FEBRUARY 2025									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Happy Valentine's Day						1			
2 Groundhog Day	3 Grief Support Legion, 3-4 pm	4	5 Trans Station 10 - 4 pm	6	7 TICS BINGO Comm. Hall @ 7 Doors @ 6:30 pm	8Trans Station 10 - 4 pm NatureKids Walk, 11:30 Scholar Reading Library, 1:30 pm TCOTR** Sr.Ctr –5 pm			
9	10	11 Food Bank Call In 10-3 pm Rock Your Body At the Hall, 5:30 to 7:30	12 Food Bank Pick Up 11.am-12 pm VAID Mtg. 1:30 pm	13 TWIN Lunch @Pub, Noon	14 Community Lunch Sr. Ctr @ Noon Legion Installation	15			
16 Raise the Rooms Texada Inn 2 pm	17 Falmily Dogy Grief Support Legion , 3-4 pm	18	19 Trans Station 10 - 4 pm Garden Club Sr. Ctr. 2 pm	20	21 Legion Bingo Doors -5:30 pm <i>Express Lines</i> Deadline	22 Trans Station 10 - 4 pm TCOTR** Sr. Ctr. –5 pm			
23	24	25 Rock Your Body Community Hall 5:30 pm	26 Youth Group 4:45 pm Legion Potluck Doors @ 5:30 pm	27 Community Bingo Sr Ctr, 1 pm	28 Community Lunch Sr. Ctr @ Noon				

EVERY MONTH

MONDAY:

Tai Chi. GB Community Hall @ 9:30 am KIDS SPORTS CLUB-6 PM

Fire Dept Practice GB & VA Fire Halls @ 6:30 pm TUESDAY:

Sandpiper Playgroup, Old School, 10 am—1 pm Pickleball—School Gvm. 6-7:30 pm

WEDNESDAY:

Tai Chi, GB Community Hall @ 9:30 am Museum: 10-Noon

Scrabble & Games, Legion, 1:30-4:00 pm THURSDAY:

Pickleball—School Gym, 6-7:30 pm Fun Darts. Texada Inn @ 7 pm

TCOTR—Texada Church On The Rock

FRIDAY:

Karaoke—Texada Inn @ 7 pm SATURDAY:

Tai Chi, GB Community Hall @ 9:30 am Pickleball 2.0, School Gym, 10-Noon Circle of Light Meditation, Yurt on Sturt-2-3pm Meat Draw, Legion, 3:30 pm SUNDAY:

Church Services, United Church, 10:30 am Euchre—Legion, 1:30 pm to 3:30 pm Trivia Meat Draw. Legion 3:30 pm Alcoholics Anonymous, United Church, 6:30 pm



Texada Island's Monthly Events

TEXADA BC FERRIES COMMITTEE ADVISORY ASKS FOR YOUR SUPPORT

Texada Island, we need your support.

Doug Nikirk and myself, Warren Kiland, want to put this information out there, to get the Texada Community involved.

Firstly, we want to discuss whether to keep the new ferry schedule as is, with the 12:40 pm ferry on Wednesday, OR to have the schedule changed, in order to have the same time on all seven (7) days of the week, with a 1:15 pm ferry.

Secondly, as you may, or may not know, BC Ferries has fired all 130 Volunteer Members and will dissolve all the 13 Ferry Advisory Boards, as of April 2025. Community support is essential in demanding that the BC Government retain all the Boards, including the Texada Island Ferry Advisory Committee.

After April, the only way to contact BC Ferries will be via digital communications, which means there will be no direct contact. This will result in many communities being grossly under represented when key decisions are being made and that will greatly impact us, the Users.

Experience has shown us that BC Ferries can not be entrusted to always have our best interests in mind, just their bottom line!

We want to create a wave, to keep first per-

son contact! For obvious reasons, Texada island residents are heavy users of the ferry system and should have the right to have ongoing first person contact with BC Ferries.

If you have a comment,

please reply to the Texada Island Rep's email at the followina:

texadaferry@amail.com

In an effort to keep the BC Ferry Advisory Committees, we implore you to contact

the Honorable Randene Neill, Minister of Water, Land and Resource Stewardship, your local MLA for Powell River-Sunshine Coast, BC Government Representative to complain.

Randene Neill's contact information is below. Minister's Office in Powell River – 250-387-3655 Minister's Office in Victoria – 778-405-3094 NDP Email - BCNDPCaucus@leg.bc.ca

BINGO

TICS Bingo Friday, February 7th, Community Hall-7 pm

Legion Bingo Friday, February 21st Doors Open at 5:30 pm, Game-7 pm

Community Bingo Senior Center, February 27th—1 pm





TEXADA ISLAND **HEALTH CENTRE**

Hours of Operation Monday to Thursday 8:30 am to 11:45 am, 1:15 pm to 4 pm Friday 8:30 am to 11:45 am

Phone Number: 604-486-7525 If no reply, please leave a message.

Emergencies: 911

Information B.C. Health Hotline: 811

COVID Chanaes:

- Visits strictly by appointment, except for emergencies. We will try to deal with issues by phone as much as possible and give appointments when patients need to be seen in person.
- Lab tests by appointment only.
- Extended lab time: 8:30 am to 9:45 am.
- If you are ill and suspect you may have COVID, please come to the back door marked COVID and follow the posted instructions.
- TAP forms can be picked up after 1:15 pm.

Texada Breast Cancer Support Contact: Joan Martisca 604-483-6438 Udith Teuner

> Canadian Cancer Society-Trained Peer Facilitators

> > LIVE - LOVE- LAUGHTER

February 2025

CANCER SUPPORT GROUP

The Cancer Support Group has funds available for those on Texada who are needing additional financial support, while being treated for cancer.

We are here to help and can provide up to \$500 per vear, per patient.

Forms can be picked up at the Texada Island Health Centre, or from Amber Brewer who lives in Van Anda, and can be reached at 1-250-644-6024 (toll free).

All inquiries are held in the strictest of confidence. Barb Egglestone

Making Donations to the Texada Health Services Society

When donating, please make the cheaue out to :

Texada Health Services Society and mail to P.O. Box 249, Van Anda, B.C., VON 3K0.

Please indicate on your cheque, or attach a note, whether you wish your donation to go to either: Cancer Support Group; Green Armband Fund; or to the General Fund (to be used for equipment for clinic, etc.).

Currently, there is a greater need for funds for our Cancer Support Group and we would appreciate any funds that we receive to help our residents who are affected by Cancer. We are reviewing ways in which we can raise funds so we can increase the current \$500 per year per person. As you can appreciate \$500 does not cover much these days.

