

# Powell River **LIVING**

Our  
Captain  
**Jack**



OCTOBER 2019

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# 2019-2022 Strategic Plan

## Community Vision

Working collaboratively for the common good, to support a thriving, inclusive, and sustainable community.

## Sustainability Principles



### Cultural Sustainability

Provide and promote respect for diversity and heritage.



### Environmental Sustainability

Ensure the resiliency, conservation and protection of the natural environment.



### Social Sustainability

Provide access, support and advocacy for a safe, secure and inclusive community.



### Economic Sustainability

Provide and support ongoing economic benefits for the community.

## Strategic Priorities

The 2019-2022 Strategic Plan will focus on the following:  
Climate Change, Economic Development, Transportation, Parks, Recreation and Culture, Public Safety, Communications and Engagement.

## qRD recognized for significant climate action

We are pleased to receive Level 2 recognition for our commitment to reduce greenhouse gas (GHG) emissions.

Projects that assisted the qRD in achieving Level 2 recognition include:

- Identifying climate change as a priority in the Strategic Plan,
- Developing a corporate GHG Reduction Strategy,
- Setting GHG reduction targets and incorporating climate change mitigation and adaptations into qRD Official Community Plans, and
- Incorporating climate change into the Asset Management program and capital project planning.



**qathet**  
**REGIONAL DISTRICT**

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[qathet.ca](http://qathet.ca)



Small Business

# THRIVING IN POWELL RIVER

*A day of networking and learning*

workshops  
networking  
co-working space tour  
film screening

October 23,  
2019

## 7:15 NETWORKING BREAKFAST

to **Key Note** Speakers: Evelyn Pollen & Carla Brosseau  
of Pollen Sweaters

**Location:** Town Centre Hotel

**Cost:** \$15 and \$10 for Women In Business members

**-Tickets available at the Nutcracker Market-**

## 9:00 IDENTIFYING YOUR CUSTOMERS: to KEYS TO MARKET RESEARCH

**10:30** *This workshop is for anyone who wants to find  
– or attract – new clients or customers.*

## 10:45 BUILDING YOUR BRAND

to *This workshop is for anyone with a brand. And  
we all have one whether we like it or not!*

## 12:00 NEW! CO-WORKING & to COLLABORATION SPACE

**1:30** *Learn about the new co-working & collaboration  
space above the library, receive a tour, and find  
out how you can be involved.*

## 1:45 MAKING THE MOST OF to YOUR MONEY

**3:15** *This is for anyone who doesn't know what their  
credit rating is and is considering applying for a  
loan or if you want to attract financial capital.*

## 3:30 PLANNING FOR CASH FLOW

to *If you fail to plan, you plan to fail. This workshop  
will help you sleep at night, knowing you can  
manage good and tough times.*

## 7:00 FILM SCREENING

to **"A Silent Transformation"**

**Location:** Art Centre

**FREE ADMISSION - CASH BAR -**

**(doors 6:30)** *A film about the transformative power of the  
co-operative enterprise model.*

*All workshops and presentations are held in the PR Public Library  
First Community Room, free to attend, and open to the public.*

**To secure your spot PLEASE RSVP online at [Firstcu.ca](http://Firstcu.ca)**

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# Powell River invests in growing business sector

## Programs assist in strengthening and supporting existing and new entrepreneurs

The number of business licenses in Powell River has been on the rise and the statistics show that small business is leading the way in generating new economic activity. In the last year alone, over 90 new business licenses have been issued, many of them to small and home-based businesses. Outside of its work to attract new investment and residents to Powell River, the City has put a focus on supporting existing business and entrepreneurial growth.

Eighty percent of all new investment in a community typically comes from existing companies. The City supports small, medium and large businesses through the Business Retention and Expansion Program, which it funds in partnership with Career Link Employment Services. Interviews are done with local businesses on a weekly basis to identify what help they need and connect them with the agencies that can assist. The information collected also helps to identify trends in the business community which assists in developing new programs and tools to support future growth and stability. The Coordinator of the program is Laurie Marshall. She can be contacted through Career Link at [laurie@careerlinkbc.com](mailto:laurie@careerlinkbc.com) or 604 485-7958 if you would like to participate in the program.

One example of new programs that have been developed to support business growth is the Creative Economy and Innovation Initiative, which the City launched in 2018 in partnership with the qathet Regional District, Tla'amin Nation, Vancouver Island University, School District 47 and the Island Coastal Economic Trust. The main goal of the initiative is to strengthen the community's growing entrepreneurial culture by providing opportunities for business collaboration, innovation and professional development. Over the course of 2018 the initiative studied similar initiatives in other centres, reviewed and inventoried existing community assets and strategies, and interviewed business owners and residents across multiple sectors to better understand what supports were needed to strengthen entrepreneurialism. The resulting strategy built a road map of how to strengthen and support entrepreneurs. Phase Two of the initiative was launched in 2019 with funding from the Powell River Community Forest Corporation Reserve Fund and Island Coastal Economic Trust.



One of the first pieces to be delivered out of Phase Two of the program is the Coworking and Collaboration Space, which opens its doors on the second floor of the Powell River Public Library later in October. Through a paid membership program, entrepreneurs will be able access office and meeting rooms to work out of when needed. In addition to this, the space will be used to deliver programs for all entrepreneurs in the community. Some of the programs that will be delivered include professional development workshops, and networking events to allow for business collaboration and innovation. To learn more about the Powell River Creative Economy and Innovation Initiative visit its Facebook page [@prinnovationhub](https://www.facebook.com/prinnovationhub) or email [info@prinnovationhub.com](mailto:info@prinnovationhub.com).



[powellriver.ca](http://powellriver.ca)



# IN FOCUS Osprey

The Osprey is one of my favorite birds. I am very familiar with them, having grown up in Powell River. At a young age, I saw nests at Mud Lake, Haslam Lake and other small ponds. I bought my first float cabin on Powell Lake, up at Rainbow, when I was 20. There were two Osprey nests nearby. This photo shows an Osprey landing on its nest. It was so magnificent to see it land! Its eggs were not yet hatched. If they had hatched the parent would be bringing fish to feed the young.

Called the “Fish Eagle” in some countries, the Osprey is found on every continent. It catches fish by hovering, then plunging, talons first, into the water, catching its prey. Like the Bald Eagle, the Osprey’s nesting success has decreased in many areas because the fish it eats are contaminated with toxic chemicals. **PRL**

– Rod Innes



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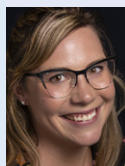
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## ON THE COVER

For just the second time in the team's history, a local boy is wearing the “C” as captain of the Powell River Kings. Meet Jack Long.

Photo by Alicia Baas



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We welcome feedback from our readers. Letters may be edited for length. Email [isabelle@prliving.ca](mailto:isabelle@prliving.ca), or mail letters to **PR Living, 7053E Glacier St, Powell River, BC V8A 5J7.**

## MAILBAG

*Greetings Isabelle,*

I can't recall a time where I have felt so inclined to contact someone to express my gratitude for their short articles and essays on everyday topics, disclosed in such a soulful way.

Nearly every issue since I moved to Powell River in July 2018 I have read and re-read. “The Last Time” (September *Powell River Living*) was the latest to provoke me to consider my own age n' stage and endings – children moving out, leaving for university, saying some good-byes and some au revours too, along with those who die (and it seems to be more and more as I move into my mid-fifties).

For me, you have taken what I thought was my being too sensitive, too soft, or too reflective, and normalized the experience of being a woman, a mother, a relative, and a friend. I want to thank you for sharing these experiences as I come to accept my own depth and presence of being in this “change-of-life” time where I find myself examining what is important now that I am almost empty-nesting. What contribution to friends or community I hope to make, how to expend remaining career years, and maybe what footprint and legacy I want to leave as I move into the fall of my own life.

Please keep writing. The layers of each article do have something for nearly everyone.

I appreciate your vulnerability in sharing and the depth by which your messages stir me to engage in purposeful heartfelt living. Thank you.

Warmly,  
*Reba Miller*  
Grace House Manager



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■ EDITOR'S MESSAGE ■

# Connect to the land: stop and smell the camas

Before working on this issue, I'd never even heard of camas. It's a jewel-toned purple and yellow flower that's native to Mitlenatch Island and beyond, gathered in the fall by Tla'amin people since forever. The bulb, I've learned, can be roasted, and tastes a bit like caramelized onion.

Now I look for it everywhere I go. It's part of what makes qathet absolutely unique, and I am so appreciative that Drew Blaney and his elder-consultants were willing to share their knowledge with us.

As you page through October's issue, I think you'll be struck, as I was, at how much the stories and events invite you to have a much deeper relationship with the land you live on.

This region's first-ever Salmon Preservation Festival and Mushroom Festival (see the Events section, starting on Page 35) will both help enhance your knowledge about two of our most important local, sustainable food sources. Memento Mori invites you into the Cranberry

Cemetery, to attach yourself to it as a place to remember your deceased loved ones – even if they're not buried there.

On Joyce Avenue across from QF, you've likely noticed that the construction of the Rapid Response to Homelessness modular housing project is nearing completion. Many of the 40 people who will be moving inside soon are currently living rough in the woods. PREP's executive director Stuart Clark explains more about this landscape-changing project (Page 24).

In Townsite, many of the buildings are either Craftsman- or Tudor-Revival style; they're designed just for the West Coast weather, using local materials (See Page 22). Likely no one knows more about the National Historic District's built heritage than Ann Nelson, whom publisher Isabelle Southcott interviewed, and who wins the award this month for "best portrait in the magazine" (see Page 29)

Inserted into this issue is ZEST – our annual health

magazine/directory, which this year focuses on community connection, the centre of a healthy life.

PRL's Pumpkin People Festival (Page 10) is designed just for that, to get neighbour talking to neighbour. The Kings brings together hundreds of fans each game; learn more about our new local Captain Jack Long (Page 6). And our candidates for the October 21 Federal election will be here this month, trying to connect with you over the issues they're passionate about (Page 15).

October will be a full month for everyone living here in our unique little region. I hope you find time to smell the camas – and the pumpkin spice.

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



A legacy gift, either in memory of a loved one, or as part of your estate planning, can make a lasting difference in end-of-life care for individuals or families.

The Powell River Hospice Society acknowledges the extraordinary generosity of everyone considering a legacy gift to the society.

These contributions mean we can continue to provide the best round-the-clock care, bereavement and caregiver support to those we serve.



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Only the second Powell River-born Kings Captain in the team's 31-year history, Jack Long's impressive career so far proves that great things can come from small hockey programs. *Photo by Sean Percy*



# Meet Captain Jack

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

At the September 6 home opener at the Hap Parker Arena, when the crowd heard that Powell River's own Jack Long had been named Captain of the Kings, the stands went wild.

Jack's parents, Bruce and Linzie Long, were at the game to witness this historic moment. It's only the second time that a hometown boy has had this honour and responsibility bestowed upon him in the team's 31-year history (the other being Mark McKamey, and that was back in 2009).

Since the announcement, Jack has received countless texts of congratulations, while others have stopped him on the street to congratulate him in person.

Jack couldn't be happier.

Like hundreds of other Powell River kids, the 20-year-old's hockey career began early. He was only four when he first enrolled in Powell River Minor Hockey's initiation league, known as 'Pups' in those days.

Jack worked hard to improve. When he was seven, he enrolled in the Power Skate Program. His teacher was Nicole Rumley.

"Even then he stood out from the crowd," said Nicole. "Jack was committed to developing his own basic skating skills and went on further than his peers in the program. At 14, I asked him if he would be willing to help and assist with the CanSkate program and he didn't hesitate to jump in and help. He has led the way in bridging

## IT'S IN THE FAMILY

Jack's love for the sport is in his blood. His dad Bruce played as a young man but gave it up after he finished high school. His hockey-playing uncle, Bob Crawford, who was recently inducted into the Powell River Sports Hall of Fame, was someone Jack looked up to.

"I never got to see him play but I heard lots of stories," said Jack.

Bob grew up playing hockey. He moved to Powell River in 1960 to play for the Powell River Regals. It's been said that his leadership qualities were evident early on and Bob took over as player/coach, guiding the team to the provincial championship in his first year and a Canadian championship in his second. Bob also coached minor hockey and some of those he coached went on to international hockey and NHL careers.

Captain

## Jack Long

### Defence



178 GP • 7 Goals • 25 Assists • 32 Points • 175 Penalty Minutes  
 DOB: September 20, 1999  
 187 pounds • 5'10 • Right handed  
 178 BCJHL games played (all with the Kings)  
 55 away from achieving most all-time games played (233).  
 Currently ranked 14th in all-time games played  
 Six games away from passing local Mark McKamey for all time games played.



the gap between hockey and the skating club. Over the years he has inspired many young minor hockey players to develop their basic skating skills with us."

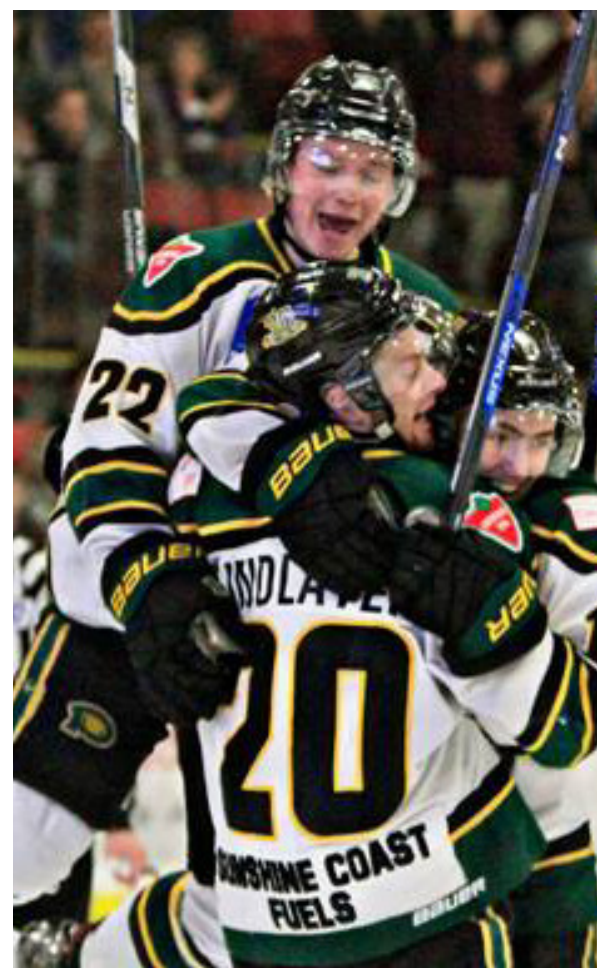
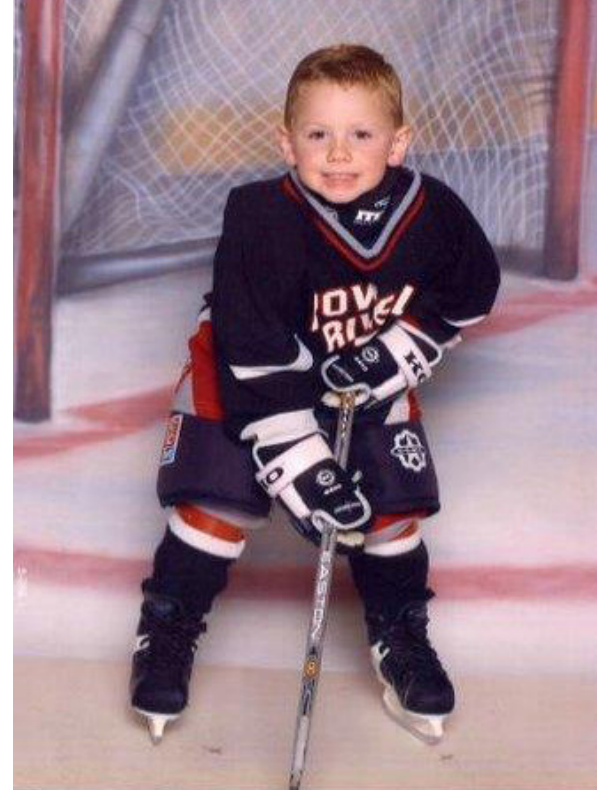
Jack was nine when he first began travelling to attend out of town games. His weekends were filled with hockey but at the same time his leadership skills were growing along with his confidence – something his dad helped him develop.

"When I was young, if I asked my dad to do something he'd ask me to do it first," says Jack. "He taught me to be independent, to try to do things myself before asking for help. When I accomplished things, it helped me become more confident."

Jack continued playing hockey, as his father and uncle had before him (see sidebar). He was told he was one of the better players on the team, but he didn't know how good he was or how much potential he had until he was in his second year of Bantam Rep and he tried out for the BC under-16 team.

"I made the first cuts," he said. "So I was in the top 160 in BC."

Out of the 20 kids picked from this region, Jack was



**HOMETOWN HERO:** From his earliest days as a minor hockey "Pup" to playing in the BC Cup in 2014, Jack Long dreamed of playing for his hometown team in the BC Hockey League. At right, he celebrated with fellow hometown King, Hunter Findlater. This year, Jack is the local team's captain.





**ROYAL LEPAGE**

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# Pregame BAND & BURGERS

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## Friday, Oct 25

Pre-game party 5:30 pm

### PR KINGS vs Vernon Vipers

Puck drops at 7:00 pm

**Game tickets \$10  
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Powell River Kings

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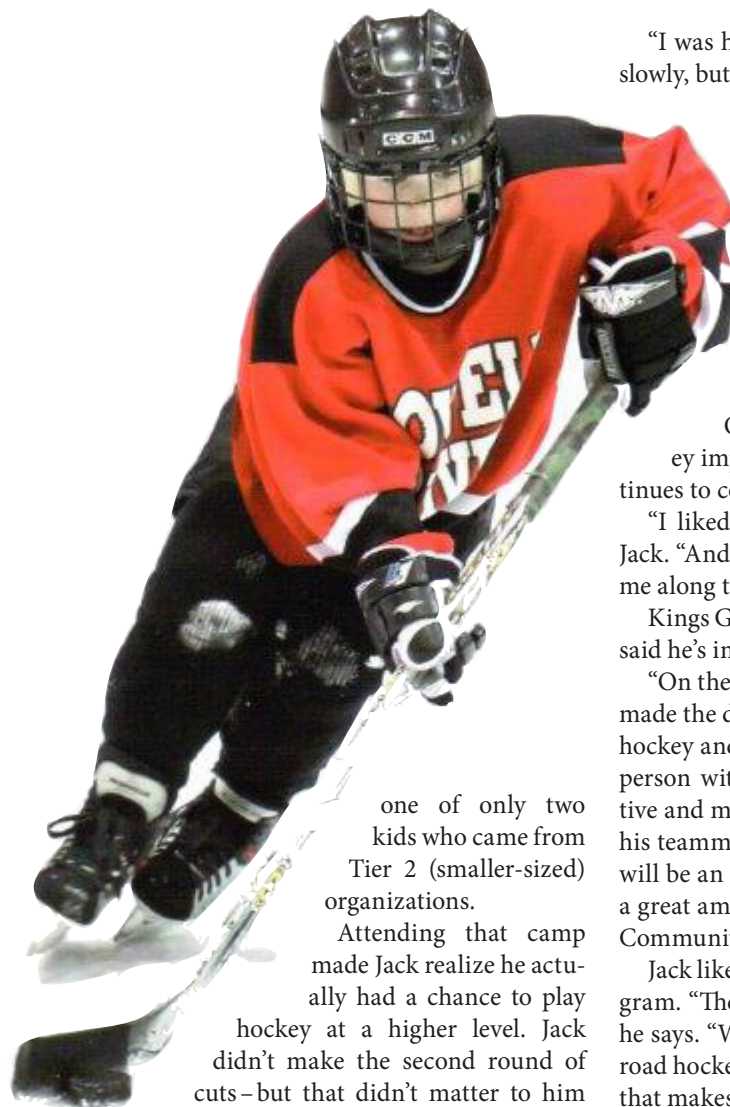
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one of only two kids who came from Tier 2 (smaller-sized) organizations.

