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Where do baby trees come from? In early December, Western Forest Products' Community Advisory Group (CAG) had the chance to find out. A visit was made to the family-owned Sylvan Vale Nursery near Campbell River which grows seven million seedlings each year for planting as far north as Alaska. The complete process from seed to seedling was observed using made in BC technology and expertise.

The CAG is comprised of 11 different areas of interest including business, tourism, environment, recreation, local government, forest workers, and education. The CAG members are all volunteers with a keen interest in sustainable forest management certification. To learn more about the CAG please visit [www.cagstw.org](http://www.cagstw.org).

Here in Powell River, Western Forest Products will plant close to 600,000 seedlings next year with a survival rate of nearly 100%. It won't be long until these seedlings are seen towering above our local trails and roads.

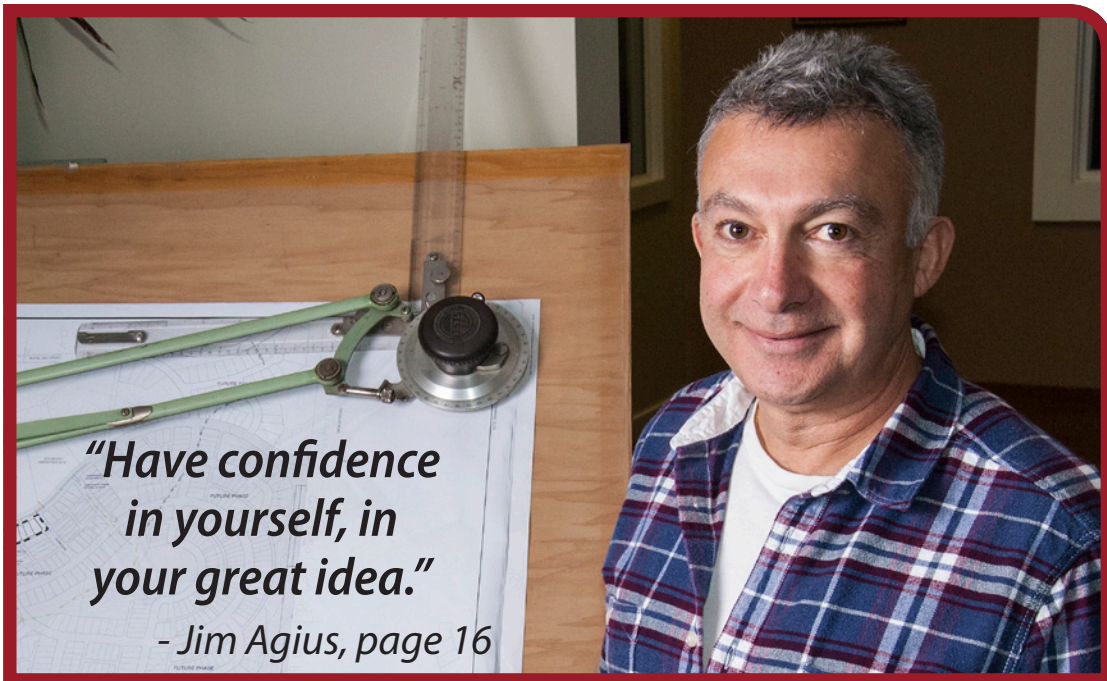


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Community Involvement



**“Have confidence  
in yourself, in  
your great idea.”**

*- Jim Agius, page 16*

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#### ON THE COVER

Local photographer Tristan Bellmane has been playing with digital tools to turn his photos into painting-like works of art. His capture of the Beach Gardens breakwater takes on a whole new look with painted strokes.

Art by Tristan Bellmane



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## CONTRIBUTORS

### WHAT'S YOUR NEW YEAR'S RESOLUTION?



*To smile more in pictures.*

**ROGER WHITTAKER** is working as a marine surveyor, IPTV station owner and enjoying the benefits of life with wife Jena and their children, Cohen and Bonnie Grace. The result of a traumatic brain injury in March 2000 has proven to him that much help is often needed just to accomplish day to day basics.



*To spend another wonderful year of love and gratitude with her husband Ken. (This is an intention. ErnaLee doesn't believe in resolutions.)*

**ERNALEE SHANNON** is a writer, storyteller, Bio-kinesiologist, and 'Get Healthy NOW!' coach who loves helping her clients live the healthiest, happiest life possible.



*I vow not to make any New Year's Resolutions.*

**CAROLINE JOBE** is a Powell Riviera lover and supporter of the art community. She enjoys meeting new people and telling them about all the wonderful things this community has to offer.

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“For last year's words belong to last year's language  
And next year's words await another voice.  
And to make an end is to make a beginning.”

~ T.S. Eliot



# More issues, more colour, still all local

## FROM THE PUBLISHER'S DESK



It's hard to believe that nine years ago next month we published the first issue of *Powell River Living*.

I moved to Powell River from Nova Scotia in 1993 to work for the *Powell River News*. That's where I met Sean Percy, who is not only *Powell River Living's* associate editor and sales manager, but also a dear friend. I left the News to help Joyce Carlson launch *The Peak*, as the newspaper's first editor. I met many people,

and before long, I felt like I really belonged to my new community.

The years flew by. One day I picked up a community magazine on Vancouver Island and thought, we need something like this in Powell River. And so, *Powell River Living* was born.

I remember pounding the pavement with a mock-up of the magazine. The first person I visited was businessman Dave Formosa, who spent a lot of time talking to me and gave me some good advice. He was equally supportive and cautious. We published 10 issues that first year. When Sean moved back to Powell River and joined the magazine, we added more issues, including *Home Grown*. When Pieta Woolley joined us in 2013 we added *Ferns and Fallers*.

Change is good and we're still changing. This year

we added a January issue of *Powell River Living* and completed a redesign. We're excited to begin this year as a full-colour publication as it gives us a stronger identity and differentiates us from other products in the marketplace.

Because of our readers, advertisers and the wonderful community we live in, *Powell River Living* has been able to thrive and shine. We're still free to readers and 100 per cent locally-owned, something that is becoming increasingly rare every single day.

Thank you for reading, thank you for advertising, and happy 2015!

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

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AIR MILES

# Meet the Mayor

Whether or not you agree with all his politics, Dave Formosa is the man at the helm, sailing Powell River into 2018. He's already shown he's an innovator in First Nations relations; a successful business person; and a leader with a genuinely open mind. *Powell River Living* wanted to find out more about the man behind the chain of office.

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

**D**ave Formosa was acclaimed as mayor of Powell River in the November 2014 election, marking his second term as mayor, and third term on council. He's an entrepreneur with varied business interests including transportation, real estate, the hospitality industry, rentals and venture capital interests.

Faith, family and community are very important to Dave. Dave and his wife Laurie have lived in Powell River all their lives and have four grown children. They also have four grandchildren, the oldest is two and youngest is four months. Not long ago Dave lost his dog Maggie who had a special place in his heart.

The Formosa family came to Powell River from Malta after World War II and soon made this their home.

Dave has a motorcycle and four collector cars in his garage (plus more elsewhere). When asked to stand by his favourite car for a photo shoot, he said he couldn't do that as he doesn't have a favourite car any more than he has a favourite child!



## Acclaimed to fame

BY PIETA WOOLLEY | [pieta@prliving.ca](mailto:pieta@prliving.ca)

After the November 2014 city elections, I was curious about Dave Formosa's acclamation. How common is it for a mayor to be acclaimed? So I spent a couple of hours on [civicinfo.bc.ca](http://civicinfo.bc.ca), the most complete and official round-up of info on BC's civic elections.

What I found was fascinating – to me at least. Not only are mayors relatively frequently acclaimed in this province (representing about one in five municipalities province-wide) but a handful of communities acclaimed all elected positions.

Here are a few of my favourite top facts from November's elections:

1. In BC, 35 of 162 municipalities have acclaimed their mayors this year.
2. In Clinton, Hazelton, New Denver, Radium Hot Springs, and Silverton, the mayor and all councillors were acclaimed. No elections at all!
3. Of smaller communities, the municipality with the most candidates for mayor was Port Alberni – seven mayoral candidates, and 22 councillor candidates.
4. Even Bowen Island, population 3,400, had five mayoral candidates!
5. The largest communities to have acclaimed mayors are Delta and West Vancouver.
6. The Sechelt Indian Government District (which has five directors but no lead) was acclaimed.

# Q&A

WITH POWELL RIVER MAYOR

DAVE FORMOSA



**Best pet ever?**

**Dave** • Maggie - our recently passed away Maltese Shih Tzu cross.

**Favourite musician or band?**

**Dave** • Paul Simon/ Michael Buble/ Elvis Presley

**Top chicken wing flavour at the Shinglemill**

**Dave** • Salt & pepper.

**Record number of wings eaten at the Shinglemill?**

**Dave** • Not much..dozen +/-

**Vice you'd like to beat?**

**Dave** • Cars

**Vice you're never giving up?**

**Dave** • Cars

**How your Maltese heritage impacts your values?**

**Dave** • Family first. Keep fighting for what you believe.

**How your Catholic faith has influenced you?**

**Dave** • Daily prayer. Love your God and neighbour.

**A moment as mayor when you had your mind changed?**

**Dave** • Library location

**A moment as mayor when you fought for what you believed in?**

**Dave** • Economic Development / Library

**Inspiration in politics?**

**Dave** • To help my community.

**Inspiration in personal life?**

**Dave** • My Lord, my parents, brothers and wife.

**What are the best things about the old Powell River?**

**Dave** • The population having many options for a variety of living-wage jobs.

**What are the best things about the new Powell River?**

**Dave** • Diversity

**Why you've fought so hard to keep the mill open?**

**Dave** • Tax base, our medical system as we now enjoy it, our school system, real estate values, friends and neighbours who would lose their jobs.

**You unexpectedly have three free hours. What do you do?**

**Dave** • Go for a motorcycle ride/ visit my Mother

**What do you want to be remembered for?**

**Dave** • Helping out my neighbour, being community minded and achieving progress for our city in as many different meaningful aspects as possible.

**Biggest regret?**

**Dave** • Losing private airport aviation / industrial / residential park opportunity in Wildwood

**You're going to a dinner party, what wine do you bring?**

**Dave** • I trust the employees at Capone's to recommend a popular, good quality wine.

**You are going to a cabin with friends, what beer do you bring?**

**Dave** • Corona

**I wished you'd asked me..**

**Dave** • My ultimate goal in life...

# Cat people like bread smell

**Hayley and Jered Devries** moved to Powell River about a year ago from Nelson, B.C. They were drawn to the small town feel and natural beauty that Powell River offers. Jered studied Renewable Energy Technology in Nelson and California, and now works as a carpenter. Hayley completed her Pharmaceutical Sciences degree at UBC in Vancouver and currently works as a pharmacy manager.

In the summer they can be found cruising around on old motorcycles or in small boats. In the winter they can be found primarily at home with a book and their cat or perhaps at the bowling alley.

They are happy to call Powell River home.

## Why did you choose to move to Powell River? When? Where from?

**Jered** • We were looking for a small town to move to, and ended up choosing between Salt Spring Island and Powell River. We ultimately chose Powell River because it seemed the most authentic. Also it looked very cool on Google Earth.

**Hayley** • Salt Spring Island was too easy of a choice. We had both spent time there and knew it would have had the makings for a good home base. Powell River was the wild card! We had never stepped foot on the Sunshine Coast before so Powell River maintained a certain mystery and intrigue.

## When? Where from?

**Jered** • We both grew up in Nelson,



**BEWARE, THRIFTERS:** Hayley and Jered Devries are on the scene.

B.C. Hayley was born and raised there, I moved there as a teenager from Toronto.

