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FEBRUARY 2018

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Attack of the

Invasives

New Bylaw requires you to clear knotweed and hogweed from your property

Here's how the Regional District can help you:

The three local governments (Powell River Regional District (PRRD), City of Powell River, and Tla'amin Nation) in the region have worked throughout 2017 controlling plants on civic lands, raising awareness, and providing education on the serious threat that invasive plants pose to the region. We've learned that residents share our concerns about invasive plants and have mobilized to eradicate the threat. One of the messages received loud and clear was that a Bylaw requiring landowners to control invasive plants was required.

Under the Provincial *Weed Control Act* landowners are required to control noxious weeds growing or located on land, premises, or property. The PRRD has now enacted a Bylaw that, as per the *Weed Control Act*, requires owners or occupiers of real property to clear and ensure that his or her property remains free of all noxious weeds considered to be a threat or problematic by the PRRD. The

Learn more!

We look forward to assisting landowners in planning for invasive plant control again this year. Check our website <http://www.powellriverrd.bc.ca/community-services-2/invasiveplants/> for information on methods used to control noxious weeds or phone us within the Regional District 604-487-1380, and in the City 604-485-8635.

specified noxious weeds are listed in Schedule A of the Bylaw: (Japanese Knotweed and Giant Hogweed).

The new *Noxious Weed Control Bylaw* grants PRRD staff the power to enter private lands and, in the event that landowners refuse to control specified weeds, treat Japanese Knotweed and Giant Hogweed with all costs being the responsibility of the landowner. A copy of the Bylaw can be found on the PRRD website.

Meet the Burn Boss

With funding from the PR Community Forest, the PRRD has purchased a portable air curtain burner unit. We expect the "Burn Boss" unit to arrive in Powell River in early March, and will be setting up a demonstration. This unit is capable of burning material at very high temperatures with very low emissions, and will be used for efficient and permanent disposal of invasive plant material. In many cases the unit can be utilized at the site of invasive plant infestations, reducing the chance of spread during transportation.



Invasive events coming soon

Watch for advertising or check our website for dates and information on these 2018 events:

- PR Broombuster Neighborhood Work Parties
- Free Drop Off of Invasive Plant Materials (Spring)
- Invasive Plant Pull at Palm Beach Park
- PR Home Show (April 27-28) – Information Booth
- Blackberry Festival Information Booth
- Portable Air Curtain Burner Demonstration



**POWELL RIVER
REGIONAL DISTRICT**

202 - 4675 Marine Avenue
Powell River, BC V8A 2L2
604-485-2260

administration@powellriverrd.bc.ca

powellriverrd.bc.ca

Official Relaunch of the Family Friendly Powell River Website on Family Day, February 12th!

www.FamilyFriendlyPowellRiver.ca

Introducing a brand new **Interactive Events Calendar**

that allows you to search for family friendly programs and events in Powell River by category, day of the week, time, or ages.

If you are an organization, business or club in Powell River that offers family friendly programming or events, submit your events to the calendar beginning February 1st! All family friendly listings are free to reach all Powell River residents!



Find Family Friendly Folks and Services!

FamilyFriendlyPowellRiver.ca is the place to go on-line for Powell River families! Coming February 12, we've got a new look and some great new features to help you connect. Find out about local services, programs, support groups, parenting education, events and activities for all Powell River families.



WIN a Zodiac Trip!



Beginning **February 12th**, find the **secret codes** and enter to win a **3-hour Zodiac Trip to Copeland Islands and Desolation Sound** from Terracentric Tours!

The tour includes a shore stop for kids to get out and explore, wildlife viewing, local history. For a maximum 6 people.

For full contest details, visit facebook.com/familyfriendlypowellriver/
Contest ends March 7th.

Family Friendly Powell River is a project of Powell River Child, Youth & Family Services Society and our community partners.

Powell River



Child, Youth & Family Services Society

At Oceanview Education Centre
7105 Nootka St

Our Community Partners Serving Powell River Families:

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United Way of Powell River
Success By 6
Inclusion Powell River
Tla'amin Community Health Services

Powell River Employment Program Society
The Ministry of Children & Family Development
Vancouver Coastal Health
Powell River Community Services
Powell River & Region Transition House Society

Great Horned Owl

At 18 to 25 inches tall, this is the largest of the common owls, except the Great Grey Owl, which can grow to almost three feet. You'll find them in all habitats, even deserts as long as they have some forest cover or cliffs, and they're common in all of North America up to the Northern tree limit.

The Great Horned Owl is distinguished by its wide-set ear tufts and yellow eyes; its plumage is brown with grey barring below.

For food, they will go after rabbits, rodents and birds such as crows, ducks and other owls and have been known to catch skunks.

In many cultures around the world, owls are believed to be messengers. 

- Rod Innes



CONTRIBUTORS

WENDY BROWN is a painter, writer and award-winning, editorial cartoonist for The Peak. Her book, *OWwww! Traveling With Chronic Pain*, just came out on Amazon. It is also available online and at Coles, Powell River. She groans her way around the world whenever Edward the cat lets her leave the house.



GARY GRIECO is a freelance writer and photographer who lives on Texada Island. His features have appeared in a number of publications. He moved to Texada in 1997 from Salt Spring. He retired from the corporate world at age 40 and has had several careers since. He still loves to sail and write.



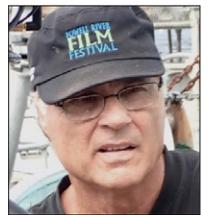
ROSEMARY HAWKINS, at the age of 87, joined the Powell River Library's Memoir Writing for Seniors program. She is writing her memoirs so that her 24 great grandchildren will know her stories.



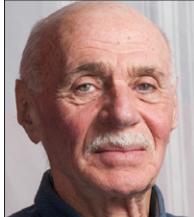
ANN NELSON runs the Patricia Theatre and is passionate about sharing the history of Townsite and preserving its heritage. She's also active in the Arts Council; Tourism Powell River; Townsite Heritage Society; Far Off Broadway Theatre Co., as well as being an enthusiastic gardener.



TONY PAPA is an established film and television producer/director/editor, working in New York, Toronto, Los Angeles and Vancouver since 1996. In that time, he has won countless awards including a Gemini for his production entitled *Suzuki Speaks*. In 2008 he founded the Powell River Digital Film School.



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



BILL SMITH, husband, father, grandfather, retired to Powell River after raising two sons with his wife Donna in Lund. Bill plays banjo, loves to read, garden, travel and would love to be a better cook. Always loved the idea of writing and now spends time trying to write songs. He also believes strongly in electoral reform.



GARY SHILLING is actively engaged in the cultural community of Powell River. Executive director of the Friends of Film Society of Powell River and the annual Powell River Film Festival, Gary focuses on supporting the role that film plays in the cultural fabric and dialogue in Powell River.



KIRK SOMERS is a writer. He writes children's books and novels. You may also see him working at Coles in the Town Centre Mall. Having recently made the move from Vancouver, he lives in Westview with his family.



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Publisher & Managing Editor
Isabelle Southcott
isabelle@prliving.ca



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



Editor & Graphics
Pieta Woolley
pieta@prliving.ca



Sales & Marketing
Suzi Wiebe
suzi@prliving.ca



Accounts Receivable
Skylar Friesen
office@prliving.ca

• Thanks to Google Arts & Culture's selfie app for the doppelgangers this month.

ON THE COVER

The Colasanto family self-portrait.

Photo by Robert Colasanto





EDITOR'S MESSAGE

Here's to our crazy, quirky, loving families



Growing up in Kitsilano in the 1970s, every once in a while a teacher would ask us to make a family tree. They clearly didn't get the era.

He or she would earnestly show us how to represent siblings and marriages. A horizontal line here. A vertical dip there.

But how did we – the children of the urban hippies – represent our half-siblings? Or in my case, my half-sister's other half-sisters from her other parent? How did we represent the former spouse of our biological father? I used a lot of dotted lines, and made up my own symbols for the inexplicable relationships in my life – all of whom I consider to be, loosely, "family."

Modern families are complicated. There's no way around it. I like to think that on Family Day, we're cel-

ebrating the absolute miracle that imperfect people in our individualistic and pleasure-seeking culture still manage to sustain long-term relationships with other imperfect people. In this issue of *Powell River Living*, we showcase the best of our region's innovative and wonderful families.

Joseph Ravik's article (Page 9) tells the story of a life-long single guy finding a friend-family in his senior years. Soon, Powell River will be home to our first co-housing project – a unique and emerging trend in creating multigenerational family-like communities (Page 17). Publisher Isabelle Southcott reminds us that, in the midst of family life, self-care is critical (Page 8). Memoirist Rosemary Hawkins' simple reflection is a warning: your loved ones will not always be here. Kiss them often (Page 34).

And, of course, there's the Colasantos, pictured on our cover, musical instruments in hand, family dog front and centre. They're the most traditional-seeming of families, and yet a close read of mom Jessica's Q&A (Page 7) re-

veals that they're just as quirky as the rest of us.

Here in Powell River, one of the biggest changes to family life is declining incomes and purchasing power. Scout Mountain picker Bill Smith (Page 29) remembers the wealthy community he moved in to a few decades back, and notes that now, one in four local children is living in poverty. Many more families, of course, are struggling. That's why his band is holding a charitable dinner and concert February 24 – the same night as the Coldest Night of the Year event (Page 31), which raises money for the Salvation Army's food and shelter programs.

Whatever your family is like, we hope that this month, you'll love the heck out of them.

Pieta Woolley
PIETA WOOLLEY | pieta@prliving.ca



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your family - your

Three ways to love your family

1. Family Day long weekend

Monday, February 12 is a BC Stat; SD47 students also get the Friday off. What to do? There's plenty! See Page 22 for a list of events, which includes a free Powell River Kings game at 2 pm on Family Day.

2. Valentines Day

Both the Boardwalk and Shinglemill restaurants are offering Valentine's specials. See their ads, below.

3. Wedding Fair

Come to Powell River's second annual Wedding Expo on Sunday, February 25! See wedding dresses, bridesmaid dresses, tuxedos, flower arrangements, local photographers, gifts, skin care products, and health products on display. The first 25 brides through the door receive a swag bag full of goodies. But you don't have to be getting married to come check out the wares. Planning a family reunion, an anniversary party, or any kind of gathering this spring or summer? This is a great chance to learn about these services. It's at the Town Centre Hotel, 11 am to 4 pm.

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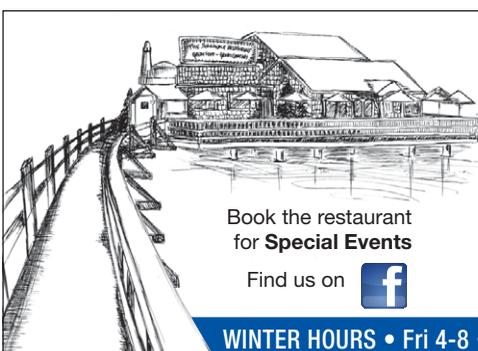
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LOVE

friends • your self

Valentine's Day. Family Day long weekend. Wedding planning season. February is a pressure cooker for your closest relationships... just as we're all cabin feverish due to wind storms, gushing skies, and tsunami warnings. But fear not! PRL is here with our new, super-casual answer to February's romantic hype: a new **Love Your Family** section. So shimmy the dog over on the couch, kick back with a cup of milky Earl Grey, and we'll help you remember why you shackled up with these weirdos to begin with (or are planning to).

Close Knit Chaos

How five humans and a dog find 21st century bliss (& more) in Cranberry

Jessica and Rob Colasanto moved to Powell River in 1999 and bought a tiny house in Cranberry soon after.

Rob's photography and printing business alongside Jessica's computer consulting made for an erratic self-employed schedule, so when their oldest was ready for kindergarten, they decided home schooling with PIE would be the best fit. As the kids grew bigger and the house got tinier, Jessica took part-time work with the Academy of Music and PREP Society.

Cagney the dog oversees the shenanigans.

How would you characterize your family?

Jessica • A social experiment gone horribly wrong or happily right... time will tell!

Why music? What does music do for you?

Jessica • Rob and I met in a record store, so you could say it's at the core of our relationship. There's always music playing in the house, whether live or recorded, sometimes both – it's not a quiet home. February is a particularly musical month with the Festival of Performing Arts coming up.

How did you learn about how to be a family?

Jessica • Rob's parents grew up across the street from each other in New York City; all of his aunts and uncles were friends long before they became extended family, and he's the youngest of a large bunch of cousins. I'm an only child from a very small family. We picked our best childhood memories and went from there.

What will you do on Family Day?

Jessica • We like to say that every day is Family Day.

What will you do on Valentine's Day?

Jessica • Rob will say he'll make a nice meal, but he always does anyway – he's the chef in our house. We're not big on "Hallmark holidays". No gifts, no cards. Just

"There's always music playing in the house, whether live or recorded, sometimes both – it's not a quiet home."

– Jessica Colasanto

love.

What was your wedding like? What makes a good wedding, now?

Jessica • I remember walking into a bridal shop and looking at a price tag; I immediately decided to buy a sewing machine instead and make my own dress. We debated having a big wedding, but decided to go small; we had nine guests. We threw a big party in our apartment the night before, for which we cooked a feast... I prepped 48 artichokes, turning my fingernails black! Our ceremony was in a rose garden, and afterwards we had dinner in a private room at our favourite restaurant. A thunderstorm knocked the power out, so we ate entirely by candlelight. It was beautiful. A good wedding is a true celebration – lots of love and lots of fun.