Attending that camp made Jack realize he actually had a chance to play hockey at a higher level. Jack didn't make the second round of cuts—but that didn't matter to him because he realized then that he could hold his own with the better players.

At those camps, Jack was scouted to play Major Midget for the North Island Silvertips. He spent his Grade 10 year living in Nanaimo and billeted with a great family. That summer, he came home and was all set to play for the Victoria Cougars the following season when he attended a Kings camp.

"I was hoping to be an affiliate player and get into it slowly, but I made the team," he said with a grin.

He was 15 at the time.

"I was pretty happy," said Jack. "It's been my dream my whole life to play for the Kings."

His mom was also happy – it meant her son would stay at home a little longer.

Jack's next big moment arrived sooner than he thought. He scored his first BCHL goal in a 7-0 drubbing of the Alberni Valley Bulldogs — on his 16th birthday!

Over the past five years, not only has his hockey improved, so have his leadership skills. He continues to coach power skating alongside Nicole.

"I liked seeing the improvement in the kids," said Jack. "And I like giving back to people who have helped me along the way. It makes me feel good."

Kings General Manager and Head Coach Tyler Kuntz said he's impressed with Jack as a person and a player.

"On the first day of camp it become obvious that Jack made the decision to take ownership of both his path in hockey and the Powell River Kings. He is a tremendous person with a strong work ethic. He is very competitive and most importantly, he is loved and respected by his teammates, coaching staff and his community. Jack will be an outstanding captain for our hockey club and a great ambassador for the BCHL and the Powell River Community."

Jack likes the organization's Read with the Kings program. "The younger kids look up to the Kings players," he says. "We read to them and then we go out and play road hockey with them. It puts smiles on their faces and that makes me feel really good."

When asked what's next for Jack, he says he's hoping to play for a Division One School in the States or a university in Canada but that he's waiting to be offered a scholarship. He's not sure what he'd like to study, maybe business or geography: "a career that keeps me outdoors and moving because I don't want to be sitting at a desk." **RL**

## Powell River Kings 2019-2020

### FORWARDS

- #8 Matthew Byrne • Penticton, BC
- #9 Dawson McKay • Houghton, Michigan
- #11 Nolan Krogfoss • Cloverdale, BC
- #13 Jacon Paler-Chow • Vancouver, BC
- #14 Christian Buono • Burnaby, BC
- #16 Hunter McCoy • Newburyport, MA
- #17 Reilly Morgan • Milton, Massachusetts
- #18 Michael Abgrall • Richmond, BC
- #21 Rowan Miller • Scottsdale, Arizona
- #23 Levi Glasman • Lacombe, Alberta
- #24 Nic Porchetta • Powell River, BC
- #28 Ethan Schmunk • Powell River, BC
- #43 Jack Brackett • Manassas, Virginia

### DEFENCEMEN

- #2 Ben Wozney • Richmond, BC
- #3 PJ Garrett • Duxbury, Massachusetts
- #4 Dylan Finlay • L'île-Bizard, Quebec
- #6 Ian Kern • Vancouver, BC
- #7 Cody Stockton • Duncan, BC
- #22 Jack Long • Powell River, BC
- #27 Dylan Hewlitt • Port Moody, BC
- #44 Davis Pennington • Saline, Michigan

### GOALIES

- #1 Alex Rolfe • Langley, BC
- #33 Matteo Paler-Chow • Vancouver, BC

### COACHES

- Tyler Kuntz • Head Coach
- Kyle Bodie • Assistant Coach
- Brock Sawyer • Assistant Coach

### TEAM STAFF

- Sean Maguire • Goaltending Coach
- Braedon Behan • Athletic trainer & equipment manager
- Terry Dyer & Jamie Parsons • Athletic Trainers
- Nadine Porchetta • Director of Business Operations

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**GIANT PUMPKIN, TINY FANS:** On September 8, Graham sisters Ava, 4, and Sydney, 2, cuddled up to PRL's Giant Pumpkin Contest winner at the Fall Fair. Antabatka Farm's 165-pound beast outweighs the sibs. Eli Hanson's 120-pounder came in second, and Barndance Farm's 62-pound pumpkin placed third.

*Photo by Isabelle Southcott*

October is squash season, and this one is shaping up to be the best ever. With two new pumpkin patches to visit, a Townsite Pumpkin People festival, and pumpkin carving and art galore, this is one month that'll have you seeing orange.

Pumpkin

Spicy Season

Editor Pieta Woolley's

## Pumpkin & Maple Glaze Scones

These are everything you'd want in a pumpkin scone: flavourful, flaky and pie-scented. I like mine spicy; if you don't, cut down on the spices. The real magic is the buttery, fudgy maple glaze. You'll be tempted to gobble it straight out of the pot. I adapted this recipe from [sallysbakingaddiction.com](http://sallysbakingaddiction.com).



**MAKE IT HOT:** Be bold with your pumpkin flavours. I like fresh ginger and freshly-grated nutmeg and cinnamon.

### PUMPKIN SCONES

- |                             |                            |
|-----------------------------|----------------------------|
| 2 cups whole wheat flour    | 1/2 cup chilled butter     |
| 2.5 tsp baking powder       | 1/3 cup heavy cream        |
| 2 tsp ground cinnamon       | 1 large egg                |
| 2 tbsp fresh ginger, grated | 1/2 cup pumpkin puree      |
| 1 teaspoon of nutmeg        | 1/2 cup brown sugar        |
| 1/2 teaspoon salt           | 1 tsp pure vanilla extract |

Preheat oven to 400°F. Line a baking sheet with parchment paper.

Whisk the flour, baking powder, spices, and salt together in a large bowl. Grate the butter. Add it to the flour mixture and combine it until the mixture comes together in pea-sized crumbs. Set aside.

Whisk the cream, egg, pumpkin, brown sugar, and vanilla together in a small bowl. Drizzle it over the flour mixture and then mix it all together until everything appears moistened.

### MAPLE GLAZE

- 2 tablespoons butter
- 1/3 cup pure maple syrup
- 1 cup confectioners' sugar
- A generous pinch of salt, to taste

In a small saucepan over low heat, melt the butter and maple syrup together, whisking occasionally. Once the butter has melted, remove from heat and whisk in the sifted confectioners' sugar. Taste and add a pinch of salt if desired. Drizzle over warm scones.

With floured hands, work the dough into a ball as best you can and transfer onto a floured work surface. Press into a neat eight-inch disc and, with a very sharp knife, cut into eight equal wedges. To make smaller scones, press dough into two 5-inch discs and cut each into eight equal wedges.

Place scones on the prepared baking sheet. Bake the larger scones for 20-25 minutes or until lightly browned. If you made 16 smaller scones, bake for 18-20 minutes or until lightly browned. Remove from the oven and allow to cool for a few minutes as you prepare the icing.

### Be the first to know!



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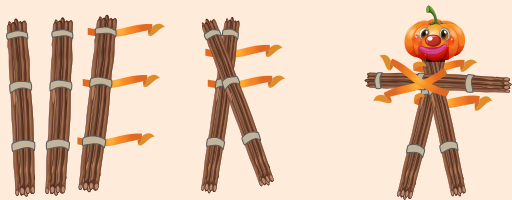
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**Event: How to build a pumpkin person**



Saturday, October 5

Townsite Mall at 11 am

Upper foyer by the Climbing Gym.  
With Isabelle Southcott and Bill Hopkins.

**How to Participate**

Beginning October 12, you'll see Powtown Pumpkin People popping up on lawns and on porches throughout Townsite.

This new festival, which runs til the end of October, features a variety of "people," including musicians, athletes, men, women, children and maybe even some politicians. Hockey players, brides, farmers, and movie stars looking decidedly familiar but sporting large orange pumpkin heads will be sitting, standing or playing in the Townsite.

Sponsored by *Powell River Living* magazine and supported by our many partners, this festival is another way to bring the neighbourhood closer together and to boost tourism in the shoulder season. A demonstration on how to build a pumpkin person will take place at 11 am on October 5 upstairs at the Townsite Mall with Powell River Living publisher Isabelle Southcott and one of Townsite's biggest supporters, Bill Hopkins.

Townsite is already a hot spot at Halloween which is why this event is being launched there this year. Many Townsite residents decorate their homes and some get upward of 400 trick or treaters.

It's easy to make a pumpkin person. Heads are made out of a pumpkin, features painted on (not carved as carving leads to pumpkin rot). Bodies are made out of broomsticks, tomato or bamboo pole frames and stuffed with straw or leaves. Grab some old clothes (or buy some from a thrift store) and let your imagination run wild!

Pumpkin festivals featuring people are popular in Eastern Canada and the United States. "We're hoping Townsite will embrace our orange gourd heads and add another layer of excellence to Halloween," said Isabelle. If you don't live in Townsite, you can still build a Powtown Pumpkin Person however judging this year will be for Townsite only. "We had to start somewhere," said Isabelle. "Next year we hope to expand this to include the entire city."

To enter your Townsite Powtown Pumpkin Person to be judged and have the chance to win great prizes and trophies, email [contest@prliving.ca](mailto:contest@prliving.ca). Please include age if you are entering the children's category. There are trophies and great prizes for Children, under 12; Funniest, and Most Original.

# POWTOWN PUMPKIN PEOPLE FESTIVAL



**Connect to your neighbours, young & old • Show off your skillz**

October 12 to 31

Win Prizes & Trophies

Tour the Pumpkin People on foot or in your car

**Judging:**

To have your entry judged (Townsite only), email your name, address and age (if 12 and under) to [contest@prliving.ca](mailto:contest@prliving.ca). You could win a great prize!

Judges are:

**Tracey Ellis**  
Tourism Powell River

**Joëlle Sévigny**  
Townsite Heritage Society

**Pieta Woolley**  
Powell River Living

**Trophies:**

Children Under 12  
Most Original  
Funniest

**Prizes:**

- A two-night stay in the off season for two guests at Stillwater Beach House. Donated by Jock and Christine McLauchlan.
- Family night movie passes for four to The Patricia, with popcorn and pop.
- An orange Powell River T shirt and an orange water bottle donated by Tourism Powell River.
- Pumpkin People book by Sandra and Ron Lightburn
- Paddle boarding for two people donated by Kat Richards of Stillwater Paddle Boards.
- An Everything Pumpkin Gift Basket donated by Elaine Steiger at The Basket Case.

**Be sure to enter our Pumpkin Patch Photo Contest!**

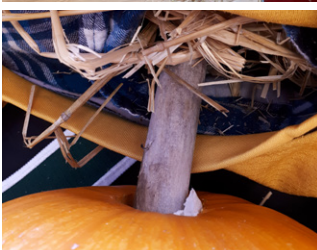
You could win a Fall photo session with Jenna Brownlee. See Page 13 for details.





# Make your own Pumpkin Person

With PRL publisher Isabelle Southcott



**GET STUFFED:** From left, Isabelle gathered her materials: sticks, twine, straw, clothes, and a pumpkin. She tied the sticks into a rough body form, dressed it, and added straw. The pumpkin attaches to the sticks via a small hole. Next, paint a face on, set it up, and voila: your very own Powtown Pumpkin Powell River Kings player.



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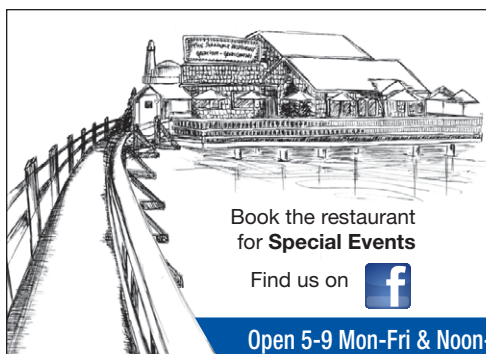
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There's always a reason to come to Lund! Here's another...

**Specials every weekend in October!**

Oct 5 We're closed Sat for staff day.	Oct 12-13-14 <b>THANKSGIVING</b> Menu	Oct 18-19-20 <b>OKTOBERFEST</b> Menu	Oct 25-26-27 <b>OKTOBERFEST</b> Townsite Brewing on site!
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COAST  
**ART  
CRAWL**

**Oct 18 - 20**

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and Gambier Island

Friday - Saturday - Sunday  
10:00am - 5:00pm each day

Take a scenic coastal tour of 186 studios  
galleries and more. Over 320 artists.

Visit the Arts Ambassadors # 93 of  
Powell River at Roberts Creek Hall.

presented by  
Coast Cultural Alliance



#sunshinecoastartcrawl

[sunshinecoastartcrawl.com](http://sunshinecoastartcrawl.com)

# Coho & Camas

## Tla'amin Nation has its own Xe'chich (fall) foods & rituals

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

**P**umpkin spice versus smoked salmon: which scent do you most associate with fall? If you live in qathet, probably both.

I asked Drew Blaney, Tla'amin Nation's Culture Coordinator and Heritage Manager, whether there's an equivalent-to-pumpkin symbolic food of fall for this territory. He asked the elders and they said, "Maybe Camas" and "When I think of Thanksgiving time of the year, I always think about smoking fish. Because we do our fish in October."

### PUMPKINS: GLOBAL GOURD

Pumpkins are an indigenous American food: just not here on the West Coast. In what is now Mexico, they were first cultivated under the green thumbs of the Zapotecs and Mixtecs, before they spread throughout North America, then taken to Europe, Africa and elsewhere 400 years ago. Pumpkins are, of course a welcome nutrient-rich food, both the flesh and the leaves. Now, half of the world's 27 million tonne-pumpkin crop is grown in China and India.

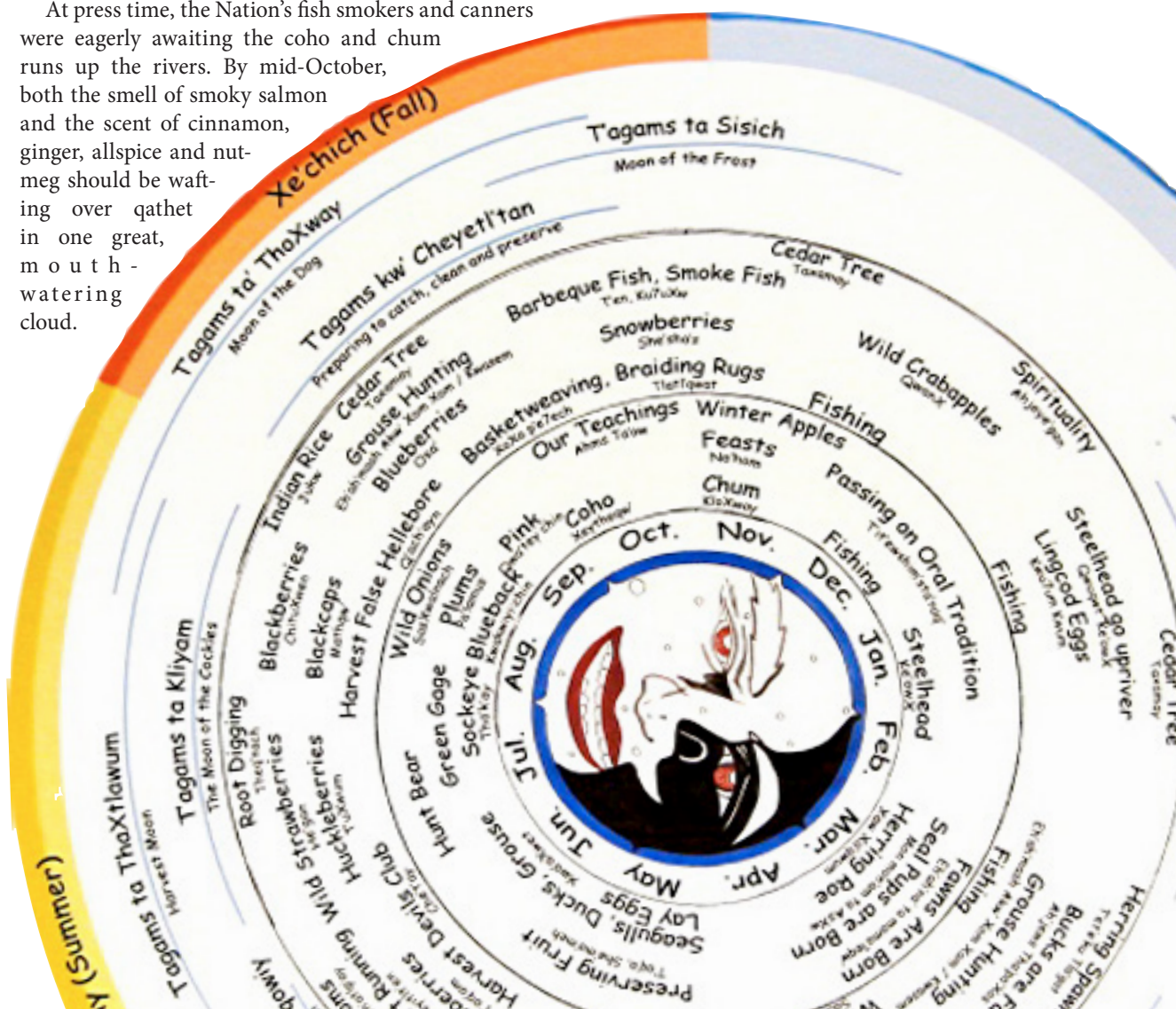
Simply put, there's no traditional food here that equals the Celtic brouhaha associated with pumpkins: Jack-o-lanterns, Pumpkin People, pie, and decor.

"It's more of what our people ate during this time of year," said Drew. "Grouse, preserved blueberries and snowberries and barbecued and smoked coho and chum salmon."

At press time, the Nation's fish smokers and canners were eagerly awaiting the coho and chum runs up the rivers. By mid-October, both the smell of smoky salmon and the scent of cinnamon, ginger, allspice and nutmeg should be wafting over qathet in one great, mouth-watering cloud.



**SWEET CARAMEL ONION FLAVOUR:** When they're roasted on a fire, the bulbs of the West Coast's Camas (*Camassia leichtlinii*) flower have a pleasant-but-pungent taste. They're a traditional food from Northern California to the mid-BC coast. According to Tla'amin elders, October was the month for gathering the wild and cultivated bulbs – though they were never a huge part of the local diet. They used to grow on Mitlenatch Island, because there's less rain there than on the mainland. *Photo by Flowersinmyyard*





# Pumpkin Events

## Saturday, October 5

### PRL's Pumpkin people building

11 am. Townsite Mall. Pumpkin Man will be there! See ad on Page 10.

## Saturday, October 12

### Pumpkin patch and Petting Zoo at Family Farm B&B

Noon til 4 pm, 2590 Oxford Road. Free! Pumpkins and apples for sale, petting zoo (Nigerian Dwarf Goats+), playhouse, swings, a slide, and picnic tables.

## October 12 to 31

### Powtown Pumpkin People Festival

Display your Powtown Pumpkin people in the Townsite. Details on Page 10.

## Saturday, October 26

### Pumpkin Carving at TC Mall

11-3, by PRCYFSS, pumpkins from Save-On.

