

# Powell River LIVING

*Showcasing the best of Powell River*

## THE HELPING ISSUE

NOVEMBER 2015  
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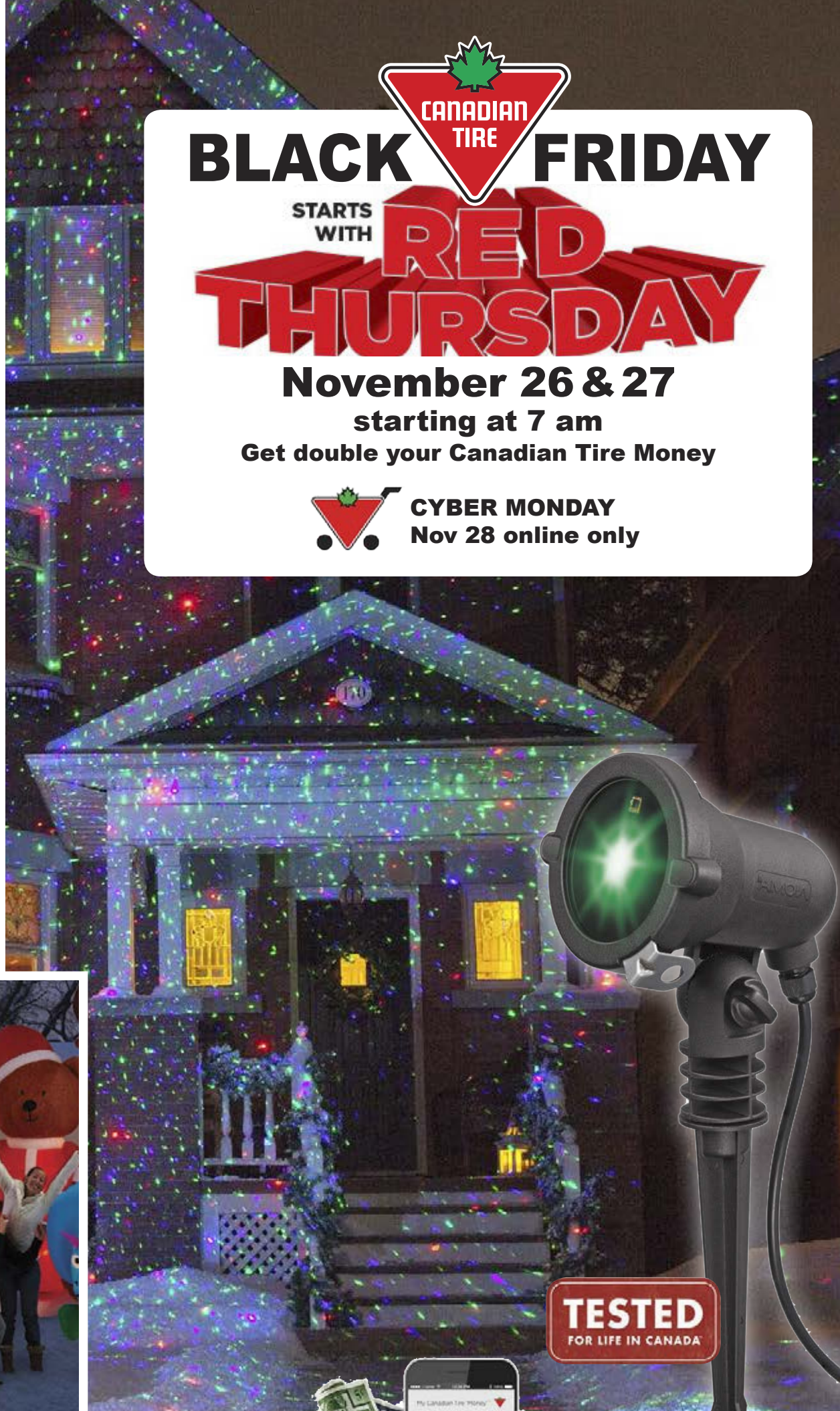
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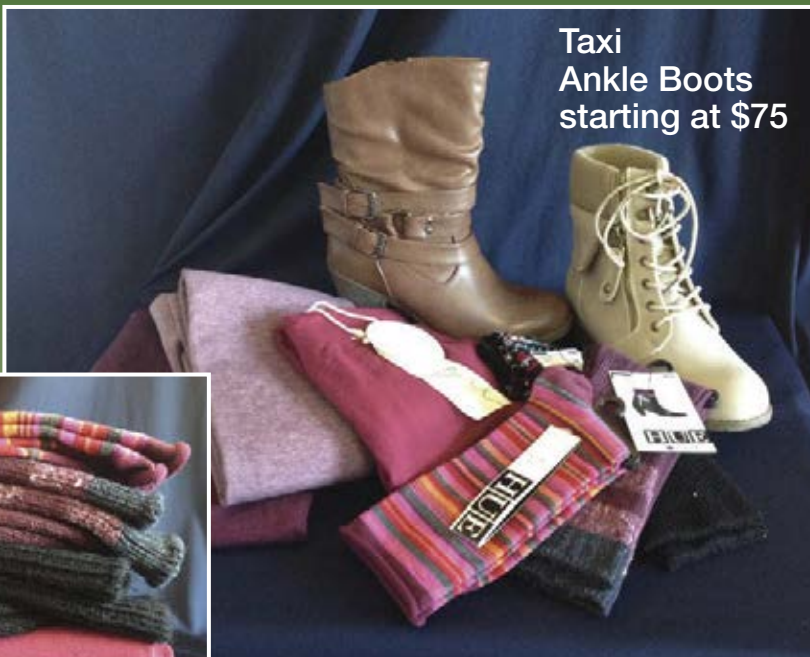
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The PRRD, Sliammon First Nation & the City of Powell River want to hear from you! Please join October's

# RECREATION CONVERSATION

## What is this?

The Expanded Regional Recreation Initiative Study.

## What's it about?

The PRRD, Sliammon First Nation and the City of Powell River are exploring models of working together to provide facilities and programs. This consultation and study builds on the 2014 Regional Recreation Initiative Study conducted by the Powell River Regional District (PRRD). This larger study will also be used as a guide to plan parks, recreation and culture services for the next ten years.

## You want to hear from me?

We're hoping you'll tell us what's already working for you, what needs to be changed, and your ideas for improving recreation in the region. With your assistance we can plan for the future. Please take this opportunity to be heard. We want and need to hear from you.

## The nitty-gritty

This month, we're hosting more meetings throughout the community. There is no cost to participate. The meetings are an opportunity to provide important input into how parks, recreation and culture programs, services and facilities will operate in future. All are welcome.



## We need your input!

Attend a public recreation conversation meeting for City and Regional District residents. All are welcome.

### November 2

7 pm • Field / park users. Poplar room, Rec Complex

### November 3

7 pm • Arena users. Poplar room, Rec Complex.

### November 5

11:30 am • Youth. Brooks High School.

### November 7th

1 pm • Powell River Regional District Area D, Texada Arts, Culture and Tourism Centre

### November 10

1:30 pm • Regional Recreation and Programing discussions with Seniors at the Seniors Centre

### November 14th

1 pm • Powell River Regional District Area A Lund Community Centre

### November 18th

7:00 pm • Regional residents, Lang Bay Hall



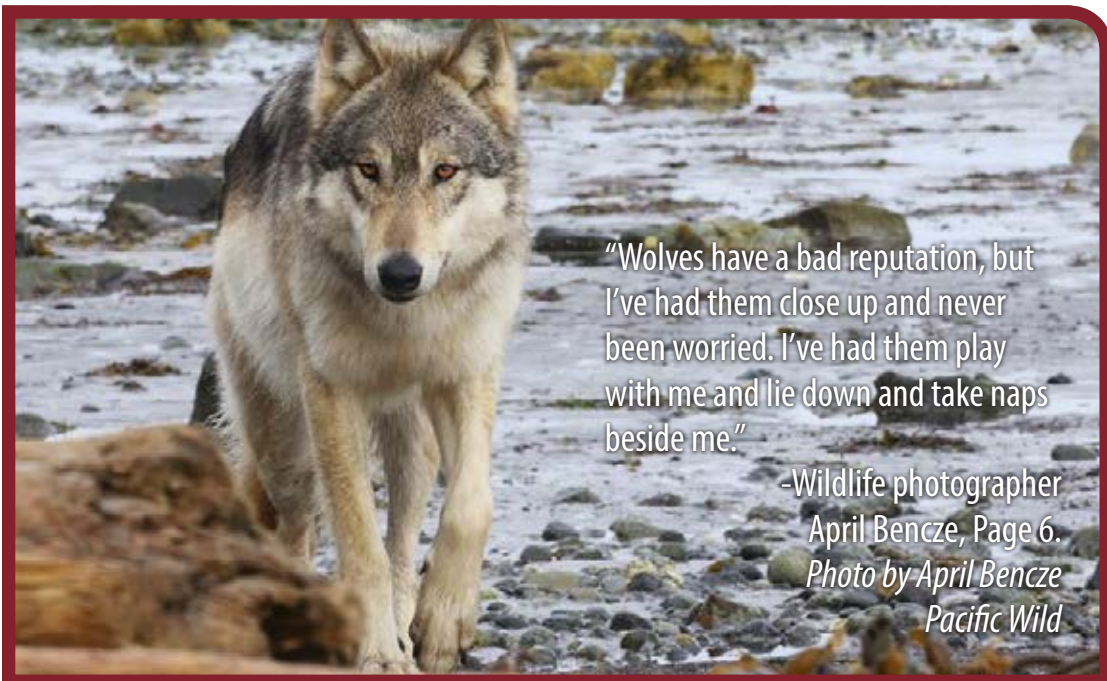
**Tla'amin First Nation**

SLIAMMON FIRST NATION



**POWELL RIVER  
REGIONAL DISTRICT**





"Wolves have a bad reputation, but I've had them close up and never been worried. I've had them play with me and lie down and take naps beside me."

-Wildlife photographer  
April Bencze, Page 6.  
Photo by April Bencze  
Pacific Wild

## CONTRIBUTORS

*In 1975, the city held a contest to name the new rec centre. Now, 40 years later, if it were to be re-named, what would be your suggestion?*



*"Powell River Community Centre"*

**JANET MAY** is a writer and outdoor educator who refers to traditional teachings in her work with young people in Powell River. Janet welcomes the new era at Tla'amin, and hopes that both communities continue to support and learn from one another.



*"The Community Hub: Where everyone comes for everything."*

**ROSE MARIE WILLIAMS** is a former teacher who continues to be giving of her time and talents as a very active volunteer in the community. She is a dedicated participant of the Powell River Public Library's Memoir Writing for Seniors program.



*"Feel Good Complex."*

**GARY SHILLING** enjoys creative process and mixing words with pictures to tell stories. When not pushing pixels – he gets tactile with ink, paper, and blocks of wood and metal precisely 0.918" high. *101 ways to eat oysters* is the working title of his first book concept.



*"Powell River Sports Centre"*

**KATIE ALESCIO** pastors Living Water Foursquare Church with her husband, Sam. They have been married almost 12 years and "I'm proud of us!" They have two lovely little ladies as daughters, Rachel and Hope...and two guinea pigs, Cupcake and Fluffy!



**ELISABETH VON HOLST** was born in former Germany in 1935. She was a teacher on Texada Island and in Powell River, and raised three children with her late, loving husband Dieter. Elisabeth has been involved in the Library's Memoir Writing for Seniors program for more than four years.

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



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



Special Projects Coordinator & Graphics  
**Pieta Woolley**  
pieta@prliving.ca



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



Accounts Receivable  
**Lauri Percy**  
lauri@prliving.ca

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#### ON THE COVER

At the Community Resource Centre, kitchen manager Dana Percy holds a steaming bowl of turkey barley soup, with firewood for the centre's fireplace, and fresh flowers, herbs and produce from the community garden behind the centre.



Photo by  
Pieta Woolley



## IN THIS ISSUE

# Soup, refugees, climate justice & the joy of helping

Last year, a man knocked on our door in late November. My son David, then seven, answered it. The man was tall, lanky, and disheveled. He wondered if we had any jobs we needed done.

We were, as usual, just rushing around, trying to get out the door to go do something. So I apologized and said that we didn't, but he should come back. We never saw him again.

David was distraught. Why was the man looking for work? Why did he need money? Why didn't he have money? Did he have food, and a home? Was he homeless? I answered his questions the best I could with multiple "I don't know's." He sobbed. David needed to do something. He needed to help.

It's an instinct I'm proud of, in my boy. Needing to help. He worries when he sees school friends without lunches, and people in Vancouver who are clearly street-involved. As he grows up, I'm sure his instincts will morph into a more nuanced understanding of wealth

and poverty, and social justice.

Life can, of course, happen to anyone. A disability, a family break-down, an addiction, a job loss, a mental illness, a political upheaval – the line between the "haves" and the "have nots" is a fine one, and can be crossed by anyone, at any time.

Here in Powell River, we're blessed with excellent agencies and initiatives that excel at helping the more than 1,200 locals who depend on welfare and disability assistance, and others who find themselves in need.

In this issue of *PRL*, we focus on helping. We've profiled the Community Resource Centre's food programs (Page 7), and published a round-up of some of the charitable initiatives happening this holiday season (Page 10). Some require volunteers, others money – and some are just plain fun, such as the new Santa Train event, which will raise money for the Powell River Food Bank.

Publisher Isabelle Southcott wrote about three Italian families who left impoverished Europe after WWII, for

a better life in Powell River (Page 13). In a personal, poignant memoir, local senior Elisabeth Von Holst shares how the scent of apples always reminds her of her own childhood hunger (Page 15), and the contrasting feeling of being blessed with enough. And Jack Anderson calls our attention to the upcoming climate talks in Paris, and invites us to march on November 29, for climate justice – an issue that disproportionately affects vulnerable people worldwide (Page 31).

Helping, of course, feels great. Just as David discovered, the cure for feeling intense compassion, or the sting of injustice, is to do something that makes life better for other people. Whether that's a offering bowl of soup, sponsoring a refugee, or marching for stricter environmental laws.

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

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# Wolf spotted on 'predator-free' Texada



**T**exada Island has a reputation as a refuge from predators. No bears, no cougars, no wolves. Campers rest peacefully and deer proliferate.

But that reputation is taking a hit. Reliable cougar sightings have been reported in recent months, and, last month, Candi Little photographed a coastal wolf on the shore near Van Anda.

The wolf most likely swam to the island, perhaps from the closest mainland spot at Scotch Fir Point, which is 4.6 kilometres away, and frequented by wolves.

Conservation officer Andrew Anaka said it's just the second time in recorded history that a wolf has been spotted on Texada. The first time, about three years ago, the wolf was shot when it tried to get into a turkey pen.

"I have no idea why it would try to get at turkeys, when there are so many deer," said Andrew.

He advises that Texada residents "enjoy the view" if they spot the wolf. "They don't attack people."

But because Texadans are not used to having predators around, animal husbandry practices can be a little lax. "They should make sure their livestock is better looked after," said Anaka. But he doubts there will be problems with livestock when there's so much naturally occurring food in the form of deer - a favourite prey for wolves.

"It's about the happiest place a wolf could ever be," Anaka said.

April Bencze, a wildlife photographer who occasionally dives off Texada and Powell River, and photographs wolves for the conservation group Pacific Wild, said the photos she saw of the Texada wolf are definitely of a "coastal" wolf. Officially "coastal" wolves are grey wolves but unofficially are considered by many to be a subpopulation, if not a subspecies. They have different reddish colouring, are about 20 per cent smaller than so-called "timber" wolves, and have a primarily marine-based diet of seals, sea lions and shellfish, although they may also feed on deer.

She hopes getting coastal wolves a different designation will change hunting rules, so that they're managed differently than interior wolves. And she hopes hunters will leave the coastal wolves alone.

"They don't require shooting."

"Wolves get a bad reputation," said April, "but it's unwarranted. I've had many close experiences with them wanting to play with me and lying down and taking a nap beside me while I was photographing. They get so close I have to back up to take pictures."

She once inadvertently stumbled into a den site where there were nursing pups, and even in that vulnerable situation, the wolves were not aggressive.

