, they've created templates and had someone else do the countertops. Now they do that work in house.

He also hopes that his family's experience in the realities of building projects will attract other builders to get their countertops, flooring and window coverings from WB/Personal Touch.

"We realize the importance of scheduling in the construction industry. So we pride ourselves on getting products to our clients on time."

The Marine Avenue location offered office space for Wes' brother Chris, who handles much of the paperwork for WB Contracting, as well as a place to meet clients.

Family business

Chris has been working with his brother Wes for 15 years in various aspects of construction. With hands-on experience doing installations or helping clients make flooring and other design decisions, he was a natural fit to manage Personal Touch.

"Having gone through the experience with people from start to finish and knowing some of the challenges they will face helps me give them a sense of what they might want to consider on a project," says Chris.

Despite all that experience, "I'm constantly learning," says Chris, "because there are new products all the time. Products change so quickly, we're constantly researching to find what's best for our customers."

It's a real family affair at Personal Touch. Chris' wife Melanie, who keeps the books balanced for both companies,

Chris Brown

plays a big role in the store helping clients choose the best window coverings and flooring for their specific projects.

The two recently received training from Norman Window Fashions, certifying them to sell and install their products.

Wes' wife Tania works at West Coast Thick, but used to work for WB Contracting and Personal Touch, and, since she's a certified Interior Decorator, she still occasionally gets called on to help out with her expertise.



Wes Brown



New from WB Contracting & Personal Touch

Flooring

We've recently begun carrying flooring from **Eckwood Hardwood Floors**. We're really happy with their customer satisfaction standards and the beauty and quality of the product at affordable prices - and how fast they get product to Powell River. Check them out at eckwood.com



Personal Touch now carries a wide range of styles and pricing from **Envisions** in both aluminum oxide and oil finishes. Visit envisionhardwoodfloors.com, then come talk to us. Also new in flooring is engineered vinyl plank for those really sunny areas where you want vinyl plank but don't want to install a subfloor and glue it. We recommend **Beaulieu** (beaulieuflooring.com) and **Harbinger** (harbingerfloors.com).

Window Coverings

A new supplier of window coverings has us excited, and not just because of the quality and variety of styles of window coverings.

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She's the first

Jennifer Salisbury is Powell River Fire Rescue's very first National Fire Protection Association 1001 trained female firefighter.

The auxiliary firefighter who joined the department in 2013 was one of 12 firefighters who received this professional accreditation in 2016. However she is the only female firefighter in the history of Powell River Fire Rescue to do so.

Other members to achieve this accreditation last year are Gregory Williams; Steve Scott; Julian Welp; Tyler Brady; Darrin Greene; Collin Lloyd; Andrew Milne; Chett Rockwell; Jason Solowan; William Ashworth and Jesse Hildering.

This group joins 13 other auxiliary staff previously accredited. Together, with a few members of the Malaspina Fire Department that Powell River shares and the career staff, 95 per cent of the department has achieved NFPA 1001 professional accreditation.

"This year we near doubled our staff with these qualifications," said Terry Peters, City of Powell River fire chief and director of emergency services. "It's a long journey to cross the finish line."

Firefighters receive a minimum of 580 hours instructional training to achieve these standards and once they

have this accreditation they can apply to be a career firefighter.

But will she?

"Yes," she says. "I'd like to do this one day."

But competition for career firefighter jobs in Powell River is always intense. "When you have 27 people apply for one job it's tough," says Terry. "We've never had a female apply for a career position before."

"Jennifer is our very first female to achieve this standard," said Terry. "We have 29 auxiliary firefighters and 27 of them have this standard. That is the most depth we have ever had for these qualifications and it reflects the training we provide in this department."

Jennifer is used to working in a world dominated by men. "I've always been a tomboy. I did first year automotive after high school and worked at Canadian Tire in the automotive department for four years."

Then she graduated from Vancouver Island University's health care assistant program and today she works as a nurse's aid for Vancouver Coastal Health.

Powell River Fire Rescue responded to over 1,000 calls in 2016. The department is recruiting now; training begins in February 2017. Applications are available online and on their Facebook page. [RFL](#)



A WOMAN OF MANY SKILLS: You may recognize her from the Canadian Tire automotive department, or from her work as a nurse's aid. Now you may see Jennifer Salisbury (left, with Fire Chief Terry Peters) coming through the smoke.



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More than one thousand people rode the train and raised hundreds of dollars in food and cash donations for the Salvation Army during the Second Annual Santa Train event, December 9 & 10, 2016. A sincere thank you from the Powell River Forestry Heritage Society.



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SERVICE

JANUARY IS ROTARY AWARENESS MONTH

ABOVE SELF

Did you know that Powell River has two Rotary clubs belonging to an international organization that does some pretty amazing work around the world?

Rotary, along with its partners, has reduced the number of polio cases by 99.9 per cent worldwide since launching their first vaccination project in the Philippines in 1979. They are close to eradicating polio but they still need your help.

Who can join Rotary?

Rotary is made up of people who are committed to and passionate about enhancing communities and improving the lives of people around the globe. The object of Rotary is to encourage and foster the idea of service as a basis of worthy enterprise.

WHY ROTARY?

Rotary's motto is "Service above self." Rotarians want to be of service to the community because Rotarians believe that they have the potential to create better, safer and healthier communities, one project at a time.

Fellowship is also important. The friendship and sense of doing something good together is what keeps Rotarians looking forward to meetings week after week.

Diversity becomes more important every year and integrity is a value that guides all Rotarians because every Rotarian is a guardian of the organization's reputation.

Leadership is the fifth core value. Everything a Rotarian does reflects upon all Rotarians, which is why it is important that Rotarians live by their core values and commit to Service Above Self.

The four-way test is a central part of the Rotary structure throughout the world and is held as the standard by which all behaviour should be measured. The four-way test is recited weekly by members at meetings all around the world.

When Rotarian Kip Brown passed away last year, the Rotary Club of Powell River lost its longest standing Powell River member. Kip had been a Rotarian for 42 years and lived his life the Rotary way.

Two clubs

Chartered in 1955, the Rotary Club of Powell River (also known as "the evening club") is one of the community's oldest service clubs. The evening club meets every Wednesday evening at 6 pm at Julie's Airport Café. Club president is Sean Dees.

Chartered in 2010, the Rotary Club of Powell River Sunrise is led by president Don McLeod. The club meets at 7:15 am every Tuesday morning in the banquet room of the Town Centre Hotel.

Members from both clubs work together on some projects, such as the Brooks Interact Club, and separately on others – but they are all Rotarians.

The Brooks Interact Club's co-presidents are Asees Kaur and Bayley Hollingsworth for the first term, with Rachel Peckford taking over as president at the end of January.

Rod Wiebe

Detachment Commander

RCMP



Rotary



Proudest Rotary moment 2016:

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

Why I'm a Rotarian:

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

Years involved: 5

Ben Fairless

Hiking Promoter
Sunshine Coast Trail



Rotary



Proudest Rotary moment 2016:

Finishing off the exercise park at Willingdon Beach!

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

Years involved: 3

Martyn Woolley

Manager
Community
Resource Centre

Rotary



Proudest Rotary moment 2016:

When we cooked and fed 300 kids at the Kāthamixw barbecue at Willingdon Beach last summer.

Why I'm a Rotarian:

I was inspired by the people who were already members of the club.

Years involved: 1

John Kristof

Canadian Tire

Rotary



Proudest Rotary moment 2016:

Being part of the team that planned, designed and

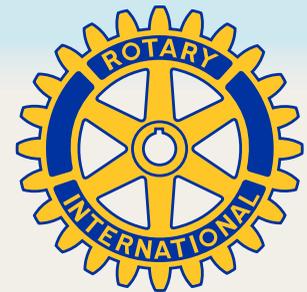
constructed the Adult Exercise Park at Willingdon Beach; and, giving bursaries to three students at the Brooks' Cap and Gown Night on behalf of the Club. It is great to see the potential of the youth of Powell River.

Why I'm a Rotarian: Being part of a group of like-minded individuals who want to make our local community a better place to live and perhaps have some fun at the same time.

Years involved: 5



POWELL RIVER SUNRISE Rotary Walk



Walk starts at 9 am, March 11, 2017

Rotarians will walk from Lund to Saltery Bay
to raise money to support local non-profit groups and international projects.



