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March 30, midnight

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Nominate an
outstanding woman

For the 2019 Awards, there are four categories:

- Outstanding Business Owner of the Year
- Outstanding Employee of the Year
- Outstanding Home-Based Business of the Year
- Outstanding Volunteer of the Year

Note: Nominators do not have to be a member of Powell River Women in Business, nor do nominees.

To nominate someone and download a form, visit our website at prwomeninbusiness.com. Completed nomination forms can be emailed to info@prwomeninbusiness.com. Nomination forms can also be picked up at: The Nutcracker Market at 201-4741 Marine Avenue; Powell River Living magazine at 7053E Glacier Street.

Awards Dinner

We had a record number of nominees last year! We look forward to celebrating the accomplishments of the amazing and awesome women in our community again this year. Tickets for the awards dinner available April 15 at the Nutcracker Market.

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In just three hours

What • Powell River's first annual **Quick Writing Contest**. AKA 'The Quickie.'

When • March 9, 1 til 4pm.

Where • At the Library - or anywhere your laptop goes.

Who • Categories for teens and adults.

What's being written • 200- and 1,000-word fiction and non-fiction stories. The theme will be announced at 1pm, March 9.

Hosted by • The Powell River Public Library and *Powell River Living* magazine.

Exercise your brain!

Win prizes!

Enjoy fame!

For more information, email Mark at mmerlino@prpl.ca.
Winning entries will be published in the June 2019 issue of PRL.

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Common Merganser

I love photographing these birds! They have a threefoot wingspan. These ones are females. The males have a dark green head and are white with dark wings. They winter on ice-free waters. Mergansers will dive in clear water for fish,

vertebrates and invertebrates and can swim down to a depth of 35 meters or 100 feet. They nest in tree cavities or on cliff sides. They also practice parasitism, which means that multiple females will lay eggs into one cavity. This can end up with 20 or more babies in one nest!

~ Rod Innes

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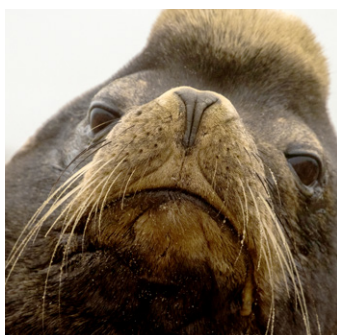


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ON THE COVER

Big boy California sea lion at First Beach in January.

Photo by Michelle Pennell

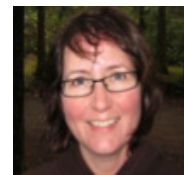


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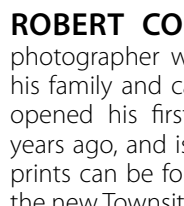


DREW BLANEY was born and raised in Tla'amin to parents Darin and Gail Blaney. Drew has always been active in his culture since he was a young baby, and has grown with it his entire life. Recently, Drew was hired to be Tla'amin's Culture & Heritage Manager, a job he had worked towards his entire life. Emote!

JOYCE CARLSON, a Powell River native, is a retired journalist and publisher. Her first "newspaper" job was editor of her Grade 7 class newspaper - the beginning of what became a 45-year-long career. She is the chair of the Powell River Festival of the Performing Arts.



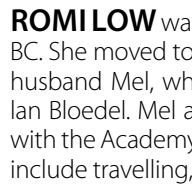
LAURA COCKSEEDGE is a community advocate and a mom of two. She shares her considerable experience working with children and families with this wonderful community of Powell River.



ROBERT COLASANTO is a fine arts photographer who loves hanging out with his family and capturing the local scene. He opened his first darkroom studio over 40 years ago, and is still amazed at his luck. His prints can be found at the Turadh Gallery in the new Townsite Market.



JERRY ESKES moved from the Comox Valley in 2012 to spend his retirement years in a quiet friendly community. Speaking up for issues has always been his affliction in life. Walking in the woods every day with his two buddies Buster and Scamp (dogs) keeps his mind always open to Nature's beauty.



ROMI LOW was born and raised in Richmond BC. She moved to Powell River in 1970 with her husband Mel, who was employed by MacMillan Bloedel. Mel and Romi have been involved with the Academy of Music since 1986. Hobbies include travelling, gardening and home arts.



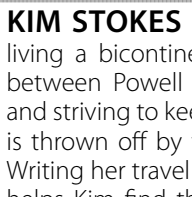
ANN NELSON runs the Patricia Theatre and is passionate about sharing the history of Townsite and preserving its heritage. She's also active in the Arts Council; Tourism Powell River; Townsite Heritage Society; Far Off Broadway Theatre Co., as well as being an enthusiastic gardener.



MICHELLE PENNELL grew up on the south-east coast of England and moved here in 2013. Her passion for wildlife photography has grown since then. She loves to photograph anything with feathers, fur or fins. *Photo by Doug Unger.*



GARY SHILLING is actively engaged in the cultural community of Powell River. A marketing and communications professional - he applies his practical knowledge to all aspects of the artistic visioning, financial stability, and organizational readiness of the Friends of Film Society of PR and their annual Film Festivals.



KIM STOKES has spent the past 13 years living a bicontinental life, splitting her time between Powell River and the Netherlands, and striving to keep every sort of balance that is thrown off by this unconventional choice. Writing her travel blog *Waking Up in the Roof* helps Kim find the lighter side when things don't go according to plan.



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PUBLISHER'S MESSAGE

Love, travel and music (and that's not just the sea lions)

What creature has a bark that can be heard in Townsite and Westview at the same time?

If you guessed sea lions, you're absolutely right!

Powell River was recently visited by several hundred pinnipeds. Visiting sea lions isn't unusual for us but we usually don't attract quite so many. The reason? An abundance of good food.

Locals and visitors turned out in droves to witness this year's showing of sea lions. An abundance of sea lion photos and videos were posted on Facebook and some, including those by two of Powell River's most celebrated photographers, Michelle Pennell and Robert Colasanto, can be found on the cover and inside the magazine beginning on Page 7. They accompany a story about the visitors by *Powell River Living* staffer Pieta Woolley. If you haven't seen the sea lions yet, do yourself a favour and go look. You'll find a few of them left by First Beach in the Townsite – we love to look at these marine mammals but don't get too close – they're still wild creatures.

The sea lions aren't the only mammals to travel hundreds of kilometres along the coastline. The Tholen-Liefsoens family have pedalled more than 11,000 kilometres on their tandem bikes since leaving Powell River last May. Although they love to travel, they say the journey is the destination. They've kept a blog on crazyguyonabike.com – search "cycling south from Powell River" for a detailed report of their adventures. For a snapshot at where they've been, check out their story beginning on Page 11.

This year marks the 75th anniversary of the Festival of Performing Arts. Like our community, the festival has changed substantively since 1945. In a town freshly bruised from the ravages of the Second World War, 88 entries were set to perform in Powell River's first music festival. Today, the Powell River Festival of Performing Arts boasts more than 300 entries. Joyce Carlson caught up with a family who have been involved in the festival since the 1940s. You can read her story on page 31. The festival has been a fabulous launching pad for some who have gone onto to

professional careers in the performing arts. For others, it has given them the opportunity to build their self-confidence. Coincidentally, Canadian astronaut Robert Thirsk, whose the subject of a What's Up on Page 23, participated in the Festival back in 1962 and won first place in piano-forte in the category for those under eight years old. Today, he's been hired by Canada's space agency to figure out how to bring medical expertise to a crewed mission to Mars.

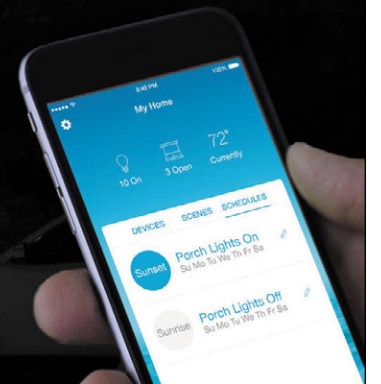
And last, but certainly not least, is an unexpected love story filled with intrigue, drama and humour. "Finding Perspective in Prague," a beautifully written story by Kim Stokes, takes us to Europe and tells us what happened when the car that she and her husband Arthur Arnold were driving was stolen. A perfect read to make you remember what is and what isn't important this Valentine's Day. **PR**

Isabelle Southcott

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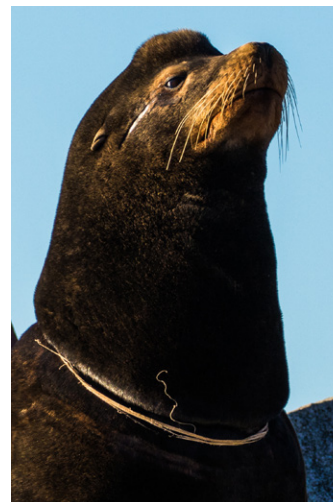
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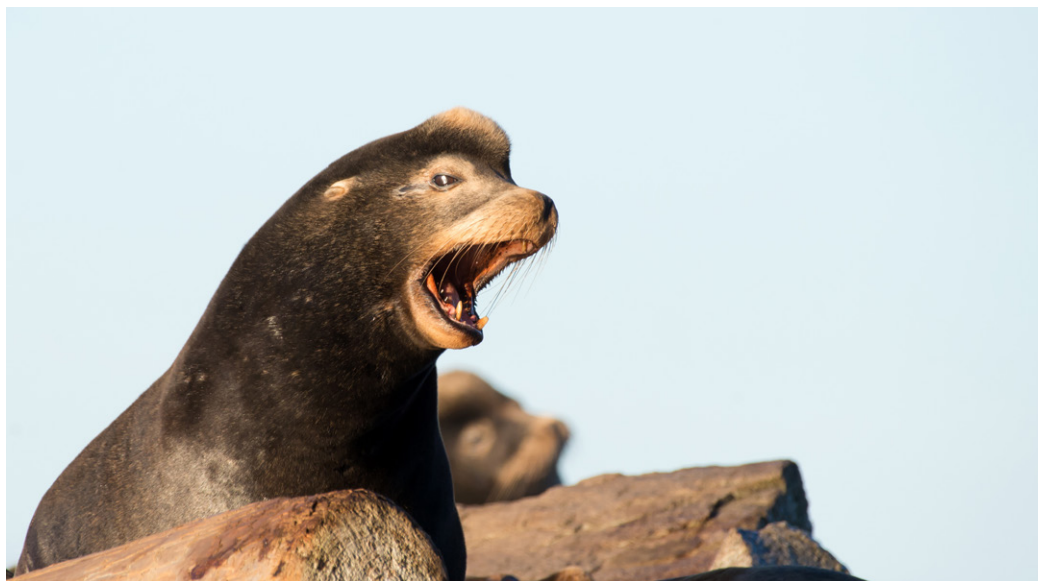


So long
**And thanks
for all the fish**

PHOTOS BY ROBERT COLASANTO AND MICHELLE PENNELL.
STORY BY PIETA WOOLLEY



BEACH BUMS: Left, a quiet colony of California sea lions rests at sunset (photo by Robert Colasanto). Top, a not-so-quiet colony made its way to the beach (photo by RC). Above left and centre, the sea lions barked 24-hours a day; just ask their neighbours on Laburnum (photos by RC). Above right, this sea lion has a box strap embedded in its skin. It's frayed as though it has been rubbing it on rocks to get it off (photo by Michelle Pennell). Above, this sleepy animal is absolutely adorable. Don't try to touch it (photo by MP). Below, the famous California head bump appears on both males and females (photo by RC).



Oodles of delicious herring and hake drew several hundred California sea lions to the Townsite breakwater for an extended visit in January.

Usually at this time of year, these 300-kilogram pinnipeds migrate 1,700 kilometres to the mouth of the Fraser River. This year, they chose us instead.

And we loved them. If you headed down to First Beach any time of day, you'd see crowds of cell-phone camera-bearing humans locking eyes with menacing-looking gangs of barking sea lions vying for dominance on the rocks. The crowds are mostly gone now, the sea lions having followed the herring over to Comox waters. Like the dolphins in the fourth *Hitchiker's Guide to the Galaxy* book, they bid us so long... having eaten our fish.

To Ben Rahier, this was a promising scene. Over the past 10 years, more and more marine animals have visited local waters, the acting field supervisor for the Powell River field office of the Department of Fisheries and Oceans (DFO) told *Powell River Living*. These sea lions have joined the abundant orca, humpbacks and white-sided dolphins travelling the Salish Sea.

"They're not all males," Ben confirmed, refuting rumours that this was a men's-only retreat. "There are lots of males, but there are lots of females and juveniles mixed in too. And a few Stellers (another, larger, species of sea lion.) It's hard to tell [gender] with the Californias, because they all have that bump on their head. And, the male and female Californias are more similar in size to each other than the Stellers are."


Susan McKay, the founder and CEO of the Wild Ocean Whales Society here in Powell River, has been watching both the sea lions and their human fans closely. Some humans, she said, got too close and even harassed the mammals with sticks and rocks.

"Apart from that being illegal, doing that is just very dangerous," Susan said. "I mean, these animals weigh a ton. Any one of them could have flipped around and grabbed them and killed them without hesitation... Sea lions can move very fast. They have a hip joint that allows them to bring their back flippers back and push. Harbour seals have no hip joint, so they have to wiggle. Sea lions look docile, but they can inflict real damage."

However, she said, people standing away from the sea lions near the beach and observing them do no harm. Locals may have observed the battle for dominance – the barking, pushing and biting on the rocks – which is practice for mating back home, where successful males will build a harem. You may also have watched the sea lions "raft," that is, gather in the water on their sides, each with a flipper in the air. They're regulating body temperature, Susan says.

When are they quiet? When there's an orca around. A pod of 16 or 18 orca came through just after the sea lions arrived in early January, and ate a few. The pod swam back through later in January and ate a few more. That's why there was so much competition to stay high on the rocks: safety, Susan explained. They're quiet because they believe the orca can't find them if they're silent.

People also pose a real danger to sea lions, Susan says. One sea lion pictured (above left) appears to be wearing a necklace. It's not. It's a plastic box strap and it has become embedded into his skin.

Here's how to live peacefully with our new neighbours, Susan advises. Cut any of your garbage that has a loop. Don't throw rocks. Don't feed them. And we'll be the best buddies on the Salish Sea. 



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Capture your crew

on Family Day long weekend
February 16 to 18

When was the last time you arranged for a really excellent family photo? If this hasn't been on your annual to-do list, Family Day Long Weekend is an excellent time

to get everyone in the same frame.

Whether you visit a professional or snap it yourself, here are some tips from local experts on how to bring out your best in front of the lens.



Jennifer Kennedy | Kennedy Fotografik

Be present and forget perfection!

In today's digital age, I believe more and more images are taken, but fewer of them truly embrace the idea of documenting a family being together. It's important for everyone to get in the frame (that means you too, Moms!) Also, you need to forget the idea of a "perfect" moment.

My clients' (and my) favourite images often end up being the unscripted, candid images where people look at ease, are genuinely laughing or smiling, and are present in the moment, forgetting the camera is even there.



