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BA Blacktop joined the Powell River community in 1997, when we purchased Coast Paving from Bert Work and his family. Our history on the Sunshine Coast dates back to 1979 when we purchased the first Coast Paving in Sechelt.

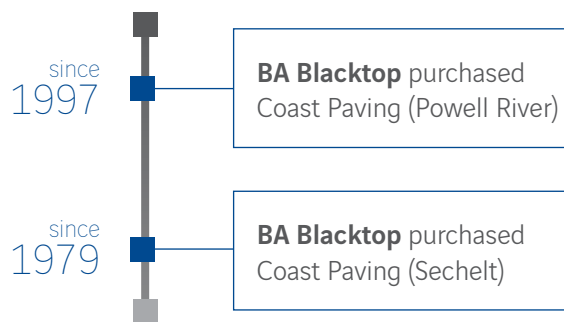
BA Blacktop is a local paving and road construction company. Our crew and staff all live locally: they could be your neighbour, your friend or a family member. In fact, we still have family members and crew working with us from the Coast Paving days. Not to mention, our utility crew has been with us for over 14 years. We also hire local trucking and equipment companies, and buy local materials such as gravels, concrete, and tools.

You'll see us working on neighbourhood driveways, school parking lots, private and municipal projects as well as local roads throughout the City, Saltery Bay to Lund and Texada Island too.

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Honk and wave to say hi - or just stop by and watch us work. We'll take the time to chat - if its safe to do so.

Our History



Supporting local organizations:

BA Blacktop is a proud supporter of local organizations including the Powell River Kings Hockey Association, PR Curling Club, in the past Rotary Club, Minor Baseball, Ladies Fast Ball, and the Salmon Society. We are committed to continuing this tradition even more so given these challenging times.

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Rare bird

Normally in eastern Europe and migrating to winter in southern Africa, the Red-Backed Shrike is a rare find in Powell River. But Iwan Van Veen spotted and photographed this bird, making it the first ever sighting of a Red-Backed Shrike in Canada. The bird stuck around for a while – long enough for local bird photographer Ken Pritchard to capture this image. Shrikes are hunters, eating large insects, small birds and even small rodents, which they will sometimes impale on thorns to eat later. This one was spotted in some blackberry brambles. [PR](#)

Photo by Ken Pritchard



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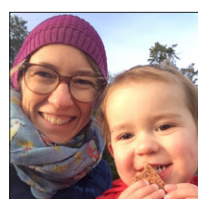
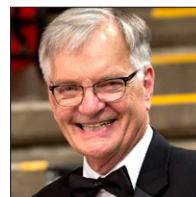
ON THE COVER:

The Townsite Actors Guild is launching *It's a Wonderful Life*, the radio play this month on CJMP and online. Here, voice actors Todd Caldecott playing George Bailey and Stephanie Miller playing Mary Hatch strike an in-character pose. See Page 6 for the full story. Photo by Stephen Miller



CONTRIBUTORS

LEE COULTER retired to Powell River in 2006 and has volunteered on several not-for-profit boards, most recently: the PR Museum, the PR Film Society, PRISMA and the PR Hospice Society. He enjoys singing with the Academy Chamber Choir, the PR Chorus and at St. David & St. Paul's Church.



ELENA MARTIN is a Nutritional Scientist with a PhD in Applied and Environmental Microbiology. Her passion is researching climate food facts which she publishes at scientificmama.wordpress.com. She believes food is the strongest lever to optimize human health and environmental sustainability.

STEPHEN MILLER has been involved in the arts both from a business and an entertainment perspective. He owned movie theatres, produced and wrote for feature films and TV, and was the creative producer on numerous live theatre productions.



MERILEE PRIOR is "The Bird Lady," founder of PROWLs. Before she retired here in 2005, she'd been a lifeguard, a kayak tour guide, a Spanish and ESL teacher and much more. Now she cares for hundreds of wild animals each year in her home.

In 2009 **AVI STERNBERG** and his family moved to Canada, after spending 8 years training in Japanese fine dining restaurants and opening a restaurant in Hanoi, Vietnam. He is currently instructing VIU/SD47 Professional Cook students to prepare delicious meals at the Birch Tree Café and Bistro.



KEVIN WILSON is a serial crafter, currently in love with knitting machines. He immigrated to Canada in 1981 from the UK and moved to Powell River in 2003. He lives with his husband Alfred, in Cranberry, and grows food.

We acknowledge the financial support of the Government of Canada



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PUBLISHER'S MESSAGE

Sit tight this Christmas and celebrate - differently

This Christmas will be an abrupt departure from any in recent history.

With in-person church services, Christmas concerts and events cancelled or moved online, we'll be staying home and eating Christmas dinner with only those we live with.

Nobody likes it, but we don't like what COVID-19 is doing to our world so for now, let's sit tight and hibernate.

This *Powell River Living* looks and feels different than previous December issues. Our events section, usually filled with a huge variety of all things Christmas, is almost non-existent this year. Craft fairs went online (thanks Kevin Wilson see story Page 21) and many local businesses jumped on board to create or improve their websites so they could better serve their clients during these difficult times.

We'll all be glad to see the tail end of 2020, which can best be described as the year that was.

Still, we're celebrating, just differently. Christmas decorations went up earlier this year. There's something about the bright lights and colours Christmas brings that spikes our happy hormones and makes us feel warm and cosy and more inclined to spend more time in our own homes.

Our world seems dark, but as our Christmas section which begins on Page 6 shows, there's still hope. A big round of applause to the The Townsite Actors Guild for pivoting to produce a radio play of *It's a Wonderful Life*, one of my Christmas favourites. *Powell River Living's* super crafter and busy mum Alena Devlin tells us how to make Christmas gnomes (Page 9) while Avi and the VIU/SD47 students share some yummy cookie recipes with us.

We hope that you will support local merchants when you shop for those on your Naughty & Nice list. For some fabulous ideas, look for to be inspired beginning on Page 14 and at ads throughout the magazine. Local

authors share their latest offerings beginning on Page 14 and our faith leaders offer messages of hope on Pages 24 and 25.

For a change of pace, hum along to the words in our Carols of 2020 Challenge beginning on Page 27.

And make sure your kids rest easy, knowing Santa will find his way to Powell River this year despite COVID. Read our interview with him on Page 62.

Although our world is dark, it won't always be this way. I was reminded of this while watching a sappy Hallmark Christmas movie. "Hope begins when you stand in the dark looking out towards the light." We can't see the light just yet, but we know it is there and someday our world will be bright once again. God bless you this Christmas and whatever you do, don't lose hope. **PR**

Isabelle Southcott

ISABELLE SOUTHCOTT | isabelle@prliving.ca

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It is indeed a Wonderful Life, thanks to local actors

BY STEPHEN MILLER

In a time where we have all been affected by COVID-19 economically, in health, in politics and in social interactions, we remain optimistic that times will return back to normal and that life is still wonderful.

Powell River's Townsite Actors Guild has stepped up its game and figured out how to entertain us throughout these times by producing the famous story of 'It's a Wonderful Life.' This classic holiday tale is being presented as a radio play throughout the month of December.

IT'S A WONDERFUL LIFE

What: A radio play performed by the Townsite Actors Guild

When: 7 pm, December 6, 8, 9, 13, 22, 23.

Where: On CJMP 90.1FM in Powell River, and online at CJMP.ca

Socially distanced and at all times being aware of COVID protocol, Townsite Actors Guild worked with 14 actors from Powell River using the Zoom application for rehearsals and performance readings. The result is a thoroughly entertaining production of the story that will capture the imagination of its audiences both young and old.

The actors are: Todd Caldecott, Stephanie Miller, Andrew Kadler, Bill Garrett, Patrick Lowe, Kathy Szajnfeld, Scott Randolph, Kris Montgomery, Jeremy Buhay, Nicole Narbonne, Will Langlands, Stephen Miller, Doug Southerland and Wendy VanReisen.

The story could be about you or me, about your neighbour or your friend. It is the story of George Bailey, a young man that dreams of glory and lives in hope. He loves and doubts and only Providence puts a final value on his service to humanity. [PR](#)

Hope for a vaccine. For health. For enough joy to make it through this season of darkness. Christmas 2020 will be like no other.



How Lee finally

BY LEE COULTER

Last year, from mid-November to mid-December, there were only six days that I wasn't either in rehearsal or in some performance.

I was busy with the Powell River Chorus preparing for its annual Wassail Concert, sing-outs at Extended Care and the Santa Claus Parade. I was rehearsing with the Academy Chamber Choir getting our harmonies just right for Carols by Candlelight.

The Powell River Community Band asked me to narrate their special Gift of the Magi Concert. Walter Martella and fellow singers got ready for Jazzy Christmas and the choristers at St. David & St. Paul had the usual weekly rehearsals and services for Advent and Christmas.

I'm sure I was not alone as I know there were many others who were as busy as, or even more so, than I was. This is a musical town.

My love of singing began as a young boy soprano, when I joined the chapel choir at St. Andrew's College in Ontario. We would lead the singing during chapel services every morning and Sunday evening. The annual Christmas Concert was the highlight of the year with several hundred young men singing at full voice! I continued with student musicals in high



DASHING THROUGH THE SONGS: Lee Coulter, dressed for success at *Kathaumixw*, 2018.

school and then at university.

Regrettably, I didn't keep up with any formal training nor much singing until I returned to Canada in the 70's after several years teaching in Japan.

Then, first as a tenor (and now as a baritone) I started back at it, joining various community and church choirs in the Richmond/Vancouver area.



You can't blame COVID

Christmas was changing long before the pandemic began. Here's what we'll keep and toss from our biggest holiday, after the virus moves along.

The Holiday Tradition	The problem	The 2020 solution	Prediction for 2021 and Beyond
Christmas cards	From 300 per household in the late 1900s, to just 11 on average today, this tradition was fading long before COVID. Plus, at \$1 a stamp, yikes.	Send them by the dozens. With COVID's holiday loneliness, especially for elders, a card is extra meaningful this year. Write a family letter and tuck some photos in too.	They're coming back, with more time on our hands and more consciousness about reaching out to each other. Support the postal workers union!
Celebrating the season from Advent 1 through Epiphany	Usually, Grinches start griping when the first wreath hits the shelf – just after Thanksgiving.	The first Christmas trees and lights went up on Remembrance Day, or soon after. This year, as soon as the rainy season started, we desperately craved joy. So we're gonna twinkle and tinsel our way through.	Regular happiness is coming back. We won't always feel this collectively desolate. Lights will go up December 1 as usual next year.
Christmas Eve Church Service	Religious services are restricted, and it's still unclear what that means for Christmas. Realistically, even high holiday church attendance has been fading over the last decade.	Zoom or stream locally, or stream from your choice of cathedrals globally, from the Vatican, to Nairobi, to Rio, to Manila.	We'll be back. At church and other spiritual centres. Life's big questions are staring us in the face this year. And markers of seasons and time have become extra crucial.
Gift exchange	Both growing environmental consciousness and declining discretionary incomes have sucked some of the frenzy out of gifting.	Spread love through thoughtful, local, well-curated presents – and, if we can, presence.	Everyone loves giving and receiving. Gift giving is here to stay. But with less conspicuous consumerism.
Destination shopping trips	Eco-friendly and local-shopping are values that are taking over, rightly. COVID also axed those weekend jaunts.	Local shopping. Crafting. Knitting. Staying in local hotels and eating in local restaurants.	We'll be desperate to travel once this is over. But outsiders will be desperate to travel – and shop – here, as well.
Cookie Exchange	Cookies are not appreciated by the thin- and health-obsessed.	Everyone's body is a bit more chonky this year. Bring on the shortbread!	Winter kale and cabbage exchange. As if.
Carolling	COVID has mostly axed singing together. But sadly, casual caroling was on its way out long before COVID.	Gwyneth Paltrow's blog Goop suggests Zooming holiday karaoke with family. Also, see Lee Coulter's story on Page 6.	We need some new holiday songs to sing together. Carols = too religious for a mixed group. Mariah Carey = too ambitious. Any ideas?
Turkey n' trimmings	Reduced Dec. 25 gatherings – or no gatherings at all, due to COVID. Also, vegans.	Maybe no special dinner at all. Or at least, one with a smaller turkey... or grouse, or squab. Or squash.	Great big dinners and great big birds next year – dead or alive. With grandparents and kids. And gravy. And tofurkey.
The office party	No office parties, due to COVID. No special hairdos or manis. No new dresses. No boozing in restaurants.	That's it. They're just not happening. No one wants to Zoom this.	Double the extravagance. If your business still exists.
Holiday charity drives	With COVID reducing traffic in stores and eliminating charitable events, will people still give generously this year?	If charity is important to you, you'll have to be more intentional about it this year.	We'll Build Back Better from COVID, so charity is less necessary and poverty is eliminated.
Musical performances	Normally Powell River is like a 24-hour loop of Radio City Music Hall from about November 15 to December 24.	COVID has killed school Christmas concerts and church pageants. And big choral events. And the parade.	Imagine how much pent-up razzle dazzle the Broadway people are sitting on right now. They'll explode all over next year's stages.
Christmas movies	Remember 2019's <i>Frozen II</i> , <i>Star Wars: The Rise of Skywalker</i> , and <i>Little Women</i> ? Never have we needed those holiday blockbusters more. But The Patricia is closed due to COVID.	Netflix. Crave. Amazon. Disney+. Lifetime. Sitting at home on your lonely, popcorn-filled couch.	Back to the theatre for <i>Frozen III</i> , <i>Star Wars X</i> , and <i>Little Women II</i> . PRL

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Powell River's hard-core Christmas buffs have been decorating their yards since mid-November.

How to do it on the cheap, without hurting animals or the environment? Find out on Pages 9 to 12!

Chilling with my Gnomies

BY ALENA DEVLIN

Getting crafty during the winter season with children who want to help, but are not quite helpful yet, can be stressful! Move over glitter and craft paint, it's time to make winter gnomes.

Using what you have at home and in nature to create winter gnomes that will last the season outdoors is a great way to reduce costs and extend the fun.

We timed our gnome building for after a wind storm, and our little helpers had a blast clearing and gathering fallen greens while on a nice long walk. They are learning about helping keep our trails clean and accessible for other users. Plus it tires them out, so a parenting win.

Once you have your supplies collected it's time to



SUPPLY LIST:

Tomato Cage • 20-30 Cedar or Fir branches • Twine • Clippers or strong scissors • Oversize Santa hat or toque • White foam craft ball • Rocks or pegs

build your gnome.

Take your tomato cage and turn it upside down, tying the top prongs together with twine. Have your helpers gather small clumps of branches and tie them to your tomato cage, starting at the bottom and working your way around and up to the top.

You will need to test out the height based on your hat size you want the bottom of your hat to cover the

ECO-TROLL: Tire out your kids with this outdoors project, like PRL office manager Alena Devlin did. Above, son Alex and friend Declan Paul pitch in.

Photos by Alena Devlin

branches. Once you have your greens attached to the frame add your hat and glue or tie the foam craft ball just under the hat trim.

Your gnome is ready to find a home for the season. Use rocks or pegs to keep your gnome in place.

Don't have an old tomato cage? Use branches or driftwood. Get creative with what you have in your home and have fun with your little helpers. [PRL](#)

Happy Holidays

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Go natural

You might know Donna Blower as the patient person clipping your pets' nails at Mother Nature, or as the gentle Santa at the store's annual charitable photo event. So it's no surprise that this animal-afficianado thinks about fauna first, when planning outdoor holiday decorations.

"I think that the obvious things to avoid are tinsel or other stringy things and fake snow," she said. "The more natural the better. And it looks so nice!"

In a recent blog on outdoor holiday decorations, the local garden centre suggested using what's readily available in Powell River: tree boughs.

"Create porch pot Christmas arrangements with evergreen boughs, birch poles, and red berries in tin milk jugs or old urns," it reads, at mother-nature.ca. "Stand up some old-style wood and runner sleds and dress them in bows or a cute sign, or go for a nostalgic alpine theme and centre your decor around old-style skis and snowshoes." Use what's on hand, in other words, with some well-curated additions to keep it fresh and stylish.

"Classic evergreen wreaths, swags and garlands are always popular for outdoor Christmas decor. With a simple bow, bunches of evergreens are an understated and elegant way to decorate everything from fence posts to railings to doors and windows. Evergreen ropes draped under windows, across banisters, or wrapped around light posts are classically beautiful, too."

Buffalo plaid, Pantone 'classic blue,' candy and candy colours, and holiday nostalgia are all "in" right now, and can transform a display that is mostly made from nature. **RL**

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all a safe
& bright
holiday**

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remains closed at this time

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The moth damage can be eliminated by washing the sweater approximately once per month. Moths are especially attracted to soiled wool that is stored undisturbed in a dark place, like a closet or drawer, so they lay their eggs, which hatch into hungry, wool-eating babies. This is one of the ways wool returns to the earth to be useful after you have worn it for a few decades, but let's not allow it to biodegrade too soon!



Washing is easy; just toss it (preferably inside-out) into the washing machine with other soft, non-linty items and run it on cold or medium temperature, short cycle (unless the other items are really dirty), and dry in medium temp dryer. Jeans, tee shirts, shirts and other Pollen sweaters are fine in the same load, but towels and velcro are not.

Thanks for reading this, and a huge thank you to all of our customers for your fabulous support for the past thirty-plus years.

From all of us at Pollen Sweaters, have a warm, safe and cozy winter!



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The holidays are for the birds

BY SARAH BACON


I'm not a crafter or a maker so creating outdoor ornaments for animals is a little out of my wheelhouse. But I love, love, love gardening (I work at Springtime Nursery) and get great pleasure from the birds who feed on the seed heads I leave on my plants over the winter. But what about folks who don't have a garden anymore? How can we encourage wildlife to feed and get some free entertainment into the bargain?

I enlisted my crafty daughter Abby Bacon to help, researched a bit, and came up with some relatively easy decorations that will encourage birds and create a little enjoyment in our lives. Here's what we made using stuff we had hanging around the house, (no plastic allowed) just wire and natural string, and some driftwood gathered on a sunny morning.

There are many great resources online, just Google to see if what you have on hand is safe and/or beneficial to wildlife before using.

SUPPLY LIST

- Stale Cheerios
 - Raisins
 - Popcorn plain
 - Peanut butter
 - Pumpkin seeds (roasting not necessary, use the ones from your Halloween decorations)
 - Sunflower seeds
 - Peanuts in the shell
 - Dried fruit (we used pineapple because that's what we had but apples, cherries and cranberries would be great)
- Here are some of my favorite garden plants that provide shelter and nutrition to birds, squirrels and insects (although not specifically Christmassy):
- Rudbeckia seedheads
 - Callicarpa berries
 - Arbutus menziesii fruit
 - Magnolia grandiflora fruit
 - Rose hips
 - Poppy seeds

Here is a link to a recipe on how to make your own suet...great source of energy for birds: bit.ly/3ft6J1S. 

Wishing Powell River
hope, peace
love & joy
this Christmas.



Merry Christmas

Joe Huetzelmann & Company thanks all our customers for another wonderful year. We look forward to many more.



