

# Powell River LIVING

2018

Courage  
Altruism  
Health  
Peace  
Involved

# Bringing your **financial blueprint** to life.

At First Credit Union, we have the knowledge and expertise to help ensure your short and long term goals are realized.



[www.firstcu.ca/financialblueprint](http://www.firstcu.ca/financialblueprint)

# Does everyone mumble?

If so, it's time to get your hearing checked.

**Powell River**  
32-7100 Alberni St.  
**604.485.3028**  
connecthearing.ca



**#1** PHYSICIAN<sup>†</sup> REFERRED

**Connect Hearing**  
YOUR HEARING PROFESSIONALS

VAC & WorkSafeBC accepted. Registered under the College of Speech and Hearing Health Professionals of BC.  
\*Free hearing tests only applicable for clients over 50 years of age and no fees or purchase are necessary. See clinic for details.  
†Based on national physician referrals over the tenure of the corporation's Canadian business operations compared to the disclosed referral count of leading competitors.

## Do you have Chronic Pain?

**Relaxation and Gentle Movement Class for Chronic Pain Management**



**January 23 & 30, February 6 & 13**  
**10:45am to 11:45am**

**Nourish Wellness Studio #118 - 4801 Joyce Avenue**

\$5 to \$15 per class, based on income

For all levels and abilities

Arrive 10 minutes before class | Exercise mat provided

*Come to one class, or come to all!*

**Powell River**  
**Division of Family Practice**  
A GPSC initiative

**nourish**  
yoga & wellness studio

Visit [www.painbc.ca/PowellRiver](http://www.painbc.ca/PowellRiver) for more info

## quick & easy flu shot



It's easy & convenient.  
Prevent the flu this year  
while you get your groceries.  
Walk-ins welcome\*.

\*You may be eligible for a free flu shot.  
See your pharmacist for details.

**save on foods**  
**pharmacy**

**Powell River:** 7100 Alberni Street • 604-485-2629  
Mon-Fri: 8am to 8pm; Sat & Sun: 9am to 5pm



### Are you in?

We want to bring together children, youth, families and seniors to build meaningful connections.

### Are you interested in taking part in Intergenerational Programs?

We are looking for interested community members, seniors (both young seniors and older seniors) who want to know more.

Please attend a luncheon **January 27, 2018** at the Town Centre Hotel. It is free of charge but you must call **604-485-3090** or email [kdodd@prcyfss.com](mailto:kdodd@prcyfss.com) before **January 17** for an invitation to be sent to you.

**Powell River**  
**Child, Youth & Family Services Society**

**prcyfss.com**

# Northern Red-Legged Frog

The Red-Legged Frog (*Rana Aurora*) belongs to the family "Ranidae" (True Frogs).

The range is the coastal region from South West British Columbia to Southern Mendocino County in Northern California, and is protected in Oregon and California.

This is a Blue Listed Taxon in BC, which means there is concern for this species in BC. Blue Listed species are at risk and vulnerable to human activities or natural causes.

I photographed this frog on a rocky ledge in Appleton Creek about 1982. They range in size from two inches to five inches in size. [PRL](#)

- Rod Innes



Powell River Living is a member of:



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



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



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



Editor & Graphics  
**Pieta Woolley**  
pieta@prliving.ca



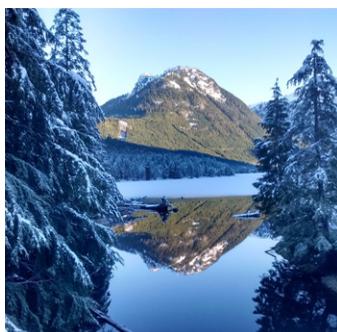
Sales & Marketing  
**Suzi Wiebe**  
suzi@prliving.ca



Accounts Receivable  
**Skylar Friesen**  
office@prliving.ca

## ON THE COVER

Freda Lake, as photographed by Mario Gusola in December.



## CONTENTS

### JANUARY 2018

<b>No Fear</b> Cycling Mexico in spite of the hype	<b>6</b>
<b>No Ashram Required</b> Trying out Yoga and Somatics	<b>11</b>
<b>Banner year for Kiwanis</b> Service Clubs celebrated	<b>15</b>
<b>Two local Rotary Clubs</b> Morning and Night	<b>16</b>
<b>420 Characters</b> Winners of the tiny story contest	<b>18</b>
<b>Restorative Justice</b> Richer justice for everyone involved	<b>20</b>
<b>Why did that biz win?</b> Business awards judging, explained	<b>22</b>
<b>Generation Excellent</b> Preteens & Seniors, together	<b>23</b>
<b>I Made the Move</b> Doc likes the lifestyle	<b>25</b>
<b>January is Just for Me</b> Last installment of the Lust List	<b>26</b>
<b>What's Up</b> New hummingbird in town	<b>30</b>
<b>Business Connections</b> 32 Lakes	<b>32</b>
<b>Events &amp; Take a Break</b> Film month, Crossword and Tarot	<b>33</b>
<b>Predictions 2018</b> What's coming? Not fake news.	<b>38</b>

## CONTRIBUTORS

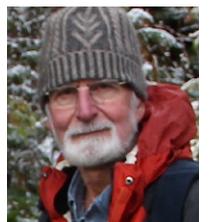
**DEB CALDERON** is happily retired doing not very much at all. She takes classes here and there which catch her interest and studies plant-based nutrition. She also spends rather a lot of time having coffee dates at the new library.



**HEATHER GORDON-YOUNG** is the Executive Director of Powell River Child, Youth and Family Services Society. She is also a writer and an advocate for strong communities and social connectedness. While she has lived in many places, Powell River is the community that holds her heart.



**ROD INNES** grew up in Cranberry. The forests, lakes and animals helped form his natural love of art. Photography, and particularly bird photography, added to Rod's knowledge. See more of Rod's work on his photography Facebook page @rodinnesphotography



**JEAN MEDLEY** left her job at UBC, sold everything she owned, bought her first bike and headed to Mexico. It was an adventure of a life time and she discovered a strength within her that she never knew existed! She moved to Powell River after the tour came to an end and loves it here!



**BONNIE ROBINSON** is a businesswoman, wife and mother. Her passion is in reaching out to those who live with addictions, grief, fear and poverty; she believes that "For it is in giving that we receive." Gardening also feeds her soul. When her brother was killed, she started working with BC's Restorative Justice program.





## PUBLISHER'S MESSAGE

# Will you make 2018 your best year yet?



At the outset of the year, some of us have resolved to make 2018 our best year yet. If you haven't already sorted out just how you're going to do that, be sure to read Jean Medley's story about her 18-month bike trip along the backroads of Mexico that begins on Page 6. Too often, we're held back by 'what if's' but as Jean discovered, the dangers she and her partner encountered weren't the ones you hear about on the news.

Jean's experiences were a far cry from the popular Mexican all-inclusives, but the memories she made on that trip were ones she will never forget.

While you may not be heading to Mexico on a bike, many of us have joined gyms, signed up for fitness class-

es and started diets. Some people will stick to their new routine but many won't. If you fall off the wagon later this month, don't worry, you're not alone. Just because you don't do your diet perfectly or skip a workout or two, don't beat yourself up. You haven't failed if you get right back on the program. It might take you a bit longer to achieve your goal but as long as you pick yourself up and get back on the horse, you'll get there eventually and maybe, just maybe, 2018 will be your best year ever!

It can be less intimidating to slip into something gentler when you've decided to make a change. Retired educator Deb Calderon's story on Page 11 talks about her foray into the world of yoga and somatics. She says both have helped her with the aches and pains associated with aging and although she is not religious about her practice, she does what she can when she can, and still reaps the benefits.

When pain becomes chronic, it's time to get help. A chronic pain information meeting on January 31 at the library will tell you what resources are available for self-management in Powell River. Free and low cost yoga cost gentle movement classes for people in chronic pain are being offered. See ads on Page 12 and 21.

We're heading down the final stretch towards the Chamber of Commerce Business Awards. Nominations close on January 19 with the event itself taking place on February 3 at Dwight Hall. The awards celebrates excellence in business by recognizing nominees and winners. Don't forget to fill out your entry on Page 14 in this month's *Powell River Living*.

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

# BABY, IT'S COLD OUTSIDE

## VALLEY IS YOUR FIREPLACE DESTINATION

Valley carries only the best gas and pellet stoves and inserts, including **Pacific Energy, Blaze-King, Jotul** and **Enviro**

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

# VALLEY

— Building Supplies Ltd. —  
604 485-9744 [www.valleybuildingsupplies.com](http://www.valleybuildingsupplies.com)



Make 2018 your bravest year



It had been another long day riding the ridge of mountains that bisects the northern Mexican state of Nuevo Leon.

We could have cycled for another two hours, but decided to stop when we saw what seemed like a perfect campsite. We began setting up our tent on a level, grassy patch under a giant tree. There were some horses in the distance, but we didn't pay them any mind. We'd camped around horses many times without any problem. They were timid and submissive and always kept their distance. These particular horses would change that opinion.

First, a foal came running up to within a couple feet of us, snorting and jumping erratically. After ten minutes, he ran off. We weren't too worried about him because he was so small, but we had time, so we decided to build a barricade of branches around our tent, just for something to do. It was a good thing we did!

Later that night, while we were tucked in our sleeping bags, we were woken by a strange noise. The foal was back, but this time he'd brought four giant adult horses with him. They were snorting, stomping, and sticking their noses through the branches, trying to breach our barricade. I was genuinely scared. They were big.

I'd never seen horses behave like that. They could have easily pushed through the branches and trampled us. I shone my light on them and my partner had his machete out. We didn't know what to do or what they would do.

After what felt like hours they left. We didn't get much sleep that night. In the morning there was no sign of them.

**We started our tour of Mexico** in San Jose del Cabo, in Baja, then zig-zagged our way around the country for 18 months, finally ending up in the colonial city of Puebla. My friends and family thought we were crazy to undertake such an adventure in a supposedly "dangerous" country.

The idea of Mexico being a dangerous place to travel needs to be explored – and debunked. Mexico, as it appears on the six o'clock news, is a violent and insecure country. Despite that grim picture, however, we travelled without incident for 18 months and explored

# No fear

For many locals, rainy mid-winter is exotic travel season.

More and more, though, media portrays vacationing in the Global South as dangerous.

Not so, says Powell River's **Jean Medley**. She recently spent 18 months cycling Mexico's back roads, and discovered that vulnerability and safety can go hand in hand.



**ADVENTUROUSNESS OPENS DOORS:** Top: Jean Medley surveys Cerro Media Luna And The Sierra Gorda. Above: Jean on the road, weighed down with panniers. Right top: Under The "Puente" At Puente De Dios, Tamasopo. Right middle: A relaxing morning At El Platanal, Sierra Gorda.

*Photos by Gareth Collingwood*



Mexico's natural beauty, endless climbs and descents, roughness, dogs, fabulous food, welcoming residents, and everything in between. Yes, some things were dangerous - such as camping near wild horses - but not the things you hear about on the news.

Our first concern, never far from our minds, was water. Running out of water is very dangerous. We could carry about 15 litres between us. The first question we'd ask a rancho after finding water was, "Where will we find it again?"

Because we toured the lonely backroads, we needed to know this. Rancheros know their land inside out and you could always count on water being where they said it was.

That said, we had two close calls. Both times, we knew where our next fill up would be, but we ran out because the terrain was more difficult than we were expecting and it took longer to get there. A whole different article could be written on just those two adventures alone!

The second major concern for us was traffic. It's very unpleasant to be riding on the busy main roads and highways with all the traffic, exhaust fumes, road kill, noise, and narrow shoulders. The possibility of getting into an accident on a highway is much higher.

This was my first bicycle tour and the bike I rode was my first bicycle. I'm not a real cyclist. I didn't feel the need to ride a certain distance each day and I was in no rush to get anywhere. I was more than happy to stay off the main roads. This significantly reduced the risk of being hit by a vehicle. Fortunately, Mexico is full of small roads, dry river beds, mule tracks, and other trails. Only a handful of times were we forced to take unwanted highway routes because there was no other option.

Aside from being safer, the less-travelled road showed us a side of Mexico few travellers ever get to see. We saw thermal waterfalls; thousands-of-years-old cave paintings; unvisited villages who had never seen foreigners; goats being led out to pasture each morning (we called it goat o'clock). Once, we saw a remarkable line of ants, each carrying a tiny white flower along the edge of a pale blue river. Best of all, we experienced absolute peace and quiet. All these things we would have missed if we'd taken those main roads or if our only goal was to get from point A to point B as quickly as possible.

Thirdly, on my danger list, are issues related to flo-

**"The less-travelled road showed us a side of Mexico few travellers ever get to see. We saw thermal waterfalls; thousands-of-years-old cave paintings; unvisited villages who had never seen foreigners; goats being led out to pasture each morning..."**

*- Jean Medley*

ra, fauna, insects, bacteria, viruses and things of that nature. Check your shoes for scorpions; you don't want to be sick for days, especially if you're low on water. And always drink clean water; I've heard *Giardia* is not much fun. There were also dangerous and unfamiliar plants to avoid, like the poisonous *sapium biloculare*, known locally as "hierba de la flecha," or "arrow plant" (ouch!). Then there are mosquito-borne illnesses like dengue.

**As for those six-o'clock-news fears of Mexico?** Well, let's explore them. Some people think of Mexico as overrun with drug-related crime and thieves.

People love to talk about the "narcos." We biked through all those areas you hear about on the news and, yes, we saw a few narcos. We once saw three trucks full of guys wearing masks and tactical gear and holding machine guns. One of them even yelled "hello" to us, but we never felt like we would become the target of any violence at the hands of these men.

Before we started our trip, while we were still in Vancouver, I wondered what would happen if we biked near a drug plantation or some place we shouldn't be. This is what I learned on the journey: you're not a target. Don't act in a suspicious manner, don't bike at night, and if the locals tell you to leave town because



**LIVE WHILE YOU'RE ALIVE:** The Mexican ideal of facing your own mortality boldly and lightly is captured in this mural of a death snail - with a bike. *Photo by Gareth Collingwood*

the cartels have enforced a curfew and it's not safe to be there, then leave.

Then there are the stories we all hear of tourists getting robbed in Mexico. Yes, it does happen and it's unfortunate. What we never hear, however, is that for every foreigner who gets robbed there are countless more who don't. I just want to mention here that nobody stole from us while we were in Mexico and that the only time I was robbed was in Vancouver.

In Baja, people assumed RVers would run us off the road because according to them the highway down the Baja peninsula is "too narrow." We were frequently asked, "What do you do when there's a narrow road and traffic in both directions?"

Well, as it turns out, people did not run us off the road! On a narrow road, with one vehicle behind us and another coming towards us, the one behind would always slow down and pass us when it was

## TRAVEL SAFE TIPS

- 1. Talk to the locals!** They live there and have the best information. Most people love to help and will recommend things to see in their area. Sometimes they'll even share their home and food with you.
- 2. Don't tour after dark.** It's dangerous, plus you won't see anything.
- 3. Wash your food.** Wipe down the tops of cans, and purify water. It seems obvious, but it's easy to get lazy about this.
- 4. Try to avoid those busy secondary highways!** Take either back roads or the big tolled highways (they almost always have wide, smooth shoulders and very little traffic).
- 5. Don't be afraid to ask for help if you find yourself in an unsafe situation.** For example, we threw our bikes in the back of a truck once to avoid an unpleasant stretch of highway.

safe. This happened every single time.

So that was it! Bad drivers never drove us off the road, no one robbed us, and we weren't kidnapped by drug cartels. The only dangerous group we encountered in our whole tour of Mexico was a gang of horses.