Martyn Woolley



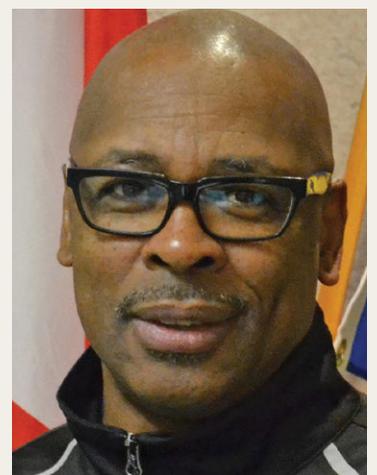
Lorraine Alman



Isabelle Southcott



John Kristof



Frank Clayton

Sponsor one of the Rotary walkers directly, or visit [gofundme.com/walk-for-rotary](https://www.gofundme.com/walk-for-rotary)

For more info, go to **Powell River Rotary Sunrise** Facebook page.

'Morning' Rotary Club raises heart rates with exercise park

THE ROTARY CLUB OF POWELL RIVER SUNRISE

We meet at 7:15 am Tuesday mornings in the banquet room at the Town Centre Hotel.

President: Don McLeod

President Elect: Frank Clayton

Secretary: Ben Fairless

Treasurer: Terry Noreault

Projects: Craig Brownhill

Foundation: Rod Wiebe

Membership: Helen deBruyckere

Members: Lorraine Allman, Arleen Davis, Dean English, Lianne English, Tod English, Bert Fynamore, Mac Fraser, Peter Harvey, Michelle Hodgkinson-Kristof, John Kristof, Kim Miller, Doug Nauer, Chip Paquette, Mike Salisbury, Guy Sigouin, Isabelle Southcott, Dan Taylor, Bill Whyard, Martyn Woolley, and Pennie Young (honourary).



BROOKS INTERACT: Some members of the student Rotary Club pose after a lunch-time meeting.

The Rotary Club of Powell River Sunrise spent a lot of energy working on the adult exercise park. The park, which opened in August at Willingdon Beach, contains several pieces of equipment, suitable for both upper and lower body workouts. It is free to use the equipment and adults can use it at any time!

It was made possible thanks to support from Powell River Community Forest and the City of Powell River.

Rotarians know that children are the future, which is why both clubs are so excited about the growth experienced by Brooks Interact this year. This club, which is like a Rotary Club for students, is stronger than ever with 20 members. Students are involved in a wide range of projects, such as collecting food for the Powell River Action Centre Food Bank before Christmas. Their meetings are short, just 20 minutes every Thursday, but

students learn and accomplish a lot. The money they raised from their first fundraiser, selling beverages at the Diversity Festival, was used to sponsor a family at Christmas.

Through the Christmas Cheer project, Brooks Interact members adopted a single mom and her six-year-old daughter. They bought a Frozen Fever Friend gift set and troll slippers for the little girl and a snuggly lap blanket for the mom.

Then they went to Quality Foods and filled up a grocery cart with food, which they delivered to their family on Christmas Eve.

The little girl was happy and excited to meet everyone; the mom was overwhelmed by the students' generosity and the students knew they were making a difference for a family.



Don McLeod

Realtor
RE/MAX Powell River



Rotary



Proudest Rotary moment 2016: Helping contribute to some of the great humanitarian projects around the world.

Why I'm a Rotarian: I joined for community service and found camaraderie, too. It's rewarding to see Rotarians from all walks of life come together to provide Service Above Self.

Years involved: 4



Frank Clayton

CEO



Personal Development
Through Martial Arts Training

Rotary



Proudest Rotary moment 2016: 1,000 kicks in 15 minutes to raise money for polio eradication.

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

Years involved: 2



Guy Sigouin

Manager
Quality Foods



Rotary



Proudest Rotary moment 2016: When we opened the new adult exercise park at Willingdon Beach and the growth in Interact (Rotary for youth).

Why I'm a Rotarian: To give back to my community. As a Rotarian, I can serve my community and give back locally and internationally.

Years involved: 8



Helen deBruyckere

Proudest Rotary moment 2016: The completion of the exercise park at Willingdon Beach.

Why I'm a Rotarian: I like to give back. Being a member of Rotary, the largest and best international service organization, lets me give back to our community, our country and our world.

Years involved: 6



Isabelle Southcott

Owner / Publisher
Powell River Living Magazine
Southcott Communications



Rotary



Proudest Rotary moment 2016: Working with the Brooks Interact Club and seeing how inspired the students are to serve. It was heartwarming to watch them deliver food and gifts to their Christmas Cheer family!

Why I'm a Rotarian: To make a difference locally and internationally. The people are pretty great, too.

Years involved: 2



Kim Miller

Manager
Chamber of Commerce



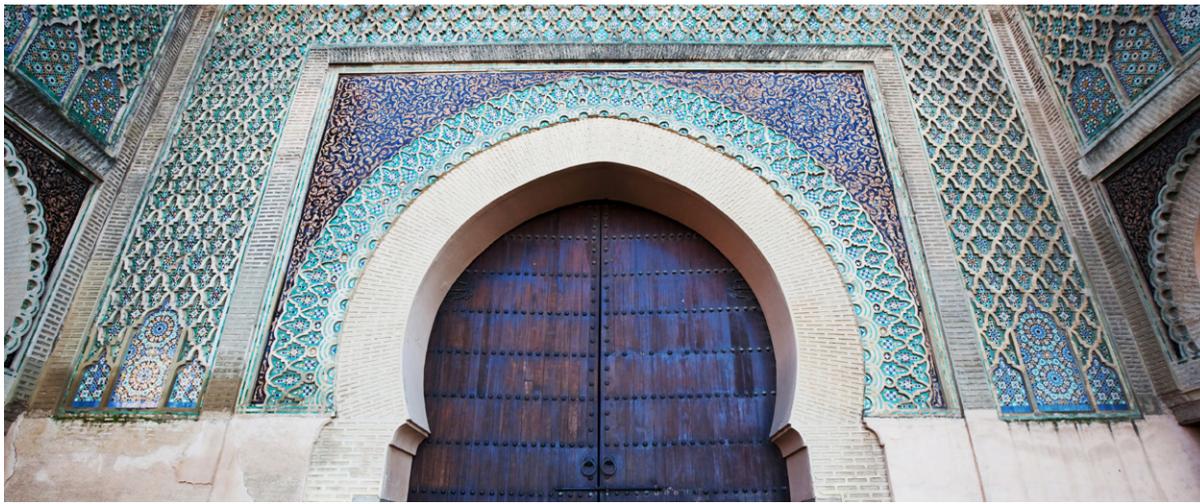
Rotary



Proudest Rotary moment 2016: I get a sense of pride being involved with projects and events we take on as a group, that benefit so many others.

Why I'm a Rotarian: I like to be involved in my community. I'm always happy that we can financially support so many worthy groups too.

Years involved: 6



'Evening' Rotary Club acts globally: in Morocco

Last year, the Rotary Club of Powell River was involved in The Morocco Project. This project was conceived by Hamid Atany, a resident of Vancouver, who grew up in the high Atlas mountains of Morocco, said local Rotarian Dr. Ash Varma.

"Hamid recognized that young girls in his village did not have any opportunity for schooling so he decided to build a one-room schoolhouse. As friends and acquaintances in Vancouver got to know about his project they gave funds and material to the school. As more people wanted to help it turned into a two story building with living quarters and a kitchen as well as a school room."

When Ash (who is a dentist) and his wife Deleigh found out about this project they decided to furnish a clinic that could provide both dental and medical supplies.

"From that point it just grew. I mentioned it to the Rotary Club and we acquired a trailer through Ocean Trailers and City Transfer shipped it to Vancouver," said Ash.

Equipment was donated by local dentists, Dr. Chow, Dr. Needham and Dr. Varma and some medical supplies gathered in Vancouver along with school supplies, tables, chairs, beds, sheets, cutlery, plates, and other items filled the trailer up.

"Our Rotary Club then shipped it to Morocco where it was unloaded and taken to the village. Hamid and his family oversaw the transfer to make sure everything got to the right place."

Rotarians like to help locally and internationally. Locally, the Rotary Club of Powell River also helped renovate a house to install a wheelchair lift for a man who was terminally ill with a brain tumour.

"He was not able to use the stairs to his home and needed to be in his electric scooter in the home," said Rotarian Charlie Gatt.

"Rotary acquired and installed the lift after providing a new door, accessible sidewalk and covered roof over the lift." 

THE ROTARY CLUB OF POWELL RIVER

We meet at 6 pm Wednesday evenings at Julie's Airport Cafe.

President: Sean Dees

President Elect: Scott Randolph

Secretary: Ron Salome

Treasurer: Tim Wall

Public Relations: Paul Galinski

Foundation: Jill Ehgoetz

Fundraising: Ash Varma and Deborah Jenkins

International and Youth: Frieda Hamoline

Members: Carol Brown, Joyce Carlson, Brad Carolie, Julie Chambers, Ross Cooper, Dan Devita, David Duke, Ed Frausel, Charlie Gatt, Jan Gisborne, Amanda Hunter, Don Logan, Pawel Makarewicz, Claude Marquis, William Mitchell-Banks, Sam Nissi, Mark Peckford, Monica Peckford, Wally Pence, Real Sigouin, Roger Skorey, Dick Vanderkemp and John Wyse.