From Our Family To Yours

Merry Christmas



Smart Cookies

At the VIU / SD47 Birch Tree Café & Bistro- now open at Ecosentials- chef instructor Avi Sternberg is helping both high school dual-credit and adult learners step up their holiday baking game. Now you can, too. Or just head over to the café to buy some.

Chai Shortbread

with honey-toasted walnuts and orange zest



- | | |
|---------------------------------------|--|
| 1 cup (340 g) Butter | 3 tbsp Chai Tea (powder form found in tea packets) |
| 1 cup (225 g) Sugar | 2 cups walnut pieces |
| Pinch Salt | 1/3 cup honey |
| 6-7 Egg yolks | Zest of one orange |
| 3.5 cups (450 g) Pastry flour, sifted | |

For the cookies:

Cream butter and sugar until light and fluffy. Add eggs, salt and incorporate.

Add flour and blend, do not overmix. Transfer to a floured surface and shape into a prism (brick) shape. Wrap in plastic wrap for 30 minutes until dough becomes firm.

For the honey toasted walnuts:

in a small stainless steel bowl, toss walnuts with honey. Place on a parchment lined tray and bake at 300°F for a total of 10 minutes, turning after five minutes. Remove walnuts from oven and put aside.

Remove dough from refrigerator, cut into 1/4" width cookies.

Lay on parchment lined cookie sheet and bake at 350°F (175°C) for approximately 13-15 minutes.

Sprinkle cookies with Chai tea, honey-toasted walnuts and orange zest.



COOKIES FOR CREDIT: VIU-SD47 Professional Cook Program dual credit students Jerome Jessup and Ce'Nedra Dube kick back a little after baking up a storm in the new Birch Tree Café & Bistro .

Photos by Avi Sternberg

Speculoos Cookies

- | | |
|------------------------------------|--|
| 1.5 cups (360 g) All-purpose flour | 1/2 tsp kosher salt |
| 9 tbsp (150 g) Pastry flour | 9 tbsp (150 g) brown sugar |
| 1/2 tsp baking soda | 1/2 cup (120 g) granulated sugar |
| 1/2 tsp ground cinnamon | 1 tbsp honey |
| 1/4 tsp ground nutmeg | 1.5 cups (350 g) unsalted butter, room temperature |
| 1/4 tsp ground cardamom | Powdered sugar for dusting |



Sift 2 flours into large stainless bowl. Sift in baking soda and cinnamon. Add the salt and whisk together.

Combine both sugars in separate bowl and stir in honey using a fork.

Place the butter in the bowl of a stand-up mixer fitted with the paddle attachment. Turn to medium-low speed and cream the butter until smooth. Add the sugar mixture and mix for 2 minutes until fluffy. Scrape down the sides and bottom of the bowl.

Add the dry ingredients in 2 additions, mixing on low speed for 15-30 seconds after each or until just combined. Scrape the bottom of the bowl to incorporate any dry ingredients that have settled there.


Mound the dough on a work surface lightly dusted with flour and using a pastry scraper, shape it together into 4x6 inch discs. Wrap in plastic wrap and refrigerate for at least 1-2 hours.

Preheat oven to 325°F (300°F in bakeshop oven). Line 2 sheet pans with parchment paper.

Unwrap the dough and place it between 2 pieces of parchment paper. With a rolling pin, roll out until 1/8 inch thick.

Using a decorative cutter, cut out the cookies and arrange them on the prepared sheet pan, leaving about 3/4 inch between them.

Bake the cookies until golden brown, 13-15 minutes, reversing the positions of the pans halfway through baking.

Place cookies on cooling rack until completely cooled before storing. 



Tug-Guhm
GALLERY & STUDIO

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1. Local history cards

Looking for a holiday card to send to friends and family wherever they may be? The Powell River Historical Museum & Archives has a collection of some fun and festive holiday season cards with a Powell River twist! Featuring historic images from the Powell River Company's Digester or historic images from the Museum's collections, the cards will carry with them a little Powell River spirit to your loved ones. \$5.00 each.

2. Jewellery that is art

Jewellery should always be a work of art, so the artist curating the collections at Tla'amin Convenience Store chooses one-of-a-kind pieces to help you express oneself. The selection varies from hand-beaded creations to carved First Nations-designed jewellery and West-Coast inspired silver and bronze castings. The jewellery case proudly showcases creations by artists Carol Bennett, Justine Brooks, Nancy Dawson, Vincent Henson, Zaleska and Napash Arts.

3. Knitter's bowl

Handmade wooden yarn bowl with smoothly cut yarn guide and natural wax finish. Elevate the look of your favorite knitting spot with this bowl from Knitter's Nest!

4. Aluminum frame

With a steep, 76-degree seat tube angle and a rangy but not stratospheric reach, the Ripmo AF from Ibis Cycles places riders centrally and upright over the bottom bracket. It makes for an efficient position that can go the long haul without placing too much weight on its slack, 64.9-degree headtube angle. Check out this new bike line at TAWS.

5. The science of hair

Senscience hair care products are known as rich, lavish, softly fragrant formulas developed with the most advanced hair care technology available. And Powell River's newest hair salon, Hair 'n' Dipity in the Townsite Market, has 1-Litre bottles for just \$24 each.

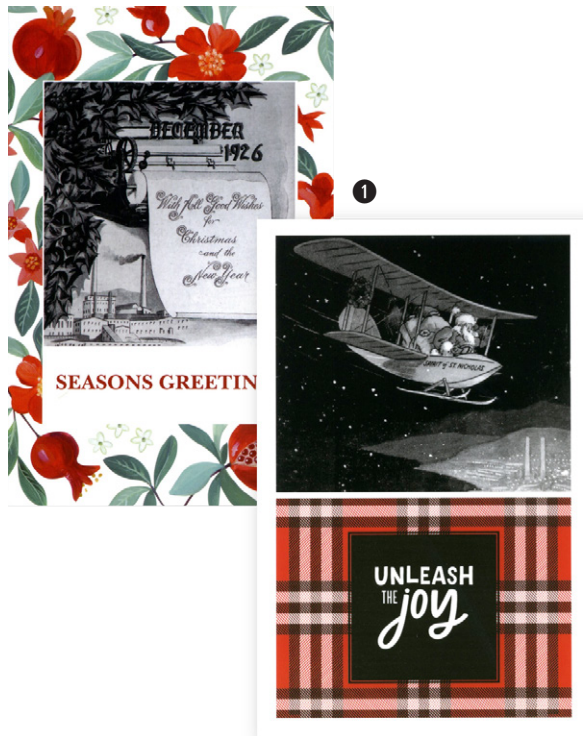
6. Get the All Clear

Give the gift of a healthy home for the holidays. All Clear Mold & Pathogen Solutions has gift cards available through their website store. It can be as basic as a mold evaluation and testing package or as comprehensive as a full home servicing. Mold can cause a host of health problems particularly for people with respiratory challenges, allergies or a compromised immune system. Their advanced, demolition free dry fog technology deploys a two-step system that destroys mold, virus and bacteria in your home, even from behind walls. All products used are non-toxic and Health Canada approved. Guaranteed results.

Mold can cause a host of health problems particularly for people with respiratory challenges, allergies or a compromised immune system. Their advanced, demolition free dry fog technology deploys a two-step system that destroys mold, virus and bacteria in your home, even from behind walls. All products used are non-toxic and Health Canada approved. Guaranteed results.

7. Seal the deal

Tug-Guhm Gallery in Lund is curated by artist Debra Bevaart, who is renowned for her soapstone carvings of west coast animals, including otters, bears, eagles, whales and sea lions.



No west coast art collection is complete without one of Debra's famous seal heads. With head popping out of water to look at you with soulful eyes, these are a quintessential Sunshine Coast gift.

8. Socks forever

Socks as gifts isn't rocket science, but it is science. And the science says Pagani & Sons Shoes can help with Darn Tough Vermont socks – with an unconditional lifetime guarantee.

9. For cozy feet

Slumber Slippers from Malvados are ultra-comfy cozy all-over faux fur slippers with a memory foam footbed and indoor/outdoor sole. They're available in a tie dye pattern, which each pair unique. Find these at Simply Bronze.

10. Perfect poncho

There's something about the poncho, available in wool or bamboo, that sets it apart. Perhaps it's the versatility – it can be a great alternative to a rain jacket, looks perfect with jeans and boots on a chilly day, great for staying warm on the water, and it can even replace your couch blanket on a cool winter's eve. With a soapstone carving from Tug Guhm Gallery, and a cinnamon bun from Nancy's Bakery, you have the trifecta of Lund gifts. Top it off with the region's best fish 'n' chips from the Boardwalk, where you can choose to sit outside in your warm comfy poncho!

11. Aromatherapy for the outdoors

The Ultimate Outdoor Kit, put together by a registered aromatherapist for Powell River Massage, includes bug spray, muscle and joint gel, healing balm, natural lip balm, and more.

12. Whale of a gift

T-shirt Hoodies now available in a variety of sizes and colours celebrating our local visitors - the Humpback Whale! Priced for gift giving at Tourism Powell River at \$39.99.

13. Glassy Christmas trees

Created from local beach glass, these Christmas tree ornaments are available in amber, aqua, blues and greens. They range from \$25 to \$30 depending on colour and size. Find them while they last at the Townsite Market or found-stone-jewelry-decor.square.site





THE *Nice* LIST





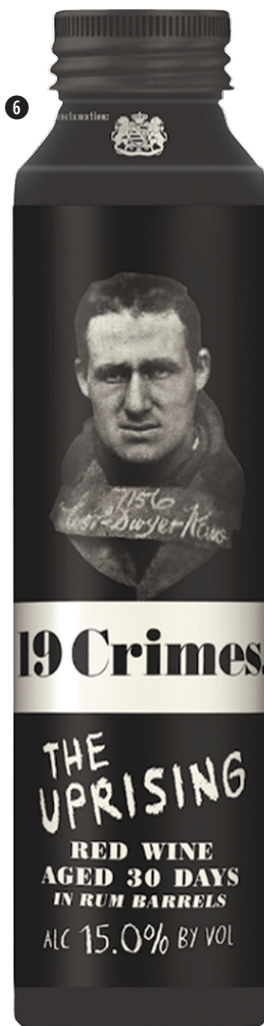
1

THE LIST *Naughty*

2



7



6



8



9



10





1. Honey candles are the bees knees

A one-of-a-kind candle in the shape of a festive yule tree, Honey Candles® Forest Green Yule Tree candle is handmade with 100% pure Canadian beeswax and all-natural, toxin-free ingredients. Find it at Kelly's Health Shop. It's the perfect holiday ornament and makes for a great gift.

2. Wipe your feet!

Tell your visitors how you really feel with a personalized mat from Mommy Needs a Time Out. These 40cmx60cm coconut fibre door mats are heavy duty, weatherproof and easy to clean. They can be customized with a family name or message.

3. Statement dress

Sleeveless shimmer jersey and stone accent sheath gown, with plunging V-neck, natural waist, lace up back and sweep train.

Talk to Guadalupe at Perfect Fit Sewing and Alterations about getting one of these dresses fit perfectly for you.

4. Sock it to them

The humble sock has gone from staid Christmas gift to one of fashion's most exciting accessories, and Stance has been leading that revolution. At Armitage Men's Wear, you can find a variety of patterns, including Gremlins, Disney, Goonies, Dr. Seuss and more.

5. Solar undies

Is your man out of this world? Let him know he rocks your world with a set of Good Luck Undies that feature the solar system. Matching Good Luck socks are also available. Find a wide selection of Good Luck underwear and socks at Mother Nature, along with a plethora of other Christmas gifts in their Holiday Traditions room.

6. Rum rebels don't wine

19 Crimes The Uprising A portion of this wine is aged in rum barrels, as an homage to Australia's Rum Rebellion of 1808. Upfront aromas of fig jam, candied fruit and a hint of spice. The palate is dry, with balanced acidity and supple tannins. Finishes with a brown sugar note. Serve with steak, ribs or burgers. To love this wine is no crime, even though you'll find it in Capone's Cellar.

7. Storm watching

Give yourself a gift that lasts all year, from storm watching to sunbathing in a sunroom created by Modern Windows. With a laminated insulated roof and wall panels and integration of patio or front entry doors and windows, your sunroom can include clear or obscure skylights.

8. Mac attack

A new iMac or MacBook may be out of the budget of many, but Corey at PR Macs makes owning one of these beautiful computers possible. He refurbishes and upgrades older Macs, making them more-than-capable, and still sexy-lookin, machines.

9. Cozy comfort

The Coffee Shoppe Spa-Day Robe, available at Fits to a T, is snugly and stylish in a twisted texture pattern. Wrap yourself in the comfort of your robe, throw your hair into a bun, slip on those reading glasses and lose yourself in good book.

10. Place for the bling

Boxed up and ready to go, this beautiful jewelry organizer makes the perfect holiday gift from Westerly Studio. Canadian company, socially conscious vegan leather and with every purchase a tree is also planted in British Columbia.

11. Radio controlled fun

The Rustler 4X4 infuses the speed and agility of the number-one-selling Rustler with 4-wheel drive performance, increased durability, and even more fun! Beneath the reinforced clipless body, the all-new chassis sits lower, wider, and longer than before for increased stability. \$469.99 and \$609.99 respectively. Paradise Valley RC is your authorized Traxxas dealer and service center. See them all at www.pvrc.ca

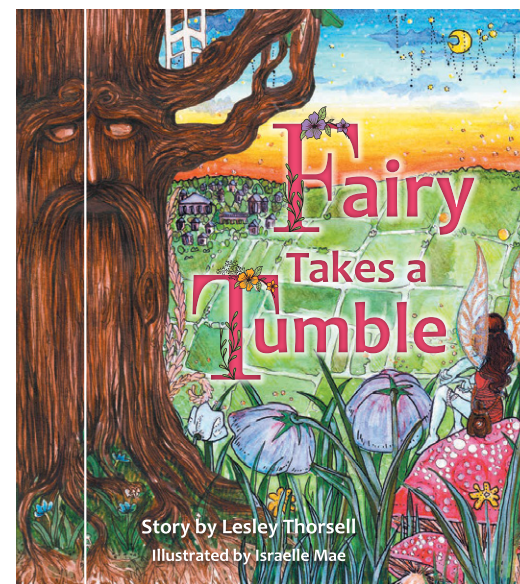
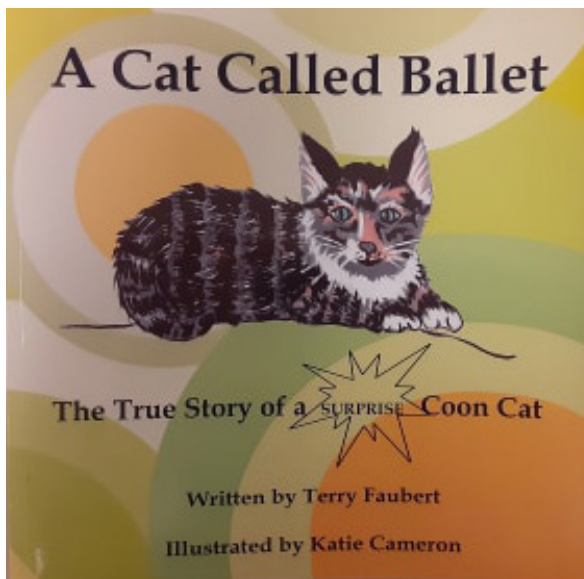
12. Special edition drill/driver

It seems every tool company has a drill/driver combo kit. But the Makita Black Edition kit stands out from the rest. Instead of the usual Makita blue, both tools come are in a tough-looking black. But it's not just about looks. Both the 1/2" Cordless Hammer Drill and 1/4" Cordless Impact Driver have brushless motors and the kits comes with two 18V (5.0 Ah) Li-Ion Batteries, a rapid charger and a carrying case for \$499 at Valley Building Supplies.



Local authors were prolific during the pandemic, publishing a record number of books and calendars. A stellar holiday gift!

Write On, Powell River!



Books for young people

Fairy Takes a Tumble

Written by Lesley Thorsell
and illustrated by Israelle Mae

This children's book is about looking after nature, tumbles in the forest, and help from friends along the way. Some proceeds will go to Treesisters and PROWLs. Email lthorsell@yahoo.com for sales. \$22.00.

A Cat Called Ballet

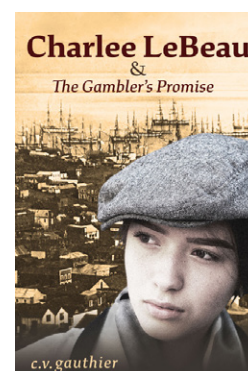
Written by Terry Fauber
and Illustrated by Katie Cameron

This is the story of a seemingly ordinary kitten who surprised us all by growing (and growing!) into a Maine Coon Cat. Young children will learn about this unusual type of cat through a story based on the author's cat.

Terry Faubert, local author of *The Way Home*, worked in daycare and preschool for over 35 years and has always lived with a cat or two.

Illustrator Katie Cameron, born and raised in Powell River, loves animals and finds it a joy to paint them.

Sold locally at Oceanside Books and Games, at Paperworks, at Wolfy's Book Den, or directly from Terry at 604-485-9509. Also available on Amazon.ca. \$12



Charlee LeBeau and The Gambler's Promise

By C.V. Gauthier

One girl's determination to make a better life for herself in the wild California frontier. Winner of the Whistler Independent Book Award 2020. The second book in the trilogy will be released in February.

C.V. (Cindy) Gauthier divides her time between Okeover Inlet and Steveston Village. \$20 at Pollen Sweaters or online at cvgauthier.com.

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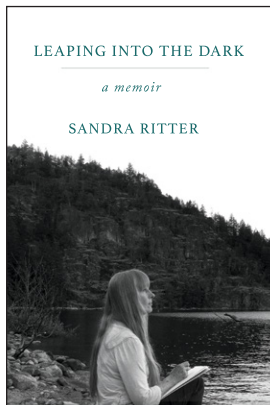
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Memoir



Leaping into the Dark—A Memoir

By Sandra Ritter

In this moving and sometimes humorous memoir, the author describes how her careers in dance, theatre, painting and music gave her the strength to heal from a difficult childhood, and the courage to survive a life-threatening encounter she experienced as an adult. As a bonus, the book includes eight colour plates of her paintings.

Sandra has spent most of her life pursuing various careers in the arts, before settling down to paint, and write, and play her harp in her home on beautiful Okeover Inlet.

Available on Amazon.

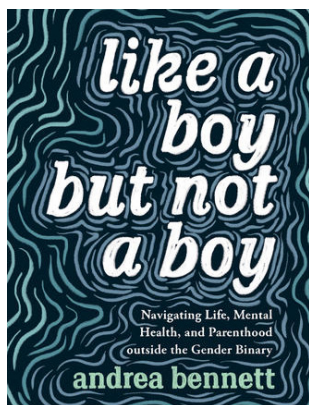
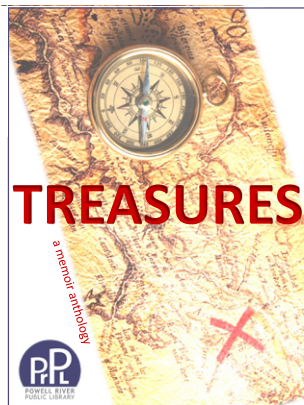
Treasures: A memoir anthology

Published by the Powell River Public Library

A collection of 26 short memoirs by Powell River seniors with the shared theme of “treasures.”