## Monday, October 28

### Pumpkin Carving class

4 to 5:30 pm, Rec Complex. Ages 6 to 12. \$10.

## October 26 & 27

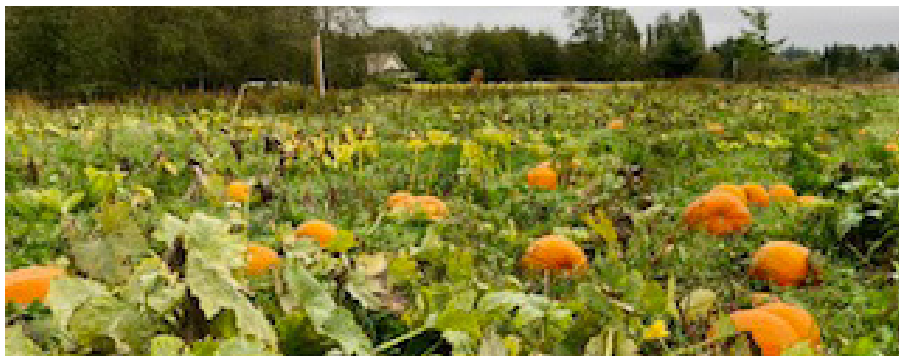
### Pumpkin Patch at Windfall Farm

1 to 5 pm. See ad on Page 37. Take your own photos, petting zoo, and more.

## Saturday, November 2

### Pumpkin Composting

Drop your pumpkins off at the Town Centre Recycling Depot to have them composted by a local farmer. A project of the qRD's Let's Talk Trash team.



**WHERE TO WAIT FOR THE GREAT PUMPKIN:** From zero pumpkin patches last year, to two new ones this year! Visit the patch south of town at Family Farm B&B on Thanksgiving weekend, and visit the patch at Wildwood's Windfall Farm the two weekends before Halloween. See details above, and Windfall's ad on Page 37.

## Pertinent Pumpkin Points

### Totally Paleo

Pumpkin are low in calories, fat, and sodium and high in fiber. They are good sources of Vitamin A, Vitamin B, potassium, protein, and iron.

### And now, 'punkin'

In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding "gros melons." The name was translated into English as "pompions," which has since evolved into the modern "pumpkin."

### Try them all

There are 800 different kinds of pumpkins.

### Plan your party

October 26 is National Pumpkin Day

### Just like us

Pumpkins are 90 per cent water

### Obese gourd

The largest pumpkin ever grown weighed 2,625 pounds. It grew in Germany.

### Reason to become obese

The largest pumpkin pie ever made weighed 3,699 pounds and was 20 feet in diameter.

### Less tasty tho

Scientifically speaking pumpkins are a fruit (they contain seeds).

### Cousin Jack-o'-Lantern

Pumpkins are a member of the squash family.

### Call Anne Shirley

Pumpkins were once recommended as a cure for freckles.

### Road trip

Over 1.5 billion pounds of pumpkin are produced in the United States every year - 95 per cent in Illinois. The "Pumpkin Capital of the World" is in Morton, Illinois. Their pumpkin festival attracts more than 75,000 visitors.

### Mr. Potato Head

Hundreds of years ago in Ireland, Jack-o'-lanterns were made out of turnips or potatoes. As part of their autumnal celebration, they wanted to light the way to their homes for the good spirits, so they carved faces into vegetables.



**WIN A FREE PUMPKIN PHOTO SESSION:** Get your child's (or family's) photo taken in the pumpkin patch this month! You could win a fall photo session with Jenna Brownlee of Brownlee Photography by emailing [contest@prliving.ca](mailto:contest@prliving.ca) before Monday, October 15. *Powell River Living* will draw for one photo session with Jenna that contains five professionally and individually retouched high resolution digital images in black and white and colour with print releases. This prize is valued at \$120. Photos to be taken between October 19-20 and October 26-27. Winner to contact Jenna Brownlee, [info@brownleephoto.com](mailto:info@brownleephoto.com); visit her website [www.brownleephoto.com](http://www.brownleephoto.com). On Instagram and Facebook: @brownleephoto.com. You can also book your own individual sessions with Jenna. *Photo by Jenna Brownlee*

*Don't leave it too late!*

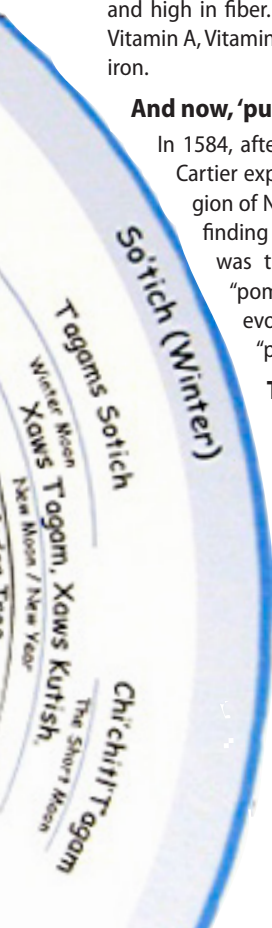
**Come to our wine tasting!**  
**Oct. 24 at the Carlson Club**  
 Doors open at 6 pm  
 \$25/person  
 Proceeds to the Academy of Music  
 Stop by to get tickets or hope there are some left at the door.

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- Last day for 8-week wines **Oct 23**
- Last day for 6-week wines **Nov 6**
- Last day for 4-week wines **Nov 20**

*Order sour cherry dessert wine, or ice wines now, too!*





# Indigenous Education has Changed



Tla'amin language teacher Karina Peters, Indigenous Student Support Teacher Tyler Peters and Indigenous Curriculum Coordinator and Reading Intervention Teacher Gail Blaney are change-makers for both Indigenous and Non-Indigenous SD47 students.

**W**eaving Indigenous content into everyday curriculum is important to all School District 47 educators, but many need support.

The First People's Curriculum is now mandatory everywhere in BC, from Kindergarten to Grade 12. In the past, schools may have had units on First Nations arts or residential schools; now every subject must have an Indigenous component. It's part of BC's commitment to Canada's Truth and Reconciliation Commission's 94 Calls to Action.

Here in qathet, a powerhouse trio of Tla'amin educators are making those commitments come alive for every student in the District: Gail Blaney, Indigenous Curriculum Coordinator and Reading Intervention Teacher; Tyler Peters, Indigenous Student Support Teacher and Karina Peters, Tla'amin Language Teacher.

"A lot of teachers want to do it and they want to do it right," said Gail. To that end, teachers can request a resource person or material online, and lesson plans and resources are available for all grades and subject areas.

Teaching about Indigenous culture has come a long way since she was a child, Gail reports. In Elementary school, all she was offered was a single chapter on a far away First Nation. At Brooks, though, she got a glimpse of what the future could hold.

It was the 1970's, and Betty Wilson was one of the first educators hired to teach local culture. "I remember her coming in and we were really excited," said Gail. "That was where I learned the Mink and

Frog story."

Today, Indigenous learning is integrated across the curriculum, from history to math. There's also a district wide cross-cultural program, two new initiatives that are spearheaded by Karin Westland – a wildcrafting course and a Nature Soundscapes program – plus a Celebration of Success for Tla'amin students in June. The District also celebrates Orange Shirt Day in September to promote awareness about the residential school system, and offers a salmon barbecue at James Thomson in October. Last year, a welcome pole was carved at Henderson Elementary and the unveiling of that pole will take place on October 17 this year. Last year's legacy project was a beautifully carved door to the Indigenous Learning Centre at James Thomson.

Tyler focuses on student support. "I try to make sure the Indigenous students' needs are met," he said. "For many students I am the bridge between school and the parent." Tyler also works on the transition piece between Grade 7 and 8 for students. Besides going on tours, he tackles specific problems – like how to work the lockers at Brooks!

Karina Peters teaches the Tla'amin language. At the elementary level, all students learn about the Tla'amin culture and language. "I tell them language and culture are intertwined. You can't have one without the other."

Karina uses Total Physical Response (TPR) to teach. "You learn a language through action." She also incorporates storytelling in her teaching. By the time her students reach high school, they're reading and writing in the language.

When Gail Blaney was a child, our District offered very little Indigenous education: no language, little local culture.

Now, these three are paving a future for all students based on deep knowledge and genuine respect.



SCHOOL DISTRICT 47

Want to learn more? Contact us.  
School District #47  
4351 Ontario Ave 604 485-6271  
[www.sd47.bc.ca](http://www.sd47.bc.ca)



# A warm n' fuzzy election interview with five fierce candidates

Meet your Powell River-North Island candidates for the October 21, 2019 Federal Election



*INCUMBENT*  
**NDP**  
**RACHEL BLANEY**



**LIBERAL PARTY OF CANADA**  
**PETER SCHWARZHOFF**



**CONSERVATIVE PARTY OF CANADA**  
**SHELLEY DOWNEY**



**GREEN PARTY OF CANADA**  
**MARK DE BRUIJN**



**PEOPLE'S PARTY OF CANADA**  
**BRIAN RUNDLE**

<b>Your family:</b>	My partner Darren Blaney and I will be celebrating 22 years together in November. We have had two sons, Henry and Kai, and Darren's daughter, Rebecca. My step daughter has four beautiful children I am grandmother to.	I was born in Ocean Falls to a typical pulp mill family, moving at age two to Campbell River in the early days of the mill. I have been married to Loretta for almost 38 years. We have two adult sons.	My husband and I have 2 sons and 2 daughters and 5 grandchildren. We enjoy and value our time together. I have a wonderful family! One son and his family live in our riding and one of our daughters and her husband plan to return soon.	Born in Holland, at age three my family moved to Calgary. Dad was a petroleum geologist in the Alberta oil patch. Mom stayed home to raise us four kids till we were teenagers, before becoming manager at the UofC bookstore.	I am married to Cynthia Rundle. My father was a physicist and my mother was a registered nurse. I have two sisters, one is a nurse and the other a lawyer. Our family valued education, curiosity and knowledge.
<b>% of vote in 2015 in NIPR</b>	40 per cent	25 per cent	26 per cent	8 per cent	N/A
<b>Your career and education</b>	My Bachelor's Degree is from VIU, where I received a double major in First Nation and Women Studies. Many years in the non-profit sector, my last position was as the Executive Director of the Immigrant Welcome Centre, in the Comox Valley and Campbell River.	I have a degree in meteorology. I have released weather balloons in the Arctic, forecast weather across Canada and with the Canadian Forces in Europe, led the air quality research group, and managed Science for the Meteorological Service of Canada BC and Yukon.	I have done accounting for a variety of sectors. I worked as a Financial Controller at West Coast Helicopters prior to my husband and I opening a store. At that point, it was time for me to commit full-time to our family business. We have amazing staff and I appreciate each one.	I attended school in Calgary, Ontario and Regina. I obtained a B.Sc. (First Class Honours, Zoology) at UofC, and a PDP certificate at UVic. I've had careers as biologist, college instructor, school principal, sciences teacher, general contractor and professional buyer.	I went to the U of Sask and graduated in commerce, I have several accounting designations and am a licensed accountant. I worked for the federal government, First Nations, and the construction industry. I have studied in many fields including, architecture, art, history, science and cooking.
<b>Why do you want to be MP?</b>	After four years, I am pleased to be re-applying for the job. I want to continue to collaborate with communities and stakeholders on issues relevant to the riding and to continue to provide strong service delivery to constituents while navigating federal services and concerns.	I am one of those scientists who was muzzled by the Harper government. That government rolled back many of the environmental programs and would pay no attention to climate change. That fermented my increased interest in politics. Upon retirement I felt a need to be useful to my community.	It is hard enough to get ahead without the government making it more difficult and If you work hard, you should be able to buy a home, save for retirement, and care for your children and your parents as they age. I am running to champion the people of NIPR so they can get ahead, not just get by.	Resource depletion, population growth and changing economies are stressing our communities. And the growing threat of climate change will soon be our #1 challenge world-wide. I want to work for a future for our communities, and for the generations to come.	I feel this riding has been ignored and neglected over the past four years. I also feel that Canada is at a crossroads where if the federal government continues to pursue a globalist UN-based agenda that Canadians will suffer, our culture, values and history disrespected and that some provinces could try to separate.
<b>Have you ever had a personal problem with a federal agency? What happened? (EI, CPP, Revenue Canada, etc).</b>	Over the past four years, constituents have raised many challenges with Revenue Canada, Child Tax Benefits, Immigration, accessing EI, OAS, CPP and GIS. I take their stories directly to Ministers and working with my staff, we do our best to find solutions.	No, but I know many who have had serious problems with CRS and with Veteran's Affairs. I know they handle a vast number of cases, but they need to be much more responsive to the individual. I will advocate for veterans.	I have never had a personal problem with any federal agency or in my capacity as Financial Controller or as a business owner. My one complaint would be the length of time it takes to speak with someone.	To the best of my memory, I have never had any major problems with any of these agencies. The occasional minor misunderstanding has been easily resolved, in a most professional and capable manner.	I have had visa problems for my wife and also unfair treatment by Revenue Canada. I went to my MP and was basically ignored. This will not happen if I am elected. The main job of any MP is to serve the needs of constituents,



Rob Villani

Stacey Fletcher

Katya Buck

Ian Tully-Barr

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	<b>NDP – Rachel Blaney</b>	<b>Liberal – Peter Schwarzhoff</b>	<b>CPC – Shelley Downey</b>	<b>Green – Mark DeBrujin</b>	<b>People’s – Brian Rundle</b>
<b>What do you think is the most compelling promise in your own party’s platform, and why?</b>	Many constituents are worried about the affordability of prescriptions and lack of access to dental, eye care and mental health care. I am proud of our plan to implement pharmacare and move towards increasing access to all forms of healthcare	The Canada Child Benefit pays about \$6600 for each child under 6 and \$5600 for each child 6-17. Almost 17,000 kids are receiving this benefit in our riding. This has already lifted more than 300,000 Canadian kids out of poverty. If re-elected we will increase it.	Conservatives will put more money in your pocket, for you; for your kids; and for your parents. We will take GST off home heating bills, scrap the carbon tax, make parental benefits tax-free, lower personal taxes, balance the budget and attract better, higher-paying jobs.	The Green Party is the only party with a comprehensive, fully-costed platform for a rapid and just transition to a green economy, eliminating our carbon emissions, and working to build a liveable future for ourselves, our kids and our grandkids.	The People’s Party will lower taxes, reduce government size and cost, and unify this country so that provinces will work and trade with each other in creating a booming economy. We will implement a range of positive economic reforms described in our party’s platform.
<b>What do you think is the most dangerous / irresponsible promise in another party’s platform, and why?</b>	Both the Liberals and the Conservatives are promoting plans to continue as we are in relationship to the climate. This concerns me deeply. The scientific consensus is clear, urgent action is required now.	Conservatives claim falsely that we increased taxes. We lowered taxes on the middle class. The CPC makes this claim because they say their proposed tax credit for sports and music programs is a tax cut while our Canada Child Benefit is not. They want to kill the CCB.	The Green and NDP platforms insist on canceling pipelines which are needed to move ethically produced Canadian oil to tidal water. This is one resource that funds our social programs here in Canada.	It is a delusion to insist that we can develop a fossil fuel industry AND have a meaningful climate plan. This fallacy continues to confuse Canadians, preventing us from coming together to strive for the long-term liveability of our planet.	All of the other parties have embraced the narrative that man-made climate change has created a climate emergency. This is a false narrative that comes from the United Nations which now has an agenda to facilitate their agenda of eliminating national sovereignty.
<b>What’s the single most important issue in this election?</b>	As people continue to struggle to make ends meet and we watch the richest take home more in a few days than most Canadians do in a year, we need to address those realities. Tax fairness and fair access to resources is key.	There are two that are inextricably linked. We have to get serious about fighting climate change while at the same time ensuring that we address the affordability challenge faced by the average Canadian.	While brainstorming about what the major issues are for this upcoming election, my son cut the conversation short and said, “It’s about the economy. My taxes have increased along with the cost of living. We are being squeezed at both ends”.	Human-caused climate change. If we don’t come together in a spirit of collaboration and trust to greatly reduce our GHG emissions in the next few years, all our other plans and ambitions will amount to nothing on an uninhabitable planet.	How we handle climate change, taxes and the cost of living.
<b>Why do you think Powell Riverites should get out and vote on October 21st?</b>	Every voice matters. It is important to participate in the system, even with its flaws. I believe we must all fight cynicism and this can be hard during these times. Participation on all levels is key.	Voters in Powell River face a simple choice. Do you want to go backward to the Harper days of tax cuts for the rich and cuts to service for everyone else, or will you choose forward with a Liberal government?	Governance is a responsibility to allocate resources and provide services for the betterment of our citizens and country as a whole. We can do better and that is my commitment to you. It’s time for Canadians to get ahead, not just get by.	Powell River is a progressive community already modeling a vision for sustainable future. As your Green MP, I share that vision. My party and I will work hard with you for a promising, green future for Powell River, for NIPR, and for Canada.	This country needs to embrace democracy; if you don’t vote you will get a government that does not care about the citizens and their future well-being.

**PACIFIC SALMON FOUNDATION**  
15th Annual Powell River  
**GALA DINNER & AUCTION**  
Saturday, 19 October 2019  
Dwight Hall, Powell River

The dinner will be catered by Executive Chef, **David Bowes** starting with an incredible seafood appetizer bar including **Fanny Bay Oysters** and local prawns, followed by a delicious buffet dinner. Live auction items include exciting trips, fishing adventures, original artwork, jewellery, giftware and other unique items.

5:30 pm • Reception & Silent Auction      7:00 pm • Dinner      8:30 pm • Live Auction

Tickets \$60 per person • Tables of 10 available • All sales final  
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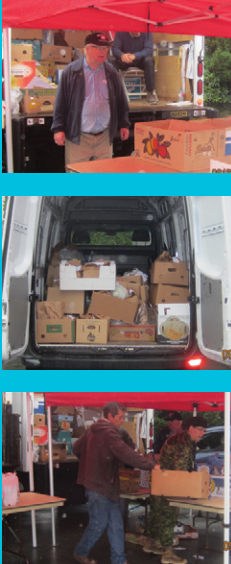
*The BC Thanksgiving Food Drive was a big success! Thanks to our sponsors and the generous community:*

**6,290** pounds of non-perishable food for the Powell River Food Bank and the Salvation Army and Seventh Day Adventist Food Banks

Thanks to all those who donated this year, to our sponsors **RONA Building Supply** and **Quality Foods**, and to our **100** volunteers:

<b>31</b> LDS	<b>2</b> Hospital Auxiliary
<b>3</b> Amateur Radio Club	<b>8</b> Army Cadets
<b>6</b> Knights of Columbus	<b>10</b> Air Cadets
<b>10</b> Inclusion PR	<b>9</b> Salvation Army
<b>2</b> Anglican Church	<b>17</b> Independents
<b>2</b> Reformed Church	

**We visited 4600 addresses. Thanks for your generosity!**







**ALMOST ALWAYS HIGHER:** Gas stations around BC tell the story we all know too well – gas here is much more expensive than elsewhere in BC and in Canada. The only higher regular unleaded price we could find was in Masset, on Haida Gwaii, at \$1.64.9 per litre.

Photos by Lot Sparham

# Guzzled

BY PIETA WOOLLEY | pieta@prliving.ca

This month Powell River votes in a Federal election. Transportation is not at the top of the issues list (at press time, it was Justin Trudeau's black-face apology). But here, it should be a top-of-mind concern for rabble-rousing voters.