Danger isn't always where or what you'll think it'll be. **PR**

Auto • Home • Business • Marine • Travel

With Underwriters' holiday health insurance, you'll feel

**UNDERWRITERS INSURANCE**  
AGENCIES POWELL RIVER LTD

4510 Joyce Avenue

underwriterspr@shaw.ca

604 485-2715

Whether you travel frequently during the year or are just going for a single sunny holiday, we can find a plan that's right for you.

this  
good



**PRFF**  
POWELL RIVER  
FILM FESTIVAL

FEBRUARY 12 - 18



**KAYAK TO KLEMTU  
THE FORIDA PROJECT  
LUCKY  
FACES PLACES  
DJANGO  
SHUT UP AND SAY SOMETHING  
& MORE!**

**INDIVIDUAL TICKET SALES  
BEGIN JANUARY 4**

**SHOP ONLINE & AT OUR  
POP-UP KIOSK NEAR COLES  
IN THE TOWN CENTRE MALL  
(THURS TO SAT - 12 TO 4PM)**

**TRAILERS, SCHEDULE, & TICKETS AT PRFILMFESTIVAL.CA**

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



**FOXTROT ELECTRICAL SOLUTIONS LTD.**

604.414.3929

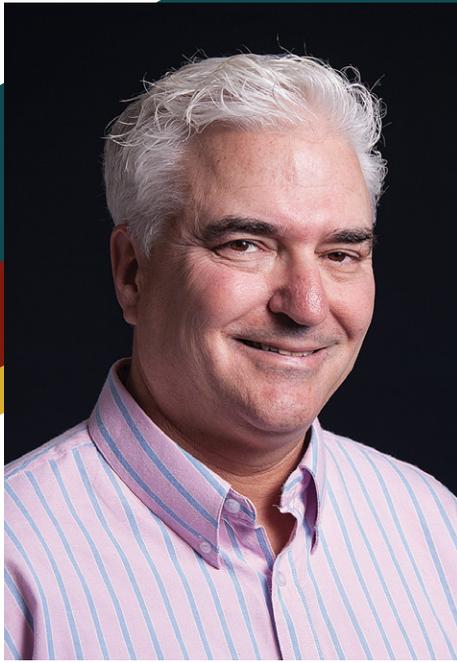
www.FoxtrotElectricalSolutions.ca

info@foxtrotelectricalsolutions.ca

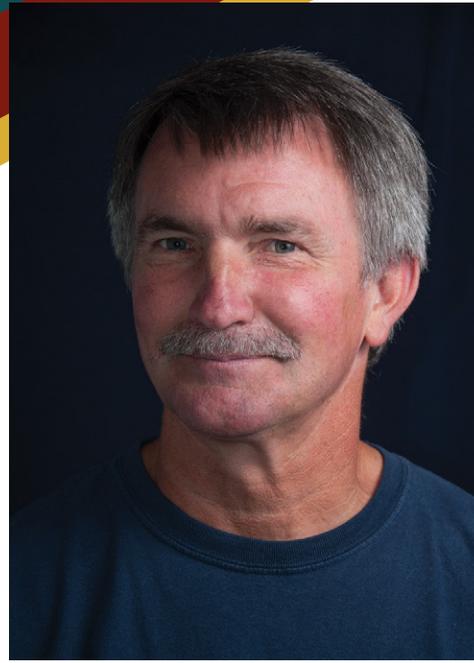
**LUTRON PRO**  
RESIDENTIAL

Control solutions  
for lighting,  
climate and  
motorized shades.





SD47 Superintendent Jay Yule



Powell River and District Teachers' Association President Ken Holley



SCHOOL DISTRICT 47

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

**Teachers react to the changes:**

*"Students have smaller classes and access to additional support. Student learning has become more personalized and teachers are able to give much more time to each child."*

*"I have 15 kindergarten students instead of 22. Although, I have a very challenging class I still have time to connect with each student every day. If I had 22 students, I would not have the time to connect with all of my students."*

*"Smaller class sizes have allowed me to do a better job meeting the diverse needs of classes that have low numbers of IEPs. In classes with high numbers of violations, however, the remedies have been entirely inadequate."*

*"I appreciate the supports my classes have been getting, but there has been a lack of consistency in who was supporting which class."*

# Smaller classes, much more help

**S**maller classes and more support for students with challenges: that was the result of a November 2016 Supreme Court battle between the BC Teachers Federation and the Province of BC, which resulted in two million dollars in funding coming to this school district this year. The decision, in favour of the teachers union, ended a 15-year fight over class size and composition

"There is still a lack of money in the system," said Ken Holley, the President of the Powell River and District Teachers Association.

Jay Yule, SD47 Superintendent, agreed. "This just put us back to where we were in 2001; there's been minimal funding increases in special education since 2001. We should have had a gradual increase."

In the past 10-plus years, best practices in the field of special education have changed – and more students are identified as having special needs. In 2002, SD47 identified 93 special needs students. Today SD47 has 250.

"Along with that, our understanding of autism and autism spectrum disorder has changed, which means there's been yearly increases in demand for Education Assistant (EA) support," said Jay. "We had 26 EAs in 2002, and today we have 47. Subsequently we have more EAs in classrooms, and more special education students.

Ken, who has been teaching for more than 30 years, noted that students with disabilities were not managed the same way then as they were now. For instance, students with diabetes were not treated at school years ago but now they are.

"We now have Health Care Assistants, which is something that we didn't have before," said Ken.

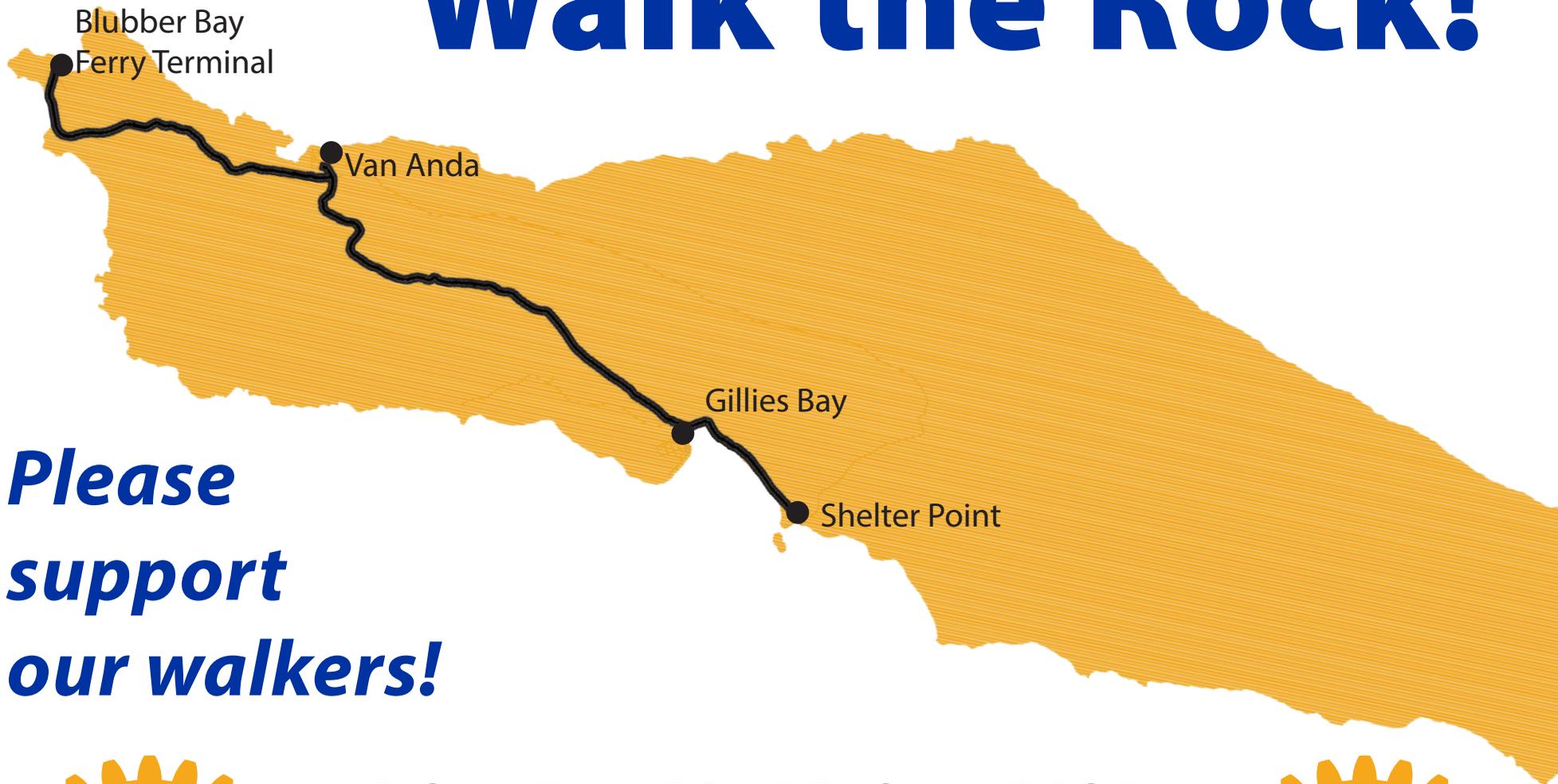
The Supreme Court win has brought plenty of good news. "Teachers ask for classroom support and they get it. It's been a huge change."

In February, the local teachers association will carefully watch the NDP's first budget as a new government.

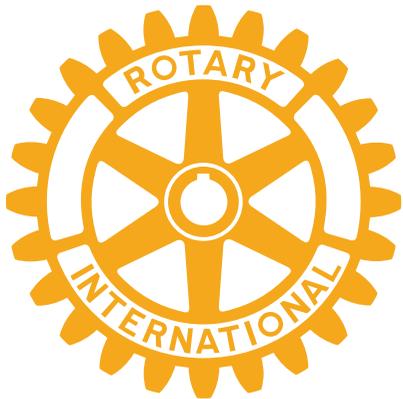
How the 2016 Supreme Court decision is (finally) impacting Powell River classrooms

	2016/2017 school year, before the Supreme Court decision	2017/2018 school year, after the Supreme Court decision
<b>Teachers in SD47</b>	106 Full-Time Equivalent (FTE)	124 FTE – an increase of 18
<b>Class composition</b>	No language was in the teachers contract	A max of two students with special needs (IEPs) per class
Class size limits:		
<b>Kindergarten</b>	22 (SD47 average: 18.3)	20 (SD47 average: 17.1)
<b>Grades 1 to 3</b>	24 (SD47 average: 22.4)	22 (SD47 average: 19.9)
<b>Grades 4 to 7</b>	30 (SD47 average 26.3)	29 (SD47 average: 22.7)
<b>Grades 8 to 12</b>	30 (SD47 average 23.1)	30 (SD47 average: 21.8)

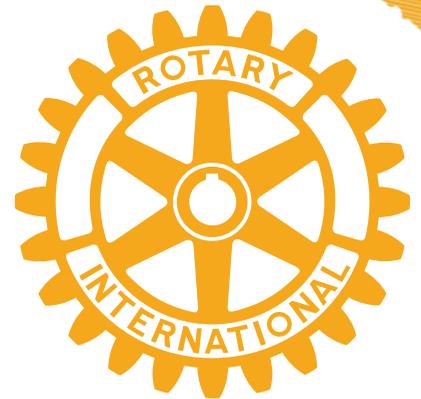
# Walk the Rock!



*Please  
support  
our walkers!*



## POWELL RIVER SUNRISE **Rotary Walk**



March 10, 2018

Rotarians will walk from Blubber Bay to Shelter Point to raise money to support local non-profit groups and international projects.



*Kim Wall*



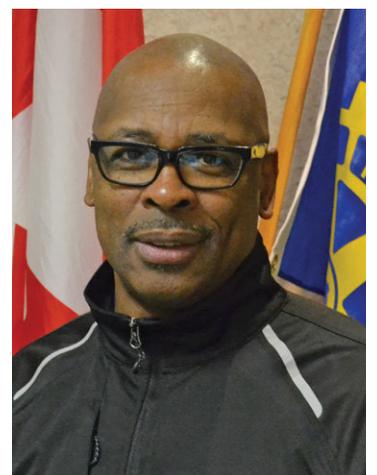
*TJ Bains*



*Terry Noreault*



*Ben Fairless*



*Frank Clayton*

You can help! Talk to one of the Rotary walkers directly, or visit the **Powell River Rotary Sunrise** Facebook page.

This space donated  
by Powell River Living

Make 2018 your **healthiest** year

# No ashram required

Yoga and somatics are for ordinary people

BY DEB CALDERON

I've always fancied myself as one of those women who do yoga – except that I never did. Until, that is, my body started aching, my joints hurt and, all of a sudden, I got older.

I started to look around and see if there was a yoga class to suit my specific needs. I wanted a class that:

- Let me spend most of the time on the mat sitting, or even better, lying down,
- Didn't need me to actually balance on one leg,
- Had lots of cushions and pillows to prop me up.

To my amazement I found a class just right for me; a gentle yoga class for folks a little older. I have been going to these classes, on and off for the past few years and I have found it actually helps.

I am not even very regular in my yoga practice. I go to class and dabble a bit at home. But even that has made a differ-

**After a few weeks I started leaving the class with a rubbery body and a smile on my face.**

– Deb Calderon

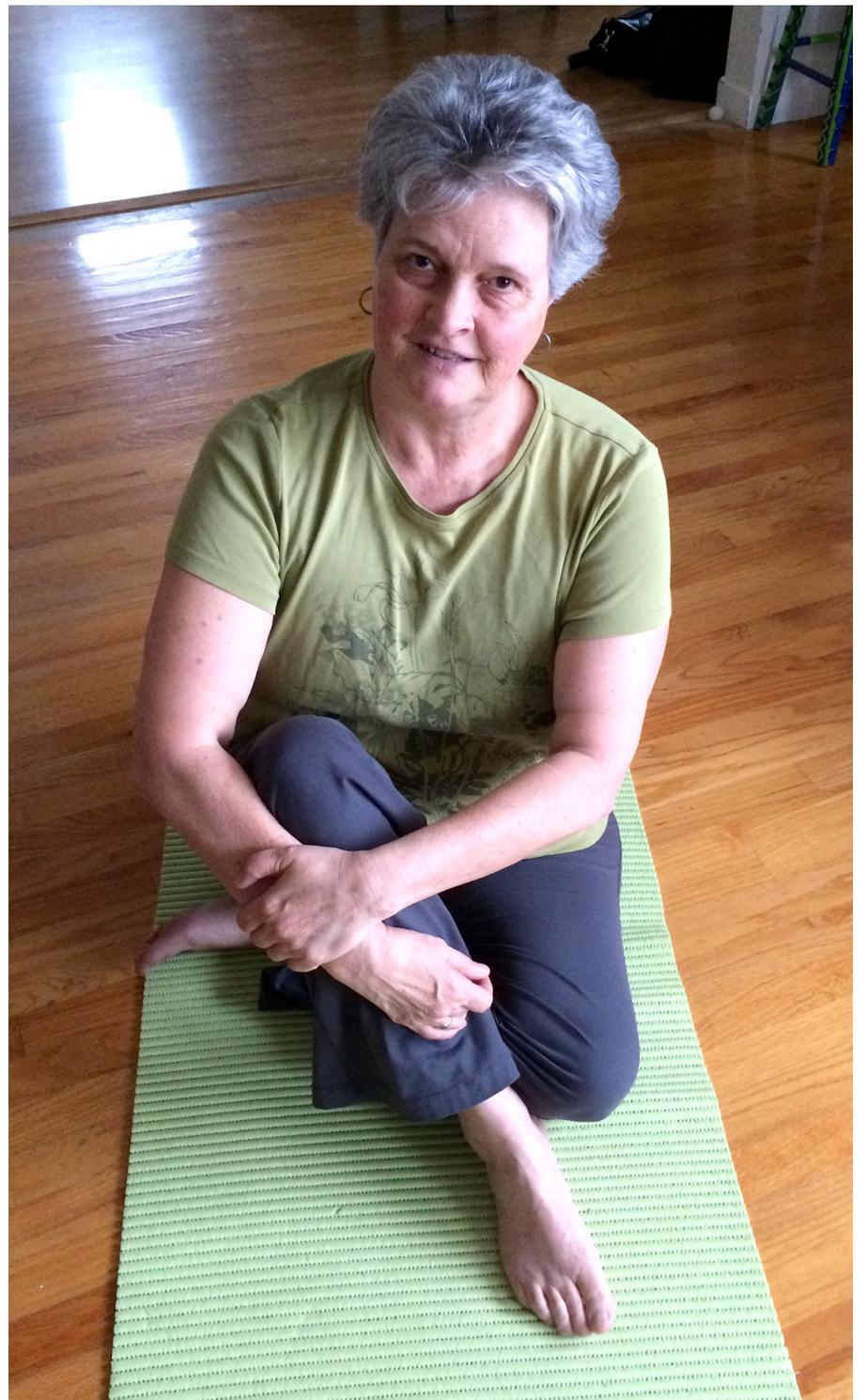
ence. The yoga breathing has calmed me down and the poses have relaxed some of my muscles. I have become more aware of what I am doing with my body.

I now realize that slumping on the couch with a bowl of popcorn probably isn't doing my back any good. After a few weeks I started leaving the class with a rubbery body and a smile on my face.