Sandra Tonn has been a journalist and non-fiction editor for more than 30 years, and has facilitated the “Memoir Writing for Seniors” program at the Powell River Public Library for the past 11 years.

The book is free and will be available to read or be downloaded by December 17 at this link: prpl.ca/explore/memoirs/



Like a Boy but Not a Boy

By andrea bennett

Inquisitive and expansive, *Like a Boy but Not a Boy* explores andrea’s experiences with gender expectations, being a non-binary parent, and the sometimes funny and sometimes difficult task of living in a body.

The book’s 14 essays also delve incisively into the interconnected themes of mental illness, mortality, creative work, class, and bike mechanics (you can learn a lot about yourself through trueing a wheel).

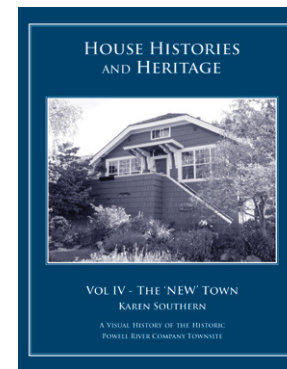
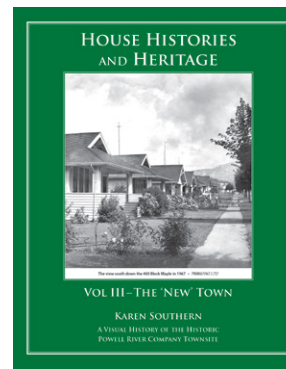
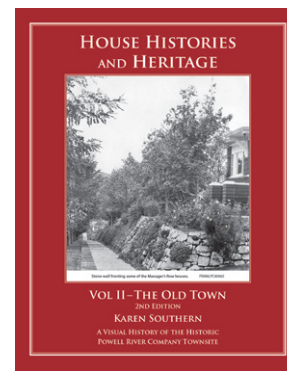
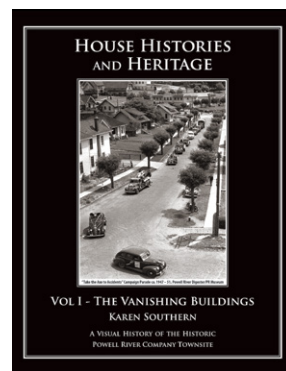
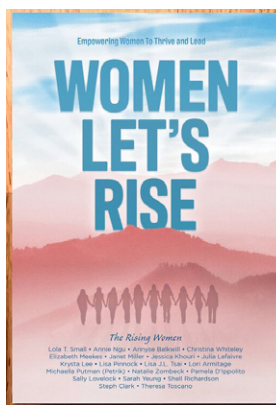
andrea bennett is a National Magazine Award-winning writer and editor, and the author of four books. arsenalpulp.com \$21.95

Women Let’s Rise: Empowering Women to Thrive and Lead

Featuring a chapter by Powell River-born Christina Whiteley

In this edited collection of personal essays, Max Cameron grad Christina Whiteley writes about overcoming bullying and pursuing her dreams.

Find it at goldenbrockroad.pub \$24.95.



History

House Histories & Heritage Volume 4

By Karen Southern and Ann Nelson

This is the fourth and final installment of this series, which documents all of the pre-1947 homes and other buildings in Townsite, from the earliest Arts & Crafts-style, to the post-war veteran duplexes. Volume 4 is the second book about the post-Spanish Flu development, all south of what's now Aspen Avenue. For anyone who lives in Townsite or aspires to, these books offer stimulating insight into each address in the Garden City, and what's now a National Heritage Neighbourhood.

Karen Southern is a renowned local author and historian. Ann Nelson is an award-winning heritage champion. The books, sold individually or as a set, are available at Henderson House, Paperworks, the Visitor Centre and the Powell River Museum.



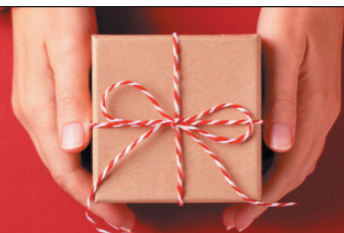
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2021 Calendars

For helping us through the pandemic—the little



Thank You Book

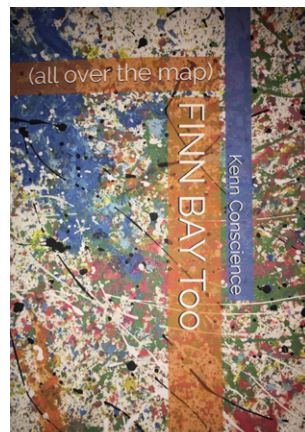


Thank You for Helping Us Through the Pandemic & Behind Every Great Person There Was a Cat

By Graham Harrop

The creator of the popular TEN CATS comic strip, Graham's cartoons first appeared in 1959 in the Powell River News when he was still in his teens. In 2021, he will be celebrating 25 years as an editorial cartoonist for The Vancouver Sun. Graham grew up in Powell River and attended Max Cameron Senior Secondary School.

Find them at grahamharropcartoons.com

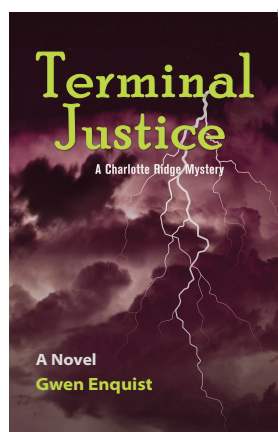


Finn Bay Too (all over the map)

By Kenn L. Custance

A mystery wrapped in a memoir, with most of the story taking place on the Sunshine Coast.

Kenn L. Custance lives in Sechtelt. \$20 Amazon.

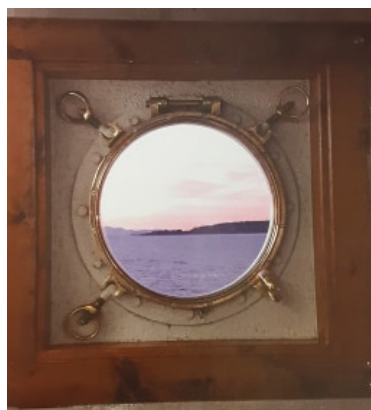


Terminal Justice

By Gwen Enquist

The discovery of a floating body becomes the first in a series of murders to Rock Charlotte Ridge.

After a 35-year nursing career, Gwen Enquist discovered her love of writing in retirement. Available at egwen@shaw.ca for \$20.



North Island Princess

Photos By Sue Russell

BC Ferries employee Sue Russell says she was fortunate and honoured to work on the *North Island Princess* (NIP) for ten years. The hard-working and much-loved ferry carried people, freight and vehicles back and forth from Texada Island to Powell River from 1979 until it was retired earlier this year.

Sue, who is an avid photographer, took many photos of the ferry and views from the ferry over the years. She created a 2021 calendar to celebrate and commemorate the *North Island Princess*, the crews who kept it running and her favourite captain, the late Wayne Nordhus.

"Wayne was one of those men who knew how to bring out the best in each member of his crew. Before the limited weather matrix, he was our "Cowboy Captain" no matter what the weather he made sure that the important things got

PROWLS calendar

All photographs in the calendar represent species that have passed through PROWL'S door. PROWL'S is a non profit society, with over 400 wild bird and animal rescues and counting. Funding is needed to feed all of the different species, medication for pain and antibiotics. Support is much appreciated.

Calendars can be purchased at Springtime nursery, Paperwork's or call 604-483-9787. Minimum donation is \$20 dollars per calendar.



done for Texada Island, namely the kids got to and from school and the food and hydro trucks got to the Island."

Tla'amin Elder Darin Blaney also worked on the NIP for 15 years and his great, great, great, great, great grandfather lived in what we call Blubber Bay and is recorded as trading with the Hudson Bay Company.

The June picture in the calendar is of an amazing sunset that has

BC's Sunshine Coast and Gulf Islands

Paintings by Anna May Bennett

Anna May Bennett is a full time artist and gallery owner, based in Powell River BC. Her current work focuses on the beauty of nature in the surrounding landscape.

\$30 each at Turadh fine art or direct from the artist.



already graced the cover of *Powell River Living*. A portion of the sales goes to the Tla'amin Cheechem Canoe family and the Texada Island Food Bank.

"So many folks have great memories of the *North Island Princess*. I hope you enjoy it," says Sue.

Calendars are available at Ecosentials, Tla'amin Convenience Store and The Texada Island Inn.



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Definitely not Amazon

A substantial online alternative to local craft fairs, seven months in the making

Kevin Wilson, a knitter who normally organizes December's Homesteaders' Craft Fair, turned to one of his other talents to keep the sales alive during COVID: technology. He is the brain behind prcraftfairs.com, an online fair happening December 3 to 11. Check it out there, on Facebook and Instagram.

Kevin makes and sells knitted and leathercrafted accessories, many including salvaged or upcycled materials, using vintage sewing and knitting machines.

Can you tell us when you decided you were going to do this? Why?

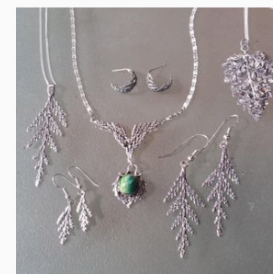
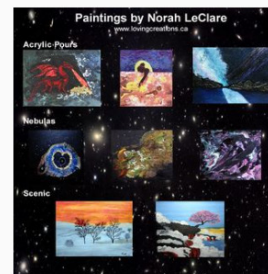
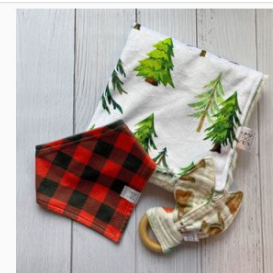
Kevin • I started thinking about this in May. Normally I'd be booking a venue for the Homesteaders' Craft Fair around that time, but when I began planning what it would take to make a safe in-person fair I realized that it simply was not going to be practical.

When I talked to other local fair organizers it seemed that some had already decided to postpone to 2021, while others

"I rely on these holiday fairs for part of my income, and so do literally hundreds of crafters and artists ... so it seemed important that we not lose our selling venues."

were still hoping for the best. I rely on these holiday fairs for part of my income, and so do literally hundreds of crafters and artists around town, so it seemed important that we not lose our selling venues. I put my thinking cap on and spent some time doing something I really enjoy: brainstorming possibilities for a new project!

As usual I ended up with more ideas than ten Kevins could possibly execute, but that was OK. I registered the domain prcraftfairs.com in early June, started recruiting vendors in early August, and cre-



INSTA CRAFTS: Some of the vendors, as displayed on the prcraftfairs.com Instagram page. Both were built by Kevin Wilson – plus the Facebook page.

ated the Online Craft Fair Facebook page in mid August.

How does this work?

Kevin • Vendors register on the site at

prcraftfairs.com to participate in the fair, then send me up to 12 product photos plus optional photos of themselves, their workspace, and their booth. I use those

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For corporate giving, donate a full pallet of household necessities

Because of COVID-19, many holiday fundraisers that support the Food Bank have been canceled.

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Here's how:

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- PayPal button on www.powellriverfoodbank.com
- Secure cash and cheque drop-points
- Mail cheques to 6816B Alberni Street

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Happy Hanukkah!
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Merry Solstice!

Check out our weekly Preschool Storytime videos posted on our Facebook and YouTube channel **every Friday**, and celebrate the season with Children's Coordinator, **Sonia Zagwyn**. Enjoy songs, rhymes, stories, and a special puppet show playlist.

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photos on the Facebook page and on their vendor listing on the prcraftfairs.com site, and will use them for paid Facebook ads in the weeks leading up to the fair, and during the fair. Vendors will get a "feature" time spot during the fair when they will be heavily promoted and can do things like livestreaming video from their studio or answering questions live. Purchases will mostly be picked up by the buyer if local, but some vendors are offering local delivery and/or mailing within Canada, the US and world wide.

What did you have to create?

Kevin • I built a simple web site, prcraftfairs.com, which supports vendors (with pages for registration, payments, helpful info and photo uploads) and customers (encouraging visits to vendors via multiple pathways). I also put together a Facebook page and Instagram account and promoted them to get Likes and Follows well before the fair.

However, much of the time spent on a project like this is not used to create the tech – it's spent supporting the people. A few folks are experienced in online sales and need no hand-holding, but quite a number of vendors have not sold online before and need support in setting up a sales page, sorting out product pics, how to accept payments, etc. I get a lot of email.

What does the crafter have to do to register and sell their goods?

- Kevin** • Vendors must:
- Live/work in the qathet Regional District area
 - Create their own products by making, growing or baking. No resellers, "direct sales", or MLM sellers.
 - Have email access
 - Have a way to create digital product photos
 - ideally, have an online sales page already in place.



THE PERSON BEHIND THE TECH: Kevin Wilson and his knitting machine. Organizing this online craft fair, Kevin learned that no matter how good the technology is, it's the people – in this case, the crafters – who make it sing.

How much does it cost the crafter?

Kevin • \$25

How many crafters do you have registered?

Kevin • As of Nov 5, 33 plus myself. I'm capping registration at 40 so that I'll have time to support everyone.

Do you think this will continue post COVID?

Kevin • It will depend on whether people actually use it to shop! If they do, then I think it might continue as a worthwhile option for both vendors and customers who can't make it to, or tolerate, the in-person fairs.

Has it been a lot of work for you?

Kevin • Yes, it's been a lot of work. I'm well past 100 hours at this point and stopped counting. Doing it again next year would be a bit less time-consuming since the tech would already exist, but the vendor support would still add up to a lot of time.

I didn't have to learn anything new technically, since I kept all that very basic, but creating the structure of the fair itself was an interesting challenge – and I'm still making it up as I go along! **RL**

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Drive-by Lights in Paradise Valley Park

The popular Santa Train can't operate this year. So, instead, the Forestry Heritage Society is decorating the park and inviting families to drive-by past our thousands of lights, with donations collected for distribution to the community by the Salvation Army.

December 11 & 12 • 6 to 8pm, Paradise Exhibition Park

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

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COMMUNITY RESPONSE FUND

Over \$184,000 awarded to local not-for-profits in the community:

This round's recipients:

- **Tla'amin Health (\$5,000)** – Support for the Tla'amin Nation Elder Program to provide access to Gene's Frozen Meal Program, food boxes and needed toiletries for Elder's in need.
- **Lang Bay Community Society (\$500)** – Support the society's Christmas Hamper Program, which provides holiday supplies and food baskets to struggling low income families.
- **Salvation Army (\$1,000)** – Support for increased need of winter support supplies like socks, sleeping bags, hot meals and food hampers.
- **ORCA Bus (\$2,045)** – Support for additional driver/cleaner hours needed to allow the ORCA Bus to extend their COVID-19 safe programming for pre-school aged children and their families living on Texada and in rural areas in the qathet Regional District.
- **Métis Nation Powell River (\$5,000)** – Support for members to access cultural food items, including local fruits, vegetables, and traditionally harvested meat, as well as hygiene, cleaning products and culturally sensitive supports.
- **PR Brain Injury Society (\$5,000)** – Support for their Outreach and Peer Support Programs, which assist their most vulnerable members who are extremely isolated and unable to leave their homes to collect necessities.
- **Friends of Powell River (\$5,000)** – Support to alleviate the impacts of child poverty in Powell River by providing basic supplies like food and clothing or access to recreation activities for our most vulnerable youth enrolled in schools across the district.
- **PR Food Action Centre Society (\$8,000)** – Support the Food Bank's increased staffing needs due to an inability to utilize volunteers and assist with the purchasing of supplies needed food bank's holiday hampers.
- **Everybody Deserves a Smile (\$2,000)** – Support to work safely with the community and school aged children to provide kindness bags to our community's most vulnerable adults.
- **PR SPCA (\$2,000)** – Support for increased need of pet supplies, resources and emergency boarding for vulnerable animals and their owners including access pet food via partnerships with community programs such as the Food Bank and or the Salvation Army.

At this time there is not a date set for a further intake. The committee will continue to monitor local impacts of COVID-19 and hope to replenish funds available in anticipation for another intake in the near future.



Funded in part by the Government of Canada



Visit prcommunityfoundation.com/community-response-fund for more information or to donate.

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How do we even CHRIS

Father Patrick Tpoorten

Church of the Assumption Parish

In a pandemic, with churches closed, it's up to each family to observe the religious meaning of Christmas. Christmas can only be what it is when we turn to the scriptures and make them come alive. Read them, aloud, to your family. Do your best to explain what Christ's com-

ing should mean for the world. Your family is, as the Vatican II documents state, the domestic church.

In this time of uncertainty, know that God will see you through. Ask for his guidance and help, and the Lord will be there for you.

Pastor Katie Alescio

Living Water Foursquare Church

One practical way Powell River people might celebrate Christmas this year is to "do unto others." If I'm used to inviting my extended family in for dinner and am unable to do so this year I could look around and see other people in my life, like a couple with a new baby, or an older couple who are unable to make a big meal like they used to, who could use a prepared dinner and bless

them with it instead!

Spiritually speaking, these times of uncertainty and change have brought with them all of the emotions I could have imagined and the only thing that has kept me going spiritually is to trust that God is up to something good in my life and to look for it! There is life happening all around us we just have to focus on it.

Lead Pastor Oskar Arajs

Westview Baptist Church

With small gatherings and livestream services, Christmas certainly won't feel the same this year. However, let me share an idea of how to make Christmas special for you and your family. Usually, we are told the Christmas story by someone else at church or on a TV program. How about picking up a Bible and reading the Christmas story ourselves?

Read the first two chapters of the Gospel of Luke to your family or reflect on these chapters yourself.

What is it about this baby, born 2000 years ago, that continues to fascinate mil-

lions of people all over the world? What is it about Jesus that continues to inspire, move, haunt, captivate a planet full of people?

In this unsettling year, where the existential questions have once again risen to the surface, why not get serious about the spiritual questions of life?

After paying a lot of attention to work, career, finances, relationships, how about placing your focus on the greatest question you could ask: Who is Jesus?

May you have a Merry Christmas and a blessed New Year!

Pastors Lucas & Lisa Mitchell

Evangel Pentecostal Church

This Christmas is sure to be like the rest of 2020: different! However, there is something special that happens when we reduce and pare back, we can see more clearly the things that we value and hold dear.

This Christmas, as we have less things

to fill our calendar let us take the opportunity to see more clearly the things we value and hold dear. Schedule a Face-Time coffee with a relative, enjoy the quiet night at home with the tree as a backdrop, and savour the gifts of the people around us.