Steven Grover

Keep it fun – especially when lively children are part of the group. The photographer needs to be ready for any possible opportunity of a good candid shot during the session. **R.L.**

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Masterfully woven baskets gifted to Tla'amin Nation

BY DREW BLANEY (KESPAHL)

Jeannie Dominick was a master basket weaver who was born and raised in the small Klahoose community of t'og', known today as Squirrel Cove. Her father was Billy Pielle of Klahoose and her mother was Martha Timothy of Tla'amin who was the daughter of Tla'amin Hereditary Chief 'Captain' William Timothy and qaxstales, Annie Assu of Cape Mudge.

Jeannie grew up during a time where this art-form was prominent amongst Coast Salish women. The Tla'amin, Klahoose and Homalco people were all known to have many master weavers within their villages who crafted such beautiful basketry.

It's not an easy task to make one of these baskets. The process starts with finding a nice spot to pick your roots. You walk 10 feet from the base of the tree and begin to

TLA'AMIN HONOURING CEREMONY

What: The Tla'amin Nation will honour Rita Pimlott, who donated a large collection of historic Tla'amin baskets and treasures.

When: Noon, February 23

Where: Tla'amin Salish Centre

Who: All are welcome to come and witness the event!

dig. When you find a cedar root, you pull it from the ground away from the tree. Once you are satisfied with the length, you snip the root and begin to clean the outside parts of the root. After that is done you split the roots into thin strips and store them until they are to be used.

A memory embedded in the minds of our people is



PRICELESS GIFT: Top, part of Rita Pimlott's exquisite collection of Tla'amin baskets which she recently gifted to Tla'amin Nation. Above, Rita's gift of her own childhood lunchbox. See them at the Powell River Museum. *photos by k'wanam*

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watching our elders do this on a daily basis. Old shirts, cloths or towels were always draped across their lap to catch any debris that may fall, and to protect them from getting cut or dying their clothing while splitting the roots.

When starting a basket, you start with a frame and begin to weave the roots through and around the frame until you have the shape that you desire. Wild Cherry bark was also used to decorate the baskets with different colour.

“A memory embedded in the minds of our people is watching our elders [craft baskets] on a daily basis.”

– Tla’amin Culture & Heritage Manager Drew Blaney (Kespahl)

Rita Pimlott is the niece of Jeannie Dominick and spent countless hours learning from her aunt. Throughout her life, Rita collected samples of Jeannie’s work, and Jeannie would weave special pieces for Rita such as the little lunch box which Rita so graciously gifted to Tla’amin.

Along with the lunch box, Rita recently donated another 15 baskets to the Tla’amin Nation and other treasures she had collected over the years. These baskets will be on display at the Powell River Historical Museum for all to enjoy. [PR](#)

WELCOME HOME, BEAUTIFUL OBJECTS: Left, Rita Pimlott’s granddaughter Shasta Grant and Tilley Pier-son; her son David Pimlott; Rita Pimlott herself, and her daughter Kathy Pimlott. Right, Rita Pimlott, Elsie Paul, Dorothy Louie, Carly Williams, Drew Blaney, with Charlotte Williams & Bert Finnamore.

photos by k*ʊnanəm

What to do with cultural objects in your possession:

A small act of reconciliation can go a long way

Every so often, the Tla’amin Nation receives calls or emails regarding ancient artifacts that people have stumbled across. These artifacts range from arrowheads, spindle whorls, trade beads or basketry and regalia that have been inherited over time. We acknowledge that a lot of these artifacts were purchased in good faith between our ancestors and people coming through our territory. We do appreciate these artifacts being returned to us as many of these art forms are now lost to our people.

Over time our people were also displaced from traditional village sites, and the land was sold to private owners. Every so often these land owners find historical objects and some choose to return these to Tla’amin, and some don’t. Recently, a man named Paul Miniato reached out to Tla’amin in hopes of finding out more about a woven tray he had inherited from his late aunt. This beautiful woven tray was clearly made by a master weaver and shows similarities between Tla’amin and Shishalh First Nation weavers. Paul was hoping to find information about



this basket so he could gift it back to where it belongs. This is a huge act of reconciliation and we thank Paul for reaching out.

“I asked Drew to help me find the creator of a beautiful woven cedar tray that I inherited from my Mom,” said Paul. “I hope to restore it to its Coast Salish home in the spirit of Reconciliation. It’s important to do this while we can still talk to the elders who know the old styles.”

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Peddalling from PR to Colombia

Family of four spends months on bikes

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

On May 19 last year, Inge Tholen and Manu Liefsoens and their two children, Luce, 12 and Nelle, 10 caught the 5 pm ferry out of Powell River on two tandem bikes.

The bikes were packed with tents, sleeping bags, clothes, pots and pans, a cooking stove, food and electronics for blogging and school. Everything they thought they'd need (and more) for a year on the road. Their destination? As far south as they could get in a year.

By the time *Powell River Living* magazine caught up with them last month, they were in Colombia. Since last May, they've pedalled down Vancouver Island, then south through the USA to Baja, California and then to Mexico, Guatemala, El Salvador, Honduras, Nicaragua, Costa Rica, Panama and Colombia.

They've been chronicling their adventure on crazyguyonabike.com. Search the blog collection for "cycling south from Powell River by Manu." They've also caught the eye of the media during the course of their travels and have been on air, in print and online.

"We love our community in Powell River and like to share our story," said Inge. "It is an honour."

The family was in Colombia in early January. "We have cycled just over 11,000 kilometres and have been in several newspapers on the way (three in Mexico, one in Colombia and four in Belgium)," said Inge, noting that she and her husband are Belgian citizens as well.

"The motto has been: the journey is the destination."



LET'S GET PHYSIO: Top, the Tholen-Liefsoens family departs by ferry from Westview last May. After cycling south for nearly a year, they'll fly home to Powell River in late February. Above left: Plenty of stops for sight-seeing add richness to the family's blog at www.crazyguyonabike.com. Here, Luce and Nelle are visiting the cave paintings in St. Ignatius, Mexico, on the Baja Peninsula. Above right, Manu and Nelle ride through rural El Salvador in mid-November.

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“We’ve have had a great adventure so far, but due to some unforeseen circumstances at work, we will be coming home earlier than expected,” said Inge. They plan to return to Powell River at the end of February.

On the road, the challenges were being in the “saddle” for a full day at a time at the beginning of their trip. Think sore butts! They also missed their friends and their home.

Finding food that the children enjoyed in the different countries that they’ve visited has proved challenging but that pales in comparison to craving a cold drink in the intense heat of Baja, California.

Inge also recalls an extreme headwind at the end of a very tiring day of riding in Baja as topping the list of challenges. Cycling through Panama City wasn’t a walk in the park either as the family had to remain alert, stay safe and make wise choices while biking there.


Highlights of the trip include being together as a family, cycling along and swimming in the Eel River, cycling the Avenue of the Giants in Northern California, cycling along the rugged Oregon coast, cycling on the bike paths of the Southern California coast, swimming at Manhattan beach, biking Big Sur on a closed off road, seeing huge cactuses and desert landscapes, meeting friendly and welcoming people – especially in Mexico, going on a five day sailing trip between Panama and Colombia, snorkeling in the San Blas Islands of Panama and a four day hike to the Lost City in Colombia!

“One of the biggest challenges before leaving on our trip was leaving our business – On Track Physiotherapy. We’ve built up a good reputation in Powell River for 15 years and to leave that in other people’s hands was one of the hardest things to do,” said Inge. [PR](#)




MILESTONE: On January 7, the family reached 11,000 kilometres on their bikes since leaving Powell River; they were in Colombia. That’s an average of 46 km a day. When they hit 10,000 kilometres, they snapped the selfie above.

Winter 2019 Eyewear Trends




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THE BIKE ELVES: (Above) Claire Finnamore, workshop manager; (Above left) Olivia Gottfried repacking bearings; (Middle) Claire and Liam Gottfried changing out handlebars; (Bottom) Chiu Wong and Graham Cocksedge adjusting a new wheel.

MCC, volunteers re-new bikes for all

BY LAURA COCKSEGE

For the past year or so, my dad and my kids have been spending Saturday mornings at the MCC. They are part of a special project to breathe life into old bikes.

Claire Finnamore, the coordinator of the MCC bike repair shop, is passionate about this incredible project. I agree. This is much more than just a fun Saturday morning activity.

Claire is motivated by teaching and empowering others: “In an environment where you can have people from all walks of life – young, old, students, activists, retired professionals, teachers – who are all dedicated and passionate about the same thing, you get this wonderful feeling of being connected to your community and your fellow human beings.” Volunteering in the bike shop is a fabulous way to build mechanical skills and connect with other bike-minded people.

They are also aiding the environment. This program helps keep usable bikes out of the garbage dump. Abby McLennan of the Let’s Talk Trash team believes in “re-purposing, re-inventing, and revolutionizing” our seldom thought about “trash” resources – like old bikes. Even if the bike is beyond repair, there are often usable parts that are removed and saved for other bikes.

How about the Powell River Cycling Association and their passion for promoting bicycling and advocating for education and skills training? Interest and connections

WANT A NEW BIKE? DON'T WANT YOUR OLD BIKE?

Donate your old bike and check out the new bikes currently for sale (lovingly restored by volunteers) at the MCC. For more details or to volunteer in the bike shop (no experience necessary) please contact Claire Finnamore at: 604-223-6219. Any support for Claire and her bike program (or volunteering at the MCC) is gratefully appreciated.

For information about cycling in Powell River: info@bikepowellriver.ca. Get on your bike!

between different associations and programs are starting to spark.

A teacher from Ecole Cote du Soleil has been volunteering Saturday mornings. He has used the knowledge gained from Claire’s program to run a bike repair course at the school. My daughter, Olivia, is part of this program at the French school as well as participating on Saturday mornings.

Finally, the MCC: This bike program is another example of the community vision held by the MCC. Their support of local community services has opened the door to inclusion and belonging. For my family, the bike shop on Saturday morning means working together with others, giving back to our community, and having fun. The MCC offers many opportunities for volunteering as well as the bike program! **PRL**

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PRESS' Housing Hope program

Families with children are the new face of homelessness in Powell River

It's silent in Kathleen O'Neil's office, but she likes it that way. It's easier to concentrate on research, reports and funding applications for a housing program she's passionate about: Housing Hope.

The Powell River Educational Services Society launched Housing Hope in 2014, with funding from Canada's Homelessness Partnership Strategy's Rural and Remote Communities Fund. For the past five years, the program has been quietly helping local people with housing searches, first month's rent, damage deposit, rent and utility arrears repayment and basic needs supports.

The public often sees homelessness as a challenge faced by individuals rather than entire families, but both groups are at risk, says Kathleen.

"Across Canada average shelter stays of families have grown from 8 to 22 days. Similarly, there's been a steady rise in the number of local families who are struggling to maintain or secure housing. 2018 represented our most dramatic increase in family intake and child involvement."

"The support I received from Housing Hope gave me the strength to keep going and helped me to create a safe space to live," says one client.

Justin Parkhouse is the program's intake worker. He's been there for four years and really enjoys his work, but says: "The saddest part is seeing the pressure and fear that people live with when they're struggling to fulfill a basic need like housing."

Kathleen agrees. "It's really hard to see the number of children who are affected. The impact of homelessness on children is profound and lifelong."

But Justin also wants to convey the genuinely positive aspects of his job: "I appreciate being able to work with



HOMEWARD BOUND: Helping people find housing and stay in their homes is the core task of Housing Hope's staff. Pictured here are Kathleen O'Neil, Director of Programs and Research for PRESS, and intake worker Justin Parkhouse.

people in a way that uplifts them and helps to lessen their distress by providing choices and solutions. And it's great to see so many of our people succeed."

Kathleen nods. "Often it really doesn't take that much to help an individual or a family to get on a better footing. It's so much more cost effective to keep people housed than it is to rehouse them once they become homeless. That's why Housing Hope has a key focus on housing loss prevention."

"If you have limited income, you're usually just managing to get by. Any unexpected event can throw you into a crisis situation. A really high utility bill, an illness, a death or a relationship breakup is often the tipping point; there are just no reserves to tap into. That's where we fit in," says Justin.

"Without Housing Hope's help, I don't know if we would have made it," says a client with children.


Over the past five years, Housing Hope has helped more than 600 local adults and children to stay housed or find housing.

Making Changes to Intake

"In November of 2018 we made the decision to focus exclusively on families with children and youth," says Kathleen. "PREP (Powell River Employment Program) recently secured BC Housing funds to support local adults at risk of homelessness with a shelter and a planned supported housing build. This important expansion of local services has allowed us to dedicate our funding to local children, youth and families."

Uncertain Future

Unfortunately, funding beyond March 2019 is uncertain. "At the federal level, they are re-thinking their models and looking for new approaches. The Homeless Partnership Strategy will be replaced by Reaching Home, Canada's Homelessness Strategy on April 1," says Kathleen.

"We are waiting for a call for proposals for 2019/2020. Because we serve a clear need, we're hoping that we will qualify in the new round of funding." 

HOUSING HOPE 2018 BY THE NUMBERS

In 2018, families with children (55 children, 39 parents, 35 families) accounted for 61 percent of our service intake – the highest sustained family intake seen in five years of operation. Of these 35 families, 28 had single women as heads of household, three had single men as heads of household, and four were headed by a couple. Nine percent of these families were completely homeless at intake.

Within the program's 2018 intake of 100 adults:

Women were dramatically over-represented (63 percent of intake vs 51 percent of local population)

86 percent of women and 76 percent of men were single, separated or divorced

Among single, separated or divorced adults:

36 percent of men and 30 percent of women were working at minimum wage jobs

51 percent of women and 43 percent of men had a permanent disability

39 percent of women and 36 percent of men had serious physical health issues

25 percent were completely homeless at intake

Housing Hope is not an emergency or 24-hour response service. To make an appointment to meet with Justin, call/text 604-223-2853, visit Housing Hope on Facebook, or email housinghopepowellriver@gmail.com.

I MADE THE MOVE

Sight unseen: bought a house online and moved here

Murray and Karina Inkster met while they were both working on Granville Island in 2006. (Karina used to buy expensive coffee drinks at the cafe Murray was managing just to say hi to him.) They have two cats, Ned and Yoshimi.

Murray is a web developer and graphic designer. When he isn't creating websites for his clients (which he's been doing since the dawn of the web), he's playing guitar or drums, and producing music on his computer. Fun facts: Murray refurbished a 1973 Moog synthesizer, takes artistic macro photographs of spiders, enjoys making good coffee and sampling single malt scotch (separately, of course!), and makes a mean chilli.

Karina is a fitness coach working online with clients all over the world via karinainkster.com. Vegan for 16 years, she hosts the No-Bullsh!t Veganpodcast, is the author of two books, and writes regularly for magazines. She converted the detached garage on their Cranberry property into a gym. When she's not kicking her clients' butts, doing a ridiculous number of chin-ups, or eating dark chocolate, she's playing accordion and Australian didgeridoo (not simultaneously...yet).

Why did you choose to move to Powell River?