While this government has generously contributed to transit infrastructure in Vancouver – \$2.6 billion in 2016-2018 alone, largely for SkyTrain – here, the feds have not stepped up. We are isolated and most of us re-

main car- and ferry-dependant.

Also, there has been no federal action on gas prices, though Canadian pump prices skyrocketed 26 percent from 2015 to 2019. When prices jumped back in 1975, then-prime minister Pierre Trudeau partially nationalized Canada's gasoline industry, and created Petro-Canada. The program was not a success. Yet some are calling for a smarter, more Scandinavian nationalization of the oil and gas industry for the 21st century.

Sadly, I couldn't cover everything in the following few pages. But I hope it inspires you to learn more.

Nearly the highest gas prices in Canada, limited public transit, and an extraordinarily expensive ferry as the only public way out.

With a federal election looming this month, *PRL* proposes that transportation here is a crisis – for the planet, for our small businesses and for our household sanity. We need our elected representatives to act: federal, provincial and local.

Join us Sunday, October 13th at the Garden Court Restaurant

## Happy Thanksgiving!

**BRUNCH BUFFET – 10AM to 2PM**  
 Fruit Salad, Scrambled Eggs, Bacon & Sausages, Crushed Yukon Gold Hash Brown Potatoes  
 Waffles with Strawberries & Whipped Cream  
 Slow-Roasted Chicken Thigh, White Wine & Herb Cream, Garlic Mashed Potato, Garden Salad, Roasted Autumn Vegetables  
 Pumpkin Pie & Whipped Cream  
 Adults \$18.95 | Seniors \$16.95 | Children 5-11 \$14.95

**DINNER BUFFET – 4PM to 8PM**  
 Caesar & Garden Salad, Warm Bread Rolls, Butter & Parmesan Baked Spaghetti Squash  
 Herb Crusted Cod Fillet, Pork & Apricot Stuffing, Garlic & Herb Roasted Baby Potatoes  
 Roast Turkey, Home-made Turkey Gravy  
 Pumpkin Pie & Whipped Cream Plus Assorted Tarts  
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# Our gas: 37 cents more per litre than the Canadian average

At the pump on September 19, regular unleaded in Powell River was \$1.59 per litre most places – nearly the highest in Canada.

Even in Iqaluit, on the tip of Baffin Island, gas was just \$1.25 per litre. So seriously Powell River, what gives?

## Crude:

At press time, crude was \$77 a barrel, or .48 cents a litre.

## The Rack Rate:

Gasoline comes to Powell River via the Suncor (Petro-Canada) terminal in Nanaimo. Our gas originates at the Strathcona refinery in Alberta, travels via the TransMountain pipeline to Burnaby, and is barged to a holding facility in Nanaimo. At press time, the rack rate in Nanaimo was 87.4 cents a litre – the highest in Canada (this includes BC's carbon tax).

## The unexplained "BC 13":

This summer, the BC Utilities Commission released its findings on an inquiry into the high price of gas in BC. All five BC terminals have the highest rack rates in Canada – Edmonton is 67.3,



Toronto is 67.7; even the NWT's terminal is just 74 cents a litre. The inquiry found that several factors legitimately contribute to higher costs here (low infrastructure, high taxes), but couldn't explain the final 13 cent per litre difference in rack rates.

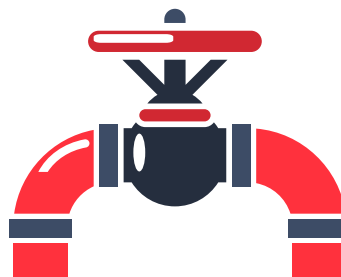
## Regional pricing:

Mayor Dave Formosa, who owns Top of the Hill gas station and has owned other stations in town since the 1980s, told PRL that, at the Terminal in Nanaimo, Powell River buyers are not given the rack rate, but rather an inflated regional price based on "market bear," or, what we will pay, given that we have no other choice. PRL contacted Suncor to confirm this, but after several emails back and forth, at press time, Suncor had not confirmed or denied that the company prices gas differently for Powell River customers. Could this be the source of our inflated gas prices?

## Taxes:

In total, Powell Riverites pay 33.4 cents

# Why?



per litre in taxes, plus five per cent GST (8 cents a litre) for a total of 41.4 cents per litre. That includes the Federal excise tax (10 cents, charged since 1995), Provincial fuel taxes (14.5 cents, just NS, NL and NB charge more. In Vancouver and Victoria, there is an additional transit levy, and federal and provincial carbon taxes (8.89 cents per litre – the highest in Canada). Add 33.4 cents to the rack rate: that's \$1.11.9.

## Shipping:

Gas arrives in Powell River by barge from the Nanaimo terminal. In Vancouver, the rack rate was 1.6 cents a litre less. You'd guess that represents the cost of shipping from Burnaby to Nanaimo. If the cost of shipping from Nanaimo to Powell River were the same as from Burnaby to Nanaimo, we would expect to pay 1.6 cents more per litre than our Nanaimo neighbours. On September 19, they were paying about \$1.33 per litre (in-



cluding transportation from the terminal and the amount that goes to the gas station, for 13 cents per litre), so we'd pay about \$1.35 a litre. Instead, we pay nearly 25 cents more per litre than in Nanaimo. Why?

## Price at the pump:

On Facebook, where gas price discussions can get heated, local gas stations are often blamed for the higher prices. Some people are calling for boycotts. But PRL found that "gouging" or "colluding" local gas stations is an unlikely explanation for the very wide gap between what we pay for gas, and what our friends pay else-



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*Lisa Marie Bhattacharya, RHN*

Wednesday, Oct. 16  
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*Kathy Final, DSHom Med, FCHM, RCSHOM, RyT*

Wednesday, Oct 23  
**Metabolic Syndrome & Heart Health**  
*Todd Caldecott, Dip. Cl.H., RH(AHG), CAP(NAMA)*

Wednesday, Nov 6  
**Anxiety & Depression**  
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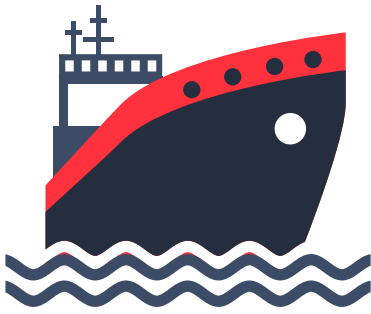
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where. One source pointed out that if owning a gas station here had the potential to be quite profitable, new stations would be opening; instead, dozens have closed over the years. In addition, Mayor Dave Formosa said his station makes between 1 and 9 cents per litre – a claim that was backed up by a note from his controller – well within the usual mar-

gin of what gas stations take per litre, even in places that sell much higher volumes of gas.

### Our conclusion:

On September 19, the average Canadian price at the pump was \$1.22.9 cents a litre – 37 cents per litre cheaper than Powell River, or, about \$30 when you fill up an 80-litre tank.

Much of that 37-cent difference can't be blamed on local factors. BC's higher gas taxes (33.4 cents per litre here versus 29.7 in Alberta or 20.6 in Yukon) make a difference. Suncor's 20 cents a litre difference in rack rate between Edmonton and Vancouver is significant. The unexplained 13 cents a litre difference between BC and everywhere else, we'd like to know about that – there may

be some overlap there.

We're still missing two critical pieces of information. First, confirmation of whether Suncor is indeed charging Powell River a different rack rate than other customers on Vancouver Island. And second, whether shipping costs from Nanaimo to Powell River are significantly different than from Vancouver to Nanaimo, and why.

In other words, like the BC Utilities Commission, we have come up with another “unexplained” – like the X-Files.

The “Powell River 23,” the difference between Nanaimo's pump prices and Powell River's, minus .2 cents a litre for shipping. Theoretically, we should be paying about \$1.35 a litre. Why aren't we? [PRL](#)



## Rage at Powell River's exorbitant gas prices

BY LOT SPARHAM

My husband Adrian and I were on a little drive-around “stay-cation” in BC in mid-September – Whistler, Sorrento, the Kootenays and Vancouver.

After a day or so I started to notice the gas prices per liter we encountered. So, just for the heck of it, we started taking pictures of gas stations as we passed them. What we found after a week? \$1.24.9 to \$1.45.9. The vast

majority were between \$1.24.9 and \$1.34.9

And coming back to Powell River? \$1.60.

I challenge any owner of a gas station in Powell River to explain.

I challenge any person in a position of power in the City of Powell River and the qathet Regional District to stand up, go on record, and join me in this. And I challenge all of you to realize, when you are casting your vote in the upcoming Federal elections next month, whose side the candidate of your choice is on.

## Goodbye gas stations: we're much slimmer now

Former Chevron owner Doug Love made a list of all the Powell River gas stations he knew operated over the

last century. Just seven remain (**in bold**) – a testament to the likelihood that they're not very profitable.

- Lang Bay Home Service
- Black Point Store
- Black Point Chevron
- Barney's Bar
- Sunshine Esso Service (old bottle depot)
- Vanderkemp's**
- Beach Gardens Shell (prawn plant)
- Ben's Ford/Mercury (Pacific Point Market)
- Tri-Way Shell (vacant lot Glacier/Joyce/Westview)
- Speed's Esso Service (Villa Esso)
- 7-11**

- Western Tire Service (Service Canada)
- Airport Auto Service (old glass shop)
- Hilltop Store
- Cook's Motel (Alberni/Quebec)
- Doug's Chevron (at The Inn)
- Shell** (Circle K)
- Sportmen's Service (Joyce/Alberni)
- Chevron Town Pantry**
- Powell River Motors (Massullo Motors)
- City Motors (Sam's PRO Shop)

- Westview Super Service (Monk's)
- Stewart's Chevron (Gibson's Crossing)
- Meilleurs Garage (Alberni/Marine)
- Liebenschell's Service (Cranberry Liquor Store)
- 3-Star Service (Cranberry Senior Centre)
- Parker's Shell Service (King's Collision Cranberry)
- Townsite Service (Royal Zayka)
- City Motors**
- Powell River Motors (Townsite)

- Gaston's Shell Service (Powell Lake)
- Top of the Hill** (Wildwood Motors)
- Len's Service Garage (Apollo Apts)
- Bell's Store (Sutherland/Lois)
- Toigo's Store (Wildwood Pub)
- Tla'amin Convenience**
- Klahanie Variety
- Lund Automotive
- ~ Doug Love, retired owner of local Chevron stations, manager of the Facebook page “You know you grew up in Powell River if...” and PRL's 2019 “Most Powell River Person of the Year.”

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OPINION

# Better buses

Advocating for affordable and green alternatives here and regionally, locals are demanding more from BC Transit.

But without the Feds on board, will we get it?

BY PIETA WOOLLEY | pieta@priving.ca

Students who want to come home on weekends. Grandparents missing their families. Everyone who doesn't have a car, and especially those who have trouble walking. When Diane Wolyniec and Rae Fitzgerald brought petitions to Quality Foods four Saturdays this summer asking for government to run a bus connecting Powell River to Vancouver, these are a few of the stories they heard. More than 2,000 people signed.

What do they want? An affordable public transit bus that will travel from Powell River to the Vancouver Airport each day, without forcing people to walk on and off ferries. The existing bus, the Sunshine Coast Connector (SCC), is privately owned. The company announced this summer that it will reduce service to just four months a year. Currently, it charges \$75 one way and ends at Langdale, which Diane and Rae say is intolerable

for elders and anyone managing luggage, pets or young children. At press time, the SCC bus was "cancelled due to mechanical issue until further notice," according to the Web site

"We heard so many angry stories," said Rae, a retired hospital unit clerk, who noted the duo is continuing to collect signatures and anecdotes.

"Look at Europe and how they move people," said Diane, a retired salesperson.

They're not the only ones demanding more from Powell River Transit. This spring, Powell River's Youth Council asked for transit to be free for passengers – something the body is currently looking in to.

No-fare transit might sound kooky, but many cities in Canada and around the world have instituted it in an effort to both move people with dramatically less climate impacts, and encourage elders, especially, to connect with their communities.



**THEY'RE NOT GONNA TAKE IT, ANYMORE:** Because, frankly, they can't. The Sunshine Coast Connector, which drives passengers between Langdale and Powell River, cut its \$75 each way service to just four months a year. Diane Wolyniec and Rae Fitzgerald, above, collected over 2,000 local signatures demanding a BC Transit alternative.

In addition, fares make up just 17.8 percent of the Powell River transit budget (\$250,075 of \$1,402,238 in 2017/18, according to an email from BC Transit's media department. That's about on par with the BC Transit average; fares represent 16.8 percent of funding.) The rest comes from provincial and local governments. If fares are a barrier keeping potential passengers off the bus, surely we can find another

source of funding for that \$250,075 to ensure everyone has a ride, who needs one.

**This is where bus fares, gas prices and the federal election all collide.**

In Metro Vancouver, which runs an impressive network of buses, SkyTrain, CanadaLine, SeaBus and the West Coast Express, revenues come from other sources, besides fares and local governments: a 17 cent per litre tax on gas



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REGIONAL DISTRICT

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Contact the qathet Regional District office at 604 485-2260 or check out our website at [www.qathet.ca](http://www.qathet.ca)



(worth more than \$388 million a year, or nearly 20 percent of the system's total revenue), bridge tolls, a parking tax, a levy on hydro bills, and massive infrastructure spending by the federal government the likes of which Powell River just does not see.

To fund a regular bus to Vancouver or free fares, there is obviously no way that Powell River drivers could absorb a .17 cent per litre increase on our gas prices, on top of our already-vying-for-highest-in-Canada pump prices (would anyone accept \$1.87 a litre without rioting?) And placing additional taxes on hydro bills or charging for parking won't go over well in a region with a median household income that's already nearly \$17,000 less than BC's (\$53,056 versus \$69,995,) and nearly one quarter of local children are living in poverty.

Which leaves federal funding. Trudeau's government has poured several billions into Metro Vancouver's much-needed transit megaprojects: Sky-Train to UBC and Langley, and much more. But here, without a megaproject to request federal funds for—such as a monorail to Vancouver or a bridge to Co-



## Free bus fares? We wouldn't be the first.

**T**he pressure is on. Powell River Transit is currently considering a request from Powell River Youth Council to examine a no-fare model—at least for youth.

It's not that radical an idea. This year, the City of Victoria picked up the \$850,000 tab for free transit for all youth under 19 who live in the city, paid for by the city's new Sunday parking fees.

At least part of the public transit system is free for everyone in Calgary, Winnipeg, Whistler, Squamish, Tacoma, Whidbey Island (see chart, below) and many other cities around the world—including Athens, Greece, where the entire city is fare-free (it's not the only one; see [www.freepublictransport.info](http://www.freepublictransport.info)).

mox—Trudeau hasn't been forthcoming with transit dollars.

"They're putting money into urban transit because that's where the votes are," qathet Regional District chair Patrick Brabazon told PRL.

In response to Diane and Rae's work, he has organized a meeting with Sunshine Coast Regional District representatives this month, with a plan to work together to find a BC Transit solution to the bus-to-Vancouver problem—which would potentially drive through three separate Transit jurisdictions.

"I have great sympathy for Diane and Rae," said Patrick. "Unfortunately they are attempting to do something outside the bounds of local government at the moment. Nevertheless, the nudge to us is valuable because it does push us in the direction of getting the service they want."

Patrick said he'd be "ecstatic" to see a BC Transit service that links Powell River with the Vancouver Airport. But so far, there's no obvious body or funding source for the service. Meanwhile, Metro Vancouver is building for an efficient, green future, thanks to the Feds.

"I just want a f\$#\*ing bus," said Rae.

Powell River Transit charges \$2.25 for passengers ages 4 and up, including seniors. That might not sound like much, but for a family of four to ride to, say, the rec complex and home again, that's an \$18 venture (not including the pool drop-in user fees, which bring this trip up to a whopping \$31.05.)

If you've ever seen a mostly-empty bus whoosh by and thought, "Hmm, why aren't more people using this climate-friendly public amenity?" fares may be a clue. In Whidbey Island, where buses are free, each resident takes transit an average of about 15 times a year.

Here in qathet, where fares are \$2.25, we each take the bus an average of 11 times a year. [PRL](http://PRL)

	Whidbey Island Washington State	qathet Regional District
<b>Population &amp; Geography</b>	67,000 people on an island that's 60 kilometers long.	20,000 people on an isolated coastline that's 55 kilometres long (from Lund to Saltery Bay).
<b>Bus fares</b>	Zero fares throughout the entire bus system.	All riders ages 4 and up: \$2.25 within the City, and \$8 to Texada (including the ferry fare).
<b>Sources of transit revenue</b>	County sales taxes and the State of Washington.	Fares represent about 17 percent of revenue. The rest is mostly provincial and local governments.
<b>Number of passengers</b>	Nearly a million trips taken in 2015.	217,719 trips taken in 2018.

THE 6TH ANNUAL  
Nov 2nd 2019

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Driftwood - Victoria  
Tapworks - Gibsons  
Gladstone Brewing - Courtenay  
Forbidden - Courtenay  
Hoynes - Victoria  
Land and Sea Brewing - Comox  
Longwood Brewing - Nanaimo  
Love Shack Libations - Qualicum  
New Tradition - Comox  
Odd Society Distillery - Vancouver  
Parallel 49 - Vancouver  
Parkside Brewing - Port Moody  
Persephone - Gibsons  
Sheringham Distillery - Sooke  
Spinnakers - Victoria  
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The 101 Brewery - Gibsons  
Twin City Brewing - Port Alberni  
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## BLAST FROM THE PAST

# Built for the coast: Craftsman and Tudor revival

BY JOËLLE SÉVIGNY

Over the years, trends are always coming and going. Farmhouse style kitchen sinks have been back for a few years now and so have wood-burning cooking stoves. One big trend seen recently has also been the restoration of heritage houses and the like.

The heritage style commonly found on the west coast, including Powell River, is Craftsman style houses and many homes also follow what is called the Arts and Craft movement. These two styles of architecture were predominant from the 1910s to the 1930s and celebrate craftsmanship (as the name suggests!) and woodworking. With all the natural resources surrounding Powell River, it is no wonder that a number of heritage

homes in this area have beautiful Douglas fir floors.

Particular house attributes of the Arts and Craft movement, as well as Craftsman homes, include the classic cedar shingles, gabled roofs, exposed roof rafters, the wonderful porches seen all over Townsite, double hung windows, overhanging eaves, and so on.

As I've said earlier, trends always come back; and so, in the 1930s, one style that became popular was Tudor Revival. This style took inspiration from English architecture of the late medieval period. Examples of it in the Townsite are the old Bank of Montreal and the Provincial Building (now the Old Courthouse Inn). What really characterizes this style and sets it apart from others, are the decorative half-



**BUILT FOR THE RAINFOREST:** Top, examples of Arts & Crafts homes on Aspen, and the Bank of Montreal's distinctive Tudor look. Photos courtesy of Townsite Heritage Society

timbering on the exterior siding and the tall, narrow, multi-paned windows.

Simply take a walk through Townsite and you'll easily identify some of these styles and characteristics on the homes. Craftsman style houses were also built in other neighbourhoods in Powell River; it

is still a popular choice for coastal architecture to this day! [PR](#)

*Blast from the Past is a monthly historical column written by the Townsite Heritage Society's board member Joëlle Sévigny.*

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# FASD and addictions specialist here to help

Jacqui Patterson started working in the Powell River Employment Program's winter shelter in the spring, and was hired as the Homeless Outreach Worker in the summer. For the last 30 years she has worked in the field of disabilities, specifically adults with Fetal Alcohol Spectrum Disorders. Jacqui has spoken on this topic at International and Canadian conferences and was a trainer with the Canadian Centre for Substance Use and Addiction (CCSA).