How do you, Jessica, #fightthepatriarchy while maintaining your role as 'mom'?

Jessica • I'm a love child who was raised by a staunch feminist single mom in the 70s. She worked hard to keep "traditional" roles from existing in our house. When she married a fellow teacher, she had the higher salary. Growing up, I was already living in a world



MODERN FAMILY MEETS THE VAN TRAPPS: Rob, Jessica, Sav (16), Isabella (12), Nic (14), and Cagney Colasanto chill in their living room.

photo by Robert Colasanto

where the patriarchy was (slowly) being levelled. I'm non-confrontational by nature, but I'm always up for a conversation when I see an opportunity to make a difference. I have a great partner. We talk with our kids, give them articles to read, and talk some more.

How do you all keep your carpets so clean?

Jessica • It's really just a carpet of beige dog hair. Would you believe that carpet is actually pink?!?! When we moved in, the walls were a weird royal blue, and the carpet was REALLY pink. We left it in place while we painted, thinking we'd yank it up, but as soon as the yellow was on the walls, it toned down to almost beige... but in the right light, it's still pink!

BY ISABELLE SOUTHCOTT
isabelle@prliving.a

February is family month. It's the month of love. It's the month when Cupid's arrow strikes you in the heart and makes you fall in love for the first time or all over again with that someone special.

It is also the month to take time to love yourself and look after yourself, because if you don't who will? If you really love your family, take good care of yourself

I knew I needed to do something when even my "fat" clothes felt tight! I launched my change with exercise and planned to follow with food changes because once I begin to feel fitter I am more motivated. A weekly gym workout was added to my three-times a week jogging routine. I hadn't strength-trained or done upper body work for years, however I'd seen how my mom (who is 88) has lost upper body strength and I wanted to do what I could to stay strong.

LOVE Your body LOVE Yourself

because if you don't, you won't be there to love them and look after them.

Exactly one month before gyms hit their peak in January, I embarked on a new program with personal trainer Roché Rossouw. I hoped by the time the season of excess rolled around in December, I'd be feeling fitter and smug about my progress so I wouldn't blow it with shortbread and butter tarts.

I worked with Roché a few years back and got really fit. I lost quite a bit of weight. But without our scheduled workouts, I eventually slipped back into my old habits. I regained that lost weight and stopped going to the gym.

Fitness and food choices are vital for long-term weight control. Figures vary with one study saying weight loss is generally 75 per cent diet and 25 per cent exercise. Estimates also say that more than 80 per cent of people who have lost weight regain all of it, or more, after two years.

Not terribly encouraging.

"I've dropped a few pounds and I feel great. I'm energized, my over-50 aches and pains have dissipated and I'm in a better mood."

- Isabelle Southcott

I know "you can't out-exercise a poor diet," but try as I might, I found myself unable to master the food part without help. So I joined Precision Nutrition's on-line coaching group to help me with the food part of my plan.

Once a week I sweat my way through a workout at the Complex with Roché. She wants me to visit the gym at least once more each week but without that commitment to someone else, I find a million reasons not to go. There's work, there's laundry, I'm too tired, I'm too whatever.



FIT FOR THE SLOPES: One of the reasons Isabelle Southcott wants to be fit is because she loves skiing with her children, and she hopes to keep doing it into her 70s.

Am I the only person who does well when they've made a commitment with someone else to meet them for a run or a workout? Why do I keep appointments with others but blow off appointments with myself?

My problem of a second gym day was solved when personal trainer Nancy Kreisler of Total Body Training Centre talked to me about coming to her private gym for weekly workouts. Yes! A second scheduled workout! Another commitment! With two scheduled workouts a week I'm on track.

But what about the food part? The on-line coaching stresses habits and change - sustainable change. It doesn't count calories for you but motivates you in other ways. Because I'm required to do homework, I'm accountable to someone other than myself. Small changes such as 'eat your food slowly' and 'do it without distractions' like working at your computer or watching TV while you eat. There's also the dreaded before and after pictures

that no one besides me will ever see! If that's not motivation enough I don't know what is.

I've been pedalling my way through 15 minutes of Global TV's morning news on my stationary bike for over a month now and don't even think about it anymore. I just do it, the same as I brush my teeth every morning.

I've made several other small changes, too. I drink more water, I cut out chocolate (mostly), and I'm not doing the after dinner snacking while watching TV at night anymore.

The weight isn't falling off but it is encouraging...I've dropped a few pounds and I feel great. I'm energized, my over-50 aches and pains have dissipated and I'm in a better mood with those endorphins flowing.

I'm determined to put my own needs up higher on my priority list. At least ahead of my dog's because if I don't take care of myself, I won't be there for all the people I love.



For the love of chocolate, get your eyes checked.

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



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Surf City CALIFORNIA

Learning to LOVE & be loved: a lifelong project

BY JOSEPH RAVICK

Lorraine and I had certainly been excited about my new colleague's house-warming party. It seemed an opportune exit out of our relationship rut.

Lorraine as always, dressed to impress. She wore a stunning black mini dress, a Coco Chanel knock-off, with a single strand of pearls highlighting her pale beauty and ebony hair.

When she strutted into the crowded dining room on a pair of red sky-high platforms, a hush seemed to descend as all eyes turned towards the glamorous stranger. I faded into the background in my conservative brown tweed jacket with leather elbow patches, chinos, and brown sockless loafers.

As you might guess from the fashion, it was 1977. After four decades, I can't remember Lorraine's last name. But I can remember everything else about that important night.

I became bored after an hour of small talk and watching the alcohol-fueled 'fun.' So when I saw Lorraine wave to me across the crowded living room, I thought, 'Great, here comes my escape.'

What had seemed like an SOS signal turned into an order for another martini; my disappointment escalated into controlled rage when I returned with her drink only to find that she had moved on.

Fed up and giving up, I was on my way out when,



suddenly, there she was, hanging out on the patio with a drink, and attended by two male admirers. As we locked eyes, she laughed, and then wondered aloud where I had got to with her martini. Shocked, puzzled, insulted, embarrassed, but mainly hurt, I turned, walked out to the car and began driving aimlessly trying to manage my confused emotions, ultimately beach-walking until the sun brightened the sky.

"Shocked, puzzled, insulted, embarrassed, but mainly hurt, I turned, walked out to the car and began driving aimlessly."

That new day became the dawning of a new chapter in my life. Lorraine – attractive, distant and rude – changed my life for the better that night. Although, of course, that's not how I saw it then. Once she moved out a week later, I realized I had some emotionally difficult work ahead of me.

Lorraine's behaviour helped me realize that, to be happy, my 'special someone' and I had to share more than magnetism; I was looking for a mutually loving and respectful relationship. So I began a conscious journey towards learning to love, and being loved.

First, I looked to my past.

Madeline Vann, a child behavioural specialist, theorized that parents begin preparing their children to experience love from day one. In my case, I found that



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I'd arrived at adulthood unprepared for the kind of relationship I sought.

I grew up in a 'loving' family. By my teenage years, though, I understood that my parents' love came with a price tag: conform or else. So as I began dating, I became the chameleon who accommodated those whose love I craved. It was what I saw my mother do.

It got me what I wanted for a while, but I soon discovered I couldn't pretend to be something I wasn't indefinitely; once passion dissipated, the relationships did too.

Something was obviously very wrong. My peers were getting married, I wasn't even finding what I wanted, or needed. Nearly two decades later, though, I still didn't know what that thing was.

Several years after Lorraine left, while grieving yet another painful and messy end of another disappointing relationship, I shared my confusion with my long-time loving friend, Dianna Sanders, over dinner one evening.

She sensitively confronted me with some hard truths, observing that I seemed to have built "a revolving front door into and out of my condo."

She was being funny, but she was also right. She helped me realize that if I was serious about having someone to love and to love me back, I first had to understand who I was beneath the chameleon I had become. My unconscious fear of loving and being loved had to go.

As they often are, such reflective, introspective explorations were difficult and sometimes painful. I tackled the challenge intellectually, with the help of William Bridge's book, *Transitions: Making Sense of Life's Changes* (1980), and other self-help authors at the time. It was a path towards a hopeful future, exactly what I wanted and needed.



FROM ROMANCE TO REAL LIFE: Back in the 1970s, Joseph Ravick was chasing the dream of idealized romance - here he is in St. Thomas with his girlfriend Lorraine. Now, he's discovered love can be much richer.

What I discovered over time, though, through my decades as a professional mediator, is that love is not a fairy tale or a formula. Love is how you treat other people, and how they treat you. It's really that simple.

Most importantly, that love does not have to be romantic to be satisfying.

So here I am, about 40 years later, and my stubbornness has seemingly sentenced me to singleness. Nevertheless, thanks to wonderful, special, and loving friends, I now know that true love has many faces. I don't have to settle for less than I need. And ultimately, every day can be Valentine's Day. **RL**

5 WAYS TO SUSTAIN YOUR RELATIONSHIPS

Imagine that instead of letting sparks fly, you step back and collaborate to nurture your mutual love and enhance your relationship. In our society where the divorce rate hovers at 50 per cent, many still believe in romance as I do. So here are some guidelines for keeping your love – romantic, familial, fraternal, collegial – alive.

Express gratitude daily:

Each day look for the positive qualities in your partner, and tell them what you see and appreciate.

Speak with respect to each other, always:

Whether alone or in the company of others, show your respect for your loved one through your words and matching actions.

Demonstrate your love in everything you do:

When mediating family disputes, I often heard clients say to their partners "But you must know I love you; I'm here aren't I?" If you want your love to last, assumptions are not good enough. Whatever it takes, overtly express your love daily to keep the magic alive.

Negotiate differences:

Well-managed and resolved differences enhance a relationship, while acrimony, belligerence, and sarcasm may destroy it. Listen to each other, and then work on better understanding each other.

Embrace the forgiveness factor:

Bill Moyers on PBS called "loyalty" the essence of marriage. "In a loving relationship, every day you love, and every day you forgive. It is an ongoing sacrament – love and forgiveness."



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Texada Gold and Ghosts of the Past Mining exhibit promises chills

BY GARY GRIECO

In 1896, gold and copper propelled a serene evergreen island nestled in the Strait of Georgia, into an unparalleled era of prosperity and greed.

The discovery of precious metals excites a fever and optimism in all men, and the 1880s in Van Anda, BC was no exception, ushering in an unprecedented era of prosperity, with gold and copper being discovered in mines like the 'Little Billy'.

Texada Island Heritage Museum's newly completed exhibit represents a part of that era with the re-creation of the Little Billy Mine. It allowed visitors at the July 1, 2017 opening to experience an underground mine brought to life; to imagine the sensation and shiver of the damp, cold, hardships, and claustrophobic gloom of a rough hewn underground gold mine from 100 years ago.

The exhibit lighting mimics the

atmosphere of an old mine, once dimly lit by candles and kerosene lamps creating shadows and images.

From the corner of your eye, a spectral miner might be glimpsed in a darkened rocky niche that once served as a powder magazine and tool crib.

Explosive rounds ready to blow protrude from rough hewn walls next to a massive drill sitting on its stand. A ghostly hand rests on an ore car filled with rock and waiting on rails to be pushed to the mine chute and unloaded – BUT beware of tipping the honey bucket.

Designer/builder, Lorrie Pirart, a museum volunteer, supported by the Directors and other volunteers made the exhibit happen. Lorrie was introduced to the Texada Heritage Museum in 2013 when he brought to the museum a small building façade that he had built for temporary use for another Texada organization.

Curator Doug Paton was so impressed by Lorrie's work that he invited him to join the museum and work on what was to become the 'Clarence Wood Room', to be built in honour of the museum's first display designer.

An empty room in the museum

THERE'S GOLD IN THAT THAR MUSEUM: With the help of curator Doug Patton and retired movie set designer Richard Fahlman and others, Lorrie Pirart built a new exhibit for the Texada Island Heritage Museum honouring the Little Billy gold mine.



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evolved into an old mining town exhibit dedicated in 2014. Part of this display included a mine portal or adit, a wooden door, a chute with rocks, and a mine car on rails.

It was built after Lorrie toured the original Little Billy mine for the first time with owner Stan Beale. It was at this point that Lorrie began thinking about, and talking to the museum directors about, going through the adjoining wall into the next exhibit room and building a replica of an old drift mine.

There was initial resistance to displacing 'Kempes' beloved historic Van Anda store exhibit in the adjoining room, but Lorrie's enthusiasm and excitement was contagious.

Soon, with the board's approval the idea began to translate into a reality – with the initial problem looming for Lorrie: "I could see it, but I had a hard time explaining what I saw, and how long it would take to build. It became a work in progress, changing as new ideas came along."