Karina & Murray • We'd been talking about moving to the Sunshine Coast for close to 10 years, to enjoy quieter surroundings and easier access to forests and the ocean. Once we both were running online businesses and our jobs no longer tied us to a location, we immediately started house hunting. We chose Powell River (without having visited first) for its vibrant community, gorgeous surroundings, and non-crazy housing prices.

When? Where from?

Karina & Murray • After living all our lives in Vancouver, we moved to Powell River in June 2018.

What surprised you once you moved here?

Karina & Murray • Compared to Vancouver, people here are much more committed to attending social events, even when they don't know the hosts very well. We knew two people when we moved here. Two weeks later, we had 31 guests at our housewarming party!



Where is your favourite place in Powell River?

Karina • West Lake. It's the perfect place for someone who loves frogs as much as I do (especially if you're stealthy enough to have them sit on your hand).

Murray • For my money it's Valentine Mountain. The panoramic views of the ocean and Powell Lake are a great payoff for such a short walk.

How did you first hear about Powell River?

Murray • When I was younger, I played drums at a choral festival here with my high school's jazz choir.

Karina • A friend I met years ago in Vancouver has lived in Powell River for over a decade. When we made the transition to completely online businesses and started looking at properties on the Sunshine Coast, Powell River stood out to us.

What would make Powell River a nicer community?

Karina & Murray • Our town would benefit from easier access to medical and dental services. Even though our

population is obviously smaller than cities like Vancouver, there's certainly a need here for more family doctors, walk-in clinics, and specialists.

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

Karina & Murray • A greater selection of delicious plant-based options at our local restaurants would better serve Powell River's diverse (and growing) vegan community. Our town is certainly moving in the right direction, but we do miss the mind-blowing vegan options Vancouver has to offer, like all-vegan dim sum, Vietnamese and Lebanese cuisine, and fusion establishments like East Is East.

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

Karina & Murray • The only challenges we faced were being away from our family and friends, and missing some of the amenities of Vancouver. The transition to Powell River life was surprisingly easy, and the community has been extremely supportive. It was also a challenge purchasing a home we'd never seen in a town we'd never visited, but that was all part of the adventure!

If you were mayor, what would you do?

Karina & Murray • We'd work to secure affordable housing, including condos and apartments, for people of many different economic backgrounds. Oh, and we'd tax the sea lions.

What are Powell River's best assets?

Karina & Murray • We've really enjoyed the community-wide events in Powell River, like the Blackberry Festival, and various music festivals. Also, the access to the many nearby lakes and trails, and the awesome people who live here. We still have so much of our area to explore!

What is your greatest extravagance?

Karina & Murray • The occasional restaurant meal and Karina's stash of 70% dark chocolate.

Which superpower would you most like to have?

Karina • Communicate with cats, veganize the world.
Murray • Public speaking, and controlling traffic lights with my mind. [PRL](http://www.prl.ca)

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Miller Creek flows into the north end of Cranberry Lake. The little waterway has had a lot thrown at it. Will it keep flowing?



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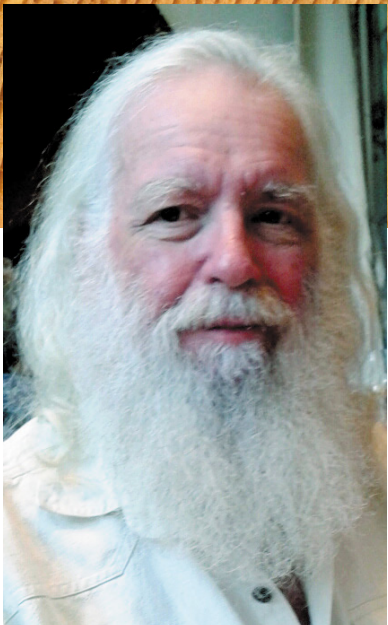



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Our thirsty lake

BY JERRY ESKES

Living near Cranberry Lake, I drive by the South end on a daily basis and never fail to glance at McFall Creek, the stream that drains the lake.

This little stream flows all year around with larger flows of course in the rainy season and much smaller flows in the dry months of summer. Even on the hottest days, the little stream continues to flow.

In attempting to determine the sources of the water supply to the lake, I embarked on a project of studying maps, driving and walking around the lake, walking through the hills and the woods above the lake plus talking to people. After a lot of research it became apparent to me that the one and only constant, year around, supply of water comes from the little stream named Miller Creek.

ARE YOU A FRIEND OF CRANBERRY LAKE?

If we are to be able to do the job of being the "Friends of Cranberry Lake" or even better "The Guardians of Cranberry Lake and its Watershed" we need more dedicated people to become involved.

I have carried this along all by myself for too long, and the load is getting heavy. I also fear that I may have worn out my welcome at City Hall.

I am standing by my phone eager to hear from you all: 604-344-0409 or jeskes1@gmail.com.

— Jerry Eskes
confirmed friend of Cranberry Lake

Miller Creek flows from Haslam Lake into the North end of Cranberry Lake. If this nice tidy arrangement had been allowed to continue uninterrupted all would be well and there would not be any threats to the health of Cranberry Lake.

But as with all human activity the needs of a City trumped the needs of Cranberry Lake.

Cranberry Bogged

e needs friends

Miller Creek has had a lot thrown at it. If it were a person, it surely would deserve a medal of honor for its resilience.

In the mid-1950s the City of Powell River hatched a plan to supply the City with a safe abundant supply of water. This plan was really quite original and had a lot of merit. The idea was to bore a tunnel from a spot close to where the gravel pit is today, near Cranberry Lake, to the south end of Haslam Lake and tap into the lake for the city's water supply. This would be a "gravity feed system" and it would not require the building of a very costly dam, which would result in constant water level fluctuations of Haslam Lake. Plus a tunnel in bedrock is virtually maintenance-free and would last for centuries.

As with many such good intentions, nature was not going to give in so easily. The City decided to proceed with this tunnel plan, which of course required some exploration. Unfortunately the glaciers of the last ice age foiled this plan by depositing huge amounts of sand and gravel over this entire area and there was no bedrock available.

"It could be compared to a group of people watching someone involved in a terrible accident...He had injuries that would last him the rest of his life but he lived on."

Not to be stopped, the City decided that a trench and a pipeline would still work. The Haslam Lake Water Main Project was begun in late 1959 and finally completed in 1962. The trench was huge and the amount of earth rock and gravel moved was gigantic.


The unfortunate thing was that poor little Miller Creek, lifeline to Cranberry Lake, was right smack in the middle of this huge upheaval.

It could be compared to a group of people watching someone involved in a terrible accident. So just like in the cartoons they all put their hands over their



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“The [1962] Haslam Lake Water Main Project's... trench was huge and the amount of earth rock and gravel moved was gigantic. The unfortunate thing was that poor little Miller Creek, lifeline to Cranberry Lake, was right smack in the middle of this huge upheaval.”

– Jerry Eskes



eyes until all of the terrible sounds of the crash stopped. Then slowly they each opened their fingers to look out and were shocked to see their friend still standing and still alive, sort of. He had injuries that would last him the rest of his life but he lived on.

Well it turned out that is much the same result with little Miller Creek, after the crash and smash of the water main project, it was injured but it would live on and continue to flow, sort of.

Miraculously the spirit of the creek eventually found life and started to flow once again, this time at the base of the trench, over the top of the backfilled pipeline.

And then, 55 years later it is 2017, and the water main is about to have some major surgery to ensure its continued good service to the city. I started asking questions, which eventually resulted in two meetings with

THE TRENCH: To bring water from Haslam Lake to the community, a massive trench was dug from Haslam Lake in 1962. That project has had lasting implications for Miller Creek, the source of water for Cranberry Lake.

the City’s engineering department to discuss the looming project.

The first thing that we wanted to know was, if the City recognized that the water flowing over the pipeline backfill was indeed Miller Creek reincarnate and if the City recognized that this creek was the only significant year-round source of water for Cranberry Lake? We did not receive an answer to these essential questions. The answer it seemed was that the city would neither confirm nor deny any knowledge of this.

We began to realize then that the City was not taking seriously the question of Miller Creek’s importance

or even its existence. We again expressed our concerns to the engineering department’s staff and were told that they would be noted.

Sadly during the construction, a large amount of sand and silt washed into Miller Creek and eventually into the Lake. The Ministry of Environment officer termed it as a disaster for the fish spawning in the Creek and cleanup could take at least a year to complete. This poor little Creek just can’t catch a break, it seems.

There is still much work to be done for Cranberry Lake and this little lake needs your help and your friendship. [PR](#)

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CELEBRATING 40 YEARS

Fire Chief Dave Keiver joined the Malaspina Volunteer Fire Department in 1978 - a young man fresh from Wildwood, and a former Sea Cadet. Since then he's been a firefighter (1978 to 1985) a Lieutenant (1985-1999), Deputy Chief (1999 to 2005) and Chief (2005 to the present).

Throughout those four decades he worked at the mill, raised two daughters and kept horses and dogs south of town. Now he's retired. He would like to thank his wife Connie. "None of this would have been possible without her support."

What's your most memorable fire experience?

Chief Keiver • There have been so many memorable calls over the years and it is very difficult to figure out the most memorable.

Many years ago on a practice night, we got a call for a fire in a dumpster behind a business which had spread to the building. When we arrived the fire had run up the wall into the roof system overhang. We were successful in extinguishing the fire before it spread into the rafters, with minimal damage to the building. The building is quite large with mainly cedar finishing.

What's your most memorable non-fire call?

Chief Keiver • Back in the early 1980s we got a call for a horse that had fallen into a well. It was a very large well and full of water. In a conjoined effort between the owner, a veterinarian, a logging truck driver [with a self-loader] and the department, we managed to get the horse out safely. It was a great and satisfying experience.

What do you think most people don't understand about what you do?

Chief Keiver • I don't think people understand the time and commitment involved. All the hours of training and practicing our skills; it's more of a lifestyle. This requires a great deal of support and understanding from our families. Our department and many other volunteer departments have to have the same skill sets as a paid department, which is mandated by the Provincial government. Eighty-three percent of fire fighters in Canada are volunteer. [2016] We do have an open house every year and you can stop in and check us out.

How has the department changed over the last 40 years?

Chief Keiver • The department has changed in so many ways in the last 40 years; it's almost unrecognizable. When I started there were three trucks - a 1976 Pumper that was the first certified fire truck for the department, a 1967 Ford converted oil truck, and a 1956 Ford water tanker. I was given an old black bunker coat that was a bit large, and a set of Fire Ball rubber gloves; the boots and helmet came later. Not everyone had pagers so there were people who phoned a list of names to tell us there was a call. Training back then was great with a lot of opportunities to learn.

We now have six trucks, all very modern to meet the standards (with two new trucks arriving this spring). We all have proper turn out gear and pagers and a great dispatch system. The training now is different, with a lot of online courses and practical components which I believe makes a stronger fire fighter. There is more documentation required now. But the dedication of the membership was and still is incredible.

In 2017 Malaspina Volunteer Fire Department celebrated 50 years of service. Fire fighter safety was the number one priority 40 years ago and still is today.

Why should locals volunteer to fight fires?

Chief Keiver • It's a great way to help the community, learn new skills and bring new skills to the department. It feels wonderful to help people in the community and be a part of something bigger. Having new people joining is what keeps the cycle going.



Become a First Responder
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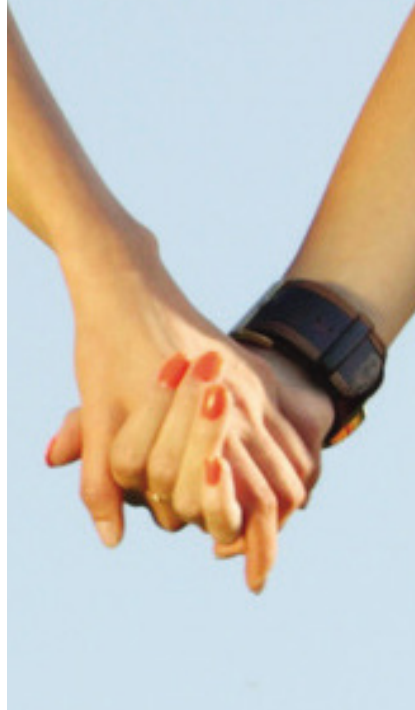


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Sexual Orientation Gender Identity



Allison Burt, left, was happy when she was asked to be the district lead for The SOGI (Sexual Orientation and Gender Identity) 123 Network for School District 47. Before she became School District 47's Curriculum and Assessment Coordinator, she was a school counsellor and in that job she had many conversations with young people struggling with issues around identity.

"I always wanted to do more to support our students and families," she said.

Powell River is one of 58 BC School Districts to join The BC SOGI 123 Network – Sexual Orientation and Gender Identity out of a possible 60. School District 47 joined the SOGI 123 Network in September, 2018 and is still in the initial stages of implementation.

SOGI 123 was created by the ARC (Awareness. Respect. Capacity) Foundation in collaboration with the BC Ministry of Education, BC Teachers' Federation, School Districts across BC, the UBC Faculty of Education, education partners and various local, national, and international LGBTQ+ community organizations.

In July, 2016 The BC Government passed Bill 27, Human Rights Code Amendment Act, to include "gender identity [and] expression" among the protected grounds covered by the BC Human Rights Code. It is now against the law in BC to discriminate based on

someone's sexual orientation or gender identity.

In September 2016, The Minister of Education announced that all BC Boards of Education and independent school authorities were required to reference sexual orientation and gender identity in district and school codes of conduct by December 2016. The SOGI Network was formed to help schools become more SOGI inclusive.

About 90 per cent of BC teachers surveyed approve of SOGI inclusive education, but only 37 per cent report participating in it (The Every Teacher Project, 2015) "We know that teachers want more training, resources, and strategies. There are also concerns around parent/community reaction. I am not an expert, but I'm learning so much. It's wonderful to have a network behind us to support us when we have questions," said Allison.

Three steps to be inclusive

SOGI 123 uses a three-pronged approach to ensure a strong, inclusive district and community.

SOGI 1: Policies and Procedures.

"We have inclusive policies but we want to make them even better," said Allison. "We are currently looking at best practices to help the District and to help schools," she added.

"What do you do for washrooms? What do you do for field trips? What about preferred names and pronouns and confidentiality?"

SOGI 2: An inclusive environment.

"How are our schools creating safe and welcoming spaces and what can we do to improve that?" asks Allison.

SOGI 3: Curriculum.

"Curriculum is only one little piece of SOGI," said Allison. It is diversity that is embedded across a range of grades and subject areas. SOGI is woven throughout everything and not stand-alone pieces. We have a very active GSA (Gender and Sexuality Alliance) and have had for 10 years. A lot of advocacy work and fun goes on with this group."



SCHOOL DISTRICT 47

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Who's on the local SOGI 123 Network?

Besides Allison Burt, the group consists of Tawnie Gaudreau, Director of Student Support Services, and staff at each school who raise awareness and lead initiatives.

The group works to become more knowledgeable, build their toolkit, and help staff become more SOGI-inclusive. They also make sure that staff are aware of SOGI and how to find quality resources.