Dan De Vita

Realtor
Re/Max



Why I'm a Rotarian:

I toured 35 Rotary clubs in England in 1993 speaking about BC and real estate. I was selected to go back to England leading a team of my own in 2001. My daughter Maria was a Rotary exchange student to Thailand for a year. Both my daughters excelled in Interact and RYLA.

Years involved: 22



David Duke

Chartered Professional
Accountant
Duke & Co.

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& tax services in Powell River
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Proudest Rotary moment 2016:

Our role in running the Festival of the Performing Arts.

Why I'm a Rotarian:

The Service Above Self motto has always been a motivating factor. It gives me great pleasure to be part of the many community, International, and youth projects that Rotary pursues.

Years involved: 24



John Wyse

Owner/Optometrlist
Powell River Optometry



Proudest Rotary moment 2016:

I'm a pretty new member, but really proud to see the incredible work that Rotarians have done in nearly eradicating Polio worldwide.

Why I'm a Rotarian: I believe in community service. Being able to contribute to local or global projects is very satisfying.

Years involved: Less than 1



Monica Peckford

Mortgage Broker
Invis



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Proudest Rotary moment 2016:

Being involved with the Festival of Performing Arts committee and helping facilitate a new online registration system.

Why I'm a Rotarian: I joined Rotary with my husband Mark as a way to give back to our community together.

Years involved: 5 months



Deborah Jenkins

Owner
Crazy Quilt Cottage



Proudest Rotary moment 2016:

One proud moment was when a large group of Rotarians attended the funeral of long time member and friend of Rotary Kip Brown. Kip was a member for more than 50 years.

Why I'm a Rotarian: To give back to my wonderful community.

Years involved: 21



Charlie Gatt

Owner
Charlie Gatt
Construction Ltd.



Proudest Rotary moment 2016:

Supporting the youth bike rodeo and community projects.

Why I'm a Rotarian:

Fellowship and supporting the community.

Years involved: 20



I MADE THE MOVE

Linda Read and Johnny Menzes just moved here – Johnny is a professional dog trainer and kennel owner, and Linda, an RN, is an emergency room nurse.

Johnny has opened a dog training business in Powell River, In-training K9 Services, and hopes to introduce Schutzhund to Powell River. He specializes in training and correction of problem dog behaviour by developing focus and drive in dogs and training their owners.

Linda specializes in emergency and critical care. Having worked in five countries, she brings a wealth of experience to her current position.

Johnny and Linda have also created a pet-friendly B&B. Dog owners are welcome to bring their pets and enjoy the fenced acreage, kennel and receive some dog training if they choose. They offer dog training and agility courses in indoor and outdoor training facilities.

They have already gotten involved in Pickleball and scuba diving. Linda hopes to get an adult fiddle group started and offer fiddle lessons.

Why did you choose Powell River?

Linda • Two years ago, I had an opportunity to have a month-long contract as a nurse at Powell River General Hospital. The positive experience and the community feel made me want to return. What sealed the deal for me was attending the Blackberry Festival. I saw people, not just attending the downtown street festival but mingling with each other, friends meeting friends, neighbours meeting neighbours. There was such a sense of community and togetherness. I knew I wanted to be part of this community and such a beautiful location. I scuba dive, kayak and hike so it seemed like a natural fit.

Johnny • I am originally from Durban, South Africa and Powell River reminds me of the South African coastal climate. I am drawn to the ocean and am happy to be back living near the seaside.

When? Where from?

Linda and Johnny • July 1, 2016 from Kelowna, BC

What surprised you about Powell River once you moved here?

Linda • When I moved to my new home I was very surprised that the former owner had planted a garden for me. Since I moved July 1 it would have been very late to be planting but this lovely woman had planted the garden for me months earlier. I was so touched by this act of kindness that I have been sharing the produce of that garden with her as a way of saying thank you.

Johnny • I was surprised by the sense of community and the friendly people. I am impressed by the stunning views of the ocean and the sunsets. I am looking forward to not having to shovel snow.

What made you decide to move to Powell River?

Linda • Johnny and I had been living in Kelowna and



CANINE CULTURE: Practically made for Powell River, Linda is a scuba-diving, fiddle-playing RN, and dog trainer Johnny is hoping to bring Schutzhund - a competition comprised of dog obedience, tracking and protection - to the Sunshine Coast. He trains dogs to competition level.

were ready for a change. Kelowna is getting too big and too busy. We bought an acreage so Johnny could continue his dog training business and have a training field and indoor facility. I love scuba diving, kayaking, hiking and biking so what better place to be? I am also a fiddler and I knew Powell River had an active music community.

Johnny • I wanted a change from the Okanagan. I was looking for a smaller close-knit community. I wanted to live in an area where I could concentrate on dog training and dog breeding. I have German Shepherds that are from a European bloodline; I want to breed and develop that line of working dog. I want to introduce the sport of Schutzhund/International Working Dog to Powell River.

Where is your favourite place in Powell River?

Linda • I am thrilled by the endless opportunities for

Nurse and dog trainer find their peaceable kingdom

outdoor adventure. One of my favourite places is Inland Lake. We have been there several times to cycle and walk it. I am always impressed by communities that make an effort to develop places (as in boardwalks and trails) like Inland Lake to promote healthy lifestyle and activity. Next I want to kayak the lake.

Johnny • My favourite place in Powell River is my home and acreage. Sometimes I just walk to the end of the property and just look and admire this beautiful place. I love the peace and contentment that I feel here.

How did you first hear about Powell River?

Linda • My friends, Tim and Ute Mohr had moved here several years ago. I had come to visit them a few times over the years. Before that I had never made the big two-ferry trek up here.

Johnny • My darling Linda suggested we come here for a weekend to look around. She decided to book a realtor at the same time and we found the perfect piece of property. I didn't know anything about Powell River prior to coming here. I think we should keep it a secret.

What is your greatest extravagance?

Linda • My music – I like to spend money on sheet music, CDs, instruments, fiddle camps, and fiddle contests. Travelling for my music, I have been to Ireland and Scotland for fiddle workshops. I think any investment in my music is an investment in myself.

Johnny • My dogs – I don't spare expense when it comes to my dogs. I had my male German Shepherd flown over from the Netherlands. I am expecting a new female from a European bloodline in the spring. **PR**

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WHAT'S UP

Senior volleyball girls take bronze

Brooks Secondary School's senior girls volleyball team finished third at the provincials in Kelowna last month. This, coupled with their second place finish the year before, marks incredible back-to-back seasons for the Thunderbirds. Special congratulations to Matilda Bertrand who was named to the Tournament's second All-Star Team and Maddie Yule who was named to the first All-Star Team.

Deadline this month - sexy

The deadline for artist submissions for the Expose Yourself exhibition is January 21.

Expose Yourself is a body-celebrating, hilarity-making, erotically themed art exhibition based in Powell River that takes place from March 17 to 19.

The exhibition celebrates art, humanity and humour through the visual and performing arts, workshops and ridiculous group art projects. For more info check out their Facebook page or visit eyexhibition.com.



Food Bank Holiday Success

Incredible donations and generous hearts made the fundraiser for the Powell River Action Food Bank a huge success, as \$33,500 in cheques, cash and food donations were collected Dec 2-16 during the Coast FM "Fill the Trailer" radiothon at Safeway!

Thank you to City Transfer for the trailer, musical guests Gitta May Nielsen and Denis and the Menaces, Powell River RD Chair Patrick Brabazon, Mayor Dave Formosa, the Recreation Complex and Kings, Powell River Logger Sports and Safeway.

And the biggest THANK YOU to you for your generosity!

-Savanna Dee & Debbie Dee

Literacy day skate

Come to the Recreation Complex on February 10 and have fun at the Family Literacy Day skate from 1:30 to 3 pm.

"Tales on Ice" is a Family Literacy Day skate that focuses on physical literacy, said Literacy Outreach Coordinator Megan Dulcie Dill. There'll be a good selection of children's books available for kids to pick up and take home. There will be free hot chocolate and thanks to First Credit Union, there will be no charge for skate rentals.

February 10 is a Professional Development Day and schools will not be in session.

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Home + Garden Show gives back

Raising funds is usually the biggest challenge Powell River's many registered charities and non-profit groups face but the money raised by volunteers enables these groups to give back and help the community.

The Powell River Home + Garden Association does their part to help. The Home + Garden Show will be held on April 28 & 29th at the Hap Parker Arena and the show's committee is looking for their Charity of Choice. This honour comes with the opportunity to greet the attendees of the 2017 show and accept donations for your cause, said president Leah Rourke.