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

**Jered** • Canoeing and having seals pop up beside you is surprising every time.

**Hayley** • The community's passion for garage sales and thrifting almost surpasses Jered's own which I didn't think was possible.

## What made you decide to move to Powell River?

**Jered** • Quiet nights, bright stars, salty air.

**Hayley** • I heard it was a good place to hide from the law? Just kidding. Or am I?

## Where is your favourite place in Powell River?

**Jered** • I love Dinner Rock, sitting watching the creatures swimming in the Salish Sea, or hanging out with our cat at home.

**Hayley** • Gibson's Beach. Summertime picnics and swimming in that magnificent clear sparkling salty water- it is pure magic!

## How did you first hear about Powell River?

**Jered** • From Hayley.

**Hayley** • I had a job opportunity and did some research on the area.

## What would make Powell River a nicer community?

**Jered** • If they figured out a way to make the mill smell like freshly baked bread.

**Hayley** • I don't think anything could top that.

## What are Powell River's best assets?

**Jered and Hayley** • The Salish Sea, secluded beaches, endless forests, the 1970s bowling alley, Costa del Sol, whales, the Rodmay Hotel, blackberries, Powell Lake, the new skatepark, Okeover Inlet, Base Camp, the Library, jellyfish, and the Farmers' Market.

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

**Jered** • Decisiveness?

**Hayley** • A green thumb!

*If you know someone we should feature in I Made the Move, please email [isabelle@prliving.ca](mailto:isabelle@prliving.ca) with your idea. [PR](#)*

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# Survive and Thrive!

## He recovered from cancer, diabetes and heart disease

BY ERNALEE SHANNON

**M**y husband Ken Shannon is both a health mystery and a medical Houdini. Not only has he pulled himself back from the brink of terminal prostate cancer that metastasized to his lymph nodes – he healed and recovered from Type 2 Diabetes and heart disease. Ken lives a happy, grateful life and believes that even potentially disastrous test scores are simply another opportunity to love, learn, heal, and grow.

Best known in the community as a teacher of high school, photography, and meditation, Ken still meets people on the street who say, “Hey, aren’t you the guy who videotaped my son’s wedding?” Indeed he is, but Ken has also coined a new moniker: the ‘Survive and Thrive Guy,’ because that’s exactly what he does, over, and over again.

Ken explains, “In 2001, when I first found out I had cancer, I was stunned. Then three years later when my doctors told me, ‘Sorry, you don’t have long to live’, I was sad that I wouldn’t see my grandchildren grow up. But nine years later, I guess I’ve proven that expiration date was wrong!”

“The thing was, I thought I was doing a pretty good job taking care of my health. I was into Judo and Karate, I hiked, and like most everyone else I ate what I thought was a healthy diet based on the Canada Food Guide. Little did I realize that what I was putting into my mouth was killing me one sandwich, pizza, and ice cream cone at a time. After decades of eating this way, my body couldn’t handle it any more, and I found myself in deep medical doo-doo that I’m still digging my way out of.”

This past February Ken was again told that based on his test scores, he wouldn’t live to see Christmas of 2014, yet Ken doesn’t look or act like a man with one foot in the grave. Far from it!

“This summer we spent three months renovating a house,” Ken says. “I worked harder than I’ve worked for decades, and aside from a sore shoulder, I felt great! I still do.”



### HOW TO SURVIVE AND THRIVE

Retired Powell River teacher Ken Shannon is still ramping up his business at [surviveandthriveguy.com](http://surviveandthriveguy.com). Ken’s next free presentation is on Monday, January 12th in the Elm Room at the Recreation Complex.

Not one to make decisions based on panic, Ken explains, “If I get a test score that isn’t where I want it to be, then I know I have some work to do. I choose to do this in as loving a way as possible with natural methods that boost my immune system and help my body heal. It doesn’t make sense to me to wage war on my own body. I figure that if I want peace in the world, it begins with me. I think that loving and nourishing my body is an effective way to heal that gets to the root cause of the illness, rather than just dealing with the symptoms.”

Ken shares, “I’ve chosen to maintain a good working relationship with my doctor, who’s an important member of my health team. And Ernalee, I’m really lucky that you’re into holistic health in such a big way. It’s because of you that I eat healthy things like kale salad, and drink organic green vegetable juices.” Ken grins and teases, “Be sure to tell them that I do as I’m told because if I don’t, I’m afraid you’ll pummel me with an organic carrot!”

I sigh, and roll my eyes, what a guy! Then I ask, “So what would you like to accomplish as the Survive and Thrive Guy?”

Ken pauses for a moment then replies, “People often think they have no options when it comes to their health, that it’s the medical way or nothing. I want people to know that they DO have options, and that they are in charge of their own body, health, and healing. Through natural, healthy methods they have the power to heal and even reverse a life-threatening disease.”

He adds, “Everyone’s health journey is unique, but I have discovered some basic steps that are fundamental to good health, healing, and well-being that can help keep anyone healthy and even restore good health to someone who’s seriously ill. These are the things I want to share, because it’s really about learning to survive and thrive whatever challenges come your way.”

Ken can be reached at: 604 483-6694, [ken@surviveandthriveguy.com](mailto:ken@surviveandthriveguy.com), [www.surviveandthriveguy.com](http://www.surviveandthriveguy.com) and Facebook (Survive and Thrive Guy). **RL**



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# 15 Predictions for 2015

Futurism is always flawed, as we tend to predict the future based on the past... rather than the inevitable unknowns and disruptors. But the need for accuracy never stopped a reporter before! Please enjoy, with a flake of on-trend Maldon salt, *Powell River Living's* second annual predictions for the coming year.

BY PIETA WOOLLEY | pieta@prliving.ca

## Fools for Facebook

Chasing the success of Powell River Swap & Shop, Facebook gets a few new local groups: Powell River Slop & Mop (cleaning services); Powell River Cop & Stop (where the RCMP check points are); Powell River Drop & Flop (like priceline.com, but for motels and camping spots) and Powell River Hop & Plop (locations of public washrooms around town).

## Complimentary rhinoplasty

The Hospital Auxiliary raises so much money through its Thrift Shop, Powell River's health facilities need nothing else. Excess funds are used to open a free plastic surgery centre next to the Thrift Shop: free nose jobs and liposuction for everyone.

## A modest proposal

VIU offers MD program. Local MD problem solved.

## Better than Chartres

Not mountain bikers, hikers, RV-enthusiasts or million-dollar yachters. The tourists of 2015 are spiritual pilgrims, drawn from grungy Vancouver to the idyllic "Labyrinth Route" encompassing the sacred ancient walking paths at St. Hilda's Anglican Church in Sechelt and now Powell River's sea-view path at St. David & St. Paul Anglican Church in Townsite. Local outfitters notice that these tourists are blissful... but not big spenders.

## Minor revolution

Due to the stand-off between the BCPSEA and the teachers in September 2014, school is extended into



**VIVE LA MINISTRY OF HIGHWAYS:** Will Powell Riverites behave themselves when Minister Todd Stone comes to town this year? Or will we make like the 1848 Parisian revolutionaries, and barricade Marine Avenue?

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### Short-term solution

LNG becomes profitable again. The so-called "Prosperity Fund" fills up. BC government reduces ferry fares, as promised by transportation minister Todd Stone when he was here. Economy recovers. Villagers rejoice (til the long-term effects of climate change cause universal health and food crises, and we enter a new Dark Age.)

What to make of the LNG debacle? PRL doesn't know for sure, but we're guessing that, of the hundreds of scenarios that may play out over the coming year, these two are possible:



### Long-term solution

After local rabble-rousers shut down LNG, coal transport, incineration, mining, pulp and paper production, aquaculture, logging, and other resource-sector industries, the villagers rejoice in Powell River's all-clean, all-green natural playground (til the long-term effects of mass unemployment and poverty cause neo-tribal warfare, and we enter a new Dark Age.)

summer 2015 by three weeks. Kids retain their learning better over the summer; parents save money on childcare; teachers make up their lost income; and the frogs at Inland Lake breathe a sigh of relief.

### Pulp versus Candyland

New City Council demands Catalyst starts paying its full city taxes. Mill closes, reopens as Willy Wonka's Chocolate Factory – which frankly, is what it looks like. Townsite smells like chocolate. Cool for a while. Then sickening. Residents secretly miss the smell of egg-fart.

### Sea Monkeys redux

Local aquaculture operation replaces shellfish – with its moderate profits – with a multi-billion dollar "My Pet Cadborosaurus" farm. It's great for the city's economy... but causes international consequences of the Jurassic Park variety.

### Dust in the wind-storms

Senior memoir writers remind local young folk that it's all been done / thought / experienced before. The resulting youth existential crises are muted with lots and lots of weed. Wait... didn't that happen already, too? Like, in the 1960s? Woah. Trippy.

### Nouveau Pauvre

For Christmas 2015, toy-filled shoeboxes from Sudan and Sierra Leone arrive for Powell River's children, as swiftly-rising African GDPs dwarf this region's languishing personal incomes. Local kids surprised that dollar store stuff from Africa remarkably similar to dollar store stuff in Canada.

### (Wo)Man the barricades

After BC Ferries implements the scheduled 2015 fare increase of 3.9 percent, Transportation minister Todd Stone arrives in Powell River on another "whistlestop" tour of the coast. This time, fewer suits and skirts greet him, and more pitchforks and torches. (Even though this time, he has the good sense to not arrive by airplane.)

### Rainforest Can Con

Following the dramatic rainstorms of December 2014, here on the West Coast the CRTC bans all references to snowy Christmases – to promote accurate cultural representation. Coast FM plays "Soggy, the Rainman," "I'm Dreaming of a Wet Christmas," and "A Wind Warning is Coming to Town" on repeat through December 2015.

### Junior Sinophiles

Sino-Bright starts offering Powell River teens the same program it offers Chinese teens, but in reverse. Locals learn Mandarin here, and spend summers and some school time in small towns in China. Powell River teens return ready for the 21st century economy... and more respectful of their elders.

### D'oh!

The feds legalize recreational marijuana. Nothing changes.



**CADBORO CUTIE:** This crypto creature, famously "seen" off the coast of BC and Alaska, probably makes a better fantasy than economic development project. Just sayin'. Illustration by Darren Naish.

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# A cooperative approach to art

Powell River boasts a history of cooperative ventures, from BC's first co-op bank, First Credit Union, to the Skookum Food Provisioners Cooperative. Within the last 15 years, three artists' cooperatives have opened on Marine Avenue, demonstrating that co-ops are as much a part of this region's future as they are of the past.