POWELL RIVER TOWN CENTRE DECEMBER HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30am to 5:30pm ¹	9:30am to 5:30pm ²	9:30am to 5:30pm ³	9:30am to 5:30pm ⁴	9:30am to 5:30pm ⁵
CLOSED ⁶	9:30am to 5:30pm ⁷	9:30am to 5:30pm ⁸	9:30am to 5:30pm ⁹	9:30am to 5:30pm ¹⁰	9:30am to 5:30pm ¹¹	9:30am to 5:30pm ¹²
CLOSED ¹³	9:30am to 5:30pm ¹⁴	9:30am to 5:30pm ¹⁵	9:30am to 5:30pm ¹⁶	9:30am to 5:30pm ¹⁷	9:30am to 5:30pm ¹⁸	9:30am to 5:30pm ¹⁹
11am to 4pm ²⁰	9:30am to 7pm ²¹	9:30am to 7pm ²²	9:30am to 7pm ²³	9:30am to 4pm ²⁴	MERRY CHRISTMAS Closed ²⁵	BOXING DAY 9:30am to 4pm ²⁶
CLOSED ²⁷	9:30am to 5:30pm ²⁸	9:30am to 5:30pm ²⁹	9:30am to 5:30pm ³⁰	9:30am to 4pm ³¹	HAPPY NEW YEAR! Closed ¹	9:30am to 5:30pm ²

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POWELL RIVER
TOWN CENTRE



CHRISTMAS this year?

No church. No parties. Maybe even no friends or family.
Celebrating Christmas during COVID will be different.

PRL asked local faith leaders for some advice.

First, what is one practical way that Powell River people might celebrate this year?

Second, spiritually speaking, what message do you have for times like this, times of uncertainty and change?

Rev. Faun Harriman

St David and St Paul Anglican Church

A pandemic, unemployment, contested elections and oppressive policies against the poor and immigrants; all of this is happening in real time throughout the world. It was into a similar backdrop that a very special baby was born in first century Palestine. Born during a time of oppressive social policies, wide spread injustice and heartless leaders whose desire for power and control came at the expense of a whole group of people. Therein lies the root of the first Christmas but within all of that there is hope, light and joy. The birth of Christ is a universal symbol to the world that despite the out-

ward circumstances we can all take heart that goodness will triumph over evil.

To hope literally means to attach oneself, to trust, feel safe, secure, or be confident. This is a picture of trust and hope of a breastfeeding baby who desires something good (mother's milk) with the expectation of receiving it. The Baby of Bethlehem is what we can hope in; desire for goodness and expectation that we will receive. This is not a Christmas wish but a promise that *all shall be well, all shall be well, and all manner of thing shall be well.* – Julian of Norwich

Rev. Mary White

Powell River United Church

One practical way that people of Powell River might celebrate Christmas this year and remain safe is to purchase a box of Christmas cards.

Send everyone on your gift list a card explaining that you have donated their gift money to a charity that benefits those who are financially suffering due to COVID-19.

Remember to follow through with the donation. Don't be concerned about

the amount you give because it isn't the amount that matters, it is in the giving that we are serving with Love.

The message I have for times of uncertainty and change is to remember that there is a silver lining in every life situation. All that we experience is the gift of life which has its joys and sufferings. But whether positive or negative, there is always hope because no situation lasts forever.

Pastor Mike Martinig

Kelly Creek Community Church

People need connection. That's why "being home for the holidays" is so meaningful. At special times, people want to be together with those they love. People will feel disappointed that the yearly tradition that they enjoy is going to look different.

You may feel disappointed, too. There may be a lot of unfulfilled expectations and expectancies going around this year. These verses in Romans 5 come to

Bean feasa Juliette Woods,

3 Fold Balance and The Sanctuary

Really focus on "ease". Many people get swept up in obligations, self-imposed responsibilities, a rush of shopping and gift giving, and meal preparation for many.

Looking to the natural world around us, the energy of plants and trees have drawn down deep into the earth. Animals are hibernating or in stasis. We might use this year to recalibrate and reset our habits and align with this slow flow. Cook less. Commit sparingly and

Rev. Dr. Paula Sampson

Faith Lutheran Church

Celebrating Christmas in disrupted times, Christian belief in God's presence in Christ remains intact. The practical and the spiritual are companion dimensions of this "non-disruptable" blessing.

No in-person family feast? Support local efforts feeding those without families.

No widespread gift-giving? Support local agencies giving comfort to those in distress.

No distant travel? Stay and appreciate the winter solstice blessing God created here:

"All throughout these months as the

Rev. David Wulkan

Powell River Reformed Church

I think we sometimes forget in our sanitized and commercialized Christmas season, that the birth of Christ is really about the mess our world is in.

And in 2020, we cannot pretend like all is well in the world anymore.

The pandemic, race riots, political polarization, and heightened fear are all glaring reminders that our world is in desperate straits.

We all need to be saved. And not just from the chaos outside of us, but from the sinfulness inside of us.

The good news of Christmas, which is put into sharper relief during this tumultuous year, is that God has come. He enters the mess, suffers and dies because of the mess and offers us true hope in the midst of that mess.

my mind as we help people process the pain and disappointment they feel. "Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts." (Romans 5:3-5.) God will use even our holiday event-related disappointment, to build character and hope in us.

potently. Give thoughtfully without many purchases. Savour every moment and let things linger. Video call family and friends right into the supper table, for candle lighting, or tree trimming.

Staying simple, making ease paramount, and cultivating rich meaning and connection by savouring what is within our reach, keeps us anchored and builds resiliency through changing uncertain times.

shadows have lengthened,

This blessing has been gathering itself, making ready,

Preparing for this night

"This blessing does not mean to take the night away, but it knows its hidden roads, Knows the resting spots along the path, Knows what it means to travel in the company of a friend

"This is the night when you can trust that any direction you go,

You will be walking toward the dawn."

- Jan Richardson (excerpts)

The only wise thing to do is to put your trust in Jesus, receive his grace and forgiveness and live a hope-filled and joyful life, not making more mess, but loving God and others as God has loved us.

May God bless you and keep you this Christmas and always. [PRL](#)



SANTA'S TOY DROP-OFF



Help Make Christmas Wishes Come True

Drop unwrapped toys, non-perishable food, or cash donations into Santa's sleigh at 4510 Joyce Avenue 9am to 5pm Mon-Fri from November 23rd to December 4th.



All donations to benefit Powell River Food Bank & Salvation Army. Underwriters Insurance & White LeBlanc Wealth Planners will be making cash donations to support the organizations involved.

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Carols of 2020

PRL asked, you delivered.

These carols probably don't have the longevity factor that the originals do, but for a bit of levity to help us through this holiday season, they can't be beat.

COVID's here

By Reid Balzan, Grade 8, Brooks Secondary

To the tune of Jingle Bells

COVID's here, COVID's here
COVID go away!
Wear your mask and wash
your hands
Every single day, hey!

COVID's here, COVID's here
Sanitize away!
Keep within your bubble
And stay six feet away, hey!

Special thanks to Brooks teacher Natasha Dube, and Texada Elementary principal Rhonda Gordon, for inspiring their students to write carols

Let the light shine in

This holiday season
and through 2021



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This year we will be introducing the Corporate Pallet Challenge in order to reach the necessary goals to keep the food bank shelves stocked up throughout the winter and even spring!

The Corporate Pallet Challenge invites Powell River businesses to buy a 1,000 lb pallet of food for the food bank by making a \$500 donation per pallet.

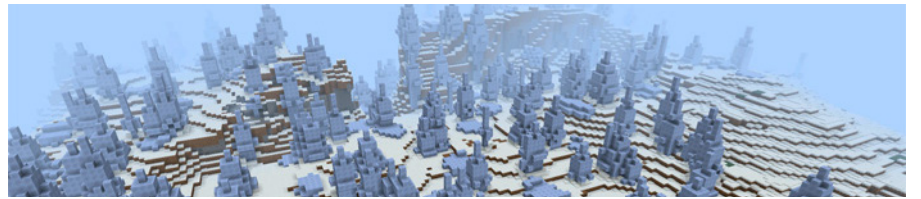
Businesses are welcome to buy as many pallets as they like, and they will receive a receipt for any donations for tax purposes!

Find out how to participate at
mypowellrivernow.com/stuff-the-trailer/



MYPOWELLRIVERNOW.COM

Let's fill up the food bank and help those in need
this Christmas and beyond!



The Minecraft Carol

By Lyndon (age 12) and Hollie Jacques (age 9)

2020 was a year of excessive screen time for kids, and Minecraft is a top pick. Of course we needed a video game carol!

To the tune of *It's Beginning to Look a Lot Like Christmas*

It's beginning to look a lot
like a snow biome
Everywhere you go
Take a look at my new cat she's kinda
really fat
With a candy cane collar and barely
even grows

It's beginning to look a lot
like a snow biome
There's leather armor in the store
But the prettiest sight to see is the dia-
monds under my oak tree
In our own home

I got a pair of leather boots and a bow
and arrow that shoots
And that I will not use
My cat does not talk but she will go
for a walk
Is the hope that on Christmas she'll
bring me a bucket of chalk
So I can brew my potions

It's beginning to look a lot
like a snow biome
Everywhere you go
There are diamonds in the grand hotel
And in the park as well
Diamonds are the sturdy ones that glow

It's beginning to look a lot
like a snow biome
Soon the bells will ring
It's the villagers once again there's a pil-
liger stand
and will break your armor stand and
soon your house

It's beginning to look a lot
like a snow biome
There's leather armor in the store
But the prettiest sight to see is diamonds
under my oak tree
In my own home
Sure let's stay in the snow biome

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I Don't Want A Lot For Christmas

By Noah Culos,
Grade 8 – Brooks Secondary

I don't want a lot for Christmas
There is just one thing I need
I don't care about the presents
Underneath the Christmas tree
I just want COVID to end
More than you could ever know
Make my wish come true, oh
All I want for Christmas
Is COVID to end

COVID is coming to town

By Crystal Artindale

To the tune of *Santa Claus is Coming to Town*

You better watch out
You better comply
Better not pout
I'm telling you why
COVID is coming to town

It's making its way
And spreading quick
It doesn't matter who's naughty or nice
COVID is coming to town

It knows if you've been sanitizing
We know that it's not fake
It knows if you've been social distancing
So be good for goodness sake!

O COVID Night

By Melissa Furlotte

O COVID night
The people speaking moistly
It is the time to put a mask on your face
Listen to Bonnie, in calmness, kindness,
and safety
'Till it appears we have flattened

the curve
Six feet apart, the order will be lifted
For Grandma's sake, you need to keep
your space
Wash your hands

For at least twenty seconds
Sanitize
With alcohol when you can't wash
Just clean your hands
O Clean
O Clean your hands

Must be COVID

By Bethany Browne

Must Be Santa was written by Hal Moore and Bill Fredericks in 1960

What could potentially wreck
your lungs?
COVID could potentially wreck
you lungs.
What gonna spoil your Christmas fun?
COVID gonna spoil your Christmas fun.

Spoil your fun! Wreck your lungs!

Chorus:
(Clap clap)
Must be covid (clap clap)
must be covid (clap clap)
must be COVID, COVID-19

What's gonna give you dry
chapped hands?
COVID gonna give you dry
chapped hands.

What's gonna throw a wrench in
your plans?

COVID throws a wrench into
your plans.

Wrench in plans
Dry chapped hands
Spoil your fun
wreck your lungs (clap clap)

Chorus

What's gonna make you lose your pay?
COVID gone make you lose you pay.

What's gonna keep you on a screen all day?
COVID gonna keep you on a screen
all day.

Screen all day
Lose your pay
Wrench in plans
Dry chapped hands
Spoil your fun
Wreck your lungs (clap clap)

Deck the Halls

By Paige Spence and Brier Gordon,
Grade 6 at Texada Elementary

Deck the halls with boughs of masks
Fa la la la la, la la la la (fa la la la la, la
la la la)

'Tis the season to be safe
Fa la la la la, la la la la (fa la la la la, la
la la la)

Don we now are in COVID-19
Fa la la la la, la la la la (fa la la la la, la
la la la)

Troll the rules of quarantine
Fa la la la la, la la la la

Wash your hands
Fa la la la la, la la la la (fa la la la la, la
la la la)

See the hand sanitizer stands
(Fa la la la la, la la la, fa la la la la, la la la)
will this ever end
Fa la la la la, la la la la, fa la la la la, la la

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Oh Broad-leaf Tree

By Miel Creasey

To the tune of *O Christmas Tree*

Chorus:

Oh Broad-leaf tree, oh broad-leaf tree
How lovely are thy branches
Oh Broad-leaf tree, oh broad-leaf tree
How we wish to keep you pesticide-free

Your leaves so green in summer-time
Fall to feed thy forest floor in winter-time
Oh broad-leaf tree, oh broad-leaf tree
How lovely are thy branches

Let us all protect biodiversity
With our regenerating forests pesticide-free
The real and true meaning of health
Must not to be confused with monetary wealth

Chorus:

Your fire resistant qualities
Providing crucial biodiversity
Deciduous species feed thy bees
Beyond necessary for you and me

A healthy forest is diversified
Pesticides create eco genocide

Oh broad-leaf tree, oh broad-leaf tree
You'll always be a changing
A symbol of biodiversity
You're more important than some may know

Providing forage for thy animals
We shall reap the seeds we sow
Oh broad-leaf tree, oh broad leaf tree
Let us keep thy pesticide free

12 Days of COVID Christmas

By Pat Buckna

The first day of COVID Christmas
my true love sent to me:
A password-protected Zoom link

Two Twitter tweets
Three Snap Chats
Four Calling Cards
Five Three-layer masks
Six Facebook posts
Seven links to web sites
Eight bars of hand soap
Nine explicit photos
Ten Scary selfies
Eleven YouTube videos
Twelve turkey recipes

Jingle Bells

Victoria Wilson-Cooper,
Grade 8 at Brooks Secondary

COVID cells, COVID cells
Mask up all the way
Oh what fun it is to quarantine
In one single house

Hey! COVID smells, COVID smells
Mask up all the way
Oh what fun it is to quarantine
In one single house



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OUTSIDE
THE BOX!**



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■ Support a favourite charity

■ Order your meal from a
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■ Volunteer your time

Create Memories not Garbage!



Concept courtesy of  **metrovancover**
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WHAT IS WASTE?

Frosty the Snowman

By Ellie Winchell, Grade 8 at Brooks Secondary

Frosty the snowman was a jolly healthy soul
With a medical mask and sanitizer
And two negative COVID tests

There must have been some magic in
That medical mask they found
For when they placed it on his face
He began to dance around

Frosty the snowman
Knew the cases were rising that day
So he said, "Let's run"
And we'll have some fun
Before we go on lockdown

Frosty the snowman
Had to hurry on his way
But he waved good bye saying,
"Don't you cry"
It'll be normal again some day

COVID Smells

By Kyle Mayenburg and Eli Shostak,
Grade 8 at Brooks Secondary

Bonnie tells, COVID smells
Coronavirus sucks today
Oh, what fun it is to do only online school
In a lone house having a terrible day

Hey, Bonnie tells, COVID smells
Coronavirus sucks today
Oh, what fun it is to do only online school
In a lone house having a terrible day

It's beginning to be a COVID Christmas

By Gabby Peake and Sienna Foley,
Grade 8 at Brooks Secondary

It's beginning to be a COVID Christmas
Everywhere you go
Take a look at the empty streets, memories start to
repeat, with friends and family playing in the snow
It's beginning to be a COVID Christmas
Everyone's at home
But the prettiest sight to see, is people staying six feet,
don't come to my dooooooor
If everyone wears their mask and does their own task,
is the wish of Bonnie the hen
Can barely talk or go for walk
Is what happens when you are with friends
And mom and dad can hardly wait for school to start again

COVID Smells II

By Isabelle Southcott

Jingle Bells, COVID Smells
Let me count the ways
Elders die, families cry
Please make it go away
Our country's shutting down
As numbers rise each day
We can't just stand around
Cause COVID's here to stay
You must wear a mask
To keep the virus at bay
It's not an easy task
To keep friends and family away

Jingle Bells

By Aasir Diab, Grade 8 at Brooks Secondary

Jingle Bells, this year sucks,
Lebanon went boom,
COVID came, ruined our year,
Now we gotta call on Zoom, hey

Australia,
Came on fire,
Then into a flood,
I think we're all tired now,
Who knows what's to come?

Kobe died, people cried,
Murder hornets came in,
2020, give us a break.
This whole year's a sin, hey

Trump is bad,
Everyone is glad that he is impeached,
Here's a suggestion for you Trump,
Maybe drink some bleach,

Hey, George Floyd died, so
That's why BLM is here,
2020 is a mess,
Oh dear, oh dear, oh dear, hey

USA & Iran
almost started World War III,
2020 is the worst,
Yeah I guarantee.



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Reconstructing a holiday anthem

Oh yes they did! *Baby it's Cold Outside*, the 1949 movie tune, fell out of favour in the last few years for undermining consent. She says no, he pushes back. She says no again,

Baby there's COVID inside

By Brittany Service and Sean Tassell

I really can't stay (yes there could be germs inside)
Stay six feet away (perhaps we should stand outside)
These few months have been (the strangest I've ever seen)

So very grim (don't touch your face, you'll let it in)
My bubble will start to worry (just a sneeze, please don't hurry)

I need to buy some bleach from the store (Dr. Bonnie Henry says it's a worry)
But staying home can be such a bore (I'll put some markers down on the floor)

Your neighbours might think (they're breaking the rules out there)

Which way to your sink? (They're acting like fools out there)

I wish I knew how (the cases keep rising now)

To make them see (let's isolate, just you and me)

I ought to say no no no sir (I promise I won't move closer)

Let's do our part to say that we tried (let's both stay safe and wear masks with pride)

I really can't stay (baby don't freak out)

Baby there's CO-VID INSIDE!

he doesn't listen. As an instructional on equitable sexual relationships, the song may be lacking. But as a COVID parody? It was just made for it. Whoda thunk it?

Baby, It's COVID Outside

By Ashley McNolty

We really should stay (But baby, there's COVID outside)

The six feet away (But baby, there's COVID outside)

This Zoom meeting has been (Why don't you just drop on in?)

So very grand (Imagine if we could hold hands)

I guess we could both wear masks (We could work on lots of tasks)

Theresa Tam said it was fine (What else has she got on her mind)

But what to say if public health asks (Remind them we both have masks)

Say, is that a bottle of wine? (Yes, and it is tasting quite fine)

The neighbours might fink (Baby, no one's out there)

What do you think? (Tell them it's rude to stare)

Bonnie Henry said no (Aw, what does she know?)

To hanging out (Come on now, you'll make me pout)

I don't want to get into trouble (But you could expand your bubble)

But my Charmin is running low (There's rioting at Costco)

Would you be able to lend a roll? (I've got cases, take a pack whole)

O baby, there's COVID outside! **RL**



Happy Holidays

& thank you for your support this past year

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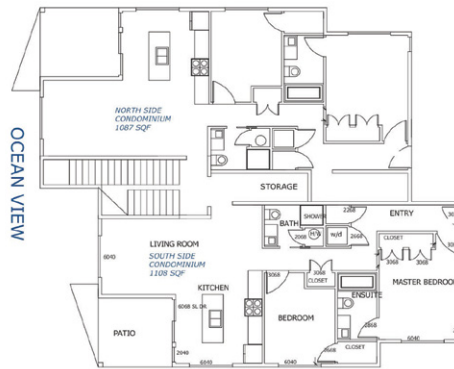
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BUSINESS NOT AS USUAL

Dancers, interrupted

The Laszlo Tamasik Dance Academy is a place for all ages and levels to dance. We offer a lot of different genres: Ballet, Jazz, Tap, Contemporary, Musical Theatre, Lyrical, Hip-hop.