BC FERRIES New Schedules as o **TEXADA ISLAND TO POWELL RIVER** Monday to Sunday 604-486-6744 Note Wednesday Variation Leave Leave Texada Island Powell River 6:00 am 6:50 am 7:45 am 8:35 am 10:15 am*** 9:25 am 12:40 pm **ONLY** Wednesdays 11:50 am 1:15 pm Except Wednesdays 3:00 pm*** 3:55 pm 4:55 pm 5:50 pm 6:40 pm 7:30 pm 8:55 pm 9:45 pm

Express Lines

***WEDNESDAYS ONLY **Dangerous Goods Sailings** NO PASSENGERS

Recycling Station Hours

Van Anda **Gillies Bav** Tuesday & Thursday, Wednesday, Friday, Saturday, 9 am - 5 pm 9 am - 5 pm

BC TRANSIT BUS—THURSDAYS

To reserve a seat: Phone Wednesday before 3 pm 604-483-2008

Departs: Gillies Bay Store at 8:25 am, Van Anda Market at 8:55 am. Departs: Town Center Mall at 3:25 pm. Fare: \$8 and \$2.25 for seniors (65+) per trip

f January 2, 2025—March 31, 2025							
		L RIVER HELT	GIBSON - VANCOUVER				
	Leave Saltery Bay Cove		Leave Langdale	Leave Horseshoe Bay			
	5:40 am	6:35 am	6:20 am	7:30 am			
	7:30 am	8:25 am	8:40 am	9:45 am			
	9:25 am 10:25 am		10:50 am	11:55 am			
	11:20 am	12:25 pm	1:05 pm	2:10 pm			
	3:50 pm	4:55 pm	3:15 pm	4:20 pm			
	6:00 pm	7:00 pm	5:25 pm	5:30 pm			
	7:55 pm8:50 pm9:45 pm10:40 pm		6:40 pm	7:50 pm 10:55 pm			
			8:55 pm				
	Device		Car				

Powell River	Comox				
Leave	Leave				
7:55 am	6:00 am				
12:00 pm	9:55 am				
5:15 pm	3:15 pm				
8:45 pm	7:10 pm				

Always call or visit BC Ferries website to confirm your sailing times. 1-888-223-3779, or www.bcferries.com

"Love will find a way through paths where wolves fear to prey" - Lord Byron



Wednesday, Friday & Saturday, 9 am - 5 pm

am - 5 pm

February 2025

February 2025

Classified Ads

ACCOMMODATION

Texada Vacation Rental 3 bedroom unit, fully equipped Website: www.texadavacationrental.com 604-414-5897 1925 Sturt Bay Road, Van Anda

Stay at Welcome Harvest Farm Private Studio available for one night stay or more. 604-486-7137 2001 Crescent Bay Rd.

LAWN & GARDEN & HOME REPAIR

Kel's Lawn, Yardwork Handyman 604-578-0266

Austin's Services Household repair, plumbing repair, painting, portable / alaskan milling, lawn mowing, weed wacking, firewood and dump runs. Austin Rycroft 604-413-1402

WOODWORK

Jorg's Custom Woodwork 40 years residential carpentry & boat building. 250-889-2534

SERVICES

Meals, Groceries & Liquor Delivery TexadaEats.ca 604-414-7504

HEALTH

Certified Personal Trainer Yoga, Strength and Core Training. Udith: 604-486-6744



ART GALLERY
The Retreat and Rycroft Gallery
5868 Gillies Bay Road
Watch for announcements for opening dates
www.texada-retreat.ca
BACKYARD BURNING
Why is Burning Garbage Illegal? Because it
creates toxic, foul-smelling smoke & carcino-

gens. (This goes for anything containing chlorine, including driftwood.) Let's make Texada a healthier place to live. To discuss our options, contact janslakov@proton.me (602) 223-9328.

Express Lines

is a TICS Publication

Deadline: The 20th of the month prior to publication. Send announcements (max. 350 words) or ads to: **TICS** PO Box 233, Van Anda, V0N 3K0

E-mail: ticsv0n3k0@gmail.com **Phone:** 604-414-5619

EXPRESS LINES SUBSCRIPTION

For a 12-month off-island subscription to the *Express Lines*, please send **\$40** to; TICS, PO Box 233, VAN ANDA, BC, V0N 3K0.

NAME:

30

Address:	
Сіту:	
PROVINCE:	
Postal Code:	

Express Lines

Texada Health Society VOLUNTEER POSITIONS AVAILABLE



Why Volunteer with Us?

This is your opportunity to make a difference while gaining leadership experience and working alongside passionate individuals who are also dedicated to positive changes within our community.

President's Position

- Lead and Inspire the Team
- Oversee projects and help create new health related initiatives through sub-committees
- Coordinate with community organizations
- Represent the Society at public events.
- Encourage and promote new volunteers.

Secretary's Position

- Take minutes at meetings
- Handle correspondence
- Assist President with administrative tasks

Interested parties please contact Barb Egglestone, President, Texada Health Society, at 604.223.7494 or <u>barb.egglestone@gmail.com</u>

Our AGM is coming up in March.



Legion Euchre

Mark Your Calendar

Anybody who may be interested in playing Euchre is invited to come to the Legion Sunday afternoons from 1:30 pm to 3:30 pm (before meat draw) <u>during the month of February</u>.

If there is enough interest we'll continue after February, if necessary we'll adjust the day / time to best suit those who attend

Texada Seniors Council

Community Lunch

Seniors Centre in Gillies Bay

Friday, February 14, & Friday, February 28 Noon to 1 p.m.

Homemade Soup * Sandwiches

* Dessert * Tea * Coffee

\$10.00 per Person

Everyone Welcome!

COMMUNITY BINGO

Seniors Centre February 27, at 1 p.m. Everyone Welcome. Great Social Time. Look forward to seeing you there!

3

February 2025



February 2025



...lest we forget.

Booking the Legion

Anyone wishing to book the Legion for an event must text or phone Fred at **(604)414-4113**.

Scrabble

Wednesdays 1:30 pm-4:00 pm All Are Welcome! Doors open at 5:30, Game at 7:00 **POTLUCK** Last Wednesday of the month, February 26th Doors open at 5:30 p.m. Bring your favorite dish & utensils.

INSTALLATION OF

OFFICERS

Friday, February 14th

Potluck Dinner

Doors open at 5:30pm,

Starts at 6 pm.

Meeting starts at 7 pm.

Bingo

Friday, February 21st

EUCHRE Sundays, 1:30 pm to 3:30 pm

Royal Canadian Legion Branch 232

MEAT DRAWS Saturday & Sunday Doors Open at 3:30 pm.

Happy February everyone.

Thank you to all who enjoyed our Robbie Burns Dinner. Thank you to Sue, Allan, Shelly and everyone else who made it a hit.