Since September 2018, they've had two sessions. "We'll have four sessions throughout the year," said Allison noting that she also meets with the provincial network four times a year.

Because all young people deserve to feel safe and included at school



Why SOGI?

On average, LGBTQ+ students face greater risk for suicide, depression, bullying, eating disorders, substance abuse, binge drinking and homelessness.

According to one recent report, two-thirds of LGBTQ+ students say they feel unsafe at school. Consistent BC-based research shows that proactive processes have a positive impact on all students – not just LGBTQ+ students.

What is SOGI?

SOGI is one aspect of inclusive education just as race, religion, and ability are.

“It’s been in our curriculum for a long time,” said Allison. Family, sexual health, and identity are not new topics – they are introduced at age-appropriate and developmentally-appropriate times.

For example, if an educator is teaching a literacy lesson on families, there are SOGI-inclusive books recommended that they can use.

“It’s all about creating that safe and welcoming environment for everyone. For older grades, we do talk about sexual orientation and sexual health. Again, the emphasis is on ensuring that every student feels like they belong. SOGI-inclusive education is fundamentally about learning to treat each other with dignity and respect regardless of our differences,” she added. “All students need to see themselves and their families reflected in lessons, language, and practices.”

SOGI 123

By working together, The SOGI 123 Network can address the immediate need to support LGBTQ+ students by affecting rapid and progressive change in attitudes, policies, and practices toward creating safer and more inclusive school environments.

SOGI 123 was created to raise awareness and make schools inclusive and safe for students of all sexual orientations and gender identities.

The Brooks’ Gender & Sexuality Alliance Club

Willow Dunlop and Jonathan Dyck are the teacher sponsors for the GSA (Gender and Sexuality Alliance) this year.

“The GSA has been running at Brooks since before I returned to Powell River to teach here in 2011,” Willow notes. The group has fluctuated in membership as students graduate, and leadership within the group is developed. “It’s a real privilege to witness the maturing of self-advocacy skills in young people, especially in those for whom discrimination is a daily reality.”

The group offers a safe space for students of any sexual orientation or gender identity to connect, support one another, have fun, and work together for positive change.

In December of 2018, the GSA asked the Board of Education for gender-neutral washrooms. As a result, several single-user washrooms at Brooks Secondary School will be getting new signage to become both gender-neutral and wheelchair accessible. The District will soon make a decision about adding two more gender-neutral washrooms at Brooks.

The GSA proposes to retain some gendered multi-stall washrooms in each area of the school, while opening one multi-stall washroom at each end of the main floor up to any user. Quoting HCMA Architecture and Design, the Vancouver Firm

that specializes in creating accessible public institutions, Willow comments that “The provision of universal washrooms and change rooms in public and private spaces—either alone or alongside gender-designated options—is an opportunity to embrace the evolution of our communities’ needs, and to champion inclusivity and accessibility for all.”

The Brooks GSA is hopeful that additional changes will be made by the end of this school year. Like the design experts at HCMA, the GSA acknowledges that “some people express that sharing washrooms or change rooms with members of another sex or with transgender and

Universal washrooms are “an opportunity to embrace the evolution of our communities’ needs, and to champion inclusivity and accessibility for all.”

• Willow Dunlop

non-binary people is uncomfortable or strange—it’s different than what they’re used to or may challenge cultural norms. The best design processes involve consultation with a variety of user and advisory groups in order to mitigate concerns.”

Having researched some of the experiences that other school districts have had throughout similar processes of moving towards inclusion, the GSA plans to provide support to teachers and student peers leading up to any changes that are made.

WHAT'S UP

Townsite's Where It's At!

Two Townsite businesses recently made their way on to top 10 lists. The Patricia Theatre was named as one of the top ten movie theatres in Canada by *Chatelaine* magazine. Ann Nelson, who owns and operates the Patricia with her son Brian, said *Chatelaine* reached out to them in December to let them know they were writing an article on the 10 best movie theatres in the country. The Patricia led the pack, being the longest continuously running movie theatre in all of Canada – it started out as a silent movie house in 1913. “I was really chuffed when *Chatelaine* called me out of the blue,” said Ann. The writer was thrilled with the pictures of the theatre taken by Tristan Bellmane, she said. “And she was impressed that we were the only heritage one and that we are still operating and delivering a quality experience!”



The Old Courthouse Inn, owned by JP Brosseau and Kelly Belanger, made it onto the *Vancouver Sun*'s “10 Hotels You'll Love” list. Travel writers picked their favourites from around the world. It includes a \$2,000-a-night resort hotel in St. Lucia to a \$680-per-person glamp in Kenya where one stays in a “tent” complete with ensuite bathrooms and leather lounge furniture. Writer Cheryl MacKinnon describes Powell River's innkeepers as “uber charming,” and reports that “once inside, I am smitten with the by-gone era charm as well as the peek-a-boo waterfront views.” Ranging from \$119 to \$159 per night, double occupancy and include breakfast at Edie Rae's Café, it was by far the most affordable on the list.

United Way accepting apps

Program funding applications for the Powell River & District United Way are now available on the website (unitedwayofpowellriver.ca). Applications will be accepted until February 28 and successful applicants will be announced at the United Way's AGM on April 8. The United Way funds under the pillars, “All That Kids Can Be, From Poverty to Possibility, and Healthy People, Strong Communities.”

Kudos to long-time PRISMA supporters

The Pacific Region International Summer Music Academy (PRISMA) has bestowed honorary fellowships on three long-time supporters. Retired lawyer Paul Schachter, financial advisor Brian Balfe and research scientist Sharon Thomas became PRISMA's inaugural inductees with the honours presided over by PRISMA Board of Directors President Mike Robinson, CM.

“Paul Schachter was instrumental in the initial legal guidance and setup of the charitable structure that is PRISMA today,” said PRISMA president Mike Robinson, reflecting on Schachter's tenure as a founding board member, secretary and treasurer of the organization before transitioning into an advisory role. “He was just a wonderful contributor to the early days, and he's still doing it for us.”

Brian Balfe's contributions as a founding board member, past president and ambassador significantly expanded PRISMA's reach and patronship in the Comox Valley. “He's instrumental even now with the [Sail to the Symphony tour] and helping us stage events over on the island,” said Mike. The PRISMA Endowment Fund was also a pet project of Balfe's during his tenure, and one he continues to find donors for to this day.

Finally, on an eve that celebrated—among other things—a 22 per cent increase in PRISMA's membership numbers by the close of 2018, it was more than fitting to recognize Sharon Thomas. She coordinated the signup of 364 members last year. “That's a valid, wonderful core of support because each of those people become a kind of diplomatic representative for PRISMA; from Saltery Bay to Lund, over in Courtenay/Comox, and even Vancouver,” said Mike. Sharon has been a member since PRISMA's inception in 2012. She logged an estimated 400 hours during the past year: making calls, writing letters, inviting people for coffee, and networking face-to-face.

Vote for that sixth councillor

A by-election will be held on Saturday, April 6 to fill a vacancy left on City Council after the election of George Doubt was annulled and the office declared vacant.

The decision was made last month following the hearing of a petition made by Allan Drummond to the BC Supreme Court. The judge found that four people voted who may not have been entitled to do so. Because there were only two votes separating George and Allan, the court concluded that the number of ineligible voters may have materially affected the election results.

Former Powell Riverite needed by Canadian Space Agency

Powell River's celebrated astronaut, Robert Thirsk, may be the only person on earth qualified to help the Canadian Space Agency with a pressing problem. It wants to hire him to help figure out how to bring medical expertise to a human mission to Mars.

Robert lived in Powell River in 1962 and can trace his passion for space to Shirley Cole's Grade 3 class at Grief

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WHAT HAPPENED IN VEGAS: Powell River Ice Cats went undefeated at the Las Vegas Women's Hockey Classic, until the final. They didn't give up a single goal in four games, but, playing their fifth game in 72 hours, they ran out of steam in the gold medal game and fell 3-0 to the Jacksonville Lady Barracudas in a game that was much closer than the score showed.

Point Elementary School. He attended Grade 4 here and his teacher was Eleanor Anderson. After Grade 4, the family moved to the Lower Mainland.

Dr. Thirsk is a medical doctor and he holds the Canadian record for time spent in space; he was part of an extended mission on the International Space Station in 2009. Both qualifications are essential qualifications for the space agency's \$94,500 contract.

The job involves spending two years determining what Canadian scientists and health experts can do to help astronauts beyond low earth orbit – and to sell the public on the benefits of investing in space-health science.

Wigs for kids fundraiser

I plan to cut my hair to donate to Wigs for Kids BC, and also to raise donations for them. Wigs for Kids BC (W4K) partners with BC Children's Hospital Foundation to create free wigs for children and teens who lose their hair due to cancer treatments or other serious illnesses, and to help with costs of required medications or special feeding supplies that are not covered by a family's medical plan. W4K is operated by volunteers, without overhead, so all donations help the children.

Like so many families, ours experienced the loss of dear ones to cancer. Six years ago, this wonderful community supported a fundraiser for one of them. Our family is still grateful for the therapies and activities

that were made possible by so many people's generosity.

I heard about W4K recently. In consultation with the young ones, a custom-fitted human-hair wig is created and donated, completely free. The wigs look and feel like real hair, and boost the children's confidence to return to school or other activities.

I'm aiming to raise \$1,500 to donate along with my hair, between now and the end of February. Bring donations to *Powell River Living's* office – 7053E Glacier Street, between 10 am and 3 pm weekdays; donate online using this secure Direct Link to BC Children's Hospital Foundation: secure.bcchf.ca/SuperheroPages/main.cfm?Event=WigsForKids&Member=94255 or go to wigsforkidsbc.com and donate under my name. For more info, contact me at 604-483-9816 or darcie@gmail.com

– Darcie MacFronton

Seedy potluck

Mark February 21st on your calendar for the Seedy Saturday Seed Packing Potluck. Co-sponsored by Sycamore Commons at 6 pm, it's a great chance to meet people concerned about our food supply and share a meal. Bring a dish of your choice and any seed you have saved. Bring a dish of your choice and any seed you have saved. If you don't have seed, come anyway, and learn more.

Seedy Saturday is a nation-wide event that focuses on education on seed saving as well as trading and selling locally grown seeds. This year it is March 16th at the

Recreation Complex from 9:30 to 2:30 and features our exciting key note speaker Dirk Becker. More to follow!

To be a vendor or volunteer contact: Ellen de Casmaker at gmoftreed@gmail.com or on Facebook SeedySaturdayPowellRiver – Ellen de Casmaker

Light K-lumet's fire

K-lumet, a local social enterprise creating inclusive employment, is hosting a Valentine's Day fundraiser on February 14 at their new facility in the Townsite Market.

The event, held from 3-6 pm, will feature a photo booth as well as refreshments from Base Camp Coffee and Just Soul Food. There will also be a demonstration of their product and a sneak-peek of their space. All donations will go toward their \$10,000 crowdfunding campaign. The crowdfunding video can be viewed at www.startsomegood.com/k-lumet-kindle-a-fire.

Storage needed for ambulance

Now that the Powell River Community First Aid Team (PRCFAT) has an ambulance, the group needs secure storage for the vehicle.


"This past year we attended 20 events, some of them multi-day. We volunteered 468 hours of event coverage in which 47 patients were seen; as well, we referred two more seriously injured to EMS," said Larry Gemmill, PRCFAT president.

When the first aid team launched in 2018, they were loaned a vehicle and contents by a team member. But recently, thanks to a grant from the Community Forest Reserve Fund, an ambulance has been purchased.

"The next challenge is finding a secure storage area, preferably behind chain-link fencing. Twenty-four-hour access to the vehicle is not essential because we know in advance when we will need it," said Larry.

For more information or for donations toward storage costs, contact 604-483-9854. – Linda Wegner

Share your empathy

"Love from Powtown" is a new, free encouragement project that connects community, literacy and communication. Need encouragement in your life? Get in touch with the team at www.withlovefrompowtown.com. Want to give encouragement? Show up at the Library February 16 from 1 to 3, to write postcards. This is a nonprofit event sponsored by Ayam Civic Society, inspired by BOOOOOOOM.com. 

Raise the Roof Dinner

March 6 at 6 pm at the Great Hall of Brooks School

Hosted by: Powell River Farmers' Agricultural Institute (PRFAI)

Food by: Brooks & VIU Culinary Arts and brought to you by local farmers

Tickets: Top Shelf Feeds or fireweedjazz@gmail.com

Price: \$10 for PRFAI members, \$25 non-members

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Massage, lasers and sewing, naturally

Randy Crites and Stephanie Harder have launched an unlikely partnership on Marine Avenue. **Body & Sewl** is a massage and cold laser therapy shop, combined with sewing and quilting. Stephanie moved to Powell River in April, and has known Randy for years. Randy, a registered massage therapist in Alberta, is in the process of moving here and getting registered in BC. He will be joined by his wife as soon as their home in Alberta sells. Rather than try to run their businesses out of their homes, Randy and Stephanie decided to share a storefront. They found an ideal space at 4566A Marine Avenue, beside Intimate Secrets. There's a separate room in the back for Randy to offer laser treatments and massage. The front has Stephanie's custom sewing and alterations, as well as a quilting machine that can be rented. She also plans to offer some retail home decor items in the storefront. Randy says he became a therapist after getting injured on the job, and found that cold laser worked wonders for his herniated disc, so he continued using it to help other people get rid of chronic pain. Stephanie has been sewing since she was a child, and has 40 years experience. She plans to focus on wedding wear, but offers all seamstress services. Contact Body & Sewl at 602-223-7918, or bodysewlonmarine@shaw.ca.

Former Crown at Villani

Lawyer Ian Tully-Barr has joined Villani & Company. He had been on sabbatical following an 18-year stint as Crown Counsel. Working as defense counsel won't be new for Ian, as he spent five years as a lawyer for the accused prior to his time on the government side. Ian graduated from the University of Victoria and has been practicing law since 1995. In addition to doing the bulk of Villani & Company's criminal law, Ian says he'll likely be handling a variety of cases ranging from family law to personal injury.

Copy this

Westview Office Technology is the new name of Crisp Office Solutions. It's still a home-based business, but on incorporation Jan. 1, the father-daughter team of Chris Pavel and Romina Pavel



decided to change the name for easier marketing. Westview Office Technology now offers Canon desktop printers (and soon the entire Canon office line) as well as the Konica Minolta and Canon printers and copiers and other equipment that they have sold and supported for years. Service Manager Chris Pavel remains the Powell River face of the company, while his daughter, who lives in Vancouver, is sales manager. They have a new website at westviewoffice.com, or call 778-322-0731.

TILT towards vaping

TILT Holdings Inc., the company that owns the cannabis grow operation in the old mill offices in Townsite, in January purchased a vaping and e-cigarette company for \$210 million. TILT was formed from the merger of four cannabis companies: Baker, Brite-side, Sea Hunter and Santé Veritas (the company that was working in Powell River). The companies merged at the end of November just before TILT went public. The company says the purchase of Arizona-based Jupiter Research is one of the largest acquisitions in the history of the cannabis industry. Jupiter Research produces power supplies and cartridges specifically designed for cannabis oil. "Our acquisition of Jupiter Research is paramount to our goal of consolidating and centralizing services for all industry verticals: cultivation, production and retail," said Alex Coleman, Chief Executive Officer of TILT Holdings. "Vaporization is increasingly becoming the preferred method for cannabis consumption. With Jupiter's proprietary inhalation technology, our offerings in this category are going to be unparalleled."