Paige Anderson has been the owner for nearly six years, since she revitalized the studio once owned by Laszlo Tamasik. We have 14 teachers, including adult & student teachers.

What concerned you most about your business as the COVID-19 pandemic began?

Paige • The dancers not being able to dance with their friends.

What opportunities did you see?

Paige • Gave us teachers a lot of time to plan for the new season & lots of fun social media contests.

What have you been doing that you haven't done before the pandemic?

Paige • Social distancing during dance.

Have your customers responded to the changes you've made?

Paige • Yes I'm so lucky to have amazing families that are in full support.

Which programs have been helpful to you?

Paige • CERB was helpful for the first few months when we were off work.

Have you found inspiration?

Paige • The inspiration came from my dancers. They never gave up and kept dancing at home and staying in shape. We held a lot of fun different contests during the time off that involved all the families. We tried hard to keep commu-

nication going virtually through zoom as well as I bought my dancers an online dance membership so they were able to take some fun classes while at home.

How has it impacted your customers?

Paige • Some of my dance families were not comfortable coming back in September. We were very sad to lose some of our team members.

How has it impacted your staff?

Paige • My staff was happy to come back and teach and I'm thrilled to have them all back with a few new additions.

How has it impacted you and your family?

Paige • It has been a roller coaster of emotions for myself and my dancers. I think I have cried more in the last seven months than I have in the last seven years.

If you could go back to January, what advice would you give yourself?

Paige • Do two shows in February not just one and enjoy every minute of it.

What changes do you think you'll retain into the future?

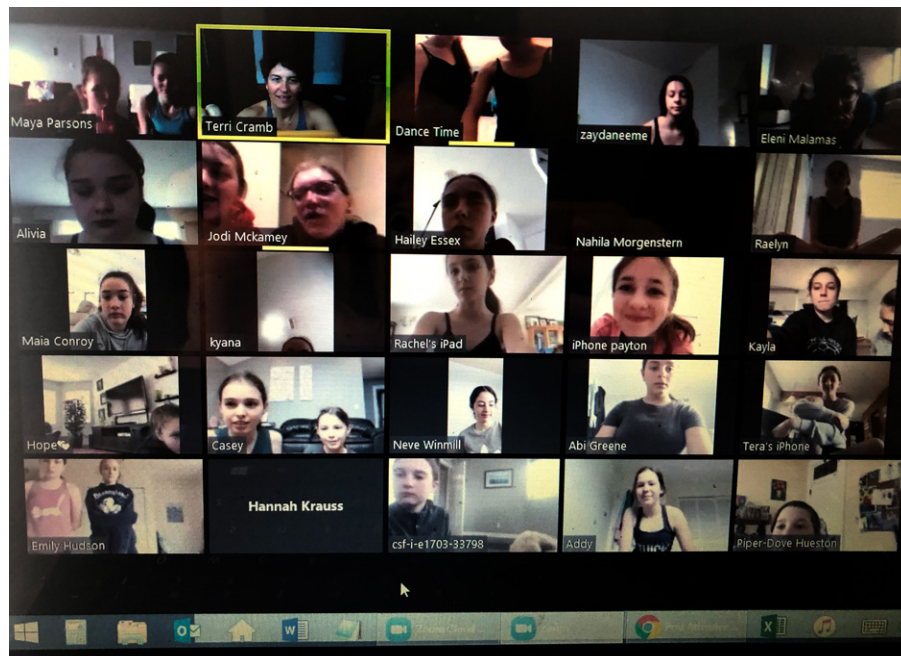
Paige • Keep up the hand washing.

What's surprised you most during this time?

Paige • How many dancers suffered from anxiety and depression during the time they weren't at school or dance.

What are you looking forward to most about getting back to normal?

Paige • Shows, shows and more shows!!



QUICK CHANGES: At the beginning of the pandemic, River City served folks outside. Now, they're back to an indoor socially-distanced format, including some dine-in.



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RECYCLED 58 FOR A PARADE: Honour biodiversity with an eco-sensitive lantern like this one. Show it off either at an in-person parade or online – depending on the Provincial orders for December 11.

Lantern procession to honour biodiversity

BY ELENA MARTIN

As a scientist and a mother, there is nothing more important than knowing my son's generation has a safe, biodiverse home which is supplying clean water, fresh air and fertile soils.

Biodiversity is the variety of life on Earth which creates the web we are living in and provides us with food, water, medicine and many other ecological as well as cultural and spiritual services. Current predictions show that global warming will do irreversible damage to this web of life.

People of the year 2020 will enter history books. They will be called the people who dealt with a once-in-a-century pandemic. They also will be called the people of the Anthropocene, an era in which humanity is the greatest force shaping the terrestrial system, taking the world into a temperature state that it hasn't seen for several millions of years with impacts on ecosystem services important for human well-being.

In August 2018, Greta Thunberg inspired millions of young people when protesting every Friday to fight for their future and lives as they are directly threatened by the climate emergency and its ecological breakdown. In March 2019, scientists worldwide backed up the de-

LANTERNS FOR BIODIVERSITY

When: 4:30 pm, December 11

Where: Meet at the big parking lot at Willingdon Beach and will either walk along Marine Avenue weather permitting towards the MLA office and return or we will seek shelter at Willingdon Beach to light up the lanterns under cover.

mands of Fridays for Future campaigners and stated that the concerns of young protesters are justified.

To support young people, a Fridays for Future Powell River (FFF-PR) group was created to raise awareness locally for our children's future. Under the motto "Think globally, act locally," FFF-PR organizes events to transform climate solutions into climate actions.

The next event will be in the form of a lantern procession to honour biodiversity. Everybody is welcome to join this child-friendly event in-person or digitally.

Depending on COVID orders, the event may be mini-processions in social bubbles or digitally by taking pictures of your lanterns and posting them on social media. Share your post also in the Fridays for Future Powell River Facebook group.

Lanterns will be displayed in the library. [PRL](#)



Hope for our Habitat

Through political change and individual acts of care, Powell River people are helping local animals and plants. Here's how:

Page 35: Raising awareness for biodiversity

Page 36: Petition against pesticides

Page 37: Rescuing a great horned owl

Page 39: Salmon education goes online

Page 40: Historic butternut tree, saved

Page 41: Sealions return to the breakwater

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Stinging back against local Pest Management Plans

BY MIEL CREASEY

Pesticide Free Powell River members have been working tirelessly to raise awareness around impacts of pesticides on the environment. These substances have many accumulating negative effects including depleting food sources for wildlife and people, contamination of water sources, damaging of beneficial microorganisms within the soil, loss of crucial biodiversity and a decrease of pollinators in our environment.

It is more important than ever that we take the necessary steps to ensure we are working towards preservation of healthy biodiverse ecosystems and in turn our community.

We've been as busy as can be with our newest t-shirt fundraiser. Our organic bamboo t-shirts are made in Canada, locally designed and printed here in Powell River BC.


With our fundraising efforts we will be working towards creating a series of short educational films and a website. T-shirts will be for sale at the Tla'amin Convenience Store or email pesticidefreepr@gmail.com to submit your order.

Our federal petition to ban the use of pesticides and their surfactants on Canadian forests has officially closed and will now be tabled in the House of Commons. Big thank-yous to everyone who signed and shared this

"It is more important than ever that we take the necessary steps to ensure we are working towards preservation of healthy biodiverse ecosystems and in turn our community."

important petition which will hopefully have impact on changing this archaic legislation.

Over the last few months there has been notice of three separate Pest Management Plans (PMPs) to treat naturally regenerating areas of our local forests with pesticides, including glyphosate. We encourage community members to email our local MLA (Nicholas.Simons.MLA@leg.bc.ca), BC's Minister of Environment (ENV.minister@gov.bc.ca and the province's Senior Pest Management Officer (Scott.Bennett@gov.bc.ca) with your concerns around pesticide use on BC forests.

Collectively we will always be stronger. For further details on these PMPs and how you can get involved do not hesitate to reach out to us at [Pesticide Free Powell River](mailto:pesticidefreepr@gmail.com) on Facebook or by email pesticidefreepr@gmail.com. 



BEE WILD: Sofia Blaney, 11, models a fundraising t-shirt designed by her mom, Miel Creasey. The t-shirts support the work of Pesticide-Free Powell River, in eliminating glyphosate spraying in local forests.



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GATHER
TOGETHER
AGAIN

MERRY CHRISTMAS

FROM YOUR FRIENDS AT POWELL RIVER LIVING MAGAZINE

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The nail-biting tale of Powell River's own Caped Crusader!

BY MERRILEE PRIOR

I had just come in from rescuing a hermit thrush on Thursday morning around 8:15 (I like hermits a lot) and was getting it settled when the phone rang again.

"There is an owl tangled in a Canada flag and it is up in a tree!" So, I harrumphed about barred owls, loaded up a kennel and went down to the North Harbour.

It was a great horned owl!

And it was definitely wrapped in the flag 30 feet up a big fir tree, out on a limb. First a dozen crows, then a pair of ravens and another couple of herons were seriously harassing the owl, but he was going nowhere.

At this point, Julie and Rheel came along and Julie decided to distract the ravens: she went home and came back with some kibble and whistled. The ravens came to her for treats.

Sandy and I were discussing how to get the owl down, and I finally decided to run up to the fire hall and beg, when a city truck went by. I chased after it and asked if the city has a bucket truck and explained.

They told me to go to City Hall and ask them to send it out. The City Hall employees were fantastic! They made a phone call and told me to go back and the truck would be there in 15 minutes. And it was!

Jason and Mike looked and decided how to get up, Clyde Burton was there to help instruct them on what to do and Michelle Pennell, our photographer, was recording all of it.

They carefully manoeuvred the bucket into place, Jason started to reach out and

"I was in luck! The flag got stuck on the branch and the owl was dangling upside down... He was now at least 50 feet up the tree and the bucket wouldn't reach. Jenny spoke up and said she was calling the fire department."

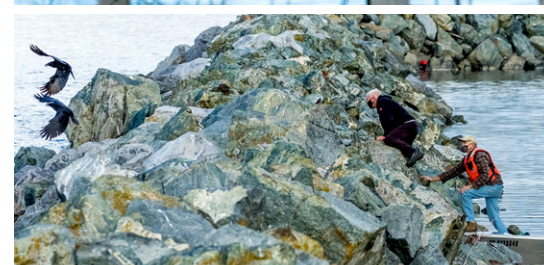
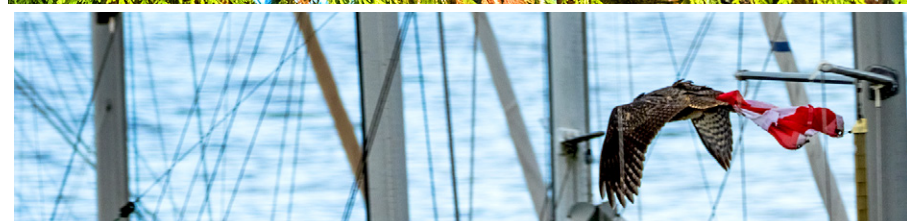
doh! The stoopid owl flew away across the harbour!

Captain Canada takes to the air! He landed on the middle of the breakwater, then moved down to the outside, where we could not get to him from the shore.

No obstacle to determined women! Michelle went home to get her husband with the boat. Barry Pennell and Clyde went out, Clyde clambered up the breakwater and reached over and doh! the stoopid owl flew away again!

This time it came back to the parking lot and was in a low tree. By now, Jenny, from the wharfinger's office, had joined the hunt.

Captain Canada felt too exposed where he was and headed over to a tall cedar, near where I had first seen him. The ravens and herons were back. Again the owl felt exposed and flew back to the fir tree he had been in originally.



CAPTAIN CANADA: This great horned owl got stuck in a Canada flag at North Harbour. He wore it like a cape, leading impromptu rescuers on a wild chase across Powell River, before it was captured and undressed. *Photos by Michelle Pennell*

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I was in luck! The flag got stuck on the branch and the owl was dangling upside down. He flapped himself back into an upright position on the branch, but was now going nowhere. We stood around discussing possibilities. He was now at least 50 feet up the tree and the bucket wouldn't reach. Jenny spoke up and said she was calling the fire department.

In the end, we had the ladder truck and a full crew. This time I talked the firefighter who was going up the ladder through what he would need to remember. He listened carefully and followed the directions without a flaw. Down came Max and the owl and, the hand-over complete, Max took his trophy – Captain Canada was de-flagged!

A quick call to OWL after the great horned beast arrived at our facility around 12:15 confirmed that the best course of action was to feed him some mice and throw him out at sunset. When this was done, the saga of Powell River's caped crusader ended.

A huge thank-you to everyone involved. As hokey as it sounds, it really does take a community to support us. See the video story here: youtu.be/6PFiZV-3pUY

“STOOPID OWL”: Stuck in a tree at the North Harbour (top), Captain Canada was finally rescued by Powell River Fire Rescue. Merrilee Prior (above) kept it til dusk, then set it free (below).
Photos by Michelle Pennell





HATCHING IDEAS DURING COVID: No matter where you are in Powell River or the globe, you can watch Powell River Salmon Society alevin transform into fry.

Streaming Salmon

New website brings salmon education from Lang Creek to the world

BY TYLER BARTFAI

The Powell River Salmon Society has launched a new virtual education platform, salmoneducation.org, and it is off to a flying start. The website itself has seen use in Powell River classrooms and homes, in Victoria, and in a First Nations Language immersion kindergarten class in Campbell River. The live stream is gaining international attention with numerous hits coming from as far as South Korea, Alaska, The UK, and Durango, Mexico.

“We are still in the refining phase, so we’ve been very happy with the level of engagement so far” said PRSS education coordinator Tyler Bartfai. “We have a number of other ideas in the works for our digital platform, as well as for future in-class deliverables.”

The website is an amalgamation of ideas from staff members, teachers, and students. The goal is to look at revitalizing pacific salmon education and ensure it doesn’t fall by the wayside with COVID-19.


The PRSS is no stranger to salmon education, having hosted countless classes every fall at the Alex Dobler Salmon Centre at Lang Creek. The hope is to disseminate the knowledge they have learned in

nearly 40 years of operation to the public, and most importantly, to students. This is being done through work sheets, learning modules, and the biggest hit of all, a live stream of Chinook egg and alevin development. The society has also recorded a chum salmon dissection, visible on youtube, and has done zoom dissections with local classes.

The platform has already seen great community adoption in use and in contributions. The Powell River Community Response fund approved a grant for this education program, and corporations such as Chinook Scaffolding, Fortis, and BC Hydro have made generous contributions.

Although the content is mostly aimed at primary and intermediate students, there is a lot to be learned by everyone on the site.

“The more the issues, such as management, freshwater and saltwater habitat issues, and climate change are known by everyone, the more we can work together towards fixing them,” said Tyler.

Salmoneducation.org, just like its parent organization, is operated predominantly with community and corporate donations. To see more of the society’s impacts or to make a contribution, visit prsalmon.org. 

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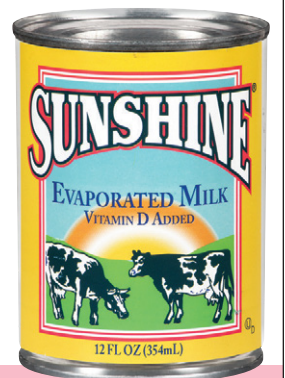


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Historic butternut walnut tree saved by citizen and the City

BY TRISH BARNSELY

On a walk through the old golf course lands a few weeks ago, I felt so happy when I discovered that an endangered butternut walnut tree was still standing. It remained, tall and healthy, amidst the devastating sight of clear cut logging on the site of the new wastewater treatment plant, near the Hulks beach. My hand-written sign had worked.

The tree was not only still standing but it also had a fence around it, and two splendid Douglas Fir trees creating an oasis of wind firm protection.

For the past three years, I have been doing my best to protect these trees, including a presentation to City Council. Back when the mill was building its workers a "Garden City," the butternut walnuts were planted as part of the sea-side golf course. They're indigenous to Eastern Canada, not here. But protecting historic trees is nothing new. Other communities, such as Victoria, the District of Saanich and Sidney all have bylaws protecting important trees. My presentation to Powell River's City Council resulted in a bylaw change – but no guarantee that these butternuts would be saved.

Over a year ago, I had observed survey markers alongside the tree in line with the proposed route for the wastewater treatment plant in the Townsite, part of the old golf course.

"The trail was closed due to active logging. My heart sank... I knew I had to do something and fast."

In early November, I came upon a sign across my path that I regularly walked to check on "my tree," only to find the trail was closed due to active logging.

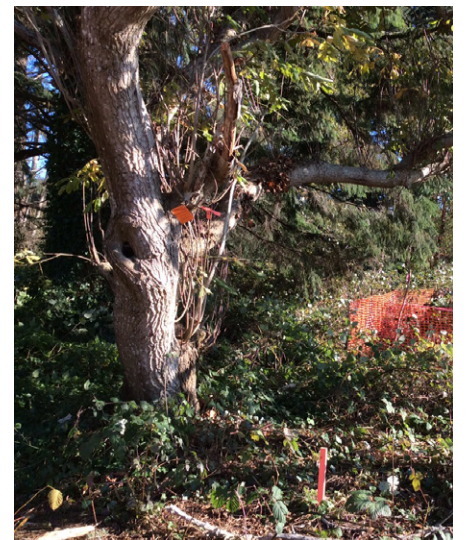
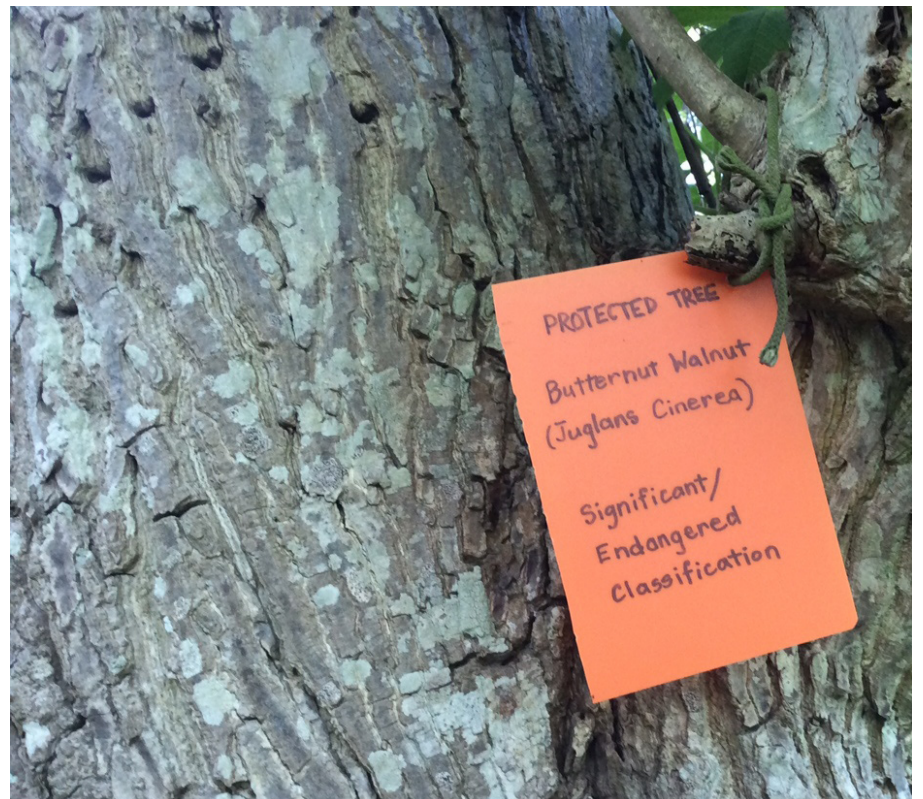
My heart sank, I could not determine where the trail had been. I knew I had to do something and fast. No time to get permission. No time to apply for an official Government of BC conservation sign so I made my own, a bright orange one.