BY CAROLINE JOBE

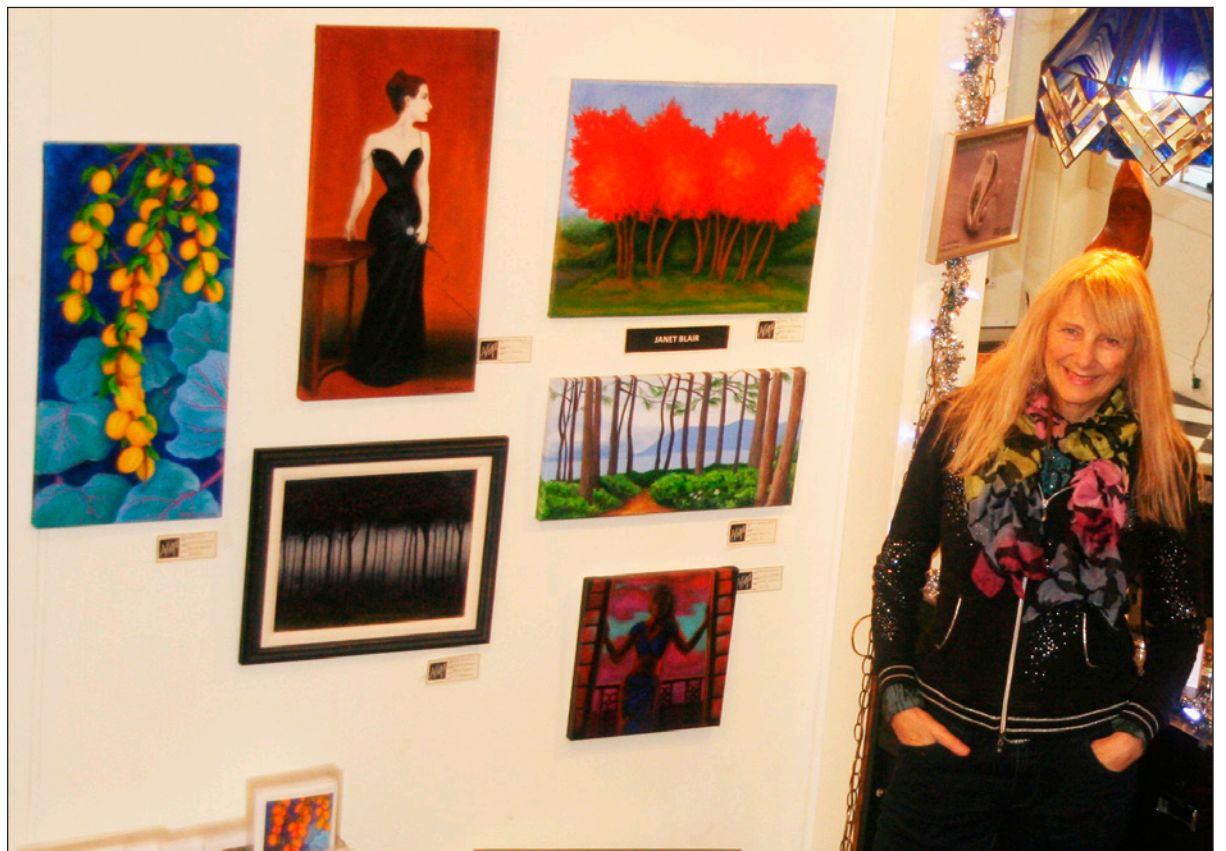
For years, the artists of Powell River have wanted a local public gallery. After a lot of effort on the part of many art supporters, the foyer of the Vancouver Island University (which had been a display area) was designated as a public gallery. Although the artists were grateful to have this space, they were still without a separate, enclosed gallery space.

The solution? Local artists and supporters created not one, but three galleries on Marine.

How it all came to be...

## 2000: Artfest

A friend of Susan and Dale Forsberg owned an empty space on Marine next to Paperworks Gallery in 2000. It had lots of potential as a temporary gallery. Fifteen artists (including me) pitched in and set it up, decorated the windows, and opened in the spring. We all paid part



**THE MORE WE GET TOGETHER:** Artist and organizer Caroline Jobe stands in Artique, on Marine Avenue. In the absence of a stand-alone public gallery, Powell River's feisty artists did it themselves. *photo by Isabelle Southcott*

of the rent and took turns manning it.

Artfest enjoyed a modest success for the summer season. We chose to carry it on until Christmas hoping to tap into that market. After the season, we closed the doors and the space was rented to someone else.


## 2001: Artbank

The next incarnation was an interesting one. In 2001, I saw Joanne Clark's art displayed at the old Bank of Montreal building, in the front of the building where her husband Dave had a barbershop. Dave was very sup-

portive of Joanne's work and was selling it there. Dave suggested that we could use the old bank as a gallery. If we cleaned it up, it would be rent free, and we would just have to pay the hydro. My friend Nancy Davis Gonzalez was formerly an exhibition technician at the Royal British Columbian Art Gallery in Victoria, and she could see the potential in the building. It needed painting and cleaning, and an enthusiastic group of fellow artists and craftspeople set to it.



The Tourist Information Centre included us on their tours of the Historic Townsite, so a lot of tourists came

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**HOOP DREAMS:** In 2014, artist collective Kaleidoscope Gallery opened, adding a welcome splash of colour to Powell River's winter-season waterfront shopping district.

and we had modest success there too.

We lasted a year in that location, before we decided we needed to be on Marine again for the foot traffic.

## 2002: Artique

4722 Marine Avenue

In 2002, Sue Gaudet owned the historic Madame Louke's Fifth Avenue Dress Shop and had converted it to a fabric store. She was in the process of closing the business and I approached her and asked what she thought of us having an artist run co-op there. She very generously offered it to us for one dollar per day per artist. We started with 30 artists and artisans. There was another big clean up, painting and set up job and Nancy Davis and I were the coordinators. Artique was born. At first we remained open only for the tourist seasons and pre Christmas, but as the years went by and we became known in the community, we were able to keep it open year round. Each artist pays a monthly rent and works there one complete day a month, or two half days. It is now a sophisticated gallery with internationally-known artists participating.

## 2011: Creative Rift

4480 Marine Avenue

Creative Rift started small, showcasing 10 local artists plus the works of owners Jillian Amatt and Mischa Brooks-Thoma. The space was not only a gallery, but provided a much needed studio space to the owners.

In October of 2012, the tiny gallery was bursting at

the seams. By now, Creative Rift was representing over 50 artists. Today, Jillian and Mischa are happily settled in their location at 4480 Marine Avenue, and represent over 80 local artists.

Their mission is the same as when they started: "To support and encourage artists of Powell River by providing a space for them to sell and showcase their art."

Jillian and Mischa are proud of their contribution to not only Powell River's economy, but to the growth of arts and culture in this community.

Many new ideas emerge almost daily, and they have plans for artists studio rental space, workshop space, pop up shops and more. Public input as to how to further and assist in the growth of arts in Powell River is welcome.

## 2014: Kaleidoscope Gallery

4710 Marine Ave

BY TAMARA MCINTEE

Kaleidoscope is a collective studio / gallery; an actively-shared space with room for ideas to grow that is owned by Tamara McIntee. By co-creating together, the artists involved in Kaleidoscope Gallery are manifesting their dreams. We consist of shareholders, working artists, musicians and consignees. At Kaleidoscope you will find local art, music, kids and baby stuff, handmade clothes, jewellery, candles, cacao beans, even a bike repair service. Local Logic and CJMP memberships are available at Kaleidoscope and Powell River dollars are welcome. [PR](#)



Powell River Public Library

# BEYOND BOOKS

Language Learning  
at the Library

## Greetings in Sliammon

On January 17, learn some key phrases in the language of the Sliammon people with Sliammon educator, Betty Wilson. For more information or to register, email Mark at [mmerlino@powellriverlibrary.ca](mailto:mmerlino@powellriverlibrary.ca) or call 604-485-8664.

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# Expanding to reach all of Powell River: the mindful, the fit and elders

**T**-Fit owner Terri Cramb likes to move. When she isn't moving while teaching a fitness class or practicing yoga, the busy mother of three dreams of ways to improve her business.

Three years have flown by since opening T-Fit in January 2012, and now she's expanding by separating her yoga studio and training centre.

The two studios will still be under the same roof at Crossroads Village, but the yoga studio - now called Nourish Yoga and Wellness Studio - will remain upstairs and T-Fit Training Centre will move downstairs.

"It didn't feel right to have two different styles of classes in one place," said Terri. "Yoga is quiet and calming, and high-intensity training has a different energy."

With veteran yoga teacher Penny Gelber as part of her team, they began to separate the programs. Penny brought in a Somatics series that proved to be incredibly popular, said Terri.

The program is geared toward those with chronic muscle pain and the 50-plus demographic. It is ideally suited for those in pain following injury.

"With the new yoga studio, the focus is on yoga, dance and gentle movement practices for all levels. And we are excited to partner with new teachers to offer specialty programs and series."

Jessica Leavens, yoga teacher and Nourish studio manager, also joined the team and is playing a major role in helping to further connect and grow our yoga community.

"Yoga is another way that people can take care of themselves on a physical, mental and emotional level," says Terri.

T-Fit's new Training Centre offers a sports and conditioning facility with its own washrooms and showers.

To make the transition as seamless as possible, Terri has kept many of the same teachers and classes in the same time slot, but they may be in a different location. New classes and teachers start in the new year.

Another important member of Terri's team is Personal Trainer Jessica Philip, who is certified as an Advanced Health and Fitness Specialist. Jessica specializes in working with people with musculoskeletal injuries, heart disease, diabetes and more. "I want to reach out to more sedentary individuals who are not currently exercising and Terri's new studio offers a supportive and welcoming space to do that in," she said.

Terri, Penny and Jessica have also been working with Powell River's medical community to better serve the needs of our special population groups and the aging community.

"Working together we are better able to help people transition from rehabilitation into suitable, more specialized classes. It allows us to further bridge that gap between inactive and active individuals," said Terri.

**UPSTAIRS, DOWNSTAIRS:** Terri Cramb, owner of T-Fit, demonstrates her company's motto: Feel Good, Have Fun, Get Fit.

*photo by Isabelle Southcott*



**"That was the best Christmas meal that we ever had."**

~ Vic Spreeuw

"[At our fourth annual Treefrog Christmas dinner], all 28 of us were blown away." ~ Don Edwards

"I've had several phone calls to say how much everyone enjoyed themselves the other night and to compliment the food. Thanks again to all your staff who made us and all our guests feel welcome." ~ Kathryn Fenton

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# Innovatively affordable

BY MEGHAN HILDEBRAND

The lease-to-own program was created in 2011 as a way to make my originals more accessible to the local market. Growing up, I was surrounded by my mom's art collection.

I still love having art in my home; I find it to be inviting, uplifting and a great conversation starter.

It's also a luxury that not everyone can easily afford.

My clients often asked if they could pay in instalments, so I decided to expand that concept into a safe and simple plan for any local hoping to purchase my work. The price of the painting is divided into 12, 24, or 36 payments.

Several payment options are available. The client takes the art home right away, and no interest is charged. When all the payments have been made, ownership is transferred to the client. This is an investment that actually appreciates over time.

My work is available to view at Dancing Tree Gallery, which is open Monday-Saturday from 10-4 in Crossroads Village. [PRL](#)

"The Big Island", 42" x 84", acrylic & oil on canvas.

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- Tues, Feb 17 • 7:30pm Double Bill! Quirky piano tunes by **Darrelle London** and unique cello and vocals by singer/songwriter **Kevin Fox**



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# Let the Sparks Fly!

Igniting connections between the past and future of Powell River's economy

Jim Agius, owner of Agius Builders Ltd. recently spoke with the Groundswell leadership to further the community conversation about the future of Powell River's economy, environment and social well-being.

## What makes our community/economy unique?

**Jim** • Lifestyle. We have what I call "the five-minute lifestyle." We have everything we need or want within five minutes: the ocean and mountains – fishing, hiking, lawyers, doctors, airport, groceries, bankers. Powell River has all this to offer with no congestion, no panic. At the same time, we have access to the wider world.

## What could be done to make it even better?

**Jim** • Thinking outside of the box. Developing our waterfront is positive; however, we could promote tourism and enjoy the town more if we focused on creating "Downtown Marine Avenue." The jobs will come if we think outside of the box and become the place people want to check out.

## What factors were critical to your success?

**Jim** • My personal education and work experience. In high school I worked in the Beach Gardens kitchen. Cooking teaches you prep, process, organization. That experience led to a construction job, which turned into an apprenticeship, and then to teaching in the first construction program at Malaspina College. The knowledge I gained through teaching was fantastic for business.