New counsellor

Maureen Edwards is turning her expertise into a business, as she launches

Wood Dragon Counselling at 4536 Willingdon Avenue (the back of the Marine Medical Clinic). A registered nurse and clinical counsellor, Maureen specializes in treating addictions of all kinds (alcohol, substances, sex, gambling). Maureen says the key to her success is "really creating a strong and safe therapeutic connection with my client. I am very skilled at getting to the root of the problem. Many people have underlying conditions such as anxiety, ADHD, depression, grief, childhood trauma, insecure attachment. Once we figure out what is really going on we can target the problem and begin the healing process." Maureen also counsels couples, children, and youth for a wide variety of issues. Contact her at 604-344-0077 or email wooddragoncounselling@gmail.com, or visit wooddragoncounselling.com.

Lamont & Co expands

For the first time in years, Lamont and Company is accepting new clients. Owner Diana Lamont has hired new bookkeepers and an accountant to help handle the high demand. Lamont and Company provides personal tax filing, year-end preparation of financial statements and tax filing for small to medium corporations, and professional bookkeeping from small to large businesses. The 1,500 square-foot office at 7050 Barnett Street now employs six staff members. Contact her office at 604-485-6641.

New tow manager

Dustin Cross is now the manager of Chesney Towing. The business, which is owned by Tom Chesney, offers 24/7 towing and transport services. For more information please call 604-483-1457 or email manager@chesneytows.com.

Hair begone

Powell River has a new Naturopathic Clinic & Laser Centre. Dr. Haroon Rahim has purchased a machine to do laser hair removal and skin rejuvenation in his clinic beside Paperworks on Marine Avenue. Technicians Angela Desilets and her daughter Brianna Desilets will assist him. The laser provides permanent hair removal and treats wrinkles, brown spots and age spots, rosacea, scars and more. Call Angela for an appointment at 604-413-0551 or reach Dr. Rahim at 250-898-4705.

Hypnosis help

Need help sticking to your resolutions? Looking for positive change? Licensed Hypnotherapist Holli Currie, who opened Rise Hypnotherapy in the Marine Medical Building last month, might be able to help.

Hypnosis is a naturally occurring state of focussed concentration and relaxation that everyone enters into every night. In this state, the mind becomes open to new ideas and suggestions.

Hypnosis can be effective for anxiety, depression, fears, phobias, grief, sports performance and quitting bad habits.

The mind is made up of the conscious mind and the unconscious mind, with the conscious mind making up only a very small part of the whole. By changing a person's unconscious mind, conscious reactions and behaviours can be altered.

For a free 15-minute consultation to determine if hypnotherapy is right for you call 604-414-3835, visit Rise Hypnotherapy on Facebook or online at risehypnotherapy.ca

LNG pipeline possible


A liquefied natural gas (LNG) pipeline could bridge the Salish Sea in the future.

Last month the full description of the Kwispaa LNG project was released by Steelhead LNG from Vancouver and the Huu-ay-aht First Nations, who have land on the west coast of Vancouver Island.

The proposed plan would see a sub-sea pipeline for carrying natural gas run from Powell River to Comox, along with a line across Vancouver Island to the Kwispaa plant at Sarita Bay, near Bamfield, on land owned by the Huu-ay-aht.

The subsea line, around 31 kilometres in length, would be tied to an existing Fortis BC natural gas transmission line. Steelhead LNG has headquarters in Vancouver and is currently working on early technical and environmental studies to assess the proposed corridor, which starts near Chetwynd.

When company representatives visited Tla'amin's offices on Jan. 31, protesters were there to meet them.

Still, the company says the line could be in service by the fourth quarter of 2024, depending on regulatory approval and permits, a final investment decision on the facility by Steelhead, and construction of the line and facilities. 

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Business Awards
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Bizet Live on Screen

**FEB. 8 TO 10
WEEKEND**



PR Film Fest starts
Beverly Elliott on Stage
PR Chorus & Martella
Square Dance Night
Valentines Dance

**FEB. 15 TO 18
FAMILY DAY WEEKEND**



Pro-D events
Open Bonspeil
Kings Games x2
With Love from PowTown
Murder Mystery

**FEB. 22 TO 24
WEEKEND**



Festival of Performing Arts
Coldest Night of the Year
Yuk Yuks
Poetry Slam
Memories: Piano

Much more is happening in February. See Pages 25 to 35.

Look out for love, it's *February*
5 cold-weather festivals to warm you up

1. 75th Festival of Performing Arts

They sing, they dance, they speak, they play musical instruments. Some of Powell River's incredibly talented folks take to the stage(s) February 23 to March 8 and you can watch the performances (and hear the adjudicators' comments) for free.

2. Powell River Film Fest & Cinematheque Series

So. Much. Film. Don't miss the epically-curated 10-day festival starting February 8 – either for a small selection of shows or a feast of all of them. The Cinematheque series titles hadn't been released by press time, but it's always fab.

3. Seedy Saturday

Seed saving is about as radical an act as you can get right now. And, it's both joyful and results in food and beauty. Kick off the gardening season with the seed-packing potluck on February 21, and start planning your crops so you can take full advantage of Seedy Saturday March 16.

4. Expose Yourself Exhibition

Start thinking now, artists, about what erotically-themed piece you might contribute to this annual show. Submissions are due March 1, and the event begins April 5.

5. Celebration of Quilts

Whether you make them, snuggle under them or follow them like a crazy fan boy/girl on the internet, get the March 16 and 17 event on your calendar. The craftsmanship and imagination is out of this world. [PR](#)

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February 23 to March 8

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Celebration Concert - Saturday, March 2 – 7 pm

Emcee Stewart Alsgard, participant in 1945 festival

Selected performers from past festivals

TICKETED EVENT

Grand Concert – Friday, March 8 at Evergreen Theatre – 7 pm

Selected performers from the 2019 festival

Full schedule available at events.solarislive.com/PRFestival

Rotary
Club of Powell River



Health & Gardening

February 2

Pruning, Pest & Disease Control for Fruit Trees

10:30 to noon, Mother Nature. With Cathy Ickringill. Register in person at Mother Nature or phone 485-9878.

Wednesdays, Feb 6, 13, 20, 27

SMART Recovery Meetings

6:30pm, CRC. See ad on Page 12.

February 6

Herbs for a Better Sleep

6:30pm, Kelly's Health Shop. With Mara Jones, CHT, BSc, See ad on Page 27.

February 7

Read to Dogs

3:30 to 4:30pm, Library. Ages 5 to 10.

February 13

Homeopathy: Treating Colds & Flu

6:30pm, Kelly's Health Shop. With Dr. Catherine Cameron, DTCM See ad on Page 27.

February 14

Tropical contest deadline

Take a picture of your favorite tropical plant(s) and post to Mother Nature's Facebook page and you'll be entered to win a \$50 Mother Nature Gift Certificate!

February 21

Seedy Saturday Seed Packing Potluck.

6pm, Sycamore Commons. Bring a dish of your choice and any seed you have saved. If you don't have any seed, come anyhow, and learn more.

February 26

Fundamentals of Landscape Design

7pm, Cranberry Seniors Centre. PR Garden Club event. With Tracey Loslo. Everyone is welcome.

February 15 Pro-D

Pirate Party

10am, Library. Choose your own pirate activities during this free, drop-in event. Kids 7 and under must be accompanied by an adult.

Wags, Words & Water,

10 – 11:30pm, Pool. Join us to learn about St. John Ambulance Therapy Dogs! There will be story time with the dogs and

then kids head into the pool for water fun with their parents (Regular Admission)

Everyone Welcome Skate

Noon – 2pm, Rec Complex. Toonie for everyone! (Rentals Extra)

Toonie Swim

2 – 4pm, Pool. School aged kids swim for just a toonie

Laser Light Skate 2.0

7 – 10pm, Rec Complex

Murder Mystery at the Cat's Meow

Fundraiser for Powell River Skating Club. Prizes for best costume, the person who solves the mystery, and more. For 19+. Ride by Dry Grad Safe Ride. No tickets at the door.

Friday, Feb 15th at McKinney's Pub • Tickets \$45 at River City Coffee



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

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Do Good

February 9

Valentines Day Dinner & Dance

6pm, Italian Hall. A Rotary fundraiser.

February 14

K-lumet Valentine's Fundraiser

3 to 6 pm, Townsit Market. Valentine's Day fundraiser featuring a photo booth, refreshments and a demonstration of their product and a sneak-peek of their space. All donations will go toward K-lumet's crowdfunding campaign.

February 15

Murder Mystery at the Cat's Meow

7pm, McKinnies. An interactive whodunit. 19+. \$45. By the Powell River Skating Club.

February 16

With Love from PowTown

1 to 3pm, Library. See Page 23 for more, and see www.frompowtownwithlove.com

February 23

Coldest Night of the Year

A fundraiser for the Salvation Army. Registration begins at 4pm, walk begins at 5:15pm. See ad on Page 32.

March 6

Meet Your Farmer: Raise the Roof Dinner

6pm, Great Hall of Brooks. See ad on Page 23. Fundraiser to replace the Quonset hut at the Exhibition grounds.

The Boardwalk Restaurant in Lund

There's always a reason to come to Lund! Here's another...

Happy Valentines • Feb 14, 5-8pm

Romantic Dinner for Two • 3-course dinner, 2 choices per course
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Family Day
Feb 18

Come to Lund for the afternoon and enjoy our famous fish 'n' chips! We're open noon - 8pm

Plan your February

20 local ways to show all your sweeties they're loved

1. Visit the Mall photo booth

In front of the Town Centre mall office on February 14. Share your photos (details on-site) for a chance to win one of two prize packages (\$40 gift certificate to Moose n' Eddies, plus a flower bouquet).

2. Hit the Italian Hall for a dinner and Dance

See Page 26.

3. See A Night of Bowie

See Page 33.

4. Take them to Yuk Yuks

See Page 18.

5. With Love from Pow Town

On February 16, share your care and compassion by writing letters to those who need some empathy. See Page 22.

6. Eat Prime Rib with Alaskan crab, lobster or prawns at the Shinglemill

See Page 10.

7. Plan a staycation for Family Day Long Weekend

See "Big Feb. Dates," right, for details.

8. Introduce them to their farmer

And raise money for a new Quonset Hut. See Page 23.

9. Take them to The Max

Three great events in the next month. See Page 33.

10. Take them to the Film Festival

Science fairs! Reconciliation canoes! Pip-pi Longstocking! See Page 39.

11. Date night: Cinematheque series

At the Patricia starting in mid-February. Check in at www.patriciatheatre.com

12. Take them to a health workshop

At Kelly's. See Page 27.

13. Bring them flowers when they perform at FOPA

Even kids love flowers. See Page 26.

14. Expose Yourself

Powell River's "erotically themed, boundary-pushing, body-celebrating, hilarity-making, multi-disciplinary art exhibition" starts April 5, but submissions (heh heh) are due March 1.

15. Perform a poem for them

Hit the Library for a poetry slam and much more. See Page 28.

16. Learn to shout, "Hurry! Hard!"

In curling, duh. Friday nights are drop-in, and there are two bonspiels coming up this month. powellrivercurling.com

17. Take a walk... on The Boardwalk

February 14 go for a romantic Valentine's Day dinner for two at The Boardwalk Restaurant in Lund. Feb 18, bring the family for fish n' chips! See Page 26.

18. K-Lumet demonstration

What can social enterprise do for this community? Find out on Feb. 14 and see Page 22.

19. Pizza and Beer

Thursday nights, Fruits & Roots is popping-up at Townsite Brewery with some delicious and healthy vittles. See Page 36.

20. Seaside special 3-course dinner

See ad on Page 12.

Big February Dates

February 2

Groundhog Day

Chamber of Commerce Business Awards
Dwight Hall.

February 5

Lunar New Year

February 9

Valentine's Day Dinner & Dance
6 pm, Italian Hall. A Rotary fundraiser.

February 14

Valentine's Day

Valentine's Day Photo Booth

11 am – 4 pm PR Town Centre Mall, by the office / chess board. Take a picture and win a prize!

February 15

SD47 Pro-D Day

February 18

BC Family Day
Provincial Stat

February 18 to 24

Heritage Week

See story on Page 32.

February 23

Tla'amin Nation honours Rita Pimlott

Noon, Salish Centre. All are welcome to come and witness this event! See story on Page 9.

Film, Books & On Stage

Fridays through February

Oscar-winning Canadian Film Series at the Library

Day 1 (Feb 1, 2 pm and 7 pm) – Classics – *Churchill's Island* (1941), *Neighbours* (1952), *Ill find My Way* (1977); **Day 2** (Feb 8, 2 pm and 7 pm) – *Time of Change – The Sand Castle* (1977), *Special Delivery* (1978), *Every Child* (1979), *If you Love this Planet* (1982); **Day 3** (Feb 15, 2 pm and 7 pm) – New Era – *Flamenco at 5:15* (1983), *Bob's Birthday* (1993), *Ryan* (2004), *The Danish Poet* (2006)

February 1 to 7

Mary Poppins Returns

7 pm Nightly & 1:30 Weekend Matinées at The Patricia

February 2

Carmen – Bizet

10 am, Max Cameron. Live on Screen from the Met

February 8 to 17

Powell River Film Festival

prfilmfestival.ca. See story on Page 29.

February 9

Sink or Swim: Beverley Elliott

7:30 Max Cameron. \$24 / \$12

Starting shortly after PRFF

Cinematheque Series begins at The Patricia

See patriciatheatre.com for schedule

February 22

Poetry Slam

6 to 8 pm, Library. Pre-register if you're competing.

February 23

Publishing in Canada – a workshop with Cindy Babyn

2 pm, Library. Publishing contracts, book design, editing, self-publishing, eBooks and marketing.

Yuk Yuk's Stand-up Comedy Tour

8 pm, TC's. \$12 per person

Feb 23 to March 8

Powell River Festival of Performing Arts

See story on Page 31.

March 1

Expose Yourself Exhibition Call for Artists

See story on Page 25.

March 9

First Annual "Quickie" story-writing contest

1 til 4 pm at the Library – or remotely from your laptop. See ad on Page 2 for more.

March 16 & 17

Celebration of Quilts

Dwight Hall.