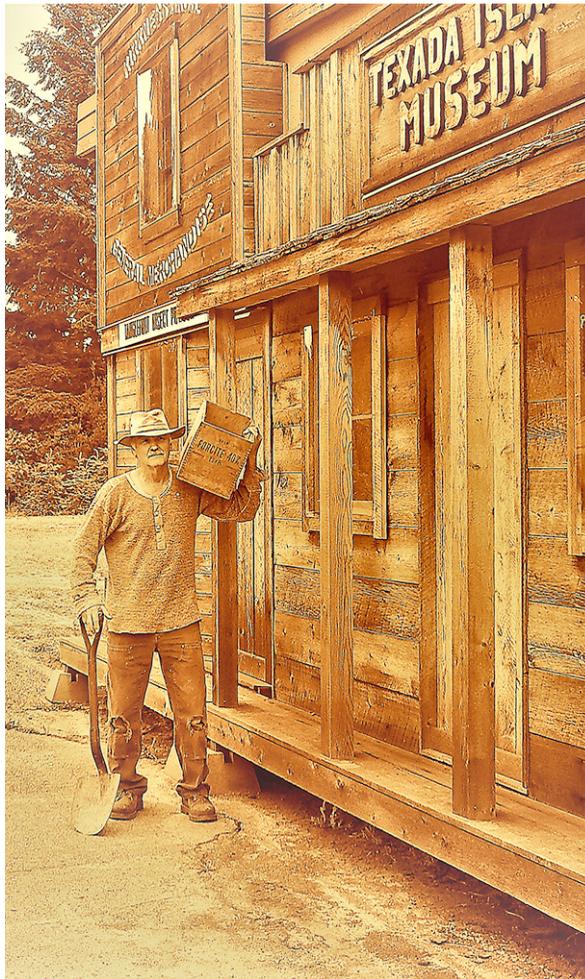
"One of the key problems was finding aged lumber," said Lorrie. "I love the rough look of westerns—and the mine had to look authentic." He and Doug Paton collected wood from many sources on the island.

There were technical details that had to be ironed out; for instance, how to build a framework that would hold material that would emulate a mine's rough rock face.

Texada's Richard Fahlman, a retired designer/builder of movie sets was consulted. He designed and made a sample of curved wood that when finished would create the illusion of a mine's overhead tunnel.

This labour of love entailed Lorrie cutting and joining 400 pieces to form the finished base that was covered in a fine mesh to hold mortar.

The finishing process was one of elimination. Lorrie



STUNNING IN SEPIA: Winter hours at the museum are Wednesdays from 10 til noon – or call for a special appointment. www.texadaheritagesociety.com.

even made a trip to the Royal BC Museum in Victoria and spent time with their display builders who build in fiberglass; a far too expensive procedure for a small museum on a shoe-string budget.

After much experimentation, using concrete as a mortar including polymer and carpenter's glue was decided upon. A spackle texture gun small enough to handle and get into corners was chosen to apply the mortar.

It was backbreaking work for Doug and Lorrie. "We used a total of 30 five-pound bags and worked four hours at a time using two to three bags, with five mixes per bag.

The hopper on the gun weighed ten pounds when loaded, and I would start spraying the ceiling with the hopper on my shoulder," explained Lorrie.

I asked Lorrie why he would go to all that effort. He replied, "What kept me going were people coming into the museum to see the unfinished display, and would say things like, 'Omgod, is that ever cool!'"

Access for visitors to the new Little Billy Exhibit is through the Clarence Wood Room, a replica town complete with a blacksmith shop, glowing forge, and assay office stacked with ore samples and displays of old photos. All of this conjures up images of yester-year in Texada City and Van Anda.

Guests enter and walk by the boardwalk and storefront windows. Indirect lighting causes flickering shadows to come alive with ghosts from the past, creating the illusion of stepping back in time 100 years.

The museum gang is not finished. New exhibit plans are being formulated for this 'biggest little museum.' Hands-on curator Doug Paton's goal is to let the rest of BC know that, "The Klondike got the glory, while Texada had its own gold rush that few know about." **RL**

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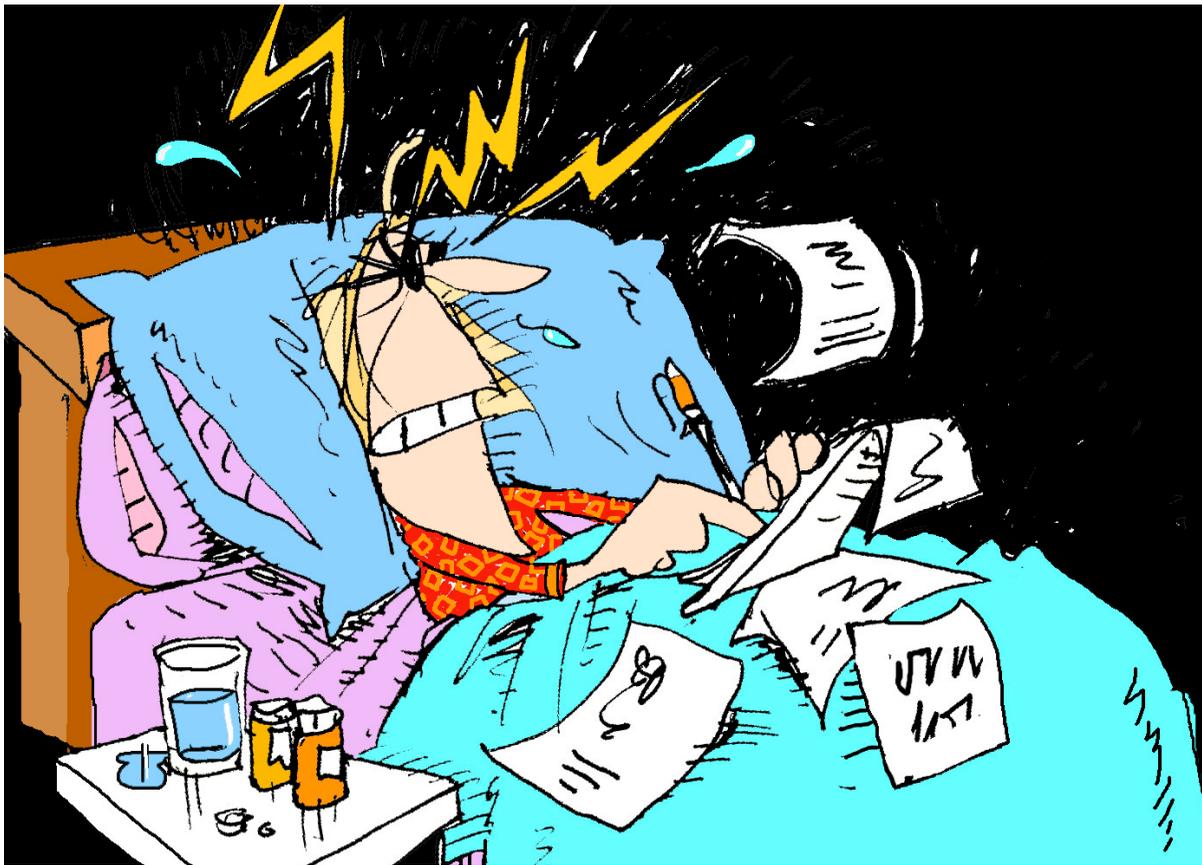
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Chronic Pain A patient's perspective

BY WENDY BROWN

I've always thought an automatic Pain-O-Meter clamped to the forehead would be useful. Then instead of asking how we are, people could just glance at the meter and know when to treat us normally, steer us home, or call an ambulance.

Chronic pain, while pretty much constant, varies widely in intensity. And no one hands us a schedule every morning telling us at 3:47 pm the pain will suddenly escalate to unbearable.

I've had a constant headache since I was about 18. It ranges from mild to severe depending on whether it's migraine, cluster, facial neuralgia or tension headache. But it never actually stops aching.

Most of my life I spent hiding my condition. I didn't talk about it socially, tried not to show myself in public when serious pain had me in its grip, and if people did see me that way (and offered an aspirin), I'd act as if it was just an occasional headache like everyone got – not snarl that if prescription meds were barely able to dull the pain, they knew what they could do with a *&^% aspirin.

Aside from not wanting to be seen as a whiner or a victim, I probably hid it because no one used to believe in chronic pain. If anyone experienced more than three major attacks per month they were considered malingerers at best, ready for The Bin at worst. Psych hospitals were filling up at such an alarming rate that governments finally shut them down and tossed the ambulatory inmates out on the street. I'm not saying all the patients were in for chronic pain, but I suspect it was higher than one in five, the stat for the general population.

Another reason I didn't talk about my ongoing pain was that everyone had a solution. After you've spent years seeking a cure from specialists, surgeons and alternative health practitioners you don't really want to

hear about someone's Aunt Betty's vinegar and shoe polish cure. I know, we're an ungrateful lot.

And finally, I didn't talk about it because I never wanted to be defined by my pain. I didn't feel that was all there was to me – and given the fairly invisible nature of the disability, saw no reason to be forthcoming. I could pass in the normal world as long as I worked freelance, kept my social calendar loose and wore a lot of make-up when I was looking wan.

But then I came out of the closet – I wrote a book about travelling with chronic pain. (*OWwww! Traveling with Chronic Pain*). Somehow it didn't occur to me that it would be the end of my secret life. Or maybe by the time it was published, I didn't care anymore. People were actually talking about chronic pain like it was a Real Thing. Even doctors and researchers were acknowledging it. Plus I was old enough to have established who I was beyond the pain. There didn't seem a lot of danger that I'd be known only as the Face of Chronic Pain. Or the Court Jester of Chronic Pain given that I'm a cartoonist. Still... not a title I crave.

And now, suddenly everyone's talking about it. It's the Condition of the Year. First there was Child-birth, then Menopause, Erectile Dysfunction and now Chronic Pain. The spotlight is on. In this tell-all, talk about anything, nothing is hidden age, it's a good thing. I'm thrilled we're having our day. Maybe a cure will be found. It'll probably turn out it *is* all in our heads - but not in the way psychiatrists thought. Maybe all of us who suffer from constant, debilitating pain just have some seriously bad wiring – some inability to turn off the signal to our brain that has very little to do with the actual body part that's hurting.

That's my bet anyway - instead of Court Jester, I'm going for Nostradamus of Chronic Pain. Fortune tellers have better jewelry. **RL**

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Townsiter is BC's top emerging painter

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

To say that Lynn Price was surprised to win the Tanabe Prize for British Columbia painters is an understatement. It wasn't on her radar. In fact, she first found out when she checked her voice mail.

"It's not something you apply for," she explained. "You are just chosen."

Lynn was surprised for two reasons. "I'm an emerging artist and I'm older. I just turned 55. Somehow emerging artist and 55 don't go together."

Older, emerging artists like Lynn, often face ageism. "There are so many opportunities for emerging artists under 30 or under 40. A lot of women, especially, put their careers aside while raising children then come back later."

Lynn's work is described as contemporary still life. "I see painting as a performance art. It's idea driven. It looks very simple but it is very complex."

She works on long term projects that change over time using mostly oils on paper however she also does water colours and drawing projects.

Lynn makes large installations of smaller paintings. "My work is almost an accumulation, a repetition. The process of making it is so important," she says.

Lynn was an older student when she decided to attend Emily Carr University in 2008 but it wasn't her first degree or even her first time at Emily Carr. Lynn also has a Bachelor of Music from UBC and a Bachelor of Education from the University of Toronto.

"I've been painting and drawing my whole life," she told *Powell River Living*, "but we live in Powell River so what do I do?"

In 2006, she enrolled in a first year online class at Emily Carr. "It was Creative Processes and was taught by a professor in Germany with students from all over the world. I completed the course and did very well. The professor said, 'You should apply for the program.'"

Lynn did and spent the next few years "doing an insane commute" between Powell River and Vancouver. She worked at home, then Lynn and her husband Ken Palfrey moved to Vancouver and Lynn got a job as a special education teacher with the Vancouver School Board. Her husband also returned to school where he trained to become a baker.

Lynn worked full time and took a full time course

load during her final year at Emily Carr. "I finished really well," she said. Lynn graduated in 2013 with the Mary Plumb Blade Award (painting) and the Governor General's Silver Academic Medal for the top GPA. An external jury came in and looked at all of Lynn's paintings for the Mary Plumb Blade award.

EMERGING & EMINENT

The Tanabe Prize is an annual award given to artists whose primary medium is painting and who are residents of BC. In addition to being painters, recipients must be emerging artists (an artist who is at the early stages of their artistic career having already completed their formal education). Winners are selected by contemporary art curators who are connected to art museums and galleries in BC. Takao Tanabe is a respected artist who lives on Vancouver Island.

After graduating from Emily Carr, Lynn and Ken returned to Powell River and opened Moonsnail Bakery. They'd run a bakery on Savary Island and did well with it, however Moonsnail was a storefront bakery with higher operational costs and was different. "We did that for the better part of a year," said Lynn. "But we ran out of steam and decided to close the bakery instead of compromise on the quality of the product."

In the meantime, opportunity of another kind was knocking for Lynn. "I got two artist-in-residence opportunities and went to Finland in 2014," she said. In January 2015, Lynn went to London, England for four months to work with Rufus Stone, an artist collective.

This year, Lynn will graduate from Concordia University with a master of fine arts in drawing and painting. "I never thought I'd be able to do that," she said noting that her masters was fully funded. She completed a three-year program in two-and-a-half years. "I had a solo exhibition opportunity and the date was set. I wanted it to be where I showed my thesis project so I worked towards that deadline."

Lynn is now back in Powell River where she and her husband Ken live in the Townsite. "I'm taking a breather," she said. She's a teacher on call for School District 47 while applying for grants, residencies and working on her projects. "It's perfect," she said. "I even get to teach art sometimes." 

Eportfolios

Family-friendly reporting

Although eportfolios were first introduced in School District 47 three years ago, this is the first year that all teachers will use the platform as a tool to communicate with parents and guardians.

Eportfolios, also known as digital portfolios, are a collection of electronic work such as electronic files, images, multimedia and hyperlinks. With eportfolios, the student is in charge.

“We just did a parent engagement session for K to 7 parents and guardians at the Max Cameron Theatre,” said Allison Burt, Assessment Coordinator, noting that students in Grades 8-12 will continue to receive traditional printed report cards. “We talked about the use of eportfolios, how to read and understand them, and our intentions for them.”