Then I discovered Somatics. My yoga teacher told me it was relaxing and gentle, so I gave it a go. It is hard to describe what Somatics is. Best I can tell you is it is a way to change the connection between

**NO BALANCE REQUIRED:** Deb Calderon has found that easy yoga and somatics have improved her health.

*Photo by Isabelle Southcott*



Simply  
**BRONZE**  
Tanning & Swimwear

6975 Alberni Street  604 485-4225 Mon-Thurs 10-9 Fri 10-6 Sat 10-4

New swimwear  
arriving weekly



Save your cheeks  
Base Tans Work



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

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



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

**AGW** present

# \$2.50

Price plus tax.

## MAMA BURGER®

Mama never lets you go hungry.

LIMITED TIME OFFER Ends Jan 21



**RAISED WITHOUT**  
the use of  
**HORMONES OR STEROIDS**

There's no arguing with Mama at A&W—right now, Mama® burgers are just \$2.50. Grab a tasty burger made with perfectly seasoned 100% pure beef that's been raised without hormones or steroids. And at just \$2.50, there's nothing to disagree with. So hurry to an A&W soon, 'cause Mama's waiting.

**Open at 6 am, 7 days a week**  
**4696 Joyce Ave • 604 485-6277**

**Musical Theatre Kids**  
present

# Disney's BEAUTY AND THE BEAST JR.



**Feb 1, 2 & 3 at 7 pm**  
**Feb 4 at 1 pm**

**Evergreen Theatre**

Tickets: \$15 Adult \$10 Children 12 and under  
Available at the door & at Anderson's Men's Wear

Director: Carma Sacree  
Music Director: Megan Skidmore  
Choreographer: Paige Anderson

Music by ALAN MENKEN Lyrics by HOWARD ASHMAN & TIM RICE  
Book by LINDA WOOLVERTON

Disney's Beauty and the Beast JR. is presented through special arrangement with and all authorized materials are supplied by Music Theatre International, 421 West 54th Street, New York, NY 10019

your brain and muscles to release chronic tension.

“Just what I need for my tight shoulders,” I thought. My shoulder muscles had learned over the years that hunching and tension was their default position. I didn't want that, but it was as if the muscles had forgotten how to relax.

The first class was deceptive, a lot of breathing and not very much twisting and very, very slow.

“Wow, I can do this class – it is so easy.” I thought. But as I discovered more about muscles and the body I learned to slow down, really slow down, breathe and focus. Then my brain got some new ideas and started talking to my muscles in a new way. My shoulders started to relax.

**“I'm not joining an Ashram (unless they have Wi-Fi), I haven't shaved my head and I don't own anything from Lululemon. Yoga and Somatics are just tools that ordinary people like me pick up every day.”**

*– Deb Calderon*

It felt like I was going through a mind-body re-education program that put my mind back in charge of my muscles. I find myself practicing Somatics at home five days a week because it is gentle, it is slow, it is quiet, and I like doing it.

## Kill mould and moss – with **HOT WATER!**

You wouldn't wash your body with just cold water. **WHY? BECAUSE YOU WANT IT REALLY CLEAN!** The same is true for your siding and driveway. Hot water kills mould and moss, removes grime and gets your property looking like new!

- Siding & decks
- Driveways & sidewalks
- Graffiti & gum removal
- Wet sand blasting
- Sewer jetting
- Boats & vehicles
- Degreasing

We can carry water

Roof moss removal



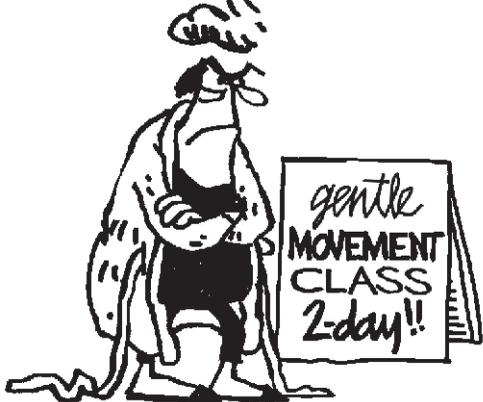
**HWCW**  
HOT/COLD PRESSURE WASHING  
HOT WATER WORKS

# 604 223-0750

EASY Payment Plans  
MasterCard VISA

## Do you have Chronic Pain?

Come to a Relaxation and Gentle Movement Class for Chronic Pain Management



**January 29, 10:30am to 11:30am**  
**Cranberry Seniors Centre**  
**FREE Introductory Class**  
Simple movements that anyone with chronic pain can do.

Feel free to bring a friend. Dress comfortably.  
Email [powellriver@divisionsbc.ca](mailto:powellriver@divisionsbc.ca) or call 604-485-4700 to reserve your spot.  
Exercise mats provided.

**Powell River**  
**Division of Family Practice**  
A GPSC Initiative

Visit [www.painbc.ca/PowellRiver](http://www.painbc.ca/PowellRiver) for more info

We would like to Welcome  
**KAT GULLETTE**  
to our Real Estate Team!



Kat's enthusiasm for Real Estate showed early when she bought her first home at 19. As a client, she has experienced buying and selling 7 homes across Canada, before moving her family back here 9 years ago. Kat believes her passion for helping people translates well in Real Estate. And she has the enthusiasm that comes from being back in her home town! Now a licensed Realtor® Kat is excited to help you make the right move.

Call Kat Gullette now at **604.578.8013** to meet with her & discuss your Real Estate needs, or visit her online at [katgullette.ca](http://katgullette.ca)

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



Could this be you?

Both Somatics and Yoga have done a lot to decrease my body aches and bring more calm into my life.

If you don't think there is a class for you in town you might be surprised. In Powell River alone I found: gentle classes, energizing classes, classes at sunset, classes for kids, fun classes and even aqua classes. We are lucky in Powell River because we have so many good teachers.

Some people may be hesitant to take a class because Yoga and Somatics sounds a little foreign; a little exotic. But I found the classes relaxing, fun and down to earth. And I didn't have to make huge changes in my life.

I'm not joining an Ashram (unless they have Wi-Fi), I haven't shaved my head and I don't own anything from Lululemon. Yoga and Somatics are just tools that ordinary people like me pick up every day.

So make this the year that you do something just for yourself. Talk to your doctor and talk to a Yoga or Somatics teacher. They know a great deal about the human body, pain relief and which class might be right for you.

Until then, you can find me, from time to time in old sweat pants, propped up by foam blocks and yoga pillows doing my best to age just a little more gracefully. **RL**



## Injured in an accident?

Let us help you recover.

**Experienced.  
Local.  
Professional.**

**Call Ian Fleming today for a free consultation.**



4571 Marine Avenue  
**604-485-2771**  
fleminglaw.ca

# Thank you

To everyone who assisted us this past year in being the best we can be.

95.7 Coast FM	Powell River Living
Alice's Fresh Pasta	Relish Interiors
Catfish Creative	Safeway
Community Futures	Salish Sea Dive
Cottage Creek Bake Shop	Seacret Spa with Michelle
Duke & Company	Staples
Exceptional Events	Sunshine Coast Eyewear
First Credit Union	The Nutcracker Market
Fits to a T	Town Centre Hotel
One Earth with Christine	Villani and Company
Powell River Peak	Westview Agencies
Pieta Woolley	All our valued Members



www.prwomeninbusiness.com



Rob Villani

Stacey McCausland

Katya Buck

Mark McKamey

**Local Lawyers – where the coffee is always on and we answer your phone calls.**

**Real Estate  
Commercial Law  
Wills & Estates  
Divorce  
Family Mediation  
Criminal Law  
ICBC Claims  
Civil Disputes**

**Our goal is to provide quick, responsive services, creative solutions and sophisticated strategies for our clients**



**VILLANI & COMPANY**

Phoenix Plaza • 604 485-6188 • villaniandco.com

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

**AARON SERVICE & SUPPLY**

aaronservice.com • fb.com/AaronServiceSupply

**Clean ducts**

**Clean hands**



Refill all the Soapopular dispensers with this affordable 4-Litre jug!

**604 485-5611  
4703 Marine Ave**

## Light up your starters!

It's already time to start perennials and slow-growing annuals, and soon it will be time for cabbage, lettuce and broccoli.

Try SunBlaster T5HO lamps for maximum photosynthesis.

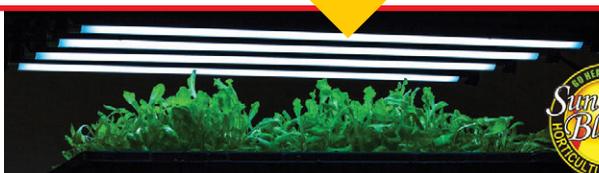
**Mother Nature**  
Who knows better than Mother Nature?

mother-nature.ca

@mothernatureghp

fb.com/MotherNaturePowellRiver

garden • lawn • greenhouse & nursery • decor



7050 Duncan Street  
**604.485.9878**



# POWELL RIVER CHAMBER OF COMMERCE BUSINESS AWARDS

This space sponsored by:



## 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

A large or small business that shows excellence in communications and/or innovation in forestry, forest management or a forest-related industry.

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 19, 2018.** 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](http://powellriverchamber.com)

Your name:

Phone #:

**BANQUET & AWARDS PRESENTATION**  
**SATURDAY, FEBRUARY 3, 2018**  
**DWIGHT HALL • 6 PM**  
**Tickets: \$50 each — Table of eight: \$350**  
**BOOK YOUR TABLE NOW!**

# 2017: a banner year for **Kiwaniis**<sup>®</sup>

**T**he Kiwanis Club of Powell River is celebrating 57 years of service to the community.

In 2017, more than \$43,000 was donated to organizations and those in need in Powell River. "All money raised in the community stays in the community," says President Rob Maitland.

The club donated more than \$600.00 from their May book and marmalade sale to help young Kendra McLeod, who was fighting cancer, said Rob.

About \$750.00 was given to James Thomson School to help with the purchase of their new playground equipment in June. Then more than \$1000.00 was raised at the September sale for the Jumpstart program run by Canadian Tire.

"That money was matched by local store owner Michelle Hodgkinson-Kristof and also matched by Canadian Tire head office which meant that a total contribution of over \$3000.00 could be donated to the local Jumpstart program.

"This program funds about 120 local kids every year so they can play sports they may otherwise not be able to afford," says Rob.

"We also donated funds to PR Action Food Bank, Orca Bus, school lunch programs, the Royal Canadian

## WHAT IS KIWANIS?

Kiwanis International was founded in 1915 by a group of businessmen in Detroit, Michigan. The organization focuses on service, specifically service to children.

The club's motto is "Serving children of the world."

Kiwanis International brings the world together – one community at a time.

With more than 600,000 members in more than 80 countries, Kiwanis empowers members and clubs to pursue creative ways to serve the needs of children through local service projects and fundraising.

Kiwanis hosts nearly 150,000 service projects each year. Less than two percent of the funds raised locally go to Kiwanis International. The money the local club gives to the Kiwanis Foundation of Canada is matched by them for one of their scholarships for a total of \$1,000.

Included in that two percent is a donation to Kiwanis International towards The Eliminate Project, a project funded jointly by Kiwanis and UNICEF to rid the world of maternal/neonatal tetanus.

Legion's Poppy Fund, the Preschool Carnival, Success By 6, Kelly Creek Carnival, Henderson Haunted House, Christmas Cheer, Therapeutic Riding, PR Minor Baseball, Navy League, Army Cadets, Logger Sports, Leask and Buckle Families and Powell River Family Place last year," said Rob.

"Funds are raised from our book sales, our concession trailer at various events and through the sale of advertising space on our bus benches."

The club also donated funds to Canadian charities that help locals such as BC Children's Hospital, CNIB and the Salvation Army.

"We made a donation to the Kiwanis Children's Cancer Program. The funds raised from this program help fund a fellowship for doctors training to specialize in Children's Cancer care and research. Money raised by BC clubs supports the program run at BC Children's Hospital."

Nine thousand dollars was given to school parent advisory councils with most of it going to breakfast or lunch programs that feed hungry children.

Kiwanis also helps adults. In 2017 the club donated \$8,500 to the Food Bank and various free lunch programs in the community.

The Kiwanis supported local students to the tune of \$5,000 this year and donated \$2,000 to youth organizations. The club gave \$1,000 to the Young Moms program to help keep mothers in school and provide food for their babies. As well the club helped people travelling to hospital elsewhere with transportation costs so they could receive the treatment they need.

Three of the club's 24 members run the Kiwanis Life-line, that has over 215 users in the community.

And last but not least, the Kiwanis work to assist their Village and Garden Manor for the elderly and those with lower incomes.

To learn more about Kiwanis and find out how you can become a member, visit [www.kiwanis.org](http://www.kiwanis.org) or call Rob Maitland at 604-578-8465. 

### Kiwanis Club of Powell River Officers

**President:** Rob Maitland

**Vice President:** Don Allen

**Secretary:** Darlene Sundin

**Treasurer:** Bob Irving

**THE**

# ULTIMATE POWER



EU2000i Companion      Optional Parallel Operation Cable\*      EU2000i Parallel

**HONDA**

**Power**

**Equipment**

[honda.ca](http://honda.ca)

**Putting power together with reliable and expandable parallel connectivity.**

- ✓ **Expandable Parallel Connectivity**  
Together power up to 4,000 watts
- ✓ **Reliable Portable Power**  
More versatile and easy storage
- ✓ **Quiet High Quality Performance**  
Power sensitive electronics

7125 DUNCAN STREET  
604.485.5041

**THUNDER BAY**

**SAW SHOP**

OUTDOOR POWER EQUIPMENT

No matter how rough 2017 was, we can smooth things out.

604.485.7676  
4487 Franklin Avenue  
[pinetreeauto@shaw.ca](mailto:pinetreeauto@shaw.ca)



**PINETREE**  
**AUTOBODY**  
**LTD.**



**BUYING & SELLING WITH TERRY**

"Terry is kind, detailed and has good communication." - G. & C. Cox

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

**Professional, Licenced REALTOR<sup>®</sup>**  
[terrykreisler@royallepage.ca](mailto:terrykreisler@royallepage.ca)  
**Call now 604-223-8345**

**TERRY KREISLER**  
MAKE A **MOVE** YOU WILL LOVE  
[LOVEPOWELLRIVER.CA](http://LOVEPOWELLRIVER.CA)



**CLA**  
CERTIFIED LISTING AGENT



**relish**  
**interiors**  
604.485.9333

**SONNETTE™ CELLULAR ROLLER SHADES**

COMBINE THE DYNAMIC CONSTRUCTION OF A CELLULAR SHADE WITH THE CLEAN LINES AND SIMPLICITY OF A ROLLER SHADE. IT'S THE NEW SHAPE OF LIGHT.

**HunterDouglas** 



**HARD AT WORK:** *Top:* President Frank Clayton and Secretary Benjamin Fairless are two of the Sunrise club's many members who helped with the highway clean-up last fall. *Above:* the Powell River Rotary Sunrise Club presents a cheque for \$500 to the Therapeutic Riding Association - one of many local projects that have received grants from Rotary this year. See right for the full list.

## Who We Are

Frank Clayton: *President*  
 Rod Wiebe: *President Elect*  
 Terry Noreault: *Vice President*  
 Benjamin Fairless: *Secretary*  
 Tejinder (TJ) Bains: *Foundation*  
 Don McLeod: *Past President*  
 Doug Nauer: *Fundraising*  
 Mac Fraser: *Projects*  
 Chip Paquette: *International Projects*  
 William Whyard: *Sergeant At Arms*  
 Lorraine Allman: *Membership*  
 Helen deBruyckere: *Administration*

**Members:**  
 Lisanne English  
 Tod English  
 Dean English  
 John Kristof  
 Michelle Hodgkinson-Kristof  
 Kim Miller  
 Mai Paredes  
 Martyn Woolley  
 Dan Taylor  
 James Mode  
 Isabelle Southcott  
 Kim Wall  
 Vivica Watson  
 Dustin Cross  
 Monique Harwood-Lynn

# January is Rotary Service A

**T**here are two Rotary clubs in Powell River. The Rotary Club of Powell River (evening club) and the Rotary Club of Powell River Sunrise (morning club).

Chartered in 1955, the evening club is one of Powell River's oldest service clubs. This club meets every Wednesday at 6 pm at Julie's Airport Café.

Chartered in 2010, the morning club meets at 7:15 am every Tuesday in the banquet rooms at 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 Four Way Test

This test of what we think, say or do is used by Rotarians world-wide as a moral code for personal and business relationships.