As PREP's Homeless Outreach Coordinator, Jacqui will assist homeless people in finding resources and making referrals; provide advocacy for homeless individuals when they encounter barriers; assist in obtaining housing readiness documentation such as ID and SIN cards; and assist in identifying appropriate housing options.

Jacqui moved here to be close to family and the ocean. When not working she enjoys singing, dancing, spending time with her sister and family and travelling.

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

**Jacqui** • My friend, who was also the executive director of the non profit agency I worked for in Alberta, commented that I was always so happy after visiting my family here in Powell River. She made me an incredible offer of a six months leave of absence to go try West Coast living and be nearer family. She also said she knew I wouldn't be back. So, I packed my car with what I could, donated my furniture and put what was left of my belongings into storage and made the drive to BC. No home, no job, 60 years old and a lot of hope. Being here is worth every risk I took! One should never be afraid to take a leap and try something new.

Powell River chose me! I was applying for employment on the Sunshine Coast, Vancouver Island, Fraser Valley

and the Greater Vancouver area. Through family and friends who live in Powell River, I heard about a job opportunity, applied and was successful.

### When? Where from?

**Jacqui** • I moved here in November 2019 from High River, Alberta. I had lived in Calgary for 25 years before moving to High River in 2013. I'm originally from Scotland.

### What surprised you once you moved here?

**Jacqui** • The sense of community. I don't know that I would say it was a surprise, however it made me happy to be walking into a community that is kind, that takes care of its vulnerable neighbours and has a wonderful sense of pride in itself.

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

**Jacqui** • When offered a job, it was an easy decision to move here as my sister and her family have lived here for years and I had visited many, many times. I have always loved visiting Powell River and finally being able to live close to family as I get older is very important to me. I also felt the call of the ocean. Having grown up in Scotland, where you are never far from open water, I was feeling landlocked on the Prairies. I needed to be close to the ocean.

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

**Jacqui** • No hesitation here..Donkersley Beach!

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

**Jacqui** • My sister and her husband have lived here for years and raised their family here.

### What would make this a nicer community?

**Jacqui** • I haven't lived here long enough to find fault with it and may never see anything but the positive! It's



**ONE HEDGE AGAINST HOMELESSNESS:** Jacqui Patterson is the PREP Society's homeless outreach coordinator. She's an international expert on FASD in adults (common among the homeless population).

an amazing community with lots of things to do, volunteer opportunities and friendly people.

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

**Jacqui** • Having worked in Disaster Recovery after High River was flooded in June 2013, there were many opportunities to build a stronger community and look after the community's mental wellbeing. Interagency meetings once a month ensured agencies and community stakeholders had a pulse on what was happening in their community.

Also hosting Community Cafés once a month at different venues was a great success. Community residents



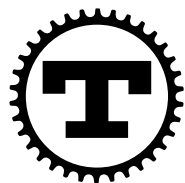
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could come, meet new people, get information and education on different topics. Sometimes a guest speaker would be brought in, for example, the local RCMP sergeant would be invited to come and talk about drug use and what kind of drugs were “popular” at that time or fish and wildlife would come talk about looking after our river and wildlife in the area.

I would love to see a Community Café here.

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

**Jacqui** • So far I haven't faced any. Again I am fortunate to have family here and over the years of visiting have made many friends too. But finding a place to have coffee after 6 pm is proving challenging.

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

**Jacqui** • It's people! People make the community. My office is in the CRC and I have to say that it is one of Powell River's best assets – the CRC, not my office! Having a place where people can go and just be, with no judgement or expectations other than being kind and respectful, where they can be fed, have their taxes done, be connected to other community resources and many more services is fabulous. This one stop shop is what many communities I have worked in hope to have.

Obviously the scenery is spectacular, that goes without saying.

### What is your greatest extravagance?

**Jacqui** • Shoes! LOL! Travel is something I love to do.

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

**Jacqui** • If I could have any superpower it would be to be able to fly. As we all know that's never going to happen, I'd be happy enough to dance and sing like a superstar! **PR**

## 20 questions about our new homes for homeless people

With Stuart Clark, executive director of the Powell River Employment Program



Stuart Clark

### 1. Where and what is the Modular Housing project?

40 new studio homes with support services and 24-hour staff on-site, at 4910 Joyce Avenue (near Alberni Street)

### 2. When does it open?

In the next few months. Delays are all construction-related. We expect to start moving people in by mid-November

### 3. Who gets to live there?

Powell River residents (have been here at least one year) who are homeless or at risk of homelessness and require supports to maintain their housing.

### 4. How were the new residents chosen?

A local committee, led by staff at BC Housing and PREP, chose who will live there. We prioritized those who are most in need, to reduce homelessness in that Regional District.

### 5. Are these people who are coming here from out of town?

These new homes are for Powell River residents only. We received 81 applications for the 40 homes, and every applicant is local to the area, many whom have grown up here.

### 6. Who paid for the project?

The Province paid for the construction, and will provide operating funding.

### 7. Which agencies are involved?

PREP in partnership with Lifecycle Housing, two longstanding local non-profits, will be running the program on behalf of BC Housing, with support from the Powell River Regional Hospital District, Vancouver Coastal Health, the City of Powell River and others.

### 8. How much did it cost?

The capital budget was approximately \$10 million. The annual operating budget will be \$1 million.

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**“We expect that everyone currently living outside will be housed.”**  
*– Stuart Clark*

**9. Was there a community consultation?**

There was a Neighborhood Information Session in September, 2018 that was well attended. We heard lots of feedback which was incorporated into both the design of the building and the operations plan.

**10. What kind of supports are in place for the residents?**

The building will have at least two staff on-site 24/7. A case coordinator will help residents improve the quality of their lives. Other supports include internet access, laundry facilities, a meal program, medical and more.

**11. Will there still be homeless people here?**

We expect that everyone currently living outside will be housed. However, there are more people at risk of homelessness than there are homes available.

**12. Will the winter shelter still exist elsewhere?**

Yes.

**13. How much will residents pay to live there?**

\$375 a month: the current “shelter maximum” rate for people receiving Income Assistance or Disability Assistance.

**14. Are there similar projects in other BC cities?**

Yes. In just over two years, government has built over 1,840 supportive homes, with a goal of 4,700 over 10 years.

**15. What other affordable housing is being developed for Powell River’s low-income families and seniors?**

Lifecycle Housing is planning to develop more affordable units in Cranberry. Sunset Homes is building 34 units for seniors (55+) near Joyce and Duncan. Inclusion and BC Housing are opening 40 units of affordable housing on Ontario Ave.

**16. Should neighbours of the modular housing project be prepared for an increase in crime?**

BC housing has studied this issue and found that within a few months of opening, community concerns decrease rapidly and the supportive housing



**A BIG JOB:** Fernando Gomez will be managing the province’s new Rapid Response to Homelessness supported modular housing building (above) when it opens this fall.

sites enjoy positive relationships with neighbours.

**17. How is it fair that some people get subsidized housing, and others don’t?**

BC’s Rapid Response to Homelessness program is targeted for people who are experiencing homelessness or are at risk of homelessness, are residents of Powell River, and need supports to maintain housing. As noted above, there are a number of other affordable rental projects underway.


**18. If the residents of the modular housing project cause problems for me, who should I call?**

Fernando Gomez, PREP’s Supportive Housing Manager: fernando@prepsociety.org. A Community Advisory Committee meets monthly to ensure the successful integration of the new housing into the community; neighbors are welcome to become members of this Committee. Contact Fernando.

**19. If I want to advocate for more subsidized housing in Powell River, how do I do that?**

Reach out to your MLA or contact BC Housing directly and share your feedback. Join or attend the Powell River Housing Roundtable (contact City Councillor Maggie Hathaway).

**20. Can I volunteer to help?**

Eventually there will be opportunities to volunteer, as the building has community gardens, a kitchen, and a common space in the building where workshops can be offered to residents. Contact Fernando. 

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**LIVING SHADOWS:**  
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MADE IN  
POWELL RIVER

# A future for print

PRL is pioneering a medium that puts Powell River's real people – and the things they care about – at the centre

**P**owell River is a patchwork quilt. We're isolated and insulated – both a blessing and a curse – but those of us who live here are all connected in one way or another. For years, there was only one local publication printed on a regular basis for people to turn to when they wanted to read local stories, find out about local events, or see what local merchants were selling. Advertisers, too, had but one print choice. Isabelle Southcott wanted to create an alternative because she believed Powell River should have a choice. We've always had more than one restaurant; shouldn't we have more than one publication? At the time, the weekly newspaper already did a good job of covering local politics. But Isabelle believed readers had an appetite for a monthly magazine that focused on community stories that reflect who we are. Turns out, she was right.

#### What's your product?

**Isabelle** • We produce and publish *Powell River Living* and three specialty magazines: *Home Grown* (our local food and agricultural guide); *The Guide to Powell River* *Logger Sports* and *ZEST* (our health and wellness magazine, inside this issue!)



**FRESH OFF THE PRESS IN 2006:** The first edition of *Powell River Living*, at left, took just a partial pallet when delivered to Isabelle (centre left), Robert Dufour and Barb Rees. Now with more copies and more pages, the magazine delivery regularly takes two full pallets!

#### Where did your idea come from?

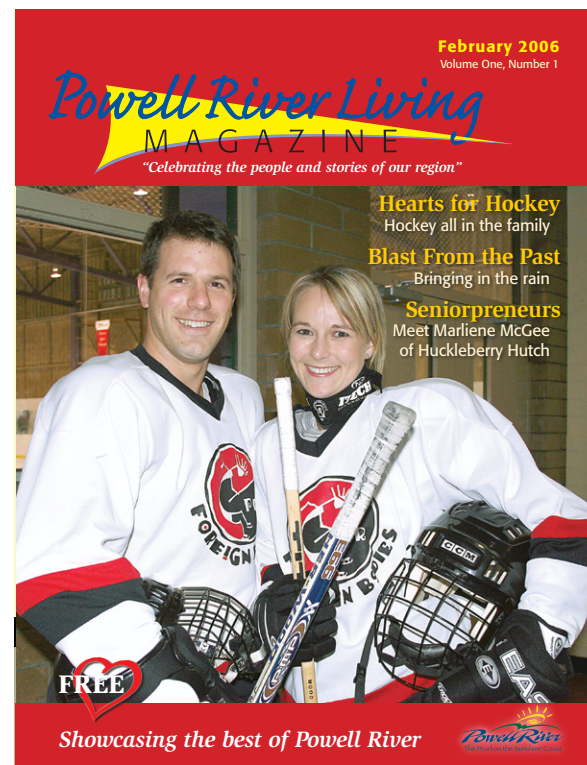
**Isabelle** • I saw a gap in the market and when I came across a community magazine in Comox, I knew exactly what I wanted to create for Powell River. *Powell River Living* provides advertisers and readers with an alternative to what previously existed.

#### When?

**Isabelle** • The first issue rolled off the press in February 2006.

#### What kind of support did you receive?

**Isabelle** • I wasn't eligible to be part of the Community Futures program but they were kind enough to let me "audit" their small business course and I'm glad I did! My background is journalism – I knew nothing about running a business. I had no idea of how to create a business plan, accounts receivable or what



I needed to do to make my dream a reality. Auditing the Community Futures course was invaluable. I got a business loan through the bank to start *Powell River Living* and my dad also lent me money.

#### Was it successful immediately or did it take some time?

**Isabelle** • It depends on your definition of success. Readers loved it, but from a financial standpoint, it took several years to become viable. A few months after the magazine launched, I became a single mum and my back was against the wall. "This magazine has to work," I kept saying. I needed to be able to feed my children and I had no Plan B. Three years after launching, my bookkeeper told me she had good news and bad news. I asked for the good news first. She said my income was so low that I qualified for the working income tax benefit. I would get some money back on my taxes! The bad news was that I still wasn't making

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**A FEW MORE GREY HAIRS:** Or less hair altogether. Meeting deadlines every month has given all our staff a few grey hairs. Photo tip: Don't leave copies of PRL lying around when you're trying to take a group photo!

*Photo by Sean Percy*

a living wage. Some people think that because you own a business you're making a good salary and that's not always true. It can take years for a business to reach that point. We're still not getting rich, but if that was most important, we wouldn't be working in print journalism!

**What surprised you when you brought it to market?**

**Isabelle** • The enthusiasm by which it was received! It took a bit longer for advertisers to realize the benefit of advertising in a monthly but once Sean Percy joined us things finally began to move ahead.

**Did you make changes?**

**Isabelle** • Certainly. We started in black and white. Now we run full colour. We expanded our distribution to include BC Ferries and more drop-off points around Powell River. We increased our print run from 4,000 to more than 7,000. The breadth of what we cover has also evolved, as we strive to make sure the magazine is useful (events), thoughtful (writing about what people care about and what's important), and relevant (stories showcasing local innovation and passion.)

**How has your business changed since it launched?**

**Isabelle** • When I launched the magazine I worked on an old Mac laptop out of the basement of the house I rented on Manitoba Avenue. We were there for more than five years and although it was cramped, it met our needs at the time. Now we have an office on Glacier Street. The product has also changed, grown and improved. When we launched, we published ten times a year. Now we publish monthly and we also have three speciality publications. In the 13 years since we started, print media around the world has gone

through massive change, and publications that people thought would be around forever are gone. People are glued to their cell phones instead. But we've continued to grow because we've done two things that successful media have to do to attract eyes. One is telling stories that people can identify with and care about. We do that by being really local and lifting up what's important to people here, from wetlands to gas prices to memories that highlight how much our culture has changed. Secondly, we have fun. By that, I mean we mix (in an unexpected way) the visual, colourful, heartwarming, unique, bizarre and surprising with the serious –then you get readers to go on the journey with you.

**Who are your customers?**

**Isabelle** • We have two sets of customers. First, our readers, which is pretty much anyone in Powell River, and anyone who is interested in learning more about Powell River. We often have people in other provinces or even other countries subscribe to the magazine so they can get to know the community before they move here. Second, we serve advertisers – businesses and agencies who need to get their message out as widely as possible; we're proud to reach nearly every home in the qathet Regional District each month.

**How do you market?**

**Isabelle** • We are a free distribution magazine and we're available at more than 200 locations throughout the community and on the three ferries that serve Powell River. We're also available online at prliving.ca and issuu.com. Distribution is really important – if people don't see and read the magazine, all our work is for naught. Our marketing is our product – which is



# Powell River Youth Resource Centre Fall Programming

**Tuesdays** **YRC Connect**  
 Ages 13-18  
 4-6pm  
*Free After School Drop In*

**Wednesdays or Thursdays** **YRC Club**  
 Ages 9-12  
 3-5:30pm  
*Free After School Drop In*

**Blackbird Collective**  
 Youth Creative Wellness Project

**VOCAL ENSEMBLE**  
 Grade 6-8 Tuesday 4:15-5:15pm  
 Grade 9-12 Tuesday 5:15-6:30pm

**CREATIVE WRITING GROUP**  
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BC Writers Series presents

## Deborah Hodge

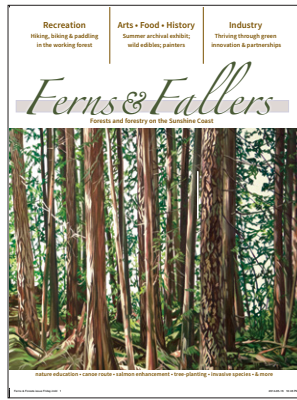
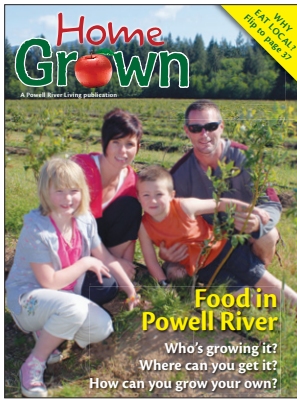
**Deborah Hodge** is a prolific award-winning author of children's books like *West Coast Wild*, *Bear's Winter Party*, and *Watch Me Grow*. She will be in Powell River to discuss her work and her process. Join us for a dynamic B.C. Writers Series presentation!

**Tuesday, October 22nd**  
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**WHAT WE LAUNCHED:** These covers represent the first issues of all of PRL's annual magazines – some survived, and some did not. From left, *Home Grown* 2010 to present; *Winter Living* 2011 to 2013 (this replaced the January issue; now we just run a regular magazine 12 months); *Ferns & Fallers* 2014-2016; *Zest* 2015 to present; *Logger Sports Guide* 2016 to present; *Comfort & Joy* 2016 to 2017.

a lot more than just pages. It's the ideas, the people we introduce you to, the events we let you know about, and the topics we discuss.

**Tell us the story of your biggest oops moment.**

**Isabelle** • I've had lots, but the one that will haunt me forever is running an ad that, in hindsight, I wish I hadn't run. We've had a few memorable typos despite us and our proofreaders reading it over and over. The word bombs instead of combs, the previous month's date on the cover of the magazine and stuff like that. In any kind of media, mistakes are inevitable. It's how you address them that counts.

**Why do you choose Powell River as your base?**

**Isabelle** • I live here, I've raised my children here and this has been my home for 25 years. Our staff all live here. I also think this is a special place for the magazine. It wouldn't work in just any community – it has to be a vibrant community both socially and economically to make this model work. Powell River has it.

**What business supports do you wish were available, but aren't?**

**Isabelle** • I wanted a mentor in the beginning but couldn't find one here who matched the needs I required. I also needed help with accounts receivable. This was an area that almost killed my business.

**Who's on your team?**

**Isabelle** • **Sean Percy** is my right hand, go to guy for everything. If I died tomorrow he could carry on run-

ning *Powell River Living* magazine without me. Sean has been with us since 2008. We met in the early 90s when we were both working for the *Powell River News*. I left when Joyce Carlson asked me to be her editor when she launched the *Peak* and worked there for 10 years. Meanwhile, Sean moved to Hay River to become the editor of the *Hay River Hub*. Sean and I kept in touch and I'd ask him questions about what to do with *Powell River Living*. When he wanted to move home to Powell River he asked about working with me and of course I jumped at the chance to work with him! He's our associate publisher and sales manager (who also writes, takes photos, is a graphic designer and our computer geek.) **Suzi Wiebe** moved to Powell River with her husband, RCMP Staff Sgt. Rod Wiebe, in 2012. Her background is in sales, and she'd sold advertising in radio and for a community newspaper, so she reached out to us and we hired her, and that's been a great fit because she really understands the business and she has made the community home. A year later, in 2013, **Pieta Woolley** and her family visited and soon decided to make Powell River home, much to our delight. Pieta had worked for Sean in Hay River as a reporter in the early 2000s, and he knew what an asset Pieta would be to the team so we figured out how to make things work and hired her. She is now our editor. She also writes, does graphic design, takes photographs and helps our contributing writers polish their stories. **Alena Devlin** recently became our front office manager and does accounts receivable. **Lisa Beeching** has been our bookkeeper since day one. **Poppy Shandler** delivers and restocks *Powell River Living* each month. **Nicole Tomasic** is a proofreader who has been with us for several years, and **Roberta Pearson** is also helping with proofreading. Our team also consists of local writers and photographers. They include columnists **Jonathan van Wiltenburg** – A Growing Concern; **Rod Innes** – nature photographer and columnist; **Juliette Woods** – Return to Reverence; and **Joelle Sevigny** – Blast from the Past. Truly, everyone who lives in Powell River is part of the team, as many locals write for us occasionally, lend us their voices in interviews, buy ads, and

react through Letters to the Editor or just talking with friends about what they read. *Powell River Living* continues to showcase the stories of our community. And we love You want to write something that is important to you? Send us your ideas, we'd love to look at them.