What goes in an eportfolio?

Eportfolios will typically contain three separate categories of posts:

1. Assessment. How is the student doing? Where is he or she at right now? This may also contain a section on “Next Steps,” or what the student can work on to improve.

2. Learning growth. Parents and guardians may find benchmarks of their student’s learning, such as samples of completed work, and works in progress. “Often what comes home is best work,” noted Allison, “but drafts are important as they give students the opportunity to reflect and it informs the final work.”

“We are looking at creating a more complete vision of a student’s learning path. The path isn’t always clean and tidy. We are working on helping students understand that this is okay.”

When parents can see what their child is working on, it also provides the opportunity for parent/child/teacher conversations.

3. Celebrations of learning. This shares information about what is going on in the classroom. For instance, there may have been a “Bear Aware” presentation and the teacher may post a photo about this. This may open up a conversation for parents at the dinner table. “We want to include teachers, students and parents/guardians in the conversation,” said Allison.

School District 47 wanted a consistent space to house student achievement records and improve how they communicate and engage with families.

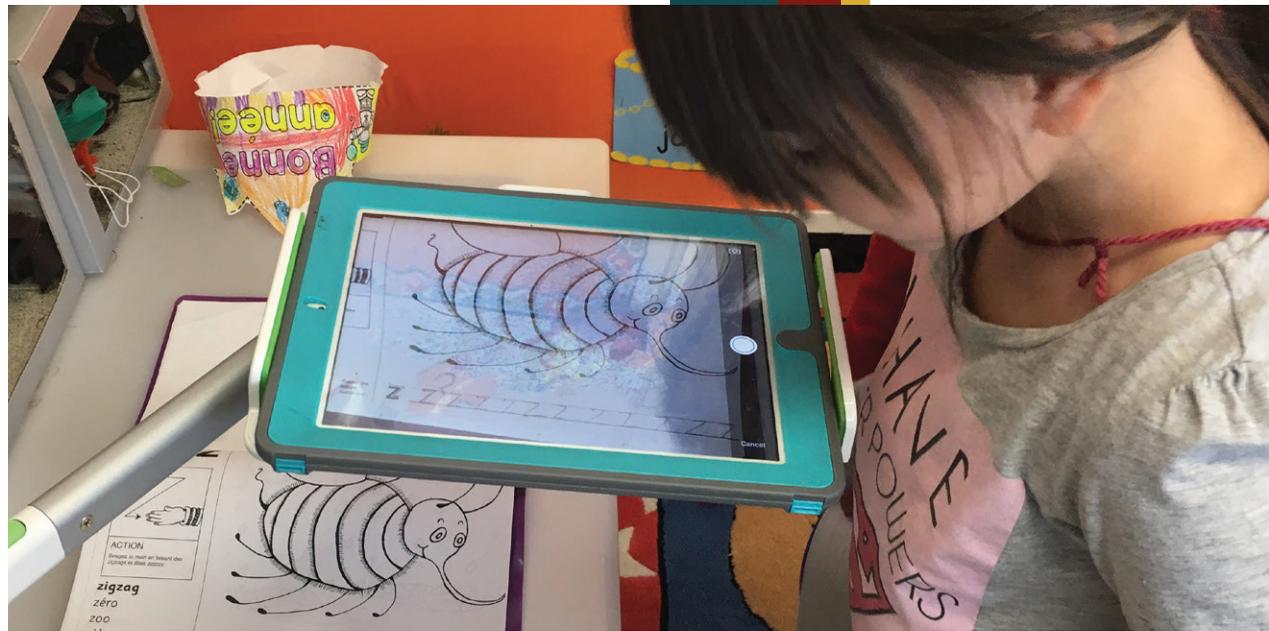
In addition to storing electronic work and artifacts of learning, eportfolios can also store report cards from year to year, said Matthew Hull, SD47’s Information, Communications and Technology (ICT) Coordinator. Old report cards often get lost or people throw them out in an effort to declutter. By storing the files electronically, they are available for as long as the student is in the system.

Matthew likes the long term and ongoing benefits eportfolios offer. Pointing to his eight-year-old daughter’s eportfolio, he said he and his wife Ashley were concerned with

their daughter’s reading level. “Her teacher used an eportfolio last year so we could compare her reading at the end of last year to where she is now. We looked at her growth over the year so when we met with the school it was more of a targeted conversation.”

The Hull’s daughter’s eportfolio contained various artifacts including short videos of her reading. This meant her parents could listen to sound bites of their daughter reading.

“This provides a window into what is happening in the classroom almost in real time,” said Allison.



It’s important to remember that no two eportfolios are the same. “Students learn differently and different teachers work with different students,” said Matthew. “I have three eportfolios as a parent and all three are different.”

The move to eportfolios was made to improve communications. “Parents want ongoing, responsive and clear communication throughout the year,” said Allison. “As a School District we wanted to improve our communication with parents and guardians,” said Matthew.

Teachers can add filters and tags to highlight certain posts, so if parents only want to look at Math or English posts they can do so. Each teacher selects the reporting method that works best with their teaching style. Some teachers will only post three report cards while others will also post artifacts and one final report, said Allison.

Teachers have been given the choice to communicate student achievement to parents either using continuous reporting with eportfolios or to use traditional report cards for Kindergarten to Grade 7; however, they all report out with eportfolios.

With eportfolios, parents don’t have to wait for their children to bring report cards home to find out how they are doing in school; however, “soft dates” for terms are in place.

“We want to make sure that at least three times a year a parent knows how their child is doing,” said Matthew.

Teachers attach themselves as contributors to students’ accounts. Students have their own log in and passwords which they share with their parents or guardians. All earlier portfolios are archived with the student’s eportfolio and the information can be exported out and dropped on a flash drive or accessed via the Internet.

At the end of the year, students also receive a hard copy of their report card for their school files.

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SCHOOL DISTRICT 47

Students in the Kindergarten class at James Thomson Elementary School uploaded their own arts and writing samples to their eportfolio.



Need help?

If parents or guardians have questions about accessing or using their child’s portfolio, please contact SD47’s Information, Communications and Technology (ICT) Coordinator Matthew Hull at matthew.hull@sd47.bc.ca or call 604 414-2621.

Super-skilled seniors are ready to pitch in

Steve Short was born in Western Kansas, and grew up in Colorado. He has a degree in Architectural Technology with a specialization in Historic Conservation. His professional life has focused primarily in mechanical and electrical engineering, while his volunteer work has focused in the area of Historic Conservation, both in Canada and the United States.

Susan Short began life in a small mill town in Ontario, then Toronto, Fort St. John and back to Toronto – the beginnings of a gypsy life! She has worked in accounting, office management and administration in the US and Canada. She has volunteered with non-profit and charity boards, a Credit Union, parks and recreation services, and Habitat for Humanity.

Why move to Powell River?

The Shorts • We were seeking a smaller community. We toured Vancouver Island and the Sunshine Coast, visiting friends along the way. Because several long-term friends live here, plus the natural beauty, we decided this was the place for us!

When? Where from?

The Shorts • We moved from Kamloops in March 2017.

What surprised you about Powell River once you moved here?

The Shorts • We are impressed by the number of people who really care about this community, from the Mayor, Councillors, City staff, to the numerous volunteers. The attention to detail is remarkable. We appreciate that there are so many good restaurants here.

What made you decide to move to Powell River?

The Shorts • We found a home with a magnificent view of the Salish Sea.

Where is your favorite place in Powell River?

The Shorts • The ocean, the beach, the trails, anywhere we gather with friends.

How did you first hear about Powell River?

The Shorts • We had friends who had lived here, and



CLIMATE CHANGE, NONPROFITS AND HERITAGE CONSERVATION: The Shorts' top passions are also Powell River's. It's a match made in heaven... minus those pesky ferries.

when several moved back, we wanted to find out why!

What would make Powell River a nicer community?

The Shorts • Finding ways to connect with others and contributing to the larger community through volunteering — this allows everyone to “put some skin in the game.”

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

The Shorts • An up-to-date, cohesive, actionable strategy to address climate change and reduce greenhouse gas emissions. Beautification of the town; more sidewalks in the neighborhoods.

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

The Shorts • Discovering that Powell River could do more relative to leading-edge, energy-conserving modalities and technologies. Finding out what resources and services are available in town! The Newcomers evening at Dwight Hall was terrific; this could be an annual event.

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

The Shorts • Encourage residents to play their part, to the best of their ability, in reducing our local contribution to climate change. Encourage residents to get involved in community events.

What are Powell River's best assets?

The Shorts • Caring, friendly people; spectacular views; awesome terrain.

What is your greatest extravagance?

The Shorts • Flying on Pacific Coastal, instead of driving and taking ferries.

Which talent or superpower would you most like to have?

The Shorts • Helping those faced with challenges to find their way to an acceptable, joyful resolution. **PR**

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Local cohousing group looking for land

A group of people made up of local families, singles and seniors, is looking to purchase an acreage to build a cohousing neighbourhood.

Hearthstone Village is looking for land inside or outside the City limits, said members Aaron Mazurek, Jamie MacDonald and Ryan Barfoot. The size depends on the location and the land itself but they are in the market for a property somewhere between 10 to 40 acres that allows for a rural lifestyle and home-based businesses.

Cohousing started in Scandinavia in the mid 1960s. It's a neighbourhood design that combines private dwellings with shared resources and community living.

The world has changed a lot in the last hundred years. Many people don't even know what their neighbours look like.

Both Jamie and Ryan agreed. "We want aging in place. A place that is built to honour all of our life's stages," added Ryan.

Several families, seniors and singles, belong to the group. "Our goal is to build a community where we live in individual houses but share common facilities and land resources," said Jamie.

Items such as lawn mowers, table saws, weed eaters and so forth could be shared. A cohousing project in Robert's Creek has a large chicken coop and residents take turns caring for the chickens. "When someone needs eggs, they get eggs," said Aaron.

The group has done their homework: lots of reading, including the books called *Reinventing Community* by David Wann, *Creating Cohousing* by Charles



ALL TOGETHER NOW: Cohousing in Robert's Creek (above) and Courtenay (left) are just a couple of the many multi-generational projects that have been built around the province recently. Soon, Powell River will join the trend.

Durrett and Kathryn McCamant and *Creating a Life Together* by Diana Leafé Christian, as well as visiting nearby cohousing projects.

They are interested in building sustainably and using local resources and local skills to build. With the vision of growing some of their food the development will also allow for a variety of small home-based businesses to operate.

Right now, they're working on a governance model and have decided to organize themselves as a cooperative. "By doing that we have more control over the membership," explained Jamie. "The decision making process is based on a model called sociocracy," said Aaron.

With the group's vision and goals in place, it's time to let others know that they exist.

For more information, email cohousinginpr@gmail.com or call Jamie MacDonald at (604) 413-2209. **RL**

The only time they see them is when they watch their car drive into the garage and the door close behind them.

Although Powell River's neighbourhoods are better than many in large cities, Hearthstone Village would take it one step further, said Jamie. "People who choose to be here would be aware of our vision and mission beforehand," he said.

The development demonstrates an innovative way of living, said Aaron. It would have a common building that is shared by everyone. That building could have a large kitchen, library, music room, and workshops. It would allow for the coming together of families for weekly get togethers such as dinners, games or a movie night.

"The key for us is multi-generational," Aaron explained. "It's important that we have interactions with older people and younger people."

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What is different about restorative justice?

- The focus is on accountability and repair of damage rather than retribution or punishment
- It brings the victim into the heart of the process
- It is dealt with in a timely manner and within the community
- It is non-violent, inclusive and respectful
- It is confidential

How does restorative justice work?

- Everyone involved in or affected by harmful behaviour participates voluntarily in the restorative justice process
- If a crime has taken place, the offender accepts responsibility for their actions
- Trained facilitators come together with the victim, the offender, or those involved in a community dispute, and their supporters in a safe, confidential process
- In the circle everyone has a chance to tell their story about the incident and how it has affected them
- The group together explores options for repairing the harm done. When an agreement has been reached it is written and signed
- The coordinator, the facilitator and the support team work together to ensure the agreement is carried out to the satisfaction of all

Contacts: **Texada Island/Powell River Restorative Justice Program** tiprj@gmail.com
Bonnie Robinson bonmrob@gmail.com

To learn more, you are invited to attend an information session
Thursday 22 March 6pm at the Community Resource Centre

This space provided by Rural Septic Services



Event need a defibrillator? Call the Freemasons

A fully automated external defibrillator (AED) is available for community use thanks to the generosity of the Powell River Freemasons, Triune Lodge #81.

"We have an AED (automated external defibrillator) available to loan to the public at no charge," said Brian Masters, Worshipful Master of Triune Lodge #81. "This would be advantageous to groups travelling or during events."

The unit is fully automatic. "You don't

have to be trained to use it. If you can get to an individual within the first few minutes of an event it has the potential to change the outcome."

The Masons also donated an AED to the Powell River Academy of Music earlier this year.

For more information about borrowing the AED, call Brian Masters at 604 414-3507 or email fire00@telus.net or call Eric Williamson at 604 414-9606.

MP Rachel Blaney named NDP's deputy whip

On January 25, North Island-Powell River MP Rachel Blaney became her party's Deputy Whip – an impressive feat for a first-time representative. Partnering with current federal NDP whip Marjolaine Boutin-Sweet, the duo is responsible for getting members in to the House for votes, organizing speakers, and other on-the-floor management. Blaney is also

the Critic for Seniors, and Deputy Critic for Infrastructure and Communities.