April agrees with Andrew that the wolf probably views Texada as "a paradise" with its large population of deer and its long, largely uninhabited coastline.

*photo by April Bencze/Pacific Wild  
fb.com/aprilbenczephography*

# FEEDING A HUNGRY REGION



**HOSTS WITH THE MOSTS:** The CRC's kitchen manager Dana Percy (left) and kitchen volunteer Mary Ann Carr take a quick break after setting out a nutritious from-scratch turkey-barley soup, pictured on the cover.

**N**ot so many years ago, Dana Percy learned her trade in one of Canada's top French restaurants: Bouchons Bistro in Kelowna. The swank restaurant, a fixture in the heart of the tourist-city's cultural district, attracts Michelin-recognized chefs and wine aficionados. There, Dana's nights were spent plating oysters with mignonette sauce, arranging wild boar rillettes on charcuterie platters, and hand-mincing steak tartare. She was the only woman in the kitchen; a favourite of the chef who took her under his wing, and taught her to cook.

Today, though, she's sitting at the front desk at Powell River's Community Resource Centre (CRC), welcoming diners into a very different "bistro." On Joyce Avenue, next to the tourism centre, the CRC offers many services to locals who are struggling (see sidebar) — Dana's nutritious, delicious food is one of the pillars of the centre. And for the one in seven locals (and nearly one in four kids) living under the poverty line here, according to the latest Powell River Vital Signs report, food can be a daily challenge.

The CRC is one of a network of Powell River agencies helping individuals when they need it. Many patrons of this centre, and others, wouldn't have dreamed they'd need assistance. But life happens. So here they are.

Over the holiday season, many groups hold special fundraising drives that support their work year-round (see pages 16 & 17). The CRC doesn't, though it depends

## POVERTY IN POWELL RIVER

In August 2015, 997 adults in the City of Powell River received employment assistance (welfare) or PWD (persons with disabilities assistance), plus their 210 dependant children. (PRRD info not available).

This represents about eight percent of the population, or one in 14 people.

Basic welfare for one person is \$610 a month.

Basic disability assistance for one person is \$906.

One in seven people in the regional district and city - including nearly one in four kids - live below the "Low-Income Measure."

The Powell River Regional District is considered to be in the 30 percent of regional districts in BC experiencing the most intense "human economic hardship."

Average family incomes in Powell River are about \$20,000 less than BC and Canada's.

*Sources: BC Stats; BC Ministry of Social Development; Powell River Vital Signs.*

on volunteers and grants to sustain its programs – including very generous giving from the MCC store.

**"There really are very hungry people in Powell River... People who are on welfare are not getting enough money to buy enough groceries for the month."**

*– Dana Percy*

As soon as Dana opens the door at noon, a dozen people clamour in out of the rain. They range in age from about 20 to 70, and each pour themselves a bowl of hot, freshly-made turkey-barley soup, butter a whole-wheat bun, and sit down by the popping fire. It's cozy. The soup is superb and filling: a rich homemade broth dense with big pieces of turkey, leeks, peas, carrots and barley. On a tiny budget — so different from Bouchons'



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– they prepare about 1,000 plates of excellent food a month.

“The week leading up to Welfare Wednesday is the hungriest week of the month,” she said, referring to the day when social assistance cheques are handed out to the 1,200 locals who depend on welfare and disability assistance payments.

“They’re starving. There’s nothing at home. So they don’t care what food is being served, they’ll eat it. When I first started working here and there weren’t many food programs here, they would just eat whatever was being served. Now, people prefer our soups, brunches, and egg brunches, to processed foods. It shows I’ve done my job.”

At first glance, this is just another food program. Look again at the quality of what’s happening, and it’s pretty radical.

Food security — ensuring that everyone has sustainable access to enough nutritious food — has been an international pursuit over the past few years. It’s studied by agencies from the World Health Organization to Powell River’s own Food Security Project. But here at the CRC, it’s delivered daily. Food is available through Wednesday’s soup lunch, Monday’s brunch program, the Humble & Hearty cooking class program, a free bread shelf (thanks to Save-On-Foods), the Good Food Box program, and many other avenues.

Other services at the centre include a lifeskills program connecting people to work; advocacy; public health nursing care; access to computers; a free clothing and toy cupboard; yoga; and an open door.

Mayor Dave Formosa notes that the CRC “has a special place in my heart,” and has lobbied for funding for the centre before.

As the region transitions from an industrial to a knowledge-based economy, some citizens are suffering, he said. So he’s working hard to bring in new businesses with new jobs, and Council is considering starting a housing corporation, as well as other initiatives.

“The need for the CRC speaks for itself,” he said. “And it runs on such a tiny budget.”

Dana’s inspiration for feeding people comes, in part, from her own story. Raised in Lund, she graduated from Vancouver Island University’s cooking

program. After working at Bouchon’s Bistro, she ran the kitchen at Sidney’s trendy brunch spot Dakota Cafe. While working there, she became pregnant, and eventually went on maternity leave. As her maternity payments ran out when her daughter was 10 months old, she realized — as many moms do — that her paycheque would roughly equal what she’d have to pay for daycare. So she went on social assistance for a year. For a mom with one baby, welfare isn’t generous: \$946 a month.

“Not working was weird to me,” she recalled, “I’d cooked since I was 14. I couldn’t cook anymore. The hours and daycare just didn’t work with cooking.”

Eventually, she went back to school at VIU in Powell River, and took a position at the CRC as a summer student. Dana immediately knew she had found her calling. So she stayed.

“There really are very hungry people in Powell River,” she said, recalling her own time on welfare, trying to make food last through the month.

“People who are on welfare are not getting enough money to buy enough groceries for the month. You shop once at the beginning of the month, and then the money is gone. You have to rely on the food bank and other services. No amount of canned soup will provide enough nutrition for someone. And in reality, that’s all you can afford on social assistance.”

Several of her diners will go to all the free food outlets in a day, she said, because there’s nothing left at home. Their goal: being able to sleep through the night without their stomachs growling.

Many of her diners struggle with invisible disabilities such as head injuries, anxiety, depression, post-traumatic stress, developmental disabilities, Fetal Alcohol Syndrome and others, which prevent them from being able to work regular jobs, she said. Many work part-time and have kids at home. Never assume you know someone’s story, Dana notes.

The centre’s busiest month is coming: December. Over the holidays, Dana and others will serve meals and create that cozy, friendly environment for hundreds of Powell River’s most vulnerable people, and the dozens of volunteers who make it possible. It’s not Bouchons. There’s no rilllette of any kind here. But Dana couldn’t be happier. [PR](#)



### Angela McRae, CRC patron

“I love to come here for lunch. I get \$906 a month for disability [assistance, from injuries sustained fighting off an attacker], and my rent is \$600, with hydro on top of that. I usually pawn jewelry for grocery money — eggs, skim milk, things like \$2 for a garbage tag really add up when you have less than \$300. I come to the CRC for lunch. It’s healthy food and I’m diabetic, and there’s not much sugar here. A lot of people depend on the CRC like I do. If it wasn’t for here, I’d starve half the month.”

### Terry Bernard, patron

“I lived and worked in Fort McMurray for over 20 years. Up there, I had bikes. I even bought my girlfriend a bike. But that crowd...Work sent me to AA. After I moved here, I was working on a farm south of town, and had a heart attack. And just like that, I couldn’t work. So I came here. This is the living room for so many people. A lot of people have fallen on hard times, and really depend on this place. A lot of families who depend on the CRC probably didn’t have to 10 years ago.”



### Annette Behan, patron and volunteer

“When I first came to the CRC I was quite isolated and afraid to come. Now I teach yoga here, and I’ve been hired in the kitchen. The garden, the rules, the people, it’s like a real home. I was a heavy alcoholic [Annette is now sober] for a lot of years, and I’ve had 13 broken bones. Poverty breeds hell: fights, vandalism, alcoholism. When I quit drinking, you don’t just quit drinking — there are nightmares. Really gross dreams. And I was going through withdrawal, screaming about people, talking about suicide. Mental Health wanted me to get admitted for seven months because of that, but instead I came here. I got support here. I just see my doctor now. My lifestyle changed drastically, a total reversal, because of the CRC.”



Anthony Canil, owner

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## Giving, not judging

Every Tuesday morning, Jack Saunders shows up at the back door of the Community Resource Centre with bags and bags of fresh fruit and vegetables. He's retired. He likes fly-fishing, and writing children's books, and kayaking. So he didn't want a volunteer job that tied him to certain hours or tasks. He just showed up one day and asked the kitchen staff what they most needed.

"Fresh stuff," they said.

So he delivers. And has been doing so every week for the past two years.

"I feel good about it, and I wish I could do more," said Jack, as he sipped coffee in the livingroom-like CRC, just off Joyce Avenue, watching a mom slowly rock her baby boy to sleep in a stroller, as she sipped a coffee. "It's encouraging that they're so good at making the food stretch. It's a heck of a lot better than most of the junk I eat."

Jack is a retired elementary school teacher who has taught all over the world, including across BC, in Colorado, the Caribbean, Kuwait and Saudi Arabia, Texas and South Korea. In each of those places, he said, poverty exists.

But governments address it differently. Where he lived in the Middle East, he noted, citizens enjoyed nearly-unimaginable wealth from oil development — workers from overseas, however, often without many rights, did the lower-paid work.

In South Korea, he recalled, there

were certainly marginalized populations, but the government's goal was full employment — so they worked hard to make sure each person had a job.

**"It's encouraging that they're so good at making the food stretch. It's a heck of a lot better than most of the junk I eat."**

*— Jack Saunders*

Here, he noted, several of his friends don't understand why he helps.

"They're skeptical," he reveals. "They say, 'Oh yeah - that's where all the druggies go.' But I don't think like that. It's not up to me to determine what another person is all about or what their problems are. I shouldn't be judging them."

"There but for the grace of God go I," he continues. "I've been out of work. It's not always a given that you're going to find something. I have no idea how many of these people are looking for work, and at the end of the day it doesn't matter. There's a lot of people helping in this town in a lot of good directions. And this is a good direction." **PRL**



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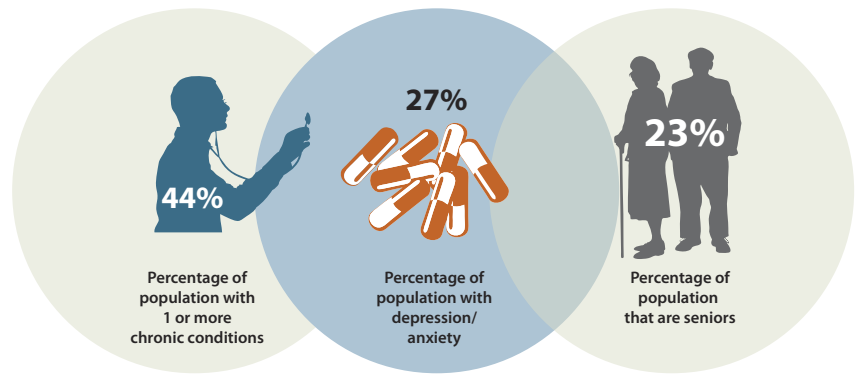
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## Improving Ongoing Care for High-Risk Patients

The Powell River Division of Family Practice represents and supports doctors to improve our health care. Our members are specialists, family doctors, and nurse practitioners. There are 35 divisions in the province.

***Our community survey found that many patients are accessing the Emergency Department when they do not have a family doctor.***

As part of our work on the provincial *A GP for Me* initiative, our goal is to improve the care for everyone in our community. We do this by working to support doctors in their work, improve care for high-risk patients, increase the number of doctors in our community, and develop a community health resource database.

*A GP for Me* is funded by the Government of BC and Doctors of BC.

Having a primary health care provider is important for everyone because it improves health. It is especially important for people who are more vulnerable and have chronic conditions. There are many people at high-risk in our community.

Our community survey showed that many patients who do not have a family doctor—particularly those with chronic conditions—access primary care through the emergency department (ED). The ED is not the best place for care, especially for patients who need ongoing care. To support better care for these patients, the Division and Vancouver Coastal Health are piloting a new program to refer patients with chronic conditions to a nurse practitioner.

Nurse practitioners can order and interpret diagnostic tests, make medical diagnoses, prescribe some medications, perform specific procedures, and refer to medical specialists. A visit to a nurse practitioner is similar to visiting a family physician.

Improving continuing care for high-risk, vulnerable and complex patients is part of our ongoing efforts to advance family medicine and improve patient care and population health in Powell River.



**Powell River Division of Family Practice**

A GPSC Initiative

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### Risk and Vulnerability Factors

Both internal and external factors can contribute to vulnerability and risk.

**Internal risk factors include:**

- Increasing age
- Female gender
- Medical comorbidities
- Substance abuse
- Mental illness
- Cognitive impairment
- Sensory impairment
- Impairment in activities of daily living
- Malnutrition

**External risk factors include:**

- Lack of social network
- Dependence on a care provider
- Living alone
- Lack of community resources
- Inadequate housing
- Unsanitary living conditions
- High-crime neighborhood
- Adverse life events
- Poverty

Source: BC Medical Journal

# How to help

Inspired to reach out? This season offers plenty of opportunities.

## Salvation Army Kettle Campaign

The Salvation Army is looking for a few good people, organizations, groups, companies, and churches to help with the annual Christmas Kettle campaign. The money raised through The Salvation Army Christmas Kettles is used to help the local Powell River people who are in need, not only at Christmas, but throughout the entire year.

The Army will operate five kettles again this year. Kettles are "open" for donations from approximately 10 am to 8 pm Monday to Saturday, Nov. 21 to Dec. 24, excluding Sundays. As an individual, you can choose to take a kettle shift for one or two hours on your own, or with a friend. As an organization or company, you can provide people who will cover all the shifts at one particular kettle location for one particular day, or have your choice of shifts on your choice of days. Each kettle is accompanied by a board announcing the name of your business or organization staffing the kettle to let Powell River know you are there and you care!

To reserve your preferred dates, times, and locations, please contact the Salvation Army at 604-485-6067 or stop by 4500 Joyce Avenue.



## Jingle Jog 2015

Hosted by the Brooks Secondary Fitness Class and Students Council, this five-kilometre run or walk at Willingdon Beach raises money for the Powell River Food Bank. This is the sixth annual run. The previous five events raised in excess of \$11,000 for our local Food Bank. Event registration is \$10 per person, \$20 per family. Sunday, December 13, 9:30 am start for the walk, 10 am start for the run.

## Assumption Community Soup Kitchen

We are interested in getting young people involved with this project, and are now partnering with the Powell River Kings Junior A Hockey team to get their young men involved with us. We would like to use this venue as a means to teaching young people about the value in service. It is a very rewarding environment in which to serve. Every Friday from noon-1 pm at St. Joseph's Hall beside Assumption Catholic Church. Anyone wanting to volunteer can contact me at cnbehan@gmail.com or 604-483-6895.

~ Christine Behan

## Syrian Refugees

Several groups in town are working separately and together to sponsor Syrian and other refugee families. At meetings in October, the following groups expressed a commitment to bringing a family: Assumption Catholic Church (through Hands Across The Water), St. David's & St. Paul's Anglican Church, and the Powell River Employment Program (PREP). Other groups are considering it. Other groups are raising funds. They include: the Powell River Pentecostal Church; Four Square Gospel Church, and others. The cost for sponsoring a family

## Cocktails, cuisine, and conversation

We love the buzz of lively atmosphere, the hum of a busy kitchen, and the clinking of glasses from people having a good time.

But sometimes that noise in our restaurant affected your conversations. So Coastal Cookery asked Chris and his team at Personal Touch for help, and they came up with a sound-dampening solution that gives Coastal Cookery a chic new look.

*"The new carpet tiles Chris recommended reduces the noise, makes it safer for our employees, is easy to clean, and makes the place more comfortable."*

~ Sarah & Mike Salome  
owners of Coastal Cookery



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## Powell River Food Bank depends on you

**T**he working poor. Single-parent families with children. Single men. These are the people that Powell River Food Bank administrator Gina Kendrick sees coming for food. It's a position she loves in part because Powell River has been so generous.