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Bourne Construction CONCRETE, CARPENTRY, CREATIVITY Call Darren or Amber Bourne 604-223-7767 concrete, fencing, decks,

landscaping, tile, and much more. bourneconstructiontexada@gmail.com facebook.com/bourneconstructiontexada

4

TEXADA ISLAND UNITED CHURCH

"One day we must come to see that peace is not merely a distant goal that we seek, but that it is a means by which we arrive at that goal. We must pursue peaceful ends through peaceful means." Rev. Dr. Martin Luther King

Worship Services:

Sundays services begin at 10:30 a.m., with coffee and fellowship afterwards. Communion Service: Feb. 2, 2025. Everyone is always welcome in our church and at our communion table.

Focus on Spirit:

Published weekly (except for the last week of the month) on website. Links on Texada Message Board and Texada United Church Facebook page.

Minister's Office Hours:

Tuesdays and Thursdays 1:30-3:30 pm. The church is open during these times for prayer and quiet meditation.

Minister: Rev. Gayle Chouinard:

604-414-7309, trollhollow123@gmail.com

Board Chair:

Dale Rinehart, 604-486-0050

Website:

http://texada-islandunitedchurch.weebly.com

Facebook Page:

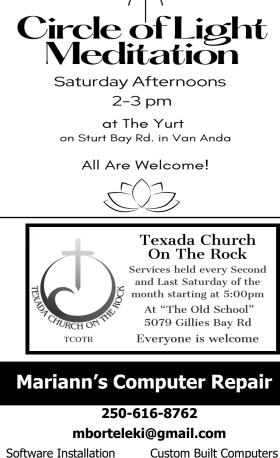
Texada Island United Church

Texada Island United Church Mission...

To foster the spiritual development of all members of our community as revealed in the Bible.

Yours

Your love is the weather of my being what is an island without the sea? - Daniel Hoffman



Hardware Upgrades

PC Cleanup

Virus Removals

Troubleshooting

Training/Tutoring

Software Updates

PC Backup/Remote Backup....and much more!

Password Management

Initial Computer Setup

Express Lines

February 2025

Texada women's island network T.W.I.N. February luncheon

Thursday, February 13. 2025 at the Texada Island Inn Pub

Doors Open at 11:30 a.m. Lunch is at noon and guest speaker at 1 pm. Guest Speaker: Barb Egglestone—Estate Planning

To reserve, please call Moe at 604-414-7312, no later than Thursday, February 6. If you have food allergies, please let Moe know when you make your reservation. If you can, please bring a non-perishable food item.

Members not wearing their name tag will be fined a loonie. If you are wearing your name tag, you will be automatically entered into our draw for a free lunch, to be drawn In June. **Good Luck!!! Please wear red or pink.**

ACROSS

A toy filled with air.
 Wrapping your arms around someone.
 A pretty red flower.
 Sweet treats to eat.
 Someone you love and care about

Down

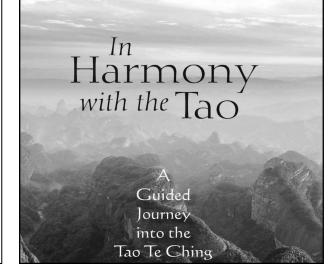
- 1. A strong feeling of care.
- 2. A little boy with a bow and arrow.
- 6. A happy look on your face.
- 7. A piece of paper with a message.
- 8. Something you give to someone.

See Page 9 for Answers

IN HARMONY WITH THE TAO February 8, 2025

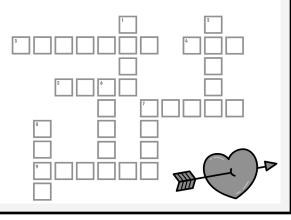
Scholar Francis Pring-Mill presents his book In Harmony with the Tao, an insightful commentary alongside Stephen Mitchell's authoritative translation of the Tao Te Ching. This event will take place on Saturday February 8, 1:30pm at the Texada Library in Gillies Bay. For more information contact Mark – mmerlino@prpl.ca or Irene – ijkyle@me.com

February 2025



VALENTINE'S DAY CROSSWORD PUZZLE

Read the clues, find the words, and complete the grid.



Texada Food Bank

Texada Food Bank is offered on the Second Wednesday of the month ONLY.

Call on the Tuesday (day before pickup) between 10 am and 3 pm. **Pick up** on the second Wednesday between 11am and 12 pm.

Call in-February 11th Pick up-February 12 Call in-March 11th Pick up-March 12

(604) 483-1219

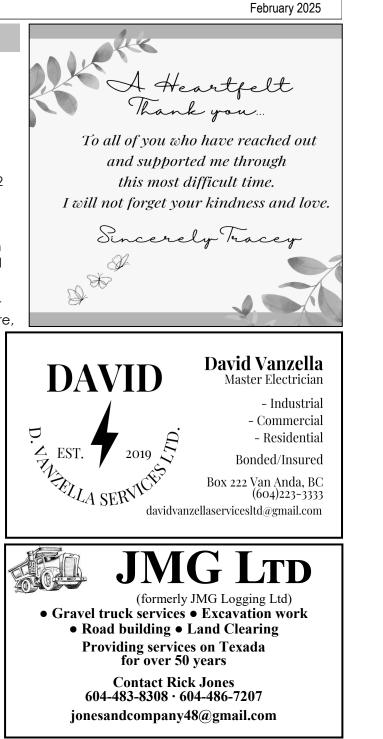
Texada Food Bank Financial Donations can be made at the First Credit Union or by mail to PO Box 233, Van Anda, B.C. VON 3KO

Non-perishable food donations may be put in the baskets at the Gillies Bay General store, the Texada Market, and the First Credit Union in Van Anda. Donation tins for cash are available at both stores and the Credit Union. If you have any questions regarding contributions to the Food Bank please call Pauline Fleming at 604-414-9590.

Texada Food Bank Thanks You!

Thank you to Maureen Northrup for the Christmas jam. We are grateful to the United Church and our Community for the donations of many pairs of wonderful socks, always useful and loved. Big Thank you to my team of helpers at the Food Bank, Steve Croasdale, Judy Drygeese, Louise Grayson, Doug Fleming.

We are very grateful to everyone who make reaular anonymous financial deposits at the First Credit Union and to everyone for all the anonymous cash and food donations that are dropped off at the Gillies Bay store, Texada Market and Credit Union, our only request is that all food donations be intact and not previously opened.



Express Lines



February 2025

COASTAL FIREWOOD

February 2025

TEXADA ISLAND MUSEUM MUSINGS... More Fun Texada History Facts.

Roasted Limestone, Shipping Barrels And Spare Bricks For The Kilns

Re Seen Here At Pacific Lime Co. In The Blubber Bay. c.1910

DID YOU KNOW

.....Texada's limestone was originally stored and shipped out in dry, sealed barrels. Large barrel factories (called cooperages) were located in Sturt (Marble) Bay (1898) and Blub-

ber Bay (see photo). To construct the barrels coopers used over 20 different tools specific to the trade. Workers were kept busy as it was reported that by 1907 Sturt Bay was producing 300 barrels of lime a day and 150 at Blubber Bay (1916).