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

## The Rotary Club of Powell River Sunrise

**Groups and projects supported in 2017:** Interact, Adventures in Forestry, Air Cadets, PRISMA, Rotary Youth Leadership Awards, Logger Sports, Willingdon Beach Adult Exercise Park, BC Wildfire Relief Fund, Army Cadets, Salvation Army, Powell River Public Library, Powell River Therapeutic Riding, Friends of Powell River, Rotary polio foundation and four student bursaries.



## Brooks Interact Club

Grade 12 student Rachel Peckford is the president of Brooks Interact Program. Last month, three Interactors attended the Interact Conference in Richmond where Interactors from other clubs in District 5040 worked together, exchanged ideas and even competed. Rachel's group won first prize in this competition for its presentation that will be shown at the Presidential Environment Sustainability and Peace Conference in February in Vancouver.

Brooks Interact meets every Thursday in room D127 at 12:30 pm. Everyone is welcome.

Brooks Interact collected food for the Powell River Action Food Bank in December and adopted a family to help at Christmas.

They have decided to purchase several types of animals, including an alpaca, goat, chickens and a pig through World Vision for their international project. Students are looking forward to opportunities to attend Adventure programs such as Citizenship and Forestry - plus the Rotary Youth Leadership Awards (RYLA).

- Submitted by TJ Bains



# Awareness Month

# bove Self

## Global & local

Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who come together to make positive, lasting change in communities at home and abroad.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary members have used their passion, energy, and intelligence to take action on sustainable projects.

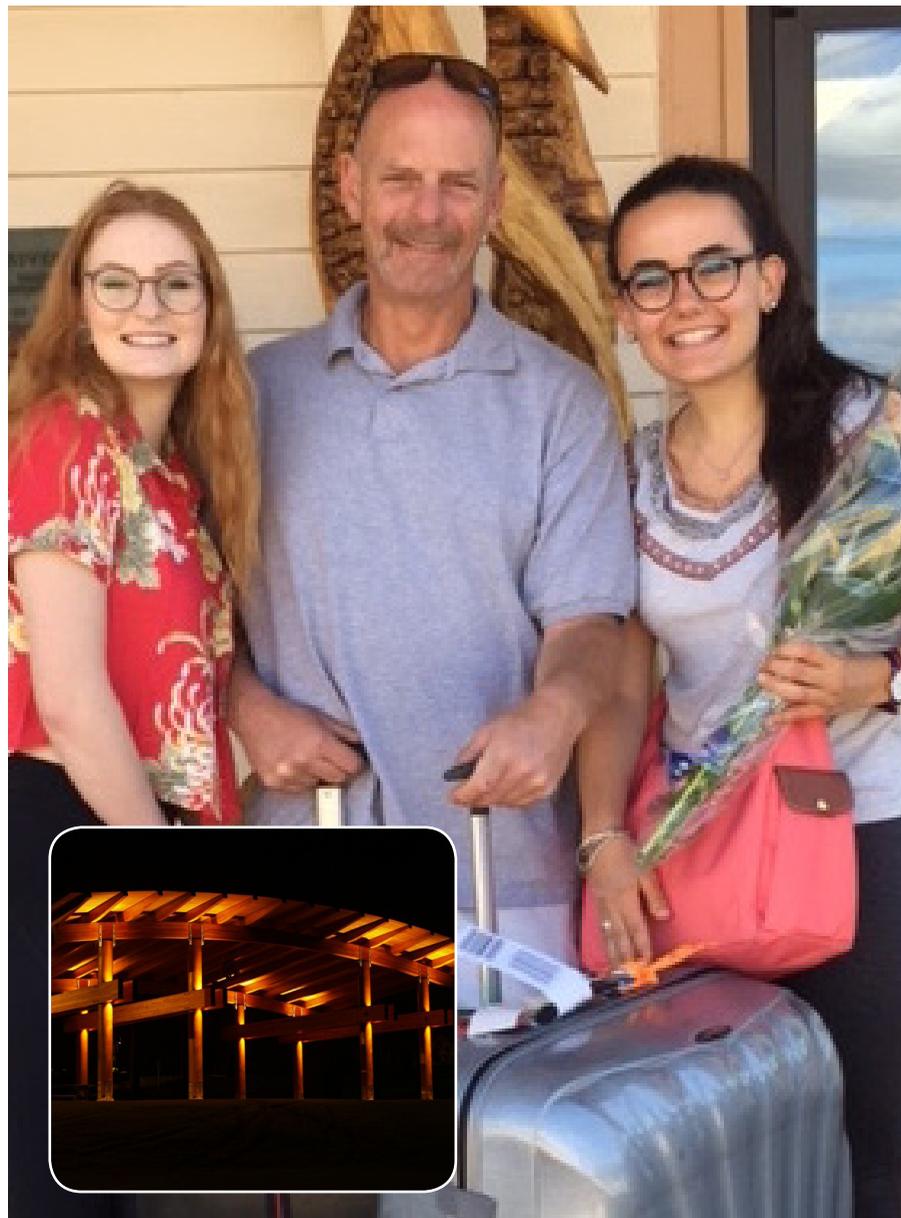
**F**rom literacy and peace to water and health, Rotarians are always working to better our world, and stay committed to the end.

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 35,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies

## Rotary Club of Powell River

**Groups and projects supported in 2017:** Powell River Festival of Performing Arts, Adventures in Forestry, PRISMA, Rotary Youth Leadership Awards, Adventures in Citizenship, Grace House, BC Wildfire Relief Fund, Christmas Cheer Fund, End Polio Now, Brooks bursaries, Interact Club, A Taste of Art, Youth Exchange, Casino at Dry Grad, Fall Fair, Cranberry 75th Incorporation, Powell River Public Library, Powell River Film Festival student camp, Newcomers Social, Adopt A Highway, and washers and dryers at Willingdon Beach.



**PAVILION PROUD:** *Inset:* The Rotary Pavilion at Willingdon Beach is one of the biggest projects ever undertaken by the evening club. *Top:* When Brooks Secondary School student Rachel Peckford, left, was selected to attend the Rotary Youth Leadership Awards camp, it piqued the interest of her parents, Mark, and Monica (who is missing from this photo). They subsequently became Rotarians, took on executive positions, and are the first host parents for Philippine Ravel, a Youth Exchange student from France. Rachel also serves as Brooks Interact president.



### WE ARE ROTARIANS

WE BRIDGE CONTINENTS

WE BUILD COMMUNITIES

WE SERVE ABOVE SELF

WE CURE DISEASE

WE BUILD MINDS

WE BUILD PEACE

WE BRING HOPE

WE SAVE LIVES



## Who We Are

Scott Randolph: *President*  
 Frieda Hamoline: *President Elect/ Administration*  
 Paul Galinski: *Vice President*  
 Carol Brown: *Secretary*  
 Tim Wall: *Treasurer*  
 Ross Cooper: *Membership*  
 Ed Frausel and Don Logan: *Fundraising*

### Members

Anne Baker  
 Joyce Carlson  
 Brad Carolei  
 Julie Chambers  
 David Duke  
 Jill Ehgoetz  
 Charlie Gatt  
 Amanda Hunter  
 Deborah Jenkins

Pawel Makarewicz: *International and Youth*  
 Monica Peckford: *Public Relations*  
 Dan Devita and Mark Peckford: *Projects*  
 Jan Gisborne: *Foundation*  
 Dick Vanderkemp: *Sgt At Arms*  
 Sean Dees: *Past President*

Claude Marquis  
 Sara Mitchell-Banks  
 William Mitchell-Banks  
 Sam Nissi  
 Sasha Randolph  
 Ron Salome  
 Real Sigouin  
 Roger Skorey  
 Ashok Varma

In 2018  
plan to use  
only the best!

**Ideal Cedar**

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

**Mill Direct Quality Cedar Products**

**Cedar Shakes & Shingles**  
Exterior & Interior • Haida Skirl Siding  
Decking & Siding • Post & Beam  
Trim • Panelling • Fencing

Shipping & delivery available.



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

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



**SMART Recovery®  
Meetings**



**Wednesdays  
at 6:30 pm**  
At the CRC  
(4752 Joyce Ave)

**SMART**

(Self-Management and  
Recovery Training)

is a non-12 step addiction recovery  
support group for anyone looking  
for help and support with their  
addictive behaviours.



**420**

**PRPL's 420 Character Tiny Story  
Contest Winners**

Each year, the Powell River Public Library tosses a challenge at the region: tell a compelling story in just 420 characters. This year, 56 entries came in. They're judged by a panel of three. Read all the entries at www.prpl.ca.

**Honorable Mentions - Adult:**

**Canada Dry**

BY MARYLOU MACMILLAN

Egypt, 1987. The bus pulls into a dusty station where two armed soldiers stand. Our five-year-old, red-haired son sits next to me at an open window. Suddenly, two hands reach through and grab him, pulling him to the outside. We run through the crowd searching for him. We see him in the arms of a soldier, a teenager, who grins at us, pointing to the soft drink he has bought for our son. "Canada Dry" he declares proudly.

**She's not going to miss me  
when I'm gone**

BY ANGIE DAVEY

It's not like anyone got hurt, was her response just before she slammed the Pontiac's door and stomped off. She crossed beneath the amber street light, shoulders rigid, and checked the trash can at the edge of the park for who knows what exactly. She glanced over her shoulder, caught me watching, and gave me the finger. It was then I realized I'd totally over-estimated my affection for her.

**Third Place - Adult**

**Dinner**

BY DEB CALDERON

I know what she's thinking. She is standing by the back door wondering if she can help with dinner. I really wish she wouldn't. It is not that her intentions are bad, it is just that we don't really like the kind of food she brings. I tell her as gently as can "It's very kind, but no thank you." Maybe I was too rude because she walks down the porch stair with the dead bird in her mouth and doesn't look back.

**Second Place - Adult**

**Blind Date**

BY SHELLEY ROBINSON

I ordered another drink. He was an hour late. We had

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

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

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



Made in Lund, BC, Canada since 1986

Open 10-4 Daily

604 483-4401 • pollensweaters.com

**VALERIE GRIFFITHS**  
Think Real Estate.

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

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

been talking online for days, and this was our first date. We had discussed being soul mates. He was a veterinarian. I checked my phone to confirm our details. The bartender smiled at me sympathetically.

A disheveled older woman confronted me. "My son changed his mind. I came instead."

"Why?" I gasped.

"He's fourteen. It's illegal. Stop contacting him!"

## First Place - Adult

### Moment

BY DEB CALDERON

She had never looked more beautiful and his eyes misted. Her dark brown hair fell onto the shoulders of her white gown and he knew he would love her forever. She looked as lovely and serene as the day he had met her. He stole a rose from her bouquet as he lightly kissed her lips. Then he turned to walk slowly down the aisle of the flower-drenched church. He did not look back as they lowered the lid.

## Third Place - Teen

### Blame it on the Gnomes

BY ARIANNA SHANNON-OLIVER

"ALICE!" I shuddered. My mother stormed out the door.

"The laundry! The shoes! Everything's in knots!"

"But, Mom, I didn't-"

"Don't you blame it on gnomes! How old are you?"

"Ten."

"That's right! And you know fairytales aren't real?"

"Yes."

"Now get inside and fix your mess!"

"Yes, Mom." She marched back in. I scowled at the tiny colourful fellow beside me. He snickered.

"Silly child. Adults don't see anything!"

## Second Place - Teen

### Assassin

BY ARIANNA SHANNON-OLIVER

Have you ever killed someone? Would you? The easiest way, in my opinion, is a bullet between the eyes. It's a quick death, a painless one. Or so I tell myself. My grip tightens on the trigger. The man below me quivers and begs. Appears to soil himself. I fire. He drops limp to the floor. I've taken another life.

## First Place - Teen

### Whispers of Mystery

BY HANNAH KRAUSZ

For every evening the neighbors remembered, he would smoke his ancient pipe and she would crochet furiously, reclining in old lawn chairs by the road. Until, one night, the chairs stood empty. Rumors were whispered behind walls, and mystery clouded minds. Then, one brave boy stepped forward on a dare, and sat in the fabled chairs. The next day he was nowhere to be found, and the white chairs were never touched again. **RL**

## Gear Up



Men  
Women  
Children

for your  
next  
adventure



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

604 485-5110 4670A Marine Avenue



4597 Marine Ave.  
www.tawsonline.com



604-485-2555  
taws@tawsonline.com



**POWELL RIVER  
ACADEMY  
OF MUSIC**

*Concerts*

TICKETS Academy Box Office  
7280 Kemano St  
604 485-9633

Mon - Thur  
9:30 am - 4:30 pm

Buy online at [powellriveracademy.org](http://powellriveracademy.org)

**MOIRA HOPFE-OSTENSEN  
& WALTER MARTELLA,**  
in a double piano concert

...welcoming Academy faculty alumni back to Powell River, Moira Hopfe-Ostensen will perform with Walter Martella, Academy Music Director and jazz performer.

**Thursday, Jan 18  
at 7:30 pm  
James Hall • \$22**

Students 18 & under free with a student ticket voucher

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

**Complete Auto Repair  
Any Make & Model**



7050 Alberni St 604 485-7003

**January  
Winter  
Blow-Out**

**Up to  
50% off**

*Fits to a T*

**www.fitstoat.ca**  
4573B Marine Ave  
604 485-6163



**Fitness should work.  
If it isn't, call Nancy.**

It's like having a gym all to yourself!

- Train safely in your private gym with no distractions or intimidations. You are always the only client in the gym.
- Customized workouts for weight loss & strengthening.
- Special consideration for anyone with joint or medical issues
- Free consultations. See if it's right for you!

**5**  
45-minute sessions  
**\$199**  
Expires: Jan 31, 2018

**Call today!  
604-223-4158**

[totalbodytraining.ca](http://totalbodytraining.ca)



Make 2018 your **most peaceful** year

# Sister of deceased finds “grace”

BY BONNIE ROBINSON

The last time I saw my brother Randy Zohner, he had travelled to Powell River for a visit.

After a great afternoon, Randy returned home to work at the Bamfield Marine Science Centre, where he was the cafeteria manager. A few weeks went by. The next thing I knew, I was notified Randy was dead and a police investigation was under way.

His body was taken to forensics in Vancouver and not released until after the autopsy. I felt helpless as I waited for more information about what had happened. In the meantime I was confronted with his face on the TV news, in newspapers, and on Facebook.

Adrenalin kicked in and I began to run on auto-pilot. I travelled to Bamfield Marine Science Centre where the community held an amazing memorial for Randy and letters and cards flooded in from so many people. In the meantime, we were planning our own memorial for family and friends in our community here in Powell River – where Randy grew up.

Police laid a manslaughter charge against the man accused of killing Randy. This was the beginning of a long journey in a criminal justice system that has not changed for many years.

I was connected to Tamara Cocco from RCMP Victim Services in Port Alberni to provide emotional support – while going through this trauma.

## RESTORATIVE JUSTICE EXPANDS IN THE POWELL RIVER REGION - AND ACROSS CANADA

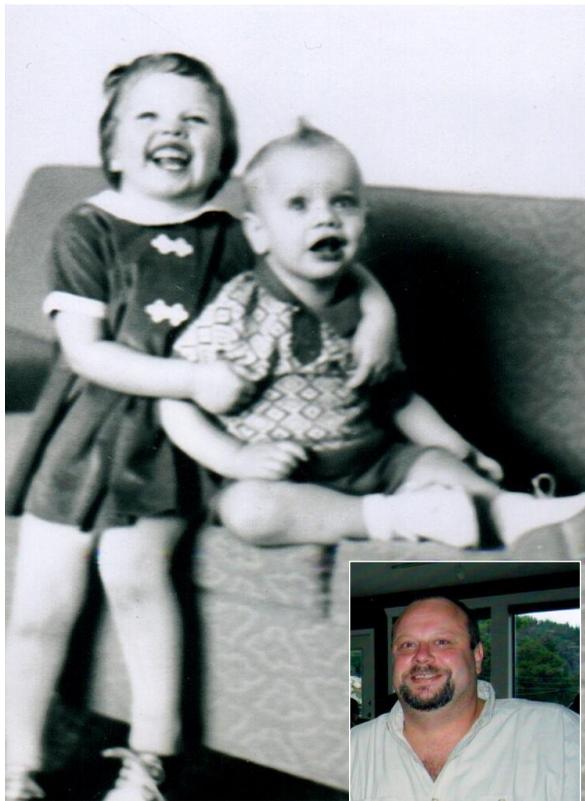
The Provincial restorative justice process – in which legal cases are diverted out of court and the perpetrators must face the victims of their crime and make amends – is a model pioneered by First Nations in North America and New Zealand. The purpose is to restore relationships and offer all parties a deeper sense of justice. Participants must agree to be a part of it, and the perpetrator must agree that he or she was responsible for the harm. Here in BC, participants are usually youth who have damaged someone's property or stolen something. But that's changing.