The food bank — which is one of the few in BC run entirely by volunteers — doesn't raise money itself. The bank depends on others to raise money and collect donations of food on its behalf (see many of the campaigns listed in "how to help").

"There's a man who came in the other day who lives on a property up by Lund, but he pedals his bike in to use the food bank," Gina said in an interview. "He's 68. He doesn't want to go on welfare. Well, we had this one-kilogram jar of peanut but-

ter we were able to give to him. He looked at peanut butter, and he started doing a little dance. 'I haven't had peanut butter for four years,' he said. It breaks your heart. It makes you want to do more."

Gina started volunteering at the food bank after she lost her job following an illness. She found herself needing the food bank, and "cried all the way home." Twenty years later, she's retired, but still working to make sure Powell River's cupboards are never bare and to ensure the food bank is a tidy, well-run centre where those who need it can feel good about being there.

Government assistance, she said, whether welfare or disability payments, is never enough.

In September, for example, 150 local children ate food from the food bank, Gina said.

runs between about \$27,000 and \$50,000 per year, with a two-year commitment. Contact any of these groups, or Powell River Immigrant Services Society, to find out how you can help.

### Christmas Cheer

Christmas hampers, filled with food and toys, are created and sent out to vulnerable members of the community — especially families with children — by the Powell River & District Christmas Cheer Committee, in collaboration with other groups. The committee is looking for locals to adopt a family and provide a hamper worth \$200 or more (call Sandra Carmen at 604-485-2142 or Lesley Ford at 604-485-6682); cash donations to buy groceries in bulk (tax receipts available, send cheques to the committee at 7318 Glacier Street Powell River, V8A 5V2 c/o Mrs. Cherie Hunter, treasurer); donations of toys or gifts worth \$20 or more (either go to Walmart and choose a participant's name, or buy it and call Marilyn Lewis at 604-485-2621 to arrange a pick up or drop off).

### Community Resource Centre

The CRC (profiled on pages 7 to 9) operates on a tenuous and small budget. Donations of cash, goods and services are always appreciated. Stop by 4752 Joyce Avenue and ask to speak to the manager, Martyn, to find out how you can help. Or call 604-485-0992. Or email manager@prcrc.org.

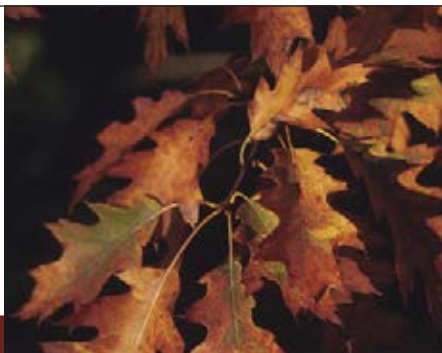
### Christmas bazaar

The Order of the Eastern Star will hold a Christmas Bazaar and luncheon with proceeds going to cancer research and Brooks Secondary School scholarships. The event features baking, crafts, attic treasures, and

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food hampers. At Trinity Hall (United Church) from 11 am till 2 pm, November 21.

## Great Grocery raffle plus

Organized by the Powell River Rotary clubs, with all funds raised going towards local community projects as well as student scholarships. Tickets \$10. Prizes from Quality Foods, Mitchell Brothers, Safeway, Save on Foods and Canadian Tire. Draw date is Dec 5 at 1 pm at the Carlson Club. Tickets are sold by all Rotarians.

## Coats for Kids

The Powell River Lions Club will host the 10th annual Coats for Kids and Families on Saturday, November 24th in the old video store opposite Tim Horton's from 10 am till 2 pm. Donations of jackets and winter accessories can be dropped at the Town Centre Mall Office, Wal-mart, Salvation Army or Westview Baptist Church until November 10th. (Sorry, but we cannot accept clothing on distribution day). There will also be a collection in the foyer at the complex before the Kings Hockey game on Friday the 6th of November. Recent reports have identified a large number of local children who are living at the poverty level. This is reflected by the 12,000 plus articles of clothing we distributed last year.

~ Marilyn Brooks (Past President)

## Santa Train

On Friday and Saturday, December 11 and 12, between 5 and 8 pm, families are invited to ride the Paradise Valley Railroad train with Santa in attendance. As

an extension of our summer afternoon "Train Rides Sunday" program, the Forestry Heritage Society volunteers decided to follow the lead of many other miniature ride-on train clubs with a Christmas-theme event.

We partnered with the Salvation Army and set the ride fee as non-perishable food items or unwrapped toys.

In the dark, having Christmas lights guiding the route will provide a very different experience compared to the regular afternoon summer program. Vendors will be on hand for snacks and other items for sale.

The railroad volunteers are hoping to see families come out to join the fun, bring a generous donation for charity, and say hello to Santa on the train.

~ Hans Maurer at 604-487-9552

## Gingerbread house contest

The Town Centre Hotel is once again hosting a gingerbread contest to raise money for the Firefighters Burn Fund. Drop your creations off (doesn't need to be a house) from December 1st until the 3rd. They'll be on display at the hotel for the month of December. There, you can vote for your favourites for a small donation. Prizes will be awarded. There is a category for children (to age 12) and one for adults. Contact Shelley Halliday for info: shalliday@prtowncentrehotel.com, or 604-485-3000.

## A Christmas Carol

Faith Lutheran Church is producing a dramatic reading of Charles Dickens' *A Christmas Carol* on Saturday, November 28, 2 pm at the church (4811 Ontario). It will be complete with music and Victo-

rian refreshments. This is a fundraiser in support of our Food Cupboard which provides emergency provisions for 30 to 40 people of all ages on the second and fourth Saturdays of the month, from noon until 1 PM, along with a soup lunch. We are doing this fundraiser in honour of a beloved member of our faith community who was dedicated to this ministry and died all too soon this past summer. Her name was Terrie Stewart. Doors will open at 1:30 pm on November 28th. Admission is a suggested donation of \$10/person with tax receipts available for donations of \$25 or more. Re-

freshments will be available for toonies and loonies. People are invited to come in their version of a Victorian costume. There will be a prize for the best dressed.

~ Rev. Brenda Nestegaard Paul, pastor

## Food bank swim

Kids, bring a donation for the food bank and swim for free! November 27

• *This is, of course, not a complete list of all charitable events happening during the holiday season. If we have missed you, please let us know and we'll get you in December's issue.* **RL**



# Operation Christmas Child How you can help

BY KATIE ALESCIO

Since 1993, Samaritan's Purse has collected and hand-delivered more than 100 million shoebox gifts to children in over 130 countries hurt by war, poverty, natural disaster, disease, and famine. Last year, Canadians donated 700,474 shoeboxes packed with toys, hygiene items, and school supplies during the Operation Christmas Child shoebox campaign. Of that total, Powell River residents generously donated just over 500 filled shoeboxes.

Operation Christmas Child staff, volunteers, and partners distributed shoeboxes in Uruguay, El Salvador, Guatemala, Sierra Leone, Guinea Bis-

sau, Venezuela, Iraq, Equatorial Guinea, Costa Rica, Guinea, Haiti, Nicaragua, Chile, Easter Island, Senegal, and Ukraine.

In Powell River, shoeboxes can be picked up at local churches, Your Dollar Store with More in Crossroads Village, and Valley Building Supplies. There's also an online option at [www.packabox.ca](http://www.packabox.ca) that is available year-round for those who aren't able to shop for gifts and pack shoeboxes in the traditional way.

Operation Christmas Child runs until November 22. For more info call Katie Alescio at 604-485-6116 and find out how you can participate in this year's campaign.

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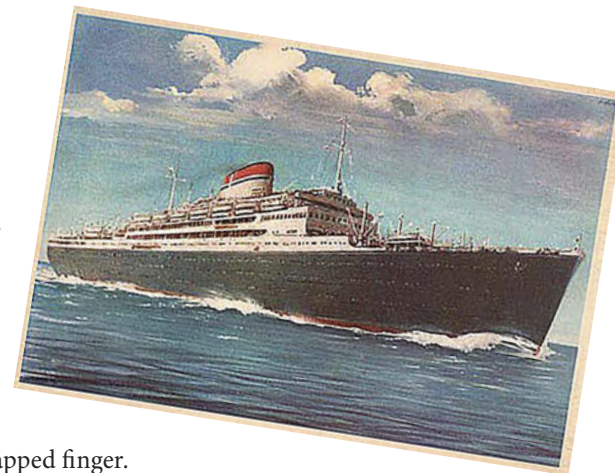
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**THE MASSULLOS MADE IT:** The family (above) came from Naples to Canada aboard the *Vulcania* (right) in 1950.

## In search of a better life Four generations of Italians



BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

*Sixty-five years ago a teenage boy rescued a young boy by extricating his finger from a stuck window on a train travelling across Canada. Both were on their way to Powell River but neither the boy nor the teenager knew the other's destination. All they knew was that the boy's finger was good and stuck in the window and it needed unsticking.*

Gathered around a cozy dining table in Westview, three Italian emigrants snack on traditional Italian waffle cookies and reminisce about the coincidences that brought them to Powell River more than five decades ago.

Elio Cossarin recalls the morning on May 21, 1950, when he left Italy aboard the Italian ocean liner *Vulcania*.

Elio, then 17, was en route from Genoa to Powell River to join his father Pietro Cossarin, who was working for Powell River City Transfer (in another coincidence, Felix's future father-in-law, Bert Long, owned City Transfer). Also on board the *Vulcania* was seven-year-old Felix Massullo, who left Naples with his mother Ester, father Paolo and little brother Gus.

The Massullo family was joining Ester's sisters Rena (now Villani) and Gina (now Dini) and her father,

Costanzo Vitellone, who was already living in Powell River and working in the grinder room at the mill.

"I was sick as soon as we left Gibraltar," Elio said, remembering the huge waves that met the ship as it headed into the Atlantic on its way to the New World.

"Me too," piped in Ester, now 90.

Elio recalled many families on the boat and lots of kids. Women and children slept together and men were berthed in a separate area.

Felix says his first memory of Elio was in Halifax when they got off the ship at Pier 21 and onto the train.

"They sorted us by groups as to where we were going," said Felix. Some were going to Toronto, others Montreal.

"We were in the last group," said Ester. "Our group was going to Vancouver."

One day, they were all in the same car together on the train, when young Felix began fiddling with the window. "The windows were all up and I had my left hand in the window and the window came down on my finger," said Felix.

"I was there," remembered Elio. "And he was not singing!"

"It squished my finger pretty badly. I was crying my eyes out; they could not get it working," said Felix.

Elio jumped in to help Felix's dad get the window up and finally they managed to pull it up and free the

trapped finger.

Poor Felix. His finger was pretty sore.

"It was wrapped up for a month," he said.

They spent six days and seven nights on the train as it chugged its way across Canada. They switched trains in Winnipeg and finally, on June 7, they all disembarked from the train in Vancouver.

Ester's father had first come to Powell River in 1923 but went back to Italy in 1928 when his wife died. He remarried.

Elio's father was also on his second tour in Powell River, having been here in the 1920s when he was still single.

"Men would come to Powell River to work and send money home (to Italy)," said Felix.

When the Massullo family and Elio finally arrived in Vancouver, they thought they were all going their separate ways. Felix remembers saying goodbye to Elio at that point, as Elio had told them he was going to Nanaimo to see his uncle before going to Cranberry.

"We were going to Wildwood," said Felix. "We didn't think we'd ever see Elio again."

Elio went to Nanaimo to see his uncle for a day and then came to Powell River. About a month later, he went to the old McQuarrie Hall on the corner of Fraser and Sutherland in Wildwood for an Italian dance, and saw

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### Remembrance Day 2015 Leaving home

When the Massulos, Cossarins and Vitellones left Italy after WWII, they were part of a massive movement of European emigrants across the Atlantic, fleeing the problems of six years of war – plus a global economic depression.

By 1950, Italians had survived decades of turmoil at home: war, poverty, fascism under Benito Mussolini and a terrible occupation during WWII. About 20 million Italians left their home country between 1860 and 1950.

During WWII, Canadian soldiers fought off the Germans in Italy. From the Department of National Defense Web site:

“Canadian troops played a vital role in the 20-month Mediterranean campaign which led to the liberation of Italy during the Second World War...”

“In this campaign, which was fought in Sicily from July 10 to August 6, 1943, and in mainland Italy from September 3, 1943, to February 25, 1945, the fighting was particularly bitter. The Germans, taking full advantage of mountain peaks and swiftly running rivers, made Allied advance very difficult and costly. There were 25,264 Canadian casualties in the fighting, including more than 5,900 who were killed.”

a boy running around with his finger all wrapped up. “I recognized him. I thought he looked like the same kid I’d met on the train but when I saw the finger all wrapped up I knew who he was.”

The families were settling into their new life. Paolo got a job in the grinder room making \$1.18 an hour, said Ester.

“Most of the immigrants went through the grinder room in the mill,” said Elio.

Ester remembers how difficult it was

at first living in a new country and not understanding the language. She was so lonely that she wanted to go back to Italy for the first year. Felix found it hard at school because he didn’t understand English and he couldn’t ask his mom or dad to help him because they didn’t understand the new language either.

“There were so many Italians living in Wildwood that mom (Ester) never learned the language,” said Felix. “Dad didn’t have to learn English either because there were so many Italians working in the grinder room.”

The Italians weren’t the only newcomers to Powell River. “The guy who broke me in was Hungarian,” said Elio. “Neither one of us spoke English.”

“My dad’s boss had to learn how to speak Italian,” said Felix, “because his whole shift was Italian!”

Felix learned to speak English fairly quickly at school. “I had to repeat Grade 1 and then they advanced me to Grade 2 half way through the year so I caught up.”

Elio said he had a tough time learning how to speak English. “I’m still working on it,” he joked. “It’s not easy.”

An Italian teacher, Hugo Gallo, taught English to adults. “We went to school on Sunday afternoons... they used to close the mill on Sundays,” said Elio. “That school went on for a month.”

Powell River’s new immigrants spent the early days learning all about the new language and discovering their new home. It was all so different but in time, they settled into their new community. Elio started working in the mill that fall, until his retirement in 1993. Felix started in the mill, then went into the automotive business and now owns Massullo Motors.

Elio and Felix grew up, married, and had children of their own.

Elio’s daughter, Jackie (Milsom), and Felix’s daughter, Corinne (Franklin), became best friends.

“They went to school together and when they graduated they went to Italy together,” said Elio.

The story of friendship continues today. Starting with Elio’s dad Pete and Felix’s father-in-law Bert, through to today: Jackie’s children Sophia and Estelle are friends with Garrison, Austin and Hope. That chance meeting on the train across Canada was the start of four generations of friendships.

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# Life, Death and Apples

BY ELISABETH VON HOLST

On a dreary day, when I was in Grade 2 or 3, back home in Koenigsberg, (then Germany), my all-girl class attended a classmate's funeral. Her name was Gisela Freytag and she had dark hair. Just a couple of days before, she had played circle-games with us during recess in the small courtyard behind the red brick school house. Now we were gathered at her open grave, where her mother was sobbing uncontrollably and saying over and over again, "My only child, my only child, my only little girl!"

I was one of five girls in my family, so felt guilty – the grieving mother's loss touched me personally. It was at this young age that I really came to understand that death had nothing to do with age - that it can take anybody. On the way home I tried to deal with the turmoil of emotion in my chest and digest all of the feelings raging inside of me. How glad I felt, my spirit lightened, when the welcoming smell of baked apples greeted me in the hallway of our home. They simmered away in the comfort-giving tiled stove in the cozy corner of the living room. The stove was surrounded by a cushioned wooden bench to offer warmth to anyone who needed it.

No one in my family asked questions about the funeral. In a way, I would have liked to share some of the experience, but I was also glad I wasn't questioned, because I might have had to cry and I was a very shy and quiet little girl.

Perhaps because of the smell of apples from that funeral day, to me apples somehow represented life, and I loved them. No matter what size, shape or even taste they offered, I had to eat them - even the tiny grass-green, grounded ones that were not fit to grow into what they were meant to be, were gobbled up and caused many a stomach upload.