..... house to house electrical service commenced in 1953 when

Al Waters bought the Little Billy Mine's diesel generator and power lines. His Van Anda Light and Power Company offered service from 6am to 8pm daily. Due to limited power supply only house lighting was permitted (no appliances). Al was known to patrol Van Anda nightly looking for violators. Texada was finally connected to the BC Electric power grid by undersea cable in December, 1956.

2004.01.12

..... the settlement around Paxton Road intersection (now familiarly known as "the Oasis") was once a real happening place! Workers at local mines lived there in the 1890's and nearby farm families added to the little community. By 1912 there were enough children living nearby to open the Marshall School (commemorated by the rock monument there today). The opening of Texada Mines in 1952 caused a small population boom with a Marshall Wells hardware store, a restaurant, gas station, body shop, car dealership and, in more recent times, a government liquor store. A busy community indeed!

> picking brush (salad, huck) was once a thriving industry on Texada. Florists in Vancouver and Toronto appreciated the greenery for wreaths and floral arrangements. PR News reported in 1949 that the new industry generated \$30,000 a year. A brush pickers' community settled in Davie Bay.

They supplied brush to a sorting shed in Van Anda which eventually employed 25 pickers and 5 "bunchers." The PR News reported in 1966 the competition amongst several buyers was "lively." This "industry" is less today, overshadowed in publicity through the 1970's by another "green industry."

Peter Lock

Texada Island Historical Society



Express Lines

Texada Island Community Society (TICS)

TICS Presidents Message

February is upon us and the Cold is here. I hope you are all staying warm...

If you're looking for a warm place... well try the TICS Bingo at the Community Hall on February 7th at 7pm. Bingo is always fun to play—good coffee, homemade treats and good company!

A couple of things of note happening in February.

First is on Feb. 2 is Groundhog Day and Valentines Day on Friday the 14th, which then leads into Family Day Weekend on the 15-17th... enjoy yourselves.

TICS DONATIONS FOR 2024

•Texada Cancer Support	\$3,000
 Texada Feral Cat Project 	\$2,000
•Texada Christmas Community	
Dinner	\$1,550
•Texada Elementary School	
Breakfast Program	\$300
 Eight Additional Texada 	

Group Requests





Saturday Pickleball 2.0

Pickleball is now available

Saturdays!



Texada Heritage Society & the qathet Art Centre

Texada Heritage Society and the qathet Art Centre co-present a virtual reality **documentary about Texada** by filmmakers Claire Sanford & Josephine Anderson.

Please join us at the Texada Island Museum on March 5 and 6 between 10am-2pm. Stay tuned for details about how to sign-up and a reception at the Texada Legion, including a question and answer with the filmmakers.



\$1,000

Texada Island Non-Profit Senior Housing Society



A big shout out for the generosity of end of year donations from our Roy-

al Canadian Legion in Van Anda, the Texada Home & Garden with the Foxgloves performers and numerous private individuals! Your involvement brings us closer to the goal of creating seniors housing on Texada Island!

There have been a number of inquiries as to where we are with our progress. As announced last fall, with the combined efforts of the qRD, Selkirk Mountain Forest Ltd (SMFL), the public and TINSHS, the Agricultural Land Commission granted the conditional exclusion for the land. It is a green light for us to proceed to formal negotiations with the land owner, who believes in the good that this project can do for our community. We are currently working together on the details. SMFL is working on the formal subdivision process.

We are working on a budget and feasibility study to see what our costs will be. This will guide us in how much we will need to ask for in rents. Sometimes it feels like such a slow process, but that is what due diligence feels like.

Again, thank you to all for your support and encouragement in all its forms. Stay tuned for more progress!

Website: texadaseniorshousing.ca Email: info@texadaseniorshousing.ca Phone us at: 604-486-6766 Facebook:

Texada island Non-profit Seniors Housing Charitable Registration # 705676682RR0001



February 2025







P.O. Box 160 Van Anda, B.C. VON 3K0 Telephone: (604) 486-7627 Fax : (604) 486-7280

Express Lines

More Coyote Tales. . . The Race



One of my very early experiences prospecting in the North was dealing with... you guessed it... mosquitoes,

thousands of them. Mosquitoes were everywhere, especially while trudging through muskegs and bogs. You would get them in your hair, eyes, ears and mouth especially if you were breathing heavy... and that's what happened to me... in the race.

In the summer of '79, I was working for McIntyre Mines along the Bonnet Plume River Valley, Yukon. In my estimation it is one of the top three most beautiful places in the Canadian North West.

As luck would have it on this particular day, I was prospecting and soil sampling, or as we used to call it, dirt baggin, when I found myself in some boggy terrain. You didn't dare stop or stand still, as the mosquitoes were so thick they were part of the air you were breathing and every step kicked up clouds of them.

What caught my eye up in a tall dead Spruce tree was this enormous great horned owl perched and staring down at me from the upper most branch. Its large cunning eyes followed me along through the bog. I was transfixed by the owl, unable to break its gaze, as I stumbled along not looking where I was going.

While tripping along through the moss and high bush, my eyes still fixed on the owl, I ran right smack into a young unawares grizzly minding its own business behind some bushes. The blood instantly drained from my face as fear and flight took over. We both took off in a race, as I was headed for the nearest tree at lightning speed. As I looked back over my shoulder, I could see the young grizzly running and damn near catching up to me. Closer it came, now almost parallel—it was a real race. A dead Spruce tree up ahead was where I was heading, as fast as my legs could carry me.

To this day I can't believe what happened next. That young grizzly passed me by in a flash and ran straight up into that Spruce tree ahead of me. I was at least 20 yards from it when I turned and took off in another direction pronto. As I looked back, I could see that grizzly up and clinging to that tree like a babe in arms, staring at me as I got the heck out of there in a hurry.

I guess we were both surprised and startled by each other. I never thought that I could be that frightening, but I guess with my white face and my screaming bloody murder, I could scare just about anything. Kinda felt sorry for the young grizz though... but damn lucky its mother wasn't around.

Cheers, Coyote



TEXADA ISLAND GARDEN CLUB

Do join us Wednesday, 2pm, February 19th at the Senior Center in Gillies Bay.

This month Lisa Alcos talks about a plant that we don't like running into, but it turns out it is actually very useful!

With Spring, hopefully, just around the corner. I would like to talk about a plant that appears earlier than most and needs very little encouragement from us.

The Stinging Nettle (Urtica dioica).