The key to success is portraying humility and diplomacy with confidence in your ability. It's about having the background knowledge you need to be confident. And trust. Trust, genuineness, and humility are critical; they attract people. You have to know yourself, take care of yourself, put yourself first sometimes. If you aren't smiling, then your family and friends aren't smiling.

## What are your thoughts about economic sustainability?



## AUDIO WALK PROJECT

**What:** Recording soundscapes that share our region's history.

**When:** January 16. Contact Megan Dulcie Dill at [megandulcie@shaw.ca](mailto:megandulcie@shaw.ca) for more information.

**Jim** • It's a complex issue. We are "green builders;" we can use advanced sustainable materials and methods. But people aren't choosing that, the demand isn't there. We have a long way to go to become an economy where sustainability is a given.

I remember visiting my grandparents in Malta and learning about how they lived, especially after WWII. There was no waste, they were forced to be sustainable. We live in the convenience culture. How do we get back?

Locally, we can do more to address sustainability. California just banned plastic bags; why aren't we? I'm interested in how the new city council will address sustainability. We have a good balance with a committed mayor, interested in job creation, and a council that is listening. A great mix to move forward with economic sustainability!

## CONFERENCE PLANNING

**What:** Groundswell conference planning


**When:** January 19, 2:30 pm

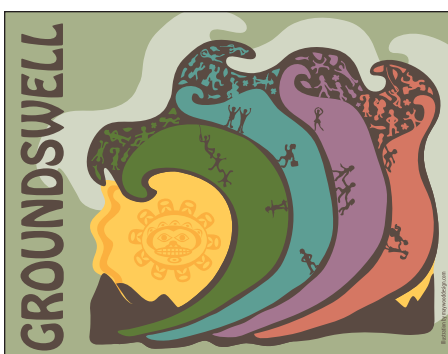
**Where:** VIU

## What's your advice for young entrepreneurs?

**Jim** • Ask questions; go to established businesses and ask for help when you need it. Start small and don't get caught up in the profits. Pay yourself adequately but focus on building the business. Do your research. Use the resources we have: Community Futures, Career Link, Economic Development – they are a wealth of knowledge and support. Finally, have confidence in yourself, in your great idea.

## What about Powell River makes you proud?

**Jim** • The people. Many of us are second or third generation immigrants; we have rich cultural heritages. We have beautiful views and amazing musical events. But it comes down to the people. I would do anything for my family, friends, for my peers; and know that the same would bounce right back to me. 



# GROUNDWELL:

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that advance the wellbeing of our community



Get involved in the Groundswell community audio walk project, recording soundscapes that share our region's history. Contact [megandulcie@shaw.ca](mailto:megandulcie@shaw.ca) for more information.

Next Groundswell  
Conference Planning  
meeting is Jan. 19,  
2:30 pm, VIU.  
Join us!



# Build up STEAM at Family Literacy Day

STEAM is hot. So hot that it is the focus of this year's Family Literacy Day, hosted by the Powell River Literacy Council and First Credit Union.

How is STEAM connected to literacy? STEAM is an acronym for Science, Technology, Engineering, Arts and Mathematics; it is an education model designed to inspire the innovators of tomorrow, today – using engaging books, resources and activities that connect the dots between science, technology and the arts from broad-ranging cultural perspectives.

From DaVinci to Chris Hadfield to Steve Jobs, great innovators are those who are creative, who see the big picture and realize that everything is connected.



**GUITAR-PLAYING ASTRONAUT:** Chris Hadfield started out as a farm kid in Sarnia, Ontario, driving tractors and flying small aircraft. Taking cues from the success of people such as Chris, educators are helping a new generation of Canadian kids connect the dots between science, technology and the arts. Experience it at Family Literacy Day!

## FAMILY LITERACY DAY

**What:** An engaging celebration of literacy for children and families

**When:** January 23, 4 to 6 pm

**Where:** Recreation Complex

**Details:** For more information about this event, or ongoing literacy initiatives in Powell River, please visit [www.PowellRiverLiteracy.ca](http://www.PowellRiverLiteracy.ca), their Facebook page, or contact Ilona Beiks, Literacy Outreach Coordinator: [literacypr@prepsociety.org](mailto:literacypr@prepsociety.org) or 778-873-3094.

“Children are naturally curious and motivated to explore the world around them,” notes Ilona Beiks, Powell River Literacy Outreach Coordinator.

“STEAM-based activities are a way for families to learn together since most of the activities are experiential and need parental or adult involvement. But it is not a passive lecture type of learning, it is hands-on learning, a discovery to be shared. We know that families who participate in hands-on playful STEAM activities also end up engaging in rich oral discussions which en-

hance speaking, listening, reading and writing skills.”

Beiks points out that children do better, work harder, set higher goals and dream bigger when parents are involved in their learning.

Which is why the main goal of Family Literacy Day is to create experiences for families to engage, experience and learn together outside of the classroom.

Sure, that's a noble objective - but most parents will tell you that it isn't quite that simple.

Jenny Taves, Assistant Literacy Outreach Coordinator and Family Literacy Day event organizer, knows only too well that drawing your kids into learning activities with the family, after a long day at school and work

is easier said than done.

“I have three children, five to eight years old, and I know that this is a challenge. But I also know that it can be done, and is rewarding and more importantly, fun!”

And fun is what Taves has lined up for the two-hour free event. Families and kids can expect to be engaged by special guest readers (including Mayor Formosa), story-telling, drumming and a puppet show based on local Sliammon legends presented by Sosan Blaney (Sliammon Cultural Resource Coordinator).

There will also be STEAM-based hands-on games and interactive demonstrations, healthy snacks and prizes. **PR**

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## HELLO, POWELL RIVER

“How would life be different if I learned the language earlier? I think I would have spoken and thought a lot clearer in general. Because it affects everything. Language has a ripple effect across everything.”

“They [my parents’ generation] were doing the best they could at that time. There was a lot of shame and guilt, from residential schools, from INAC [Indians and Northern Affairs Canada], from the church, that to be a First Nations person and speak the language was unacceptable.”

“My hope for the next generation, in learning their own language, is improved self-esteem, improved communication, improved self-awareness, and curiosity.”

“Language is a way of thinking. When you speak in English, it’s a thought process. When you speak in another language, it’s another thought process. I don’t think in Tla’Amin. I don’t understand the thought process yet.”

“The one thing I do know – the Tla’Amin language doesn’t have words for “good-bye.” We never say goodbye. We just say, see you later. That concept of goodbye, we don’t have. The concept of “not” we don’t have. The concept of “try” we don’t have either.”



### Rose Adams

*Passion:* Tla’Amin language learning

*Position:* Child, Youth and Family Manager for Tla’Amin Community Health Services

*Other interests:* Weaving; live music; education; Skyping with her grandchildren; getting re-acquainted with her husband in their newly-empty nest.

# Toddlers and Tla’Amin

BY PIETA WOOLLEY | pieta@prliving.ca

At the end of a long hallway in the Tla’Amin daycare building, a rosy-cheeked toddler is bouncing and smiling, pressed up against a glass door and causing a jolly ruckus. Rose Adams, the Child, Youth and Family Manager for Tla’Amin Community Health Services, smiles and waves at her. “That’s my grand-daughter!” she says proudly.

At just 17 months, Rose’s grand-daughter, Amaya Gonzales, already speaks and understands more Tla’Amin words than she does, at 55. It’s Rose’s gift to her, and the other children at the centre’s daycare and out-of-school care programs, which she has managed since June of 2013, plus the preschools. Her first innovation: bring in language learning.

“When I was a child, I remember asking my dad to

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teach us at the dinner table,” she said during an interview at the centre on the Tla’Amin lands. “He wouldn’t. Or he didn’t. For us to succeed in the non-First Nations community, he thought we didn’t have to know the language. That was the consensus of that generation. If they wanted their children to succeed, didn’t have to know the language. That we should concentrate on English. So for me, from there, it’s just been a flame that’s carried on.”

Rose, formerly the operations manager at Tla’Amin Health Services, describes herself as a link in the chain, rather than a language pioneer. She gives that credit to others such as Betty Wilson, who fought to get Tla’Amin language learning in Powell River schools. Now, she says, Tla’Amin is the only aboriginal language that fulfills the “second language” requirement at Simon Fraser University and the University of Victoria.

(UBC has so far refused, Rose explains, but Betty is hoping to sway administrators there with her completion of a written Tla’Amin-language dictionary.)

At the centre, Rose arranged for four staff to be trained in Total Physical Response (TPR), a language-teaching method that connects words and actions. “Touch your hair, your shoulders. Sit down. Dance. Jump. Sing,” explains Rose. “They would be verbs in the English language.”

So far, so good, Rose reports. Pairing the motions with the language is a highly-effective way of remembering new words and ideas. Staff will take the next TPR training session in summer 2015.

Rose’s next challenge: learning the language alongside her young charges.

“I wouldn’t ask anyone to do anything unless I’m going to do it as well.” **RL**

## BC’s indigenous language speakers are few, but interest in learning Tla’Amin is growing.

BY PIETA WOOLLEY | pieta@prliving.ca

*Hello, Powell River* is a new PRL feature. Each month, we’ll profile a local person and their work. I chose Rose Adams for the first one because I am interested in language and culture recovery.

Back in 1999, I worked for a nonprofit in Johannesburg, South Africa. Among the local activists I met – white, black and “coloured” (a local term for people of mixed heritage, including East and South Asian) – nearly all of them were multi-lingual. Apart from the European-origin languages, English and Afrikaans, many also spoke Zulu, Xhosa, and other indigenous languages.

In comparison, here in south coastal British Columbia, it’s rare to find anyone – First Nations or non-First Nations – who speaks Salish.

Perhaps that’s changing, locally at least.

On January 17, the Powell River Public Library is offering a one-off Sliammon Language Workshop (see the ad on Page 13).

In the recent Tla’Amin treaty, \$833,000 is set aside for language.

The BC Ministry for Advanced Education includes language learning as an “aboriginal service goal”, which was recognized in a June 2014 VIU &

Tla’Amin Nation Education Plan.

And, uniquely among BC schools, SD47 students receive Tla’Amin language lessons – which both of my children benefit from. At home, I hear little pieces of spoken Tla’Amin, and I get questions about the stories they’re told in class. It’s worlds apart from the rather sparse “Aboriginal culture” units of my own elementary school years.

Online, the Web site firstvoices.ca includes a Sliammon language phrasebook, with delightful translations such as “I will shake the stranger’s hand,” and “I told him to come in and get warmed up.” There are, of course, many more people and more initiatives, moving BC First Nations language learning along.

This is all hopeful, in a region where just 150 people – or less than one percent – claim to speak an aboriginal language.

I wanted to catch up with the next wave of Tla’Amin language advocates, and found Rose Adams quietly and efficiently fixing the broken links.

*Do you know someone whose work should be profiled here? Give us a call at 604-485-0003, or email publisher@prliving.ca.*

# Notice anything different?

When your significant other asks that question, you’d better have the right answer to navigate that minefield. But we won’t be offended if you didn’t notice that we changed our font, dropped black and white, and yes, our paper is a little wider.

Does it make our butt look big?

We don’t care. We just know that it has given us more space to include more great stories and profiles, given us more options for our advertisers, and resulted in what we think is much nicer magazine.

For those who care about the fashion details, the headline font we’re using is Myriad, and the body copy is set in Minion 10 point on 12 point leading. We think it’s flattering. And don’t lie - you like big butts and broad sheets.