I remember a time when hunger took over my life, after we had to leave our home and were refugees for the second time. At school, while the other children were playing, I would find a spot to sit and let things happen without me. The four kilometre walk to school seemed to get longer every day so sometimes I had to sit in the ditch to regain some strength before I dared to walk on. My marks became noticeably poorer. I felt discouraged.



**70 YEARS:** Since the end of WWII, this year. The two stories on this page were written as part of the Powell River Public Library memoir program, led by Sandra Tonn.

One day after school I had spotted an apple tree behind a fence at the school yard. How was it possible? A beautiful rosy-cheeked apple was hidden in some deep grass within possible reaching distance for me. I waited until all the school girls had left, knelt in the grass close to the fence, and squished my bony little arm carefully, but with all my strength, through the metal wire fence. I didn't care that I got scratched as I struggled, reaching until I squeezed part of my shoulder through the fence as well. I finally reached that God-sent apple and it felt like Christmas!

I cherished the moment, holding my treasure, and breathed in the apple scent deeply. In my mind I debated whether I should take it home to share, but the hunger overtook me and my decision. I had a lilt in my step walking home with the nourishment in me. This little apple event was enough to put a new spark into my dreaded, dreary school days. I left with anticipation and hope each morning — the scent of apples perfume for my future life.

*Reprinted and condensed from Slices: A Memoir Anthology, edited by Sandra Tonn.*

## Lest We Forget

BY ROSE MARIE WILLIAMS

I remember. My Daddy had told me and I remembered what he had said. I wasn't in school yet, so I must have been 4 years old, old enough to remember. Daddy told me about the Great War, that lots and lots of soldiers had died, thousands and thousands, but I didn't know how many a thousand was - just lots and lots. Soldiers far away in Europe - where was Europe?

They fought and died so we could live in peace.

I was standing in the back yard near the alley in our family garden, now just dry dirt, the vegetables long gone, but warm in the California sun. There were 2 sheds near by - rough old boards, thick cob webs, rickety shelves held my Daddy's paint cans, old chairs, things we didn't use anymore. Dust covered everything. One shed had once been a chicken coop. I was remembering what my Daddy had told me would happen.

It was the eleventh hour of the eleventh day of the eleventh month. And then it happened! The whistles at the railroad yards where my Daddy worked began to scream, and all the trains' whistles, bells and sirens blew and blew and blew. Daddy had told me they would blow to remind us of all the dead soldiers. I stood still in the dirt in the sun and I remembered what my Daddy had explained to me - a war to end all wars.

I remember. That was a very long time ago, close to 80 years, almost a century ago. I remember ...as an old woman, I remember. **PRL**



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# Countdown to treaty

**On April 5, 2016, Sliammon Band becomes Tla'amin Nation. Meet the man you'll soon know as Hegus.**

BY JANET MAY

**W**hen Clint Williams graduated from Max Cameron Secondary School in 1990, he wasn't thinking about treaties, or politics. He was thinking about the forest – his first love. Forests, it turned out, would be the catalyst driving the Tla'amin treaty.

The treaty was signed last year and goes into effect this spring, with Clint at the helm of the newly independent nation.

After graduation, Clint went away for training in forest fire prevention. He came back to Sliammon – where he was born and raised – to join the Ministry of Forests. As his career progressed, Clint left his ministry job for a position with the Sliammon Treaty Office in 2002. By

that time, his first nation had been negotiating a treaty for a decade.

“The treaty job was going to be temporary,” he says. By this time, he had married classmate Angelina Rubletz, and they had two sons. “I wanted to buy a self-loading logging truck and be independent – and not be involved with political and public life. You can see how well that plan worked,” Clint chuckles.

How things change. The now-Chief Clint Williams will become part of history this spring, as the first modern day Hegus (pronounced Hay-goose, meaning ‘leader’) of the Tla'amin Nation. On April 5, 2016, when the Canada-BC-Tla'amin final treaty agreement comes into effect, the new nation will become responsible for their lands, health care, education and much more. After 21 years working with the BC Treaty Commission,

**FAR FROM THE WOODS:** More than a decade ago, Chief Clint Williams morphed his career in forestry into a chance to make history: negotiating, alongside a team, his nation's treaty.

*photo by Janet May*



## Driving much this fall?



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### An Evening with Michelle Nelson

Join us to hear the author speak on local foods, foraging and urban homesteading.

Friday, November 6, 7-8:30 pm at Trinity Hall 6932 Crofton St

### Poetry SLAM

Honor the lyrically deceased in the Dead Poets Edition of the SLAM. Details on our website, registration required.

Saturday, November 7, 7-9 pm at Cranberry Community Hall

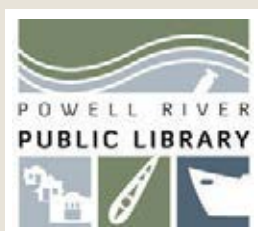
### Board Games By Night

BGBN is back with all new games and a new schedule. The kickoff is 5-8 pm on Wednesday, November 18 at the Library.

### Preschool Storytime in Lund

Deb and her bag of tricks hit the road to bring songs, stories and puppets to Lund. Every third Thursday of the month.

November 19, 10:30-11 am at Puddle Jumpers Preschool



connect imagine inspire

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After April 5, 2016	Instead of
Tla'amin Nation	Sliammon Band
A Constitution, a Legislature, and Law Making Authority in specific areas	Band Council and the Indian Act
8,323 hectares of fee simple land, Tla'amin Lands (fee simple is complete ownership, with no limitations or restrictions.)	1,917 hectares of Federally administered Indian Reservation lands.
Taxes for all people living on Tla'amin lands after 8-12 year phase in	The inability of Sliammon government to collect income tax for band members living and working on reserve lands
Property ownership ( sale limited to citizens on key lands, such as within Sliammon village.)	Federal ownership of reserve lands
Hegus (Hay-goos) , and legislature	Chief and council

Tla'amin will be one of a handful of BC First Nations to implement a treaty.

Thanks in part to a strong negotiation and policy-writing team, Clint's political ambitions have grown towards nation-building, as the promise of the treaty has unfolded.

"My vision is to see us successful and a healthy community: paying respect to the older generation, working with the present issues, and providing for an even stronger future," he said. "Never go back to the old situation."

Even before these final stages, Clint's training in forestry helped him glean opportunities in the evolving treaty negotiations.

The 2003 Sliammon Agreement in Principal, for example, impressed Clint because it promised some annual allowable timber cut (AAC) for the First Nation. As a band council member, Clint lobbied the BC government for long-term renewable AAC.

In 2006, Clint and John Hackett created Tla'amin Timber Products (now Thichum Forest Products LP). They started with no money and a short-term licence to log an area near the village.

"It wasn't very nice wood," Clint recalls, "but it got us set so we weren't scrambling, and we also contributed to the bands' coffers to help with funding shortages."

It took years for Sliammon to get the long-term forest agreements, amounting to 53,000 cubic metres (in comparison, more than twice the AAC of Powell River's community forest), and Clint sees it as a vital part of Sliammon's evolution.

Money from their forest company enabled the band to be more forward planning with finances. The economic development gave them a track record when negotiating treaty.

With Sliammon on the verge of becoming the Tla'amin Nation, Clint works to connect the past and the future, while dealing with the present.

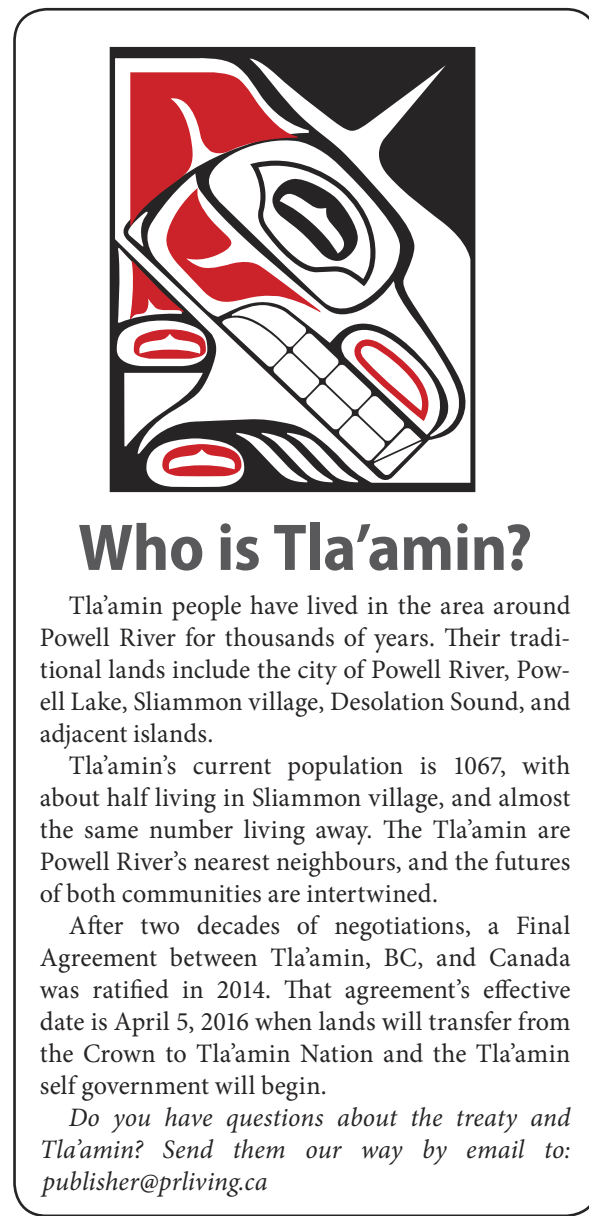
Community Working Groups have formed to draft laws and policy for the new nation, and at the same time, says Clint, life goes on in the community.

"Real happenings come up and inform the work we are doing at the policy table."

"We don't want to be managing poverty. We want to manage prosperity," says Clint.

"We want to stimulate the economy of Powell River

Modern Ratified Treaties	Final Agreement Effective Date
Nisga'a (outside BC Treaty Commission Process)	May 11, 2000
Tsawwassen	April 1, 2009
Maa nulth (5 west Vancouver Island nations)	April 1, 2011
Yale	April 1, 2016
Tla'amin	April 1, 2016



## Who is Tla'amin?

Tla'amin people have lived in the area around Powell River for thousands of years. Their traditional lands include the city of Powell River, Powell Lake, Sliammon village, Desolation Sound, and adjacent islands.

Tla'amin's current population is 1067, with about half living in Sliammon village, and almost the same number living away. The Tla'amin are Powell River's nearest neighbours, and the futures of both communities are intertwined.

After two decades of negotiations, a Final Agreement between Tla'amin, BC, and Canada was ratified in 2014. That agreement's effective date is April 5, 2016 when lands will transfer from the Crown to Tla'amin Nation and the Tla'amin self government will begin.

*Do you have questions about the treaty and Tla'amin? Send them our way by email to: [publisher@prliving.ca](mailto:publisher@prliving.ca)*

because if it is busier and happening there, it is good for us too. If we create a business here [on Tla'amin lands], we live in a such a small community that our client base will include everyone in Powell River. For example with our new administration building, we have gone out of our way to try to keep as much of that work local as we can; Cranberry Construction are working on the first two phases. And with our forest licence we have added to the economy there, too."

Clint and Angelina travelled with the Kathaumixw Totem delegation this summer, and last month he addressed an audience at Max Cameron Theatre about the journey.

Clint told them, "Powell River is reaching out to the world, and Sliammon's world is evolving. We are included in that positive development. It is a beautiful time to be in leadership."

# I BOUGHT THE HOUSE

## Downsizing...into 2,700 square feet

BY PIETA WOOLLEY | pieta@prliving.ca

Still living out of boxes and suitcases, Robyn and Mark Broad are in the process of moving from their sprawling 160 acres in Dawson Creek, BC, to their modern Westview home.

Mark owned a hardwood flooring business in the north, milling local woods in his shop, and selling manufactured flooring and paneling as well. Robyn, who is also very knowledgeable about hardwood, helped with the business, and also worked for 27 years as a care aid, in extended care, brain injury and rehabilitation. The duo plans to offer professional refinishing and repairs for hardwood floors in Powell River under their old business name: Willow Valley Wood Products. In the meantime, they're focusing on renovating their new home.

The spacious house at 4064 Lytton Avenue, sold by Carla McKamey, features four bedrooms over 2,700 square feet, on one-third of an acre. You might recognize it as the triangular lot jutting into the intersection between Lytton Avenue and Lytton Street. When I arrived at their home, Robyn was standing at the balcony doors with binoculars to her eyes, taking in the sweeping, unobstructed views of the Salish Sea, as the Texada ferry arrived at Westview.

### Coming from 160 acres, what were you looking for here?

**Mark** • At first we were looking for a larger property, at least an acre. We're used to lots of space, so we were looking for lots of space.

**Robyn** • We wanted a shop for Mark, and a yard for gardening for me.



**MEH, WHO NEEDS A VIEW?:** Robyn and Mark Broad were looking for the "perfect house" to install a pallet of treasured santos mahogany hardwood in. They found it. But they also found a sweeping view of the straight.

**Mark** • We weren't looking for a view... but we've kind of fallen in love with it.

**Robyn** • The sunset goes on for hours.

### How many houses did you look at before deciding on this one?

**Robyn** • At least a dozen. We came down four times from Dawson Creek to look, each time with a pile of listings. Carla was so patient with us.

**Mark** • All the other houses looked better in the pictures. This one looked better than the pictures. The shop is a lot bigger than we first thought.

### What did you like about this one?

**Robyn** • My uncle is in extended care in Surrey, and we're hoping to bring him up to Powell River. So when I saw that the back patio has a wheelchair accessible ramp that leads into the house I thought, this is it.

**Mark** • The shop is separate so I won't be stomping sawdust through the house. There's an ocean view from the upstairs of the shop. We even have an ocean view from our basement door.

### You've already installed your sauna in the basement, so your other renovation plans include...

**Mark** • I've had this pallet of Santos Mahogany, from South America, that I've kept in my shop for eight years, waiting to put it in our perfect house. We'll be tearing out the wall-to-wall carpet and putting that in on the main floor. It has a beautiful grain, and colour.

**Robyn** • We've moved from a Zone 2 to a Zone 7, and there are just so many things I can grow here that I couldn't in Dawson! We're going to put French doors in the master suite to better see the view, renovate the ensuite bathroom, plant shrubs around the perimeter of the yard and then plant fruit trees.

### Why Powell River?

**Robyn** • We actually met in Powell River 33 years ago. I was visiting my friend [artist Debbie Dan] in Wildwood, and Mark was here on a fishing trip with her brother. We met at her house. Two years later, we got married.

**Mark** • We've always wanted to be here eventually. 



## Powell River

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# We remember



Remembrance Day ceremonies  
at Dwight Hall (Townsite)  
November 11, 10:30 am.  
.....  
Children and adults: learn  
more about Canada's wars and  
veterans at [veterans.gc.ca](http://veterans.gc.ca)



**SOFT LANDING:** Bouldering: coming soon to Townsite? If you help!

## Climb every boulder

**H**i. We're Kevan Robitaille, Tracy Raftl and Luke Raftl and we are part of the Powell River Climbing Co-Op - an independent group of local climbing enthusiasts who are dedicated to bringing an indoor not-for-profit climbing gym to the Powell River community.

Powell River in particular needs a fun indoor place like this to gather and stay active in the 'rainy' months. Powell River has so much to offer in the summer, but really, really needs something like this to keep us off the couch in the winter.

The type of gym we are planning to build is a 'bouldering' facility. You only climb to a certain height and fall onto specialized mats to prevent injury. It's a lot of fun, and you don't need any specialized knowledge, or even a partner to use it (unlike traditional roped climbing).

The good news is that we already have a great space nailed down (the old yellow building being renovated on Ash Street in the Townsite) and we are ready to build!

The first step in construction is purchasing an architectural design of the

wall (which costs about \$15,000), and we are currently in the midst of fundraising the money for this from the community.

After this, we will continue to raise money for the rest of construction through individual community donations, pre-selling gym memberships, and applying for grants.

A grant we particularly have our eye on is the one from the Powell River Community Forest group. If all goes well, we will hopefully be able to open sometime in the spring of 2016.