Now we gardeners love to fuss and worry over our freshly planted seeds, checking daily to see if anything has decided to sprout for us. And many of us would be

giving the stinging nettle the sideways stink eye if it had the audacity to pop up in our cultivated gardens. But, on Texada Island, the stinging nettle grows prolifically in many areas and is one of the earliest sources of fresh and highly nutritious greens.

Throughout history, going back to the Bronze Age, the stinging nettle has been used and much valued worldwide by all peoples as food, medicine, fabric, nets, cordage and of course, beer. And yet another usage, Julius Caesar's troops are recorded

If you want to drink; that's your business. If you want to stop; that's ours. Call Alcoholics Anonymous anytime. 604-414-9811, 604-486-7180, 604-414-5232 Sundays: 6:30 pm. at the United Church.

to have practiced urtication in which they beat themselves with stinging nettle to stay alert during long battles.

February 2025

But let's talk about food. Carefully harvest the young leaves before the flower appears, blanch, and use it the same as you would

cooking spinach. The water from blanching can be used as plant fertilizer, soup stock or tea. The nettle has a higher nutritional value than spinach, kale, or asparagus. Bonus! It can also be dried and brewed as a medicinal tea during the winter months. I have used stinaina nettle in soups, pesto, pasta dishes and omelets, but my very favorite is nettle spanakopita. YUM!

It seems a small patch of stinging nettle in the back corner of the garden might be a very aood thina. But, if you decide you have had one sting too many, the Royal Horticultural Society of 1926 informed its members that nettles cut down three times for three consecutive years will disappear. Hmmm ?

Lisa Alcos



Express Lines

DIRECTOR'S REPORT, Area D

This month I have a bone to pick with BC Hydro. It's not about the awesome line crews who come out in all weather to hook us back up when nature goes awry. My gripe is about the policy makers higher up in the hydro hierarchy.

One of the projects I've been working on from the corner of my desk is installation of fast EV charging stations on Texada. These would be available to the public on a userpay basis so we can welcome visitors in electric vehicles who may need a charae while they're here. They aren't cheap, costing about \$50,000, and while local governments can seek grants or pay to have them installed, BC Hydro has a program to install and maintain the stations at their expense.

While Hydro says the program is available to all British Columbians, upon enquiring sometime ago, I was told the program is not available to people living on islands.

Fast track five years, during which time the aRD continued to (unsuccessfully) lobby BC Hydro to change its policy, and at last year's UBCM conference the Board asked for a meeting with Hydro officials to make the case for islands. Hydro responded by saying their time at the conference was fully booked but they would come to PR to meet with us personally. That sounded encouraging.

In September, BC Hydro's Ted Olynyk, community relations manager for Vancouver Island/Sunshine Coast, spoke directly to the aRD. He said that attitudes had chanaed at the Crown corporation and he invited us to apply for fast EV chargers for Texada. In November the Board passed a motion directing

staff to make the application. But when they did they were advised that BC Hydro policy had changed once again regarding "deployment" of public EV chargers, now prioritizing "areas of anticipated high usage such as urban areas and key travel corridors." We're out, then we're in, then we're out again.

The aRD responded by asking BC Hydro for a policy to end this discrimination and support EV chargers in rural areas, including islands. In the meantime, the Texada project is in abeyance for a year, pending yet another Hydro policy change. More lobbying will be coming up.

Finally, the 2025 gRD budget and capital plan are expected to be finalized at the end of the month. While I'm working to keep property taxes as low as possible, a moderate tax rate increase is expected. Full details in April.

Sandy McCormick Area D director sandynleeti@gmail.com 604-414-3525







VAN ANDA IMPROVEMENT DISTRICT

Hello Texada! Here are some notes on recent events:

ANNUAL INVOICES for Water Tolls and Parcel Tax were sent early January. Please contact us if you have not received yours. Due date is March 10 and payment plans are available – for more information, visit our webpage <u>vananda-id.ca/payments/</u>

COURT OF REVISION will be held Saturday February 8th from 10 am till noon. The annual Court of Revision is for trustees to listen and resolve issues regarding water tolls and parcel tax assessments. Please contact us first so we can gather the required information and set up an appointment. An appointment is not required, however having one will speed up the process.

LEAK DETECTION: Velocity Water Services were here for a few days in January and located several significant leaks. Repairs are underway. The full report will be available by the end of January.

WATER TREATMENT PLANT: The media in the ion exchange tanks is currently being replaced. The specialized media (Purolite) has an estimated life span of 5 years. The high cost of replacement is planned for in the annual budget.

WATER QUALITY ADVISORY: The Water Quality Advisory continues. This will likely stay in effect until the media replacement in the Ion Exchange units is complete, which will allow the UV Treatment to be fully effective.

EMGERGENCY CONTACT INFORMATION: Thanks to those who provided their contact info as requested with the annual invoice. Text notification system is nearly

ready to go live!

SUBSCRIBE: Be notified by email for outages, monthly newsletter, and other events at <u>vananda-id.ca/subscribe/</u>

February 2025

CONTACT INFO: Please let us know your concerns! <u>contact@vananda-id.ca</u> – 6 04-486-7035

NEXT MEETING: The next Regular Board meeting is scheduled for Wednesday February12th at 1:30pm.

WATER EMERGENCY: Water Operator Marianne Segers 1-604-315-1363

FIREFIGHTERS ALWAYS NEEDED!

No experience necessary. Training, gear, and 24-hr (NEW – now includes off-duty) accident insurance coverage provided. Many practices and training events are held together with Gillies Bay as Texada's 2 FDs continue to work together.

Contact Fire Chief Mark Robert 604-414-9662 or firechief@vananda.ca





Express Lines

BETTER AT HOME

Better at Home helps B.C.'s older adults live safely and independently in their own homes by providing simple, non-medical support services for people aged 65 and older. The province of B.C. funds the Better at Home program, managed by United Way Healthy Aging, and provided by inclusion powell river society.

We are actively recruiting volunteers for various roles, contact us today!

Visit our website for the online application: https://inclusionpr.ca/pages/volunteer or call 604-485-4008 ext. 102, Belinda Shelton, Community Program Assistant Manager.

On Texada Island, we offer limited transportation to appointments, assistance with grocery shopping, and basic lawn care. Some services have a sliding-scale fee based on household income. For information on costs, eligibility or to complete the required intake appointment, please call 604-485-4008 ext.101 or email <u>betterathome@inclusionpr.ca</u>.

Contact us if you're interested in Light Housekeeping services, or basic Lawn Care for 2025, so we can review this in our planning.

Thank You!

Sonia Furstrand, Community Program Manager





Jake Zaikow *Canadian Residential Appraiser (CRA) 2005. *Member of the Appraisal Institute of Canada. *Licensed B.C. Realtor. (1993) *Associate Broker (2018)

Zaikow Westview Realty is an independent company founded on Texada Island in 1961.