In August 2017, BC's new Solicitor General promised to expand the scope of the program, by asking Ottawa to make it officially a part of the Criminal Code. This fall, the BC chapter of the Canadian Bar Association called on governments to greatly expand the programs and divert many more cases out of court and into the community.

Here in Powell River, the community's restorative justice program expansion committee is just starting up. It joins about 95 restorative justice programs across the province, and about 30 aboriginal justice circles. Texada Island has had a program since 2004; it's growing to incorporate Powell River.

The members are:

Cst. Ron Palmquist	Theresa Verdeil
Cst. Chris Bakker	Sandy McCormick
Sgt. Kevin Day	Bonnie Robinson
Jane Waterman	Christine Schreiber



**UNEXPECTED LOSS:** Above, Bonnie and Randy as children. Right, Randy at Bamfield.



Shock, anger and numbness is what I felt as a victim. I was becoming exhausted quickly while making frequent trips to Port Alberni to meet with Crown Counsel, David Kidd. More news – Randy's case got moved to the Regional Deputy Crown Counsel in Nanaimo. We yet again travelled to Nanaimo to meet Glen Kelt. It was at this point that there was a new concern about Randy's case and we were advised it would not move forward at this time.

Tamara saw our devastation. She offered an opportunity for us, Randy's family, to meet the man accused of killing him.

It was here that I learned of a movement to seek justice for crime differently.

I had unanswered questions about what happened. And, I had questions about the man who did it. To this point I had felt helpless in the criminal justice system – but now I was being offered a voice. I had been trying to advocate for the deceased and now – for the first time since this nightmare began – I had an opportunity to play a role.

The accused was also asked if he would attend a meeting with the victim's family and – surprisingly – he said yes. This opened doors as I learned he had been feeling horrific pain with the choices he made in the moment of Randy's death.

There were phone conferences with professionals in preparation for this supervised meeting. I had a supporter who attended the meeting with me.

We met in a neutral location planned by Tamara and her team. The meeting was conducted by the professionals and supervised throughout in a safe setting. The accused was asked to speak first and tell what had happened up to the point of Randy's death. His sister was on speaker phone as part of the meeting and said, “Our whole family

## RANDY'S STORY

In 2009, Powell River's Randy Zohner was working at the Bamfield Marine Science Centre, having been recently promoted to head chef. Randy had lived in Bamfield for about 15 years, working most of that time in various capacities at the research centre. He was known as an efficient and well-organized manager. Randy was also known as Chef Big Love for his affectionate disposition.

At an after-work party, the *Globe & Mail* reports, he had a “verbal altercation” with a vacationing sport fisherman. He lived just down the street from the bed and breakfast where a group of 16 anglers were staying. Randy ended up outside, on the bad end of a fight. The autopsy said the cause of death was blunt force trauma to the head – injuries sustained during the fight.

The case was outside the usual scope of BC's burgeoning restorative justice program. First, because someone died. And second, the case was no longer proceeding in court.

In Randy and Bonnie's case, the RCMP Victim Services coordinator in Port Alberni – who was providing emotional support to the family while the case was in the justice system – saw the devastation caused by the failure of the courts to get a conviction, or even a trial.

Because she had an interest in restorative justice, Tamara Cocco made some calls. She found a University of Victoria psychology professor who had been researching restorative justice – and was willing to conduct the meeting between Bonnie and Randy's killer pro bono. No funding was available as, again, it was an unusual case and didn't qualify under BC's current programs.

That's how Bonnie Robinson became involved in the restorative justice process.

is hurting for the pain our brother has caused you and yours,” and a light bulb went on for me. I remember noting that so many people were affected by this one person's death – on both sides, accused and victims.

The trance I had been living in was lifted. Something great was happening in this meeting. I was understanding that this man had made poor choices. He had an opportunity to explain in his own words to me the circumstances surrounding Randy's death.

Next came my turn. I looked into the eyes of the offender and then took a deep breath. I gave him a letter from my heart on how I felt and how our family chain was broken. For the rest of my life nothing would ever be the same. A link was now missing. There is a big gap between me and my younger siblings. My parents were heavily grieving and trying to understand. I had a voice. How could the accused understand my pain without understanding what he had done? It was a huge relief to be able to tell him how I felt.

During the last part of this meeting, I was able to request that the accused go to AA, see a counsellor and try and live the rest of his life as a better person in society. I do not believe that jail time would actually better this person. I was able to offer solace to the accused – something no other person involved from the outside could do. Rather than punishment, justice was served through the beginning stages of healing.

This was the first moment of grace I had felt through this journey.

Can I forgive? I struggle with that. I still remember clearly the circumstances – but now I can move forward rather than stay stuck. [PR](#)



# 10 reasons

to send your child to Assumption Catholic School. We welcome new students - both Catholic and non-Catholic - at any time in the school year.

1. Small school community with calm, **engaging** classrooms where students feel at home.
2. Informative **report cards** communicating student learning three times a year.
3. **BC Curriculum**, infused with Catholic and social justice education that challenges students to think independently and live Gospel values.
4. A multicultural, diverse school with an emphasis on **inclusion**.
5. Students **transition smoothly** with self-confidence from pre-school through to grade 9.
6. **After-school** programs to 5:30pm.
7. **North and South of town** school bus service.
8. **Diverse learning experiences** including elective courses in grades 7-9, field trips, sports, choir, Readers Are Leaders, and community outreach.
9. **Relationships** with peers and teachers grow over an 11-year period.
10. A welcoming, friendly school where we are committed to prepare your child for his or her **brightest future**, academically, socially and spiritually.



## Please join us for our open house

7pm, Tuesday, January 23

*Learn what Assumption School can offer your children.*



### Monthly School Fees

#### Kindergarten to Grade 7

\$310 for one child  
 \$390 for 2 children  
 \$465 for 3+ children

#### Grades 8 & 9

\$330 for one child  
 \$410 for 2 children  
 \$485 for 3+ children

#### Notes:

At tax time, you get about 40 percent of your fees back. See our Web site for details.

\* A discount is available if you contribute financially to Assumption Parish.

#### St. Joseph's Academy

Our grade 7 to 9 middle school students develop strong leadership skills, self-assurance and strong sense of self that will allow them to approach the pressures of high school with confidence.



**ASSUMPTION**  
 Catholic School



assumpschool.ca  
 604-485-9894

# Tech challenged?

## Need help?

Literacy Outreach and PRPL present

### Tech Tip Tuesdays

Every Tuesday, from 12:30-2:30pm, bring your device and tech questions to the Rotary Makerspace at the Library, no registration required.

## Need gear?

### Borrow a Tech Box

**Audio Visual** All the audio-visual equipment you need to create quality videos—a GoPro, iPad, green screen, and more.

**Robotics** Curious about coding and robots? We just added two Sphero SPRKs as Tech Box items. Spheros are robots that can be coded using an app on a smart phone or tablet.



prpl.ca 604-485-4796 info@prpl.ca



**CHAMBER OF HONOURS:** Cory Carr, President, and Tye Leishman, Vice-President.

## Powell River Chamber of Commerce Business Awards You wanted to know

People often ask how winners are chosen for the annual Powell River Chamber of Commerce Business Awards that takes place on Saturday, February 3 at Dwight Hall. Here, some of the most frequently asked questions about the judging process are answered.

### Who picks the winners?

A judging panel consisting of seven businessmen and women who are sequestered for three to five hours to go through all the nominations and have a discussion about each one. There is a chief judge as well as a tie-breaker. At least three judges are changed every three years.

### Who are the judges?

Judges come from all sectors of the Powell River business community including financial, retail, hospitality, media, non-profit and home business. Chamber manager Kim Miller does not sit on the judging panel and there is only one chamber board member on the panel. This is a stand-alone committee.

### How do judges learn about nominated businesses?

Every business that is nominated is sent a form that asks them to explain what their business does. These forms

are like a business bio. Judges find it helpful when businesses take the time to fill out these forms because not all judges know a lot about every business in Powell River. It helps judges make informed decisions when they know more about businesses nominated.

### Why should people nominate businesses?

The Chamber business awards celebrate and recognize excellence in business in Powell River. If nobody takes the time to nominate the best restaurant in Powell River, it can't win even though everyone knows it is the best restaurant!

"We can only go by nominations sent in from the community," says Kim. "I have had people ask me why a certain business didn't win, and all I can say is well, if they weren't nominated, they will not be on the list that goes to the judging committee."

These awards are for the community to nominate their favorites.

Every single business or organization fits under at least one of the categories on the nomination forms that have appeared in the November, December and January (Page 14) issues of *Powell River Living*. The deadline for nominations is January 19. [PR](#)

## Let's Talk Trash wishes you a plastic-free New Year!

### TIPS TO REDUCE PLASTIC

- Say "no" to single use plastic
- Keep a reusable bag handy
- Join the 'straws suck' movement



Let's Talk Trash.ca

WHAT IS WASTE?

### New Year - New You!

**Living with chronic health conditions? Be the healthiest you can be!**

### Take a FREE Chronic Pain Self-Management program

January 19th - February 23rd 10:00 am to 12:30 pm  
at Powell River Hospital Mental Health Meeting Room

TO REGISTER, GO ONLINE:

[selfmanagementbc.ca](http://selfmanagementbc.ca)

or call 1.866.902.3767

Self-Management  
British Columbia





# Generation Excellent

Thanks to PRCYFSS, a new initiative will join preteens together with seniors for intergenerational summer adventures in 2018

BY HEATHER GORDON-YOUNG

Nearly 10 years ago, I had an “aha” moment about the magic that can happen when seniors and children spend time together.

At the time, I was studying at the Macklin Intergenerational Institute in Findlay, Ohio. (mackliniginstitute.org)

In the corner, not far from where I was observing a program that regularly brought preschoolers into an elder care facility, a woman – who I’ll call Alice – seemed to be asleep. Her eyes stared blankly at the children’s games, and she didn’t move once, not even when a balloon drifted over her head. I’d seen her each day that week looking just the same – peaceful but not present. I wondered if she was taking in anything, if she heard the giggles and shouts, if she knew where she was.

At the end of circle time the children found their shoes in the shoe bin and did their best to put them on or to find someone to help. Many of the shoes had laces and were not slip-ons. I remember thinking this was too complicated for three- and four-year-olds.

One little girl who had found her shoes headed

## SENIORS: YOU’RE NEEDED!

Powell River Child, Youth and Family Services Society is looking for seniors (both young seniors and older seniors) who want to know more to attend a luncheon on January 27 at the Town Centre Hotel.

It is free of charge but you must call 604-485-3090 or email kdodd@prcyfss.com before January 17 to register. PRCYFSS looks forward to hearing what ideas you might have for our great intergenerational community!

straight across the room to “Alice.” She lifted her shoes up to Alice and waved them near her.

At first Alice did not respond, but the more determined the little girl was, beginning to climb onto her lap, the more Alice began to take in the room. Then – without missing a beat – she helped the little girl up onto her lap, began to pull the little shoes on to her feet and tied the laces up snugly.

As she was tying the laces she stopped and looked up as if she’d just seen something. And then, feeling the laces in her hands and the weight of the little one on her lap, her face now animated, she spoke the only words I’d heard from her that week: “I think...” she said. “I think I used to have children once.”

She kept on tying, smiling and nodding. And for a few moments, after the girl had hopped off her lap, she



looked out across the room smiling. I could see she must have been with them in her mind then, her little ones with shoe laces that needed tying, dirty faces that needed wiping, hungry tummies that needed feeding, all shouts and giggles and busy. For those few moments, she was with her children again.

I always remembered this inspiring scene I’d witnessed in Ohio, and so, together with my staff team, I

**January sales on your favourite brands!**

While you’re here, check out our NEW spring styles!

**Armitage**  
mens wear  
604 485-9493 In the Town Centre Mall



2 | U N  
D R



**VANS**



**mavi**

**BUFFALO**  
DAVID BITTON



**Wishing you all the best in 2018**

From your friends  
at Top Shelf Feeds

**Top Shelf Feeds**

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

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

# HAPPY NEW YEAR FROM LOGGER SPORTS

JOIN US FOR THE SHOW JULY 13-15, 2018



Thanks to all the volunteers, and these community-minded companies, who helped make Logger Sports happen:

Adams Concrete  
Bob Marquis Contracting Ltd.  
City of Powell River  
First Credit Union  
Husqvarna/Thunder Bay Saw Shop  
KR Logging  
Ministry of Forests - Province Of BC  
Northwest Hardwoods Canada, Inc  
Olympic Forest Products  
Pacific Coastal Airlines

0739796 B.C. Ltd.  
A.D. Accounting  
A.G.G. Logging Ltd.  
Ace Traffic  
Aero  
Agius Builders Ltd.  
George A. Lloyd Services  
Bayline Enterprises  
Beach Gardens Resort  
BC Fallers  
Blue Steel Imaging  
Boileau Electric & Pole Line Ltd.  
Brandt Tractor Ltd.  
Cameron Logging  
Canadian Logger Sports Association  
Catalyst Paper  
Clint Blaney  
Coast FM  
Coast Hydro Excavating Ltd.  
Columbia Fuels  
Crystal Clear Engraving  
Darren Marquis Construction Ltd.  
Del Mistro Dunn Chartered Accountants  
Dolphin Mechanical Services  
Donna and Lawrence Spencer  
Donna Campbell and Brian Walker  
Doug Miller  
Dox Auto  
Dr. Jamie Smillie Inc.  
Dr. Pawel Makarewicz & Dr. Piotr Pater  
Finning  
Fleming and Associates  
Full Scope Falling  
Goat Lake Forest Products  
Hindles Camera & Stationary Ltd.  
Inland Kenworth  
IRIS  
Island View Lodge  
Jay Perrin  
JBE Trucking  
Jenkins Automotive  
Jenn Ventures Ltd.  
Jepson Log Sorting Ltd.  
Jepson Mobile Booming & Bundling Ltd.  
Jumpin' Jodhpurs  
Julie's Airport Market  
Kiwans Club of PR  
KLG Timber Ltd.  
Koleszar Marine & Power Equipment Ltd.  
Koleszar Properties Ltd.  
Lang Bay Aggregate

Safeway  
Save-On Foods  
Scotiabank  
Sunshine Coast Fuels  
Texada Transfer Ltd.  
Thunder Bay Tugs Ltd.  
Tilt Contracting Ltd.  
Truck Loggers Association - Telpay  
Valley Building Supplies Ltd.  
Western Forest Products

Leemar Excavator Components Inc.  
Lois Lumber Ltd.  
MacIntosh & Norman  
Marine Traders (1983) Ltd.  
Marta Trucking  
Massullo Motors  
Messier Trucking  
Modern Aluminum & Vinyl Products Ltd.  
Mother Nature  
NAPA Powell River  
Oceanview Helicopters Ltd.  
Pacific Thinning Ltd.  
Pagani & Sons Shoe Repair Ltd.  
Pence Services Ltd.  
Pilldolla Creek Contracting Ltd.  
Pinetree Auto Body Ltd.  
Powell River Building Supply Ltd. RONA  
Powell River Community Forest  
Powell River Living  
Powell River Peak  
Powell River Regional District  
Powell River Vintage Car Club  
PR Glass  
Primo Barber Shop  
RB Logging Corp  
Ritchie Brothers  
Rivercity Mini Excavating Ltd.  
Roger Watt and Christine Elizabeth  
Rotary  
Royal Le Page - Powell River  
Rural Septic Services  
Shaun Gloslee Excavating Ltd.  
Spick and Sons  
Sportzone  
Sunshine Coast Eye Eyewear Ltd.  
Susan Milligan/Robert Harris  
Sywash Logging Ltd.  
T & R Contracting Ltd.  
Thichum Forest Products LP  
Tim Hortons  
Timberline Resources Ltd.  
Tla'amin Lake Contracting  
Tla'amin Nation  
Town Centre Hotel  
Trudy Perrin  
UNIFOR Local 76  
Vanderkemp Sales & Service Limited  
Villani & Company  
VIU Welding Program  
Viv's Contracting Service  
...and many more who kindly  
and anonymously lent a helping hand...

am excited about moving forward to create opportunities for children, youth, families and seniors to build meaningful connections. Should we receive the financial support from the federal government's New Horizon's for Seniors Program, we expect to launch Powell River's first Intergenerational Summer Academy for 9 - 12 year olds this year!