Powell River is also an entrepreneurial town, with many talented individuals with great business ideas. "The Home + Garden Show is the ideal place to showcase many of those talents. We know that it can be costly getting your business off the ground, so that is why we also give away a free booth to one deserving local business each year."

For more information and entry forms for both opportunities, please visit www.prhomeshow.com.

Tech tips

If you're having difficulty figuring out how to use your iPhone, tablet or computer, stop by the Learning Centre between 1 and 4 pm on a Tuesday afternoon and talk to Jacob Wernerowski, the centre's intern, says Literacy Outreach Coordinator Megan Dulcie Dill.

"He's really good at teaching people how to network their iPhones and computers."

This is a free service.

Burke wins

Trystan Burke has been boxing for just over a year but in that short span of time he's already proven himself more than once.

Most recently, the 20-year old boxer won a fight at the Tournament for Champions held in North Vancouver on November 26.

"Trystan is a good fighter," said Coach and former pro-fighter Les Vegas, who runs the Powell River Boxing Club. "This was his sixth fight and he won it. He's serious about boxing and he's good."

The boxing club is located at 7105 Nootka Street. If you're interested in learning drop by Monday, Wednesday or Friday from 5 to 6:30 pm and talk to Les. The club is free of charge.

Books everywhere

There's a book box just below Literacy Outreach Coordinator's office window in Westview. "I have a bird's eye view of this box," says Megan Dulcie Dill, "so I can see if it's being used and guess what? It's being well used!"

Stewards of the box rotate the books and replenish them when necessary. The box, which is part of the HIVE Powell River campaign, provides a space for people to exchange a book or leave a message in a physical place. The Literacy Council has four book centres in Powell River but there are a total of 11 in the region. The book centres are located beside Townsite Brewing in the Townsite, Westview, Cranberry, Tla'amin and Wildwood. [RL](#)



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Congratulations Paul McLean!



BUSINESS CONNECTIONS

BY KIM MILLER | office@powellriverchamber.com



The Powell River Chamber of Commerce has two luncheon presentations this month.

On Monday, January 16 from noon to 1 pm at the Town Centre Hotel, there'll be a presentation by the PR Technology Co-op about a community-operated workspace where people with common interests, often in computers, machining, technology, science, digital art or electronic art, meet, socialize and collaborate.

On Thursday, January 26 from noon to 1 pm in the restaurant downstairs at Quality Foods, the Chinese Kitchen, will host a Lunar New Year luncheon to celebrate the Year of the Rooster. Co-hosted with Immigration Services & PR Diversity Initiative. Please RSVP to office@powellriverchamber.com or 604-485-

4051. Cost is \$15 at the door.

There's a new marijuana shop on Marine Avenue. West Coast Medicinal Dispensary opened for business in the former location of the Jailhouse Café. This is Powell River's third marijuana dispensary.

Tla'amin Convenience Store is one of ten semi finalists in the Best Community Impact category for the 14th annual Small Business BC Awards. The awards will be held in Vancouver on February 23 and winners will be announced at that time.

Nominations close for the Powell River Chamber of Commerce Business Awards on January 20.

Get your nomination form in this issue of Powell River Living magazine (Page 32) and drop it off or mail it to the Chamber office, 6807 Wharf Street, Powell River, BC, V8A 1T9. Or, enter online at powellriverchamber.com [RRL](#)

POLLEN ATTRACTS MANY CONTEST BEES: In October, *Powell River Living* ran a contest asking readers to answer some historical questions. Hundreds of people entered, and we drew for a winner. Left, Catalyst employee Paul McLean went out to the Lund to choose his prize - a men's placket 100 per cent wool sweater in "granite," a \$210 value. Congratulations, Paul! And thank you to both Pollen Sweaters and the many folks who entered.

Wishing you and yours a safe and prosperous 2017



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5

Feeling Film Festive?

Winter on the Sunshine Coast is a great time to bundle into a cozy, dry theatre and watch a film - or several. On January 6 & 7, The Banff Mountain Film Festival brings documentary flair to the Max Cameron Theatre. On February 2, *Eating You Alive* screens at the Evergreen. And the Patricia Theatre is home to the Powell River Film Festival February 15 to 19. There, you can even see some locally-made fare, while enjoying the full social experience of a glittery event.

Plus, the venerable Patricia Theatre is bringing *Rogue One*, *Collateral Beauty*, *La La Land*, *Hidden Figures*, *The Edge of Seventeen*, *Lion* and more to the deepest and darkest of mid-winter. Smell the popcorn. Revel in the velvet seats. And enjoy. Spring will be here soon.

events to help you be a better global citizen in 2017

Resolve to be gentler on the earth, with others and with yourself

1. Fibre and Fabric from the Ground Up

You already know that fast fashion is a true environmental and social disaster. Learn to make (and repair) your own beautiful and ethical clothing at this workshop January 28 & 29. uhspr.ca.

2. Eating You Alive

This pre-release documentary screening features doctors working in the field of nutrition to improve their patients' lives, and takes a scientific look at how we can use plant-based nutrition to take control of our health. February 2, 7pm, Max Cameron.

3. Chamber of Commerce Business Awards Nominations

This year, *Powell River Living* has introduced (and is sponsoring) a new award for the Forestry Sector. If you know of a local forestry business that offers excellence in communications and sustainability, please nominate them to encourage best practices across this field. See Page 29.

4. Whopping Whales and Wee Fish

Can we have close encounters with sea life without disturbing their feeding and resting patterns? Issues such as these will be explored in the context of the glorious return of whales to Powell River waters! Also learn about the 'Welcoming Whales' video project. Trinity Hall, United Church. Doors open at 7 pm January 19.

5. Lunar New Year: The Rooster.

A chance to eat delicious dumplings, yes. But also an opportunity to reach out to your Korean-, Chinese- and Vietnamese-Canadian neighbours. See Page 6 for ideas on how to celebrate the Year of the Rooster.

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FEB

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19

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You found Utopia, now what?

BY GARY SHILLING

Once a port for isolated logging operations, Lund sits at the end of the Pacific Coastal highway, some 15,000 plus kilometres north of Chile, the terminus point. In the 1970s, the end of the road served as a new beginning for a rag-tag group of Americans (and Canadians too) looking to escape the impacts of a Nixon administration and the war machine in Vietnam.

These ostracized, politicized, revolutionized, motivated individuals joined other freedom seekers looking for a new way of life. They were idealistic, philosophical, and determined to get ‘back-to-the-land.’

It wasn’t easy – a real-life *Survivor* experience, they were ill-equipped to deal with their adopted environment. They relied on their intuition and savvy locals to help navigate the unending adventure of pioneer-ism.

“The film is politically relevant. In addition to being a microcosm of a time passed, it’s a blueprint for the future. The election of Donald Trump as United States president has sparked a resurgence of Americans interested in moving to Canada.”

The End of the Road is a film where these “hippies” tell their stories. Co-directed by Tai Uhlmann (hippie child) and Theo Angell (New York transplant), it’s a documentary that every Powell Riverite should see.

THE END OF THE ROAD AT THE POWELL RIVER FILM FEST

What: *The End of the Road* is a film about the 1970s alt-lifestyle seekers in Lund, co-directed by Tai Uhlmann and Theo Angell. It’s premiering at the Powell River Film Festival.

When: The PRFF runs February 15 to 19. *End of the Road* premieres there on February 18 with a performance by Rick Scott.

Where: The Patricia Theatre

More about the festival: prfilmfestival.ca

More about the film: Find it on Facebook, Google it, or check out articles in *Powell River Living* July 2015 issue.

“Even if you’ve never been to a hippie wedding or peed in an outhouse, this is still going to appeal to you,” says Tai.

“And if you weren’t there, see what you missed!” adds Theo.

The idealism of creating a communal, collaborative, creative community in this beautiful place was challenged by the harsh realities of making it work. “You found utopia, now what?” is the framing question for Tai and Theo. As the answer reveals itself, we see their struggles, the next generation – and their evolution into the leaders of the community of Powell River.

The process of making the film began in 2008, and resulted in hundreds of hours of video interviews. Finding the strongest stories and building everything around it was a process accomplished over 11 months of editing.

How do you make a film told by so many voices?

“We were finding the structure and building the story all the time,” says Tai. A homegrown production, locals were involved in every part of the process: artwork, animation, and music – some of the recordings are from the Lund Gazebo.



The film is politically relevant. In addition to being a microcosm of a time passed, it’s a blueprint for the future. The election of Donald Trump as United States president has sparked a resurgence of Americans interested in moving to Canada. Tai and Theo mention friends that visited recently and called an immigration lawyer.

“The office is swamped – more than during the Bush presidency,” they were told.