**What advice do you have for others who want to make & sell stuff from Powell River?**

**Isabelle** • I cannot overstate the importance of networking! Some people kid me that I have more coffee dates than anyone else they know but these coffee dates are actually mini business meetings that I set up with new people to this community and people whose brains I want to pick. I'd rather talk to someone in person if I can than via email or the phone. Business is about connection and relationships. And never think that just because this is little, old Powell River, your service or quality can be less than the best. People can access products, or, in our case, stories and news, from all over the world, so we need to provide reliable, trustworthy products with excellent service. And while exports are great and necessary, and telecommuting is wonderful, there is still a business model for making something that serves only Powell River.

**What's your next project?**

**Isabelle** • I am attending the world media conference with a handful of Magazine BC members in Las Vegas in November. There I hope to meet some of the icons in the industry who I have long admired, be inspired and attend lots of workshops. I hope to bring back new ideas that will benefit *Powell River Living*. I'm also involved in a lot. I'm president of Powell River Women in Business (which I cofounded in 2008) and sit on Tourism Powell River's board. When I heard about pumpkin people, I saw how holding our own Powtown Pumpkin People festival in Powell River could help boost tourism in our shoulder season and bring neighbours closer together. This is the first year for the event and it's mostly in Townsite, but it has the potential to grow to all of Powell River. And there's always another story around the corner... **PRL**



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The woman taking your money at The Patricia Theatre can converse in Cree, French, Spanish, Russian and Gaelic, helped found several of Powell River's best festivals, and will keep fighting for your built heritage til her last breath. Ann Nelson has been everywhere and done everything (and married everyone). But she belongs to us.

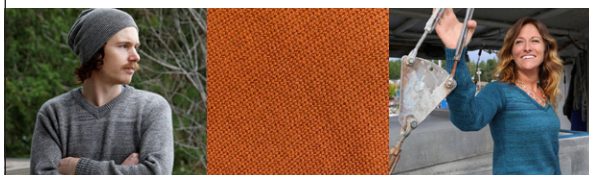
Ann of  
**The Townsite**



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BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

**W**hen Ann Nelson was a child growing up in Southern California, she was fascinated by the remnants of Spanish colonial architecture. One day she built an adobe brick house out of mud and straw from the chicken yard and as she stared at it she imagined living in such a structure. This was the beginning of Ann's life-long love affair with the history that surrounds us.

"I'm a visual person," she said during an interview at the Patricia Theatre. "I appreciate what built heritage means in keeping alive the cultural memories of a place and a time."

Born in Oceanside, California to a family of second-generation Californians, Ann's family's roots go back to the days of the Oklahoma land rush. She moved to Vashon Island in Puget Sound with her dad and step mom at the age of 12.

"This is my spiritual home," she says assuredly. It was then she realized she was meant to live looking west with the mountains at her back.

When Ann and her husband moved to Denver with their young son, she felt like a fish out of water. Not surprisingly after her marriage ended, she moved back to the Coast to work for Boeing.

"It was challenging being a single mom in the sixties," said Ann. She left Boeing and was working for the K2 Ski Factory, studying at university, commuting for three hours a day and teaching at the Albright Academy of Dance (which she took over after her dad and step mother moved to Montana). Ann met her second husband in the studio.

"One Saturday morning, in walks this very tall John Lennon-y looking guy wearing those little wire-rimmed granny glasses, with his niece."

Ann had gone to high school with Bill but had lost touch over the intervening 11 years. The two were married after a long-distance romance as he was completing his PhD at the University of Alberta. Although their marriage was short lived, he introduced Ann to the next place she'd live – Grouard Mission near High Prairie in Northern Alberta where he'd been hired to teach. Although he didn't last long there, Ann did.

"I was stranded 1,800 miles from home but fortunately the Cree families I'd become friends with took me in and I stayed. I immersed myself in learning everything I could about the Cree culture."

There, she met Roy.

Ann started a co-op in Grouard so the Kapawe'no First Nations people would have a way to market what they made. As the community development officer, she worked with the government to replace 28 of the worst houses in Grouard. The new stacked-log houses incorporated curvilinear forms – "because life and nature are circular in form." She also started the Grouard Recreation Association to raise money so they could purchase the last of the Mission land from the Archdiocese and revive the tradition of Pow Wows and sports days. Ann managed and drove the bus with the community's winning hockey team to games and tournaments all over Alberta. "My sanity in this place so far from the sea depended on me finding a mission and I wanted to improve the conditions of the people who had taken me in."

Ann was heartsick to witness the alcoholism and violence around her, and watch the Kapawe'no traditional skills disappearing.

"I knew I had to get back to the coast with my son."

Ann, Roy and Brian moved to Port Alberni, but the mills were on strike. When Roy saw a job advertised at the Powell River mill they packed up and moved again.



**BEAUTIFUL BUILDINGS:** Above, Ann Nelson speaks at Henderson House Museum, one of the many volunteer arts, civic and history projects The Patricia Theatre operator has been a part of since she moved to Powell River in 1978. Others include the Far Off Broadway Theatre Co.; BCANSI; PREP Society; Sunshine Coast Tourism; Tourism Powell River; Friends of the Historic Patricia Theatre; Townsite Heritage Society; Local Advisory Committee, Liquid Waste Management Plan; Powell River Waterfront Development Corporation; Powell River Sliammon-Catalyst Ltd; Powell River Council for Arts and Culture; Local Advisory Committee, Official Community Plan review, 2005; Marine Avenue Business Association; BC Festival of Arts; Powell River Chamber of Commerce; the Aurora Festival; Townsite Jazz Festival; Arts Alive in the Park; Celebration of Cultural Diversity Festival, and much more.

Ann worked for Malaspina Community College, the Civil Liberties Association and as an independent book-keeper for small businesses. At the same time, she was on the PREP board.

"The mill started downsizing drastically in 1983 and we knew we needed to encourage and support small business." She was hired to create PREP's Basic Entrepreneur Training Course for Malaspina. At the same time, she was working part-time for the Powell River News and for the Regional District – a job that introduced her to the unique and important Townsite.

But a car accident in 1988 threw her off-course. After she healed, she was hired to manage Gallery Tantalus on Marine Avenue. In 1993, the year MABA was formed, she bought and moved the business.

"Our opening night coincided with the first ever Blackberry Street Party," an event that was Shelley Halliday's brainchild and became Ann's "baby." Back then, they had the Santa Parade, Pub of War, Hospitality In-





**PICTURE DAY:**  
Ann Nelson in Grade 3. The future heritage-buff started out as a child re-creating adobe architecture with the mud and straw she gathered in her family's Southern California chicken coop.

dustry Games, Homemade Blackberry Wine Contest, Blackberry Chariot Races and Blackberry Day at the Market. "It had been ten years since the mill started downsizing and we had to do something to support everyone's conviction that tourism would be one of the economic drivers."

After her business folded in 1997, Ann took over as the coordinator of the Blackberry Festival. In 2000 she "bullied Roberta (Pearson, see Page 38) into helping her create Arts Alive in the Park as a kick-off to Blackberry Week."

Music, art, dance, heritage and theatre are just a few of Ann's passions. Her love of music led her to become the "chick singer" and play the bodhran drum in the Celtic and Maritime folk band, *Seanachaidh*. Besides learning Gaelic, Cree and Russian, Ann also "drove a belly dance troupe in Powell River mental," with her constant quest for "more." They performed on stages in Vancouver, Seattle and the West Coast, including the Queen Elizabeth Theatre. She was heavily involved with Far Off Broadway Theatre Company for many years.

Ann has always needed a mission and has wanted to be useful and helpful. She often finds herself looking at something and wondering how does stuff fit in?

In 1981, while living in Cranberry and working for the Regional District, she remembers coming down the hill to Townsite and appreciating what she was seeing. "It was then that my focus shifted to Townsite." She remembers when, in 1982, someone put a red roof on a house in Townsite and she thought it was so out of place. But in fact, it wasn't. She discovered that the red roof replicated what had previously existed.

Ann also remembers when the renaissance of Townsite began. "It was because of the Regional District. They took the risk and bought a heritage building (for their office). Susan Jersak always said Townsite was a real jewel but lots of people couldn't see it. For years and years, realtors advised newcomers not to bother looking at Townsite."

In the late 1980s the first study group formed to look at what could be done to halt the deterioration and degradation of Townsite and what could be done to preserve it. Susan's enthusiasm rubbed off and Ann became fuelled with a passion for Townsite. After Townsite received its official heritage designation in 1995 from Parks and Monuments Canada, the ball was rolling. At the time Townsite Heritage Society didn't have a permanent home, so when Bent and Lis Jensen purchased the old Postmaster's House and offered to let the heritage society operate out of it, they finally had a much-needed home.

When the Townsite Heritage Society needed a new coordinator in August 2002, it was the perfect fit for Ann. The buildings in Townsite, a purpose-built and planned community, are well designed. "Powell River is one of the last frontiers. I have an enormous emotional investment in and care about the buildings. The era of their architec-

ture reminds me of growing up in Southern California but represents Western Canada's frontier outpost."

Two months after becoming Townsite Heritage's new coordinator, Ann and her son revived the Patricia Entertainment Company, The Patricia Theatre, for First Credit Union. The cooperative purchased it in September 2003. Through Townsite Heritage, Ann had the opportunity to attend and present at workshops and conferences all across the country learning more about the heritage preservation community.

Then Karen Southern asked Ann to look over the draft of her book, *House Histories and Heritage*. "I've loved working with Karen and reading all the stories and transcribing some of the audio tapes of interviews with early pioneers," she said. The book, edited by Ann and published by Townsite Heritage, has turned into a four volume opus, built by Karen, Ann, Doug Mobley and Robert Dufour.

Bit by bit, Ann felt herself become a real Powell Riverite as she understood the interconnectedness of the people in this community – the Powell River Company workers, the families, and their children. She learned how the children would take lunch to their dads at the mill and then visit with the horses in the stables. She discovered that the Powell River Company hired workers who had one set of skills but also wanted people who had talents in other areas: soccer, bagpipes or something else.

"This was so important in developing this community. These people weren't just camping out here or passing through, they put down roots," said Ann.

Becoming entrusted to speak for the Historic District, the built heritage, and the pioneers in our own heritage preservation community, as an advocate, has been Ann's great privilege. **RL**

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## WHAT'S UP

### Local target shooters excel

Two Powell River target shooters won gold at the Shooting Federation of Canada 2019 Canadian National Championships Rifle and Pistol in Toronto last month.

Ethin Dube won gold in sporting rifle three-position ladies junior, sporting rifle sharp shooter and sporting rifle three-position senior ladies and a bronze in 10 metre air rifle ladies junior.

Katheryn Sheldon won gold in sporting rifle prone and international ladies junior plus bronze in sporting rifle prone expert and ladies senior division.

### Talk Anime

A group of Anime enthusiasts are looking for new members. If you'd like to volunteer your time participating in group discussions and activities similar

to a book club, but for Anime, then this might be the opportunity for you! For more info visit [unitedwayofpowellriver.ca](http://unitedwayofpowellriver.ca)

### Art from the Attic

Do you have art you're not displaying? Do you have art you're willing to donate?

If the answer is yes consider donating it to the Powell River Hospice Society and Sunshine Gogos fundraiser Art from the Attic campaign.

They're looking for donations of paintings, drawings, photographic prints, collages and two dimensional work that can hang on a wall. They will hold a sale in the spring of 2020 and are collecting art now.

Art doesn't need to be framed but all works should be matted or mounted on a firm surface. Vintage, fine art and sought-after posters should be in

mint condition and art must be family-friendly. To donate your art, email [artfromtheattic2020@gmail.com](mailto:artfromtheattic2020@gmail.com) or phone 604-483-6413 and leave a message for Malerie.

### New Lund fire hall will improve coverage

Construction of a new fire hall in Lund is expected to begin in early 2020. The quathet Regional District received support to borrow \$753,153 to replace the Lund Fire Hall in August and plans to build the replacement hall on a property that was recently donated to the Northside Volunteer Fire Department (NVFD) by local residents. At 2.5 acres, the new property is significantly larger than the

0.1 acre property the old fire hall sat on and it will mean there will be ample parking for volunteers as well as the opportunity for outdoor training on site – something that has not been possible in the past. The new location, 700 metres south of the current fire hall, will help improve fire coverage to areas in the Okeover portion of the NVFD service area.

Fire Chief Jim Brown said the replacement fire hall will better position the NVFD service for the coming decades.

The Lund Fire Hall is one of two fire halls within the Northside Volunteer Fire Department service area. Built in the 1970s, it has significant structural deficiencies and was undersized for storage of modern fire vehicles and equipment.

## October is National Library Month

Beyond books, Powell River's Public Library will lend you a GoPro Camera, a digital recorder, or even a radon testing kit. But you probably knew that already. Here are three things Chief Librarian Rebecca Burbank thinks you didn't know about the library:

1. We really want to keep you reading – it's a thing for us. Many people at some point in their lives are unable to enjoy books in regular print. In order to enable people to continue to enjoy reading, the library provides access to several great resources to help. Large print works for some, others dive into audio and eBooks. If books stop working for you,

we are here to help. Ask us about our home delivery service—Books on Wheels.

2. We want to help you keep learning. Maybe you're learning how to use your iPad, or maybe you're connecting with our online learning tools to pick up a new language or master Excel. We have resources and help to support your learning.

3. This is a place for you to connect. Need a space for your small business to hold meetings or maybe just to meet a few friends for a coffee? We have meeting rooms and a comfy lounge for people to get together.



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## qRD & City recognized for climate change actions

The qathet Regional District was recognized by the joint Provincial Union of British Columbia Municipalities Green Communities Committee for demonstrating progress on their climate action charter commitments and awarded level two recognition for its commitment to reduce greenhouse gas emissions. The qRD completed a corporate carbon inventory and has demonstrated familiarity with the Regional District's energy consumption and emissions.

The City of Powell River was also recently recognized for climate change action. It achieved corporate carbon neutrality in 2018. This is the first time since the City became a signatory to the climate action charter that they have reached the second level. It was made possible because the City was able to include the protection of the Penticton Trails in its plan. The City rezoned the Penticton Trails area from what could have been developable land to park land in order to protect the standing timber. This helped the City significantly in its bid for carbon neutrality. With this new designation, the City will be able to use a new logo on its letterhead and website. The City will also be able to use a carbon neutral window decal on all of its public buildings.

## Community engagement platform needs volunteers

Check out this micro-volunteer opportunity that you can use from anywhere! The Do Some Good platform that we use to source all the local volunteer opportunities we help to promote is looking for volunteers with diverse backgrounds and skills to help them build the best product possible to support volunteerism and good work in communities. For more info: [unitedwayofpowellriver.ca](http://unitedwayofpowellriver.ca)

## History buffs needed

Play a leading role in the collection, celebration and preservation of our local history by joining the Powell River Museum and Archives' Board of Directors.

Are you interested in taking a leadership role in the collection, celebration and preservation of the rich history and culture in the qathet region? If you answered "yes" the museum board would love to meet with you to discuss joining the PRHMA Board of Directors. Contact Caitlin Bryant at [Cait.A.Bryant@gmail.com](mailto:Cait.A.Bryant@gmail.com) or call 604-928-0363.

## Be an Anonymous Artist

A fundraiser to benefit the Library and the Film Society will be held Nov. 16. For the first time, artists supply their own 'canvas'. All art is priced at \$88 and the artist's name isn't revealed until after the sale. Details at the library. ~ Gary Shilling



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## BUSINESS AFFAIRS

WITH SEAN PERCY sean@prliving.ca

### John buzzes off

After 64 years of cutting and trimming hair, Powell River barber **John Soprovich of Westview Barbers** put away the clippers and scissors for the final time. Some speculate that John might have been Powell River's longest working barber as he retired at the age of 82. John got his start in the business when he was a teenager working with his parents in their beauty salon in Vancouver. He moved to Powell River as a young man and started his own business and never looked back.

### Feeling peckish?

**Heidi and Darryl Jackson** along with **Steve Brooks** will be opening the doors to their new venture, **That Chicken Place**, this month. **That Chicken Place** is located at 6251 Yew Street in The Rodmay Hotel right next to McKinney's in the Townsite. They will be offering West Coast fried chicken, a selection of poutine and other sharable and comfort food items. They've created a gluten-free and dairy-free chicken recipe that is exceptionally flavorful and savory. The talented Chef **Tamara Kuntsi** has joined their team as kitchen manager. **That Chicken**

**Place** will be offering dine in and take out with the convenience of online ordering. You can order at [thatchickenplace.ca](http://thatchickenplace.ca) or call 604-414-4095.

### New mall manager

**Lorelei Guthrie** is the new **Town Centre Mall General Manager**. Lorelei moved to Powell River from Vancouver in August of this year where she spent the last 18 years specializing in shopping centre rehabilitation. Prior to that, she worked in real estate for more than 35 years. Lorelei is looking forward to working on renovating the Town Centre Mall. "In the new year we hope to have colour renderings ready and we will invite the community in to see what we have planned. We want to refresh the mall and welcome new and exciting retail tenants," said Lorelei.

### New chief at Futures

**Allison Boulanger** has been promoted to executive director at **Community Futures Powell River** following the retirement of **Pam Krompocker**. Allison was the loans officer and business advisor at Community Futures, after a long career at BMO Bank of Montreal, before joining the Community Futures team in

2017 as their loans officer and business advisor. Community Futures has been working to develop economic activity in Powell River since 1988. They provide a variety of support services to people wanting to start, expand, franchise or sell a business in the community. For more information, phone 604-485-7901 or email [info@prfutures.ca](mailto:info@prfutures.ca)

### Get settled

**Eva van Loon** has launched a service offering mediation and legal navigation (if not all parties to the dispute are available). Mediation and legal navigation can cut the financial, emotional and social cost of going through a lawsuit, says Eva, a former practising lawyer, and one of BC's first holistic lawyers. **Mettalaw Mediation** can be reached at 604-483-4940 or [mettalaw@gmail.com](mailto:mettalaw@gmail.com).

### Flower power

When **Nicole Quigley** moved to Powell River earlier this year, she brought her home-based business, **Ever Red Fresh Designs**, with her. Nicole also works in the social services field supporting families. Nicole creates unique floral arrangements and specializes in crowns. She also teaches workshops on how to do your own, and hopes eventually to do subscription flowers that are delivered to your home on a monthly basis. She is not available for daily flowers or accessible day-to-day like a store front florist. Nicole has two pumpkin arrangement workshops on the Thanksgiving long weekend. Tickets available through her website or directly on [eventbrite.com](http://eventbrite.com). Visit [everredfreshdesigns.com](http://everredfreshdesigns.com) or email her at [everredfresh@hotmail.com](mailto:everredfresh@hotmail.com). Find her on Instagram @[everredfreshdesigns](https://www.instagram.com/everredfreshdesigns) or on Facebook @[everredfresh](https://www.facebook.com/everredfresh).

### Shift moves

Personal trainer **Kimberley Gage** has moved to Powell River from North Vancouver, and is bringing her business, **Shift Fitness**, with her. Kimberley, a former teacher, specializes in helping clients who have pain, posture, function or mobility issues to restore their health and fitness. She offers private and group fitness training and focuses on educating clients so they feel confident and empowered. Visit [shiftfitness.ca](http://shiftfitness.ca), email [kimberley@shiftfitness.ca](mailto:kimberley@shiftfitness.ca) or call 604-561-3374.