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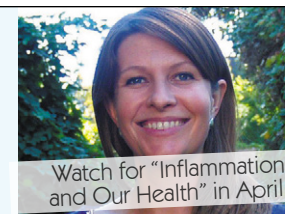
4706C Marine Avenue



February 6
Herbs for a Better Sleep
Mara Jones, CHT, BSC



February 13
Homeopathy – Treating Colds & Flu
Dr. Catherine Cameron, DTCM



~~February 27~~ – Full
How to Cultivate a Healthy Gut
Dr. Lani Nykilchuk, ND



Here are some upcoming opportunities at the Library

The Powell River SLAM is back *Friday February 22, 6–8 pm*
Bring three poems about light or dark and be among the top three poets to go home with cash! Register by email: powellriverpoetryslam@gmail.com

Publishing in Canada *Saturday February 23, 2–3:30 pm*
This workshop, hosted by author Cindy Babyn, will provide insight into contracts, book design, editing, self-publishing, eBooks & marketing.

The first annual “Quickie” *Saturday March 9, 1–4 pm*
A 3-hour writing contest with prizes and publication of the winners’ stories in *Powell River Living* magazine. Theme will be announced at 1 pm, and writers have three hours to produce some magic!



PRPL.ca
info@prpl.ca • 604-485-4796

Live Music

February 2
Bob Seger Tribute Band / 70s party
9 pm, Carlson Club. Tickets available at the club, \$20 for members, \$25 for guests

February 8
Black Tooth
Free metal concert at the CranBar, 9 pm. In memory of Al Antolovich.

Bob Marley’s 74th Birthday
9 pm, McKinney’s. Presented by Ari Dublion and the PowTown GetDown.

February 9
Something Old / Something New
6:30 doors open RockIt Music. Blues Busters, Ron Campbell, Dennis Fox, Neko. \$20.

Harmony Vespers: Walter Martella & The Academy Chamber Choir
4 pm, Powell River United Church. Admission by donation.

Kitty & The Rooster + Carolyn Mark at McKinney’s Pub
8 pm, \$15

Square Dance night with the Western Family String Band
7 pm, Cran Hall – with a bluegrass workshop at 3 pm beforehand.

February 22
Memories: Fortin-Poirier Piano
7:30 pm, Max Cameron. A concert including works for piano four hands from classical, tango and ragtime repertoires. \$24/\$12

Feb 23 to March 8
Powell River Festival of Performing Arts
See story on Page 28

February 28
Oliver Swain & Eli West @ Mary Mary Cafe
7 pm, Mary Mary Café on Texada.

March 1
Oliver Swain & Eli West
7:30 pm, Cran Hall

Sports & Games

February 2
Free Swim
2 to 4 pm, pool.

February 3
53rd Super Bowl Party & Buffet & Prize Draw
TC’s Pub 2 pm – 8 pm. Super Bowl Party is \$15 per person (which includes an appetizer buffet and entry into all prize draws)

Tuesdays, Feb. 5, 12, 19, 26
Sober Sports
6 pm, Westview Elementary School. See ad on Page 18.

February 6
Swim with the Kings
7 – 8 pm, pool. Come and 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

February 8
Kings vs. Merritt
7 pm, Hap Parker

February 8 to 10
North Island BC Curling Club Challenge
Hosted by the Powell River Curling Club. Come by and support your local curling teams. Final championship game will take place the afternoon of Sunday, Feb 10 at the Powell River Curling Club.

February 9
Kings vs. West Kelowna
7 pm, Hap Parker

February 15
Wags, Words & Water,
10 – 11:30 pm, Pool. Join us to learn about St. John Ambulance Therapy Dogs! There will be story time with the dogs and then kids head into the pool for water fun with their parents (Regular Admission)

Pro-D Day Everyone Welcome Skate
Noon – 2 pm, Rec Complex. Toonie for everyone! (Rentals Extra)

Pro-D Day Toonie Swim
2 – 4 pm, Pool. School aged kids swim for just a toonie

Laser Light Skate 2.0
7 – 10 pm, Rec Complex

February 15 to 17
Powell River Curling Club Mixed Open Bonspiel
Mardi Gras theme promises lots of music, party games, food, prizes, and fun; and of course, curling. If you’re interested in curling in this bonspiel, sign up at www.powellrivercurling.com or call 604-483-9551.

February 16
Kings vs. Coquitlam
7 pm, Hap Parker

February 17
Kings vs. Victoria
2 pm, Hap Parker

February 22
Kings vs. Alberni Valley
7 pm, Hap Parker



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And online 24/7 at
prismafestival.com










Powell River Film Festival

Our choppy journey laid bare in *Hehewšín – The Way Forward*

BY GARY SHILLING

The film, *Hehewšín – The Way Forward*, is featured at this year's Powell River Film Festival. It follows impassioned Tla'amin Nation members – Cyndi Pallen (č̓n̓ɛ), John Louie (yaɣwum), and their colonized Irish friend Phil Russell (kʷonanəm) as they come upon the brilliant plan to engage the non-indigenous on the path of reconciliation by building a canoe.

Cyndi Pallen remembers back to when it started a few years ago. “It stems from the work that’s been done in the community. John Louie and I had been having gatherings at the Salish Centre on reconciliation. My dad, Joe Paul, said, ‘we need to document this, this is history’. Phil Russell supported the effort by producing documentation.”

POWELL RIVER FILM FESTIVAL

What: 10 days of film screenings, galas, panels, performance and youth filmmaking

When: February 8 to 17

Where: Mostly at The Patricia Theatre.

Find out more: www.prfilmfest.ca

The canoe project came from this process as a way to educate the general public on what reconciliation means. “It’s a way to communicate and have something physical that you can see – and that reflects back on the ancestors as well,” says Cyndi.

In the process of building the canoe, five indigenous carvers formed the core group, and many people came to help –about 5,000 people in total, including over



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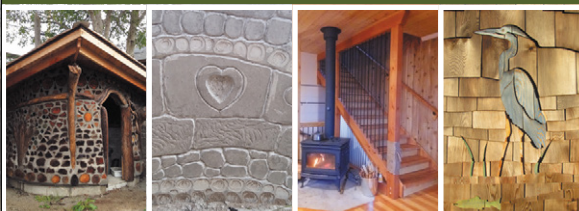
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“From our location, it’s not reconciliation, it’s decolonization. We’ve been suffering so much that we’re at a point where we’re stretched on the one hand to practice our culture and implement the teachings. And on the other hand, we’re working to get higher education, and we’re educating the public now.”

– Filmmaker Cyndi Pallen (čine)

1,000 school kids.

Phil remembers, fondly, a day when one of the school groups of young kids came by, and sang the Coast Salish Anthem, composed by Chief Dan George, to Joe Martin, the master canoe builder. He was so moved that for the transport of the canoe to the Salish Centre he asked the children to lead singing that song.

Cyndi is working to engage the indigenous community, and Phil is engaging the non-native community. They are both looking to build relationships and to reach out to more people. They hope to get to the quiet people. The ones who continue to suffer as a result of colonization.

She questions – “How do we bring it to light? That’s my goal with reconciliation. It’s hard to do. It’s not easy to communicate about this – and then use that word – because that’s a government word.”

What happened with the Wet’suwet’en has challenged Phil’s thoughts on reconciliation. For Phil, “The RCMP is playing the role it was constituted for. Maybe we need to go beyond reconciliation, because it seems to me that the word is being used in a way that is not actually reconciliation, but it’s lip service. We can say it, but not actually do it. The force used by the RCMP highlighted that for me.”

Cyndi echoes Phil’s thoughts. “From our location, it’s not reconciliation, it’s decolonization. We’ve been suffering so much that we’re at a point where we’re stretched on the one hand to practice our culture and implement the teachings. And on the other hand, we’re working to get higher education, and we’re educating the public now.”

The film moves way beyond lip service, and is a document of the first ever joint creation of a traditional dug-out canoe. The canoe proves to be a powerful symbol of reconciliation. It seeks to reinforce the belief that we are all in the same canoe, and we must all paddle in unison to get to where we need to be.

The non-indigenous people have been given a powerful gift, to step through the doors, into the indigenous peoples world, in order to understand a way of life, founded on respect. The emphasis is always on people-to-people connections and the traditional teachings are at the forefront of the over-arching narrative of the film and the reality of the situation.

Both Phil and Cyndi believe that the way forward is something that everyone can do on a personal level. What’s your vision of how to bring both communities together? Do it as your act of reconciliation. Learn the native language and their customs, remain open and bridge relationships, and ask yourself – “What can we do today to help?” **RL**

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75th Powell River Festival of Performing Arts

This family has performed at the fest since the 1940s

BY JOYCE CARLSON

Powell River Festival of the Performing Arts family ties go back to the 1940s.

Four members of a local family for decades have been involved with Powell River Festival of the Performing Arts, known in its earlier years as the music festival.

Gloria Bond, nee Collinson, played piano in the festival during the 1940s. She remembers that she was very well prepared but when it came time to play, she was really nervous.

“The adjudicator was really kind,” said Bond. “He told me to take a deep breath and start when I was ready.”

Her daughter, Val Thompson, who is currently festival coordinator, played piano but never in the festival.

“My dad, my sister and I all took lessons from Bill Thompson,” she explained.

While she did not participate as an individual, Val played the trombone in the school band which was involved in festivals.

As the mother of a participant, Val drove her daughter Shannon to hundreds of practices ending annually with festivals. Her first festival experience was as a member of her kindergarten choir. When she was seven, she entered piano and added vocals the next year.

“One year I was in 16 sessions between choir, band, duets and solos,” said Shannon who is now in her 20s. At the time there was no dance category but she entered all the other five disciplines.

“I believe my involvement in preparing for and performing in the festival provided me with discipline,” she added.

POWELL RIVER FESTIVAL OF PERFORMING ARTS

What: An annual showcase of talent, including music, dance and speech arts.

When: February 23 to March 8

Where: Max Cameron, James Hall, and the Evergreen Theatres

Details: See powellriverperformingarts.org

On several occasions, Shannon was recommended by adjudicators to perform in the Grand Concert and to attend Performing Arts BC provincial festivals which are held annually in various locations throughout BC.

Dan Thompson took thousands of photos at festivals of his daughter and other performers which he generously shared with parents and others.

Val works at the Powell River Academy of Music office as well as for the festival which she has done for 10 years. “I love the people I come in contact with who overlap between the two positions. As well I enjoy seeing long-time supporters and volunteers who come out every year to help at the festival.”

She added the most rewarding part is seeing participants of all ages have a chance to shine on stage.

“I have watched many performers grow up at the festival,” she said. “And there is always a surprise at the Grand Concert where inevitably something cool happens.”

This year, in recognition of the 75th festival, there will be a free Celebration Concert on Saturday, March 2, in addition to the regular sessions which begin



PIANO, TROMBONE, CHOIR: Family members, from left, Gloria Bond, her daughter Val and granddaughter Shannon, have all participated in Powell River Festival of the Performing Arts.

“There is always a surprise at the Grand Concert where inevitably something cool happens.”

– Valerie Thompson, festival coordinator

on Saturday, February 23.

“We are inviting some past participants to perform and help us celebrate being the oldest festival in our community,” said Val. “Former mayor Stewart Alsgard, who played in the first festival, will emcee the event.”

The concert will be held in Evergreen Theatre at Powell River Recreation Complex.

As usual the festival will conclude with the Grand Concert on Friday, March 8. This ticketed event also takes place in Evergreen Theatre. PR



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hurting people
across Canada.

On February 23, in 136 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.

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 18.



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Registration is
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cnoy.org/powellriver

Raise awareness
Raise money
Get a toque

Walk
2, 5, or 10
kilometres
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On **Saturday, February 23**,
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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.*

coldest*night
OF THE YEAR . ORG

The tie that binds: heritage

BY ANN NELSON

The theme set by the National Trust for Heritage Week, 2019 – The Tie that Binds – sounds so familiar, doesn't it?

Whether we're most familiar with the original words from the hymn composed in Yorkshire in 1772, or from the many novels, films and literary allusions over the years; we will probably all recognize those words as being a respectful acknowledgement of duty and responsibility and loyalty and love.

In fact, we're frequently bound by loyalty to so many different ties, that we can totally lose sight of some of the less obvious. Our immediate ties to our families, to our

Every time someone takes the time with their elderly relatives, neighbours, or family friends...we're extending the shelf life of our shared experiences and strengthening the tie that binds us all together in community.

– Ann Nelson, *THS*

culture, to our community all can overshadow the very ephemeral ties to our history and it comes down to another set of familiar words for all of us: use it or lose it!

We're so fortunate in Powell River to have enjoyed the continuity that comes with stability and with relative isolation, and we're equally fortunate that as early as the 1970's there were visionary folk here who recognized that their opportunities to gather the stories first hand from the story makers themselves had a fast approaching "best before" date.

The wealth of recorded interviews captured since the

HERITAGE WEEK 2019

What: A National celebration of our past

When: February 18 to 24. Booth open 10:30 to 3:30 pm Tues to Sat.

Where: Town Centre Mall

70's with so many members of our pioneering families have resulted in access to a richly coloured tapestry of interwoven stories about our community's past and its people: literally creating the "Tie that Binds" us all together.

When a local historian undertakes the challenge of creating word pictures for us that preserve our "ties," like Karen Southern's *House Histories and Heritage* series, they have been able to lay a foundation for their "family" stories based on those interviews. The printed material that's been preserved, the thousands of photos taken by the Powell River Company's photographers, and the newspapers that are all at the Museum or in private collections add more threads and more colour.

Every time another family takes the time to sift through grandma's albums or candy boxes or whatever houses the collection of photos from times when everyone had a little Kodak camera to preserve their memories, and then takes the time to share those images (frequently with names, dates, places, occasions inscribed on their backs) with the Museum or Townsite Heritage or Tla'amin, our ties become even stronger and more vividly coloured.

Every time someone takes the time with their elderly relatives, neighbours, or family friends to encourage the telling of their stories about the "old days," we're extending the shelf life of our shared experiences and strengthening the tie that binds us all together in community.

It's so rewarding to be part of preserving the stories that interweave life in the old days and the old places with life in the new place here on Canada's western frontier. Preservation doesn't take a fancy education or a huge sacrifice of time: just the willingness to lose oneself for a while in untangling the threads that connect us all and to add our own colourful contributions to the ties that bind. [RL](#)



it's cold
out there.
feb. 23, 2019

COMING UP AT THE MAX

Sat, Feb 9, 2019 @ 7:30 pm

SINK OR SWIM ~ Beverley Elliott

Vancouver actor Beverley Elliott presents a one-woman show of songs and stories that vividly reveal all the fears and foibles of five-year-old rural Ontario's 'Smelly Elliott'. "It's Little House on the Prairie meets Lord of the Flies," says Elliott of this poignant, playful, and achingly relatable story.

Fri, Feb 22 @ 7:30 pm

MEMORIES ~ Fortin-Poirier

A concert including works for piano four hands from classical, tango and ragtime repertoires. Feel the intensity of the tango, *Adios Nonino*; enjoy *Souvenirs*, by Samuel Barber; be seduced by the *Serpent's Kiss*. The audience gets a 'view from the bench' with an overhead projection of every note played by Amélie Fortin and Marie-Christine Poirier.

Tues, March 12 @ 7:30 pm

NEW LADY ON THE PRAIRIE ~ Lizzy Hoyt

Lizzy Hoyt is an award winning Celtic-folk artist and a master of the fiddle, guitar and harp. "New Lady on the Prairie" is inspired by the story of her great-great aunt immigrating to Canada from Ireland in the early 1900s.