Premiering at this year’s Powell River Film Festival, the film screens Saturday evening, February 18. There will be a live performance by Rick Scott, who first rose to prominence in 1974 in the Canadian folk scene playing with Joe Mock and Shari Ulrich in legendary folk trio Pied Pumkin. Their music is part of the soundtrack of the film. There is a second matinee screening with the directors also present on Sunday.

For those curious about the origins of an alternative lifestyle in Lund, this film comes complete with a treasure trove of Super 8 film and archival photos shot by the hippies themselves. It’s a reflection upon simple living in natural surroundings – and tells the community’s story. 

PLAN YOUR JANUARY

Jan 6 & 7

Banff Mountain Film Festival

Max Cameron Theatre, 5:45 pm doors open, 6:45 screenings. Different films each night. Tickets at Taws, Pacific Point Market and River City Coffee. james.palm@sd47.bc.ca.

Jan 7

Free Swim

Sponsored by United Way. 2 to 4 pm

Jan 8

Special Olympics

Christmas tree chipping

At the Mother Nature parking lot, 10-1. You can purchase a tag at grocery stores, City Hall, or Mother Nature. Put the tag on your tree and leave your tree at the end of your driveway before 8 am, or, you can drop it off and make your donation there. Min donation \$5.

Sunday Song Circle

2 til 5 pm, Cranberry Community Hall. Admission by donation (\$5 suggested).

Jan 12 to 14

Vanya and Sonia and Masha and Spike

Evergreen Theatre 7:30 pm each night. Jan 14 matinee 2 pm. By Far Off Broadway Theatre Company. Tickets: Adult- \$15 Senior/Students- \$12, available at The Powell River Peak, the Rec Complex and Ecosystems. Show is 14+.

Jan 13

Trivia Night

That Sugar Vault, 7 pm. Make teams, food and drink specials! Prizes. No cover charge.

Jan 14

Advanced Cheesemaking

1:30 to 4:30 at PR Brain Injury Society. Class fee \$50 + materials fee \$5. uhspr.ca

Take 5

7:30 pm at Sugar Vault. Teen jazz quintet. Suggested donation of \$5-10 as they have qualified to travel to Niagara Falls, Ontario to attend Musicfest Canada, "The Nationals" in May 2017.

Jan 15

Sacred Circle Dance

6:30 to 8:30 pm, Cranberry Community Hall. Laura Berezan lberezan@shaw.com

Jan 19

Whopping Whales and Wee Fish

Can we have close encounters with sea life without disturbing their feeding and resting patterns? Issues such as these will be explored in the context of the glorious return of whales to Powell River waters! Also learn about the 'Welcoming Whales' video project. Trinity Hall, United Church. Doors open at 7 pm.

Jan 20

Deadline for Chamber of Commerce Business Awards Nominations!

Jan 21

Expose Yourself: Call for Artists

A body-celebrating, hilarity-making, erotically themed art exhibition! Deadline for artist submissions is Jan 21. Exhibition: March 17-19. eyexhibition.com.

Joel Fafard

Live at the Sugar Vault 8 pm. \$15 suggested donation.

Tech Savvy – Tablets and Smart Phones

7pm at the Library. Come and learn how to use many features available on tablets and smart phones. To Register call 604-485-8664.

On Texada: 1:30pm at the Gillies Bay Seniors Centre.

Burns Dinner

At the Legion. 5:30 pm cocktails, 6 pm Roast beef dinner including Haggis. Ceremonies will include Pipers and Dancers. \$25 per person, tickets limited to 100.

Benji Duke's Pub Quiz

6 pm McKinney's Pub & Eatery. Come get groovy with us dressed up in your favourite 'London in the 70's' get up! Quiz at 7:30 pm sharp! Teams of max. 5/ \$50 per team. Tickets available at the Brewery.

Jan 22

The Burying Ground with Jack Garten

6 pm, Cranberry Community Hall. Old timey folk band out of Vancouver. Contact Devora at 604-886-4666.



To a Haggis

Buckle your sporren and strap on your ghillies!

January 25 is Robbie Burns' 258th birthday. Whether you can trace your ancestry back to Robert The Bruce, or if you claim a *will o' the wisp* of Mackenzie or Mackintosh in your extended tree you're welcome to celebrate the people's poet.

This year, Powell Riverites have their choice of two public events.

On January 25, the **Boardwalk Restaurant** hosts a dinner featuring all the night's usual entertainments: the Clansmen Pipe Band, poetry, haggis. It starts at 6:30. Contact The Boardwalk

for reservations at 604-483-2201 or visit boardwalkrestaurantpowellriver-lund.com.

On January 21, the **Powell River Legion** will also host a Burns dinner, featuring both pipers and dancers. Call 604-485-4870 to reserve your ticket.

Alternately, plan your own Burns dinner. All you need is a selection of his poems, a pipe band play-list, the Selkirk Grace, and for a couple of folks to write a toast to the lassies and a reply to the toast (or some other fun-with-gender oration. Whatever you choose, you can bet Robbie would approve.)

Plus some booze. It helps set the tone.

CALL TO VENDORS

POWELL RIVER HOME + GARDEN SHOW

APRIL 28 + 29, 2017

Book your booth at the 2017 Home + Garden Show

FREE Booth Idea Brainstorming and Info Session in February!

Download Registration Forms:

www.prhomeshow.com

or email info@prhomeshow.com



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At the Recreation Complex

Jan 7 & Feb 4, 2-4 pm

Sponsored by United Way of Powell River

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



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January Clearance

Stop in to check out all our great deals.
See January's Just for Me List on Page 34!

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The season of good eats

In winter, some of us like to eat rather a lot. So we're thrilled that so many Powell River restaurants are serving up a special helping of deliciousness - and value - in January. This is just the tip of the iceberg (lettuce). For more, flip through this issue of Powell River Living.

The Tree Frog Bistro

\$50 Date Night Saturdays
(see Page 11)

The Boardwalk Cafe

Burns Dinner Jan. 25, plus open for
Fish & Chips and more
(See Page 25)

Edie Rae's Cafe

\$10.95 Old Time Dinner Tuesdays
(see Page 37)

Fruits & Roots

Now open Sundays
(See Page 23)

Savoury Bight

Canucks game day \$9.95 burger &
beer special, and more (See Page 39)

Shinglemill

Appy hour every day from 3 to 5
(See Page 24)

That Sugar Vault

Free warm, soft pretzel with beer,
wine or cocktail Wed & Thurs
(See Page 9)

Tla'amin Convenience

Grill open for lunch and dinner
Tuesdays through Sundays
(See Page 38)

Jan 24

Canadian Guitar Quartet

7:30 James Hall. Admission \$22 - students 18 & under
free with a student ticket voucher. Phone (604) 485-
9633 or visit powellriveracademy.org for details and
online tickets.

Jan 25

Burns Dinner

At The Boardwalk Restaurant, starts at 6:30 pm. Clans-
man Pipe Band, poetry and, of course, haggis. Dinner
will be three courses with a toast drink to the haggis.

Jan 26

Til Death - Six Wives of Henry VIII

8pm Max Cameron. Six Queens. Six Love stories.
Six Deaths. One Actress! All tickets \$10. Available
at MaxCameronTheatre.ca, Academy of Music Box,
The Peak, The Red Lion Pub in Wildwood or the Max
before the show.

Jan 28 & 29

Fibre and Fabric from the Ground Up

Crochet * Knitting * Spinning * Weaving * Silk Screen-
ing * Beading * Sewing * Painting * Upcycling * more.
More details at uhspr.ca or call Kevin at 604-483-9052

Jan 28

Lunar New Year

Watch for special events around town.

Concert at Timberlane

7:30 Villa Soccer Club at Timberlane Park. Modern
Terror; Little pharmer; Powell River Punk Jams;
Dropstixxx. \$10 at the door, cash bar, all ages welcome.

Looking ahead to February

- Feb 2: Eating You Alive screening**
- Feb. 4: Write an e-book workshop (PRPL)**
- Feb 4: Chamber Business Awards**
- Feb 10: Family Literacy Day Tales on Ice**
- Feb. 15 to 19: Powell River Film Fest**

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Vanya and Sonia and Masha and Spike

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

Who? What's the name of that play again? Director Kyle Auclair has been asked this more than once and he admits it is an unusual name. But the play, he says, is pretty much non-stop laughs connected to a great message. *Vanya and Sonia and Masha and Spike* is playwright Christopher Durang's cheeky homage to all things Chekhov - and winner of the 2013 Tony Award for Best Play.

This production also marks Kyle's first time directing a play on his own.

"I've been an assistant director before and directed smaller pieces but not a full show. It's very exciting but also nerve wracking at the same time!"