### Right number

In a recent edition of Business Affairs, we published an incorrect email for local builder **Jansson Homes**. You can reach Micah and Elena Jansson at [info@janssonhome.ca](mailto:info@janssonhome.ca). We apologize for the error. **PR**

## Meet an Entrepreneur

Small Business Week Oct 20 to 26

PRL is celebrating with bullet interviews with local entrepreneurs. To kick it off, here's one of Powell River's most active, colourful businessmen, **Steve Brooks**. To see the others, go to the *Powell River Living* Facebook page each day during Small Business Week.



### Steve Brooks

#### Which businesses have you started or are involved with?

**Steve** • Locally I've been directly involved in Townsite Brewing and Townsite Public Market, and indirectly with quite a few other small businesses whether that be to provide initial startup loans and/or business advice. I've been dabbling in real estate since I was about 18 when I was part owner of a real estate company in Fairhaven, on the coast outside of Bellingham. My profession is designing and programming large computer systems so I've been contracting in that industry for about 33 years and I had a software company before that, writing computer games in the 80's. All in all I've been blessed with an interesting life.

#### What's your definition of success?

**Steve** • My definition of success is bringing a product or service into the community that enriches the community and provides a stable, sustainable, income to the business and employees. I try to bring businesses that don't compete with other local businesses wherever possible.

#### What is your best advice to new entrepreneurs?

**Steve** • Watch your pennies and keep on top of expenses and initial staffing costs. Sadly it's the initial staffing costs that normally kill a business and most entrepreneurs overestimate sales in the first year. Starting a business is not easy, it takes dedication and some initial pain and hardship, but owning a business is often the only way to get ahead these days. Play the long game and be as involved in the business as you can. **PR**

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**OCTOBER 4 TO 6  
WEEKEND**



Earthquakes in qathet  
Animal Blessing for St. Francis Day  
Wildwood Social Dance Club  
Jitney Spiel at Curling  
National Fire Prevention Week

**OCTOBER 11 TO 14  
LONG WEEKEND**



Thanksgiving Monday Stat  
Pumpkin People festival  
Karate Championships  
King's Cup hockey  
Pumpkin Patch

**OCTOBER 18 TO 20  
WEEKEND**



Salmon Festival & Dinner  
WIB Artisan and Entrepreneur Show  
Spirit Doll making  
Sunshine Coast Art Crawl  
Four Hand Duo

**OCTOBER 25 TO 27  
WEEKEND**



Henderson Haunted House  
Pumpkin Patch at Windfall  
Celebration of Cultural Diversity  
Oktoberfest at The Boardwalk  
Pro-D Friday

**NOVEMBER 1 TO 3  
WEEKEND**



Craft Beer Fest  
Mushroom Fest  
Memento Mori at the Cemetery  
Daylight Savings ends  
Craft Shows

Much more is happening in October. Check out PRL's full coverage of festivals and events on Pages 35 to 43.

# 5

Tuck  
in for

# October

reasons to spend a rainy Thursday (or any day) in Townsite



**1. Cinematheque Series**

Every year, a series of indie films comes to The Patricia Wednesday and Thursday nights – but also a Thursday matinee that you'll walk out of just in time for the TB cask opening and the Thursday night market at Townsite Market.

**2. Crafts at Townsite Market**

Boom! Out of nowhere, Townsite Market became the epicentre of Powell River's craft scene. Knit, paint, felt, make a pumpkin person – and check out all the new little stores indoors, while it rains outside. See Page 39 for a full list.

**3. Cask Thursdays**

At 3 pm each Thursday afternoon, taste a new cask. Zunga with Spruce Tips and Chinook Hops; Zunga with Summit Hops and Blackberry FestivALE with blueberries and Centennial hops are just a few past faves. Also, Scrabble.

**4. Coffee n' Chicken**

Basecamp may open at Townsite Market this month. But it's not the only place in the 'hood for a cozy drink. Edie Rae's Cafe and the Bygone Barber offer excellent coffee, hit Royal Zayka for authentic chai. That Chicken Place likely opens this month at the Rodmay.

**5. Pumpkin People**

PRL's first annual Townsite Pumpkin People festival starts October 12, and runs through the end of the month. Walk the neighbourhood with a new Townsite Heritage map, a coffee, and a broly, and see what the neighbourhood's creative residents build. – PW

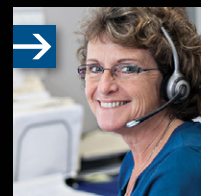
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**BEFORE PINTEREST SET THE EXPECTATIONS:** A few funny hats and a mask or two kept the holiday relatively simple back in 1947. At over \$1 billion, Canadians significantly outspend Americans on spooky stuff and candy. This is Miss Feirheller's class at their Halloween Party in Powell River, 1947. *Photo courtesy of the Powell River Historical Museum and Archives*

# Halloween, Pumpkins & All Saints Day

## Saturday, October 5

### PRL's Pumpkin people building event

11 am, Townsite Market. See ad on Page 10 for more.

## Wednesday, October 9

### Scavenger Hunt

Town Centre Mall. Witches Kitchen is back. See Page 47.

## Saturday, October 12

### Pumpkin patch and Petting Zoo at Family Farm B&B

Noon til 4pm, 2590 Oxford Road. Free! Pumpkins and apples for sale, petting zoo (Nigerian Dwarf Goats+), playhouse, swings, a slide, and picnic tables.

## October 12 to 31

### Townsite Pumpkin People Festival

Make your Pumpkin Person. See ad on Page 10.

## Saturday, October 26

### Pumpkin Carving at Town Centre Mall

11 to 3pm, Free!

## Monday, October 28

### Pumpkin Carving class

4 to 5:30pm, Rec Complex. Ages 6 to 12. \$10.

## Friday, October 18

### Pro-D Day event: Paper Bag Monsters,

10 to noon, Library. Make a DIY costume ahead of Halloween.

## Sunday October 20

### Pumpkin Patch at Windfall Farm

1 to 5pm. See ad on Page 37.

## Thursday, October 24

### Haunted Forest & Halloween Carnival

James Thomson school. 5-8pm. Annual creative forest theatre walk by the Grade 6 & 7 students, this year featuring Little Red Riding Hood. Fundraiser for the PAC.

## Friday & Saturday October 25 & 26

### H3: Museum of Nightmares

Doors open at 7pm, Henderson School. Annual Henderson Haunted House fundraiser. \$5 per head, Silent Auction, Concession, Rated R for RIDICULOUSLY SCARY. Childcare available.

## Saturday & Sunday October 26 & 27

### Halloween Train

5-8pm at the Open Air Market on Padgett. Ride the Forestry Heritage train in a spooky decorated forest. Snacks. Bonfire. For young and old. By donation.

## Sunday October 27

### Pumpkin Patch at Windfall Farm

1 to 5pm. See ad on Page 37. Take your own photos, meet animals, and more.

## Wednesday, October 30

### Harvest Pool Party

10-11:30am, Pool. Bring your preschooler for games, treats and fun (reg admission).

## Halloween Night

### Thursday, October 31

### Spooky (but not too spooky) Preschool Storytimes

10:30-11am at the Library, and at 1 to 1:30pm at Family Place. You are welcome to come in costume!

## Halloween Dance

Wildwood Pub. Special Drinks, Pizza and menu items and Halloween-themed Music. Costume dance party after 9pm adults only. Family friendly 4-9pm pumpkin carving, and treats.

## Candy Carnival for Kids

6:30-8pm, Living Water Foursquare Church. Carnival games, cupcakes, and more!

## Northside Volunteer Fire Department's annual Halloween Party

Craig Park, 7pm to 9pm. This is a free family-friendly event for residents of the Northside Fire Protection Area (from Klahanie Drive to Lund to Okeover). There are trick-or-treats for the kids, free hot dogs and juice, fire truck displays, fireworks, and a bon fire. All Northside residents are welcome.

## Saturday, November 2

### Pumpkin Composting

Drop your pumpkins off at the Town Centre Recycling Depot to have them composted by a local farmer. A project of the qRD's Let's Talk Trash team.

## Sunday, November 3

### Memento Mori

4 to 6pm, Cranberry Cemetery. Live music, self-guided tours, contemplative opportunities for honouring your deceased loved ones.

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# October Festivals

**Saturday, October 12**

**Pumpkin People festival begins**

**Saturday, October 19**

**First annual Salmon Preservation Festival**

11 to 3 pm, Lang Bay Hatchery

**15th annual Pacific Salmon Foundation Dinner**

5:30 pm, Dwight Hall.

**Saturday, October 26**

**Celebration of Cultural Diversity**

11 to 3 pm, Recreation Complex.

**October 18 to 20**

**Sunshine Coast Art Crawl**

**October 30 to November 3**

**First PR Mushroom Festival**

See Page 42 for full schedule and more

**Saturday, November 2**

**PR Craft Beer Festival**

Dwight Hall. See ad on Page 21.

**Sunday, November 3**

**Memento Mori**

4 to 6 pm, Cranberry Cemetery



Plan your

# October

## Big Dates & Election

## Thanksgiving & Oktoberfest

**Saturday, October 5**

**Oktoberfest at The Legion**

6 pm. Bratwurst and sides dinner, dance to Retro playing Oktoberfest favourites and traditional standards. Costumes welcome. \$20

**October 12 to 14**

**Thanksgiving at The Boardwalk Restaurant in Lund**

**Saturday, October 12**

**Pumpkin patch and Petting Zoo at Family Farm B&B**

Noon til 4 pm, 2590 Oxford Road. Free! Pumpkins and apples for sale, petting

zoo (Nigerian Dwarf Goats+), playhouse, swings, a slide, and picnic tables.

**Sunday, October 13**

**Thanksgiving Buffet at the Garden Court at the Town Centre Hotel**

**October 18 - 20 and 25 to 27**

**Oktoberfest at The Boardwalk Restaurant in Lund**

**Saturday, November 2**

**PR Craft Beer Festival**

Dwight Hall. See ad on Page 21.

**October 1**

**Meet the Green's Mark DeBruijn**

7 to 8 pm, Crossroads Village Mall (Across from MacDonald's.)

**October 6 to 12**

**National Fire Prevention Week**

**October 9**

**Federal All-Candidates Forum**

7 to 9 pm, Evergreen Theatre. Hosted by the Powell River Chamber of Commerce.

**Meet CPC's Shelley Downey**

2:30 to 4 pm, campaign office Town Centre Mall next to Subway.

**October 14**

**Thanksgiving Monday & First day of Sukkot**

**October 21**

**Federal Election**

**October 25**

**SD47 Pro-D Day**

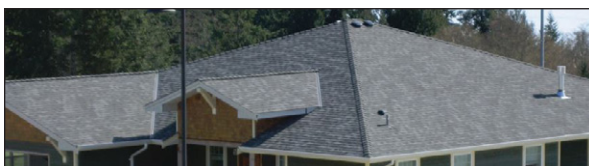
**October 31**

**Halloween**

**November 3**

**Daylight Savings Time ends**

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 Sunshine Coast fitness trainer **Jean Medley**

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**\$2900USD includes:** pick up at Merida Int'l Airport, ground travel, accommodation, meals, painting classes & private coaching, story telling, morning fitness, Mayan cooking class, chocolate making class, visit to Mayan ruins, visit to artist studios, Shaman healing ceremony, and a farewell surprise!

**Information Session**  
**Friday Oct 18, 7pm**  
**Powell River Library Meeting Room**

Interested in joining us?  
 Call Ursula Medley 604-223-0448  
[wanderingpalettetours.com](http://wanderingpalettetours.com)



# Holding the torch at Cran Hall

BY ROBERTA PEARSON

**M**y solo singing “career” started when I was in my early 30’s. It began because of a solo I worked up with Marge Henry, the organist at the Powell River United Church, one summer.

As the choir didn’t meet during the summers, some of the choir members filled the “anthem” part of the Sunday services for the season. I was one of the “volunteers”. It was actually very flattering to be asked to do a couple of Sundays.

As it turned out, the Mozart piece I chose was fairly difficult (of which I was blissfully unaware), but I loved it and worked hard to do it justice.

The choir leader, Eleanor Anderson, was so impressed when I sang on the Sunday that she thought I had been taking singing lessons during the summer. When I told her no, she said that I must definitely contact Margaret Ferguson and get onto her waiting list of want-to-be students.



**PRL’S OWN COPY-EDITING CHANTEUSE:** Roberta Pearson got her start singing her heart out in church. Now she’s singing about heartbreak.

cut-off was 35), to go and compete in the Provincial Finals in the Adult Vocal Solo category. What a magical experience that was.

Since then, I have sung many different genres of music in a wide variety of settings, from grassy greens to bars & pubs, to concert halls and churches.

Now, at 70 years of age, I find that the gift The Good Lord gave me that one summer, long ago, is still with me and continues to support me in my desire to share my joy of song. To that end, I am having this concert this month. Basically, I am a singer of “Torch Songs” — heart-felt ballads, usually of unrequited love.

So, the evening will be just that. Ballads to lift you up and some that may bring a tear to your eye.

## AN EVENING OF COOL JAZZ

**What:** Ballads and torch songs with singer Roberta Pearson, with Ron Campbell, Dennis Fox, and Neko

**When:** October 19, doors 7:30 pm, music at 8 pm

**Where:** Cranberry Hall

That was the beginning of my “life on the stage”, as it were.

Singing (country to classical) has brought me much joy (and a little pain). I have been twice awarded the trophy for the highest mark of all participants in the local Music Festival and was recommended by the adjudicator, when I was 34 (*just* young enough to qualify—the

# Live Music

## Thursday, October 3

**Rick Scott and Nico Rhodes: Roots & Grooves**  
7:30pm, Max Cameron. See ad on Page 17.

## Friday, October 4

**BC Underground Hip-Hop**  
9pm, Legion. All-ages. Vic City Soldiers MC Bane; Technical Knockout; and BIG MAC!

## Saturday, October 5

**The Wildwood Social Dance Club**  
8:30pm, McKinney’s. \$12 cover.

## Sunday, October 6

**Tyler Bartfai in Concert**  
7:30pm, Wildwood Pub, no cover

## Friday, October 11

**Twin**  
8pm McKinney’s. Winnipeg hypno-folk.

## Sunday, October 13

**Devon Hanley & Walter Martella**  
7:30pm, Wildwood Pub, no cover

## Thursday, October 17

**Jill Barber: Dedicated to You**  
7:30pm, Max Cameron  
**FRASE with Embody MVMT and TheChad**  
7pm, McKinney’s. All ages early show. \$15 at door, kids 15 and under are free.

## Friday, October 18

**Saratovsky Brothers’ Four Hand Duo**  
7:30pm, James Hall. \$20

## Saturday, October 19

**Roberta Pearson: An Evening of Cool Jazz**  
7:30pm, Cran Hall. PRL’s own copy editor.

**Metallica Tribute / Master of Justice**  
9pm, McKinney’s

## Monday, October 20

**Old Paint Duo: Home Routes concert**  
7pm, Mary Mary Café, Texada

**Lukah Bouchard in Concert**  
7:30pm, Wildwood Pub, no cover

## Tuesday, October 22

**Ken Hamm in concert**  
7pm Mary Mary Café, Texada. \$25 in advance, \$30 at the door.

## Wednesday, October 23

**Ken Hamm in concert**  
7:30pm Cranberry Community Hall. \$25 in advance, \$30 at the door.

## Sunday, October 27

**Roger Langmaid in concert**  
7:30pm, Wildwood Pub, no cover

## Saturday, November 2

**U2’s Bono and Coldplay’s Chris Martin play Gibson’s Landing**

## Sunday, November 5

**Connie Kaldor Family Band in Concert**  
7:30pm The ARC.



**JAZZ TO CHASE THE RAIN AWAY:** head to Wildwood Pub October 13 to hear Devon Hanley and Walter Martella’s jazz and standards, on trumpet, piano, keys and vocals. *Photo by Robert Colasanto*

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**Powell River Health-Care Auxiliary**

**Fall Bazaar**

**Saturday October 19, 11am-2pm**  
Upper Level Recreation Complex

Bake table, tea room, plants, white elephant, hand crafts, jewelry, Christmas decorations, and more...

*Don't forget to bring your own bag!*

**Stick around! Big raffle draw for Homfray Lodge Cruise & Stay at 2pm**

6-7030 Alberni St  
604-485-0110   
prhealthcareaux.ca





**NOT EVEN CLOSE TO THE END:** Above, Lund filmmakers Tai Uhlmann and Theo Angell at a premiere of their film about Lund's draft-dodging, utopian era. *The End of the Road* feature film is now available online at iTunes, Google Play US only – Amazon Video, Comcast & DirectTV. The Canadian links to iTunes and Google Play will be available on the distributors website, IndieCan. Look under Films/Now Showing/*The End of the Road*. The CBC TV version is still available in Canada at CBC Gem and for educational institutions at Curio.

## Film

### October 2 & 3

#### The Farewell

7 pm Wed/Thurs & 1:30 pm Thurs Matinee. Patricia.

### October 4 – 8

#### Downton Abbey

7 pm nightly & 1:30 pm Weekend Matinees. Patricia.

### October 9 & 10

#### All Is True

7 pm Wed/Thurs & 1:30 pm Thurs Matinee. Patricia.

### October 11 – 15

#### Abominable

7 pm nightly & 1:30 pm Weekend Matinees. Patricia.

### October 16 & 17

#### David Crosby Remember My Name

7 pm Wed/Thurs & 1:30 pm Thurs Matinee. Patricia.

### October 18 – 22

#### Joker

7 pm nightly. Patricia.

### Wednesday, October 23

#### A Silent Transformation.

7 pm The Art Centre. Presented by First Credit Union for Small Business Week. It explores the innovative self-help efforts and the radical vision of co-operation in Canada.

### October 23 & 24

#### Echo in the Canyon

7 pm Wed/Thurs & 1:30 pm Thurs Matinee. Patricia.

### October 30 & 31

#### Midsommar

7 pm Wed/Thurs & 1:30 pm Thurs Matinee. Patricia.

## Seasonal Sales & Fabulous Fairs

### Saturday, October 5

#### Kiwanis Garage & Marmalade Sale

10 am – 1 pm, 4943 Kiwanis Ave. \$\$ raised goes to Kendra MacLeod

### Saturday, October 19

#### WIB Artisan & Entrepreneur Show

10 to 4 pm, Town Centre Hotel. See ad on Page 31.

#### Health Care Auxiliary Fall Fair

11 to 2 pm, Rec Complex.

### Saturday, October 20

#### Clothing Swap

2 to 4 pm, Fiberspace, VIU Powell River. Bring good condition, clean clothing and accessories for adults for swapping with each other = New to You Clothing that keeps your closet filled with 'fresh fashions' and your old clothes out of the landfill!

### October 26 & 27

#### Lang Bay Hall Christmas Craft fair

Sat 9 am – 1 pm, Sun 10 am – 2 pm

### November 1 & 2

#### Powell River's Own Craft Fair

Fri Nov 1, 5 to 9 pm and Sat Nov 2, 11 to 4 pm Rec Complex

### Saturday, November 2

#### Tea and Christmas Bazaar

11 am to 2 pm, at St. David & St. Paul Anglican Church in Townsite. Tea room, baking, preserves, crafts, jewelry, books, fish pond, raffles. See ad on Page 44.

#### Christmas Bake Sale

11 am to 2 pm in the United Church's Trinity Hall.