As *Powell River Living* enters its 10th year, we’re pleased to now be offering an issue every month of the year. The issue in your hands is our first ever January issue. This steady expansion has been possible only due to the support of our advertisers. And, as much as they love the magazine, they only reason they advertise is because of you, dear reader. Our advertisers have a message to share with you, and they know you, and thousands of others, read this magazine.

The changes we’ve made mean we can include more stories about great Powell River events, interesting Powell River people, new Powell River businesses, and innovative Powell River ideas.

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# Giving back, year round

# How local businesses support the community and beyond

**W**hen it comes to giving back, Powell River businesses do it daily. Some support sports teams and events while others support special fundraisers for people or groups in need. Powell River is a close-knit community made up of people and businesses that genuinely care about each other. When our neighbours need help we're there. When our friends are struggling, we're there.

Businesses are asked daily (and sometimes more than once a day) to donate or financially support a cause or fundraiser. And they do what they can to help out. That's why it hurts the heart and the bottom line when the very people who ask them to support their cause turn around and shop out of town.

Many businesses help our community, and though we don't have room to list each one in this magazine, we decided to highlight just a few who help our community shine.

## Powell River Healthworks

In 2011, owner Edward Sanderson began holding an acupuncture clinic for charity once a month. "We did



**FREE TUNE-UPS? YES PLEASE!:** During Bike to Work Week, First Credit Union staff helped lead the community as cycling role models, and the co-op even offered tune ups and refreshments on-site.

this to help make acupuncture more accessible to people who may not be able to afford acupuncture otherwise," he said.

People on MSP premium assistance get up to 10 free treatments. They can get additional free treatments by coming on charity Saturdays, as donations to charity are optional. The charity days are on the first Saturday of the month, from October to May. People can choose from a few different local charities, said Sanderson. "Currently we are supporting the food bank, SPCA, Therapeutic Riding, Family Place, and the Good Food Box."

In the past three years staff have collected over \$4,000 in donations.

"People donate anything from a little change up to our usual fee scale. We have a few charity day regulars, some of them only coming on the Saturdays, who love the concept as much as we do," he added.

Apart from their charity days, the clinic supports PRISMA, the children's fire safety products from Community Safety Net, and other charities from time to time.

## Townsite Brewing

The brewery manifests the attitude of giving back in the Growler Proceeds Program. A growler is a 1.89 litre refillable jug that you fill, drink, rinse and repeat. Brewery management chooses a local non-profit every month to receive \$1 from every growler filled in that particular month. For the month of December the business supported the Townsite Heritage Society, said Chloe Smith, manager of Townsite Brewing – noting that it doesn't get much more local than that!

To date the Growler Proceeds Program has donated nearly \$20,000 to non-profits in Powell River, she said. "We encourage all local non-profit societies to apply by filling out the application form on our Web site (community page). Every December, we choose the organizations for the following year based on how the proceeds will strengthen our community through benefiting their program."

## First Credit Union and Insurance

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**AN ENTHUSIASTIC PARTICIPANT:** At Mother Nature, Donna Blower clips Rugby's nails as store manager Heather Claxton looks on. The nail-clip by donation is a regular fundraiser that supports local animal charities – but it's not this business's only gift to the community.

## HORIZON BUSINESS AWARDS

**What:** Powell River's annual awards gala recognizing the best of local businesses.

**When:** February 7

**Where:** Dwight Hall

**Deets:** Is there a local business you think needs recognition? Nomination forms are available in the Powell River Peak and online at [powellriverchamber.com](http://powellriverchamber.com). Tickets are available by reserving with the office at 604 485-4051 or emailing [office@powellriverchamber.com](mailto:office@powellriverchamber.com)

its community impact and engagement program. Since 1999, FCU has given over \$750,000 in donations and sponsorships back to the communities the financial institution serves.

Not only has FCU provided over \$100,000 in scholarships to local high school students, but staff go into schools and teach students about savings, bank accounts and how to become good savers, says Tara Chernoff, FCU's manager of community impact and engagement.

Their partnership with the Kings to support the annual READ program, has Junior A hockey players visiting elementary schools once a week for 15 weeks to read with students before playing street hockey and in the playground with them.

The credit union's Young Leaders program gives local students practical work experience and mentoring from successful business professionals. This year, six students are participating in the 10-month program; upon the successful completion of the program students will each receive a cash scholarship of \$2,000. Over 80 Powell River and Texada students have participated in this program since it was established in 2001.

First Credit Union is also involved in everything from Family Literacy Day to Earth Week to Sea Fair to Movie Under the Stars and more. Through their Com-

munity Impact Fund, they give one-time financial support to non-profits with last year's support coming in at \$10,000.

## Little Hut Curry

When floods hit the hometown of Sringagar (Kashmir) last fall, Mohinder Singh and his wife Janmeet Kaur held a fundraiser. The couple donated all their sales proceeds for one week to the cause. Their daughter Asees attended Assumption School and so they held a lunch for the school's staff. Last year they raised over \$300 in tips and donations which they matched and donated to volunteer teachers, doctors and engineers in their hometown who make sure students get school supplies and pay their fees so they can receive an education.

"We do a few small things," said Mohinder in a telephone interview. They include donating proceeds collected from food sales at events to Therapeutic Riding or the Salmon Society. They've also supported youth hockey and fundraisers for individuals with health issues.

Like many Powell River businesspeople, Mohinder doesn't see himself as doing anything different or unusual. "I give what I can," he says simply. "We all do."

## Mother Nature

Mother Nature's team loves animals, so it's no surprise that their fundraisers are all about supporting animals. Manager Heather Claxton was thrilled that so many people and their pets supported the store's Photos with Santa fundraiser this Christmas – 87 dogs and cats.

"This was our first year doing the photos and we raised over \$850 in five hours. One hundred per cent of proceeds went to Powell River Therapeutic Riding, West Coast A.C.C.E.S.S. and the Powell River SPCA."

In addition, the Mother Nature crew does another fundraiser they call Nails for Charity on the last Saturday of each month between 11 am and 4 pm. "This is nail clipping for pets in the store with a minimum \$5

donation," she explained. "All proceeds go to the above charities."

So far, Mother Nature has donated over \$800 in nail clipping funds that they raised in three months. This, combined with the Santa photos, totals over \$1,600. [PR](#)



**"I give what I can. We all do!"**  
– Mohinder Singh, co-owner of Little Hut Curry, with partner Janmeet Kaur

# BUSINESS CONNECTIONS

BY KIM MILLER | office@powellriverchamber.com



The **Horizon Business Awards** banquet and presentations take place on Saturday, February 7 at Dwight Hall. Nomination forms are available in the *Powell River Peak* and online at [powellriverchamber.com](http://powellriverchamber.com). Tickets are available by reserving with the office at 604 485-4051 or emailing [office@powellriverchamber.com](mailto:office@powellriverchamber.com).

This year's awards feature a new category for not-for-profit agencies. See Page 25 for more.

In other business news:

The rumours are confirmed. **Serious Coffee** will make its Powell River debut in the new building on the former site of the Thunder Bay Store at Joyce and Marine. Tara Adams has been tapped as the coffee shop's manager. The chain started in Duncan in 1994 and now includes more than 24 locations all over Vancouver Island. The company roasts its beans on Vancouver Island.

Deborah Jenkins is expanding **Crazy Quilt Cottage**, with a new space at her home at 6952 Duncan Street. Crazy Quilt Cottage already offers classes, longarm quilting, fabrics and quilting supplies. She's hiring staff to allow the business to keep more regular hours, and offering more services to the local quilting community. Until then, call for opening hours at 604 485-5668.


**Sherri Wiebe** has left Impact Signs to start her own photography business, **Blue Steel Photography**, which is located above the bowling alley in the old radio station space. **Alex Rawnsley**, the popular play-by-play announcer for the

Powell River Kings, is now running the shop at **Impact Signs**.

**Crisp Office Solutions** has moved to a new location. The business left their Franklin Avenue location late last year when owner Cris Pavel moved his business to 3470 Marine Avenue. Crisp Office Solutions carries printers, copiers, shredders and trimmers.

New business **At Your Side Personal Support Services** assists clients in the Powell River area with daily living activities, transportation, meal preparation, medication management, personal support and lifestyle enhancement. Owner Karen Ogilvie brings nine years' experience as a registered Personal Support Worker certified in Community Health. Call Karen at 604 485-4410 or visit [atyoursidepr.wordpress.com](http://atyoursidepr.wordpress.com).

**Darick Holler Home Inspections** has expanded his business to do asbestos removal, indoor air quality tests, and mold remediation.. He is at 604 483-1090 or [darickhollerhomeinspections.ca](http://darickhollerhomeinspections.ca)

A new Chinese food restaurant opened in Crossroads Village at the end of December. **Dragon House Restaurant**, located where Sky Dragon used to be, across from River City Coffee, is open seven days a week from 11:30 am to 2 pm and from 4 to 9 pm. Owners Kin Ly and Lawrence Ng owned two Chinese restaurants in the Comox Valley, the Bamboo Garden in Courtenay and the Bamboo Inn in Comox. "After we sold both businesses we had nothing to do and then we saw this business was for sale," said Ly. In addition to regular menu items, Dragon House also has a buffet every night. 



## Salivate over Sidestripe

If you, like me, have rolled your eyes over the yuppie food movement's obsession with spot prawns, sidestripe shrimp may be your seafood solution. With a longer season they're less "exclusive", but equally delish.

I bought these ones through the Facebook Swap & Shop page, for the very affordable \$6 per pound. Shelling them: not totally necessary, and a lot of work. But holy crustaceans, Batman. Worth every second of wrestling with the perciopods and antennules.

- Pieta Woolley

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# Anakin Strikes Back

BY ROGER WHITTAKER

Stop. Whatever you are doing, stop. Notice your breathing — fresh air in, stale out. Notice the cleansing tide of saliva gather on your tongue, you swallow and magically another commences to form. Look into a mirror, watch your blinking eyes.

All protective measures your body uses to keep you from harm, regularly lubricate inner parts and exchange oxygen for waste. Completed without a thought.

STOP. Stop lungs, stop glands, stop eyelids. Stop just those three and see how your day goes. That is just a small part of the possible consequence of Traumatic Brain Injury; systems taken for granted as fully operational and involuntary now require all our energy and all our thought to make operational even for a one-time use.

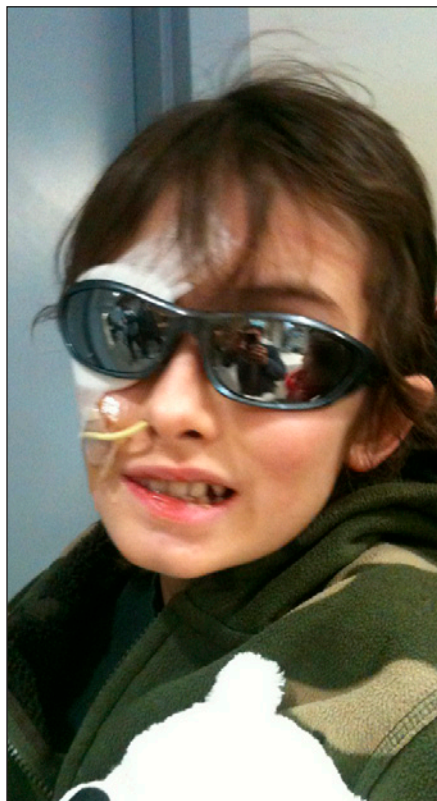
That is how Anakin Fretts found himself when he woke from a coma brought on after a motor vehicle accident on Texada Island on September 21, 2014. While in a coma, control of these functions had been mechanically replaced with an eye patch, a breathing tube and suction hoses.