At the same time, NDP Leader Jagmeet Singh announced a few other changes, including that long-time New Westminster Burnaby MP Peter Julian has become the Finance Critic to Finance Minister Bill Morneau, MP for Toronto Centre.

Locals in World Masters win

Powell River's Tony Leach and Scott Fisher were part of the North Vancouver Seymour Team that won the World Masters Soccer tournament held in Las Vegas last month.

Their first game was against a team from New Jersey. They tied that game 3-3. "This was the first time for some of us to play together," Tony said.

Then they beat the Angelos from Ohio 4-0 and went on to win 5-0 against Mojors from Oregon. They scored three late goals in the quarter-final game against OMSL from California to win that one.

In the semi finals they beat Highway 50 from Reno 2-0. In the finals against the MUSA from New Jersey, the game was 0-0 after regulation time but they ended up winning that game too with a 4-3 victory in penalty shots.

The King Cup is the largest adult soccer tournament in the USA with over 200 teams in age groups starting at over 30, explained Tony. "The North Vancouver Seymour team we played for have been to the tournament 13 times with this being their first win," he said.

"We played six, 70-minute games in three days," said Tony. "Plenty of ice baths between games was the only saving grace for these old bodies."



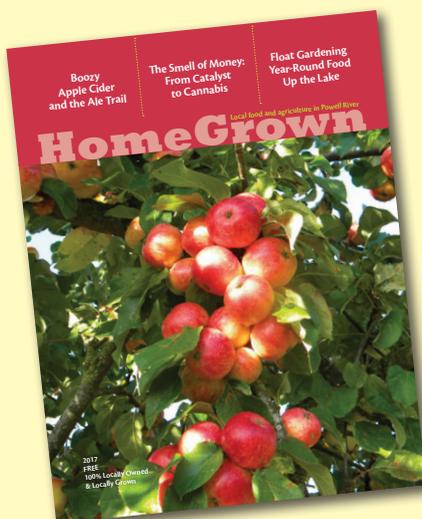
In May, *Powell River Living* will publish the 8th annual edition of

Home Grown

Powell River's ONLY magazine dedicated to agriculture and local food

More than a grower's or diner's guide, *Home Grown* also takes you **behind the scenes** to see who's creating food, where and why.

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- Want to get the word out about your products or services?

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sean@prliving.ca

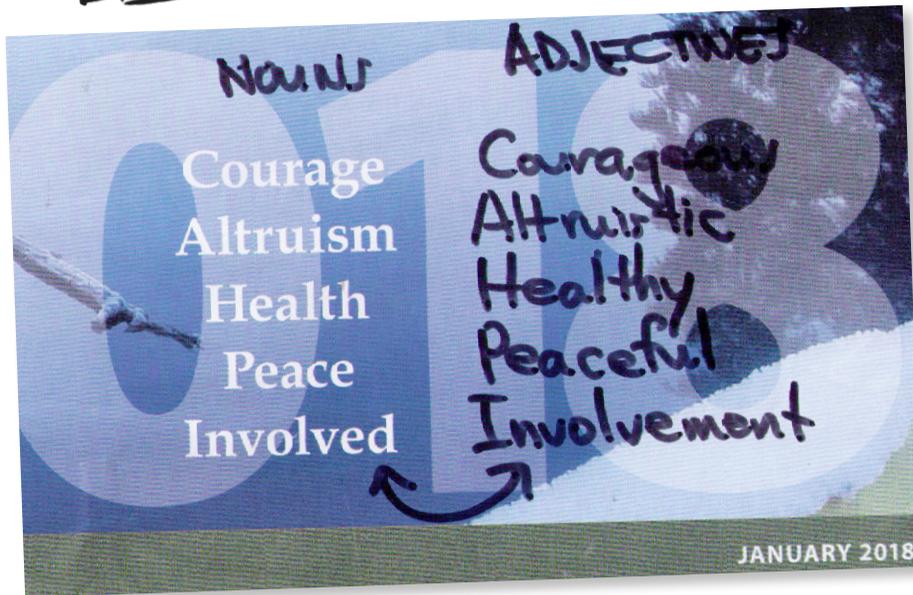
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DEADLINE IS APRIL 6

MAILBAG



We welcome feedback from our readers. Letters may be edited for length. Email isabelle@prliving.ca, or mail letters to **PR Living, 7053E Glacier Street Powell River, BC V8A 5J7.**



JANUARY 2018

When you're a recently-retired Grade 3 teacher, and you pick up your local rag only to discover that the editor clearly missed Grade 3's lesson on nouns and adjectives, there's only one thing to do. Get out your Sharpie!

Thank you Richard Olfert for send-

ing the above marked-up copy of last month's cover to the grammar dunces over here. It's like getting our own, personal e-portfolio. We'll file this one under "Duh."

We only have two excuses. It was late on deadline. And our solution, "involvedness," sounded lame. ~ PW

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Nick Sherris

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BUSINESS CONNECTIONS

BY KIM MILLER | office@powellriverchamber.com



David Duke moved his accounting business **Duke & Co** to newer offices with better parking and fewer stairs at 204-4400 Marine Avenue above the former Peak office and the new home of Rockit Music. You can reach Duke & Co at 604 485-2415.

Powell River Ukulele is 4400 Marine Ave, Unit 101, at Rockit Music. Juhli Jobi's phone number is 604 414-5076 and you can find her on Facebook at Powell River Ukulele.

Blue Steel Imaging has moved into a new location above the bowling alley. Visit **Sherri Wiebe** there or at bluesteelimaging.com.

First Credit Union has appointed **Linda Bowyer** as the new Chief Executive Officer, effective Feb 5. Linda takes over from **Dave Craigen** who retires after 25 years with the organization. Linda began her financial services career with Westminster Savings and over the past 30 years has held senior leadership roles for TD Bank and CIBC. Most recently, she served as senior vice-president of BCAA, another member-based organization, where she led the insurance sales and service distribution channel. Linda holds an MBA from Simon Fraser University and a Black Belt in the managerial methodology Lean Six Sigma. "Linda brings an acute focus on the member experience, as well as a broader understanding of the financial services industry," said Guy Chartier, board chair of the First Credit Union. "We would also like to extend our appreciation for Dave's leadership,"

said Guy, calling Dave "a relationship builder, an innovator and a visionary."

Lolly Burge is expanding **Paparazzi Pizza** to include a banquet room that will allow her staff to better accommodate the lunch and dinner rush, and to serve visiting sports teams. The expansion prompted building owner Dan Agius to undertake a renovation of the rest of the Franklin Avenue building. Call Paparazzi at 604 485-7377.

Eddie Charlton has opened **PowTown CrossFit**, a 2,300 square foot gym, at 4504 Fernwood Avenue (Sunshine Storage). Eddie says the CrossFit program allows elite athletes and beginners to train with the same program in the same room. Follow the signs, or check out Powell River's newest gym on Facebook @powtowncrossfit for a schedule of classes, or call 604 999-3081.

The Reform Church's **Rev. David Zomer** moved in December to Kalamazoo, Michigan, where he is Senior Minister of Bethany Reformed Church. David was the Padre for the Powell River Legion, and the President of Powell River's Ministerial Association. **Rev. Mary White**, the United Church minister, has replaced Zomer as the new Padre at the Legion. Anglican minister **Rev. Faun Harriman**, is the new president of the Ministerial Association. Assumption Parish's Fr. Patrick Teeporten continues as the association's Vice Chair, and Living Water Foursquare's associate pastor Katie Alescio continues as secretary.

Powell River will soon have a new pizzeria at the Town Centre. **Carrie and Christian Olney** have taken

on a franchise of **Panago** and plan to open in early March. Christian started his career with Panago as a 16-year-old delivery driver and is now manager at the Campbell River Panago. "I've always wanted to own a Panago franchise. When the opportunity arose for Powell River we took a trip over to explore the town. It didn't take long and we fell in love with the community." Christian says that when head office reps visited Powell River, they liked the growth in town and felt it would be an ideal place for a Panago to be developed. It was also ideal for Carrie and Christian, who want to raise their eight-year-old daughter in a small town with strong community values. The 1,300 square feet operation will be strictly take-out and delivery, with no sit-down area. The franchise's online and phone ordering system will be welcomed, said Carrie, noting that Panago will offer lunch and dinner from 11-midnight Sunday through Thursday and be open even later, until 1 am, on Fridays and Saturday nights. PR

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**FEBRUARY 2 TO 4
WEEKEND**



The Campground: A Murder Mystery
Beauty & The Beast Jr.
Devon Hanley & Walter Martella
Horizon Business Awards
Pee wee Hockey Tourney
Coco at The Patricia

**FEBRUARY 9 TO 12
FAMILY DAY WEEKEND**



Powell River Film fest
Keva workshop
Family Day at the Rec Centre
Don Adler guitar concert & workshop
Plucked and Strung
ALS Fundraiser Bonspiel

**FEBRUARY 16 TO 18
WEEKEND**



Powell River Film Fest
Lunar New Year
Paper Doll Runway
Stephen Mohan Reads
Mixed Open Bonspiel
Heritage Week / Winterfest

**FEBRUARY 23 TO 25
WEEKEND**



Wedding Expo
Festival of Performing Arts
Coldest Night of the Year
It Takes a Village Benefit
Laszlo Dance Fundraiser
La Bohème
Vintage Sewing Machine Workshop

February has packed MUCH more into its 28 days. See Pages 26 to 35 for more.

Fall in love with leaving your wood stove & jammies

5 February Events

places to see Powell River's tall poppies bloom

**1. Horizon
Business Awards**

Well, you're too late to vote, but not too late to celebrate the best businesses in the region. On February 2 at Dwight Hall, the Chamber of Commerce hosts the annual awards. *PRL* is a media sponsor. Watch for full results in next month's magazine.

**2. Adventures in Film
Student Showcase**

Part of the Powell River Film Festival, a crew of local youth will spend February 16 to 18 immersed in viewing and producing films. Enjoy the fruit of their labours on February 18, 10am at The Patricia. By donation.

3. Plucked & Strung

This first-time, two-night festival at McKinneys will showcase impressive talent on guitar, mandolin, and more in a wide range of styles. On February 9 & 10, see Tyler Bartfai, Sam Hurrie, Bijoux de Byoux, Kevin Stanway and many more.

**4. Festival of
Performing Arts**

Slip in to the Evergreen Theatre almost anytime February 24 to March 8, and you'll see - for free - young local talent on piano, strings, speech arts, dance and more. Grand concert (not free, see Page 10) is on March 9.

5. Culture creators speak

Authors Stephen Mohan (*Onwards We Go*) and Carol M Cram (*Muse of Fire*) will both read from their newly-published works this month at the Library. Artists Theo Angell and Peg Campbell will speak about their installations at TAC.



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Plan your February

Big February Dates

Friday, February 2

Groundhog Day

Monday, February 12

Family Day Long Weekend

Tuesday, February 13

Shrove (pancake) Tuesday

5 pm pancake dinner and worship Powell River United Church

Wednesday, February 14

Valentines Day

See special dining events at The Boardwalk and The Shinglemill (Page 6).

Ash Wednesday

10 am service, Faith Lutheran Church

Friday, February 16

Lunar New Year

Year of the Dog. See story on Page 30.



Family Day Long Weekend - to February 12

The stat is the Monday, February 12. SD47 also takes a Pro D Day Friday the 9.

What to do with your family for the long weekend in February?

Friday, February 9

Keva Build-a-thon

Teams of all ages are invited to take part in the Library's Keva plank challenge! 10 am to 3 pm. Free, drop-in event.

Kids Club at the Rec Complex

9 to 3 pm, \$45

Kings vs. Merritt

7:15 pm, Hap Parker

Saturday, February 10

Kings vs. West Kelowna

7:15 pm, Hap Parker

Monday, February 12

Family Day at the Rec Complex

Free swim 1 to 4 pm; free skate 2 til 4 pm (including rentals); free gym 1 til 4. Snacks, live music & more!

Fish & Chips at the Boardwalk

Noon til 8 pm. See ad on Page 6.

Free game!

Kings vs. Alberni Valley

2 pm, Hap Parker

Launch: PRCYFSS new Web site

Check it out at www.familyfriendly-powellriver.ca and you could win a zodiac trip, See ad Page 3.

ALS Bonspiel

At the Powell River Curling Club • February 10

Third Annual Jim Betteridge ALS Fundraiser Bonspiel

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From tech to catering

K2K proves local abilities

BY TONY PAPA

Last summer, a bit of magic rolled into Powell River in the form of a film crew and actors with a plan to shoot the film *Kayak to Klemtu*.

It's a wonderful story about a 14-year-old First Nations girl called Ella (played by Ta'Kaiya Blaney of Tla'amin Nation), who makes it her mission to take the ashes of her late Kitasoo/Xai'Xais activist uncle (Dr. Evan Adams also of Tla'amin Nation) home to Klemtu and stand in his place at a community gathering against a proposed pipeline that would bring oil tankers through their beloved homeland waters.

My friend Evan suggested me to the producers and so I was contacted to help organize some logistics and further work on the film.

I put a call out to some of my former Powell River Digital Film School students and wound up getting four hired on the production in various positions. I also was hired as the DIT (Digital Image Technician) where I would download the footage as it was shot and prepare that footage digitally for the editor who was in Toronto.

I must say that the crew and the actors were a joy to work with on this film. It was a magical shoot because the temperament, professionalism and work ethic of all involved was wonderfully harmonic. This does not always happen this way in the movie industry.