ALL SHOWS: Adults \$24 • Students \$12

TICKETS AVAILABLE

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In May, *Powell River Living* will publish the 11th 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.

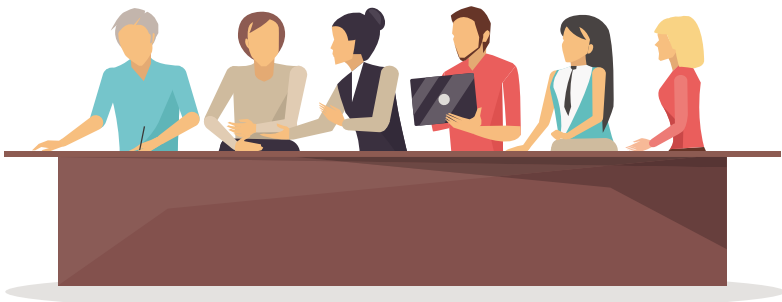
We'll look at how you can grow your own, who is growing food, and share **maps** and instructions to help you find **where to get locally-produced food**.

- Want to get on Powell River's **food map**?
- Want to get the word out about your products or services?

Contact Sean at
604 485 0003
sean@prliving.ca

or Suzi at
604 344 0208
suzi@prliving.ca

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 At the Library

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 or visit us at the Library



Everyone can (and should)

BY ROMI LOW

Our son, David, became involved in the Powell River Academy of Music choir when he was seven years old, and music became a life-long love for him.

First with the choir and then, when older, piano lessons. Like most children in the music programs, he did not become a musician but the opportunities of growth from his experience in choir has served him well in his adult life. The primary benefit in his life has been confidence. The confidence to stand up in front of a large crowd and give a presentation. The travel with the choir from a young age, has given him the confidence to continue to travel, and develop a global out-look of the world. He made friends in the choir, friends with a common interest and they continue to be friends all these years later.

Research has found evidence children who learn and practice music are able to develop a part of the brain that processes sound faster. Music can lead to better language, reading and communication skills. Music stimulates the auditory system. This means musically trained children are better able to distinguish subtle details of speech, leading to improved reading, comprehension and a greater

ability to interpret what other people are saying.

Children participating in music have a greater ability to focus their attention. Music training is a very active form of mental training that increases children's cognitive capabilities. So much research has been done on the impact of music in non-musical domains, including literacy and numeracy. Music enhances rational and abstract thinking, concentration levels, memory and time management, along with improved levels of self-esteem and social skills.

Singing in a choir provides a sense of belonging and develops friendships with others with a common interest. The opportunity for a quality music education will be a step to your child reaching their potential. And again, enrolling children at a young age, according to all research available is critical, starting with a pre-school music program.

All the above does not just apply to children. Research has also shown that adults can benefit from participating in a choir. For adults, participating in a choir is associated with a better quality of life. Music helps reduce stress, relieve pain and relax. It is great for both lung and cardiovascular health and stimulates your memory. Most importantly, it makes a community connection.

Everyone can sing! Singing isn't a talent, it is a skill that must be developed, encouraged and fostered. Anyone with functional hearing can distinguish pitch and learn to replicate it vocally. And best of all, singing does not require the purchase of an expensive instrument.



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NO AUDITIONS: None of the choirs listed here require an audition – or even musical knowledge. They're all recruiting, and would love to include your voice. Pictured are (left) The multi-age One Voices Choir, conducted by Julia Adam, (below) the Iquq Improv Choir, conducted by Donna Lyttle, and (below left) the Powell River Chorus, conducted by Walter Martella. Part of living in Powell River is being surrounded by choral music: at *Kathaumixw*, the Festival of Performing Arts, Carols by Candlelight and so much more. *One Voices* photo by Terry Martyniuk

and should) join a choir: even you

THE ONE VOICES CHOIR

Conducted by: Julia Adam

How long the choir has existed: 6 years

Number of members: Approximately 60 active singers

Who's welcome to join: All voices, inexperienced or otherwise

When you practice: Wednesday, 6:30-8 pm

Major performances: Celebration of Cultural Diversity, Momento Mori, Wu Woom Festival, Fundraising concerts for the Community Resource Centre, Refugee settlement, Music Alive program at Willingdon Creek Village, PRISMA on the Beach

Contact: Julia Adam, singitpowellriver@gmail.com

WELLSPRING SOUTH

Name of Director: Annabelle Tully-Barr (Community Choir Leadership Training graduate)

Choir Location: Community House, behind Kelly Creek School, Thursday nights at 7 pm – 8:30 pm

How long the choir existed: Since fall of 2017.

Number of members: between 6 and 17

Major performances: At this time we are not performing in public, only for each other...and we sound incredible!

Contact: Annabelle bringingsingitbpr@gmail.com

8:00 CHOIR

Conducted by: Madeleine Field (though she has no qualifications whatsoever)

How long the choir has existed: 2 years

Number of members: 7

Who's welcome to join: Anyone interested in the sacred music of the Roman rite, at this point simple Gregorian chant. And we also sing standard Catholic hymns.

Are you currently recruiting: Yes, including for a small electric organ or electronic piano and someone to play it!

When you practice: Thursday evenings at 7 pm

Contact: mlfield@telus.net

CHOR MUSICA

Conducted by: Walter Martella, accompanist Nancy Hollmann
How long the choir has existed: 20 years

Number of members: 54

Who's welcome to join: All men age 25+

When you practice: Monday 7:30 pm at the Academy of Music

Major performances: Chor Musica Christmas, Festival Of Performing Arts, Spring Sing, Remembrance Day

Contact: Val Thompson at the Academy of Music



IQUQ IMPROV CHOIR

This choir appeals to those who are listening to new and improvised music with an ear for adventure.

We rotate as conductors because the entire process is improvised. One person creates a pattern using the conduction language, and the choir members return an improvised response. Then the next person takes a turn. This is a common formal device in improvised settings.

The choir has been meeting on and off for about a year.

We fluctuate between 5 and 12 members. Ideal number: 16.

We practice at 7 pm on Monday evenings at TAC, The Art Centre, and anyone is welcome to come and try a session.

We have no planned performances at this time.

Contact Donna at ddmanywaters@gmail.com or drop by The Art Centre on a Monday night.

POWELL RIVER CHORUS

Conducted by: Walter Martella

Location: Academy of Music

How long the choir has existed: 60+ years

Number of members: 85 members

Who's welcome to join: Everyone age 25+

When you practice: Wednesday, James Hall, 7:30 pm

Major performances: Wassail, Festival of Performing Arts, Spring Sing, and more.

Contact: Janice Gunn, 485-3825 prlady42@hotmail.com

PR ACADEMY CHILDREN'S CHOIRS: APPRENTICE, GIRLS AND BOYS

Conducted by: Matt Hull, Ildiko Kelly, Joanne Hanson and Brenda Yirka

How long the choirs have existed: Since 1974

Number of members: Fluctuates between about 35 and 70

Who's welcome to join: Children age 4 to Grade 7

When you practice: Mondays at 3:30

Major performances: Carols by Candlelight; Festival of the Performing Arts; Choir Night; Academy Spring Sing; International Choral Kathaumixw

How to contact: Academy of Music office 604-485-9633

ASSUMPTION YOUTH CHOIR

Conducted by: Fran Schweitzer

Choir has existed: 10 years

Number of members: 15

Who's welcome: Youth of all ages. It's helpful to be able to read, but younger children are welcome too.

Currently recruiting: Primarily looking for youth who wish to sing at evening mass at Assumption Church, but also welcome anyone interested in learning beautiful liturgical music, including Orthodox chant, Gregorian chant, early renaissance music and traditional hymns.

Practice: 3:15 – 4 pm Thursdays at Assumption Church

Major performances: Aside from weekly mass, this choir also sings at weddings, funerals and the Festival of Performing Arts

Contact: frances.schweitzer@gmail.com

PR ACADEMY YOUTH CHOIR

Conducted by: Lesley Sutherland

How long the choir has existed: Formed in 1975

Number of members: 10 and growing

Who's welcome to join: Ages 14-25 – No experience necessary – just a sense of humour, open mind and a positive attitude.

When you practice: Monday and/or Wednesday evenings 7 pm (you can come to both or either rehearsal days)

Major performances: Carols by Candlelight; Festival of the Performing Arts; Choir Night; Academy Spring Sing; International Choral Kathaumixw

Contact: Lesley Sutherland lesleyssutherland@icloud.com 

“When you move to town, choirs are a great way to meet new people!” – Walter Martella

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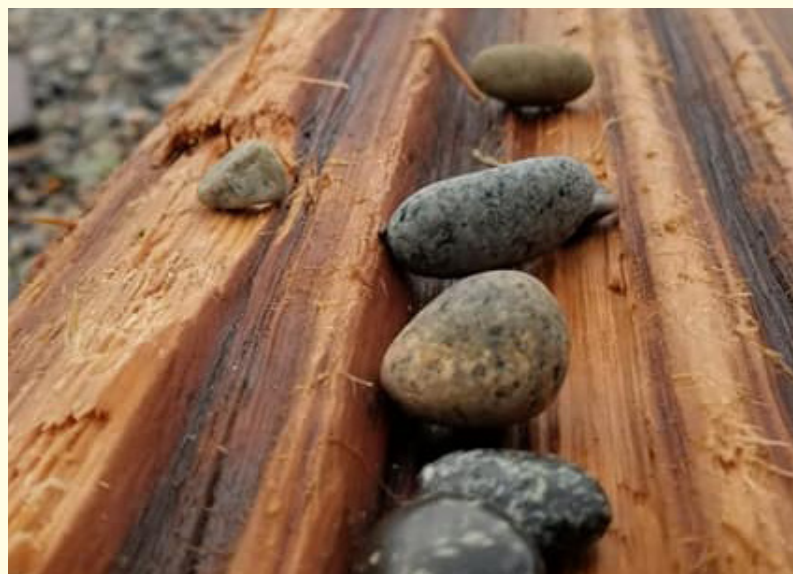
If life is feeling a bit stormy, chaotic, or overwhelming, creating a reciprocal relationship with a stone is a medicine way available to you.

The simple weight and texture can be a significant nervous system support when kept in a pocket. This also helps us "move out of our heads" when overthinking.

Transferring the energy of anxiety, grief, or frenetic feelings out of our bodies and into the stone with our breath and intention helps shift our physical electrical frequency. Placed over our navel we can invite their natural groundedness along with the medicines of the environment they came from and their unimaginably long existence.

When seeking a stone, choose one from a place that feels most supportive to you. It might be your favourite beach, preferred forest trail, or from the land you live on. Soften your gaze – this is not hunting – and open your awareness until one catches your attention.

When one calls out, plus feels resonant, pause for a moment with the question, "Are you willing to support me?" Then feel, listen, or intuit if you receive a Yes or No response. Pay attention to body sensations, inner knowings, and any external sounds that may signal in that moment. When you feel permission has



been granted, be sure to leave an offering in its place. A strand of your hair, dried herbs, reiki, even a song. Like any friendship, there is care and respect both ways.

Remembering high school earth science (Thanks Mr. Fee!) we might recall there are three types of rocks. Each of these has undergone significant change due to pressure and/or temperature – we do too – during heated or incredibly intense times, we find a tempering of soul and a strength we didn't know we had.

An energetic or spiritual relationship with a stone provides us with an ancient teacher wise to the nuances of transformation. Due to their solid density, they also are well

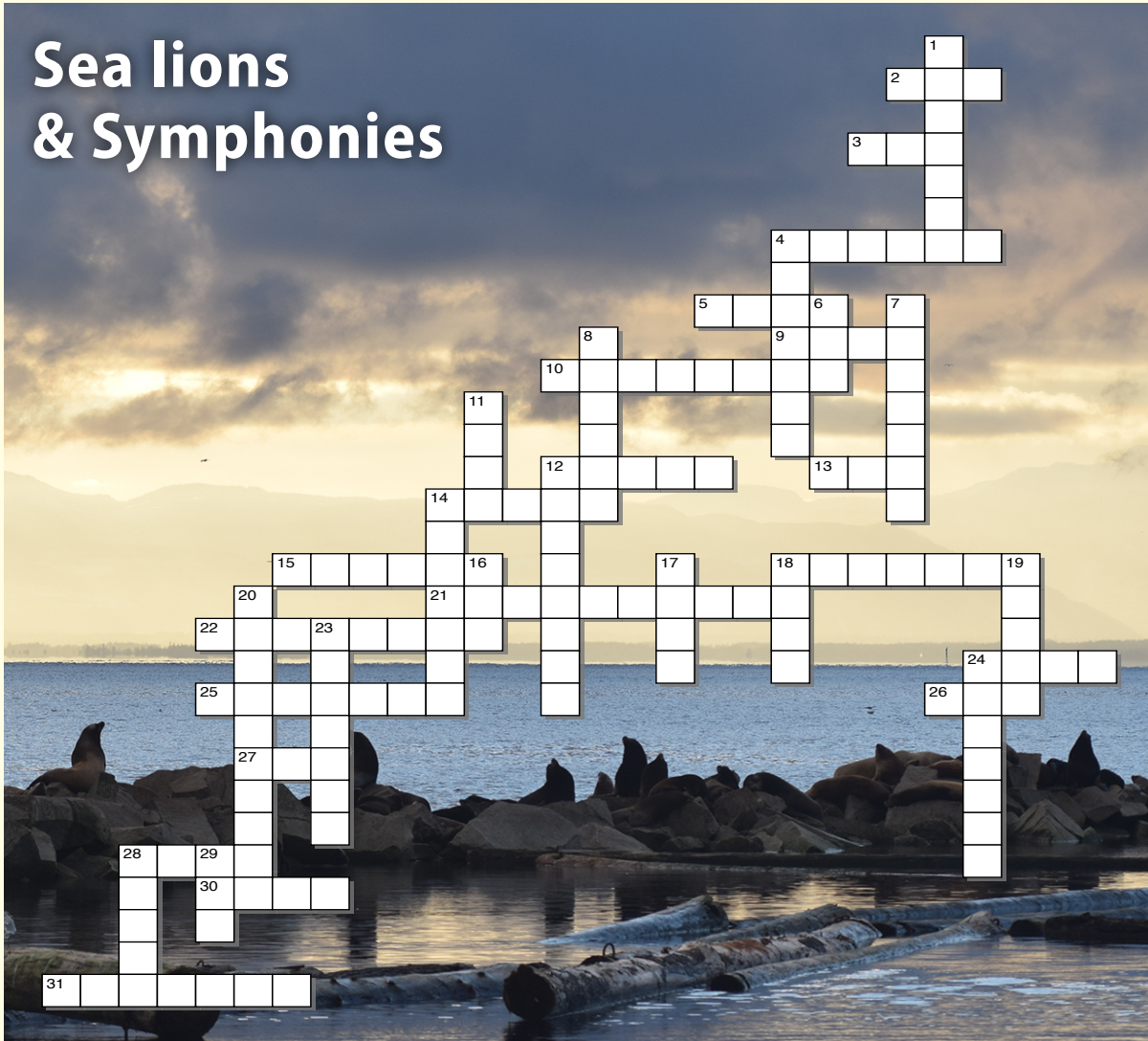
suited to absorb emotions that we find uncomfortably hard.