Renowned geriatric medicine activist Dr. Bill Thomas has identified the three plagues of aging as boredom, loneliness, and helplessness. Intergenerational specialist Dr. Vicki Rosebrook identifies three parallel or reciprocal needs in children: exploration, interaction and guidance.



**"Loneliness is countered by children's need for interaction and connection."**

The premise of the programs at the Macklin Institute is to counter balance the plagues of aging with the basic developmental needs of children: boredom in the aging is balanced by the children's enthusiastic exploration of the world in shared activities and adventures; loneli-

ness is countered by children's need for interaction and connection; and helplessness is offset when participants find meaning in the guidance, mentorship and help they are able to contribute in the programs. A 2011 study found that children in intergenerational programs have personal and social skills that were enhanced by 11 months compared to children in non-intergenerational programs. Intergenerational programs prepare children for life and leave them with confidence and a deeper sense of connection.

Sometimes it's as simple as tying a pair of shoes. 

## LOWEST MINI-STORAGE PRICES IN TOWN!

RESERVE  
YOUR SPACE  
NOW!

### CONVENIENT & AFFORDABLE

- Heated, secure, clean storage units
- Centrally located at Town Centre Court
- 24-hour, safe and easy access

store.it@prtowncentre.com

604.485.4681

■■■ westview ■■■  
MINI-STORAGE

At Town Centre Court - Ontario Ave. + Barnet St.

# Nature & peeps attract doc

Dr. Emily Anderson is a new physician at the Medical Clinic Associates. She took over Dr. Cindy Addison's practice when Cindy retired in August of last year. When she isn't working, she loves to hike, run, camp and play tennis.

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

**Emily** • Largely for work, but the lifestyle aspect played a huge role in my decision.

## When? Where from?

**Emily** • I moved this past August from Vancouver for work, which I started at the Medical Clinic Associates.

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

**Emily** • The natural beauty and the remarkable friendliness of the community. I don't think I've ever been to such a welcoming town.

## Where is your favourite place in Powell River?

**Emily** • Millennium Park, 100%.

## How did you first hear about Powell River?

**Emily** • Our family used to sail during the summer. I was nine when our family sailed to Desolation Sound. Although we didn't stop in Powell River, we did stop in Lund. When I was 12, I visited Savary Island for the first time with friends.

## What would make Powell River a nicer community?

**Emily** • Hmm, that's very hard to say. I actually don't know.

## What aspect of your previous community do you think would benefit Powell River?

**Emily** • More real estate, especially housing rentals maybe? I looked for ages before finding something, but I eventually found a beautiful spot in Townsite. Definitely worth the wait.

## What challenges did you face in trying to make a life for yourself here?

**Emily** • Like any move, I suppose the challenge of being away from friends and family is there. And perhaps the additional travel required when visiting my brothers (and my new baby niece) in the States.

## What are Powell River's best assets?

**Emily** • Oceanfront, the PEOPLE, Inland Lake/Powell Lake, Townsite Brewery, endless running and hiking trails, restaurant choices (and quality), the PEOPLE!

## What is your greatest extravagance?

**Emily** • Hmm... occasional pedicures?

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

**Emily** • Invisibility (not all the time! Just sometimes). 



## Looking for a path to your retirement dreams?

At First Credit Union our team can help you build a strong financial foundation to ensure a smooth ride.



[www.firstcu.ca/financialblueprint](http://www.firstcu.ca/financialblueprint)

January is

# First for



# me



1



5



6

Didn't get what you wanted for Christmas? Saw something special when you were out shopping for others? *Powell River Living*, with help from our advertisers, has rounded up some special treats just for you this January.

## Eco-Geek

### 1. Tiffin

Make every lunch a litterless one with a metal tiffin. This versatile container is also great for getting your food to-go or for leftovers. So says the **Let's Talk Trash** team.

### 2. Bamboo bowls

Whether you're trying to lower your ecological footprint, or just like the really cool designs, these eco-friendly bamboo bowls and cups with the Running Raven design fit the bill. And since they're available at the **Tla'amin Convenience Store**, you can get them, and anything else in the gift shop, at 10% off this month.

### 3. Locally-made turban

A locally-made turban is a warm and stylish accessory. The necklace of amethyst, tiger's eye and shell finishes any outfit. Find these unique styles at **Castaways Gift Emporium**.

### 4. Low-emission wood stove

There's nothing like wood heat. And when you go to **Valley Building Supplies**, you can select from top brands of wood stoves, including Quadra-Fire, which offers a wide range of BTUs for any sized home. The stoves have low emissions and thanks to its Four-Point Combustion System, the burn is longer-lasting, utilizing four stages that use up every available amount of material within the firebox.

### 5. Canadian-made knitwear

Go Canada! Be patriotic without waving the flag by wearing Canadian-made Cotton Country knitwear from **Fits to a T**. The pieces are easy to care for and comfortable, with classic Canadian styling in a wide array of colours and designs.

### 6. Natural air freshener

Get a fresh start with fresh, clean air in your home using a Lightning Air purifier from **Aaron Service & Supply**. The Lightning Air is not a filter. It generates the negative ions that nature uses to significantly reduce the amount of dust and other particles in the air. It also produces activated oxygen to significantly reduce odors without the use of fragrances.

### 7. Snow shovel

Powell River doesn't get a lot of snow, but at least a couple times a year, you may have to shovel the deck or the walk, and it's so nice to have the right tool for the job. So without spending a mint on a tool you'll probably use only a few times a year, you can get a Garant made-in-Canada extra-wide snow pusher from **Top Shelf Feeds**.

### 8. Pollen poncho

The wool poncho from **Pollen Sweaters** is versatile – it can be a great alternative to a rain jacket, looks perfect with jeans and boots on a chilly wet day, is great for staying warm out on the water, and it can even replace your couch blanket on a cool winter's eve.

# January is *Just for me*

## Super Chic

### 1. Luxe blankie

Wrap yourself up in luxury with a Park Design Chunny Throw blanket made in India. Available at **Mother Nature**.

### 2. Huge TV

Take Netflix and chill to another level with a new 49" LG Smart TV from **Canadian Tire**, for just 649.99. This 1080p comes with virtual surround sound, 2 HDMI ports, plus imports for USB, RF, composite-in, ethernet, optical and digital audio out.

### 3. Silky Saw

Whether you're doing some trimming around the yard, or want something light to help clear a biking trail, a Silky Saw from **Thunder Bay Saw Shop** will make quick work of pruning even large limbs. It's a state-of-the-art, professional hand saw with razor sharp blade and ultra-fast cutting, curved blade. The curved blade provides greater cutting speed with less effort.

### 4. Warrior Alpha QX5 hockey stick

Take your game to a new level with a Warrior Alpha QX5 hockey stick from **Taws**. The low kick-point extends from your bottom hand through the lower shaft and hosel. It's a true one-piece stick with improved balance and an ergonomic contour shaped shaft that fits comfortably and securely in your hands for better deking, dragging and shooting. A tacky soft grip feel locks your hands in place for optimum hand control.

### 5. Moen faucet

Looking for a way to freshen up your kitchen without a major reno? Consider a new faucet from **RONA**. A Moen faucet adds a touch of class, reliable quality and functionality.

### 6. Winter shades

Sunglasses are synonymous with sunny beach days, but the pros at **Iris** say we need sunglasses as much, or maybe even more, in winter. When the sun is lower in the sky, it's right in your eyes when driving, and we're exposed to more direct ultra-violet rays. Sunglasses that wrap the sides of your face can also prevent dry eyes in winter. Stop by **Iris/Powell River Optometry** for a broad selection of sunglasses.

### 7. Barefoot Venus' Coconut Kiss

Clean thoroughly but be nice to your skin with Barefoot Venus' Coconut Kiss creamy cleansing wash at **Armitage Men's Wear**. This mild plant-derived wash creates a rich, luxurious lather that cleans without stripping or drying. Packed with skin loving extracts of White Pine Bark, Green Tea, Ginseng, Bearberry and Licorice, so skin is left silky soft.

### 8. Malvados sandals

Have sandals, will travel. Inspired by the wanderers and the wild at heart, Malvados makes flip flops and sandals that take you everywhere from beach to festival—and every windows-down, hair-in-your-face road trip in between. Start your vacation at **Simply Bronze**.





## WHAT'S UP

### Vagrant hummingbird gets birders buzzing

People have come from across the province and even as far away as Whitehorse to get a glimpse of a Costa's Hummingbird that has taken up residence in the garden near Ken and Kathy Pritchard's home and vacation cottage on Douglas Bay, at Donkersley Beach.

"A fellow flew in from Victoria, spent two hours watching and then he flew out again. He was 70 years old and said it was on his life list, and he didn't have to go to the desert to do it. It came right up to the feeder and was just a few feet away. Another lady came all the way from Whitehorse to see it," said Ken.

The bird causing the ruckus is just over three inches tall and is incredibly fast, said Ken, putting to shame the speed of the Anna's Hummingbirds that commonly overwinter here.

"We nicknamed him Flash. He took after a sharp-shinned hawk that got too close to his nesting area and the hawk took after him and he outraced it."

Flash is way north of the usual haunts for Costa's Hummingbirds, which are relatively common in Baja, Arizona and California deserts. But the purple speedsters have been seen only a few times this far north. (Another has been hanging around a feeder in Abbotsford, but it's on private property, so birders aren't getting a good look there, whereas they're welcomed by Ken and Kathy.)

If Flash survives the winter, it will be the first documented case of a Costa's overwintering in Canada. Flash appears to have an Anna's girlfriend, which could lead to a hybrid, said Ken.



**PURPLE-HEADED TOURIST:** This tiny Costa's Hummingbird, nicknamed Flash, is a long way from home. They're more common in Baja deserts, so his appearance here is making news among birders, and attracting them to Powell River.

*Photo by Ken Pritchard*

The little bird is attracting so much attention that Ken set up a "Costa's special" for the SeaSide Escape Retreat vacation cottage, and it's filling up fast. Flash is listed on the BC Rare Bird Alert website.

"We had a photographer come from Nanaimo to photograph the Costa's and she won an award for it. And we've had oodles of birders from Vancouver and Vancouver Island."

Last month, we incorrectly credited the photo we published of Flash among other birds photographs by the Malaspina Camera Club. Both the photo in last month's issue and the one here were taken by Ken Pritchard. We apologize for the error.

### Kids take stage Feb 1-4 with Beauty and the Beast Jr.

The Musical Theatre Kids take centre stage from February 1 to 4 with Disney's Beauty and the Beast Jr. This award winning musical, designed for middle-school aged performers, is based on the 1994 Broadway production and Disney's 1991 animated feature film.

The cast of 29 students have been rehearsing since September and look forward to singing and dancing their hearts out for this wonderful supportive community. Instructors, Carma Sacree, Megan Skidmore and Paige Anderson, provide a positive creative outlet for these talented young performers.

"It is such a honour to work with these kids," says director Carma Sacree, "And watch them gain self-confidence and form friendships. It makes all the extra hours and effort totally worth it."

Beauty and the Beast JR. tells the story of Belle, an adventurous young girl, and the Beast, her hideous captor who is actually a young prince trapped under a spell.

In order to break the spell, the Beast must learn to love another and earn her love in return – before time runs out. With the help of the castle's enchanted staff, including a loving teapot, a charming candelabra, and a nervous mantel clock, Belle and the Beast find a beautiful friendship and love that neither knew was possible.

Disney's Beauty and the Beast Jr. shows at The Evergreen Theatre Feb. 1-3 at 7 pm, and Feb. 4 at 1 pm. Tickets available at the door and at Anderson's Men's Wear.

This musical is suitable for all ages, especially those young at heart.

App of the Month **Resolutionary**  
Plan and track your New Year's resolutions

*New Year's Resolutions:*  
1-eat healthy  
2-start exercising  
3-BUY a new home!  
*Call or text Don at 604-483-8044*

**DON McLEOD**  
PERSONAL REAL ESTATE CORPORATION

Your home, my priority.

THE DON McLEOD MARKETING TEAM

mycoast.ca  
don@mycoast.ca  
604-483-8044

SANTA TRAIN

The Powell River Forestry Heritage Society Santa Train would like to say a big 'Thank You' to:

<ul style="list-style-type: none"> <li>Sunshine Coast Fuel (ESSO)</li> <li>Economy Rentals</li> <li>Save-On-Foods</li> <li>Safeway</li> <li>Valley Building Supplies</li> <li>Rural Septic Services</li> <li>Dave &amp; Louise Williams</li> <li>Juhli Jobi</li> <li>Sun FM 95.7</li> <li>Shaw TV</li> <li>The Powell River Peak</li> <li>Matt Lister (A&amp;W)</li> </ul>	<ul style="list-style-type: none"> <li>Powell River Living magazine</li> <li>Garden Railroad (Geoff Stubbs)</li> <li>Kiwanis</li> <li>Community Resource Centre</li> <li>PR Farmer Agriculture Institute</li> <li>Therapeutic Riding Association</li> <li>Salvation Army</li> <li>Santa's Mailbox (Mame)</li> </ul>
--	---

Thank you to all the fantastic volunteers... job well done!

Happy New Year!

**CASTAWAYS**  
★ Gift Emporium ★

**Art Beads & More...**

Tues-Sat 10-4  
(604) 578-0069  
#107 4871 Joyce Ave  
(beside River City Coffee)



## Tla'amin activist on National Geographic

Tla'amin activist Takaiya Blaney exploded on social media in late December, when National Geographic featured a photo of 16-year-old Takaiya on its Instagram feed. The photo, by Sea Legacy activist Cristina Mittermeier, features Takaiya reflected in a tidepool, and the caption references her work at the United Nations, fighting for indigenous rights. In less than five days the image on NatGeo garnered more than 1,300 comments and 592,000 likes. The photo shoot also raised money for Disney's Dream Big Princess Campaign.

## Jazz Fest in April

A new jazz festival will be held in the Townsite this year and they are looking for Max Cameron/Brooks Secondary School alumni to join the alumni jazz band!

At the festival's launch party, festival president Paul Cummings invited all former jazz band players to visit the website at [townsitejazz.com](http://townsitejazz.com) and sign up.

Townsite Jazz Festival takes place April 5-7 at various locations in the Townsite, said Cummings. He's thrilled that Juno-award-winning musician Phil Dwyer is the festival's associate president.

Cummings, a Brooks Secondary School music teacher and lifelong jazz enthusiast, is the brains behind the event.

Townsite Jazz Festival aims to provide an opportunity for secondary and post-secondary music students to learn from and perform with professional musicians in a live, public setting and to connect artists with new audiences.

Besides the Phil Dwyer trio and their special guest Melinda Whitaker, the lineup includes Black Gardenia, Bruce James Orchestra, 100 % Certified Organic Groove with Dr. Tony Genge and the VIU Nanaimo Jazz Bands and student ensemble.

To view the schedule or order tickets to any of the 11 concerts, visit [townsitejazz.com](http://townsitejazz.com). Tickets are \$20 each and available online through Brown Paper Tickets or at the door. [PRL](http://www.prl.ca)

**T**  
Happy New Year!  
4597 Marine Ave. | www.tawsonline.com | 604-485-2555 | taws@tawsonline.com

Powell River Hospital  
**Foundation**  
Make a difference to health care in Powell River. Donate to the Powell River Hospital Foundation.  
604 485-3211 ext 4349 | 5000 Joyce Avenue, Powell River, V8A 5R3  
[www.prhospitalfoundation.com](http://www.prhospitalfoundation.com)

**TRANSMISSION SPECIALIST**  
and so much more!  
**BLACK POINT**  
TRANSMISSIONS LTD.  
20 years experience  
604 487-9602  
Latest diagnostic equipment saves you time and money  
Full mechanical repairs  
Nation-wide guarantee  
A regular transmission service keeps your transmission healthy. When was your last service?

## RRSP investing made simple

When it comes to saving for retirement, mutual funds offer the advantages of convenience, diversification and professional management.

We recommend the mutual funds of CI Investments, one of the country's largest investment management companies. CI offers a wide choice of funds and access to the expertise of proven portfolio management teams, including Signature Global Asset Management and Cambridge Global Asset Management.

To find out how CI Investments can meet your investment needs, call us today.