The good news is that our initial campaign is going great so far and the enthusiasm about the project seems to be very high. However, we're not there yet! We still need your support to make sure that we can move forward. If you want to see Powell River have its own climbing gym, consider donating!

The deadline for phase one is November 15th. If we can't reach our goal before then, the gym likely will not get built.

You can read more about the project and donate online through our website at [www.prclimbinggym.com](http://www.prclimbinggym.com)



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# No pressure, hometown kings

BY SEAN PERCY | sean@prliving.ca

Playing for your hometown team is the best, and worst, experience for an aspiring hockey star.

So far this season, the home grown talent on the Powell River Kings hockey club is mostly experiencing the best part.

Three Powell River players are on the roster of the local Junior A hockey team: Rylan Ball, 20, Jack Long, 16, and Hunter Findlater, 18. With the team topping the division standings, the three are riding the wave that is home-town glory.

Junior hockey is a pressure cooker, particularly when you're playing on one of the league's best teams. But when you're playing in front of family and the friends you grew up with, the pressure dials up another notch.

"The town takes pride in the team, and because it's a small town, the fans know everybody on the team. We're not the best players on the team, but everybody is watching the Powell River players," says Hunter Findlater, the product of a long-time Powell River hockey family.

"It's cool to come out and watch the team, but when



**POWELL RIVER PRODUCTS:** Three of the 22 players on the Kings 2015-16 roster are from Powell River - alumni of minor hockey. From left, Rylan Ball (#15, D, 20 years old); Jack Long (#22, D, 16 years old); Hunter Findlater (#11, F, 18 years old).

But with the pressure come some rewards. The same "can't get away with anything" factor helps local kids make the team, says coach Kent Lewis.

"I don't play politics. I want to win, so I want the best kids we can get," says Kent. But he admits there may be an edge for local kids. "They grow up around the team, they know the system, and I know pretty quickly if they're the kind of good kid that will fit in our organization." Of course, the opposite is true, too. A local prospect may have on-ice talent, but if he's a problem player, Kent will know about it long before it's time for recruiting at the Junior A level.

The hometown advantage is a narrow edge. "These three kids made it on their own accord, not because they're from Powell River. That's just a bonus. This isn't minor hockey. It's not about how many hometown kids we can get. It's about having the best 22 pieces of the puzzle and winning."

Rylan is proof that local players don't get a free pass. He failed to make the Kings until last year, and played outside of Powell River, including a season with Kings rivals in Cowichan Valley.

"Rylan has taken a few years to mature. We cut him when he was younger. But at 20, he's showing maturity, strength and offensive ability," says Kent.

"I liked Cowichan," says Rylan. "But there's definitely a difference coming home. I'm really enjoying it so far." It doesn't hurt that he's now the team's top-scoring defenseman.

Kent recognizes the pressure of playing in front of the home crowd. He should know. As a local hockey prodigy himself, he has coached the Powell River Kings for

close to 20 years in his hometown.

"This is a special place and a special program."

Still, when the team isn't winning, he hears about it. As do the hometown players.

"It's good when you're winning," says Rylan. "We've been rolling lately, so it has been pretty good."


Because of their age difference, the three local players

**"This isn't minor hockey. It's not about how many hometown kids we can get. It's about having the best 22 pieces of the puzzle and winning."**

*– Coach Kent Lewis*

had never played on the same team until this year. And in the midst of the tight-knit squad, they don't team up as the "Powell River boys."

"We're not different. We all just go home. For the guys from out of town, their billet's house is their house for the year."

Therein lies another advantage. Sleeping in their own beds and eating mom's cooking is pretty ideal, the three players agree. As nicely as some of Rylan's billets have treated him, he says, "you can't beat home cooking." 

## New! Family rate: \$30

Buy tickets at [powellriverkings.com](http://powellriverkings.com), or at the ticket window. on game days.

### November's Kings home games:

Nov. 6 7:15 pm vs. Prince George  
Nov. 10 7:00 pm vs. Victoria  
Nov. 13 7:15 pm vs. Langley  
Nov. 27 7:15 pm vs. Cowichan Valley  
Nov. 28 5:00 pm vs. Cowichan Valley

### Did you know?

Powell River's team was, at deadline, just one point out of first place in the BCHL's Island Division, just a half game behind the Cowichan Valley Capitals. Three of the Kings' nine games in November are against that division rival.

you know someone on the team, there's something special to watch," he says.

It's not just on-ice pressure, either. In a small town, you won't get away with off-ice shenanigans, the three confess. Not when everyone in town knows you, and your mom and dad.



### Dementia Workshops in Powell River (4) For family and informal caregivers

- Transition to & Life in Residential Care
- Understanding Dementia
- Dementia Dialogue: Coping with Guilt
- Dementia Dialogue: Grief & Loss

**Alzheimer Society**  
BRITISH COLUMBIA

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Powell River Hospital  
Preregistration required. For info contact Kerri at 1-866-984-8348 or [ksutherland@alzheimerbc.org](mailto:ksutherland@alzheimerbc.org)



### Dessert of the Month

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Lemon, Pistachio,  
Blackberry & Chocolate,  
Dulche De Léche (Caramel)  
Amaretto Crème Brûlée

**Rene's Pasta**

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## I MADE THE MOVE

# At home with the ocean

**M**egan Beaton moved to Powell River from North Vancouver at the end of June to work as a Registered Nurse at Willingdon Creek Village.

She has always enjoyed working with older adults and when an opportunity arose to work closely with residents with dementia in Powell River she looked forward to the prospect.

She grew up in Tsawwassen next to the ocean and later enjoyed hiking in North Vancouver; since Powell River is both on the ocean and is known for its abundant hiking trails she felt that it was the right move to make.

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

**Megan** • A close friend of mine, Jessica Garner, was raised in Powell River and is currently working here as an RN; she brought up the idea to me of possibly moving here for work. I love how Powell

River is right on the ocean and how there are so many hikes nearby. I also have some extended family who live here, so moving to Powell River seemed like a no-brainer!

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

**Megan** • I was pleasantly surprised by how friendly everyone is. In the city I find you often smile at someone on the street and they just avoid eye contact. In Powell River, people go out of their way to say "Hi, how are you?" I think it's great.

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

**Megan** • Obtaining employment as a RN at Willingdon Creek Village was my main motivator for moving here.

### Where is your favourite place in Powell River?

**Megan** • My favourite place in Powell River is anywhere near the ocean.



**OFF-LEASH:** Like many other newbies, RN Megan Beaton first visited Powell River because she knew a local, and moved here for a job. Pup Lexi, a 3/4 wheaten terrier, 1/4 King Charles Cavalier, enjoys the trails, and the region's many other natural assets.

Willingdon Beach is nice. I also think the Willingdon Beach Trail is beautiful with all of its ocean views and old growth trees; my dog Lexi likes the trail too but more for its squirrel chasing opportunities.

### How did you first hear about Powell River?

**Megan** • My aunt, uncle, and cousin moved here when I was nine years old and I had been here a couple of times since then to visit.

### What would make Powell River a nicer community?

**Megan** • Extending the sea walk would be a nice asset. It also might be nice to have some bike lanes, so that the many bicyclists I have seen may feel safer on the roads.

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

**Megan** • If I were the mayor of Powell River I would turn the empty lot next to Willingdon Beach into a grassy off-leash dog park with one area dedicated for a community garden, I would also commission local artists to create some pic-

es that could be incorporated into the space.

### If you were a fly, which wall in town would you like to inhabit?

**Megan** • If I were a fly I would like to inhabit the wall of my next door neighbor because I just moved in and am paranoid I'm being too loud, even though I listen to the TV so quietly I can barely hear it.

### What are Powell River's best assets?

**Megan** • Powell River's best assets are the friendly people, the tight-knit community, and of course the immediate access to all of the outdoor activities in the area!

### What is your greatest extravagance?

**Megan** • My greatest extravagance is my addiction to chocolate. Reese's Peanut Butter Cups anyone?

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

**Megan** • I would love to be able to fly. It would be awesome to be able to take off whenever I felt like it and have a bird's eye view of our beautiful province. **RL**

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# THE *List* LIST

No need to head out of town, when there are so many gift options right here in our city. *Powell River Living*, with help from our advertisers, has rounded up a list worth lusting after, whether for a loved one, or to treat yourself!



1

## For a little privacy 1

Hunter Douglas from Relish Interiors is leading the revolution in intelligent home design with smart window treatments that can adapt to every moment of your day. You'll be so happy you'll even let him hold the remote.

## For your booty 2

A vibrant bikini by Body Glove from Simply Bronze will thrill the vacationer on your list.



5



3

## For sophisticated bling 3

Choose sterling silver jewellery, handcarved by BC First Nations Artists. Pendants, earrings, bracelets and rings, start at \$35 at Paperworks.

## For a powerful pulse 4

There was a time when getting a loved one a blender at Christmas would earn you a piece of coal in return. But not anymore. Not with snazzy new blenders like this Vitamix PRO500 from Canadian Tire with variable speed control, pulse, powerful 11.5 amp motor and metal drive system and a two-litre container. It's like a power tool for the kitchen!



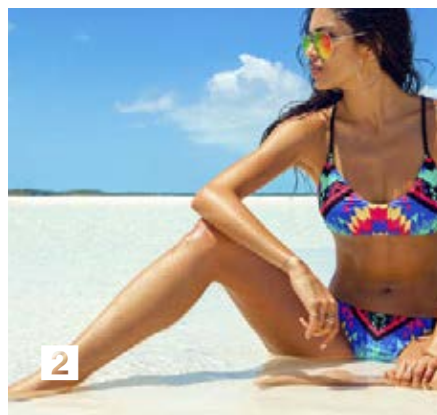
4

## For the belly 5

Subtly spiced with coriander, star anise and Belgian candi sugar, which Cédric Dauchot makes himself, based on his hometown brew. At 7.5% ABV and bottle conditioned, this one is perfect for your beer cellar, ideally aging for five years before consuming. The longer it sits the more prune and plum flavours will develop.

## For happy guests

No room at your "inn" for the holidays? Book your guests with The Old Courthouse Inn and save 10%! The only hotel in town offering your choice of full hot breakfast! To reserve, call: 604 483-4000.



2



6

## For tootsies 6

One Pair. That's all it will take to turn you into a Blundstone fan for life. The slip-on, kick-off ease. The wear-with-anything, go-anywhere, all-season, all-terrain comfort. The bone-and-joint-sparing bounce in every step. The way they seem to last and last. Blundstone boots are a tradition, not a trend. Get them at Pagani's.

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*For increased attractiveness* **7**

Pollen Sweaters' claims their sweaters make men 50 to 90% more handsome. While they admit results may vary, we think they're underestimating.



*For dry socks* **9**

Just because it occasionally rains in Powell River enough to warrant gumboots doesn't mean you need to wear gumboots. Cozy waterproof boots by Taxi will keep you looking great, no matter the weather. Ankle Utah \$95 and tall Vermont \$110 at Fits to a T.

*For a hot home life* **10**

Heat things up in your house, without breaking the bank or your back, by using a high-efficiency gas fireplace, like this one available from Tempco. Now there's a gift your family will warm up to.

*For a brew and the view* **11**

Enjoy the wintery sea from inside the Tree Frog Bistro. Or, send your friends and family with a gift certificate, to feast on European-inspired West Coast fare.



*For naked gardens* **12**

For a quirky, cheeky, or simply beautiful garden statue, check out Mother Nature's selection of Design Toscano's statues and decor. Axle Grease, the Biker Gnome, is just one of many at the store, at prices that meet or beat what you can find on Amazon.



*For each other*

Nothing says love like the gift of relaxation. What better way than to share that gift with someone you love? Enjoy a relaxing couples massage with your partner, family member or friend. 75 mins \$150 at Blue Lotus.

*For entertaining* **8**

This 2.2 gallon clear plastic beverage dispenser from Aaron Service and Supply is perfect for all juices and chilled non-carbonated beverages. A removable beverage container and drip tray make clean-up quick and easy, and the ice core center keeps beverages cold without diluting the taste



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# LIST



## For bright futures 13

There are lots of good reasons to get yourself or your loved one a quality pair of sunglasses. UV protection for your eyes and skin, protecting your eye's ability to adapt to darker conditions, and even safer driving are on the list. But so is style, when you choose a pair of Maui Jim's from Powell River Optometry.

## For your inner Martha 14

Beautiful home decor, pillows, throws, candles and holders. Make your home glow this holiday season, with affordable goods from the locally-owned retailer, Your Dollar Store with More.



## For fabulous you

Twinkle and shine for your Christmas party with stunning new pieces of jewellery from Sublime Fashion. The Marine Avenue shop staff specializes in helping individuals find the pieces that will work for them: any style, any size.

## For those who appreciate the finer things 15

Hindle's offers high-quality leather goods, gifts that will last for years and maintain their sophisticated, timeless style. Women's leather purses start at \$120.00 and mens leather wallets start at \$30.95. The store also carries Canon cameras and accessories, and other merry gifts.



## For a good time 16

Put the "merry" in your Christmas and the "happy" in your holiday with a bottle of something fabulous from Capone's. Try the small batch, big peaty flavour of Big Peat scotch whiskey, at \$114.80. Hohoho.

## For the wild at heart 17

Record all your crazy adventures, or give a GoPro to your adventurous friends so you can share their experiences later! The Hero4 Session is now only \$399.99 at Taws.



# GET OUT AND PLAY!



**Be a part of RBC Sports Day in Canada - a national celebration of the power of sport to build community and get Canadians moving!**



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**Rx Wellness Community Sports Day**  
Nov. 15, 10 am to 4 pm Rec Complex and 'around town'

**Rx Wellness JumpStart Day**  
Nov. 20, 3 pm to 5 pm James Thomson School

Stay tuned for more information about upcoming events: Sports Days at all schools, Rx Wellness/PR Living Health Fair, Rx Wellness Challenge and Rx Wellness Speaker Forum. Visit [facebook.com/RxWellness](http://facebook.com/RxWellness) for more details.



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# COMMUNITY CALENDAR

## To November 3

### The Martian in 3D

7 pm at The Patricia Theatre.

## November 3

### Ellen Wang, organ & Academy Chamber Choir

Tuesday at 7:30 pm at James Hall. Admission \$20. Students 18 & under free with student ticket voucher.

### Orca Bus

At the Recreation Complex 10-11:30 am.

## November 4

### Flu Clinic

Cranberry Seniors Centre, 9 am to 12:30 pm.

### Splashy Pants Art Show

Featuring original works by Janeen Hartley opens at 7 pm at Vancouver Island University. Entertainment and refreshments offered at the opening reception of this art show. Everyone welcome.

## November 4 & 5

### Suite Francaise

7 pm at the The Patricia, Cinematheque Series.

## November 6

### The Biology of Loss

Dr. Gabor Mate: What happens when attachments are impaired and how to foster resilience. Dwight Hall, 9:30 am - 4:30 pm. Info at 4children.ca at 604 483-9867.

## Chicken Dinner

Cranberry Seniors Centre, doors open 4:30 pm, dinner 5:30 pm. Tickets \$12 members, \$17 non-members, from 604 414-5086 or from the Sweet Shoppe in the Mall.

## Foraging for Food

An evening with Michelle Nelson author of *The Urban Homesteading Cookbook*. Learn about foraging, growing and preserving your food close to home. Fri, 7-8:30 pm Trinity Hall 6932 Crofton Street. For info call 604 485-8664.

## Pizza Night at the pool

Purchase tickets in advance. 7-9 pm.

## Powell River Kings

vs. Prince George @ Hap Parker. 7:15 pm.

## November 6 - 12

### The Peanuts Movie in 3D

7 pm nightly and 1:30 pm weekend matinees at The Patricia theatre.

## November 7

### Bollywood show

7 pm at the Max Cameron Theatre. A Bollywood love story. An evening of Indian theatre, dance, and appetizers to celebrate Diwali, the festival of lights. Featuring Powell River's own Desi Dancers. During intermission, there will be opportunities to learn sari and turban tying, get a henna tattoo and sample culinary flavors of India. At the end learn some dance moves and join the dancers on stage! Tickets \$20 at Ecosystems, River City Coffee, and Royal Zayka.