I have been reminded of the children's story, The Little Engine that Could... I think I can, I think I can. If I hadn't believed that I could do the task of protecting the tree, (of which there are many more on the old golf course lands) I wouldn't have tried.

Of course there is still more to do.

The significant tree bylaw needs to be amended to reflect relevant trees. School children need to be educated about the importance of tree protection and I believe the City should hire an arborist/horticulturist.

But for now, the preservation of this tree has brought me happiness in this time of uncertainty. [PR](#)



LAST STAND: Top, Trish Barnsley's hand-written note asking for this historic butternut walnut tree to be saved. The area around the tree – the old golf course near The Hulks beach, was set to be logged last month for the new wastewater treatment plant. Above left, the newly-cut area by the beach. Above right, the tree, with two Douglas-firs. *Photos by Trish Barnsley*

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I LIKE BIG MAMMALS AND I CANNOT LIE: Keeping your distance, though? A good idea. *Photo by Bill Hopkins*

"Charismatic mega-fauna" return

Barking California sea lions covered the breakwater at the Hulks beach when Fishery Officer Bill van Egteren posted warning signs there on November 20. Don't harass the sea lions; keep your distance, read the signs.

The transient pinnipeds first showed up in 2018, and didn't return last year. So Bill and his team were surprised to see them here mid-November. When he returned to the Hulks three days later, he was especially surprised that there were so many more.

"They've gotta be pushing 1,000," Bill said, noting that hundreds lolled on the beach, swam in the log boom, and continued to occupy the breakwater. "There must be a food source that's drawing them here. Her-

ring, maybe? This is not a breeding party; it's not mating season, and there are no pups. It seem like an odd haul-out spot compared to a rocky island."

California sea lions are smaller than Powell River's large "bob" of resident Stellar sea lions, which reliably sit on the barges near the mill.

Bill said he isn't sure exactly where these visitors are from, but guesses they may swim up from the Columbia River estuary on the Washington-Oregon border. Sea lions, he said, do swim up rivers, following the fish.

"I like them," said Bill, who worked in Mission previously and saw sea lions near his office on the Fraser River. "They are charismatic mega-fauna. People are always drawn to large animals. But keep your distance."



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& A WONDERFUL
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Nicholas Simons, MLA

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Mayor and Heritage BC salute the doyenne of Townsite

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

Ann Nelson has been a tireless, passionate promoter of the Powell River Townsite for more than 40 years, even before there was a Townsite Heritage Society formed to champion the preservation and restoration of the historic neighbourhood.

Not only does Ann love the Townsite, she lives there, works there and volunteers there. And if she has her way, she'll probably die there, too.

Earlier this year, Ann was recognized by Heritage BC for her work as a volunteer with the Townsite Heritage Society. In May, she was supposed to be presented with an Outstanding Award for Distinguished Service by Heritage BC in Chilliwack, but that didn't happen because of the pandemic.

From her upstairs suite in The Patricia Theatre (which is the longest continuously operating movie theatre company in Canada, apart from the COVID-closure), Ann's view includes the Townsite's business district and the industrial site that spawned this outstanding example of a planned company town. Across the street from the theatre sits the old postmaster's home while The Old Courthouse Inn, Federal Building, Bank of Montreal and Rodmay Hotel are all within view. Not far from Ann's beloved Patricia sits another one of her loves: Henderson House Living Museum, home to the Townsite Heritage Society. It's tucked in behind another



AT HOME IN HISTORY: Ann Nelson, above, speaks at Henderson House. Decades ago she saw what others didn't: the vast, vulnerable value of what is now a National Historic Neighbourhood.

of our oldest buildings, St. Luke's Hospital.

Ann's knowledge of the Townsite is remarkable. She's been Powell River's go to resource for facts, stories and pretty much anything about Townsite for years. On the rare occasion she can't find something in that steel trap memory of hers, she knows who to ask or where to find it.

Ann became the Townsite Heritage Society's coordinator in August, 2002 – a perfect job for someone with a lifelong interest in built heritage and culture. Not long after that, she and her son took over operating The Patricia Theatre for First Credit Union, purchasing it in 2003.

Her job with Townsite Heritage allowed her to attend and present at workshops and conferences all across the country while forming valuable networks within the heritage preservation community. She also worked with Karen Southern on the *House Histories and Heritage* series of books, editing all four volumes, and learning even more about the people and the stories of the Powell



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A Thought For The Day

"So powerful is the light of unity that it can illuminate the whole earth."



~ Bahá'í Teachings

2020

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River Company and the Townsite along the way.

The Patricia reminds Ann of the Arts and Crafts era theatres of her childhood. She has known for a long time that it could become a brilliant destination for heritage tourism as part of the community's economic diversification.

"I love the building for itself and for the nostalgia it awoke in me and I love

"I love the building for itself and for the nostalgia it awoke in me and I love what it could mean to the continuing renaissance of the Townsite and Powell River." – Ann Nelson

what it could mean to the continuing renaissance of the Townsite and Powell River."

Recognizing Ann's contribution to The Townsite, Heritage BC said: "For over 20 years, Ann Nelson has volunteered with a commitment to promote the value of the Townsite within the neighbourhood and also within the larger community of Powell River. She has been a force driving the revived annual Heritage Home and Garden awards and a mix of fundraising ideas. She produced the 100th anniversary celebration in 2010, and played a strong role in the acquisition and restoration of Henderson House Living Museum, promoting the importance of restoration of the house in

its original form to provide inspiration and a 'teaching lab' for building owners in the National Historic District.

"Ann Nelson has been an outstanding contributor and non-stop volunteer."

Mayor Dave Formosa (who also lives in the Townsite) agrees. Last month he met with Ann at Henderson House to congratulate her on her award and to take a tour of living museum, the home

of Powell River's first doctor, Dr. Andrew Henderson. A video of their chat can be found on Youtube or *Powell River Living's* Facebook page.

Powell River Living magazine publisher and Townsite resident Isabelle Southcott (that's me), proof reader Roberta Pearson and several others including Mayor Dave Formosa nominated Ann for this prestigious award.

To me, this award is significant for several reasons. Not only does it shine a spotlight on the Powell River Townsite but it also celebrates Ann Nelson and her passionate commitment to the preservation of built heritage in the Townsite. Winning this award is something the whole Powell River community can be proud of. **RL**



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Menacing Masks • Clunky Cellphones • Scary Syringes
Our Hidden Medical "Museum"

BY PIETA WOOLLEY | pieta@prliving.ca

Back in 2009 when Jeremy Brockington started work at Powell River General, his curiosity was piqued by what he found in some of the hospital's darkest corners. As part of his work distributing supplies, he poked into cupboards, closets and drawers. Sometimes, they contained what seemed, to him, like treasure: old medical supplies. They went on a cart (above). It has since become his "museum."

"Now it's a whole collaboration," said Jeremy, who says some are intrigued by the contents of the cart, and others think it's a load of junk. "All the departments—medical records, nursing, maintenance, pharmacy, biomed, Xray, and lab—if they find something cool, they'll donate it to the museum. It's like a hospital-wide scavenger hunt."

Some of Jeremy's favourite finds include the old paper mask boxes ("The graphics appeal to me. The nurses on them look like they're coming at you with lethal injections"); the hand-typed glass bottles of hydrogen peroxide and bromide solution; the heavy c-clip rotary phone shoulder-holder; a sleeve of disposable cups from EXPO '86; and the triangular reflex-testers, which he's holding in the photo above.

He had his eye on the whale-shaped tape dispenser at medical records (right), circa the 1940s. "One Christmas

they wrapped it up and gave it to me," he said.

Beyond getting a kick out of the old implements and packaging—one young woman found a roll of electric typewriter tape and had no idea what it was—there is value in reflecting on the material culture of medicine's past. For example, his department won the hospital's holiday door decoration contest several years back for the theme of "Merry Christmask," which featured, of course, medical masks.

"That was the year the employer was implementing the policy that if you didn't get a flu shot you had to wear a mask. At the time it seemed heavy-handed," Jeremy said, noting that our ideas about wearing masks have changed dramatically since then.

There has been talk, Jeremy said, of finding a more permanent, more public home for the "museum." But so far, he's content to curate in place, in the bowels of the stores warehouse. [PRL](#)



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THE MASK MAN: Top left, Jeremy Brockington and the museum-on-a-cart in the stores department. Top: some of the scarier-looking finds, including a very large metal syringe. Middle left, the "Pictorial Medical Guide" and two hand-typed glass medicine bottles. Middle right, vintage disposable masks, featuring stern-looking nurses. Bottom, aged office equipment: a radio, old cell phone, and more. Left, the heavy cast-iron whale Scotch tape dispenser from the 1940s, found by the medical records department and gifted to Jeremy one Christmas.

Photos by Carl Anderson



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RETRO DINER: You could head to this slick counter (above) after a movie for sweet snacks back in the day. Right, a menu including a fresh strawberry sundae for 35 cents. And candy wrappers. *Photos courtesy of the Powell River Museum and Archives*

BLAST FROM THE PAST

Sweet shop a ca

BY JOËLLE SÉVIGNY

The Patricia Theatre has long been recognized as an icon of our heritage here in Powell River. Nowadays, many of us associate the Patricia as somewhere that can give us an authentic film watching experience, created by the period's ambience with its trademark peacock murals and original hand-stencilled French velvet drapes. However, ever since opening in 1928, the Patricia has traditionally leased a fair bit of its space to a variety of businesses.

Perhaps a lesser-known fact, is that the lower left suite of the Patricia hosted a Sweet Shop for many years. Right from the beginning in 1928, Charles French opened "French's Candy Factory" and when he moved his shop to his home in Westview in 1932, Myron McLeod, owner of the Patricia at the time opened "The Sweet Shop."



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Sweet and salty- candy-coloured memory

The store changed ownership in 1942 to Josie Mitchell and in 1946 to Jack Dunning until 1963, when Jack moved his business to the Mall and a long line of beauty shops became the tenants of this space.

The Sweet Shop is very fondly remembered by locals as it was not only somewhere to satisfy your sweet tooth but somewhere to socialize, especially after the movies.

In the forties, during World War II, some food items were rationed, such as chocolate and ice cream. Josie would actually save up all her chocolate until show nights, when she would bring out her cache to sell. The best hamburgers in town are also said to have been served at Josie's Sweet Shop.

Over the years, The Sweet Shop was a go-to for Valentine's Day Chocolate Boxes, Russian Mints, ice cream to bring home for dessert, Pauline Johnson Chocolates, sundaes, Josie's cherry cokes and pies – a mill worker's favorite. Later when Mr. Dunning took over, the Sweet Shop became more of a fast meal place as



Jack did lots of cooking.

Whenever you walk by the Patricia today, you can imagine the diner-style stools along the counter of the Sweet Shop and the young girls who often worked there. Happy holiday baking everyone!

Blast from the Past is a monthly historical column written by the Townsite Heritage Society's coordinator Joëlle Sévigny. The THS tells the history of Townsite from 1907 onward. [PR](#)



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Saturday & Sunday, December 5 & 6
40-45 items, including Salads, Cheeses, Pickles, Salt and Pickled Fish, Swedish Meatballs, Ribs, Roasted Veg, Scallop Potatoes, Louie Cats, and much more, plus traditional desserts. \$30 per adult.

Elegant Turkey Dinner

Christmas Eve, Christmas Day & Boxing Day (seatings at 5 & 7)
Full table service. Turkey, potatoes, roasted veg, chestnut & cranberry stuffing, with gravy. Comes with wild cream of mushroom soup and drunken blueberry cheesecake dessert. \$30 per adult.

Benefit for the Northside Volunteer Fire Department

January 1, noon til 6pm

All menu items are by donation to raise funds for the Department. Start the new year well!



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Santa has gone on-line

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Visit www.jinglering.com/jingle408

Story time with Santa

Also, visit with **Santa and Mrs. Claus** on our Facebook (PowellRiverTownCentre) page **every Sunday evening** in December for "Storytime with Santa and Mrs. Claus".

Santa will be live, reading stories
Dec 6, 13 & 20 at 6:30 pm
for approximately 20 – 30 minutes.



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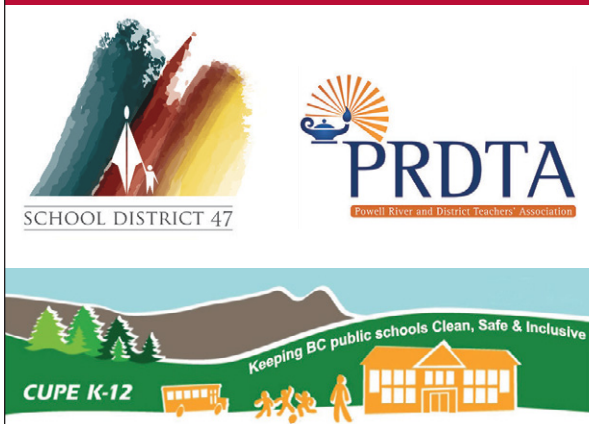
HAPPY HOLIDAYS!

Enjoy a restful and safe break

Wishing all School District 47 Staff, Students and Parents a Season filled with happiness, joy, peace and prosperity.



School District 47 Board of Education
Powell River and District Teachers' Association
CUPE Local 476



WHAT'S UP



Zunga Bus coming next month

The City of Powell River has partnered with Spare Labs to pilot on-demand bus service in our community starting in January 2021!

Zunga Bus will operate on a route that's made in real-time based on rider requests received through the Zunga Bus app or by phone. Unlike a ride-hailing service, Zunga Bus will pool riders to maximize efficiency. The service will operate in Westview with a few stops in Townsite and will be wheelchair accessible.

Funding for this one-year pilot was provided by Innovative Solutions.

Hunger pains

The Powell River Action Food Bank needs your help. With more people needing help from the Powell River Action Food Bank and fewer fundraisers and food drives happening this year due to the pandemic, the food bank is asking the community to do what they can to help keep their shelves stocked.

"There's been a 20 per cent increase in clients this year," said Manager Savanna Dee. That increase, coupled with the fact that the food bank can't do fundraising the way they usually do, is making it difficult.

"Most of our money comes in during December," explained Savanna.

For instance, in past years when David Bowes put on the Dickens Dinner, a tremendous fundraiser for the food bank, it would take three vehicles and six to eight helpers to go through all the donations.

However, this year, the food bank is depending on the local media to spread the word.

"Most of the people we feed are seniors and people on disability. Thirty-three per cent of those we feed are children."

Donations can be made via the PayPal button on their Facebook page or at powellriverfoodbank.com. A cash gift card donation box is available at the food bank donation box at FreshCo. Tax receipts will be issued for cash donations of \$20 or more.

Toy drive

Help make someone's Christmas brighter and drop off a new unwrapped toy, non perishable food or cash donation at Santa's Toy Drop-Off, 4510 Joyce Avenue from 9 am to 5 pm Monday to Friday, until December 4.

All donations go to the Powell River Action Centre Food Bank and The Salvation Army.

Underwriters Insurance and White Leblanc Wealth Planners will be making cash donations to support the organizations involved.

To register a child for a personalized message from Santa, go to bit.ly/messagesfromsanta.



Give of yourself

Local artist Sabrina Upton hopes to bring a smile to the residents of Kiwanis Manor with a painting she donated to the manor last month.

Giving this painting, of a Northern Shoveler duck nestled on sunlit seaside rocks, made Sabrina think about how important it is to be kind, especially during these trying times. "Yes humanity has suffered worse events, but that doesn't mean people aren't struggling. Fear, anxiety, social distancing and isolation are all having an impact on mental health. Let's focus on what we *can* do," says Sabrina. "Do you know someone who could use a smile or laughter? We all could; some, more than others."

"I encourage us to give of ourselves; to take the time out of one day this month to perform a single act of kindness. Go out of our way to make someone laugh or give them something to brighten their day or to give of our skills: to fix or make something that could make a small difference in someone's life."

A reason to smile

Now in its second season, Everybody Deserves a Smile (EDAS) is working to put together 200 kindness care packages to distribute throughout Powell River.

EDAS is a program to educate, create and inspire local students and the community in an artistic way to compassionately reach out to those in need at Christmas. Henderson Elementary is hosting this project again with support from local organizations such as the Powell River United Church.

Last year Powell River put together 180 packages.

In addition to an educational component, students produce winter pictures from the heart, creating handmade cards and artistic bags to be filled with community donations. If you would like to help fill these bags, there is still a need for new hats, scarves and gloves. These can be dropped off at the United Church Tuesday to Friday.

This project has had to adapt to the changes in the world. Henderson students will still be packing their own kindness bags, but this year community support groups such as the Salvation Army Cold Weather Truck and the Northside Fire Department will come to the school to receive the bags. It is truly becoming a community effort with Cottage Creek Bake Shop providing the cookies, the Powell River Mask Makers Kiosk providing masks and the unwavering financial support from First Credit Union, United Way and both Powell River Rotary Clubs.

For more information about the program, please visit the EDAS website, edas.ca/projects/powell-river/, or find [edas.powellriver](https://www.instagram.com/edas.powellriver) on Instagram. [PRL](https://www.instagram.com/edas.powellriver)

That's Minister Nic

Powell River's MLA has landed a position in the provincial government's new cabinet.

Premier John Horgan announced the new lineup of 20 ministers in his majority government on Nov. 26

Nicholas Simons was appointed as Minister of Social Development and Poverty Reduction, the day after he was sworn in as MLA (for the fifth time) during a virtual ceremony where he was tied in by videoconference to the Legislature.

The cabinet post is a somewhat natural fit for Nicholas, a former social worker.

Nicholas had been shut out of cabinet



during his previous four terms as MLA.

The post as Minister of Social Development and Poverty Reduction was formerly held by Shane Simpson, who did not run in the Oct. 24 election. **PRL**



You can't beet this

Peter Behr harvested this mighty root in late November, in his Lund garden. In the absence of a Fall Fair this year, the staff at PRL have been left hungry for photos of giant vegetables and their growers; now we're sated.

If you're already planning your entry in next year's event, Peter gives away a few of his secrets here:

How big is this beet?

Peter • It weighed about three pounds.

Why did it grow so big?