Experts and Anakin's parents ran the gear to maintain him while the rest of regular daily life was to feed him, carry out ablutions for him, and massage his muscles into movement.

Upon awakening, doctors proffered dark opinions regarding what and who should be anticipated as being there. Was

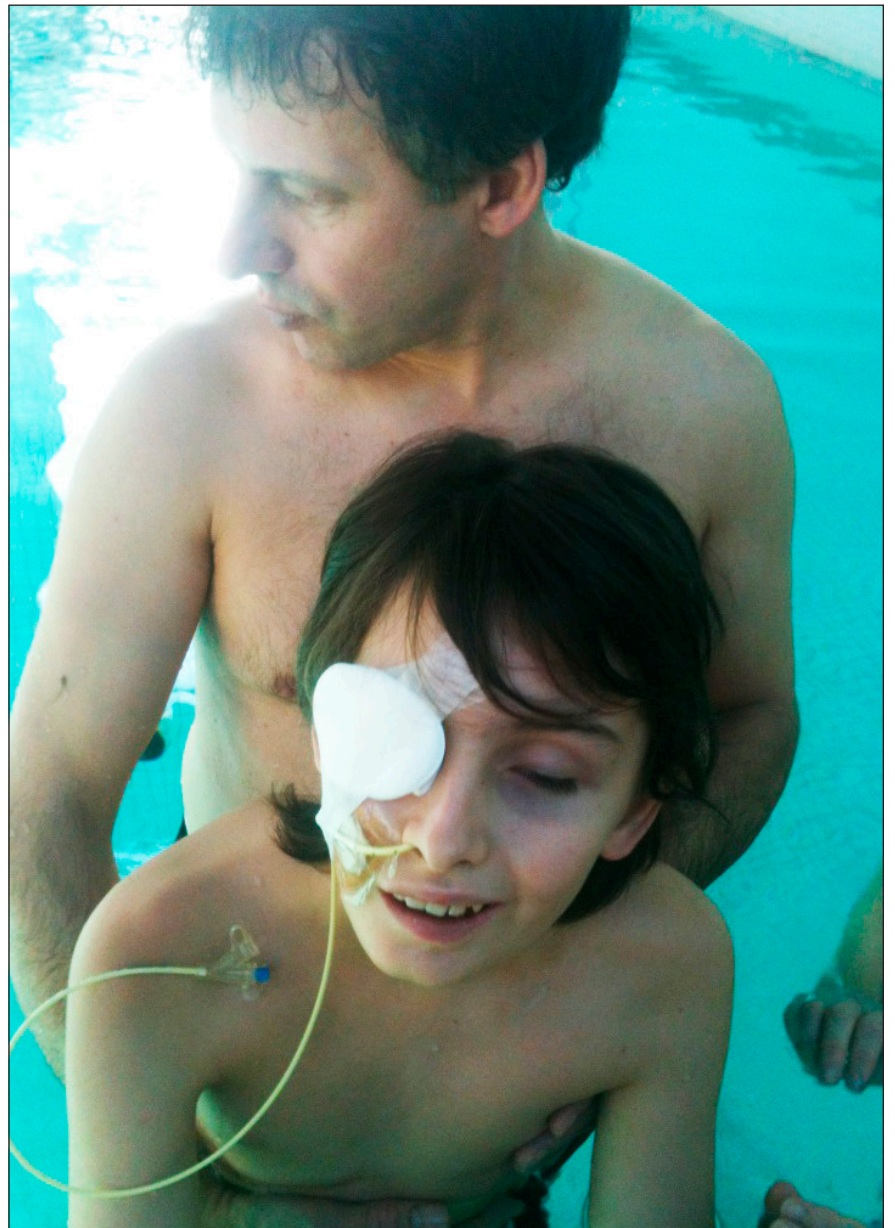
Anakin in there? Would he participate with us again? Who would teach him to swallow, blink and breathe, as he should, on his own, without prompting?

Delighted parents Daniel Fretts and Joleen Dew have been embraced by Anakin since his awakening. He is aware of surroundings, and has knowledge his father, mother and sister Arwyn are right beside him, often sharing the space on his sheets and all working together such that he knows he is not alone. Moreover, he communicates that knowledge to vis-



itors, family, and the many professionals put in place to help him relearn the very basics of life.

Daniel reported in a text conversation that Anakin shows his innermost being with every smile and glance. His desire to strive and excel is fed by the gratifying motivation of each small success. The family is sure that half the world must be praying for Anakin's recovery, as everyone involved is astounded by the miraculous progress shown each day.



**FAMILY FIRST:** AT BC Children's Hospital, Anakin Fretts' parents are an integral part of his care team. Anakin was injured in a car crash on Texada Island on September 21, and has been recovering in Vancouver since then.

Faith, hope and love, maybe unknown prior to these days, envelops the new normal of a family gathered around Anakin as he greets an old friend, swims in the warm water pool, rides the multi-wheeled bike, expresses joy or pain during a movement of a body part, unresponsive just 24 hours earlier.

Newly outfitted in dark glasses to


protect his still-uncooperative right eye, 12-year-old Anakin steps forward into a new part of his life journey, one where child and brother will be teaching parent and sibling—and the rest of our community—what it means to step back from death and reform your being into alignment with something greater—a loving community. [PRL](#)

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**EVERYTHING YOU'VE EVER WANTED TO KNOW ABOUT WOOL, BUT WERE AFRAID TO ASK:** Among the mind-blowingly cool line-up of events this month (Phantom of the Opera with live organ; Sliammon language class; STEAM-based literacy for kids; Motus O, and more) is the Urban Homestrading School's Fiber & Fabric from the Ground Up event, on January 24 & 25. Indulge in all things fluffy while you knit, sew, spin, weave, crochet, re-purpose and recycle your way into 2015.



## COMMUNITY CALENDAR

**January 8**

### Within Circle

Group meditation and circle discussion. 7 pm, 6916b Invermere Court.

### Views from the Multiverse

Powell River artist CATNIP's solo exhibit at VIU opens at 7 pm.

**January 9 & 10**

### Banff Mountain Film Festival

At Brooks Secondary School.

**January 11**

### Third Crossing AGM

At Brooks Secondary School.

**January 12**

### Survive & Thrive workshop

1pm at the Recreation Complex

**January 14**

### Seed Packing Party & Potluck

Eternal Seed will be speaking about the Seed Bank and answering questions about seed saving. Come for the pot-luck at 6:00 p.m. or show up at 7:00 for the seed-packing. Extra seeds, recent seed catalogues and gardening books welcome for donation. prseeds@shaw.ca. Community Resource Centre.

**January 16**

### Everyone Belongs Video Contest

Closing date. Every person, whatever their ability, has something that makes them unique and has a story to tell. Celebrate the inclusion movement that began sixty years ago and how that's made a difference in

your life. Contact Yvonne Russell at (604) 485-6411 Ext. 229 or email yrussell@pracl.ca

### Groundswell Audio Project

Record local soundscapes that share our region's history. Contact Megan Dulcie Dill for more: megan-dulcie@shaw.ca

### Patricia Theatre: Into the Woods

Through Jan 22

**January 17**

### Lehar's The Merry Widow

10 am Live on HDTV at the Max Cameron Theatre

### Phantom, on organ

Edward Norman brings to life the 1925 classic silent movie Phantom of the Opera on organ, James Hall 1:30 pm, \$20 powellriveracademy.org

### Sliammon Language workshop

2:00-3:30pm at the Recreation Complex "Elm Room." Come and learn about the language of the Sliammon people. Sliammon educator Betty Wilson introduces resources that are preserving the heritage of this unique language. For more information or to register email Mark at mmerlino@powellriverlibrary.ca or call 604-485-8664.

### 80s Footloose Dance Party & Craft Beer

7:00pm Dwight Hall. Door and costume prizes, photo booth, cash bar including wonderful BC craft beers, eats and treats, and more. Tickets are \$15 in advance from Townsite Brewing, Breakwater Books, Capone's Liquor and Save-On-Foods, \$20 at the door. This event is 19+.

**January 18**

### Sun Run clinics begin

Rec Complex, through April 12. Learn to Run 10k, Run 10K Stronger or our Walk 10k program. We are

also looking for volunteer run leaders to help with the program. Contact Christine Parsons at cparsons@cdpr.bc.ca for more information on volunteering.

**January 19**

### Groundswell Planning

Cnference planning meeting. 2:30 pm, VIU

### Provincial Seniors Advocate meeting

Isobel Mackenzie will be at the Cranberry Seniors Centre from 10am til noon. "You are invited to share what is working and not working for seniors in this community.

### Gabrielle Movie night

Québécois movie "Gabrielle", in French with English subtitles, followed by a discussion on "being different", led by Diane Bourguignon, Registered Clinical Counselor. Club Bon Accueil, 6:30.

**January 21**

### WIB Tech Tool Box

7 pm at Oceanview Education Centre. Women in Business hosts a tutorial on MailChimp and some other free apps/programs/software that can help you streamline your business.

**January 22**

### Tech Savvy, YouTube

Discover the powerful capabilities of the world's largest, most accessible, personalized and free video sharing website. You will learn how to find and manage music, tv, movie and personal video clips. Thursday January 22, 7-8pm at the Library. For more information or to register email Mark at mmerlino@powellriverlibrary.ca or call 604-485-8664.

**January 23**

### Family Literacy Day

4 to 6 at the Rec Complex. Games prizes snacks fun,

science technology engineering art math.

### Friday Night Comedy

7 pm, The Hub 101

### Patricia Theatre: Paddington

The friendly bear and his marmalade romp through the local theatre trough January 29.

**January 24**

### Motus O Dance Theatre, What Kids Think

7 pm at the Max Cameron Theatre

### Rick Scott

Cranberry Hall 7:30 pm. Tickets \$15 - available soon at Breakwater Books and Rockit Music

**January 24 & 25**

### Fiber and Fabric from the Ground Up

A weekend of hands-on workshops including knitting, weaving, crochet, spinning, sewing and more. Learn to re-purpose and recycle materials into new and useful objects, as well as craft basics and more advanced methods. Visit <http://goo.gl/H2iRAv> or call 483 9052 for more info! At the Cranberry Community Hall. Pre-register at <http://goo.gl/E2ONFQ>.

**January 28**

### QuintEssence

7:30 pm live at the Max Featuring internationally renowned vocalists Robyn Driedger-Klassen, Barb Towell, Frédéric Robert and Peter Alexander and sensational pianist Tina Chang. QuintEssence offers a fresh, innovative concert experience for lovers of classical music of any style.

**January 31**

### Offenbach's Les Contes d'Hoffmann

10 am Live on HDTV at the Max Cameron Theatre - the opera of the the tortured poet and unwitting adventurer. **RRL**

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## WHAT'S UP

### Kudos for Not-For-Profits

This year for the first time ever the Horizon Business Awards has a brand new category that recognizes not for profit organizations.

For years, many residents in Powell River and surrounding area have nominated not for profits for the Horizon Business Awards, explained Powell River Chamber of Commerce manager Kim Miller. "It's always difficult when I have to call a nominee and explain why their favourite organization doesn't fit any of our criteria."

"Residents think many of our not for profits are businesses even though they receive government funding,"

category just for not for profits, we mend some fences, create some balance and synergy," said Miller.

The Chamber recognizes that not for profits and other businesses get their revenue from different sources which is why the not for profits will have their own separate category. They will not be eligible to win an award in any Business category except their own not-for-profit category.

This went to the board of directors for discussion, and there was much debate, said Miller, but they were unanimous in their decision to include this exciting new category.