Animistic and shamanic lineages around the world have traditionally engaged with stone medicine for everything from relieving mental anguish and illness to removing spiritual intrusions. They are used as place markers or way-showers to sacred sites. Libations are poured over them, they're used as divination tools, and are often kept in medicine bundles.

If you were a coastal kid, you likely grew up making wishes on stones with complete rings on them.

Sometimes these old medicine ways are hidden in plain sight! [RL](#)

Sea lions & Symphonies



Across

- 2) Half a laugh at TC's Feb 23
- 3) Location of volunteer bike repair shop
- 4) Creek flowing into Cranberry
- 5) Sexual Orientation Gender Identity
- 9) Floating platform or sunning sea lions
- 10) Dolphin, whale
- 12) Family got to Colombia using this power
- 13) Neckwear, heritage theme
- 14) Singing group
- 15) Kind of jobs that let Inksters move here
- 18) Woven treasures given back to Tla'amin
- 21) Cover model's home state
- 22) Arthur's missing score
- 24) Sea lion food rhymes with rake
- 25) Dive site wreck taken over by sea lions
- 26) Fisheries officer Rahier
- 27) Influential women org (abbr)
- 28) Kathleen's housing program brings
- 30) Sea lion eaters
- 31) Sea lion arm, or famous dolphin

Down

- 1) Writing contest alias
- 4) Seasonal trek
- 6) Crown lawyer now at Villani
- 7) The other type of sea lion
- 8) Malaspina chief Dave
- 11) Sea lion food generic
- 12) Seal, sea lion, walrus
- 14) Festival's Grand finale
- 16) Hears how you tell seals from sea lions
- 17) Festival of Performing
- 18) Sea lions, dogs and trees do it
- 19) WOW McKay
- 20) Wave stopper
- 23) Host of business awards
- 24) Oily, silvery sea lion food
- 28) Hypnotherapist on the rise
- 29) Group of whales

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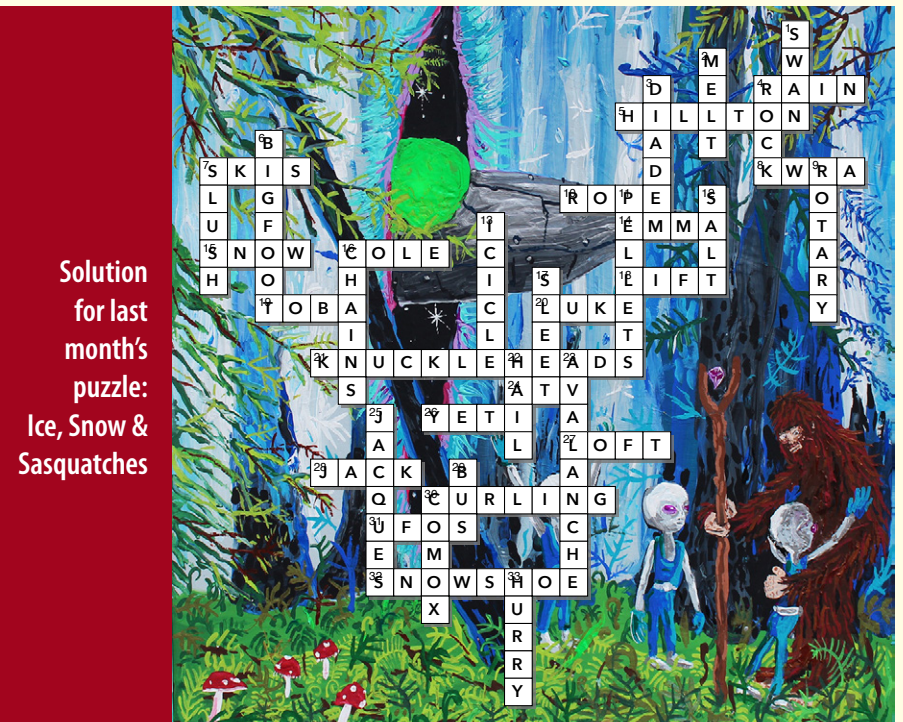
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We were laughing a little too loudly when we entered the grand lobby of the Dvorák Hall, which probably contributed to the panic on the doorman's face.

He lurched toward us, holding his top-hat in place as he moved across the gleaming floor and thrust out his hand. "Tickets!" he hissed, and then raised his eyebrows as he read our seat assignments. Balcony, front and centre. I squared my shoulders and mounted the stairs.

I reached the top step as a wave of applause sounded, and the doors to the balcony seating swung open for intermission. I caught a glimpse of myself in a mirror; my faded jeans were splashed with muck, my sodden jacket hung limply on my shoulders, and my wet hair was stuck to my head. A sea of glittered gowns and spiffy black suits flowed around me, filling the lobby. I took a step toward Arthur, who matched my state of disrepair. "Let's grab our seats now," I said. "It will be heaven to

conduct the 1889 version. And now, Bruckner was MIA, along with the car.

The local Policie were not a great help, other than to clear up our misconception that our car had been towed. It took them three hours of valuable time to determine, you are not towed, you are stolen! Your car is in Belarus by now. Never-mind to find it. Here – fill this paper out, and then you go.

So, we went dumpster diving. It was streaming rain. With my soaking wet clothes and dripping hair, nobody gave me a second look. I shooed away a stray dog, climbed atop a wobbly wooden crate, and stuck my head inside a smelly garbage container. "It sure would be nice to find my rain-jacket!" I shouted from inside the echoey, empty bin. We explored more seedy corners and dark alleys of the Malá Strana district, but as we reached the 15th century Charles Bridge, we had to concede, our stuff was long gone.

Not one to give up my amateur guiding so easily, as we crossed the bridge, I went into tour mode. They used to tie people hand and foot and throw them off this bridge, I told Arthur. I'd read it yesterday in my now-missing guidebook. That guy there, I said, pointing at a statue of a man with golden stars encircling his head,

threatening to call the Policie. Oh, them again. Well, I knew they weren't in a hurry. We'd be finished by the time they arrived. At 8:10 we were ushered out, our well-won stack of paper in hand. "Are you up for a concert?" asked Arthur. "Oh sure!" I laughed. "Why not!"

At the ticket kiosk, the woman shrugged at our request for tickets. I looked at Arthur, maybe Tomás forgot? But suddenly, she knew us – the story had made the rounds of the orchestra. Ahhh! You! She picked up a blank envelope, peered inside, and handed it over. "Nobody pick these up. For you." We walked up the wide stairs to the main entrance. "We must look like vagabonds!" I said. "Are we really going to a concert?" We burst out laughing and entered the grand lobby.

I collapsed into the soft velvet seat at the balcony's edge. Arthur sat beside me and leaned in. "Those people are speaking Dutch!" he whispered. A well-dressed couple were taking their seats beside us. "Goedenavond!" said Arthur. "Good evening!" They looked startled. I have to admit, I would have been a little taken aback too, if I was sitting next to me that evening. Arthur explained that our concert clothes were in Belarus. "Ahhh! All of the Dutch community is here," the woman explained; there was a Dutch piece premiered in the first



Finding Perspective in *Prague*

Last Word

BY KIM STOKES

is St. John, the martyr. He was tossed off. Touching the statue is supposed to bring luck. We both walked over and gave it a little rub, and then Arthur called the Czech Philharmonic. "We do have three scores," the librarian confirmed, "but, hmm, they do not indicate version. I'll leave them at the artist entrance."

A portly grey-haired guard buzzed open the door. He looked at us from top to bottom, glanced at the puddle forming at my feet, shrugged, and handed over the scores. After careful scrutiny, Arthur shook his head. So much for St. John. Enter St. Tomás, a cellist in the orchestra who happened to overhear our plight. Come with me! He waved us out the door and marched us a few blocks to the Prague library. He couldn't stick around, he had to go and warm up for tonight's concert. "I'll leave tickets for you at the hall!" Tomás called over his shoulder as the librarian produced a small, worn book. It was the size of an Archie digest comic. It was, apparently, the only copy of Bruckner 3, 1889 in Prague.

"No!" the librarian said when Arthur asked to borrow the wee score. "You copy!" She steered him to an ancient machine. A behemoth that consumed only 20-korun pieces, about the equivalent of a penny.

"Right! I'll collect the coins, you run the copier," I said. It was going to take a small fortune to copy the 230-page score. I splashed through the dark streets of the Staré Mesto, cleaning out every souvenir shop and small grocer of their korun. Once I had a handful, I ran back to the library to unload. At 8pm the library lights went off. The green light of the copier lit the centre of the room, casting long moving shadows on the walls as it scanned the pages. A guard shuffled around us uneasily,

just sit for a few minutes." It had been a long day...

You'd think the biggest problem when your car is stolen is that your car has been stolen. When our car went missing from the banks of the Vltava River in Prague on that cold and rainy November morning, along with our suitcases, and all the other gear we pack along on our European road trips, the big deal was the missing score. By the time Arthur shows up at a gig, he has spent untold hours studying and marking his orchestra scores so that, at a glance, he knows just where he is in a thick book that is the code to an hour-long symphony. Each of the hundreds of scores lining the walls of his studio is scrawled with red and blue, encrypted in a way that means absolutely nothing to me, but for him, represents just what he wants the orchestra to do at that very instant in time.

We were on route to Romania, where Arthur would conduct Anton Bruckner's 3rd symphony. Now here's the thing about Bruckner. He was super insecure. He would write a symphony, and then show it to his friends, and they'd say – oh, it's pretty good, but you should change this bit or that bit. And he would. So, he'd end up with several versions of the same symphony. Bruckner 3 was written in 1873, and revised in 1874, 1876, again in 1877, and finally, one more time in 1889. Arthur was to

half. "Please meet my husband, he's the Dutch Ambassador." Of course, the ambassador. I shrunk down into my seat. And then she extended an invitation. "You must come to the Ambassador's reception down the hall after the concert!"

I panicked. I'd just been invited to the Dutch party of the year in Prague, and I was a filthy mess. Of course I wasn't going to the party. How could I possibly go to the party? It's a good thing Tchaikovsky's 6th symphony is 45 minutes long, because it gave me time to find perspective. Logic prevailed. There would be food. I went to the party.

Our new friends introduced us to the group, and our story made quick rounds. "Come to the buffet! Here! Have a glass of wine!" Judging by the amount of attention I received, the Prague Dutch community were ready for some fun. Everyone in the room came to chat with me and make me feel welcome, delighted that we'd somehow ended up here. I felt like a bit of a celebrity, and who really cares what a celebrity wears to the party.

At midnight Arthur and I laughed together as we sauntered hand-in-hand back across the Charles Bridge, not a soul in sight, recapping this remarkable day. The rain had stopped, stars were shining above the castle, and there was St. John, his ring of stars gleaming in the moonlight. Apparently, he brought us a little luck after all. [PR](#)

	<p>FRI FEB 8 – 7 PM OPENING PARTY</p> <p>Blue Note Records: Beyond the Notes \$16</p> <p>Blue Note Records became home for the greatest jazz musicians in America. An intimate look. Music by Retro, catering by Save-On Foods.</p>		<p>WED FEB 13 – 7 PM</p> <p>Roma \$10/\$12</p> <p>Shot in sumptuous large format black and white, it is an epic memory poem told through masterful imagery, soundscapes and absorbing actors. Award winning.</p>
	<p>SAT FEB 9 – 1:30 MATINEE</p> <p>Becoming Astrid \$8/\$10</p> <p>Astrid Lindgren is famous for creating the indefatigable Pippi Longstocking, the tenacious, free-spirited character beloved of children everywhere. Biopic.</p>		<p>THURS FEB 14 – 1:30 MATINEE</p> <p>Maria by Callas \$8/\$10</p> <p>The most beautiful singing voice of the 20th century belonged to a Greek-American who grew up in New York City. An intimate look at her life.</p>
	<p>SAT FEB 9 – 7 PM</p> <p>Shoplifters \$10/\$12</p> <p>Shoplifters is a film about love and crime. A very generous film—powerfully sad, but with a lot of beauty to take with you as you leave the theatre.</p>		<p>THURS FEB 14 – 7 PM</p> <p>What They Had \$10/\$12</p> <p>The film acknowledges the damage loved ones unwittingly dole out while also leaving viewers cherishing memories of those they hold dear.</p>
	<p>SUN FEB 10 – 1:30 MATINEE</p> <p>Science Fair \$8/\$10</p> <p>RATED FOR YOUTH</p> <p>A feel-good look at the International Science and Engineering Fair, which draws over 1,500 high schoolers from over 70 countries to compete.</p>		<p>FRI FEB 15 – 1:30 MATINEE</p> <p>Firecrackers \$8/\$10</p> <p>These teens have only one thing on their minds: getting the hell out of their rural Ontario backwater and never looking back. There's not a moment to waste.</p>
	<p>SUN FEB 10 – 7 PM</p> <p>People's Republic of Desire \$10/\$12</p> <p>With over 300-million users, the Chinese live-streaming platform YY transforms the very modestly talented into superstars who make thousands of dollars a month.</p>		<p>FRI FEB 15 – 7 PM</p> <p>Edge of the Knife \$10/\$12</p> <p>Filmed on stunning Haida Gwaii, Gwaai Edenshaw and Helen Haig-Brown's film is a 19th-century epic, scripted and shot in the endangered Haida language.</p>
	<p>MON FEB 11 – 1:30 MATINEE</p> <p>Blue Note Records: Beyond the Notes \$8/\$10</p> <p>Blue Note Records became home for the greatest jazz musicians in America. An intimate look.</p>		<p>SAT FEB 16 – 1:30 MATINEE</p> <p>The Issue of Mr O'Dell \$8/\$10</p> <p>Finding Big Country</p> <p>Directors attending Two short films with each film maker showing tremendous love and respect for their subjects – a civil rights activist – and a basketball player.</p>
	<p>MON FEB 11 – 7 PM</p> <p>Styx \$10/\$12</p> <p>After weathering a spectacular storm with aplomb, the doctor faces a harder moral one when coming across a sinking trawler full of refugees.</p>		<p>SAT FEB 16 – 7 PM CLOSING PARTY</p> <p>In the Valley of Wild Horses \$16</p> <p>Hehewšun: The Way Forward</p> <p>Directors attending These films celebrate indigenous traditions, whether the creation of a traditional dugout canoe, or historic horse and wagon trip. Party at Townsite Market at 7.</p>
	<p>TUES FEB 12 – 7 PM</p> <p>The Price of Everything \$10/\$12</p> <p>A brilliant and captivating documentary about how the art world got converted into a money market – an insane world in pursuit of money and prestige.</p>		<p>SUN FEB 17 – 1:30 MATINEE</p> <p>In the Valley of Wild Horses \$8/\$10</p> <p>Hehewšun: The Way Forward</p> <p>These films celebrate indigenous traditions, whether the creation of a traditional dugout canoe, or historic horse and wagon trip.</p>

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