Sponsored in part by



For more information, please contact:



**RENE BABIN, CFP**  
Financial Advisor  
**LESLIE ECKLAND, PFP**  
Financial Advisor  
**LISA BOESE**  
Administrative Assistant

**RAYMOND JAMES LTD.**  
Unit D - 4670 Marine Avenue  
Powell River, BC, Canada V8A 2L1  
P: 604-489-9797  
[www.raymondjames.ca/renebabin/](http://www.raymondjames.ca/renebabin/)

**RAYMOND JAMES®**

Raymond James Ltd., Member-Canadian Investor Protection Fund.

Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. ©CI Investments and the CI Investments design are registered trademarks of CI Investments Inc. This communication is paid for in part by CI Investment Inc. (12/17)

Everyone has an image in their head about what they WISH they looked like.  
**But, when offered a REAL SOLUTION, few people act on it. Will you?**  
My name is Roché Rossouw. I'm a Precision Nutrition (L1) Coach and I'd like to become your personal coach.  
I use an online program and in-person visits. It takes just 15-20 minutes a day, and doesn't require prescribed diets. With help from me and ProCoach, you will create healthy habits this year that will stick with you and could be life-changing!  
**ProCoach**  
Contact Roché for a free consultation.  
[irrossouw@gmail.com](mailto:irrossouw@gmail.com)  
Introductory offer  
**\$50 a month**  
until January 31  
Limited availability.



5814 Ash Avenue • 604-483-4130  
local76@unifor76.ca

## BUSINESS CONNECTIONS

BY KIM MILLER | office@powellriverchamber.com



A new modern concept espresso bar, bakery, and art gallery was opened last month by **32 Lakes Coffee Roasters**. Teaming up with Alexis Krausz of Alexis' Artisan Breads, there will be a constantly rotating menu of single origin coffees and handmade artisan breads, specializing in sourdough, croissants, and pastries. The first feature artist on the gallery walls is Lucy Shappy from the Comox Valley. You can find the 32 Lakes Café at 4707 Marine Avenue, in the old tattoo parlour, next to Culaccino Modern Italian restaurant.

**Banking On It Bookkeeping** moved to a new location at 7095C Duncan Street on January 2. Owner Aaron Reid, who has two employees working for her, said it was time to move from being a home based-business to an outside location as they've become increasingly busy as of late. Banking On It Bookkeeping will continue to offer clients the same stellar bookkeeping services. "There are a lot of new businesses opening up. We can help owners navigate the red tape and paperwork involved in start-up as well as work with them from day one to get their bookkeeping systems set up correctly with good habits." Banking On It can be contacted at 1-877-677-4566 or at aaron@bankingonit.ca

The **Powell River and District Teachers' Association** and **CUPE 476** has moved to 4476B Marine Avenue, above Strikers Bowling and Billiards. Please note that the offices will not be open until January 8, 2018 as

no services will be hooked up until then. The phone and fax numbers will remain the same in their new location.

**Rockit Music** has moved from Alberni Street to the old Peak bindery building in Unit 101 of 4400 Marine Avenue. Owner Rob Reed says the new location will give him more space for live shows and to expand the musical activities of the store. He will also be able to carry more instruments and better organize what he has. "This place is bursting at seams. I have more storage in the new location, too. Plus the parking is easier," said Rob.

**Oceanside Books & Games** opened just before Christmas at 4726 Marine Avenue (across the street from Hindle's). The new online and commercial location used bookstore has a large selection of books in stock as well as online stock too. They also have board games, DVDs, BluRays and CDs. Drop by and visit them on Marine Avenue or call 604 414-6337.

**Tea & Talk** is a bookstore and mini-cafe located in Cranberry. Eva van Loon offers new and used books, tea, coffee, a small selection of baked goods, and above all -- community. Visit to enjoy a cup of tea with your favorite book or your favorite person. Eva says the store specializes in showcasing Barefoot Books for children. See [eva-van-loon.barefootbooks.com](http://eva-van-loon.barefootbooks.com) to peruse the entire catalog of the 600+ titles in this collection of classic tales and diverse explorations. Call Tea and Talk at 604 483-4940. Business hours are morning-coffee time till dusk, Tuesdays through Sundays, or by appointment. **RL**



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

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

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

### Why advertise in Powell River Living?

"Their expertise always improves my ad ideas. I email my thoughts and I get back a proof that's even better than I imagined."

~ Cindy Gaudin, Sunshine Coast Eyewear

Get Powell River Living's expertise working for you today

604-485-0003 • sean@prliving.ca • suzi@prliving.ca



## Roofing you can trust.

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

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



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

## Do you have Chronic Pain?

Come and bring a friend to...  
**Chronic Pain Information Meeting**



**January 31 – 4:45pm to 5:45pm**  
**Powell River Public Library**  
Presentations by Pain BC and UVic Self-Management BC

Learn more about self-management and find out what resources are available in our community. Light snacks and refreshments provided.



Visit [www.painbc.ca/PowellRiver](http://www.painbc.ca/PowellRiver) for more info

## CAN'T MISS MUSIC



Citizen Jane  
 Moira Hopfe-Ostensen, piano  
 & Walter Martella, piano  
 Chris Ronald  
 Puccini's Tosca  
 Devon Hanley & Walter Martella  
 Hedks / Cleft / Co-Ma

## CAN'T MISS SPORTS



Powell River Kings  
 Powell River Villa  
 Yoga & Somatics series

## CAN'T MISS THEATRE



Beauty & The Beast Junior  
 The Campground: A Murder Mystery

## CAN'T MISS LEARNING



Assumption Catholic School  
 open house  
 Chronic Pain info session  
 Fibre & Fabric weekend  
 What to do when your children worry

January is a slow month for events - but what there is looks worth leaving the house for.

Make 2018 your **most involved** year

# 5 January Events

film events to make your winter cozy, amusing, invigourating, inspiring and popcorn-scented.

### 1. Banff Mountain Film Festival

On January 12 & 13, check out a different selection of adventure films each night at Brooks. They include *Dugout*; *Into Twin Galaxies*; *Imagination: Tom Wallisch*; *Killan*; *Where the Wild Things Play*; *Johana*; *Ascend*; and *Intersection: Micayla Gatto*.

### 2. E-Couture film series

Three films over three weeks highlight the environmental costs of the modern fashion industry - plus a bright vision for the future. All screenings are at the Library. They are *The True Cost*; *River Blue* and *A New Economy*.

### 3. Puccini's Tosca

Beware, Rome! It's 1800 and Napoleon is about to invade. Enjoy some of Puccini's best-known arias live from the New York Metropolitan Opera. Join viewers in 73 countries on six continents as you watch from the Max Cameron January 27.

### 4. Star Wars: The Last Jedi

As of press time, The Patricia Theatre had not confirmed exactly when *The Last Jedi* is coming. But it is! Stay tuned. Also in theatre this month are *The Greatest Showman*, *Napoleon Dynamite*, *Darkest Hour* and *Paddington 2*.

### 5. Powell River Film Festival

Though it doesn't start til February 12, tickets go on sale January 4. Tantalize yourself by peeking at the line-up at [prfilmmfestival.ca](http://prfilmmfestival.ca). **PR**

This page sponsored by:



**Where service and safety  
 move volumes.**

*Next day, damage-free delivery.*

**CALL TODAY  
 to schedule  
 your next  
 delivery**



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

POWELL RIVER | SUNSHINE COAST | VANCOUVER

**310-CITY (2489)**



The Tla'amin Convenience Store family thanks their valued customers for the continued support. Blessings for the coming New Year!  
 Emote ♥



**10% OFF Gift Gallery items - January only!**

Gifts • Gas • Grocery • Eat-In/Take-out • [tlaaaminstore@gmail.com](mailto:tlaaaminstore@gmail.com) • 604-414-0269 • 5245 Hwy 101 North

emmanuelle burelli

REGISTERED HEALTH COACH

Want to feel vibrant in 2018?

Book your free Body and Energy Transformation Discovery Session.  
PowellRiverHealthCoach.com

Oil and  
filter change

\$39.99

Every day low price



Plus 40-point inspection using Castrol Oil and up to 11 top-up of fluids. Call for appointment.

Canadian Tire • 604 485-4639



Wondering what your home is worth?

Call me for reliable answers to your real estate questions.

Brandy Peterson



brandypeterson@shaw.ca 1-877-485-4231 toll free 4766 Joyce Ave

Let's talk! 604 344-1234 direct powellriverrealestate.net



Staff  
Volunteers  
Community

Thank-you for your support in 2017. With your help we have provided therapy on horseback to 75 riders weekly. Happy New Year!

prtherapeuticriding.com



fine cut meats  
fresh produce  
deli • lunch bar  
homemade meal  
options: meat pies,  
lasagna, shepherd's  
pie and more

CHOPPING BLOCK



4741 Marine Ave

604 485-4838

we carry  
LOCAL  
chicken,  
beef, pork  
and eggs

January Sale

free range, boneless, skinless chicken breasts \$6.99/lb while stock lasts  
10 lbs ground chuck \$49.90 • 10 lbs local ground beef \$69.90



STUBBERFIELD  
FUNERAL HOME LTD

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

7221 Duncan Street

www.stubberfieldfh.com

604 485-4112

Plan your

January

January 5 – 11

*The Greatest Showman*

7 pm Nightly, The Patricia

Friday, January 5

*Kings vs. Cowichan Valley*

7:15 pm Hap Parker

*West Coast Audio Files*

9:30 pm (doors open at 9), McKinney's. Art installation from catnip and a visual installation from TryptonMedia \$10 cover. Jfunk, Simon-sayz, th!zco, Majestic Method.

Saturday, January 6

*Kings vs. Cowichan Valley*

5 pm Hap Parker

Monday, January 8

*School is back in session*

Tuesday, January 9

*The True Cost screening*

5:30 pm, Powell River Library. Followed by discussion. Admission by donation, with proceeds going to the eCouture Wearable Art Fashion Show.

Friday, January 12

*Kings vs. Salmon Arm*

7:15 pm Hap Parker

Weekend, January 12 & 13

*Banff Mountain Film Festival*

5:45 pm doors open, 6:45 pm films start. Max Cameron Theatre. Different line-up each night. Tickets were nearly sold out at deadline, so here's hoping you already have yours.

Saturday, January 13

*Citizen Jane*

Cranberry Hall, 7:30 PM. Album Release Tour for this Toronto-based folk-pop musician. Tickets \$20 at Rokit Music or from Pat Buckna 604-485-5198.

*Hot Dogs: a Lord Tye Mystery*

2 pm at the Library. Join local author Eva Van Loon as she presents *Hot Dogs*, her newest novel, written from the perspective of Lord Tye, a wolf-hybrid.

*Kiwanis giant book sale*

10 am til 1 pm, 4943 Kiwanis Ave

Sunday, January 14

*Powell River Villa vs. Prospect Lake*

1:30 pm, Timberlane

Tuesday, January 16

*River Blue screening*

5:30 Powell River Library. Followed by discussion. Admission by donation, with proceeds going to the eCouture Wearable Art Fashion Show.

Thursday, January 18

*Moira Hopfe-Ostensen, piano & Walter Martella, piano*

7:30 pm, James Hall

Friday, January 19

*The Burying Ground*

8 pm, McKinneys. Early country blues/ragtime/jazz.

*Schreurs Cinema presents: Napoleon Dynamite*

9:45 pm, The Patricia

Saturday, January 20

*Hedks / Cleft / Co-Ma*

9 pm, McKinneys.

Sunday, January 21

*Yoga & Somatics*

5:45 – 6:45 pm, Nourish, every Monday

*Somatics Yoga*

7 – 8 pm, Powell River Rec Complex. Through Feb. 11. \$38/4 classes

Monday, January 22

*Relaxation & Gentle Movement for Chronic Pain Management*

10:30 – 11:30 am, Cranberry Seniors Centre. Through February 12. Free.

Tuesday, January 23

*A New Economy*

5:30 Powell River Library. Followed by discussion. Admission by donation, with proceeds to the eCouture Wearable Art Fashion Show.

*Open House at Assumption Catholic School*

7 pm, at the school. All families welcome. See ad on Page 21.

Tuesdays, January 23 & 30

*What to do when your children worry*

11 am, PRCYFSS. Free, two class series, introducing parents to information and skills to help your children through their worries. Childminding Included. Register by January 15. Contact Tiffany Chu 604 485 3090 Ext. 6305.

## Tuesdays, starting January 23

### *Relaxation & Gentle Movement for Chronic Pain Management*

10:45 – 11:45 am, Nourish Studio. Through February 13. Sliding scale \$5-\$15 per class.

## Wednesday, January 24

### *Being in Business*

7 pm, The Library, sponsored by Community Futures. Going into business? Already in business? Come and learn about local services for aspiring and established business people here in Powell River. Register at the Library.

## Wednesday, January 31

### *Chronic Pain Information Meeting*

Presentations by Pain BC and UVIC Self-Management, 4:45 pm to 5:45 pm. Free.

## February 1 & 2

### *The Campground: A Murder mystery in the woods*

7:30 pm, Max Cameron. From the creator of the hit show Deck. Adults \$24, students \$12. Tickets at maxcamerontheatre.ca.



**THE CAMPGROUND • A MURDER MYSTERY IN THE WOODS:** If you saw Nelson BC's Lucas Myers' Deck at the Max Cameron two years ago (or if you know locals who are still chuckling about it), you won't want to miss his latest one-man show. It's on February 1 & 2 at the Max again. Check out his work at pilotcopilot.com.

## Friday, January 26

### *Kings vs. Penticton*

7:15 Hap Parker

## Saturday, January 27

### *Chris Ronald*

7:30, Cranberry Community Hall. Internationally-touring contemporary folk singer, storyteller and musician (guitar, harmonica, ukulele).

### *Puccini's Tosca*

Live on Screen at the Max Cameron. 10 am. Tickets at maxcamerontheatre.ca.

### *Intergenerational Programs Luncheon*

See ad on Page 3 for registration details.

### *Kings vs. Nanaimo*

5 pm Hap Parker

## Weekend, January 27 & 28

### *Fibre & Fabric from the Ground Up*

Cranberry Community Hall. Visit fiddlersfarm.com for details.

## Sunday, January 28

### *Villa vs. Gorge Us-Guys*

1:30 pm, Timberlane

## Monday, January 29

### *Relaxation & Gentle Movement Class for chronic pain*

10:30 to 11:30 am, Cranberry Seniors Centre. See ad on Page 12.

## February 1 to 4

### *Musical Theatre Kids present Beauty and the Beast Jr*

Evergreen Theatre, Feb, 1 to 3 at 7 pm, Feb 4 at 1 pm. \$15 adults, \$10 ages 12 and under. Available at Anderson's Men's Wear and at the door.

## Friday, February 2

### *Chase Away the Winter Blues*

James Hall, 7 pm. Devon Hanley and Walter Martella present an evening of original music, ballads and jazz standards with special guests Darren Sleno on drums and percussion, John Darrosh on bass and Al Rempel on electric guitar. Tickets \$10 at RockIt Music and the Peak.

## Saturday, February 3

### *Chamber of Commerce Business Awards*

Dwight Hall. See Page 22 for more info and Page 14 for the nomination form.

## Upcoming

### *Powell River Film Festival*

Feb 8 to 18. See prfilmfestival.ca for full lineup. Tickets go on sale January 4.

DISPLAY MODEL

# CLEARANCE SALE

Save big on all remaining 2017 floor models.



**BEACHCOMBER**  
HOT TUBS

**NO PAYMENTS & NO INTEREST FOR 2 MONTHS**  
Then 36 equal payments. In stock and floor models only.

Offer valid from Jan 1<sup>st</sup> - 31<sup>st</sup>, 2018.

Choose to Shop Local

# RONA

604 485-2791 Mon-Sat 8-5 Sun 10-4 rona.ca fb.com/prrona



## Share your expertise It's a fulfilling experience

**My checklist for volunteering included:**

- It had to be fun, something I would enjoy and be passionate about.
- Time commitments had to be flexible. I wanted the experience to complement my life, and not feel like I was being inconvenienced.
- It had to be rewarding to both parties.

And along came a request from Powell River Immigrant Services. Was I interested in being a business coach/mentor to **Rania Chakki**, a Syrian refugee? Absolutely! This volunteer work fit all my criteria.

Passing along knowledge to somebody who is eager to learn is equally as rewarding to me as it is to Rania. I can't imagine living in a strange country where everything is different or new, without receiving help from somebody.

Together we developed 'Mama Rania's Syrian Cuisine' and she sold her food at local farmer's markets and festivals. Rania has gained a reputation for making 'the best hummus EVER!' Soon, she hopes to have this amazing simple delicacy sold in our local grocery stores.

I admire her work ethic; her success is my success. Mentoring Rania has been such a fulfilling experience.