Also, what doesn't happen regularly is the weather cooperating incredibly well, with beautiful clear calm



STAR POWER: Actor and Tla'amin Nation member Ta'Kaiya Blaney and Powell River Digital Film School founder Tony Papa during the filming of *Kayak to Klemtu*, which is screening twice at the PRFF.

days when needed and a bit of wind and rain exactly when needed as well.

The staff and management of the Lund Hotel, where most of the crew stayed were wonderful to work with, as were a few select people with boats. The food was great and my students were loved and appreciated.

It was not an easy shoot by any means what with all the water, long days, many locations and even a drone eventually landing at the bottom of the sea, but the crew and actors' spirits were always elevated and that is where the magic is free to happen. [PRF](#)

Local & live: DJ, band, poets, vittles & beer

Film Fest splurges on the sensory

GARY SHILLING | PRFF Executive Director

The Powell River Film Festival (PRFF) is set to light up the screen at the historic Patricia Theatre February 12 to 18. In its 17th year, the Festival is infamous for the diverse selection of world-class films meticulously programmed over the course of 13 screenings.

PRFF brings current, critically engaging cinema to this historic scene. The film program delivers the best of local Powell River filmmaking together with films from around the world, and British Columbia. One of last year's visiting directors, the acclaimed Nettie Wild, describes the experience as "the best example of cinema becoming the village well", and she thanked the community "for showing this city girl such a good time."

The film selection is the result of a collaborative effort by the programming committee – a small group of filmmakers & film viewers, who chose films based on merit and availability – while being mindful of inclusion, diversity, and indigenous concerns.

This year's guests and performers are as diverse as the film program. PRFF's opening film is the critically acclaimed *The Florida Project*, described by top critic John Beifuss as "Heir to the traditions of Huck Finn, the 'Our Gang' shorts and other tales of feral children". The party preceding the film features music by local band

17TH POWELL RIVER FILM FESTIVAL

What: A week of films, galas, events, a student film school and more.

When: February 12 to 18

Where: Mostly at The Patricia Theatre

Learn more: www.prffilmfestival.ca or see Page 35.

SoSiDo. Randy Murray (of Bachman-Turner Overdrive fame) describes them as "a stylistically eclectic band in the polka/zydeco/skiffle vein."

Shut Up and Say Something is Melanie Wood's touching documentary of acclaimed international spoken word artist Shane Koyczan, who awed the world with his breathtaking opening ceremony performance at the 2010 Winter Olympics. Melanie will be in attendance, with The Powell River Public Library organizing a live Poetry Slam with local poets before the screening.

A special late-night treat is the screening of *Amplify Her*, co-directed by Ian MacKenzie and Nicole Sorochan. Nicole will be in attendance at the film screening. *Amplify Her* asks the deep question "What does feminine expression look like, if women feel free and safe to express themselves?" In the course of answering that query, the film profiles three electronic dance music artists battling demons from their painful pasts to emerge

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as beacons in the global festival scene. An after-party follows the film with local creative beacon, Autumn Skye Morrison performing as DJ Skyelight.

The closing party is a celebration of local talents. *Kayak to Klemtu*, by indigenous director Zoe Hopkins, was pro-

duced, in part, in Powell River. In addition to starring Tla'amin Nation talents Ta'Kaiya Blaney & Evan Adams, the production of the film engaged Powell River crews and students. Ta'Kaiya describes her personal mission – "I will dedicate myself to saving what is near my heart, and the heart of my culture, by transforming words into actions and actions to results."

PRFF is honoured to have her perform her music with her long-time accompanying guitarist Aaron Ross before the film. The Tla'amin Convenience Store's Sli City Grill will cater the reception.

PRFF promises to engage, entertain, and challenge viewers. This February, make Powell River your winter destination on the Sunshine Coast.

Stay at the lovely reimagined Old Courthouse Inn, savour the culinary delights of the fine restaurants in town, and take flight with the fine selection of local craft beer at the Townsite Brewery.

There's so much more to discover at PRFF. For film details, trailers, and tickets, visit prfilmfestival.ca. See you at the movies! 



OLYMPIC EFFORT: Shayne Koyczan, the spoken word poet made internationally famous at the 2010 Olympics, tries to reconcile with his father in *Shut Up and Say Something*, showing at the PRFF with the filmmaker in attendance.

Film

February 2 – 9

Coco

The Patricia. 7 pm Nightly in 3D, 1:30 pm Weekend Matinees in 2D

Friday, February 9

Army of Darkness

9:30 pm, The Patricia. Presented by Schreuers Cinema.

February 12 to 18

Powell River Film Fest

See story on Page 23. All films at The Patricia.

Monday, February 12

6:00 pm Video Installation PRFF

(at the art centre above the Library)

Opening reception PRFF

Tuesday, February 13

7 pm Reception PRFF

8 pm *The Florida Project* PRFF

Wednesday, February 14

1 pm *Django* PRFF

7 pm *The Divine Order* PRFF

7 pm *Chocolat*, PR United Church

Thursday, February 15

1 pm *Faces Places* PRFF

(Short: *No Rest for the Restless*)

7 pm *For Dear Life* PRFF

Friday, February 16

1 pm *Meditation Park* PRFF

7 pm *Shut Up and Say Something* PRFF
(Short: *The Apprenticeship of Raffael Cocco*)

9:30 pm *Amplify Her* PRFF

Saturday, February 17

1 pm *Meet Beau Dick: The Maker of Monsters* PRFF

3 pm *cesna?em: the city before the city* PRFF (Short: *Yucwumintem re Tmics re Esk'etemc*)

6 pm. Reception PRFF

7 pm *Kayak to Klemtu* PRFF

(Short: *Their Land: Last of the Caribou Herd*)

Saturday, February 17

9:30 pm *Lucky* PRFF

Sunday, February 18

10 am Adventures in Film student showcase PRFF

1 pm *Kayak to Klemtu* PRFF

(Short: *Their Land: Last of the Caribou Herd*)

Coming Soon to The Patricia in no particular order are:

Darkest Hour

Lady Bird

The Post

Peter Rabbit

Paddington 2

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Vintage Sewing Machine Gathering

Gentlemen, start your treadles

BY KEVIN WILSON

Lovers of classic cars get together for “Show and Shine”. Lovers of old sewing machines get together for... perhaps a “Show and Sew”?

On Sunday, February 25, vintage sewing machine (“VSM”) aficionados will gather at Fibre Space (at Oceanview Education Centre) from 10 till 4 to learn about and enjoy these classic machines. Anyone with an



interest in VSMs is welcome, with or without a machine.

At our first local VSM Gathering people will bring a variety of machines to look at and play with. We'll learn how to treadle (it's a knack, like riding a bike), to use the strange and wonderful accessories, to maintain our machines, and much more!

Built to last a lifetime, these older all-metal machines range from tiny portables like the 12-lb Singer Featherweight to 40-lb “tanks” in furniture-grade cabinets.

Some were built to be people-powered by a hand crank or a foot treadle. They are still popular with off-grid lovers and folks who like the quietness of a non-motorized machine, or the very fine control over stitch positioning. We assume these are the old black straight-stitch machines, but surprisingly, some machines of the 50's and 60's were built with the capacity to be “treadled” - imagine a fancy blue or red machine that does zigzag and decorative stitches, powered by your feet!

The big differences between vintage machines and modern ones are that they were built strong, to last a long time (and there are machines from the 1800's still working today!) and they were built to be maintained by their users.

That means that even a sad, dirty, immovable vintage machine can often be rescued and brought back to working order again. [PR](#)

Heritage Week February 19 – 25

More than just buildings: landscapes, stories & objects hold our heritage

BY ANN NELSON

So often, when we think and speak about heritage appreciation and preservation, what immediately springs to mind is the impassioned race to save our built heritage: the significant buildings, the sites, even the trees and landscapes that have escaped development and are iconic in our understanding of our history.

It's sometimes difficult to remember that our “heritage” is literally a mosaic or tapestry of built structures and natural features, and stories or recollections and traditions. How much more difficult to preserve those stories, particularly if they don't belong to a culture that has, historically, practiced a tradition of oral history to ensure that future generations are completely grounded in the creation stories of their people and of the events that shaped their destinies over the past millennia.

We are fortunate, here on the coast of BC, in still having access to the stories and the built heritage of our First Nations neighbours who graciously share both their physical resources with us all, but the opportunity

to learn from their stories: whether spoken, carved, or painted.

What was valued by the early colonisers as just novelties to be traded or displayed as exotic trophies from faraway lands, were literal history “books” of the cultures they were encountering, and we should probably be grateful that they've at least survived in collections around the world so that their stories can still be recalled and shared.

This year, in particular, we have the opportunity to access more of these stories and images than ever before through the Powell River Film Festival's programming the week before Heritage Week: *Meet Beau Dick: The Maker of Monsters*; *cesna?em: the city before the city*; *Kayak to Klemtu*.

This is how we can learn how to remember and communicate the stories of our heritage: by learning from our neighbours how they've preserved their unique cultural experience so that their heritage is interwoven into their future and truly stands the test of time. [PR](#)



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Music, arts, performance

Weekend February 1 & 2

The Campground: A murder Mystery

Max Cameron Theatre, 7:30pm. Adults \$24 | Student \$12. See maxcamerontheatre.ca.

Weekend February 1 to 4

Beauty and the Beast Jr.

By Musical Theatre Kids. Evergreen Theatre. Feb 1 to 3, 7pm; Feb 4, 1pm. \$15 adult and \$10 12 and under. Tickets at the door and Anderson's Men's Wear.

Friday, February 2

Chase Away the Winter Blues!

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

Punk Show

8pm, McKinneys

Friday, February 9

Don Alder in Concert

Cran Hall, 7:30pm.

Saturday, February 10

Don Alder Guitar Workshop

Cran Hall. 12:30pm

Vic City Soldiers

McKinneys. \$5 advance, \$10 at door.

Weekend, February 9 & 10

Plucked and Strung Music Festival

A celebration of stringed musical instruments. Showcasing a range of styles.

Monday, February 12

Art opening: DisEmBodied

6pm, TAC. On the Nose, Peg Campbell. The Well, Theo Angell. Showing Tuesday - Friday, 12pm - 4pm.



ON THE NOSE: The Arts Centre - Powell River's new public art space - is open above the Library February 12 to 17 for DisEmBodied, an instillation exhibit. Peg Campbell's On the Nose promises "all the senses are engaged while viewing a wall of moving noses." Theo Angell's The Well offers "a looping half hour video installation, where the audience is invited to let the images form fleeting narratives." See the calendar for details.

Weekend, February 16 & 17

Paul Black Band

McKinneys. \$10 cover. Rock & Blues.

Friday, February 16

Meet the Author: Stephen Mohan

Local memoirist wrote Onwards We Go. Shares his own story of survival and loss in the face of childhood cancer. 7pm, PRPL.

Saturday, February 17

Put your feet in the beat: A 5Rhythms Movement Workshop

11 - 5, Lang Bay Hall. \$85. www.julieplotkin.com

Paper Doll Runway

10 to 12, Fiberspace. ecouturefashionshow@gmail.com Hosted by the eCouture Wearable Art Fashion Show team. 6+.

TAC Artist Talks

11 am. With Theo Angell and Peg Campbell.

Tuesday, February 20

E-Couture submissions info session

10 til 4, Fiberspace. Missed this one? There's another on March 6. The show is April 21. Find out more at ecouturefashionshow.com.

Friday, February 23

Laszlo Dance Fundraiser

7pm, Evergreen Theatre. \$20 per ticket. All proceeds go towards student registration fees for dance competitions.

The Georgia Fats

9pm, McKinneys. \$15.

Expose Yourself Exhibition call for artists deadline

Expose Yourself seeks artist contributions for the 2018 event held March 23 - April 08 at the new Powell River Art Council's gallery, TAC. 2018 theme: 'Resist/Submit' Details on how to submit can also be found at EYexhibition.com.

Saturday, February 24

La Boheme

Live at the Met. 10am, Max Cameron. maxcamerontheatre.ca

West Coast Audio Files

McKinneys, 9pm. \$10 cover. DJs and art.

It Takes a Village benefit with Scout Mountain

Door 5:30pm, ARC. Concert and dinner catered by The Convenient Chef. Silent Auction. Benefit to end family poverty; all monies donated to the local United Way. \$35. See story on Page 29.

February 24 to March 9

Powell River Festival of Performing Arts

See story on Page 28.

Piano (Feb 24)

Master Class (Feb 25)

Instrumental & Band (Feb 26 & 27)

Vocal & Choral (Feb 28 to March 2)

Master Class (March 3)

Strings (March 4)

Speech Arts (March 5 & 6)

Dance (March 7 & 8)

Master Class (March 8)

Grand Concert (March 9)

Sunday, February 25

The Muse of Fire reading

2pm. The Library. Award-winning author Carol M. Cram will appear for a lively and entertaining hour-long presentation of her latest book, The Muse of Fire, which completes her trilogy of works about women in the arts. Admission is free.

Paper Doll Runway

February 17



Hosted by the eCouture Wearable Art Fashion Show team, the Paper Doll Runway workshop is for ages 7+. This first-time event is happening February 17, 10 to 12 at Fiberspace, Oceanview Education Center. Big kids are welcome too!

The workshop is free but donations to Fiberspace would be gratefully received. Pre-registration is required at ecouturefashionshow@gmail.com

Participants will make and dress paper dolls, hopefully provoking thought about fashion choices as consumers.