Peter • Good soil. I use lime, animal manure aged one year from a local farm, compost and seaweed, plus carrot fertilizer from Texada. I used seeds that claimed they grew 'Giant Beets.' Guess for a change this advertising was true!

Tell me about your food gardening history.

Peter • I've been doing it about 50 years. As a kid, I grew radishes, which ironically I can't seem to grow in my garden. I learned a lot from "How to have a Green Thumb without an aching back" by Ruth Stout. The wisdom about life is inspiring

in this book. And experience, of course.

How much do you grow?

Peter • So much that I give away a lot. I enjoy being outside. I'm getting old, so this last year I had help with getting rid of my main enemy: cedar roots. I also have a problem with big numbers of wood (sow) bugs. So for over 40 years, I mulched and rarely watered but now I don't mulch but use a lot of water. The wood bugs have orgies under compost. I have no problems with slugs maybe due to seaweed.

What did you do with the beet?

Peter • We ate some of it. Margaret made beet soup. We are still eating it, we are also eating the profusion of beet greens. We will be harvesting beets, carrots, kale and chard all winter.

Anything else I should have asked but didn't?

Peter • Every year in the garden there are triumphs and losses. I wish I could be as philosophic about the ups and downs of life. **PRL**



WIB Mission:

To provide an inclusive environment that empowers women to grow their businesses through networking, education, resource support, and mentorship while lifting them up in their roles as mothers, wives, caregivers, and friends.

WIB Vision:

To help shape, build, and expand women-led businesses in Powell River by providing grassroots mentorship, multi-dimensional continuing education, a directory of resources, and business planning tools. WIB endeavours to help women turn dreams into actions and actions into sustainable revenue.

Our Values:

- We empower one another
- We remember the challenges that women have overcome, and recognize the challenges we still face
- We pursue growth, both personal and professional
- We utilize grassroots knowledge and make space for new ideas
- We support one another

Join us

We encourage local women to contact us and explore how they too can benefit from involvement with our organization. The 'sky is the limit' here in Powell River and is open to all to succeed.

Visit our website to learn more about Women in Business and how you can become involved.

prwomeninbusiness.com



FACE COVID

BY THE POWELL RIVER PHYSICIANS COVID-19 STEERING GROUP

Dr. Saby Ramirez is a Powell River psychiatrist who has been seeing these impacts firsthand.

“We are seeing a high level of anxiety in Powell River,” she says. “We’re seeing higher-than-normal levels of substance abuse, especially alcohol. Also, we know that many people in Powell River are isolated, even in usual circumstances. But the pandemic has made these situations worse.”

Additionally, some people who are isolated are not reaching out to ask for help, Dr. Ramirez says.

For these reasons it is more important than ever for each of us to attend to our own mental health needs, and to reach out to others who may be suffering.

One of the key resources Dr. Ramirez recommends is FACE COVID by Dr. Russ Harris. Using the acronym, it outlines a set of practical steps for responding effectively to the Corona crisis.

SEND PIX! WE'RE MAKING A MUSIC VIDEO

The Powell River Division of Family Practice is making a music video, with the help of local filmmaker Claudia Medina and local composer Lesley Sutherland, to highlight and celebrate the hard work and mutual care that people in this region have been sharing throughout the pandemic.

We invite you to send us a photo or short video that represents what you or your group have been doing!

Email your file, with your name and phone number to elarocque@divisionsbc.ca by December 11 (the sooner the better). Submissions will be entered into a draw for one of two \$50 gift certificates for Base Camp and must come with full consent for online sharing.

F = Focus on what's in your control

You can't control Corona virus itself or the world economy...and you can't magically control your feelings. We all have far more control over our behaviour. So our number one aim is to take control of our behaviour – right here and now – to respond effectively to this crisis.

A = Acknowledge your thoughts & feelings

Silently and kindly acknowledge whatever is 'showing up' inside you: thoughts, feelings, emotions, memories, sensation, urges.

C = Come back into your body

Connect with your body, and actively move it. Why? So you can gain as much control as possible over your physical actions, even though you can't control your feelings.

E = Engage in what you're doing

Get a sense of where you are and refocus your attention on the activity you are doing. You could try looking around the room and noticing five things you can see, hear, smell or taste, for example.

These first four steps are meant to help you “drop anchor,” which is a skill that can help ground you. The better you anchor yourself in the here and now, the more control you have over your actions (described in the next five steps).

C = Committed Action

Throughout the day, ask yourself, ‘What can I do right now – no matter how small it may be – that improves life for myself or others I live with, or people in my community?’ And whatever the answer is – do it, and engage in it fully.

O = Opening up

Opening up means making room for difficult feelings and being kind to yourself.

V = Values

Your values might include love, respect, humour, patience, courage, honesty, caring, openness, kindness ... or numerous others. Look for ways to ‘sprinkle’ these values into your day.

I = Identify resources

Identify resources for information, help, assistance, support, and advice... if you are able to offer support to others, let them know.

D = Disinfect & distance

Disinfect your hands regularly and practice as much social distancing as realistically possible, for the greater good of your community. And remember, we're talking about physical distancing – not cutting off emotionally.

For the complete FACE COVID document visit divisionsbc.ca/sites/default/files/inline-files/FACE_COVID-1.pdf.

“It's easy to get drawn into how difficult things are right now,” says Dr. Ramirez. “But focusing on gratitude will help us get through this.”

For a list of mental health supports and resources in Powell River visit divisionsbc.ca/powell-river/resources/patient-resources. **RL**

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Active family flees Squamish

Fraser Newton works in the bike industry – from fixing bikes to riding them, to helping film them through a camera lens. Kate Newton is a massage therapist (RMT) here, and also enjoys riding bikes and snowboarding. Cam is an Xbox obsessed, bike loving 11-year-old, and 20-month old Orla is the newest addition and is a busy little chatterbox. Kitty (the dog) loves to run trails and meet and greet people, and is so food motivated you could call her an opportunivore.

Why did you choose to move to Powell River?

Kate • Fraser was familiar with the town through working the BC Bike Race every summer since 2007, and I had been out a couple of times and liked the feel of the place. We both love small towns and the freedom and sense of community that comes along with it.

When? Where from?

Kate • We're actually really (embarrassingly) new to town. About 12 weeks fresh. We moved in August 2020 after being in Squamish for 10 years.

What surprised you about Powell River once you moved here?

Kate • We've been pleasantly surprised at how quiet the roads are, and how most people drive the speed limit. And we also really love the disc golf courses here too!

What made you decide to move to Powell River?

Kate • Disc golf. No, hah! We just weren't quick enough to get onto the property ladder during our time in Squamish, but I always had my eye on the real estate market in other places. I've figured good situations in life are all about good timing – and it just worked out that at the age of 42, with our youngest child at 18 months, eldest child at 11 years, in the middle of a global pandemic, seemed like the right time to move.

Where is your favourite place here?

Kate • Mowat Bay, Powell Lake, or Duck Lake trails so far. Our son's favourite place is the lookout on Valentine Mountain. There's still so much to explore, so I'm sure we'll keep discovering the sweet spots.

How did you first hear about Powell River?

Kate • Fraser has family connections in town, and some good friends gravitated here a few years ago. Gradually we heard of more people moving over this way.

What would make Powell River a nicer community?

Kate • That's a tough one. We haven't been here long enough to figure that out yet.

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

Kate • Cam says he would cancel school and order everyone pizza.



BC BIKE RACE BROUGHT THEM HERE: But the beaches, affordable real estate and doggie trails are keeping them.

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

Kate • Lockable bear/wildlife totes for households, and compost collection.

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

Kate • We're continuously working at making a life for ourselves, but so far we've found connecting with people (socially) has been quiet because of the pandemic. So we're using this time to fully enjoy the family dynamic we have at home.

What are Powell River's best assets?

Kate • There are more lakes than land, more trails than there are roads, and you can find wilderness at the end of both. Also the friendly warm folk here who are always happy to see our dog and throw

us a "welcome to Powell River". It's all pretty great.

What is your greatest extravagance?

Kate • Within our first week of being here we bought a boat to putter around on the lakes. That felt pretty extravagant (and unnecessary).

Which talent or superpower would you most like to have?

Kate • I would be a shapeshifter because it would be so fun to morph into anything anywhere. My son would be invisible so he could be sneaky. Fraser would like to manual like Wayne Goss. Orla described what she would like, but only she actually knows.

Know someone we should feature in I Made the Move? Contact Isabelle at publisher@prliving.ca

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from all of us at the City of Powell River

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In response to the COVID-19 pandemic, select rebates are doubled for a limited time to support the restart of B.C.'s economy and help homeowners save energy. It is a perfect time to upgrade to a clean electric heat pump for your home!

Registration is required. Register for a promo code by December 31, 2020. Once received, your unique promo code can be used to apply for the Double the Rebate offer. You will not be required to implement your upgrade so it's a good idea to get the promo code even if you are not completely sure you are upgrading!

Upgrades must be complete and invoiced by March 31, 2021.

Visit betterhomesbc.ca/rebates/double-the-rebate or call a BetterHomesBC Energy Coach at 1-844-881-9790 for more information.

ANNUAL GREENHOUSE GAS EMISSIONS (GHGs)*

Energy Source	Annual GHGs (kg/year)
OIL	6,343
GAS	3,774
HEAT PUMP	87

1% of GHGs compared to oil, save up to \$2,200 per year

DECEMBER RESIDENTIAL CURBSIDE COLLECTION

Sign up for your free curbside reminder by phone, email or text at powellriver.ca

SIGN UP FOR CURBSIDE
NEVER MISS A GARBAGE DAY AGAIN!

DECEMBER 2020

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Garbage Day: **A B C D E** Holiday:

Garbage & Recycling Day: **A B C D E** "Round for Recycling"

WE ARE GOING PAPERLESS

For residents who would like a paper copy of the garbage collection schedule please call 604.485.8657.

A limited amount of paper copies are available as we go digital in 2021!

It's our biggest project ever. Be involved.

Work has begun on Powell River's new Consolidated Wastewater Treatment Plant. Follow the largest infrastructure project in history on Participate Powell River.

Go to participatepr.ca



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BUSINESS AFFAIRS



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Suncoast Cycles will reopen soon and when it does it will be with new owner **Josh Andrykew**. Lifelong cycling enthusiast Frank Chrinko, who opened the popular bike shop in 1993, will be working for several months doing repairs and introducing you to Josh before he retires. Josh is the son-in-law of Rory and Sue Maitland and husband to Sally. Josh has been hard at work with Frank renovating the store for COVID-safe shopping and repairs. Josh's ambition is to keep Suncoast Cycles the same store you've come to know and appreciate, to keep **Frank and Wendy Chrinko's** legacy going. "We would like to thank our wonderful customers, from the bottom of our hearts, for your steadfast support all these years," said Frank. "Suncoast Cycles couldn't be in better hands."

Tyce Landing Condos are available for purchase and now available for occupancy. The project, which started in July of 2018 at 7175 Duncan Street, by **Abalone Developments**, brings eight units into Powell River's housing market. Another eight are planned for the project's second building. Abalone is owned by **Don and Sandra Gill** of Oyster River. Project management was done by long-time Powell River builder **Gary Gill**, with help from wife **Denise** and son **Warren**. All the two-bedroom condos have sweeping ocean views, and while it is a four-storey walk up, the first two storeys are street level. For more info, visit www.abalonedevelopments.com

Crazy Quilt Cottage has sold its inventory to **Lisa Rubletz** who will be opening the **Crafty Quilter** beside Paparazzi Pizza on Franklin Street. **Deborah Jenkins** will continue to do quilting for people, and finish their quilts with her long-arm machine, under the Crazy Quilt Cottage name. But the retail side of being taken over by Lisa, the former manager of SportZone.

The **VK Wellness Initiative** provides counselling, mindfulness therapy and wellness planning in Powell River. With a goal to create opportunities for increased wellness in our community, VK Wellness services include individual wellness planning, corporate wellness programming, counselling, group therapy, and case management supported by a registered clinical counsellor. **Kara Fogwell** is a local Registered Clinical Counsellor and a Registered Social Worker. She has 17 years' experience working in a variety of human services. **Vanessa Coray** has 10 years in the financial sector and 14 years teaching. She is a PIE teacher and the professional development coordinator for SD47. She has a BA and BED and is currently working towards her masters of education. For more info email info@vkwellness.ca; call 604-414-3806 or visit vkwellness.ca.

Powell River Chiropractic welcomes **Morgan Rouvelin** to their office at 4551 Joyce. Morgan is a Registered **Massage Therapist** and works on Sunday/Monday/Friday mornings with plans to expand. With a Bachelor of Science degree from UBC and an education in massage therapy from the Canadian College of Massage, he also completed the trimesters course for pregnancy massage. Morgan is proficient in many styles of massage. You can schedule an appointment directly through: mr-massagetherapy.janeapp.com

Assured Asbestos Abatement has branched out and added commercial cleaning to its services. Be Assured Services is insured to do commercial cleaning. Two trained staff member are handling the cleaning side of the business and they do move out cleans and commercial office cleaning. You can reach **Amy Byles** at 604-208-2054 or beassuredservices@gmail.com

New Powell River resident **Elayne Reina Agredo Grantham** will launch her new business, **Ella's Shoes & Bags**, as a pop up at a Town Centre Mall kiosk for two slots this month: December 2 to 4 and December 9 to 11 (she may also do the 16 to 18). Featuring handmade leather shoes and bags from Colombia, Elayne has been busy getting inventory to Powell River from her native Colombia and building an Instagram page (@ellashoesbags.) Depending on how the soft start goes Elayne will make plans for a store front and/or a full-blown on-line presence in the new year. She can be reached at Ellashoes2020@gmail.com or 604-208-4001.

Smoke on the Water has moved. The full-service smoke shop is now open at 4775 Joyce Ave (previously home to Haylstonz Pizza). The store does not carry cannabis products however it carries accessories, apparel, novelty items, bongs, cigars, vaporizers, and accessories. They can be reached at 604-489-1555.

Sun Coast Cannabis, beside Capone's in the Phoenix Plaza on Duncan Street, is now open. This new cannabis store has a wide range of marijuana products available and is a partnership between the **Powell River Brain Injury Society** and **Dave Formosa**. Profits from this store will benefit the Powell River Brain Injury Society. The store is open from 9 am to 9 pm seven days a week. Sun Coast Cannabis Shoppe is training and employing PRBIS clients; persons who would otherwise be challenged in other employment. The clients of the Society will be working as store greeters and taking ID for those who look under 30 (consider it a compliment). This is a unique and modified form of social enterprise and the Powell River Brain Injury Society looks forward to strengthening the relationship with Sun Coast Cannabis.

Lana Joy Parra has launched a private practice that revolves around fertility support, period pain management, perimenopause support, natural birth control (99.6% effectiveness with perfect use), and hormonal balancing. Understanding your cycle is vital towards accomplishing any and all of these goals, says Lana Joy. "My intention with my private practice is to support you in navigating your cycles –empowering you with the knowledge and experience to understand what your body is trying to tell you. To accomplish this, I teach the Justisse Method of Fertility Awareness, a form of Body Literacy." For more information please visit lanajoyparra.ca/work-with-me or call 778-251-8364.

There's a new manager at **BMO Bank of Montreal**, but she's no stranger to Powell River. **Ashley Wolford** started her banking career here at Scotiabank 17 years ago. She has been on Vancouver Island for the past 15 years. She was hired in July into BMO's branch manager training program and is excited that her first posting is her home town, where her parents, her in-laws, her sister and other family still live. Ashley says her husband, who works remotely, and their children will move to Powell River with her soon, but that transition is complicated by COVID restrictions. In the meantime, Ashley says, she's working hard to get up to speed at the local branch and implement some changes to better serve local customers. **PR**



Community Christmas dinners mostly cancelled

In a normal year, locals can enjoy free Christmas dinners at the Community Resource Centre, the Seniors Centre, Westview Baptist Church, Powell River United Church, and the Salvation Army.

However, with a lid on gatherings due to COVID, these indoor events became impossible to host responsibly. At press time, Provincial Health Orders forbidding gatherings were in place to December 7, and with COVID cases surging to near 1,000 a day, it seemed unlikely that anyone will be enjoying Christmas dinner with a crowd.

But if you're like me, you may be looking for silver linings in everything right now. Not to be a Pollyanna, but to try to make meaning and goodness arise from this uncomfortable time.

Several local faith leaders suggested giving to charity this year and reaching out to others, as a way to honour Christmas in the absence of gathering (see Page 24). Some of the ways you can do so are listed in the calendar on Page 58.

This holiday season may not be festive in the usual ways, for anyone. But with some intention, it can bring hope, peace, joy and love. – PW

5 December

motivators to get kids (of any age) off the COVID couch

At press time, the holiday season was looking bleak for kids. Playdates are on hold due to COVID, most holiday events have been cancelled, and winter vacation (without friends) may be extended. Thank goodness for Minecraft and Among Us. And for these complimentary off-couch events:

1. A rainy bike or hike... but with swag

Head over to Tourism Powell River for a map of the Duck Lake Trails and some route advice. Show your kids the five decals – one representing each trail, for \$2.99 each – and promise them a patch once they complete it. Or, head up Trinket Trail to Marie Kondo your kids' rooms before Christmas morn.

2. Help other kids

Several December events are about helping others – and can really help take the edge off the greed pre-Christmas. Shop, then head to the Santa's Toy Drop-Off before December 5. Let the kids raise money by doing chores, and donate it to Christmas Cheer. And be sure to take a picture with your pet at Mother Nature.


3. See the lights

Head over to where the Santa Train normally runs for a drive-through experience and fundraising (if it runs) or make a lantern for the Biodiversity Walk. Or, just hop in the car and drive around. This year's yard decorations should be epic.

4. Radio Play

Enforce an evening in the living room gathered around the radio (or a laptop) for *It's a Wonderful Life* – the radio play produced by the Townsite Actors Guild and starring folks you probably know (see Page 7). Though it is now televised, there's no replacement for listening to the Queen's Christmas Message on the radio December 25.

5. Visit Santa

Santa is making limited pre-Christmas visits to Powell River this year. His plans to visit the mall have been moved online (see Page 47). Alternately, if you're feeling adventurous, you could head up to the North Pole (the Knuckleheads) and search for him in the snow. Maybe you'll find his workshop (one of the SCT huts)? – PW 

Happy Holidays from all of us at City Transfer.



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Hospice support continues in our community.

Donations are gratefully received.

Click on **DONATE** at prhospice.org





Holiday Swirl

Big December Dates

December 11

First Day of Hanukkah

December 18

Last day of Hanukkah

December 18

Last day of school before Winter Break

December 21

Winter Solstice

Sun sets at 4:20pm, rises nearly 16 hours later at 8:14am December 21.

December 24

Christmas Eve

Several Powell River churches are offering online and (potentially) in-person services on Christmas Eve. At press time, regulations were still changing. Please contact

individual churches closer to Christmas Eve for correct information.

December 25

Christmas Day (stat)

December 26

Boxing Day

December 31

New Year's Eve

January 1

New Year's Day (stat)

Tipping fees increase

See ad on Page 31.