## Poetry Slam

Unearth your musty, dusty books of poetry. The next poetry slam, Dead Poets Edition, will honour the lyrically deceased! Join the fray on Saturday at Cranberry Community Hall, 6826 Cranberry Street. 7-9 pm. Doors at 6:30. \$5 suggested donation. To compete, bring one poem of your own and two by a dead poet.

## Post-Halloween Pumpkin Drop Off

By the Let's Talk Trash Team. 10:30 am - 12:30 pm at the Winter Market, 4752 Joyce Avenue.

## Kiwanis Book Sale

10 am - 1 pm at 4943 Kiwanis Avenue.

## Live Hip Hop

With Canadian underground legend Birdapres & local act, the talented M.C. Bane. Free. 19+. Red Lion. 10 pm - 1 am.

## November 10

### Powell River Kings

vs. Victoria @ Hap Parker. 7 pm.

### General Meeting at Cranberry Seniors Centre

Noon Soup & Sandwich, 12:45 pm.

### Free Seniors Day

At the recreation complex

## November 11

### Remembrance Day - Stat

Cenotaph service at 10:30 am, Dwight Hall

## Rec Complex Stat activities

Kids shinny 11-12:30 pm. Everyone welcome skate: 1:30-3 pm.

## November 13

### Powell River Kings

Vs. Langley @ Hap Parker. 7:15pm.

### Chimney Swallows

Cranberry Community Hall, 7:30 pm. Guitar, banjo and button accordion. This is a duo you won't want to miss. Tickets are \$15 advance, available at Breakwater Books and \$18 at the door.

## November 13 - 19

### Bridge of Spies

7 pm nightly at The Patricia theatre.

## November 14

### Vinyl Flip

Powell River's first annual Vinyl Flip! Buy/Sell/Trade your vinyl, tapes, CDs, memorabilia, etc. at Cranberry Community Hall 11 am til 3 pm. Free admission for buyers and browsers. \$10 table rental - feel free to share a table with friends! For more info and table rental contact: Bob Davey rh Davey@gmail.com

### Marinoni: the Fire in the Frame

2 pm at The Patricia theatre. Q & A with Special Guest, director and documentarian, Tony Girardin

## November 15

### Rx Wellness Community Sports Day

10 am - 4 pm at the Rec Complex and around town.

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**MERRY AND DWIGHT:** Whether you like making crafts, selling crafts, buying crafts, or receiving crafts as presents, the next two months offer an extraordinary DIY scene. From the gingerbread contest at the Town Centre Hotel (the Shreddies-covered Dwight Hall, above, is a former entry) to the Bazaar at St. David's and St. Paul's Anglican church, if you like homemade, this is your season.

## Holiday crafts craze

**November 6 & 7**

### Craft Fair

Powell River's Own Craft Fair at the Recreation Complex Upper Foyer and Arbutus Room, Friday 5 pm to 9 pm and Saturday 11 am to 4 pm. For table info call 604 414-0701.

**November 7**

### One Stop Shop

Lower Assumption Hall, independent retailers selling for the holidays. 10am til 4pm.

### Bazaar & Tea

Tea room, baking, preserves, gifts for pets, raffles and more. Noon til 2 pm. St. David & St. Paul's Anglican church, Townsite.

**November 14**

### Kids Market

At Lang Bay Hall, 10 am-2 pm.

### One Stop Shop

At the CRC after the Winter Market 1 to 7 pm. All 14 vendors are Direct sales Reps. There will also be many raffles.

**November 14 & 15**

### Raincoast Christmas Craft Fair

At Dwight Hall, in Townsite. Nov 14: 10-4 pm. Nov. 15: 10-3 pm.

**November 21**

### Christmas Bazaar

Order of the Eastern Star offers baking, crafts, food hampers, "attic treasures" and more. 11 am til 2 pm, Trinity Hall (United Church).

**November 28**

### Advent event

What could be more inviting on a stormy winter evening, than the aroma of hot chocolate bubbling on the stove & gingerbread cookies waiting to be eaten. Combine this with making paper chains, feathered angels, glitter stars & other crafts & you will have the perfect start to the holiday season. 6pm, Trinity Hall – United Church.

### Letterpress Workshop

The Gift of the Letterpress. Create Letterpress prints using an authentic old-fashioned flat-iron press. Sat Nov 28 and Sat Dec 5 from 10 am-1 pm. Register at the Library or call 604 485-8664.

**November 27 – 29**

### Rancho Christmas Craft Sale

Friday 3-8 pm; Saturday 9 am - 4 pm; Sunday 9 am- 4 pm.

**November 28 & 29**

### Cranberry Crafts

Second Annual Craft Fair at the Cranberry Seniors Centre. 10 am - 5 pm on Saturday and 11 am - 3 pm on Sunday. Contact kdomalley@telus.net for info or to book a table.

**December 1 til 3**

### Gingerbread House drop-off

Bring your completed gingerbread creation to the Town Centre Hotel to participate in the contest and help raise funds for the Firefighters Burn Fund.

*Please confirm dates and times! We do our best, but we are not infallible.*

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November 17

**Orca Bus**

At Mowat Bay 10-11:30 am.

November 19

**Tech Savvy – Windows 8.1**

Struggling with Windows 8? Discover how to use the newer version of this operating system. 7-8 pm at the Library. Register at the Library or call 604 485-8664.

**Drug Awareness Swim**

Toonie night at the pool.

**Laurence Kayaleh, violin & Elizabeth Dolin, cello**

Thursday, 7:30 pm at James Hall. Admission \$22. Students 18 & under free with student ticket voucher.

November 20 - 22

**Kaleidoscope Art Show**

Group Art Show Nov 20 at 4:44 pm to Nov 22 at 7:44 pm at Kaleidoscope Collective 4710 Marine Avenue. The theme is Unicorns and Rainbows, because... well what's funner than that?! Nothing! Artist list includes locals Adam Cramb (Des), Maia Wade (Blossomtextiles), Catnip (Nippy) and Sun Yata (Kelsey).

November 20

**Rx Wellness JumpStart Day**

3 pm to 5 pm, James Thomson School.

November 20 – 26

**Spectre**

7 pm nightly at The Patricia theatre.

November 21

**Celebration of Cultural Diversity**

10 am til 3 pm at the recreation complex, including the Blanket Exercise.

**Microbusiness Bootcamp**

How to start your own micro, part-time or "side" business from nothing! Workshops with Kevin Wilson. See more at fiddlersfarm.com

**Kiwanis Giant Garage Sale**

10 am - 3 pm at 4943 Kiwanis Avenue.

**Salvation Army Kettle Campaign kicks off**

At various locations around town til December 24

November 22

**Operation Christmas Child**

Runs until November 22. For more info call Katie Alescio at 604485-6116 and find out how you can participate in this year's campaign.

November 24

**Coats for Kids**

The Lions Club is sponsoring the 10th annual event across from Tim Horton's. Come and get some winter gear!

November 25

**Third Crossing Society**

Town Hall meeting: everything you wanted to know about the proposed road link between Powell River and Squamish. 7 pm, Evergreen Theatre, Recreation Complex.

November 25 & 26

**Dementia speakers series.**

All education sessions take place at Powell River Hospital, 5000 Joyce Ave. Pre-registration is required. For more information or to register, contact Kerri at 1-866-984-8348 or ksutherland@alzheimercbc.org. The Transition to & Life in Residential Care – Nov. 25, 9:30–11:30 am; Understanding Dementia – Nov. 25, 6:30–8:30 pm.; Dementia Dialogue: Coping with Guilt – Nov. 26, 9:30–11:30 am; Dementia Dialogue: Grieving Losses During the Dementia Journey – Nov. 26, 1–3 pm.

November 27

**Food bank swim**

Kids! Bring a donation for the food bank and swim for free!

**Powell River Kings**

Vs. Cowichan Valley @ Hap Parker. 7:15 pm.

November 27 - 29

**8x8 Anonymous Art Show**

Friends of the Library fundraising event at the Bank of Montreal building in Townsite. Sales start at 6 pm on the 27th. To plan your purchase (before works start flying off the walls) be sure to attend the exclusive \$10 members only preview from 5-6 pm. Memberships can be purchased for \$5 at that time. The show continues 11 am - 4 pm on the 28th & 29th. The event is part of the Pump up the Volumes campaign to buy 4,000 items for the new library.

November 27 – December 3

**Hunger Games: Mocking Jay, Part 2**

7 pm nightly at The Patricia theatre.

November 28

**A Christmas Carol**

Dramatic reading presented in support of Faith Lutheran Church's food cupboard. 2 pm at Faith Lutheran Church, refreshments. \$10 suggested donation.

**Powell River Kings**

vs. Cowichan Valley at the Hap Parker. 5 pm.

November 29

**People's March for Climate Justice**

Act locally as people gather in Paris, France and around the world to march during the UN climate talks. Starts at 1 pm at Willingdon Beach. Speakers afterwards at the Recreation Complex. 604 483 2419

**This Changes Everything**

Film at 1:30 pm at The Patricia theatre. Sponsored by the Council of Canadians.

December 2

**Christmas concert and wassail**

Kick off the holiday season with an evening of music and fun presented by the Powell River Chorus under the direction of Walter Martella. With guest vocalist, Clancy Sindlinger, and marimba artist, Judith Spencer, this annual concert is sure to lift your spirits. Invite your neighbors and bring the whole family. Tickets are available in advance for \$12 at Rockit Music or from Chorus members - or \$15 at the door. Showtime is 7:30 pm at the Evergreen Theatre. Doors open at 7 pm.

Please confirm dates and times! We do our best, but we are not infallible.

Want your event included in the next calendar? email [events@prliving.ca](mailto:events@prliving.ca).

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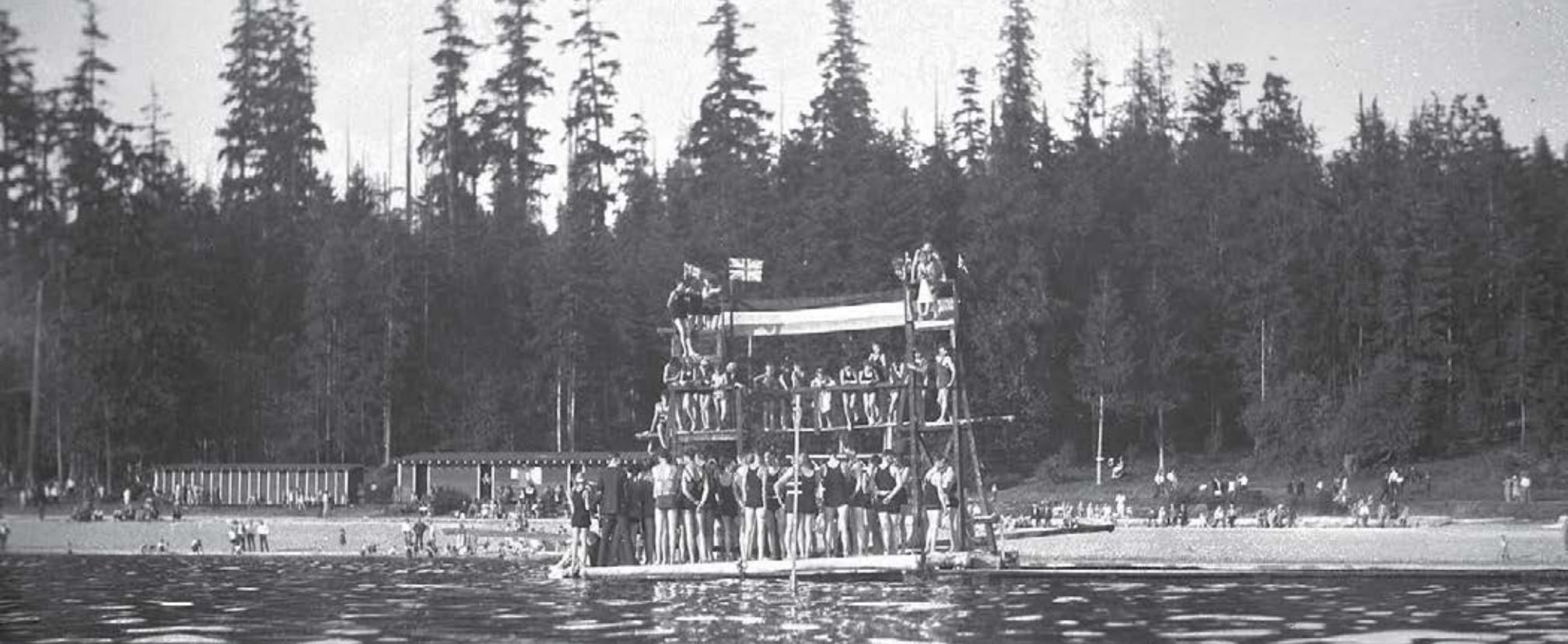
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Lest we forget



**BRRRRRRR:** Before the Recreation Complex opened in 1975, swimming was only for the hale and hearty, in Powell River. *Courtesy of the Powell River Historical Museum and Archives Society*

## Recreation Complex is fit and fabulous at 40

**B**ack in the 1970s, when Corey Martin was a Powell River teen swim enthusiast, there was no indoor pool. Instead, she practiced outside: at Willingdon Beach, at the outdoor pool where Ecole De Cote is now, and even in Cranberry Lake.

“That’s where I took swimming lessons,” she recalled in the lobby of the Powell River Recreation Complex, which was built in 1975 and included the region’s first indoor swimming pool.

“It wasn’t as bad as it is now, but I remember getting rashes. They’d built a plywood structure in Cranberry Lake so it was like a pool. But I remember going to swim meets, and we were the only team who had never seen an indoor pool before.”

In other words, when the recreation complex opened, it was a big, big deal in Corey’s eyes – and for the whole community.

The recreation complex opened exactly 40 years ago

### Get involved! 40x40 on Facebook

Starting on November 4, the Powell River Recreation Complex’s Facebook page is hosting a story-telling event. You are invited to upload photos and stories about the complex’s 40 year history.

Staff are hoping to gather dozens or even hundreds of little snippets about the complex’s history, leading up to celebrations on December 13.

To jog your memory, here are a few major events that have happened: Breakfast with Santa, with a helicopter; the 2007 Disability Games; the Regals winning the Allan cup in 1997 and 2006; the 2010 Olympic Torch Relay; the first Kathaumixw.

as of December 13. Already, complex staff are helping the community get ready to celebrate by mining memories of the complex’s biggest events (see sidebar). Looking back is a trip for the city’s new recreation manager, Neil Pukesh.

At the time, he discovered, residents agreed to spend \$3.5 million on the building – but the final tab came in at more than twice that: \$7.5 million. That’s the equivalent of \$32.2 million in today’s dollars, according to the Bank of Canada Inflation Calculator. The amount may

**“We were the only [swim] team who had never seen an indoor pool before.”**

– Corey Martin



*“Bringing them back stream by stream”*

### Thank-you Powell River

for making our 11th annual event the best ever!

If you were unable to participate, make sure you don’t miss all the fun next year.

Mark this date in your calendar:

**Dinner & Auction**  
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have seemed outrageous at the time, he said. But the building has stood the test of time.

“There was a big spike in building recreation buildings in BC in the mid-1970s,” said Neil. “Now, a lot of those buildings are ending their life cycle. They’re either getting big renovations, and there’s been some rebuilds or tear-downs. This building has great bones and staff has done a great job in maintenance upgrades and work to keep it operating well.”

The building features two full-size ice rinks with seating for 1,312; two concessions; a 25-metre pool with seating up to 300 people; a leisure pool; a free-form swirl pool; a sauna; a fully equipped weight room; a theatre with seating for 725; and several multi-purpose program rooms.

It’s the home of the Powell River Kings hockey, hosts official events such as the All Candidates Meeting for the recent Federal election; and, on the Tuesday morning these interviews were done, was packed with a

## 40X40


**What:** The Recreation Complex turns 40! A fun afternoon of memories and activities -- including a draw for an annual family pass.

**When:** December 13, noon til 4pm

**Where:** At the Rec Complex

sweaty Zumba class, an aquacise class, kids in the child-minding centre, and many other activities.