To the left, you'll see three dolls ready

for the runway! Miss Fast Fashion on the left, dressed in Marc Jacobs, J Crew and carrying her Fendi purse. In the middle is Miss Slow Fashion. Her top is cotton, eco-dyed with local plants and stitched with handspun indigo dyed silk thread. Her pants, or trousers, are raw silk.

Learn more about the eCouture Wearable Art Fashion Show (which is coming up April 21 at Dwight Hall) at www.ecouturefashionshow.com.

On February 20, consider attending the info session for submissions to this year's fashion show. **PR**

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With this issue, *Powell River Living* marks 12 years of showcasing the best of Powell River.

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The fact we're still here proves that readers make buying decisions based on what they see in these pages. If they didn't, businesses would not advertise here, and we would have gone out of business long ago.

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Thinking of hosting a large conference or meeting in Powell River? City staff are happy to help you coordinate accommodation, catering, transportation and more.

Contact the Facilities Booking Clerk
at (604) 485-2891

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Find us on Facebook at [PowellRiverRec.Complex](https://www.facebook.com/PowellRiverRec.Complex)



Powell River Festival of Performing Arts

February 24-March 9

BY JOYCE CARLSON

Practices are taking place in homes and music studios throughout the region in preparation for the 2018 Powell River Festival of the Performing Arts.

Participants from Kindergarten through retirement have selected their pieces and are working with their teachers to polish them in time for their performances, which begin on Saturday, February 24. Six disciplines form the festival: piano, strings, vocal, speech arts, dance, as well as band and instrumental. The full schedule of times and venues can be found at events.solarislive.com/PRFestival.

Sessions are held at James Hall in the Powell River

Academy of Music, Max Cameron Theatre in Brooks Secondary School and Evergreen Theatre in the Recreation Complex. They are open to the public and free of charge.

Selected performances are recommended by adjudicators and the festival committee for the Grand Concert. It takes place on March 9, beginning at 7 pm, in Evergreen Theatre. Tickets are \$15 and \$10 for seniors and children under 16.

This will be the 74th time the festival has taken place, making it the oldest in Powell River. For the past 15 years it has been organized by the Rotary Club of Powell River with assistance from community volunteers interested in the performing arts. [PRL](#)

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Learn, Give and Celebrate

Saturday, February 3

Horizon Business Awards
Dwight Hall

Monday, February 5

Facebook Business Pages 201
6:45 pm, St. David St. Paul Anglican Church. Advertising, insights and more.

Thursday, February 15

Advance Care Planning for quality end-of-life
1 to 3 pm, First Credit Union room, Texada Island. Free, but RSVP required. powellriverhospice@gmail.com or 604-223-7309.

February 19 to 24
Heritage Week

February 22 to 24

Winterfest
Three days of events including a breakfast, heritage tours, Toastmasters contest, comicbook show, markets and wrestling. See Facebook for more.

Thursday, February 22

Interested in four-wheeling?
If so, please join us at 7 pm in the library at Brooks Secondary School to find out about forming an official four-wheel drive club. For more info visit weekendwheeling.com or call George at 604 483-1855.

Thursday, February 22

Advance Care Planning for quality end-of-life
1 to 3 pm, ARC Community Centre. Free, but RSVP required. powellriverhospice@gmail.com or 604-223-7309.

Weekend, February 23 - 24

Book making with Stuart Isto
Make your own bound book. Register at the Library.

Saturday, February 24

Holistic Business Workshop
By Women in Business. www.prwomeninbusiness.com. See ad on Page 12.

Coldest Night of the Year
5 pm opening ceremonies See Page 30.

It Takes a Village benefit with Scout Mountain
Door 5:30 pm, ARC. See story, right.

Sunday, February 25

Vintage Sewing Machine gathering
10 am, Oceanview. See story page 25.

Wedding Expo
11 am to 4 pm, Town Centre Hotel. See story Page 6.

Wednesday, March 7

Introduction to the Self-Employment Program
By Community Futures. See ad on Page 19.

It Takes A Village benefit

BY BILL SMITH

I arrived in Powell River from my home in Nova Scotia in the early nineteen seventies, "Go West Young Man" was a familiar mantra on the job hungry east coast.

I remember to this day walking through the town, the beauty of the setting, it was blue water, blue sky, and money every where. Big pickup trucks roared past well kept houses and in nearly every yard there were signs of the good life, a pleasure boat, a camper, and big boy toys of all kinds. The rumour I often heard in those days said that Powell River had the highest income average in Canada –true or not the fact was clear to see, living was good here.

I landed a job from the very first construction site I walked by, good fortune held and the town and I carried on for many years. Times changed and you will still see the evidence of mill wages, logging and fishing boom days, but now for many it's just a dream.

Almost one in four kids in Powell River now live in poverty, 36 per cent are considered vulnerable, and food insecurity impacts at least 20 per cent of our children.

Scout Mountain is a local bluegrass

band and last year we held our first event, 'Pickers Against Poverty' at Magpie's Diner. This year we have been joined by 'The Pavement Pounders Running Club' and with the support of Inclusion Powell River we want to raise more money to support children and their families in our local area.

It Takes A Village is an evening for new and old friends to come together with music, food, door prizes, a wonderful silent auction and more. Our last event raised over \$1,100, and we hope to do much better this year. Proceeds will all be directed through United Way Powell River, helping those in need in our local area.

Please join us on the evening of February 24th, doors open at 5:30 pm, a banquet style dinner catered by The Convenient Chef will be served at 6 pm, with music starting at 7 pm. All of this will take place in the newly renovated ARC Community Event Centre at 7055 Alberni Street.

Tickets are \$35, and are available at Inclusion Powell Rivers office and at the ARC Hall, at Rockit Music, Base Camp, 32 Lakes, and through members of The Pavement Pounders Running Club and Scout Mountain. [RL](#)



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Sports & Fitness

Friday, February 2

Kings vs. Alberni Valley
7:15 pm, Hap Parker

Saturday, February 3

Kings vs. Alberni Valley
5 pm, Hap Parker

Weekend, February 2, 3, 4

Pee Wee Tournament
At the Recreation Complex

Tuesday, February 6

United Way Free Family Swim
2 til 4 pm, Rec Complex.

Wednesday, February 7

Swim with the Kings
7 to 8 pm, Rec Complex. See if you can beat the Kings at different water games. Box hockey and shoot the puck will be out too! (regular admission). Enter the free draw to win King's tickets.

Friday, February 9

Kings vs. Merritt
7:15 pm, Hap Parker

Saturday, February 10

Third Annual Jim Betteridge ALS Fundraiser Bonspiel
Curling Club. First draw 9 am.

Kings vs. West Kelowna
7:15 pm, Hap Parker

February 12: Family Day

Free! Kings vs. Alberni Valley
2 pm, Hap Parker

Wednesday, February 14

Featured Free Fitness: Lunch Hr. Circuit Express with Natalie
12:15 to 12:45 pm, Rec Complex.

Thursday, February 15

Wags, Words & Water
10 to 11:30 am, Rec Complex. Learn about St. John Ambulance Therapy Dogs! Story time with the dogs and then head into the pool to practice your doggie paddle! (Regular admission.)

Friday, February 16

Kings vs. Vernon
7:15 pm, Hap Parker

Weekend, February 16 to 18

Mixed Open Bonspiel
Curling Club.

Sunday, February 18

Kings vs. Chilliwack
1:30 pm, Hap Parker
Somatics Yoga
7 to 8 pm, Rec Complex. \$38/4 sessions.
Darts Turkey Shoot
At the Legion.

Tuesday, February 20

Featured Free Fitness: Step It Up with Donna
10:20-11:20 pm, Rec Complex.

Lunar New Year: Year of the Dog

BY KIRK SOMERS

It was January 29, 2006. My wife and I were enjoying a day at the Chinese New Year parade in Chinatown, Vancouver. When we were living in Vancouver, we tried to go every year.

We loved the food (particularly the dumplings, our favorite), the vibrant reds and golds of the lanterns and the flags, and the bright costumes of dragons, bears, and other fantastical creatures dancing and flying about in the parade. The people, in the parade or crowding and craning their necks to see on the sidewalk, were all having a great time.

That year it was the year of the dog. I am a rat to my wife's dragon, two very compatible signs, or so I am told, by my mother in law who is very keen on astrology! Though I have to admit, I have found that there are aspects of it that ring true.

DOG TRAITS:

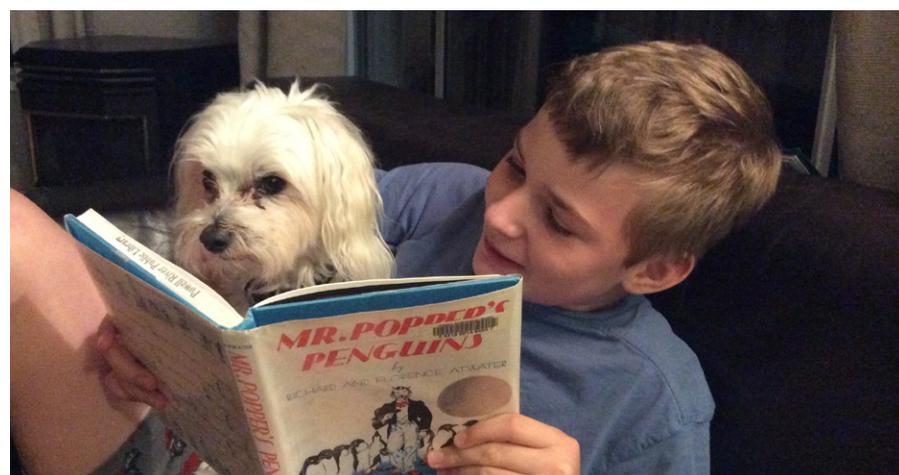
Strengths: Faithful, courageous, smart, warm hearted

Weaknesses: Impatient, anxious, irritable, emotionally distant.

But that year the parade was a little different for us. My wife was nine months pregnant.

We stayed and watched the whole thing, enjoying it all. But this is Vancouver, new year or not, and so it was also cold, raining, and at the end, plenty of walking back to our place downtown, some blocks away. The long day was a bit hard on my wife and sure enough later that night, she went into labour.

Off we hurried to Children's Hospital on Oak St. A couple of days later, on February 2, our beautiful little boy was born. After much discussion those previous weeks, we had decided on Tristan



ARE YOU TURNING 12, 24, 36, 48, 60, 72, 84, OR 96 THIS YEAR?: Then you are a Dog, like Tristan Somers is. The preteen was born in 2006, just after Vancouver's annual Chinese New Year parade.

for his name, after one of King Arthur's knights. According to the Chinese Zodiac, a child born in the year of the dog is generally smart, loyal and loving to family and animals. My son to a 'T'. Now here we are in 2018, again in the year of

the dog and our son is soon to turn 12. So much has happened since then! This year Chinese New Year falls on February 16. We will celebrate again with our family and look forward to a year of promise and renewal! [P.L.](#)

Coldest Night is a super-fun, family-friendly fundraiser raising money for hungry, homeless and hurting people across Canada.

On February 24, in 121 communities, Canadians will walk together, raising awareness nationally, and raising money for services in their own communities.

In Powell River, money raised supports the work of the local Salvation Army, which includes providing meals, affordable housing, a community outreach van, and much more.

Raise awareness
Raise money
Get a toque

Come walk with us!

0-10: Free

11-17: Pay \$25 or raise minimum of \$75

Adult: Pay \$25 or raise minimum of \$150
The toque is for anyone who pays the fee or raises the minimum

* Registration Fee increases to \$40 effective Monday, February 19.

Walk
2, 5, or 10
kilometres
You choose!

On **Saturday, February 24**, meet at the Salvation Army at 4500 Joyce Ave.

4 pm • Registration opens
5 pm • Opening Ceremonies
5:15 pm • Walk begins
6 pm • Registration closes
8 pm • Route closes

Between 6 and 8 pm a warm, light meal will be served to all walkers and volunteers.



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or 604-414-4102
cnoy.org/powellriver

coldest*night
OF THE YEAR . ORG



Coldest night of the year

If you've ever been hungry, homeless or hurting, you may have received help from the Salvation Army at one time or another.

"We're here to help the three H's," says Kerrin Fraser, the Salvation Army's Community Ministries coordinator.

The Salvation Army is known for helping others. Slogans include Soup, Soap and Salvation; The Army of the Helping Hand and Where There's a Need, There's the Salvation Army.

But to help those who need help, the Salvation Army needs your help. They need money to continue the work they do. They need you to participate in The Coldest Night of the Year Walk on Saturday, February 24 or sponsor someone who does to raise funds.

"This is the second year we've done the walk," says Kerrin noting that there are three different options for distance: a two-kilometre, a five-kilometre and a 10-kilometre. All walks originate at the Salvation Army headquarters on Joyce Avenue with registration beginning at 4 pm and the walk at 5:15 pm.

Businesses, families, friends, and neighbours are all invited to put together teams or sponsor walkers. Teams consist



of eight walkers and a captain.

Some businesses, like First Credit Union, have a team of walkers (who fundraise individually) and are also sponsors of the walk, said Kerrin.

"Volunteers are needed to help with registration, be route guides and to serve chili, coffee and hot chocolate to walkers," she added.

The Salvation Army's Coldest Night of the Year Walk is part of a national walk that's been taking place for 12 years. With donations down from the kettle campaign, the Salvation Army is asking for help. "Those who live on the street here in Powell River and need food come to us for hampers or emergency assistance," explains Kerrin. "And we don't want to turn anyone away but sometimes we have to."