January 4

Schools reopen

Check with your school. (This was the plan at press time.)

Fridays through December

Late night shopping at Townsite Market

Open til 8pm.

Sundays through December

Farmers Market open

12:30 to 2:30pm, Paradise exhibition grounds. Inside.

December 3 to 11

Powell River online craft fair

at prcraftfairs.com, see ad below. And see story on Page 22.

December 3 to 5

Assumption's Mini Christmas Bazaar

10am to 4pm, St. Joseph's Hall.

By appointment only. 604-485-4442

December 5 & 6

Swedish Yule Tide Dinner

Boardwalk Restaurant. See ad Page 47.

December 12

Lund Outdoor Christmas Market

1 to 5pm, from Nancy's Bakery to The Boardwalk Restaurant.

December 18

Cut-off to order from Cottage Creek Bakery for Christmas

See ad on Page 61

December 19

Christmas Bird Count

All maps, data-sheets and count data being supplied via email. Send an email to Andrew Bryant at wanderers2@shaw.ca with a description of your birding skills and fitness level. See birdscanada.org/bird-science/christmas-bird-count/

December 24 to 26

Elegant Turkey Dinner

Boardwalk Restaurant. See ad Page 47.

December 25

Christmas Dinner Buffet

Garden Court Restaurant. See ad Page 51.

January 1

Benefit for the Northside Volunteer Fire Department

Noon til 6pm, Boardwalk Restaurant. All menu items are by donation to raise funds for the Department. Start the new year well! See ad on Page 47.

"Glories stream from heaven afar."

Join Assumption Parish as we stream our masses this Advent and Christmas!



Christmas masses:

December 24

4:30 St Gerard's
7 pm Assumption
10 pm Sacred Heart
Tla'Amin

December 25

8 am, 10 am, noon
at Assumption

Sacrament of Reconciliation (Confessions)

Sat. Dec 12, & all Saturdays 11am to noon
Sundays 6:30 to 7pm
Weekdays: 7:45 to 8 am
Dec 21 to 24:
11am to noon

Masses

Services will continue to be streamed on YouTube channel: "Church of the Assumption." Also on the Facebook page listed as "Patrick Tepoorten." Send him a friend request.

www.assumptionpr.com
Father Patrick 604-485-5300



Christmas & Advent



Online Services Only

www.PowellRiverUnitedChurch.org

HOPE

ADVENT 1
11am • Sunday Nov. 29

PEACE

ADVENT 2
11am • Sunday Dec. 6

JOY

ADVENT 3
11am • Sunday Dec. 13

LOVE

ADVENT 4
11am • Sunday Dec. 20

Longest Night • Service of Light
Monday December 21st, 6:30pm

Christmas Eve Family Service
Thursday December 24th, 6:30pm

Christmas Day • Communion Service
Friday December 25th, 10:00am

POWELL RIVER
UNITED CHURCH
VISIT US ONLINE



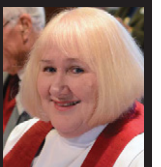
"For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."
Isaiah 9:6

St. David & St. Paul Anglican Church services are online.

Phone 604 483 4230 for a link • stdavidandstpaul.com

May this be a time of entering into the quiet and peace of Bethlehem.

- The Rev Faun Harriman



Arts & Music

To December 5

Memento Mori

The Art Centre Public Gallery above the Library. Tuesdays, Thursdays and Saturdays noon til 5 pm. See story Page 46

Fridays through December

Fresh preschool story time videos on YouTube. See Page 22.

December 31

Last day to buy an early bird pass to the Film Fest

See Page 35.

Ongoing on YouTube

Sorry, Wrong Number

The Townsite Actors Guild's radio play on youtu.be/v_CMhIQCbZs.

December 6, 8, 9, 13, 22, 23.

It's a Wonderful Life

7 pm, on CJMP 90.1FM in Powell River, and online at CJMP.ca. By the Townsite Actors' Guild. See page 7 for more.

December 11 & 12

A Celebration of Carols by Candlelight

At Church of the Assumption, 7:30 pm on the 11, 1:30 and 7:30 pm on the 12. \$25. Tickets through the Academy of Music.

Friday, Dec 4- Jan 2

FORM/FUNCTION/FURNITURE

Fridays Noon-8 pm, Saturday & Sunday Noon-5 pm Crucible Gallery (Townsite Market). Nine local artisans, Theo Angell, JP Doucet, Andy Henderson, Carsten Huber, Yeonmi Kim, Robert Mackle, David Molyneaux, Kemo Van Oers, and Christopher Weekes present their custom furniture and furnishings.



December 16

Wilderness: A Pictorial History of Outdoor Exploration in and around the Comox Valley

4pm, Zoom. Christine Dickinson presents this stunning photographic history of the landscape of the Comox Valley and human interactions within this spectacular landscape. To register mmerlino@prpl.ca



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Whether you've been knotty or nice, we wish you the happiest of holidays!

Knitter's Nest in the Townsite Market

Tue - Sat 11am-4pm Fri 11am-8pm **604-413-4116**



prcraftfairs.com

Powell River
Online Craft Fair
Dec 3 - 11, 2020

shop local * shop small * support arts & crafts * stay safe

What keeps you going?

"During the uncertainty of this season, what keeps us going is our faith in a God who holds our future. Join us as we discover God together." - Sam and Katie Alescio

10am Sundays in person and online.
Christmas Eve Services at 3pm (in person) and 6pm (in person and online).

Living Water Foursquare Church • livingwaterpr.com

THE SALVATION ARMY

Salvation Army Church & Community Services
Serving with our hearts to God and our hands to the people of Powell River
PLEASE JOIN US

Giving Hope Today Dec 24 • **Christmas Eve Service**
Please visit salvationarmypr.ca

Ongoing until Dec 24, Christmas Kettle shifts available at four locations throughout town.
Volunteers are still needed. For info call 604-485-6067.

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Charity

Tuesdays and Thursdays through December

Tan for a Can

4 to 8pm. Fundraiser at Simply Bronze. See ad on Page 39.

Mondays, Wednesdays and Saturdays

Kiwanis Book Sales

9am–Noon in half hour spots by appointment only. Phone to book your time at 604-483-1440. The \$\$\$ raised will be used to “Adopt a Family” via the Christmas Cheer Program.

To December 4

Santa’s Toy Drop-Off

9 to 5pm, 4510 Joyce Avenue. Help make someone’s Christmas brighter and drop off a new unwrapped toy, non perishable food or cash donation. All donations

go to the Powell River Action Centre Food Bank and The Salvation Army. See ad on Page 26. To register a child for a personalized message from Santa, go to bit.ly/messagesfromsanta.

Through December 31

Celebrate a Life Memory Tree

Hospice Society. Submit the names of your loved ones using our online form and we will put each name on its own personalized ornament on our Facebook page. Our volunteers will also place a handwritten ornament on our tree in the Mall for every name submitted. Submissions will be accepted until December 31, 2020.

To access the online form, visit bit.ly/PRHSTree2020.

To December 24

Salvation Army Kettle Campaign

Through December

Selfies Christmas Photo Booth

Visit Mother Nature with your pet for this annual tradition. See more on Page 9.

To December 6

16 Days of Activism Against Gender-Based Violence

See Page 14 for more.

December 1

Cranberry Children’s Centre Campaign launches

See inclusionpr.ca for more.

December 7 to 12

Corporate Challenge: Stuff the Trailer

See ad on Page 28. Also, stuff the trailer at FreshCo.

December 11

Lantern Walk for Biodiversity

See Page 35.

December 11 & 12

Drive-by Lights in Paradise Valley Park

6 to 8pm, Paradise Exhibition Park. The popular Santa Train can’t operate this year. So, instead, the Forestry Heritage Society is planning to decorate the park and invite families to drive-by past our thousands of lights, with donations collected for distribution to the community by the Salvation Army.

January 3

Special Olympics

Christmas Tree Mulch

10am to 1pm, Mother Nature parking lot. CUPE 798 is picking up trees placed on the curb by 8am, or people can drop off their trees as well. Tree tags will be sold at Mother Nature, 7-11 and Top Shelf Feeds. Suggested minimum donation is \$5. prliving.ca



POWELL RIVER CHAMBER OF COMMERCE BUSINESS AWARDS

We WILL celebrate businesses, employers, employees and organizations. Just not right now.

Due to COVID-19, the Powell River Chamber of Commerce will postpone the 26th annual Business Awards, usually held in February, until a later date in 2021.

We’d like to take this opportunity, though, to recognize all the businesses who are going above and beyond in these very unstable economic times.

With social distancing and public health recommendations constantly changing, we know we have

to modify the way we celebrate business.

We are looking at a safe but still memorable way to honor business achievements.

As we work hard planning what the next business awards gala will look like, we want to thank business owners, organizations and all employees for stepping up in many innovative ways during this challenging time.

As we continue working hard in the background

to deliver a unique awards experience, we look forward to sharing the details with you when the time is right.

Make sure you’re following us on Facebook and www.powellriverchamber.com

Celebrating the success of small business is more important than ever, and we can’t wait to celebrate with you once again!

This space sponsored by Powell River Living.



Gifts for little kids, big kids and the “kids at heart.”



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2020

Year-in-Review

While some things remained the same, COVID-19 meant we needed to be adaptable and creative in how we approached our goals and objectives this year. Here are a few memorable moments from this unprecedented year:

1. Students Experienced the Outdoors

With the Outdoor Learning Centre closed due to COVID-19, the OLC On the Road came to us and our school communities. OLC On the Road visited six schools and delivered Outdoor Programming to 887 students.

2. Preschoolers Kept Learning

COVID-19 didn't stop our StrongStart Programming for pre-school children and their families and caregivers. They just had to approach it a little differently. StrongStart DO and StrongStart GO (in collaboration with the ORCA Bus) have brought weekly programming to dozens of participants virtually and in the great outdoors.

3. We Committed to Diversity and Inclusion

The Board of Education took the #DifferentTogether pledge to uphold the values of diversity and inclusion and to oppose racism and hate in all its forms. Diversity is the heart of the success, strength, and resilience of our schools.

4. We Started an Equity Scan

In collaboration with stakeholders and community members we have started a self-assessment and dialogue about the experience of education for Indigenous learners in our District. The Equity Scan provides a framework to build awareness on Indigenous student success and barriers and to uncover and promote promising practices to improve student achievement of Indigenous students.

5. Grad Rates Went Up

We saw an almost 10% increase in our Secondary School graduation rates for 2019/2020. Increases for all resident students, diverse students, and Indigenous students were

made. Small steps forward will help us reach our goal of 100%.

6. We Won a Trades Award

School District 47 received an Industry Training Authority (ITA) Youth Performance Award for having the highest number of students in Trades Training for our region. Students were started on the path to apprenticeship while acquiring their high school credentials at the same time.

7. New LGBTQ+ Inclusive Policies Passed

The Board of Education approved a SOGI-inclusive policy aimed at creating a safe, inclusive, equitable, and welcoming environment for all members of the school community, regardless of real or perceived sexual orientations, gender identities, and gender expressions.

8. We Assessed Reading Proficiencies

With a new District Grade Reading Assessment ready to go, all students from grade 2-7 were assessed in September 2020 to help identify students' reading proficiencies and determine next steps for instruction.

9. Staff Kept Learning

SD47 Learns is running another Book Club for all interested staff. This year we're using Elena Aguilar's Onward: Cultivating Emotional Resilience in Educators to explore wellness and compassionate schools as ways to transform our classrooms and our communities.

10. We're Addressing Stress and Anxiety

Elementary staff have started the year focusing on EASE (Everyday Anxiety Strategies for Educators) curriculum. At least one educator from each elementary school participated in EASE training and is ready to support other colleagues with resilience-building resources for use with students in grades K-7. Each school has also been gifted the EASE books and lesson resources.

The Board's four-year Strategic Plan focuses on three themes: Learner Success, Engagement and Connections, and Organizational Sustainability. For more details about the Board of Education's Strategic Plan and our goals and objectives please visit bit.ly/2IMNF2f

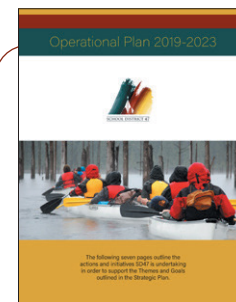


Under COVID-19's safety protocols, School District 47's Outdoor Learning Centre came to students (above, at Henderson Elementary), instead of students visiting the Centre.

Constant Adaptation

That's how educators will remember 2020, the year COVID-19 created the largest disruption to education and nearly emptied classrooms from March through May. Thankfully, the 2019-2023 Strategic Plan is in place to help guide priorities, set goals, and focus on student learning.

Since September, when all students were welcomed back to school full-time, School District 47 has been focusing on literacy, numeracy, and social emotional skills. "We are concentrating on supporting the social emo-



Completing Year 1 Of the SD47 Strategic Plan

COVID-19 interrupted the 2019 to 2023 Strategic Plan, but administrators were able to adapt and used the Plan's goals to overcome challenges.

tional development of our learners while also addressing any learning losses as a result of the school closures," explained Allison Burt, who, together with Kristen Brach, are the District's Directors of Instruction for Learning Services.

"Our focus has been on student achievement and well-being from the very beginning, and the disruption caused by COVID-19 has only emphasized the importance of addressing these two areas in an intentional way."

For example, teams at each school have been using reading and writing assessments as a starting point to see where we're at and to create strategies for recovery and improvement.

"We're meeting students where they're at, as we always do," says Kristen. "We're thrilled with the collaboration and results we've seen so far. We're looking forward to reviewing our impacts throughout the rest of this school year."

Want to learn more?

Contact us.

School District #47
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604 485-6271
www.sd47.bc.ca



SCHOOL DISTRICT 47



Thank you to all my family, friends and clients for your support, business and referrals. From my family to yours, take care during this trying time.

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Go gently through COVID

Return to Reverence ~ working with elements of the natural world

JULIETTE WOODS offers card readings, shamanic sessions, medicine gatherings, and immersion programs online and in-person. Find her at www.3FoldBalance.com and www.ReturnToReverence.ca

want to get real and raw for a minute. I invite you to a pause. A true, real, pause. Wherever you are, whatever is pressing on your mind, squeezing your heart, or is swirling around you. Three, slow, deep breaths. Eyed closed if possible. For real. Go ahead. Please.

This has been a hard year. Some of us are faring better than others, some just believe they are, and some are truly barely hanging on. We all know painfully that not everyone has made it.

No matter our individual circumstances of how much or where we may be affected, the intense emotions being felt and expressed around us on such a massive scale has acted like a stream's current, an additional pull to navigate and sometimes possibly sweeping us under. Be it consciously when we engage online, in shops, with friends and family finding new ways to relate or assessing if the other is "on the same page" regarding protocols, but also as an unconscious constant "feeling," much like when one can feel an argument hanging in a room.

Sometimes it can be hard to tell when we aren't doing as well as we think. Especially if we are still highly functioning. The most reliable tool I have ever found was a list I made years ago of signs I knew meant that I was out of balance, but probably dismiss



WHEN IT'S ALL TOO MUCH: Find your centre again, gently.

while in the thick of things. Like when I get annoyed at having to stop to eat. When chronic pain returns. Or I am not "peopling" well. I am noticing a lot of stress signs in our community being shared right now; constant low-grade nausea, inability to focus or finish tasks, loss of interest in favourite activities, quick frustration, feelings of disconnect, clumsiness, pervasive fatigue. As we move closer to holiday time with a lot of extra challenges and changes to move through, it is a perfect opportunity to create your own list of stress signs to watch for and include a game plan to rely on. We might already know this stuff, but when we are overwhelmed it is easy to forget, dismiss, or feel stuck in.

Some remedies in my own Pan-

demie Winter Toolkit are:

- Video calls with a twist: it might be supper and a movie, online cribbage, or even reading or creating art while not actually talking much. Just quiet company.
- Herbal tinctures for stress support and adrenal fatigue.
- Not up for a walk? Stand outside and sniff the air.
- Reducing commitments and responsibility to bare minimum. It's okay the floor needs sweeping and good for the kids to take turns cooking.
- Planning ahead for simple, wholesome, quiet holy day recognitions. No travel. No crazy shopping. Just a return to reverence. **RRL**



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December in Powell River

Across

- 2) Owl's nationalistic drapery
- 4) Face COVID with this
- 7) Go big or go dwarf
- 8) Biodiversity light
- 13) Supper west of Rockies
- 14) Bay, Huck
- 16) Power outage ambiance
- 17) Peter's root hard to beat
- 18) Dance school namesake
- 19) Drive, kids' Christmas hope
- 24) Trish's favourite walnut
- 25) Complex theatre
- 28) How life is for Townsite actors
- 29) Bad diagnosis, Gwen's justice
- 30) What your Pollen Sweater should get
- 32) Drive-by lights, Eden
- 33) Lang Creek web streams these

Down

- 1) Swing, beer and bus
- 2) Baby salmon
- 3) Largest river, enemy of small business
- 5) Shortest day
- 6) Region far north or far south
- 8) Less windy, or local baritone
- 9) Big fish, condo with a view
- 10) No "e" on this Townsite guru
- 11) Pesticide free's model bug
- 12) Food bank name, need
- 15) Creches
- 18) King of the jungle and sea
- 19) Stuff this for Food Bank
- 20) Archaic Christmas
- 21) 1930 Shop in Patricia
- 22) Medical museum curator
- 23) Songs or Burnett's
- 24) Christmas ___ Count
- 26) Kindness package acronym
- 27) Biker, RMT, objects in motion
- 30) Craft fair organizer, Tom Hanks' volleyball
- 31) Close, or pinniped

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**Solution
for last
month's
puzzle:
Helping
Powell River**

Last Word

BY PIETA WOOLLEY | pieta@prliving.ca

Santa Claus is coming to our town

He might be hard to find this year. Santa, who normally breezes through Powell River at least 40 times in December – waving from floats at the parade, snapping photos at Town Centre Mall, dropping by numerous preschools and Christmas parties – is under the same Provincial Health Orders as everyone else.

But before he locked down with Mrs. Claus, he dropped by the *Powell River Living* office with a message for local children: he's coming. Don't worry. COVID can't keep him away.

"Children have to be really careful what they do,

they must listen to mom and dad, wear masks and practice social distancing," said Santa, mentioning that he is really missing his visits with each child.

He was not his usual, jolly self. Instead, he urged children to be responsible, even though this season will be tough. Children, he said, need to be loved and helped and guided through this time. Stay safe, stay as happy as you can be, and remember that Christmas is a time for sharing, loving and forgiving, Santa urged.

"Just take care. Children are our future. And remember: Santa will be coming."



PHOTOS WITHOUT SANTA: Above, Ron and Dianne Pfister demonstrate the Mother Nature selfie booth – which is usually staffed with a Santa. Bring your pets and snap away for charity. Store Santas were verboten as of press time, so even the Santa at Town Centre lost his throne this year and has moved online. Left, a roadside holiday selfie booth at Highway 101 and Southview Road, as demonstrated by cohort buddies Becca Adam and Abi Woolley. T'Lund stepped up... will other neighbourhoods build booths, too?

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Merry Christmas
May your holidays be bright and warm!

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