In her later teens, Martin started work at the complex as a lifeguard – which became a career for her, over time. She’s now the aquatic supervisor. And, one of the few staff who’s been with the complex for the majority of its four decades.

“Working here is amazing,” she said. “It’s the people. Most of those who come here are happy and upbeat – they made the decision to come and work out or swim, and they’re looking for a happy, positive experience.” 

## Fun fact

Before the complex opened, city staff held a community-wide contest to come up with a name for the new multi-sports building. They rejected entries such as “Cedar’s Palace,” “The Beehive,” and “Dogwood Blossom,” and instead picked function over form. Thus, we’ve lived with the moniker, Powell River Recreation Complex, for 40 years.



## Should I list my home over the winter?

On average in Powell River, only a third fewer homes sell during the so-called “slow months” than during the rest of the year. Because there are often fewer listings over the winter, you may actually have a better chance of selling. Call me today to discuss whether you might benefit from listing now.

*Brandy Peterson*



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## Friday November 27

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**Sunday November 29**  
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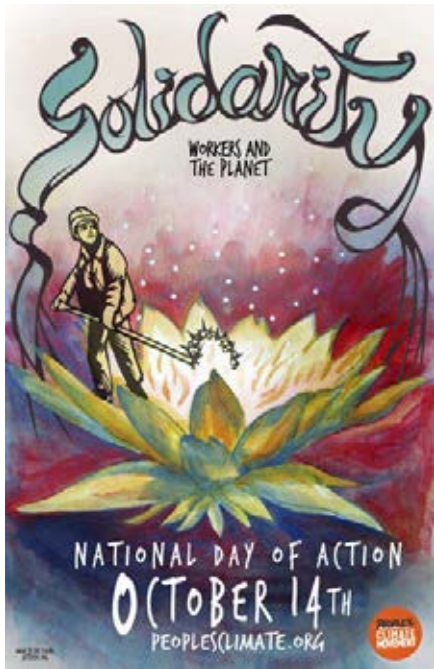
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# People's planet

BY JACK ANDERSON

More than once I have been referred to as “that solar cooker guy”. That is because for 30 years I have not only worked in this particular field of international development, but I have introduced our community to this technology. Some of you may remember the Kyoto Twist Solar Cooking Society because much of the financial support for our projects came from you.

Over the nine years of our organization we supported 20 projects in five countries. One aspect of our approach was to link the use of solar cookers to the reduction in greenhouse gas emissions, which are actually a significant contributor to total emissions, roughly 8%. I mention this because it is how I became interested and involved in climate activities. Renewable energy is the mantra for the transition to a low carbon future.

This December, delegates from every nation in the world will convene in Paris to hammer out a new climate charter to replace the expiring Kyoto Accord.

It has been 18 years since that historic document was written and much has been accomplished, but not near enough to stem the looming crisis. The dithering of politicians has not met the challenge of creating a sustainable international agreement, but progress has been made on many fronts despite their intransigence.

Civil society, science, industry and academia have been hard at work. We can even see it in our own community on many different levels. This journal has done a great job of chronicling the progress in our local food industry as we slowly move toward a more locally grown food supply.

Progress has been made toward sus-

## PEOPLE'S MARCH FOR CLIMATE JUSTICE

**What:** Join hundreds of marches all over the world in solidarity with the People's March in Paris, during the UN climate talks there

**When:** November 29, starting at 1 pm

**Where:** Starting at Willingdon Beach and progressing to the Recreation Complex

**For more:** 604 483-2419, and [www.peoplesclimate.org](http://www.peoplesclimate.org)

tainable forestry, human powered transportation, recycling and international relations and most importantly progress toward healing our broken past with First Nations people.

On November 29, immediately ahead of the official meetings in Paris there will be demonstrations in many communities around the world, including Paris, where people will take to the streets to voice their demands for real action. It is being called the People's March and Powell River will hold its own event in solidarity with them.

It is meant to celebrate our accomplishments as much as to talk about the road ahead.

The gathering will begin at Willingdon Beach at 1 pm. Following some introductory remarks we will all walk to the Recreation Complex where there will be more speeches and discussions in the Elm Room. At this point the agenda is only just starting to come together so you are invited to participate and contact our committee if you would like to speak or present.

Please join us. We can add our support to this worldwide demonstration for action on global warming.



Contest entries can be any type of gingerbread structure, object, or vehicle. All entries must be primarily made from gingerbread, with edible decorations.

Entries must be brought to the hotel lobby from December 1st – 3rd, and will be on display until the end of December.

Prizes will be given for most popular entries.

**Help us raise valuable funds for the BC Firefighters Burn Fund.**

For more information, please contact Shelley at 604.485.3000 [shalliday@prtowncentrehotel.com](mailto:shalliday@prtowncentrehotel.com)

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**Rx Wellness JumpStart Day**  
Nov. 20, 3pm to 5pm James Thomson School  
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# What record changed your life?

## VINYL FLIP

**What:** Powell River's annual vinyl buy, sell, trade and swap meet!  
Vinyl Records, CD's, Cassettes & 8-Track Tapes.

**When:** November 14, 11 am - 3 pm

**Where:** Cranberry Hall



**Bob Davey**

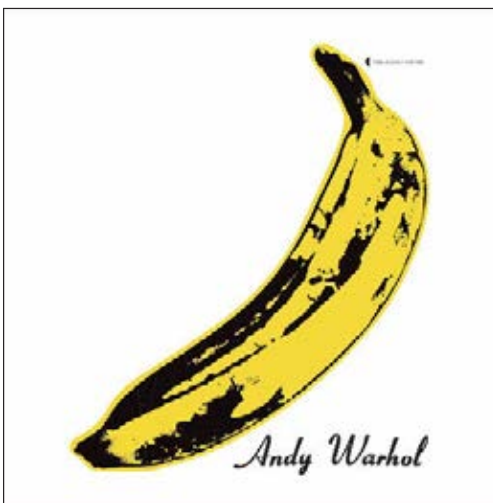
### The Rise and Fall of Ziggy Stardust and the Spiders from Mars by David Bowie

I had a habit of sneaking records from my big brother's collection when he wasn't around. When I pulled Ziggy out, I just stared at it transfixed before stealing it away upstairs to my parents' turntable.

"TO BE PLAYED AT MAXIMUM VOLUME" was printed on the back cover, so diligently following Bowie's instructions I plugged in the headphones and cranked it!

I was nine years old and my world changed that day. Even now, it's the most frequently played record I own.

Ziggy played guitaaaaaaaaarrrrrrrrrrr!



**Mark Lemna**

### The Velvet Underground & Nico

Released: March 12, 1967. Someone gave me this album on a homemade cassette with the letters "VU" scribbled on the label. I didn't know what it was...

Turns out it is Pure Pop Magic coupled with avant garde brilliance cynically covering topics like sex and drugs. Simultaneous glamour and grime.

With headphones on I fell in love with it, eventually seeking out a repressed copy on vinyl.

The original Verve pressings featuring Andy Warhol's unique cover design with peelable banana are highly sought after today and can demand hundreds of dollars per copy.



**Angela Davey**

### Super Trouper

I was 10 when ABBA released Super Trouper: an album of joy and heartbreak, mysticism and eroticism. Just look at the cover: it's theatrical, it's grand, it portrays the power of celebrity. There's a raw honesty to it and it astounds me that Agnetha, Björn, Benny, and Anni-Frid could expose themselves so.

Imagine singing about your painful divorce night after night with your ex-husband standing just a few metres away!

For me, Super Trouper was the introduction to the depth of adult feelings but it also taught me as a singer how to surrender myself to song.



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**FAMOUS OR INFAMOUS?:** Free passes to the members only event will be given to the first 5 people to correctly identify the artist in our ad in this issue, on Page 30. Email: contest@pr-

friends.ca. (right) Gary Shilling presents the first canvas to Liliana Kliener, an international artist born in Argentina, raised in Israel, and recently located at "the end of the road" north of town.

She has a BA in fine arts, PhD in psychology, Jungian dream analysis. Her visionary oil paintings and woodcuts are in public and private collections around the world. *photo by Peg Campbell*

# An artsy, literary 'whodunnit'

BY GARY SHILLING

Friends of the Library will have you wondering "Famous Artist or Unknown?" when their 8x8 Anonymous Art Show and Sale opens on Friday Nov 27.

All art in the show sells for \$88 each on a first come first served basis. The name of the artist is only revealed after the sale.

With a mix of established artists and gifted amateurs, buyers could go home with a valuable piece of original art at reproduction prices.

Promotion of the art show launched at the Blackberry festival where Liliana Kliener purchased the first canvas. Her oil paintings and woodcuts are in collections worldwide.

Sales after that first exciting transaction soared until all the canvases were sold out in less than a week. The original order of 100 canvases was increased to 150.

"This concept has really captured the imagination of artists," said Gary Shilling, fundraising chair, "and we thank

Giovanni Spezzacatena for bringing the idea forward to us."

The opening reception is at the Bank of Montreal building (BoMb) in Townsite. Sales start at 6 pm. To plan your purchase (before works start flying off the walls) be sure to attend the exclusive \$10 members only preview from 5-6 pm. Memberships can be purchased for \$5 at that time.

The event is part of the Pump up the Volumes campaign to buy 5,000 items for the new library. [PR](#)

## 8X8 ANONYMOUS ART SHOW

**What:** Over 100 Original Artworks for Sale, to support the Friends of the Library Pump Up The Volumes campaign

**When:** Friday November 27: Members Only Preview 5-6 pm; Opening Reception & Sale 6-9 pm. Then, 11 am - 4 pm on both Saturday November 28 and Sunday November 29.

**Where:** The BoMb, 5813 Ash St. Townsite



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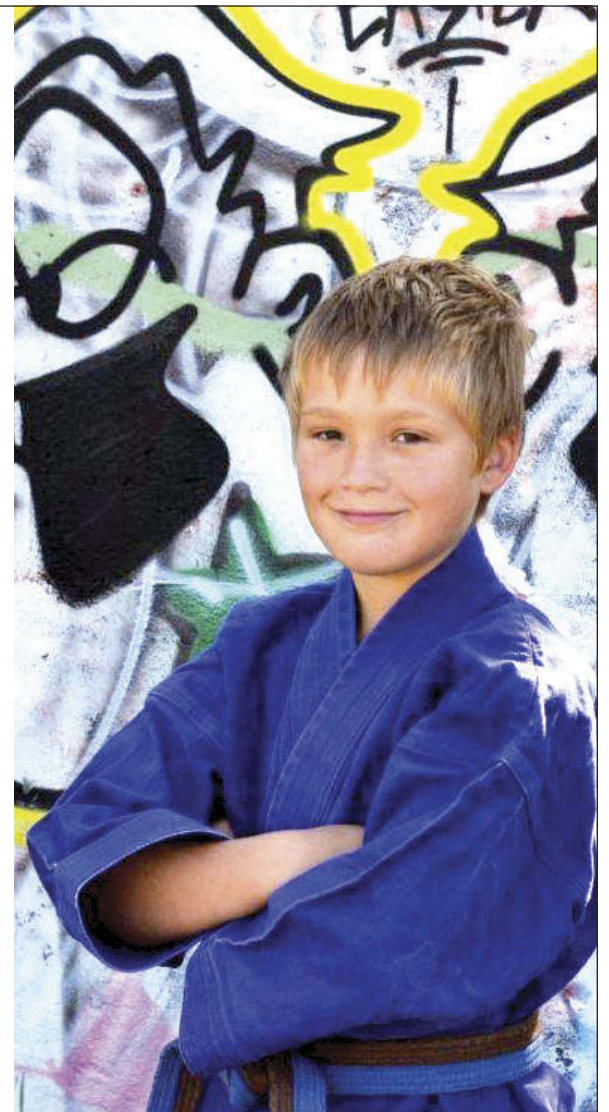
This, in turn, will promote self-discipline and concentration which often pays off at school in the form of higher grades.

Add to all of this a positive attitude, acceptance of responsibility, and leadership skills, and you can see why so many parents feel that martial arts lessons are the best investment that they have ever made for their child.

So, ask yourself this - if you could create the perfect activity for your children, what sort of things would they learn while doing it?

- **What if they learn how to become more disciplined?**  
*(Maybe their school work would improve as a result?)*
- **What if they learn to be more self-confident?**  
*(Wouldn't you feel better knowing your child could deal with pressure from their friends?)*
- **What if they learn to have genuine respect for others, like parents and teachers?** *(Imagine that!)*
- **What if they learn how to set goals and overcome obstacles to achieve them?**  
*(What if you had learned how to set and achieve goals when you were eight?)*

**Canadian Martial Arts Academy**  
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## WHAT'S UP

### Local arts presenter recognized

Immediately after the October 14 performance of *Jake's Gift*, performer Julia Mackey relayed to the audience that Max Cameron's administrator, Jacquie Dawson, was nominated for a prestigious award: presenter of the year. The award is given annually by the BC Touring Council, which coordinates arts groups visiting cities and towns across the province.

Sadly, Jacquie had to decline the nomination, because she sits on the board of the council. She was nominated by Jack Langenhuizen, the general manager of MOTUS O dance theatre.

In an email, he said: "Jacquie is one of the most amazing hosts for a company to visit. She is hard working and is always making sure her guest artists are taken care of. We watch her engage with her audience members always making them feel important and always with a sense of humour. She creates a true sense of community. She is 'one in a million'."

### Pause and remember

This year while you are attending the Remembrance Day Service, pause for a minute and read the names on the Cenotaph of the 55 Servicemen who made the Supreme Sacrifice in World War II.

Twelve of these brave men were born and raised in Powell River; they grew up here, attended some of the same schools that you and I attended.

Many of them worked in the Mill, while others worked in the woods. H.A. (Bud) Daubner, J.W. (Bill) Daubner, Harry W. Donkersley, R. C. (Regie) Gaudet, Ernest R. Gribble, Gordon B. Hughes, R.A.S. (Bobby) Lasser, W. H. (Bill) Leese, A.J. (Jimmy) Lyle, Jr. A. (Andy) Morris, J. I. (Johnny) Morris, and F. R. V. (Frankie) Nello, Jr.

Ten others were born in British Columbia, 21 others from other Provinces, (the attraction for the young men to come to Powell River from the Prairies was the well-paying jobs in the mill and in the woods); four from Scotland; three from England; one from Hungary; two from the United States and two unknown. To read more about these Servicemen, see [www.pruhww2.weebly.com](http://www.pruhww2.weebly.com).  
~ Grant Workman



**LETTERPRESS WORKSHOP:** From the Bible to handbills, the printing press enabled media to be social for the first time in history. Invented by Gutenberg in 1450, letterpress printing combines the technology of a wine press with the metallurgy of minting coins – to provide a method of printing that enables creating multiples of the same text (and graphics) on paper. The letterpress process is sometimes referred to as movable type – the activity of select-

ing, arranging and composing letters, cast in metal or carved from wood, to form words and add graphics. The one-day workshop introduces participants to letterpress equipment, terminology, and supplies. During the workshop, you will have access to a wide variety of type, graphics, and ornaments. Gary Shilling and Stuart Isto will present the workshop, which takes place Saturday November 28th and Saturday December 5th, from 10 am to 1 pm.

### Sport court open

There's now another place to play pickle ball and street hockey in Powell River. Last month, the new Community Sports Centre opened at The Powell River Christian School in Grief Point.

At the opening ceremonies, officials thanked the City of Powell River and the Powell River Community Forest for providing grants for making it possible. Volunteers, including grandmas and grandpas, were also recognized for all their hard work to this community project.

The sports court is open to the public during school hours or after hours with reservations. For more information, contact the school at 604 485-0006.

### Celebrate diversity

What is the Celebration of Cultural Diversity (CCD)? I thought you would never ask. It is just that, a free family event where you can travel the world and experience the rich cultural diversity that our wonderful community has to offer without leaving Powell River. You will need a passport – but don't worry, we will provide you with one.

Over 30 cultures are represented through performances such as the drumming workshop and Bollywood dancers; displays such as how to wear a sari, make origami, or say "I love you" in French; Food, including nosh from Korea, El Salvador, Hungary and Austria;



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and a children's room with crafts, such as a mandala.