This year's goal is \$25,000. Register at cnoy@salvationarmypr.ca or call Kerrin at 604 414-4102 or 604 485-6067.



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Join us for a **free brainstorming and info session** Tuesday, March 6th. Drop in anytime **5:30-7:30 pm** at Relish Interiors. It will be a chance for vendors to get help with creative ideas for their booths, ask any questions you may have about the show and meet some of the other vendors in a casual atmosphere.

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Festivals pull-out section

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It's darkest just before the dawn

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

It was a cold, dark December 21st the winter I drove a school bus. As I backed the bus into its stall the last flicker of day light vanished from the sky.

Winter break was about to begin and I knew I would not be back again until January. "The next time I am here", I thought, as I shivered in the cold, "the light will be returning."

When the light leaves, in the winter, it can be very discouraging. We get stuck in the darkness and forget to notice that each day small gains of light are being made. The Ten of Swords is also dark. After all, what could be darker than having ten swords stuck in your back.

The Ten of Swords, like other cards in the deck, represents many things, but what stands out the most for me is how bleak this card first appears. A man, face down, on the ground, ten swords in his back and a sky with barely a glimpse of light.

But, is it really that bad? The man on the card is draped in a red cloth. Despite having ten swords sticking out of his back there is no blood.

The sky might be dark, but if you look carefully you will see traces of dawn.



Our character, while he might be pinned down by swords, is not dead. His situation, like our winter darkness is not permanent. He has fallen as far as he can and has finally reached his turning point.

As I think about this card my mind is overrun with metaphors.

"It is always darkest before dawn", "the last shoe has dropped", "there is nowhere to go but up", "things will look better in the morning"...all of these seem so obvious to the observer, but how many times have we become so caught up in our own darkness that we fail to recognize a light at the end of the tunnel?

The Ten of Swords reminds us to pick ourselves up.

This is not the time to play the victim. The situation, however bad, has ended and a new beginning is in sight; if we look for it. It's time to take stock of the positive lessons learned, or maybe, actually embrace the darkness - just a bit. Take the time to rest and rejuvenate.

At the risk of using another metaphor, can we have light without darkness? Would we even recognize it?

Next month I have a special treat - a real live reading about a real live Powell River person. 

Ten of Swords

- BLEAKNESS**
- DISCOURAGEMENT**
- DARKNESS**
- TURNING POINT**
- NEW BEGINNINGS**

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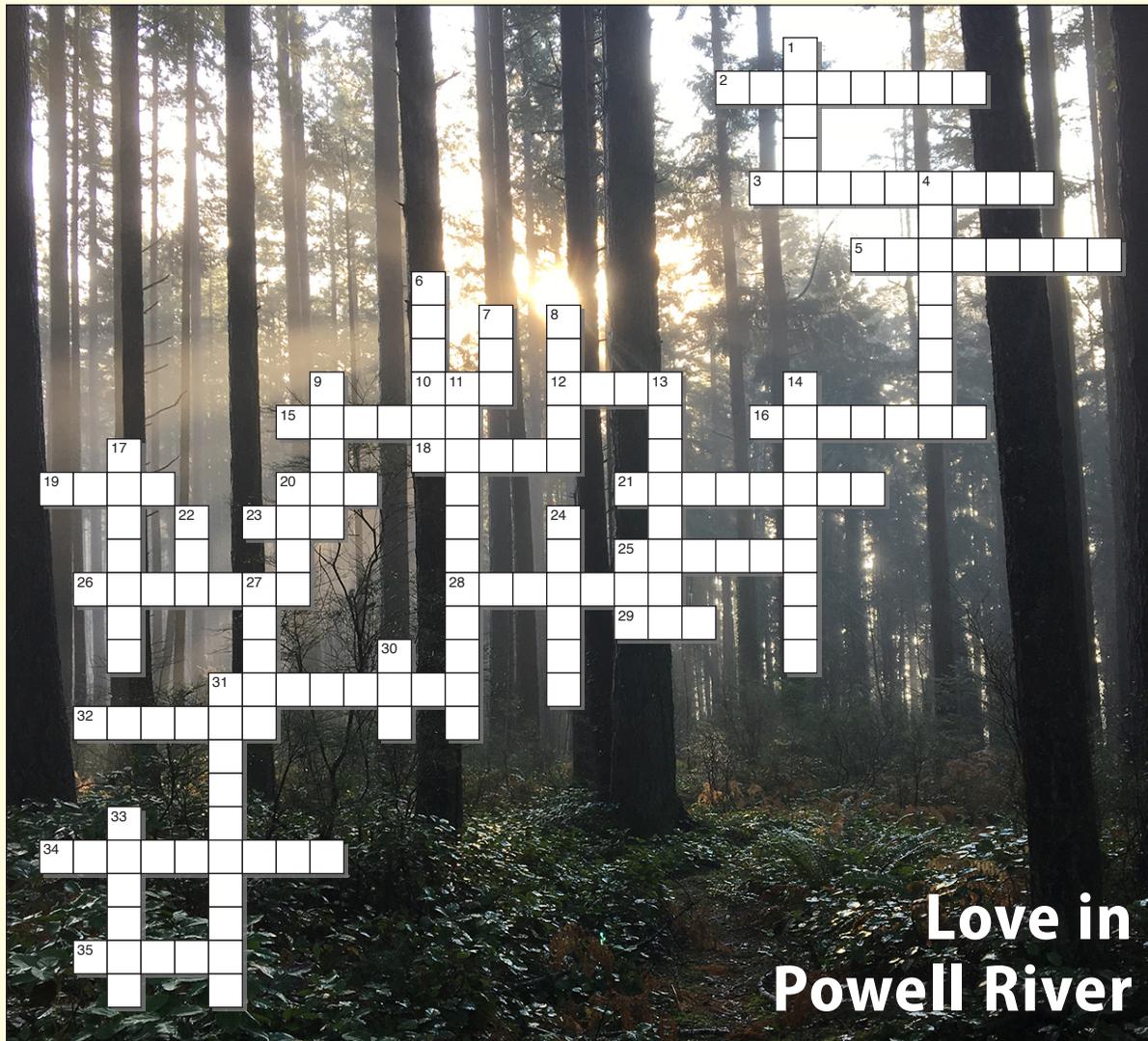


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Love in Powell River

Across

- 2) ___ Oyster Restaurant
- 3) Planned meeting evening (2 words)
- 5) Princess or theatre
- 10) Go-to date-wear acronym
- 12) Smokin' on Cloud
- 15) Always time for this, says RCC
- 16) Gangster-inspired wine seller
- 18) Fitness pro offers quick start deal
- 19) Optometrist lover's fave feature
- 20) Coastal Life minister
- 21) To love others, you must first love
- 23) Love your car, change this
- 25) Because blue light is scattered
- 26) Gangster-inspired wine seller
- 28) Oyster growing place
- 29) What Feb 25 expo-goers plan to do
- 31) Sex wing maker offers deluxe
- 32) Cat Lover Jo Ann
- 34) You eat at, Drifters go under
- 35) Little ___ book

Down

- 1) Swingers swing, PowTowners ___
- 4) Lingerie and other secrets shop
- 6) Sweaters, or honey-makers dust
- 7) Angry cocoa
- 8) Half of the undies fit to a T
- 9) Bridal suite in the TC ___
- 11) Hot tub maker or seaside picker
- 13) Photo time, or Sara's studio
- 14) Mountain or love holiday
- 17) Pretty, but for the fish tail
- 20) Never part without one
- 22) McLeod recommends a game for
- 24) Simply tanned colour
- 25) Kevin loves to do with old machines
- 27) Shinglemill says celebrate this or late
- 30) Bride's dress, groom's ___
- 31) Marine/Alberni gift store
- 33) ___friendlypowellriver.ca

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Solution for last month's puzzle: Get fit in Powell River

Last Word
with

ROSEMARY HAWKINS



The Kiss

Many years ago, in the year 1950, a young girl living in Vancouver and working for the BC Telephone company, had a young man call on her. They were both shy, but the old car she's just purchased served as an ice-breaker.

She had lived on her own in the big city for five years, so was aware of the darker side of the city. By contrast, she was very impressed with this kind, honest, and truly pleasant young man.

They fell in love and met every day. Money was scarce so entertainment included parks, beaches, and sometimes people-watching in the downtown area, with the old car windows rolled up and the doors locked.

On Valentine's day in 1951, he gave her a beautiful ring. She was so excited that on her time off from work she ran home to show her landlady and ran back to work to show the girls at the office.

When they married they made an important pact: never part without a kiss.

They settled in Powell River in 1953, and kept their pact. At times, over the years, he'd laugh and say, "But I'm just going to the garden!"

"You never know what's ahead," she'd reply.

One day, after they'd had a lovely day together, the

man, now an old man, said, "I'm going to cut the grass before it rains."

After they parted with a kiss, the woman, now an old woman, felt tired so decided to have a cat nap. When she woke up she saw her daughter, grand daughter, and her little great grand daughter walking toward the house, so she went outside to greet them.

As they came into the driveway the old woman's daughter screamed, "Call an ambulance! Dad has collapsed!"

Soon there was much noise and confusion—a fire truck, ambulance, and more family arriving. The woman's husband's heart had stopped three times before he was transported by airplane to St. Paul's Hospital in Vancouver. The doctors were able to save him and he enjoyed his life for another 12 years. His family—62 years of marriage, five children, 14 grandchildren, 23 great grandchildren, and 23 in-laws—were his life, and he loved them all so very much.

Today, at the age of 87, the woman tells people, as gently as she can, that it is important to treasure your loved ones. Give each a kiss because someday all you will have of them is a special, treasured memory.

PRFF POWELL RIVER FILM FESTIVAL

FEBRUARY 12 – 18



MONDAY FEB 12 – 6 PM ART OPENING

DisEmBodied

FREE

PRFF opens with a film installation at **The Art Centre**, above the Library. With Peg Campbell & Theo Angell. Runs Tuesday to Friday, 12 pm to 4pm.



FRIDAY FEB 16 – 7 PM

Shut Up and Say Something

\$10/\$12

Acclaimed spoken word artist Shane Koyczan is on an emotional road trip. LIVE Poetry Slam before the film. Director Q&A follows.

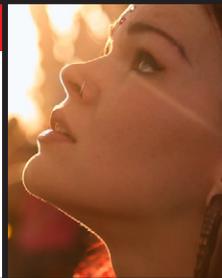


TUESDAY FEB 13 – 7 PM RECEPTION

Opening Party Florida Project

\$15

One of the top films of 2017, about living on the edge of the happiest place on earth. LIVE SoSiDo. Catering by Save-On Foods. Cash Bar.



FRIDAY FEB 16 – 9:30 PM

Amplify Her

\$10/\$12

Follow rising DJ stars as they come-of-age in the emerging cultural renaissance of the feminine. LIVE DJ Skyelight follows the film. Cash bar.



WEDNESDAY FEB 14 – 1 PM

Django

\$8/\$10

The "hot jazz" pioneer, a Belgian-born Romanian, was only spared because the Nazis thought they could tell him what to play.



SATURDAY FEB 17 – 1 PM

Meet Beau Dick: Maker of Monsters

\$8/\$10

An intimate look into the life of one of Canada's greatest artists. As an activist he challenged the Canadian government using Kwakwaka'wakw law.



WEDNESDAY FEB 14 – 7 PM

The Divine Order

\$10/\$12

A delightful film that follows the political awakening of a traditional housewife fighting for the right to vote in the 1970s in Switzerland.



SATURDAY FEB 17 – 3 PM

cəsna?əm: the city before the city

\$8/\$10

Stories of the Musqueam first nation come forward when a condo development is planned for an ancient village site dating back 5000 years.



THURSDAY FEB 15 – 7 PM

Faces Places

\$8/\$10

The internationally acclaimed Angas Varda is 89 years old, proving that great art doesn't stop as we age. She magically collaborates with muralist photographer JR.



SATURDAY FEB 17 – 6 PM RECEPTION

Closing Party Kayak to Klemtu

\$18

An adventure that speaks to our heart and minds about the importance of protecting our lands. LIVE Ta'Kaiya Blaney sings. Sli City Grill caters. Director Q&A.



THURSDAY FEB 15 – 7 PM

For Dear Life

FREE

When James Pollard is given a terminal cancer diagnosis, he sets about orchestrating his own death in a uniquely theatrical way. Panel with director after.



SATURDAY FEB 17 – 9:30 PM

Lucky

\$10/\$12

90 year-old Lucky (Harry Dean Stanton) has out-smoked and out lived his contemporaries. Between smokes he does yoga and philosophizes.



FRIDAY FEB 16 – 1 PM

Meditation Park

\$8/\$10

Vancouver writer/director, the acclaimed Mina Shum, unravels the complex layers of the immigrant experience in an emotional and humorous film.



SUNDAY FEB 18 – 10 AM

Youth Perspectives

DONATION

Teen spirit is strong with this group. Come out and support our Film Camp students and Film contest winners with your laughter, applause, and cheers.



SUNDAY FEB 18 – 1 PM

Kayak to Klemtu

\$8/\$10

A delightful family adventure that speaks to our heart and minds about the importance of protecting our lands. Director Q&A follows film.

Tickets & trailers online at prfilmfestival.ca — All screenings at The Patricia Theatre, except Monday at The Art Centre above the Library
Tickets also on sale at our kiosk across from Coles, Thurs–Sat 12–4pm until Feb 10. Patricia boxoffice opens 30 minutes prior to shows.

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