**If you have a couple of hours to spare every week, I highly recommend contacting Powell River Immigrant Services.**

~ Mar Grantham

For more information about mentoring or tutoring, contact Powell River Immigrant Services:  
**604-414-3630.**



**POWELL RIVER**  
Diversity Initiative

**Juicy January**

Follow us online for the latest!  
 fruitsandrootsjuicebar.ca  
 6812 Alberni • (604) 485-2346  
 Mon to Sat 8-6, closed Sun

**Fruits & Roots**  
 Juice Bar

# Start your 2018 large & in charge

## 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](mailto:teresaann@telus.net)

There are many interesting things about tarot cards. The one I find the most fascinating however, is that a card can represent many things.

The tarot is rich in symbolism and as we begin to peel back the layers we can start to read more into it. As we gain an even greater understanding of each card we can use them to our own advantage.

Take the Chariot for example. On the surface we see a man in a chariot, the city is behind him and green pastures are under him.

The sky is yellow and bright and there appears to be nothing in front of him to cause delays. Depending on the other cards on the table the Chariot might be symbolic of a road trip or a new vehicle.

The Chariot is pulling away from a city and on the right we see a castle suggesting that the driver is civilized. There are two sphinxes sitting in front of the chariot.

Sphinxes are known to be inquisitive and intelligent. This could be read as an opportunity for studying and learning.

If we dig a little deeper we may begin to consider that the Chariot is a means of moving forward. Where do



you need to go and how will you get there? Will you arrive as boldly as the King on this card?

The King appears to be in complete control. He is standing right out in front indicating that he is meeting his challenges head on. He is in full armour, a laurel wreath ( the wreath of victory ) on his head.

The sphinxes, pulling the chariot, are in contrasting colours indicating he uses the opposing forces in his life to move forward. Notice there are no reins.

The King confidently allows his chariot to take its own course. The sky is bright and sunny, perhaps reminding us to be crystal clear on what we want to achieve.

Despite previous set backs or failures the green pastures present an opportunity for a fresh start and new growth. The laurel wreath demands that we remind ourselves of past victories and to use that strength to overcome obstacles.

Go on, admit it, you've secretly made at least one New Year's resolution and for fear of failure haven't told anyone about it.

This card has the look and feel of strength; use the symbolism to help propel you forward!

## Lund Water Taxi

604-483-9749

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

**Amazing offer!**

**\$25 off RX frames**  
 priced from \$79-\$158

**\$50 off RX frames**  
 priced from \$159-\$200

**\$25 off polarized sunglasses**  
 priced from \$79-\$99

**Sunshine Coast EYEWEAR**

Locally owned and operated  
 4573A Marine Avenue

Don't just look smart...  
**Cut out this ad & present it in store**

Promotions end Jan. 31

604-489-1324

**Tug-Guhm**  
 GALLERY & STUDIO

Closed Tuesdays  
 Open 10 am - 4:30 pm in the Historic Lund Hotel  
 604 414-0474 [debravevaartcreations.com](http://debravevaartcreations.com)

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



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

Cold beer • Cool prices  
 Great selection!

Cozy times at The Shinglemill

## Appy Hour

Deals every day from 3 to 5pm:  
 Mushroom caps • Wings • Nachos • More!



Pub & Bistro

604 483-3545

[reservations@shinglemill.ca](mailto:reservations@shinglemill.ca)

[www.shinglemill.ca](http://www.shinglemill.ca)

Proud Member of the PR Chamber of Commerce

Where are you watching Super Bowl?



Big screens, burgers & wings, brews, views & more at the Shinglemill Feb. 4.

## Sand, gravel and more...

Redi Rock

precast cement products

highway & bumper curbs • manholes  
 barrel & catch basins • riser rings  
 well casings • lamp bases  
 and many more

CLEAR IT - DIG IT - PREP IT - ROCK IT

Full Line of Construction Aggregates  
**HIAB TRUCK**

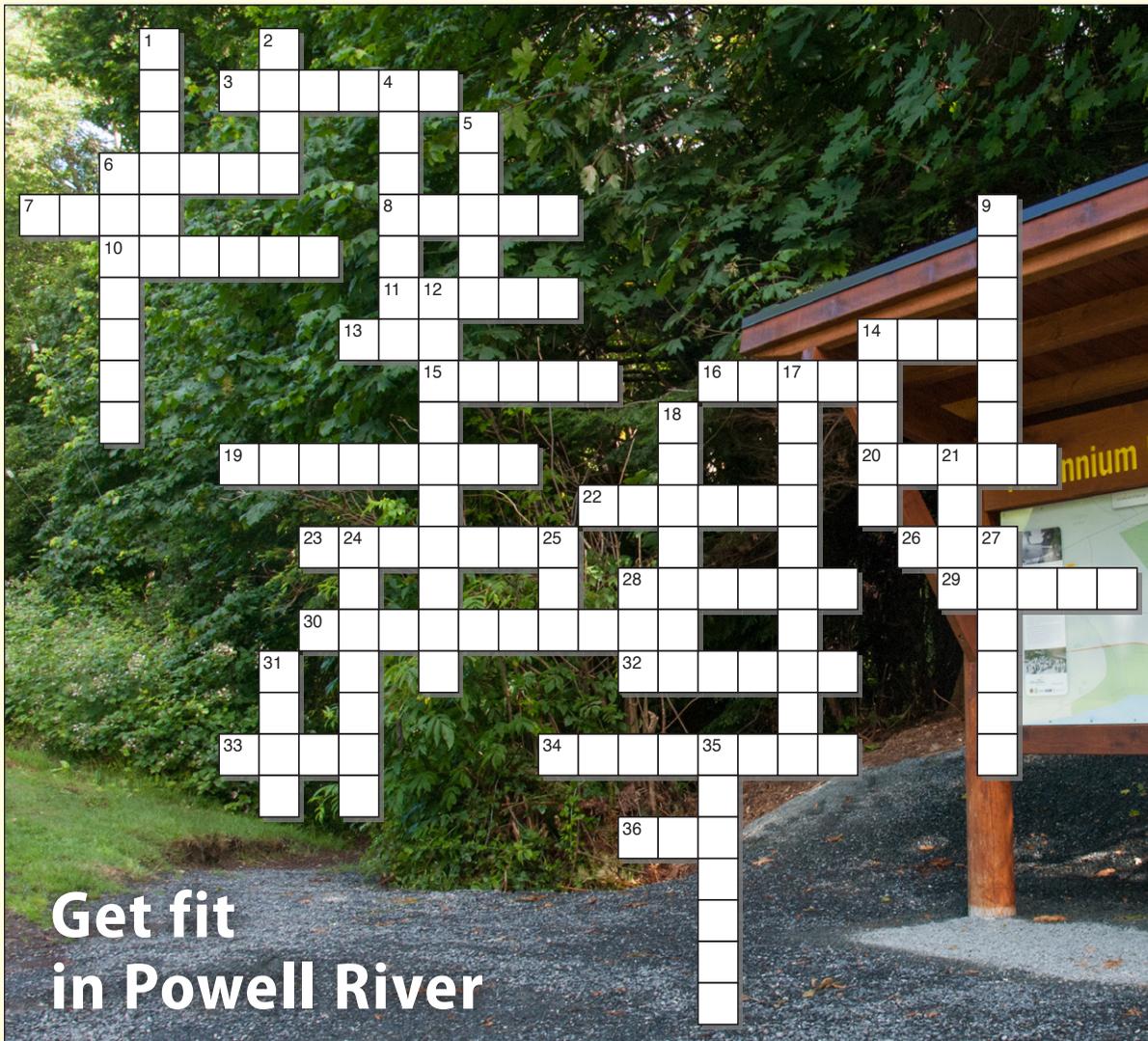
**T&R**  
 CONTRACTING LTD.  
 SAND, GRAVEL AND GARDEN

The water is supposed to stay on the outside!

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

open Mon-Fri 7-5  
 closed weekends & holidays  
 4240 Padgett Rd  
 604-485-2234

after hours  
 Shaun 604-414-5455  
 or Dan 604-483-6978  
[tandrcontracting.ca](http://tandrcontracting.ca)



## Get fit in Powell River

### Across

- 3) Machine might float your boat
- 6) Hot room for detox
- 7) Food control
- 8) Jana Dawn, metamorphic, Aerosmith
- 10) Silky altitude workout
- 11) Moisture you earned
- 13) Tai, or Greek X
- 14) \_\_\_ mite or \_\_\_ Mike
- 15) Blue flower masseuses, yoga position
- 16) Aerobic dance fitness
- 19) Water workout
- 20) \_\_\_ Fitness, or shoreline
- 22) Jiu Jitsu home
- 23) Heavies at gym
- 26) If the shoes, or the T
- 28) Boots made for serious walks
- 29) You can beat these complex fitness tools
- 30) Vow that fades in New Year
- 32) Indoor or outdoor, anyone?
- 33) Bikes, laundry, tops
- 34) Recruit training, holiday for tall shoes
- 36) Workout spot

### Down

- 1) Frank's martial speciality
- 2) Meditative fitness class
- 4) Provide for growth, or yoga studio
- 5) ProCoach
- 6) Oceanside stroll
- 9) Terri's core control, flexibility exercise
- 12) Outdoor exercise equipment location
- 14) Sheridan or Laszlo's fitness form
- 17) Lots, but not really thousands, of trails
- 18) Laserworks, or Lennon's best
- 21) Enthusiastic workout spot
- 24) In your primary matter
- 25) Long trail (abbr)
- 27) Paths through the woods
- 28) Beachcomber tub
- 31) Lengths swimmers will go to
- 35) Intricate, or easy recreation place



**CUSTOM LAND DEVELOPMENT**

**"A" BETTER BOBCAT SERVICE LTD**

Serving the Sunshine Coast for 26 Years  
Office: 604-487-0466 • Cell: 604-208-2010

**Rock Walls  
Landscape Preparation  
Perimeter Tiles  
Drainage  
Certified Onsite  
Wastewater Systems  
Site &  
Underground Services**





# Happy New Year!

 4597 Marine Ave.  
www.tawsonline.com

 604-485-2555  
taws@tawsonline.com



*Bringing back the art of the dinner party*

Weddings • Dinner Parties • Cooking Classes  
HouseOfCulinaryMagic.ca



# Just Claws

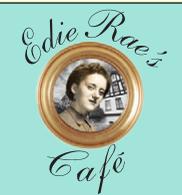
## Cat-Sitting and House-Check Services

Call Jo Ann Murray before your next vacation  
Insured and bonded  
604-483-6995 • justclawspr@gmail.com

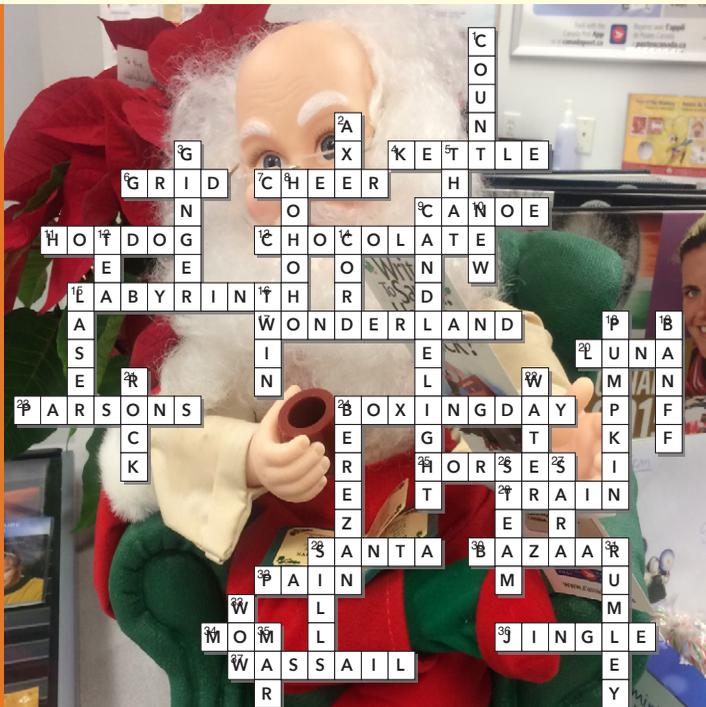
Closed from January 2 through February 9  
We'll re-open Saturday, February 10

Edie Rae's Fall/Winter Hours:  
Wed-Fri, 7-11 am  
Sat-Sun, 7-1 pm

The Old Courthouse Inn & Edie Rae's Cafe  
6243 Walnut Street, Townsite  
604.483. EDIE (3343) • oldcourt@telus.net




Solution  
for last  
month's  
puzzle:  
December in  
Powell River



# Predictions

## What's in store for 2018

### 1. Oil slick

To remove the floating layer of sunscreen and fried chicken grease from the water in the Texada quarry, Lafarge seeks advice from the folks on the clean-up crew at Deepwater Horizon.

### 2. Low-cost housing

Renters, squeezed out by the surge in living costs, erect the city's first tent city at Willingdon Beach. *Vancouver Magazine* readers vote it the "best sunsets" of all of BC's tent cities.

### 3. Boxing Day

Meanwhile, owners, buoyed by the surge in property prices, cash out and erect the city's first super-quaint tiny home neighbourhood (adjacent to Westview Mini-Storage.)

### 4. Coronation

On October 20, after a hotly-contested campaign period during which much complaining happens, Powell River re-elects Mayor Dave Formosa and PRRD Board Chair Patrick Brabazon...now and forever. (Not to mention Hegus Clint Williams and MLA Nicholas Simons).

### 5. Crosshairs elsewhere

The people of Powell River breathe a sigh of relief after Kim Jong Un announces that not only does he have nuclear capability and a missile able to reach North America – but he has also developed an accurate, reliable navigation system for said missile that will likely keep it off the Sunshine Coast.

### 6. In the greenhouse

In the winter, climate change-induced wind storms blow down the remaining forests in Powell River's backcountry. In the summer, climate change-induced forest fires burn through the slash. In the fall, climate-change-induced storm surges and rising water levels flood basements of beachfront properties. In response, senior government leaders attend climate change conferences.

### 7. Midway mayhem

Booming medical marijuana business Sante Veritas sponsors the Powell River Sea Fair. No rides this year... just a sunny beach and arthritis-free seniors.

### 8. BC Fare-ees

BC Ferries announces an amazing new promotion on travel! 75 percent off! (Note: this deal only applies to seniors travelling from Victoria to Vancouver at 5 am or earlier, with ID, every second Tuesday in August. Does not include vehicle. Or senior.)

### 9. Price fixing

BC Ferries execs read Census 2016, and realize that Powell River's most financially under-the-gun generation is not, in fact, seniors, but families with children. Instead of charging this demographic the most to travel, they slap themselves on the forehead and make travel for children and youth free on all sailings, all the time. (Currently: family of two parents, two kids to Comox: \$47.70; senior couple to Comox: \$15.90).

### 10. Tech disrupter

Facebook's Powell River Swap n' Shop puts all local retail and print media out of business with its unparalleled ability to sell gently used china hutches, return lost dogs to their owners, share news as it happens and air common grievances. Overall, it's a win for the environment, but a loss for both domestic aesthetics and rational discourse.

*Last Word*  
with

PIETA WOOLLEY  
pieta@prliving.ca

## Being in Business

Sponsored by Community Futures at the Library  
January 24

Going into business? Already in business? Learn about local services for aspiring and established business people here in Powell River. Register at the Library.

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



Where service and safety move volumes.  
Next day, damage-free delivery.

WWW.CITYTRANSFER.COM POWELL RIVER | SUNSHINE COAST | VANCOUVER 310-CITY (2489)

*Kathy Bowes*  
Call (anytime)  
604.483.1633  
kathybowes@remax.net  
kathybowes.com

Best Wishes for 2018

RE/MAX Powell River



*All the best in 2018*

from all of us at Spick & Sons



Call or text Ryder at 604-483-6713

Site clearing and excavation  
Crane service/material transport  
Marine Transportation  
Site Services & Septic

Custom Design & Build  
Remote Site Specialists  
Private Logging  
Road Building



Photo by Lindsay Anderson @lindsayrosephotos

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

**Call us**

for all your fuel needs  
or visit us at

7141-A Duncan Street.

Or place your order online at

**[sunshinecoastfuels.ca](http://sunshinecoastfuels.ca)**

# Keeping you **warm** this winter.

**We've moved!**

100% **locally** owned & operated

Serving all of Powell River  
and Texada Island

**Mobil**



**Sunshine Coast FUELS LTD.**

*Cleaner Fuel - Cleaner Future*



**604-485-4188**