4471 Joyce Ave. Powell River, V8A 3A8







TEXADA AGRICULTURE GROUP & FOOD HUB

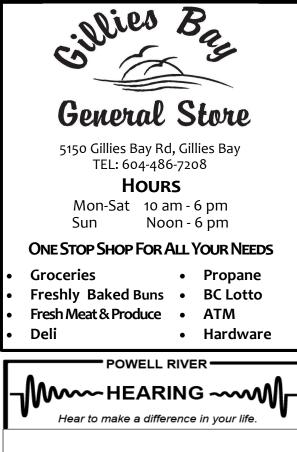
The Texada Food Hub is available to all and is located inside Texada School.

The Hub is a Vancouver Coastal Healthapproved community food preservation kitchen equipped with commercial equipment for flash-freezing, dehydrating, freeze-drying, baking, juicing, fermenting and canning all kinds of foods.

Anyone can join Texada Aariculture Group and use the Hub. Life membership in TAG costs a one-time fee of \$10 for individuals or \$15 for a household with two adults. For a nominal usage fee, Hub members can use the kitchen for stocking up a personal household food supply and for making commercial food products (but not for catering).

If you are already a TAG member and would like to schedule time at the Hub. please contact Breanne Percy by email at: breanne@why-health.com For more information or to become a TAG member, please contact Tom Read by email at: ravenbaywoods@gmail.com.





Powell River Hearing offers hearing care solutions for individuals with hearing loss. We also provide services to those who qualify for hearing aid benefits through WorkSafeBC, Veterans Affairs, First Nations Health and Ministry for PWD. Contact our office to book a comprehensive hearing test to learn more.

> Call (604) 485-0036 Located next to the Medical Clinic Associates 4794B Joyce Avenue

Express Lines

February 2025

GILLIES BAY IMPROVEMENT DISTRICT

Where are we now?

Almost two years ago, the GBID ratepayers at an annual general meeting passed a motion to investigate:(1) a water filtration process for our water supply to comply with health authority directive and (2) extendina the water line along Gillies Bay Road as far as Shelter Point. Where are we now?

The water filtration prospect is alive and well. We have preliminary drawings to define the scope of the project and are actively conducting pilot projects. We will not make a specific proposal to ratepayers until we are confident that we have a plan to supply safe, clean, healthy water in all seasons, and when we have cost estimates that we can propose with confidence about not only construction cost, but the lifetime cost including supply and maintenance. This will take further time: we should be able to aive up-to-date information at the next AGM this spring.

The extension of the water line started as a

Gillies Bay Internet Society

For Wireless Internet from Spragge Road to Shelter Point

& up to Bell Road.

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www.gilliesbay.ca/wireless

request from Gillies Bay Road residents. GBID put forward a proposal last summer with cost estimates and sent it to all affected property holders. There was a disappointing reply rate, with half of the responders being opposed, likely because of the cost. The trustees decided to not proceed with the extension unless another request comes from the people affected, which could attract better support with the project.

In the meantime, we are proceeding with a capital replacement plan, which will involve replacing some worn out valves and saddles (connections), mostly occurring this Spring and Summer.

Roger Kimmerly Chair, GBID

> GILLIES BAY IMPROVEMENT DISTRICT

PO Box 102 Gillies Bay, BC VON 1WO www.gillies-bay.ca + info@gillies-bay.ca 604-486-7757 www.facebook.com/groups/gilliesbayID/



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A big thank you to all who joined the intrepid Texada NatureKids on January 2nd to Celebrate the New Year.

Texada Naturekids

braved the wet weather on an exciting adventure to the Sandbanks for some thrilling sand sliding! Special thanks to the parents



who brought friends along and took on the challenge of the steep climb out. Along the way, the NatureKids spotted some incredible slabs of Texada flower rock. It was a rainchilled, heart-warming hike that brought everyone together in the spirit of adventure!

Our next adventure is Saturday, February 8th at 11.30. Please register your family at texada@naturekidsbc.ca to find out about travel details.

If you have a nature passion to share on Texada, we would love to hear from you. Please email us at texada@naturekids bc.ca.

Texada Naturekids is volunteer run and supported by NatureKids BC. To become a member, check out https://naturekidsbc.ca/ join-us/memberships-slidingscale/inclusive membership opportunities. Lisa Levez-Bordeleau and Carolanne White, Texada NatureKids Co-Leaders



February 2025

Do you have a child under the age of 5?

We want to hear from you!

We are excited to invite you to a special event where you can meet our newly appointed Board of Directors and share your thoughts on how we can build a stronger, more vibrant community for our littlest members. Snack and kid's crafts/activities to be provided!

> February 23, 2025 2:00 pm -4:00 pm at Sandpipers Playcenter

This is your opportunity to engage directly with board members, ask questions, and learn about the vision for the future. We also want to hear from you! Participate in our community survey and help shape the direction of our efforts moving forward. Your input is valuable in making our community the best it can be.

We look forward to seeing you there!

From your friends,

Sandpipers Playcenter Board of Directors





Express Lines



YOUR ISLAND HOSPITALITY AND TOURISM **INFORMATION CENTRE**

604-486-7711

February 2025

Hello Texada, What A Warm, Windy, Wonderful, January We Had! February, March, And Then SPRING. Come Check Out Our Always Changing Arts & Crafts. Shop Local, Buy Beautiful. Friday Is Karaoke, Saturday Is Steak Lunch, Sunday Is 25% Off All Draft Beer, Monday Is FREE Pool & 3 Ball. WE WILL BE CLOSING, Tuesdays & Wednesdays, BAR SIDE ONLY, For The Month Of February, Full Service In Restaurant, Tuesdays Is15% Off All Seniors Meals, Thursday Is Fun Darts. SUPERBOWL Feb. 9th BAR Open Noon, Munchies, Chilli, Appy Specials, Chili Dogs, Prizes. VALENTINES DAY February 14th. A Chef Andy Special, MENU TBA, **Reservations Strongly Recommended RAISE THE ROOMS JAM**—Sunday, February 16, 3 pm. To Whenever.

Come Join Us For A Day of Musical Talent, Good Food, Awesome People & Dancing. HOTEL CLOSED FOR FAMILY DAY-February, Monday the 17th.

AND...THANK YOU TO MY AMAZING STAFF!! You are the best!

 Full Lotto Ctr. Gift Certificates Bagged Ice 	 T- Shirts, Vests & Hoodies Ice Cream 	<i>Thank you,</i> Texada, for all your love, support & help!	Bar Hours Mon. & Thurs. Fri., Sat. & Sun	Restaurant Open 7 Days A Week
 Island Info Local Art 	• ATM	Cymry, Evan, & Kaitlyn	3 pm-Closing Closed Tues & Weds.	11—7 pm

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qathet REGIONAL DISTRICT POWELL RIVER REGIONAL HOSPITAL DISTRICT

Budget Meetings

The qathet Regional District will meet to consider the proposed 2025 budget and 2025-2029 Financial Plan at the Finance Committee meetings from January through February, 2025.