The play is set somewhere in Bucks County, Pennsylvania. Middle-aged Vanya and his adopted sister Sonia reside in the old family home, mourning their lost dreams and complaining about missed opportunities. When their often-wrong, fortune-telling maid Cassandra warns them of impending dangers, and movie star sister, Masha, arrives unexpectedly with her young, sexy, toy boy Spike, the family is launched into a hilarious weekend of one-upmanship, raw nerves, and a whole lot of broken tea cups. Old resentments flare up, eventually leading to threats to sell the house.

Masha and Spike come home to go to a costume party with Masha going as Snow White. "She insists that everyone goes as the dwarfs and Spike as Prince Charming but Sonia refuses to be a dwarf and instead goes as the Evil Queen," says Kyle.

VANYA AND SONIA AND MASHA AND SPIKE - LIVE!

What: Tony Award-winning comedy performed and directed by the fabulous local talent of Far Off Broadway Productions

When: 7:30 pm on January 12, 13 and 14 as well as a 2 pm performance on the 14

Where: Evergreen Theatre (The Recreation Complex)

Tickets: \$15, Senior/Student- \$12. Available at the Recreation Complex, Ecosentials and The Peak.

You should know: This play is for mature audiences (14 plus) only as there is some mature content.

ABOUT THE DIRECTOR:

Kyle Auclair, 21, grew up in Powell River and began performing at the age of five. "I've done so many productions with every single theatre company in town." After graduating from Brooks, Kyle moved to Victoria where he attended the Canadian College of Performing Arts. "I studied everything from dance to voice to acting to costume and light design and career management and prop design," he told *Powell River Living*. He also found some time to do some directing. "In year two, I directed a ten minute version of the Wizard of Oz which I adapted myself." And then in April he was the assistant director for *Mary Poppins*, a musical put on by the Canadian College of Performing Arts.

Kyle has also been employed by Canadian Tire for six and a half years. While attending post secondary school in Victoria, Kyle returned home for summer and Christmas holidays and worked.

WHO'S WHO:

Vanya: Played by local businessman Wes Brown (owner of WB Contracting) who acted in high school. Vanya is a 50-something man who hasn't done much with his life and now lives at home with his stepsister Sonia.

Sonia: Played by CJMP's Mel Edgar, this is Mel's theatre debut. Although she'd never considered acting before, archeologist Mel loves to try new things. Sonia is Vanya's frumpy, emotionally unstable, stepsister.

Masha: Played by accomplished actress, director and musical theatre teacher Carma Sacree. Masha is a glamorous actress infamous for her role as a nymphomaniac serial killer. In short she's a diva with issues. Carma may be remembered for her role as Maria in the *Sound of Music* and her performance in the *Vagina Monologues*.

Spike: Played by Kris Montgomery, who works for RONA and has done some theatre with Far Off Broadway. Spike is an aspiring actor and Masha's much younger toy boy who has trouble keeping his clothes on. He isn't particularly bright but he's bright enough to use Masha for her connections.

Cassandra: Played by Karin Glassford, a program manager for Strive Living Society (you may remember this actress from *Welcome to the Funhouse* and *Far Off Broadway's Musical Revue*). Cassandra is Vanya and Sonia's soothsaying housecleaner who brings her foretelling to the house day after day. She is accurate most of the time.

Nina: Played by nurse Kelsey Goudreau. Although Kelsey is new to town she has previous theatre experience. Nina, an aspiring actress and the neighbour, is Masha's biggest fan. She reconnects everyone to their roots and brings out the best in everyone. **PR**



POWELL RIVER CHAMBER OF COMMERCE BUSINESS AWARDS

**Powell River
LIVING**

NOMINATION FORM

PROFESSIONAL SERVICES OF THE YEAR

This accredited business must exemplify innovation, professionalism and integrity. This category is limited to the professional company, not the individual employee or contractor.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

HOME-BASED BUSINESS AWARD

A home-operated business that consistently shows excellence and quality in service and/or merchandise.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

CUSTOMER SERVICE - RETAIL

A retail business that provides its customers with consistent excellence in service that goes beyond customer expectations. It also encourages its staff to meet the changing customer needs and stands behind its products or service with minimum customer inconvenience.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

NEW BUSINESS OF THE YEAR

A business operating for not less than 1 year and not more than 2 years that has gained an expanding positive reputation.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

SMALL BUSINESS OF THE YEAR

A business with under 10 employees that has demonstrated superior quality in all aspects of business operation and shows a commitment to the community through its involvement.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

CUSTOMER SERVICE - HOSPITALITY

A hospitality business that has consistently provided its customers with excellent service that goes beyond customer expectations. It also encourages its staff to meet the changing customer needs and stands behind its product or service with minimum customer inconvenience.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

LARGE BUSINESS OF THE YEAR

A business with over 10 employees that has demonstrated superior quality in all aspects of business operation and shows a commitment to the community through its involvement.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

ENTREPRENEUR(S) OF THE YEAR

A person(s) who has the unique skills and exceptional initiative to assume the risk of establishing a business, which has been open for at least 12 months. Submissions for this award should be for one person or a maximum of two equal partners.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

AGRICULTURAL AWARD

This business has distinguished itself and shown leadership by promoting the betterment of agriculture in our city. This award will be presented to an agriculture-related business who has made outstanding contributions in the advancement of agriculture.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

TOURISM AWARD

This business has demonstrated a superior ability to satisfy visitors' expectations through their services and/or products. This business provides and promotes an outstanding visitor experience and actively encourages the growth of Powell River & Area as a destination.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

ABORIGINAL BUSINESS OF THE YEAR

This award goes to a business that is Aboriginal owned and operated in the Powell River region. The business shows leadership and dedication to the preservation of its cultural values and identity and creates positive growth within the community.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

NOT FOR PROFIT EXCELLENCE AWARD

A not-for-profit organization that has recognized a need within our community and who through community responsibility, innovation, growth, sound business practices and community partnerships has served our community with vision and integrity.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

FORESTRY SECTOR AWARD

This business shows excellence and innovation in communications and sustainability in forestry, forest management or forest-related industry by going beyond legislative requirements and wisely balancing the economic, social and environmental values of our forests.

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

EMPLOYER OF THE YEAR

A business owner or manager who creates a positive, fair, and supportive environment for all employees, while maintaining and even exceeding employment standards and safety policies. This employer models integrity and excellent communication skills. **(Nominations must be accompanied by comments as to why this employer deserves this award.)**

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

BUSINESS OF THE YEAR

A business that has been in operation for more than 5 years and has consistently offered outstanding service and/or product to its customers, and displays a strong commitment to community involvement. A business that contributes to the social, recreational, cultural and overall well-being of the community. **(Nominations must be accompanied by comments as to why this business deserves this award.)**

BUSINESS NAME

OWNER/MANAGER/CONTACT NAME

Enter only one business per category. Duplicate nomination forms for the same business are not necessary. All entries will be submitted to a judging panel for final decision. **Deadline for nominations is Friday Jan 20, 2017.** All businesses must have been operating for a minimum of 12 months to be considered for a nomination. Mail or drop off your completed nomination form to Powell River Chamber of Commerce 6807 Wharf Street, V8A 1T9. Or enter online at powellriverchamber.com

Your name: _____ Phone #: _____

BANQUET & AWARDS PRESENTATION
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January's Just for Me

For sensual skin **1**
Purchase a Tanning Package with Lotion at Simply Bronze and receive 20% off tanning minutes. Unlimited tanning is just \$89 for 30 days.

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

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



For your precious home **2**

Protect your floors and furniture, and look great doing it, with energy efficient honeycomb shades. Get a \$100 rebate when you order Hunter Douglas Duette Shades from Relish Interiors. Ask for details at 604.485.9333.

For peaceful mornings **3**

Treat yourself to that bathroom upgrade you so deserve. The Larissa Vanity at RONA is in walnut with white ceramic lavatory and countertop. It has four doors and three drawers and soft close hidden hinges. It's easy to install and comes with a one-year warranty.

For snazzy ears **4**

The Tla'amin Convenience Store Gift Gallery is offering 10% off all Gift Gallery items for the month of January, so if you're looking for jewellery, you're in luck! Silver and locally beaded earrings are available.

For tidy vegans **5**

"Follow Me" Handbags and wallets at Fits to a T are vegan friendly, come in a variety of colours and sizes and make great travel bags. Tuck in a soft pair of gloves, too.