The goal of the CCD is to celebrate ethnic culture toward increased tolerance and inclusivity in our community.

Join the festivities on November 21st, 2015 from 10-3pm at the Powell River Recreation Complex. Opening Ceremonies start at 11:00am. Collect 10 passport stickers to enter the draw for the grand prize donated by I'Celebrate diversiHos Tours - a fantastic First Nations Cultural experience worth over \$600. ~ Carma Sacree

## Island Timberlands shows up

Will Island Timberlands open the door to negotiation? At the urging of the PRSC, Island Timberlands held a public open house on Wednesday, October 28th, attended by roughly 90 people.

IT presented general information about its corporate policies, but was met with opposition from concerned citizens in the audience. It was announced that a small group of people have formed the Green Heart Environmental Protection Foundation and requested a meeting with IT to discuss the possibility of purchasing the forest.

The Foundation will be pressing IT to negotiate and will share information as it comes available. The Foundation has also considered land values in its plan to create a protected area and supports the Sino Bright school development. "We will see what happens with each step of the process," says Jenny Garden, President of the Foundation, "but the receptivity of PRSC and IT has been positive so far. ~ Jenny Garden

## Jazz & Marimba

The Powell River Chorus is excited to welcome Judith Spencer, Classical Marimba Artist, and award-winning jazz talent, Clancy Sindlinger, as the guest performers at the annual Christmas Concert and Wassail to be held at the Evergreen Theatre on December 2.

Clancy has won several music awards including the MV Thorsell Trophy for excellence in Elementary Jazz, and Best Vocal Jazz Solo Performance at the 2014 Powell River Festival of Performing Arts. She is also well respected locally for her musical proficiency on the piano, saxophone and trumpet.

Judith Spencer resides in Seattle but is no stranger to Powell River. The family history began here over 100 years ago in 1912 when Judi's grandfather, Albert Pritchard, signed on as the Chief Electrical Operator for the Powell River Paper Company.

Judith's father, Ken Pritchard, played piano for school dances and community events, including many held at Dwight Hall. In 1943, he composed the Brooks High School Song, The Thunderbird.

Judith received a Postgraduate Advanced Solo Marimba Diploma from the Royal College of Music, London, UK, in 2013, after raising a family and working in the corporate realm.

She currently travels internationally performing and leading marimba master classes for universities. Additionally, Judith leads music therapy classes for neurological disorders including Parkinson's, MS and post-stroke.

Come enjoy the Powell River Chorus and their guests making beautiful music for the holiday season.

## Tyabji to pen Clark bio

Powell River's own political star Judi Tyabji is writing a book about BC's premier called *Christy Clark: Behind the Smile*. It's being published by Harbour House, and will be out in May 2016 - a year before the next provincial election, scheduled for May 2017.

"This is the third time in my life where I have felt compelled to tell a political story from a perspective that is a little different," Tyabji wrote in an email to PRL.

"It all happened after the Burrard Bridge yoga controversy which spiralled out of control. I'm delving back 30 years to put the full story together that brings us to this premier at this time, and her choices."



## Drink Less, Be More

After burning out on her jet set "work hard/play harder" lifestyle, Powell River's Caitlin Padgett knew she had to make changes. And she's sharing them in a new self-published book: *Drink Less, Be More: How to have a great night (and life!) without getting wasted*. "Combining her background in psychology, harm reduction, dance and fitness, nutrition and holistic health coaching, Caitlin has redefined our relationship to alcohol that is as unconventional as it is accessible," reads the release. Find more on her site: [caitlinpadgett.com](http://caitlinpadgett.com). PRL

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# Your local horoscope

With Texada Island astrologist Michael Moonbeam • Join Michael Moonbeam on 

As the colors of autumn, we too exist in a tender, liminal moment, a permeable threshold where beginnings and endings are smudged together in heartfelt acts of creation.

**Aries**  
 (Mar 21/22-Apr19/20)  
 Body wisdom, lust, desire, and spice all integrate change on a deep soul level. Burn the candle of liberty and light it up at the Guy Fawkes bonfire at Geopia Gallery in Egmont Nov 5.

**Taurus**  
 (Apr 20/21-May 20/21)  
 Earthy warmth and a decision to just play opens a garden of delights from the rich larder of the soul. Love is in your hands. Get bedazzled by 'A Bollywood Love Story' Nov 7 at Max Cameron Theatre.

**Gemini**  
 (May 21/22-June 20/22)  
 When the details are right the emotions settle. Whether it is moving to another country or sharing your heart you can see in all directions so remember shadows hold power.

**Cancer**  
 (June 21/22-July 22/23)  
 Let's talk! Respect the heart! Words, beauty, even anger, all have a role in your emotional health. Release the tears of yesterday for the sunrise of today. Poetry Slam! Nov 7 at Cranberry Hall.

**Leo**  
 (July 23/24-Aug 22/23)  
 All saddlebags, sunshine and cash! You ride into town with a new sense of what's important. Indulge in the incomparable duo of Laurence Kayaleh and Elizabeth Dolin Nov 19th PR Academy of Music.

**Virgo**  
 (Aug 23/24-Sept 22/23)  
 Is it you or has everything changed? Ventricles of desire flood with fresh fluid and an increased tolerance for risk. Even in restriction liberation draws strength. Lund Craft Fair Italian Hall Nov 14.


**Libra**  
 (Sept 23/24-Oct 22/24)  
 Holy Solar Max! You feel the full pressure of the soul and its emergent desire lift the heart to the brink of heaven with a deep gratitude for the resource of self.

**Scorpio**  
 (Oct 23/24-Nov 21/22)  
 Everything changes, thoughts, groups, even the self bends to the relentless press of the souls purgative wisdom. Feel the muscle you have built and the responsibility of that strength.

**Sagittarius**  
 (Nov 22/23-Dec 21/22)  
 Deep in the heart of every Saj lurks a repressed superhero! Loose the bounds of earthly restraint and show off your original mind as your reputation soars...up, up and away!

**Capricorn**  
 (Dec 22/23-Jan 19/20)  
 The full scope of your vision is unveiled to a shower of applause for your recent achievement. Enjoy the success and cosy up with *Winter Harp* Nov 29 at Raven's Cry Theatre in Sechelt.

**Aquarius**  
 (Jan 20/21-Feb 18/19)  
 The job may come first but cupid could still get the drop on you. Check your balance, not your heart, and revel in the closeness. 'Unicorns and Rainbows' at Kaleidoscope on Marine Nov 20.

**Pisces**  
 (Feb 19/20-Mar 20/21)  
 Pisces! Who knew you had the power to pull off something so splendid! Your mind has an oceanic quality that is unmatched in this world or any other. 

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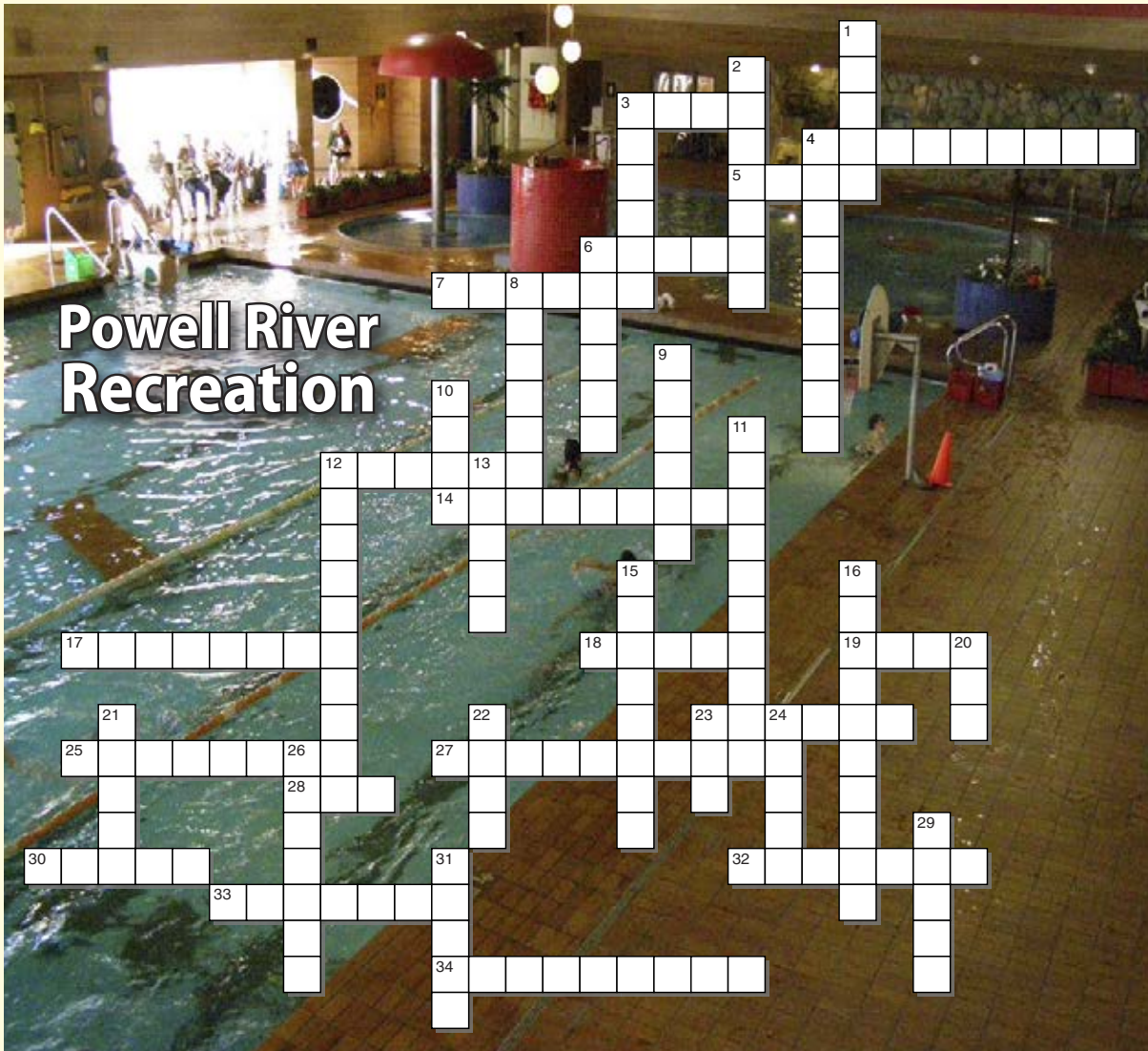
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# Powell River Recreation

- Across**
- 3. In water, not ponies
  - 4. Skateless rink sport
  - 5. Water home
  - 6. Room or flag leaf
  - 7. Beautiful game
  - 12. Arena last name
  - 14. Theatre
  - 17. Water exercise
  - 18. Jr A team
  - 19. Grass pitch for bowling
  - 23. Ice game
  - 25. Fitness Weight
  - 27. Townsite track
  - 28. Room or nightmare street
  - 30. Ice shoe
  - 32. Room or bark-shedder
  - 33. Manson park
  - 34. Run but go nowhere

- Down**
- 1. Hot tub or, \_\_\_ pool
  - 2. Rec Centre
  - 3. Room or cottonwood
  - 4. Rec Director
  - 6. 25 in the pool
  - 8. Parks, Rec & \_\_\_\_
  - 9. Wildwood pitch
  - 10. Skate Park's partner park
  - 11. Rec Centre snack bar
  - 12. Tennis' little brother
  - 13. Cranberry ball park DA
  - 15. Falling pool feature
  - 16. Rec Centre park
  - 20. Ice sheet size
  - 21. Dance fitness
  - 22. Ice sheet with few seats
  - 23. Arena first name
  - 24. Room or shingle
  - 26. Free time
  - 29. Rope swing
  - 31. Rec Centre age

Solution for last month's puzzle:  
"Powell River Brews"



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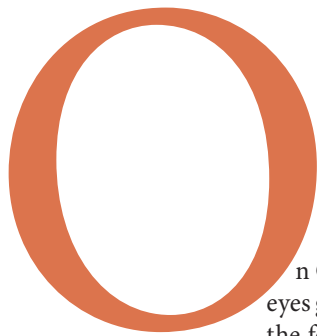
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# Last Word with



PIETA WOOLLEY  
pieta@prliving.ca



On October 19, I was hunched over a plate of pizza, my eyes glued to the television set. I love elections. Watching the federal results roll in, hearing the analysis, glimpsing of a new set of representatives – it’s the epitome of ‘fun’ to me. This time, for the first time, I found myself explaining the results to my two now-school-aged children, who were draping themselves over me, and the couches. The last federal election, in 2011, they were barely humanoid.

Similarly, from his suite in Montreal’s Fairmont Queen Elizabeth Hotel, Justin Trudeau and Sophie Gregoire spent election night offering laps and cuddles to their three young children, two romping through the room with light sabers. Televised, of course.

Already, much ado has been made about this young family at the helm of the country. On the one hand, there seems to be a genuine excitement about Canada’s first Gen Xer as Prime Minister, and his extremely photogenic wife and children. On the other hand, no one knows better than this Trudeau that the demands of the job can rip a family apart. His father, then-Prime Minister Pierre Trudeau, and his mother, Margaret, split when they still occupied 24 Sussex. Justin was six years old.

The Trudeau story is riveting. It’s hard to look away, as anyone with a Facebook account can attest to. Canada’s new First Family is everywhere. Will they make it? Is this young family a symbol of hope, or doom?

To me, part of the fascination is the same tension that hums through the narrative of so many Powell River families – especially those who are new to town. Is it possible to balance a demanding career with caring for a young family? Not just kids, of course. Caring for a marriage or partnership, as well.

So many parents I meet here left bigger cities and bigger careers for a quieter life in Powell River, for exactly this reason. The demands of an “A-type” lifestyle were causing their families to quake. The upper Sunshine Coast is, for some of us, myself included, like a little cocoon. It’s affordable. No one cares what rung you’re on in your work. You’ve got time to cook and garden and have a lazy cup of coffee together in the morning. It’s the polar opposite, in other words, of power-centred Ottawa.

If maintaining both family and meaningful work in private life is difficult, in public life, it seems nearly impossible. This month, local activist Judi Tyabji an-

nounced she’s writing a biography of Premier Christy Clark, to be published in May 2016.

I’m excited to read what they’ll reveal about the challenges of maintaining both power and family. Judi was, of course, MLA for Okanagan when she had young children – her marriage came apart while she was in office in dramatic, public ways. Premier Clark, too, had her son when she was Minister of Education. Her marriage ended while she was in office, as well.

Both are, of course, women. And there is certainly an argument that this is a glass-ceiling issue in politics – that powerful moms are unequally hobbled by the dual demands of public life and family life. There’s another argument that their private lives are absolutely none of anyone’s business but their own.

However, politicians are celebrities, of sorts. Watching their lives unfold in newspapers and on screens offers the rest of us real-time parables about our own lives. What’s possible. What’s tragic. I hope Judi writes about these themes in her newest book. Because the impossible pressure on parents, especially moms, to be everything and do everything is still at the centre of our public square.

Sheryl Sandburg, the much-quoted author of *Lean In: Women, Work and the Will to Lead*, argues that the world needs powerful women, and that powerful women need their partners to step up as equals on the homefront to conquer the demands of family – and that it is possible to have it all. Meanwhile, Anne Marie Slaughter, the author of the now-infamous article in *The Atlantic* “Why Women Still Can’t Have It All,” and the just-published book *Unfinished Business: Women Men Work Family*, urges both employers and parents to find caregiving-friendly compromises, for everyone’s sake.

To me, watching the young Trudeau family inhabit this new role invokes all of this cultural noise, and more. Sophie Gregoire was a journalist. What have her choices been about? Justin seems like a very involved dad. Will he be able to keep that role?

And is it any of my business? No.

Except we’re all in this together.

I hope for our new First Family the same thing I hope for my own little family, out here on the edge of the continent: to make it through these young-kids years together, with love, and toughness, and humour.

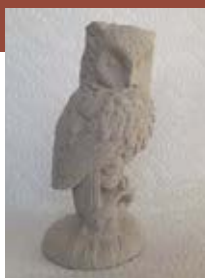
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