The qathet Regional Hospital District will meet to consider the proposed 2025 budget at the Regional Hospital District meetings between January and March, 2025.

Meeting dates and times can be viewed on the qathet Regional District website at qathet.ca.

For more information, please contact Linda Greenan, Manager of Financial Services at <u>finance@qathet.ca</u> or call 604-485-2260.



February 2025

Myrtle Point Environmental Services Ltd. dba

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Express Lines

News From the Texada Island Library



Please Note: The library will be closed on Family Day, Monday, February 17 th.

A big thank you to those of you who donated books and DVDs to the library in the past

MY PENGUAN

1½ months. They were much appreciated!

This month I am using a brand new 2024 DVD, My Penguin Friend, to illustrate the love of the natural world. This film was inspired by a true story. It is an enchanting adventure about a lost penguin, DinDim, rescued from an oil spill. Brazilian Fisherman João Pereira de Souza rehabilitates the penguin and, in the process, begins to heal his own broken heart.

The movie was filmed primarily on the tropical beaches of Brazil and amongst a colony of nearly a million penguins in Patagonia. For 10 years DinDim travelled 5000 miles back and forth to João's fishing village. Perhaps a choice for Family Day viewing together?

Pam Kenny

How Do I Lave Thee How do I love thee? Let me count the ways. I love thee to the depth and breadth and height My soul can reach, when feeling out of sight For the ends of being and ideal grace.

– Elizabeth Barrett Browning

The Texada Island Library is a volunteerstaffed community service located in the Gillies Bay Old School: phone 604-486-6728, during open hours.

Library Open Hours:

Monday Tuesday	2 pm to 4 pm 12 pm to 2 pm
Wednesday	12 pm to 2pm
Thursday	10 am to 12 pm
Friday	12 pm to 2 pm
Saturday	12 pm to 2 pm
Sunday	12 pm to 2 pm

For more information about The Library, or about becoming a volunteer, please phone Charlotte Dawe, Library Coordinator, at 604-486-7440.



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Sunday: Noon to 5 p.m. Monday—Saturday: 10 a.m. to 6 p.m.

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 Fax: 604-486-7279

 Van Anda, BC, V0N 3K0
 PH: 604-486-7418

GILLIES BAY & VAN ANDA FIRE DEPARTMENTS

WINTER PROTECTION

It's cold out there! Looking around the communities we see lots of people are making an effort to stay warm with wood stoves and fire places. That can be a good way to stay warm, if it is done right. But we also see that there are a number of chimneys that are showing a lot of creosote build up, which can definitely be a problem.

Late winter is usually when Fire Departments get called out to chimney fires after the creosote has accumulated. If there is enough creosote, it can create an intense fire in the chimney that can spread into the building structure. Once that happens, it can be extremely difficult to extinguish the fire without major damage.

Even if you have a small fire that is contained in the chimney, you are still required by insurance companies to have your chimney inspected before it can be used again. That can be a major problem if wood is your primary heat source!

So why not avoid all the aggravation? Do regular chimney inspections. Is there black tarry accumulation around the outside of your chimney? Can you look up your chimney without seeing obstruction? If you notice signs of creosote build up, it is time to clean the chimney. If you don't have the equipment (chimney brush), or want to do it yourself, there are some companies in Powell River that offer chimney sweeping service. Check them out. It will be a lot cheaper in the long run than having to deal with chim-

ney fire! Rob McWilliam



TEXADA HVAC INC.

February 2025



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Travis McCaig (604) 679-6959 texadahvac@gmail.com

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Karl Leslie Bergstrand

June 22, 1944 to December 19, 2024

Karl was born in New Westminster, BC, in 1944 and grew up on a five-acre hobby farm in North Surrey. From an early age, he discovered his love for horses and the thrill of Jim Canna events, a passion that would shape much of his life. In 1960, he moved to Sunhill Ranch north of Kamloops in Heffley Creek, BC, with his family. It was here that Karl embraced the cowboy life, working for local ranchers, participating in rodeos across BC, and hauling livestock with his brother Eric.

In the Kamloops area, while hauling cattle with his brother Eric, they stopped for a coffee and a burger at their favorite spot where local ranchers and farmers frequented, with Karl ending up getting more than that, meeting the love of his life, Sandi. Their connection was immediate and profound, leading to their marriage on July 18, 1969. With an open heart, Karl became a devoted father to Vonne and Shawn, raising them with love and guiding them into the men they are today. He built their first family home in Heffley Creek, all while working tirelessly as a Diamond Driller across B.C and Ontario.

Karl's adventurous spirit led him and Sandi to the Sunshine Coast, where they embraced the call of the sea. Their love for boating and fishing took them along the coast in their beloved tugboat, camping on remote beaches and enjoying countless weenie roasts by the fire. Karl's work in the logging industry allowed him to explore the coast further, hauling logs and making friends wherever he went. His infectious smile and ability to engage with anyone brightened the days of all who crossed his path.

In his later years, Karl and Sandi semi-retired to Texada Island before eventually returning to Kamloops to be closer to family. Throughout his life, Karl's greatest pride was his family. His love for his wife Sandi, his sons Vonne (Diane) and Shawn (Sheri), his grandchildren Raelyn, Lee, and Serena, and his siblings Donna and Eric was boundless. He cherished every moment spent with them and leaves behind a legacy of love and unity. Predeceased by his loving parents, Gunnar and Stella Bergstrand.

Karl's stories from his cowboy years to his adventures on the sea will forever resonate in our hearts. His kindness, caring nature, and unwavering dedication to those he loved are qualities that will continue to inspire us. Though there will be no formal service, at Karl's request, we hold dear the memories of his laughter and his ability to connect with others.

As we bid farewell to Karl, let us find comfort in knowing that his spirit lives on in each of us. Let us remember the joy he brought into our lives and carry forward the lessons he taught us. In the words of an old cowboy saying, "The trail is long, but the heart is strong." May we all find strength in our hearts as we navigate the path ahead, forever grateful for the time we shared with Karl.

In closing, we would like to express our heartfelt gratitude to the 8th-floor medical staff at the Kamloops Royal Inland Hospital for their compassionate care. Karl's journey may have ended, but his spirit will forever sail the seas he loved, and his memory will remain an anchor in our hearts.



February 2025

February 2025

Express Lines

February 2025



It is with great sadness and heavy hearts' the family announces the passing of Joyce Evelyn Bockes on December 17th, 2024 at the age of 84.