For friendly fish **6**

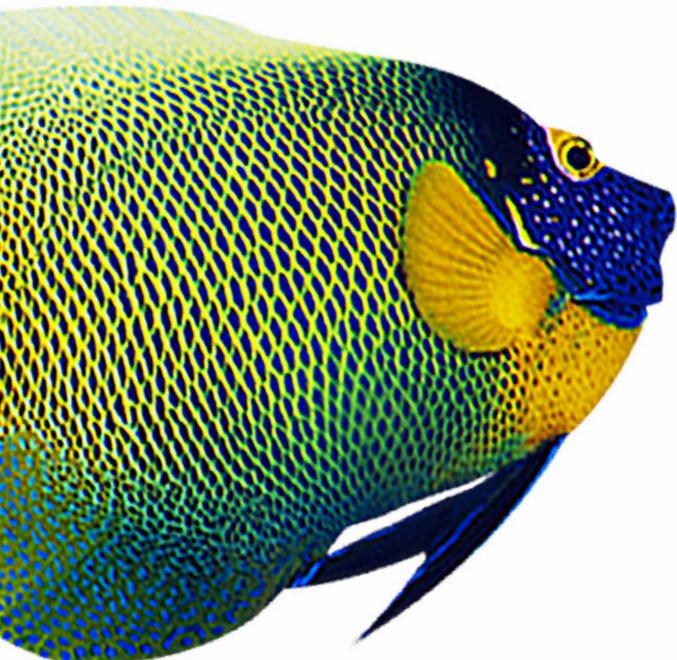
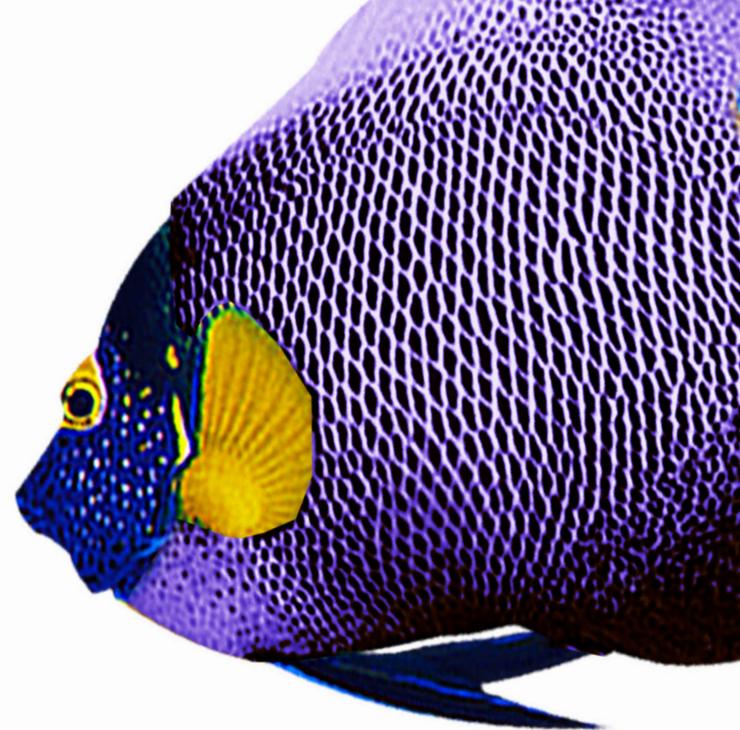
Brighten up any room with a soothing and beautiful aquarium. This Bowfront from Fluval comes as a kit in 26 and 45 gallon sizes. Get 20% off aquarium accessories at Mother Nature when you purchase a kit.

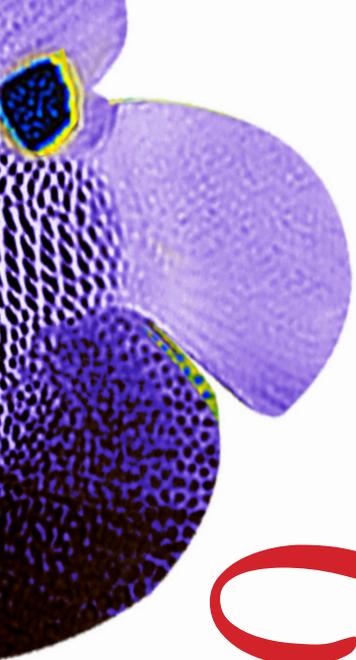
For your canine companions **7**

After you've treated yourself, treat your pets to a long and healthy life with Bio FATS and BioVITES from Top Shelf Feeds. These provide multi-vitamins, minerals and fatty acids to keep your furry friends looking and feeling good.

For your cozy home **8**

Much more than just roses, Flowers By Cori-Lynn offers an eclectic selection of gifts and decor to comfort and inspire your family. Drop in at Crossroads for picture frames, knick-knacks, wallets, bags and clothing.





January's *Just for Me*



For lighting up winter **9**

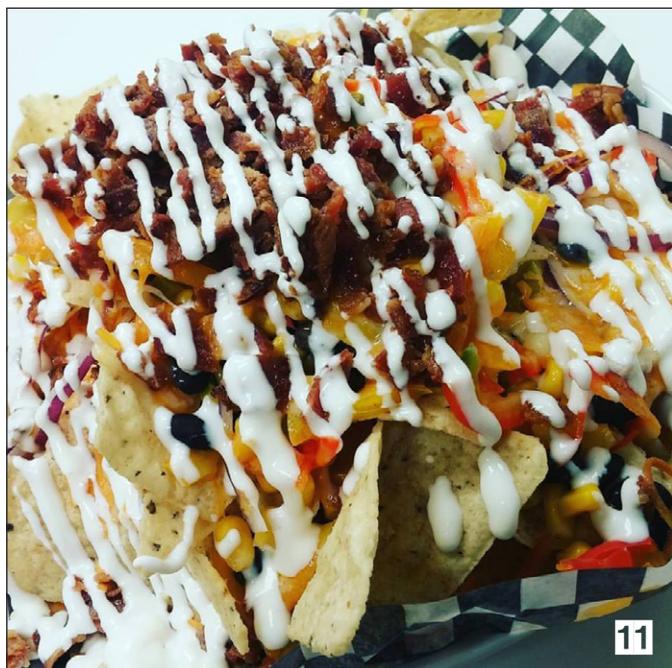
The dark days of winter call for a quality flashlight. After using the NEBO O2 Beamyou, you'll never look at flashlights the same. The natural tendency of light is to disperse into infinite directions. Optimized Optics (O2) uses optics to focus the light's intensity in one direction. The result is a hotter, brighter spotlight with the lowest power consumption in its class. \$99.99 from Valley Building Supplies.

For hut-to-hut adventures **10**

The Vasque Talus Trek Ultradry, available at Pagan & Sons, is a marriage of comfort and durability, designed with an athletically inspired EVA midsole and a waterproof, all leather upper delivering excellent day hiking performance and support.

For after your adventures **11**

Bacon nachos are perfect for sharing. Get this hearty deliciousness with black beans, corn, fresh peppers, aged cheddar, sour cream drizzle and a side of salsa topped with cilantro and BACON at That Sugar Vault!



For keeping things classy **12**

These life-like seal heads carved by local artist Debra Bevaart are an iconic Powell River treasure. Find them at her studio, Tug Guhm Gallery, in Lund. [PRL](#)



POWELL RIVER ACADEMY OF MUSIC
THE CANADIAN GUITAR QUARTET
 Tuesday, Jan 24 at 7:30 pm
 James Hall
 \$22 (students 18 & under free with voucher)

The Quartet, which performs entirely without music, will be playing works by Vivaldi, Beethoven, Saint Saëns and Rossini as well as original guitar works by Patrick Roux, Hans Bruderl and one of the members of the quartet, guitarist-composer Renaud Côté-Giguère.

Concerts

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Powell River Tarot: a community reading, by Teresa Harwood-Lynn

Teresa is available for individual readings, parties and special events.

You can contact her directly at 604-485-5620 or by email at teresaann@telus.net

Whoa!!! Look out! Here comes the Knight of Wands!

Knights are cards of extremes, and the Knight of Wands is no exception: pure energy! Wands represent the element of fire, and this knight is smoking hot!

Salamanders, the mythological symbol of fire, adorn his robe. He rides a spirited horse the colour of burning embers. Feathers that look like flames shoot out from his helmet. The landscape is hot and dry.

There is nothing this knight likes better than a daring challenge. He is confident, young and brash. A fearless risk taker, and adventure seeker. Always the first to put up his hand. What better card than this to ring in the new year?

One of the beauties of the tarot, and particularly a card of such extremes, is that it is easy to see both its positive and negative attributes.

On the positive side, this card is brimming with energy and enthusiasm. It's bold and daring, new and exciting. It's the spark that starts the fire.

On the negative side, this card has no regard for consequence. It is quick out of the gate and then cannot sustain the pace.

This knight's mind is firing on all cylinders and is easily side tracked by other great ideas. The result - what he starts is often left for someone else to complete, or the idea fizzles. He has been considered by some courageous, by others foolish.

When I look at this card I am reminded of all the unfinished projects I have tucked away; writing, sewing, metal detecting and more.

What starts with a bang often ends in a heap on the floor.

If you've set goals for the new year are they practical and attainable, or will it all be a flash in the pan? Look at the sometimes reckless nature of the Knight of Wands and ask yourself if your plan is realistic and doable.