### Healthcare equipment for loan

The Red Cross healthcare equipment loan program is located at the Powell River General Hospital. Wheel-

required to process a loan.

Healthcare equipment loan volunteers are part of the Powell River Health Care Auxiliary. The depot is located on the first floor of the hospital and is open Monday to Friday from 10 am to 2 pm.

For more info, call Chesney at 604 487-1833.

### Dance, sing and act!

Motus O Dance Theatre is back with a brand new project called "What Kids Think." It will be performed at the Max Cameron Theatre on January 24, says theatre manager Jacquie Dawson.

This youth engagement pilot project, which was awarded to Powell River by the BC Arts Council, will have Powell River students work alongside professional actors and dancers to address their personal feelings



**FIRST ART SHOW:** CATNIP is a local painter whose dream of having an art show will materialize this month. At 7 pm, January 8, he will be opening the doors at Vancouver Island University's gallery and hosting a reception for his very first art show, "Views from the Multiverse." His show will continue until February 10.

she noted. "They act as a business and that's how many people know them."

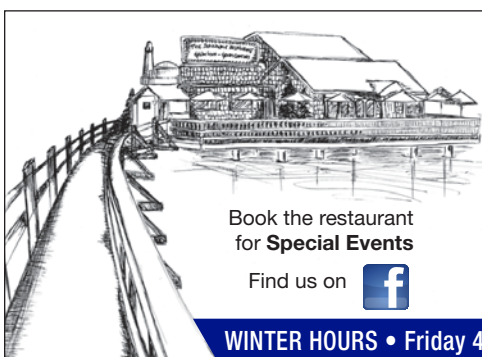
On the other side of this issue, are the organizations themselves who send written letters with their concerns each year to the chamber, asking why can't they be recognized at the awards banquet? "So by developing a

chairs, commodes, and bath benches are available to help people remain at home following an illness or surgery.


"These are temporary short term loans of three months to allow rehab after surgery," says volunteer Sheila Chesney. A referral from a health care provider is

and explore a variety of issues. By the end of the week, the cast will perform their production alongside visiting mentors.

This one-week intensive project will see students between the ages of 9 to 14 working for 30 hours over several days using their gifts and strengths! **PRL**



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# Your local horoscope

With Texada Island astrologist, Michael Moonbeam (astrologywithmichael@live.ca)

**As the light returns to our green coastal cave, where on the curve do you see yourself: mountain or valley? In the eye of another we see both the light and the shadow of our own soul. Find our common joy with open arms and hold close the present moment, as Jupiter dances with Mars, our guide and desire will bring us home.**

**Aries**

(Mar 21/22-Apr 19/20)

It's a big world, and love comes from unexpected places. Speak your heart in a whisper; the void answers in orchestra. Listen for the voice of your future. Know even in those quiet moments, you are heard.

**Taurus**

(Apr 20/21-May 20/21)

The winged horizon of your dreams inspires a lullaby from the cradle of your ancestors. As your commitment to intimacy expands, so do the roots of your connection.

**Gemini**

(May 21/22-June 20/22)

Options abound, define your terms and be your own authority. The light on the horizon is the start of something deeper, longer-lasting and more fun.

**Cancer**

(June 21/22-July 22/23)

As you face the winter sky, reposition yourself for abundance. How concrete are the details you are projecting? With the coming of summer, your growth is assured.

**Leo**

(July 23/24-Aug 22/23)

Wrapped in winter's blanket, gather your strength and deepen your perspective. The power of night's aurora promises the return of your renewed glory.

**Virgo**

(Aug 23/24-Sept 22/23)

With boundless creativity, you harness the goal-power of winter so well, the fairies are drawn to the magic of your work. Next year you will see them.

**Libra**

(Sept 23/24-Oct 22/24)

From the watershed of your past, destiny unfolds with the power of your emotions. Hold gently the beauty of your dream as a blossom unfolds in the palm of your hand.

**Scorpio**

(Oct 23/24-Nov 21/22)

As Jupiter lights your path, trust your values even if it's difficult in the forest of choices. Conflict is a

kind of love, but be gentle with your self, and enjoy the rhythm of your own independent voice..

**Sagittarius**

(Nov 22/23-Dec 21/22)

As time knocks, adjust your values to the big picture. Have you climbed the mountain of your hearts desire? What do you see? Is it still fun? Find balance in the music of friends.

**Capricorn**

(Dec 22/23-Jan 19/20)

Who are you? Be clear, in your own eyes. Be true. Reassess partnerships. Are they giving you what you want, what you need? Are they reflecting your worth? Is it time for an emotional make over?


**Aquarius**

(Jan 20/21-Feb 18/19)

Get ready to sow the seeds of your pregnant imagination. As associations are made, initiate the largess of your soul's planting. Bring that future home to us, please.

**Pisces**

(Feb 19/20-Mar 20/21)

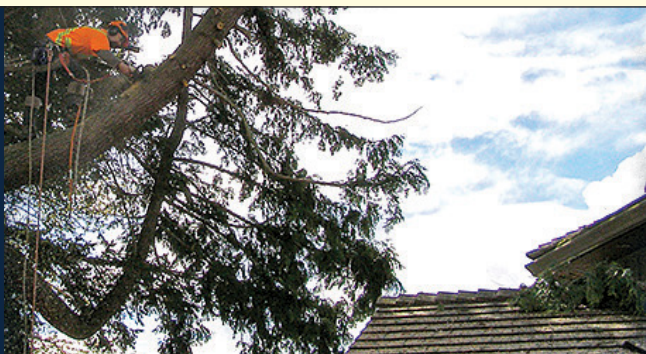
Your energy is building. Continue the work and you will surprise even your self. Reach out. Structural support is there for your original vision of a brighter future. 

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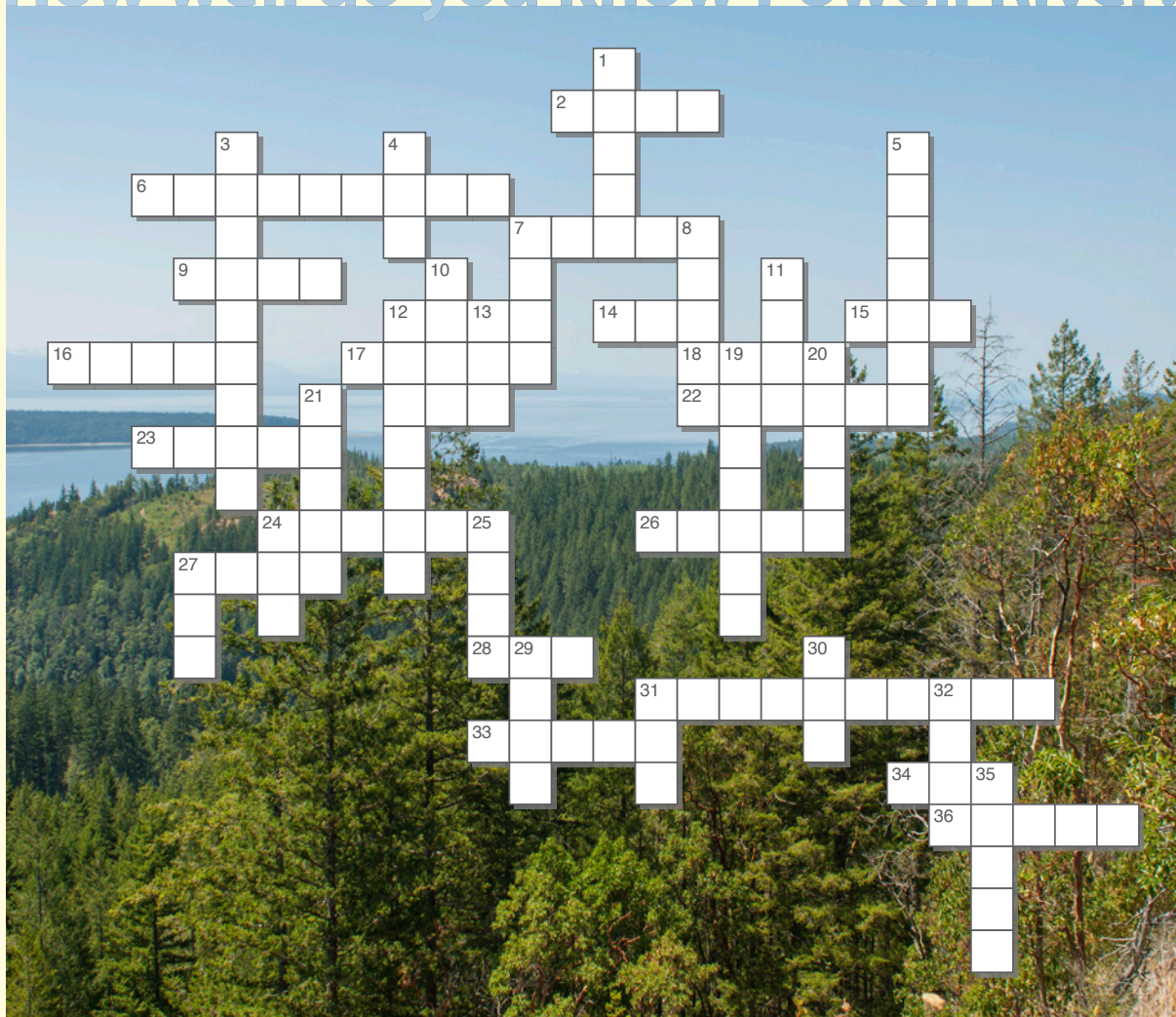
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# How well do you know Powell River?



## Across

2. Fun at Myrtle
6. Lilypad lake
7. Okeover anchorage
9. Newspaper
12. Billy's Island
14. Barge mover
15. Blubber \_\_\_\_
16. Lookout mountain
17. Beyond Lund
18. Salmon spawning creek
22. Climber's valley
23. Rope swing, or beer
24. Second shortest river in the world
26. To the water
27. Canadian \_\_\_\_
28. Movers
31. City beach
33. then Beta
34. Hiker's route
36. Team on ice

## Down

1. Main Ave
3. Staired mountain
4. Magazine abbrev
5. Diver's girl
7. To a T
8. River, or hiking guru
10. Driftwood lake
11. End of the road
12. Steep street
13. Street or fire remnants
19. Former Mayor
20. School or Point
21. Paddler's craft
24. Outdoors shop
25. Not Found Lake
27. \_\_\_\_ Horton's
29. PR's raison d'etre
30. Councillor and teacher Palm
31. Not K-Mart
32. Lang's last lake
35. Trailer park