Joyce was born in Kearns, Ontario and was raised in Webbwood, Ontario. She came from a large family of 13 brothers and sisters. Joyce married her high school sweetheart Ken in 1958 and they had three daughters by 1965. In 1966 they headed west and ended up on Texada Island where they made their forever home.

Joyce enjoyed many things in her life time, from planting her garden, looking after her flowers and traveling. Every year she would either travel to Australia to visit her many friends there, or Ontario to visit her family back home. She enjoyed attending the local bingo's, playing Keno or heading to Vancouver Island to go to the casinos. Joyce took pride in her home and would spend hours manicuring her lawn and flower beds.

Joyce was predeceased by her husband, Kenneth Bockes.

In Loving Memory of Joyce Evelyn Bockes

> She is survived by her three daughter's, Judy (Steve) Wikman: Joanne (Ron) Riddell: and Jackie (Leo) Szumilak.

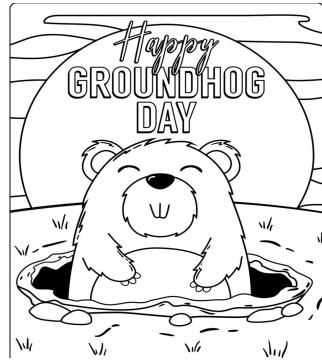
Forever cherished and remembered by her five grandchildren; Tasha Wikman (Ryan); Eric Wikman (Christina); Amanda *Turnell (Jeff); Brayden* Riddell (Sarah); Brent Szumilak (Morgan) and seven great grandchildren, Levi & Liam Turnell, Carter Nepinak-Wikman, Cooper & Taylor Riddell, Millie and Leo Szu-

Jouce will be deeply missed by her surviving sisters; Beatty, Barb, Marion, Kathy, Linda and Gayle.

milak.

A Celebration of Life is scheduled for March 8th, 2025 at the Royal Canadian Legion in Van Anda starting at 1:00 pm. Memorial donations can be made to the Texada Health Services Society or Lung Cancer Canada.





Celebrating Family Day

R	Н	U	Ε	Т	Y	L	Н	۷	Т	Μ	L	Y	С	Generation
G	Α	G	Т	Т	Μ	Α	0	В	Ε	Ε	A	L	L	Bonds
Ε	۷	Т	Ε	Ε	R	Α	L	0	N	R	N	Ι	0	Relationship Close-knit
N	Ε	Α	R	Α	Ε	L	Ι	Ν	Ρ	Н	0	Μ	S	Holiday
N	R	Μ	Т	Α	L	Ε	D	D	R	0	Ι	Α	Ε	Trend
0	Α	U	Α	Ρ	Α	Н	Α	S	0	U	Т	F	K	Appreciate
Ι	G	L	N	Ρ	Т	Т	Y	D	Ε	S	Ι	Ν	N	Multiple Household
Т	Ε	Т	Μ	R	Ι	С	Α	G	Т	Ε	D	L	Ι	Family
Α	Ε	Ι	Т	Ε	0	Т	0	С	۷	Η	Α	U	Т	Non-
R	L	Ρ	R	С	N	L	Ι	Ι	Ε	0	R	D	0	traditional Average
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Ε	Ι	0	D	Т	Ι	R	N	Ι	Μ	В	0	Н	Ε	
G	L	D	Ε	Ε	Ρ	Ε	G	Y	Y	Μ	N	Ρ	Н	



February 2025

TEXADA POLICING AND PUBLIC SAFETY COMMITTEE

February, is here and Valentine's Day is just around the corner. The TPPSC looks at many topics in relation to the safety of the public on Texada, so following the theme of the month, let's look at a topic in relation to loving thy neighbour.

BURNING GARBAGE AND CONSTRUCTION DEBRIS

Consider that burning garbage or construction debris may release toxic chemicals into the air. See the pretty colour of the flames when you burn printed cardboard and plastics? Those could be nasty chemicals. Some possible effects of releasing these toxins into the air may include cancer, lowered immunity, disorders of the nervous system, and could interfere with childhood development.

Health risks could include

Express Lines

Short-term: Headaches, nausea, and rashes Long-term: Increased risk of heart disease, cancer, and neurological disorders Children and the elderly may be especially vulnerable to the health risks of garbage smoke

Environmental risks

Soil and ground water contamination: Residue from burning could potentially contaminate soil and groundwater, which may enter the food chain These airborne toxins may also cause metal corrosion and paint damage.

Garbage pick up can be arranged through Sunshine Disposal or taken to the Powell River Waste Management Center. If you have trouble getting rid of your garbage, maybe ask a neighbor to help. Texada has a great free recycling center which can minimize garbage. Also, consider you can reduce waste by buying items with less packaging, and by reusing and recycling. Have a happy and healthy February. Stay safe.

Becca Committee Chair TPPSC

604-765-5218 texadamatters@gmail.com





ROP IN PLAYGROUP EVERY TUESDAY 10AM - 1PM

SNACKS AND ACTIVITIES



Are You Grieving the Loss of Your Child?

Have you experienced the profound loss of a child? Are you searching for a compassionate community to help nurture your soul and body on this difficult journey?

> Powell River Compassionate Friends **Nurturing Our Souls and Bodies** 2nd Annual Retreat September 4–7, 2025 Bethlehem Retreat Centre, Nanaimo, BC

Our first retreat last year was born from a dream I had to bring together the shared experiences of parents who needed to connect, explore and process this unique grief—a group of which I become a member when my son and his girlfriend were killed by someone who ran a stop sign.

The retreat at Bethlehem Retreat Centre brought 38 people together who cried, connected, and nurtured their souls. The serene setting of the Bethlehem Retreat Centre—nestled in BC's water and mountains—provided the perfect backdrop for healing and hope.

A Moment from the Retreat

One of the most meaningful activities was the Heart Stone Sharing. Each parent selected a heart-shaped stone that resonated with them, representing their child. Parents then found quiet spots around the grounds—by the water, on the lawn, in the Chapel—to reflect and write about the gifts from their child or messages they wished to share. During this time, one parent shared a heartfelt song she used to sing to her unborn "angel" baby. Her beautiful voice touched everyone deeply, creating a connection we all carry with us.

What Parents Said About Our First Retreat

- "The atmosphere was accepting, compassionate, and non-judgmental";
- "I liked the workshops, loved the yoga, the variety, the art experiences";
- "I found tools to help me heal and they gave me hope for the future";
- "There's no 'fix' for this loss, but the retreat offered comfort and Connection";

Looking Ahead

The love and support shared during the retreat will remain with us for a long time. If you feel ready to explore new ways to process your grief and connect with other parents, we would love for you to join us at our 2nd annual retreat, "Nurturing Our Souls and Bodies".

For more information or to register, please contact Ariel or Zella at <u>powellrivertcf@gmail.com</u> Keep in mind that registration filled up quickly last year.