If you find yourself wanting to move forward, but are lacking the motivation to do so, envision yourself a little more like our Knight, get on your horse and take the new year by storm! Dare a little, go forth and conquer!

What if during a reading this card appears upside down? It could be a sign that you are not generating as much creativity as you would like, or that you seem to be lacking your usual zeal for life.

Frustrated, tired and full of indecision? Find out what's pulling you down and turn yourself around.

The Knight of Wands, as you may have guessed by now, is a card of intense energy.

When he appears in a reading it can be a cautionary note to slow down, pace yourself, and to pay more attention to detail.

It can also be a call to action, garner your energy and let those ideas fly!

Until next month, Happy New Year!



Knight of Wands

- ADVENTURE
- DARING
- FOOLISHNESS
- UNREALISTIC GOALS
- ZEAL

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

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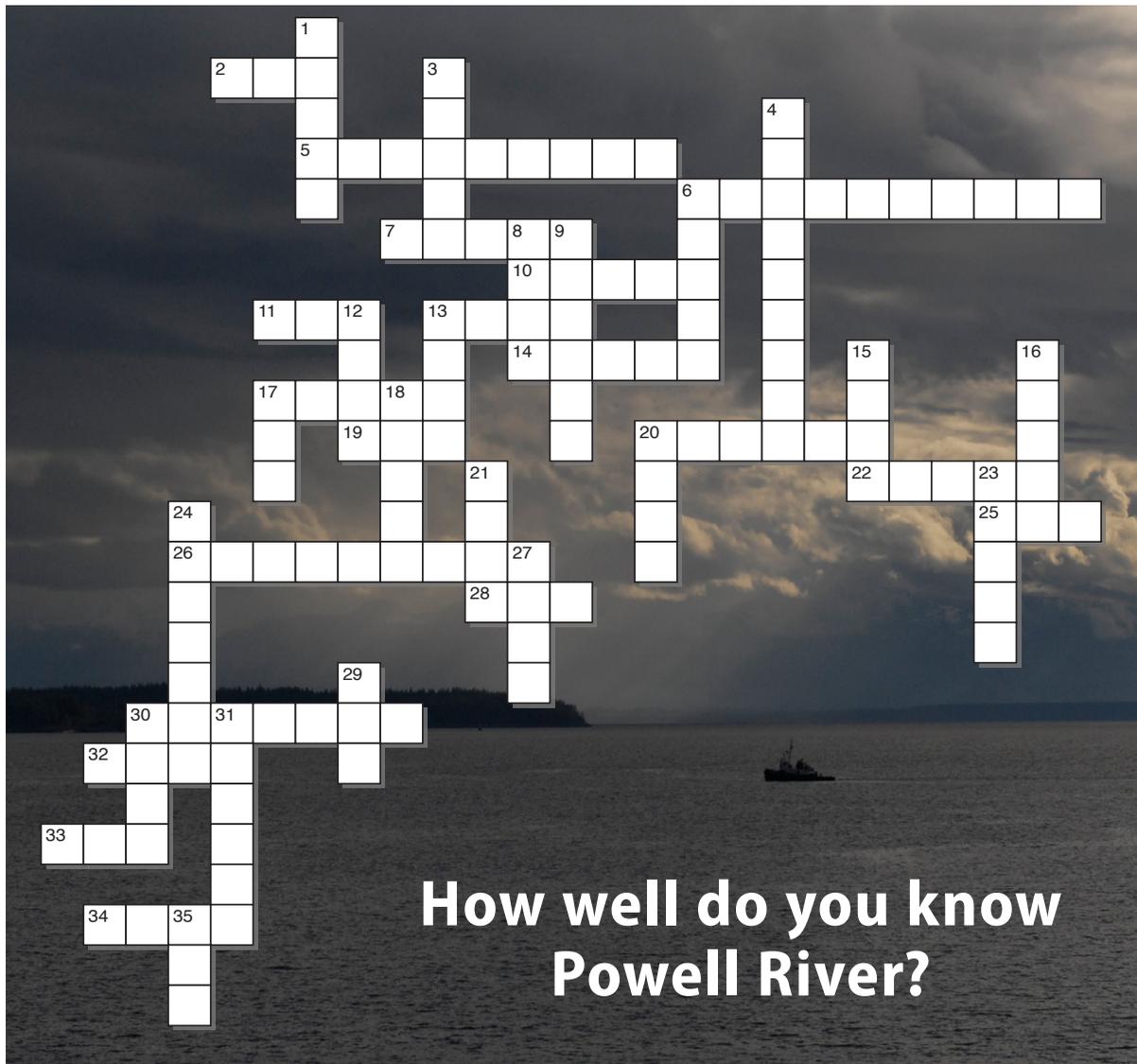
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Across

- 2) Outdoor shop
- 5) Lilypad lake
- 6) City beach
- 7) River, hiking guru, bird
- 10) then Beta
- 11) Magazine abbr
- 13) End of the road
- 14) Pain or point
- 17) Beyond Lund
- 19) Hiker's route (abbr)
- 20) Second shortest river
- 22) Okeover anchorage
- 25) Fire remnants, or street
- 26) Former mayor
- 28) Boom mover
- 30) Diver's girl
- 32) Canadian ____
- 33) Not K-Mart
- 34) ____ to a T

Down

- 1) Main Ave
- 3) Rope swing, or beer
- 4) Staired mountain
- 6) To the water
- 8) Salmon creek
- 9) Climber's valley
- 12) Driftwood lake
- 13) Not found Lake
- 15) Fun at Myrtle
- 16) Trailer park, ocean moves
- 17) Blubber ____
- 18) Lookout mountain
- 20) Newspaper
- 21) Bill's Island
- 23) Paddler's craft
- 24) Steep street, icy
- 27) Lang's last lake
- 29) ____ Horton's
- 30) PR's raison d'être
- 31) Team on ice
- 35) Movers

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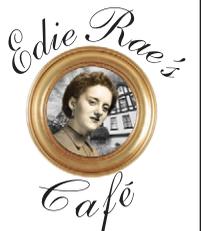
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Solution for last month's puzzle:

Powell River December events

17

predictions for 2017

BY PIETA WOOLLEY
pieta@prliving.ca

1. Powell River sets the Guinness World Record for number of sunset photos posted on Facebook in a single year.
2. On January 21, Trump rips up NAFTA and kills the soft-wood lumber agreement. Powell River, dependant on America, withers – logs pile up, the mill fails, tourism tanks. American refugees flood in and unemployment soars.
3. By December 2017, hundreds of small factories have sprung up around the region, manufacturing locally what once was shipped. Many otherwise-progressive residents start whispered conversations with, “I know that Trump is *appalling*, but...”
4. Residents finally stop calling Clint Williams “Chief,” and get it right with “Hegus.”
5. Residents finally stop calling it “Tla’amin First Nation,” and get it right with “Tla’amin Nation.”
6. Residents finally learn to pronounce “Tla’amin”... then start working on “Naut’sa Maut Tribal Council.”
7. Celebrities stop dying, causing a celebrity glut.
8. Responding to the trend of extended holiday seasons, Tourism Sunshine Coast institutes a daily Carols by Candlelight concert at Dwight Hall, running September through December 2017. A “Red Bull” store opens across the street to service the boys and girls choirs.
9. Lafarge lock-out doesn’t end. Workers instead open a Texada bacilli farm, to make self-healing concrete (note: this really exists). Anti-bacterial products outlawed on Texada.
10. Catalyst Mill is sold to Disney. Becomes a pulp and paper-themed amusement park featuring the world’s scariest log ride.
11. Seventh pot shop opens in town. The City of Powell River establishes a “green light district” modeled on Vancouver’s Wreck Beach. Everybody wins.
12. Poster found in woods advertising the City of Powell River’s 2017 curbside compost program: “Calling all bears: Free all-you-can-eat buffet.”
13. In a special TV episode of Deadliest Warrior, Rattenbury composer Tobin Stokes goes head to head with Hamilton’s Lin-Manuel Miranda. The weapons? Opera versus hip hop. Who will win? Only serious theatre nerds will dare to tune in.
14. Third Crossing gets approved with a road right from Westview to beautiful downtown Squamish. The good: now you can get to Costco without taking a ferry. The bad: cost overruns to the tune of the Sea-to-Sky Highway. The ugly: hordes of fit, enlightened city people – the kind who would not admit to wearing clothes from Costco – move here.
15. *People* magazine visits Powell River Logger Sports. Coincidentally, seven of the nine men chosen for the “Sexiest Man Alive” issue are lumberjacks.
16. Sea lion choir called “The Hulks” makes it big in Japan.
17. BC Ferries offers 50 percent off... but only on sailings that leave on time. [PR](#)



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