**Bonus Points** if you know the spot from which the photo is taken.



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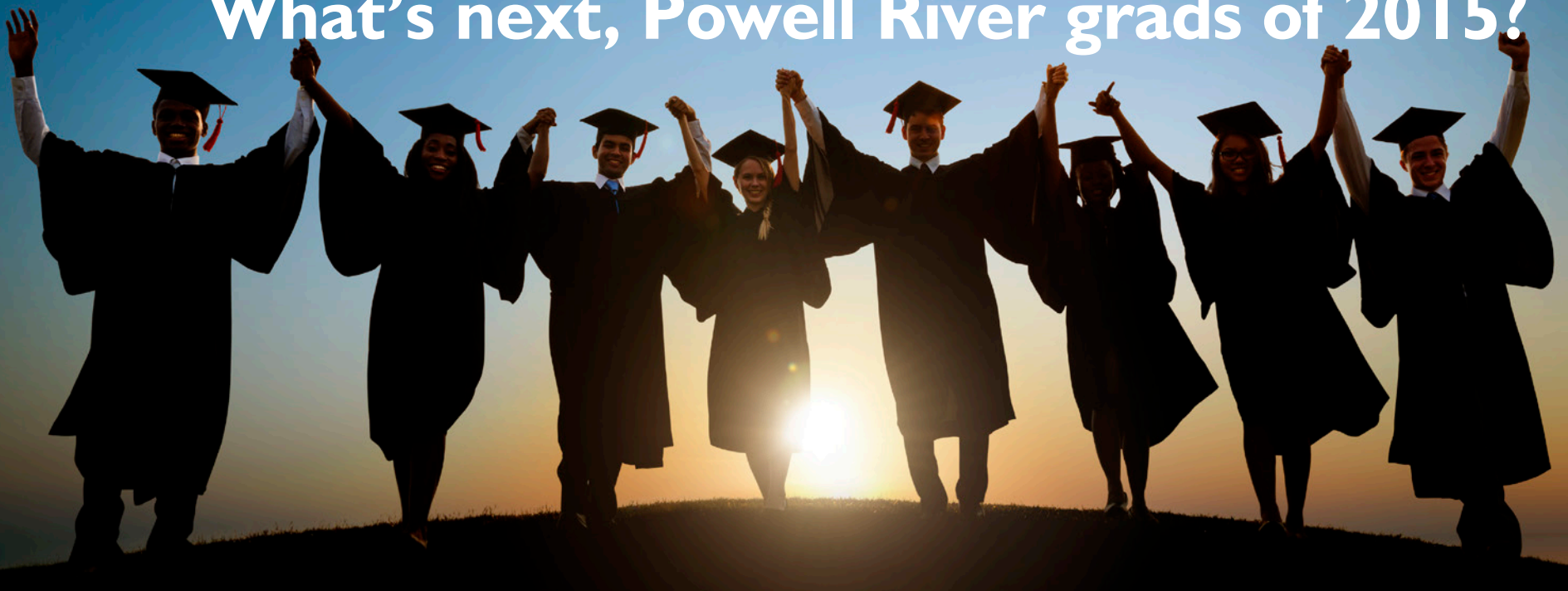
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(Cause it's inventory time, and we  
don't want to count it.)

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# What's next, Powell River grads of 2015?



**S**ome students seem to know what they want to do with their lives. They are passionate about a particular career from a young age, and there are those who discover what they want to do in Grades 9 or 10 or 11.

But some still struggle with life's big question in Grade 12 which is why Brooks holds an annual conference for Grades 11 and 12 students to help prepare them for life beyond high school.

Beyond Brooks helps students and their families plan for what's next, says Brooks Career education coordinator Jim Palm.

Students interested in scholarships and bursaries need to start thinking about things in Grade 10, says Palm. "It's a two year process for scholarships," he says. "And your marks have to be there."

Not all students are academically inclined. Spending

**"Nobody else in the province does what we do on a per-capita basis. This is something to be proud of."**

**- Jim Palm**

time reading and studying isn't for everyone. Some students discover they love working with their hands and are drawn to the trades. **Those students can learn more about trades opportunities with School District 47 and Vancouver Island University on February 10 at 7 pm, at Brooks.** They can find out about dual credit certificate programs in carpentry, culinary arts, automotive, welding, and hairdressing. They can learn about the dual credit academic offerings available along with the film school's certificate

program and the culinary arts certificate program and what's available through Coast Mountain Academy.

Palm is excited about new opportunities for the school district's grads beginning next year (this started as a pilot in Sept 2014). **Students leaving who are under the age of 19 as of July 1 are eligible for another year of school. These students will be eligible for the District's dual-credit program which provides university credit at Vancouver Island University for carpentry, automotive, welding and hairdressing and dual credit academics.** The first year dual credit academics is brand new, said Palm.

Palm and Sandy Elvy, VIU's administrative coordinator, say this is a fabulous new opportunity as it gives students who may not have continued with their studies, because of financial barriers, the opportunity to do so.

"They'll be able to stay at home and live under their own roof while getting their first year of post secondary," said Palm.

Students can take a full first-year university program through this dual-credit option. They can choose from first year English, Criminology, Psychology and others. More first year courses will be decided upon early next year. Students have to pay a small administration fee and they have to cover the cost of textbooks. All VIU courses are transferrable to the big universities, noted Elvy.

"Come to VIU for your extra year of high school and take any of our university courses," said Elvy.

VIU's small class size is very appealing. While bigger universities often have class sizes in the hundreds, VIU's Powell River campus average class size is 34 students. As well, the Powell River campus of VIU has a writing centre where students can get help with their course work. This, combined with smaller university classes, helps students succeed. "If you can come out of your first year university with a higher Grade Point Average that is a huge advantage," noted Palm.

Students who are entering Grade 12 next year have



**Bradley Ford is an academic student at VIU in the pilot program.**

the opportunity to finish their grade 12 early and take VIU academic courses while still in high school. "It gives them a head start and fast tracks them for the following year as they will already be a VIU student," said Palm.

Brooks counsellors also help students on an individual basis to sort out their next step. They provide information on different post secondary institutions, opportunities to volunteer and other opportunities for work experience.

But when it comes right down to it, students need to figure out what they are passionate about and what they are good at, says Palm. "When they have figured this out, counsellors can help them find the right fit to learn the skills they need. There are opportunities in the trades, academics, at technical schools and at universities all across Canada," says Palm.

Our school district is doing a great job at providing opportunities for students to leave Brooks with a trade. "We have 200 students in Grade 12 this year. Twenty five per cent of our students (50) are in the trades," said Palm. "Nobody else in the province does what we do on a per capita basis. This is something to be proud of."

**Want to learn more? Contact us. • School District #47**

**4351 Ontario Ave, V8A 1V3 • 604 485-6271 • [www.sd47.bc.ca](http://www.sd47.bc.ca)**



**SCHOOL DISTRICT 47**

# Film fest weekend promises gems



**DOCS, SHORTS & FEATURES:** Above left, *Red Army* is a documentary about Soviet Russia's interest in sending top players to North America to play. Above right: *Eyes Closed*, a Spanish road trip movie, will be screened as part of the festival's Saturday night gala, featuring a live pre-show with Sam Hurrie.

**W**ith Michelle Hignell now at the helm as director, the Powell River Film Festival kicks off with an opening gala at 7 pm on Wednesday, February 18 at the Patricia Theatre, and the festival runs until February 22.

Michelle is the long-time assistant director and co-director of the festival, and she also administers PRISMA.

With live music and refreshments, 20 films, including full-length feature dramas, documentaries, and shorts will be shown.

As well, the film camp will host several dozen teenage filmmakers. This popular program attracts participants from around the province with the next generation of filmmakers learning from mentors before producing a one-minute film.

The Saturday night gala on February 21st will feature *Living is Easy with Eyes Closed*, an uplifting road movie from Spain. The story follows a John Lennon obsessed English teacher from Madrid who spends the weekend driving to Almeria where the Fab Four are making a movie. He starts out alone, but is soon joined by two runaway teenagers, a pregnant girl escaping a convent, and a boy who leaves home after a fight with his authoritarian father. It's tender, funny, nostalgic, and altogether a great film. Sam Hurrie will set the stage with live music before the screening.

Another interesting addition is the documentary *Red*

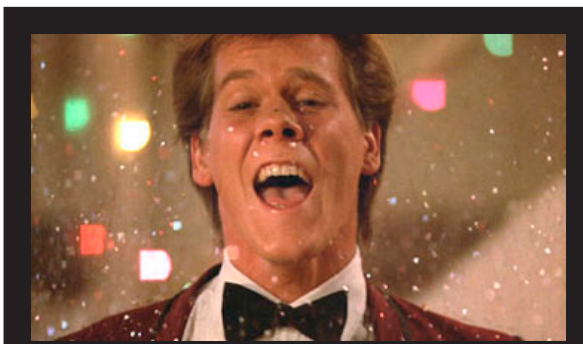
## POWELL RIVER FILM FESTIVAL

**What:** The 14th annual festival, featuring 20 films and an Adventures in Film camp for young filmmakers.

**When:** Feb 18 to 22, 2015

**Where:** Patricia Theatre

**Deets:** See the full line-up of films at [prfilmfestival.ca](http://prfilmfestival.ca). Tickets are online and at Breakwater Books.



**PARTY POWER:** The inimitable Kevin Bacon in the original 1984 feature, *Footloose*.

## '80S FOOTLOOSE FUNDRAISER

**What:** Film fest fundraiser with 80s music, door and costume prizes, food, drink and craft beer tastings.

**When:** January 17

**Where:** Dwight Hall

**Deets:** Advance tickets of \$15 each are available at Breakwater Books, Capones and Save On Foods. \$20 at the door.

*Army*. In the 1980s the NHL was courting a number of skilled Russian hockey players, and the Soviets were open to the idea of their stars going to North America. The NHL was offering millions of dollars, and the USSR needed hard currency.

This mutual dependency led to Soviet hockey players playing in the US and Canada and money flowing into Russian coffers while the players themselves took home a pittance.

Narrated by Viacheslav Fetisov, this documentary offers exciting hockey as well as intriguing insights into the propaganda battle between East and West during

the Cold War.

The heritage Patricia Theatre is the perfect venue for *Broken Palace*, which shows the destruction of heritage movie palaces in Vancouver. Filmmakers Maria and Ross Munro are excited to show their film here and answer questions from the audience.

And that, of course, is what makes a film festival special – not only the showing of films which will never make it on the usual circuit of block busters, but more importantly, the presence of the filmmakers themselves, who give their time to answer questions and explain the germ of an idea, and the process which led to the film itself. Past festivals have featured a number of filmmakers, either in person or via Skype, and this year will be no exception.

See the full line-up of films at [prfilmfestival.ca](http://prfilmfestival.ca). Tickets are available online and at Breakwater Books. [PR](#)

## SNEAK PEEK AT CONFIRMED TITLES

### Documentaries:

Alive Inside

Cartoonists: Foot Soldiers of Democracy

Everything Will Be

Red Army

Return of the River

### Short Films:

Broken Palace

The End of the Road (feature film preview)

### Dramas:

52 Tuesdays

Living is Easy with Eyes Closed

Papusza

Rocks in My Pockets

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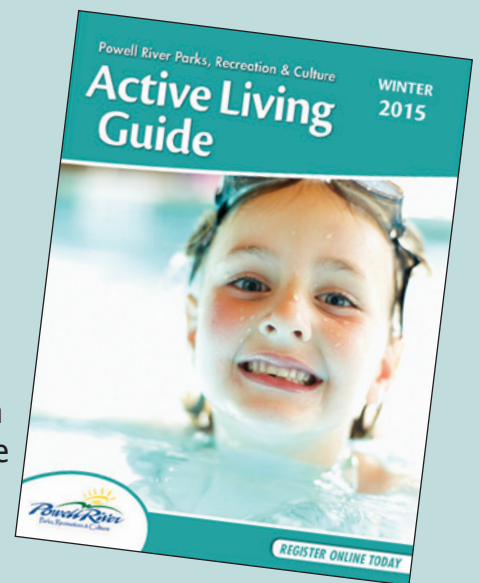
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1 Month Based on 11 visits	36.30	49.50	64.90	55.00	135.30
3 Month Based in 26 visits	88.80	117.00	153.40	130.00	319.80
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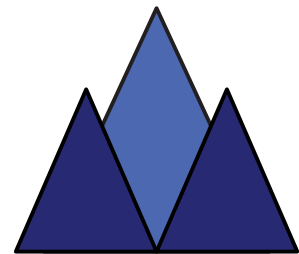
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