## Crafty at Townsite Market

### Thursdays in October

#### Knitter's Nest Knit Nights

6 to 8 pm, every Thursday. Work on projects, get help, meet other knitters.

### Saturday, October 5

#### Pumpkin people building event

11 am, upstairs near the climbing gym. Free! Learn how to build a pumpkin person for your Townsite yard. See more on Page 10.

### Tuesday, October 8

#### Eunoia beginner nuno felting workshop

6 to 8:30 pm. Create a neck cozy. Materials will be provided. With Shaunalee Yates. \$35 plus \$10 supplies. Register at eunoiastudio3@gmail.com

### Tuesday, October 22

#### Eunoia "continued" nuno felting workshop

6 to 8:30 pm. silk paper, considering embellishment options, exploring manipulation of shrinking and open areas, and felt into ground cloths such as lace or Devoré velvet. Participants will leave with several samples and the knowledge to create a larger project. With Shaunalee Yates. \$35 plus \$10 materials. Register at eunoiastudio3@gmail.com

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## Congratulations Jim & thanks Powell River!

Triune No. 81 Masonic Lodge of Powell River would like to thank the community for their support for our recent lottery, and congratulate the winner of the \$4,000 prize,

### Jim Massullo.

A special thank you to all those that bought (and sold) tickets to help us get the needed support out to our community. This support goes towards, advanced education programs, scholarships, bursaries, the local Food Bank, Honor House, Community Resource Centre, and other local charities.

A special thank you to Julie's Airport Café, where we held the public draw on Sept. 1.

Many thanks to **Canadian Tire** for allowing us the opportunity to again this year sell tickets at their location.



Brian R. Masters, Worshipful Master  
Eric Williamson, Senior Warden  
Triune Masonic Lodge No. 81 AF & AM  
604-414-9606 or 604-414-3507

### Triune Lodge No. 81

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## Friday, October 4

**Wacky Fun Dart Tourney**  
5:30pm, Carlson Community Club

## Saturday, October 5

**Free Family Swim**  
2 – 4pm, Rec Complex

**Jitney Opening One-Day Spiel**  
Curling Club

## Friday, October 11

**Kings vs. Penticton**  
7pm Hap Parker Arena

## October 11 & 12

**Western Canadian Goju Ryu Karate Championships**  
Brooks Secondary, see right

## Saturday, October 12

**Kings vs. Cowichan Valley**  
5pm Hap Parker Arena

## October 12-14

**The Kings Cup Tourney**  
Hap Parker Arena

## Friday, October 18

**Laser Light Video Skate**  
7 to 10pm, Rec Complex

## Thursday, October 24

**Kings vs. Prince George**  
7pm Hap Parker Arena

## Friday, October 25

**Kings vs. Vernon**  
7pm Hap Parker Arena

**Tailgate Party before the Kings game!**

5:30pm, at the covered area outside the upper foyer at the Rec Complex. Burgers and hot dogs by donation. Organized by Royal LePage Powell River. All proceeds to Hands Across the Water. Raffle proceeds to Powell River United Way. See ad on Page 8.

## October 26 & 27

**Novice Hockey tournament**  
Hap Parker Arena

## Wednesday, October 30

**Harvest Pool Party**  
10 to 11:30am, Rec Complex Pool

## November 1-3.

**Atom Hockey Tournament**  
Hap Parker Arena

## Saturday, November 2

**Free Family Swim**  
2 – 4pm, Rec Complex



## Two awesome feelings:

Landing a head kick, and cheering on your siblings

Most days that Cole Mostat walks into Brooks Secondary, he'll be sliding under a car as a Grade 12 VIU dual-credit automotive student. But on October 11 and 12, he'll be there to compete in the Western Canadian Goju Ryu Karate Championships. For those two days, the 17-year-old – along with his three younger siblings, both parents, and 300 competitors from BC, Alberta, Washington and elsewhere – will hope to medal in individual kata, team kata, kata weapons, sparring, and more.



**KARATE KIDS:** Cole celebrates a win with his little sister Taylor Mostat.

Olympics in San Diego in July 2020.

Cole, a sempai at CMAA, is no newbie to competition. He's been to Las Vegas, Ontario, Seattle and elsewhere; he's looking forward to meeting other first degree black belts on the mats, many of whom he has sparred against before.

This month's event, however, will be his littlest sister's first big tournament: Brooklyn, age 7. He has some advice for her.

"Karate is all about focus, but at tournaments, I have a hard time keeping my eyes in a straight line, because there's so much going on around me, especially when I have a sibling competing," said Cole. "She has wandering eyes too. You've gotta keep your eyes off your friends and family in the stands."

### KARATE CHAMPIONSHIP

**What:** The Western Canadian Goju Ryu Karate Championships, hosted by Powell River's own dojo, CMAA.

**When:** October 11 & 12.

**Where:** Brooks Secondary

"It's a total adrenalin rush," Cole said, of sparring. "It's the best feeling when you land the perfect head kick. The whole crowd goes 'Woah!'"

Even if you have no connection to Karate, you're welcome to come and be part of the cheering section; this tournament is organized by Frank Clayton, owner and Sensei of the Canadian Martial Arts Academy on Joyce. It's been seven years since Powell River last hosted this competition. Local students tend to do well, Frank said, and go on to other tournaments, including the West Coast Junior

## Prepare for the big one

The qathet Regional Emergency Preparedness Service invites you to participate in the Great BC Shake Out on **October 17, 10:17 am.**

### 1. Register at [www.shakeoutbc.ca](http://www.shakeoutbc.ca)

Join millions worldwide who will do the drill at the same time!

### 2. Get prepared

Think about how an earthquake might impact your home, school or workplace.

### 3. On October 17 at 10:17 am, drop, cover and hold on

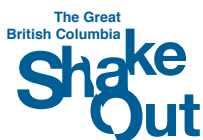
Look around and imagine what would happen in a major earthquake. What would fall? What would be damaged? What steps can be taken to make your environment safer?

## What to do during an earthquake:



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## Ghost Train

Family friendly train rides at Paradise Exhibition Grounds.

Lights, ghosts, witches, pumpkins, treats, bonfire & snacks

**Saturday & Sunday, October 26 & 27, 5-8 pm**

Train ride is free, but a donation to our forestry heritage projects would be appreciated.

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



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# Arts, Books & Spirit

## Tuesday, October 1

### Creative Economy Initiative

7pm, The Arts Centre. Claudia Medina presents on this local innovation hub.

## Saturday, October 4

### Animal & People Blessing for the Feast of St. Francis of Assisi

11 am, Lutheran church parking lot on Duncan. "Big or small, we bless them all."

## Saturday, October 12

### Exploring Creative Nonfiction

2 to 4pm, The Library. Join writer Megan Cole for this four-session series that will explore creative nonfiction.

## October 18 to 20

### Driftwood Spirit Doll Making

The Sanctuary. \$50. See

[www.3foldbalance.as.me](http://www.3foldbalance.as.me) for more.

## Tuesday, October 22

### BC Writers Series, Deborah Hodge

7pm, The Arts Centre/Children's book writer presentation on writing for kids

## Friday, October 25

### Pro-D Day Paper Bag Monsters

10 til noon, Library. Craft a mask.

## Saturday, November 2

### Memento Mori Lantern making

11 am, The Art Centre. With Lorelei Roberts. Free.

## Sunday, November 3

### Memento Mori

4 to 6pm, Cranberry Cemetery. Live music, candle-lighting, a self-guided tour of the grounds, & memorial-making for your deceased loved ones.

## What does it mean to bless animals?

"Bless" in the context of the St. Francis Day tradition observed in several Christian denominations means recognizing in our fellow creatures, as St. Francis did, their ability to understand, in their own way, what it means to be a creature. In this sense, blessing is not something that humans arrogantly give to animals. Rather, humans bring to our own humble awareness the blessing that animals and all other created beings already possess. This

includes love of pets, but it extends also to appreciation and respect for "all creatures great and small," wild and domestic.

As we become increasingly conscious of our kinship with and dependence on animals and the endangered status of many of them becomes alarmingly evident, the expression of celebration, care and blessing of our nonhuman companions on this earth becomes even more important.

- Rev. Paula Sampson



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# October 18

is

# Health Care

# Assistant Day



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**SHOW ME THE 'SHROOMS:** Left, qathet Mycology Network co-founder and author Ionatan Waisgluss in the woods. An assortment of mushrooms, some edible and some poisonous. Learn to tell them apart at the upcoming mushroom show November 3 at the first annual Powell River Mushroom Festival.

## Mushroom Fest

**Wednesday, October 30**

### Dining with Mushrooms

6 pm, Future Chef's Cafe in Brooks Secondary School. Vancouver Island University Professional Cook students will celebrate this year's festival by presenting a three course mushroom-themed dinner. Call for reservations here: 604-483-7967. \$30.

**Friday, November 1**

### Two Mushroom Talks, presented by the qathet Mycology Network

6:30 to 8:30 pm, Library.

**Cognitive Mycology with Theo Rosenfeld:** Cognitive Mycology is the science of fungus intelligence. This talk will provide a tour of some of the most unexpected fungus behaviours as well as some of the theories proposed by mycologists, ecologists, and philosophers to explain these behaviours. Theo Rosenfeld is the operator of Wildwood Ecology Labs, a flower farm providing farm-to-vase florist services to Powell River and the surrounding area.

**New Species Underfoot—Mushroom Barcoding & Citizen Science,** with Jason Leane. Thanks to new techniques in DNA barcoding and related techniques, research in this field has been growing tremendously. Many species of mushrooms in Coastal British Columbia previously thought to match similar-looking species in Europe are turning out to be new species altogether, or to be severely mislabeled.

Jason Leane is a mushroom hobbyist, growing mushrooms locally for food and making contributions to the world of mushrooms through citizen science.

**Sunday, November 3**

### The Mushroom Show!

1 to 4 pm, Club Bon Accueil. The qathet Mycology Network presents Powell River's first annual Mushroom Festival: Come learn about the mushrooms of the qathet region & coastal British Columbia. Visit our interpretive displays, info booths, mushroom arts & crafts, presentations, and more!

## Fascinated by Fungus

BY IONATAN WAISGLUSS

For more than ten years now, I've been foraging for food and medicine. When I first started exploring the flora and fauna of Coastal BC, I couldn't believe the diversity of mushroom species that exist here. For the last few years, I've been heading down to the lower Sunshine Coast with fellow mushroom enthusiast Jayde Bazinet for a yearly mushroom festival that happens in Madeira Park. Having seen what a great event this can be for a community, we began to wonder if Powell River could have its own annual mushroom festival.

And so, the qathet Mycology Network was formed as an informal but dedicated group. Our mission is to promote a local appreciation and awareness of mushrooms and fungi, as well as to develop a network that facilitates access to mycology knowledge, skills, & resources. Our vision is to host an annual mushroom festival in Powell River, to form a registered society, and to build community through seasonal events.

For more information, visit [tinyurl.com/qathetmycology](http://tinyurl.com/qathetmycology) or email [qathetmycologynetwork@gmail.com](mailto:qathetmycologynetwork@gmail.com)

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# Learn something new

## Friday, October 4

### Tech Savvy

#### – Adobe Creative Cloud

7pm, Library. Learn about the full range of Adobe Creative Cloud various graphic design, web design, photo editing, and video editing programs. To register call 604-485-4796 Ext. 206.

## October 5

### Earthquakes in the qathet Region

2pm, Library. Ryan Thoms from the qathet Regional District will discuss the history of the devastating 1946 earthquake and how this knowledge impacts emergency planning for our Region.

## Wednesday, October 9

### Tummy Troubles? Gut Health

6:30 to 8pm, at Kelly's Health Shop. With Lisa Marie Bhattacharya, RHN. See ad on Page 18.

### Federal All-Candidates Forum

7 to 9pm, Evergreen Theatre. Hosted by the Powell River Chamber of Commerce.

## Thursday, October 10

### Early Literacy & Your Child

1 to 2:30pm, at the Library. Parents and preschoolers ages 3-4 are invited to explore the library and bring home some early literacy tools in this fun and informative event with Speech-Language Pathologist Alyssa Dixon

## October 16 to November 13

### Vegan World Foods

plantbasedrhn.com

## Wednesday, October 16

### What is Homeopathy?

6:30 to 8pm, at Kelly's Health Shop. With Kathryn Final, DSHom Med, FCHM, RCSHOM, RyT. See ad on Page 18.

## Saturday, October 19

### Mushroom Walk

11 am, starts at The Art Centre atrium. Join Ionatan Waisgluss in this family friendly mushroom walk.

## Tuesday, October 22

### Captured by Fire – Surviving BC's New Wildfire Reality

7-8:30pm at the library. Bestselling BC Author Chris Czajkowski and Fred Reid present the dramatic first person accounts of facing the 2017 wildfire in their remote BC homesteads.

## Wednesday, October 23

### Metabolic Syndrome & Heart Health

6:30 to 8pm, at Kelly's Health Shop. With Todd Caldecott, Dip.CI.H., RH(AHG), CAP(NAMA). See ad on Page 18.

## Tuesday, October 29

### Truck Logger Association Networking Event

5 to 8pm, Town Centre Hotel

## Orca launch

Please join us to celebrate the reveal of our brand new ORCA Bus. October 11 at 11am at the Willingdon Beach Pavilion. Everyone is welcome.

The bus is a United Way project in partnership with SD47 that provides free drop-in early years programs to families with young children. This new bus arrived in late August. Everyone has been busy with heating, flooring, furniture, solar panels, and the exterior design! A project like this takes many hard working and generous individuals, volunteers, and businesses and Powell River has proven again and again to have no shortage of wonderful community members.

- Beth Zroback

## Wednesday, October 23

### WIB Breakfast with Pollen

7:30-8:30am, Women in Business hosts networking breakfast with special guest speakers Evelyn Pollen and Carla Brousseau of Pollen Sweaters.

### FCU presents Small Business Seminars throughout the day

See ad on Page 3 for a full schedule.

## Saturday, November 2

### Care of Tla'amin Cedar Basketry

1 to 4pm, Learn to share in the role of caretaker of the cultural heritage held in partnership and trust by the Powell River Historical Museum & Archives. Recognizing that objects in our collections can act as vessels of memories we want to create opportunities that allow members of the Tla'amin Nation to interact with these materials in a meaningful way. Led by Nikita Johnston & Sosan Blaney. Only 10 spots available for the public (three other workshops are available for members of Tla'amin only). Call 604-485-2222 to reserve your place.



## Wednesday, November 6

### Anxiety & Depression

6:30 to 8pm, at Kelly's Health Shop. With Todd Caldecott, Dip.CI.H., RH(AHG), CAP(NAMA). See ad on Page 18.

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SATURDAY

October 19

8 pm

(doors open @ 7:30)

Cranberry Community Hall

\*\*\* coffee, tea, savouries & sweets available \*\*\*



@ the door or in advance at Artique  
The Patricia, or Powell River Living



A Thought For The Day

“Truthfulness is the foundation of all human virtues.”



~ Bahá'í Writings



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JULIETTE WOODS offers card readings, shamanic sessions, medicine gatherings, and immersion programs online and in-person. Find her at [3FoldBalance.com](http://3FoldBalance.com) and [shamanicliving.ca](http://shamanicliving.ca)

**T**here is a depth of relationship that is cultivated only by time spent “with.” Giving our full attention to something, or someone, allows us to begin learning the subtle nuances that really either bring us closer or show us incompatibilities. We can better navigate our well-being in accordance to the medicine or deleterious affects present when we mindfully engage with another.

This applies to human relationships of course, but also, the elements, energies, effects, or bonds available to

quired, along with observation and tracking. Bring in as many different ways of engaging as feels appropriate, either one at a time or many at once for a fuller immersion.

**Dreaming with.** Tucking the stone, medicine, or plant that you are getting to know into your pillow case with an intention to learn more can offer surprising results. Either directly appearing in dreams bringing insight into their uses, or the quality of your dreams may shift.

**Keeping with.** Carrying in pockets or in a medicine



**BEYOND THE GOOGLE SEARCH:** Spend time with your crystals, plants, prescription medicines and more, to immerse yourself in their properties. Knowing them deeply will bring you into right relationship with them.

us through the natural world. Are we spending time becoming intimate with the herbs the TCM recommended, or a new-to-us crystal, or foraged foods as entities full of their own complexities? What about relationships and entanglements with tobacco or coffee? When we step into consciously “being with,” we are much more able to come into Right Relationship, discern compatibility, and learn when and how to lean into or give back to allies around us.

When we find ourselves working with, or drawn to work with, a plant, stone, prescription medicine, crystal, one of the four elements or even our own bodies, there are a myriad of ways we can dive into a deeper knowing that goes far beyond a quick Google search. Time is re-

pouch worn around the neck are great ways for the electrical field of our body to interact with the electrical field of our ally.

**Consuming** \*if safe! In a tea, nibble raw, or cook with.

**Bathe with.** Water is a great conductor of electricity and when folks talk of the “vibe” or “energy” of something, it’s really the electrical field. Bathing with a crystal, stone, plant, or essence is an excellent method.

**Meditate with** or Journey ‘Shamanically’ to your ally. Introduce yourself. Ask for insights or guidance on cultivating a reciprocal relationship of support. Even come up with agreements. This can be exceptionally helpful with prescriptions bringing unwanted side effects. **R.L.**



## Get comfortable this Fall

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Traditional Plaid to Skull Designs

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## BAZAAR & TEA

St. David & St. Paul's Anglican Church

Saturday, November 2<sup>nd</sup>, 11 am til 2 pm  
6310 Sycamore Street, Townsite

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tea room ♦ baking ♦ preserves ♦ crafts  
jewellery ♦ books ♦ fish pond ♦ raffles

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## SARATOVSKY BROTHERS'

Four-Hand Piano Duo

Sergei and Nikolai together display world-class technical skills, a deep sense of expression, a true understanding of the pieces they perform, and a great sense of humour.

Friday, October 18  
at 7:30 pm

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# Spooky Powell River

### Across

- 2) Complex harvest party in this
- 7) Haunted theatre
- 9) Colour doesn't rhyme
- 11) Do McCoy ghosts haunt this Cranberry place?
- 12) Fireworks seller
- 13) Outer orange, or for life
- 17) Judges, jail and ghosts in this hotel
- 18) Memento at the cemetery
- 19) Nightmare on \_\_\_ St in Townsite
- 22) Witch's transport, Black Pt road, or invasive plant
- 25) Powtown Pumpkin \_\_\_ Festival
- 26) Where pumpkins go on Nov 2
- 28) Beware Charles \_\_\_ Avenue!
- 30) Cemetery address, or king's hat
- 32) Where spiders, bats and maybe art hangs out?
- 34) Halloween's favourite fruit
- 35) Door-to-door reward
- 36) Big, creepy warships

### Down

- 1) Batman's commissioner, or PR Ave
- 3) JT's haunted place
- 4) Wildwood pumpkin patch or dead trees
- 5) With a lantern, or Kings cap
- 6) Haunted hotel
- 8) Trick or treat outfit
- 10) Sad sailor's point
- 11) Poison tree, or Brooks address
- 14) Noisy reaction to scare
- 15) \_\_\_ and trouble
- 16) Home of the haunted house
- 20) Indoor trick or treat spot
- 21) Spidey's green enemy
- 22) Word to scare
- 23) Unbusted spirit
- 24) Fall latte flavour, or scary, posh, etc
- 26) Caramelized, candied or popped
- 27) \_\_\_ or treat
- 29) Candied fruit
- 31) Free rides on this on Halloween
- 33) Be grave and add ET to this beer barrel



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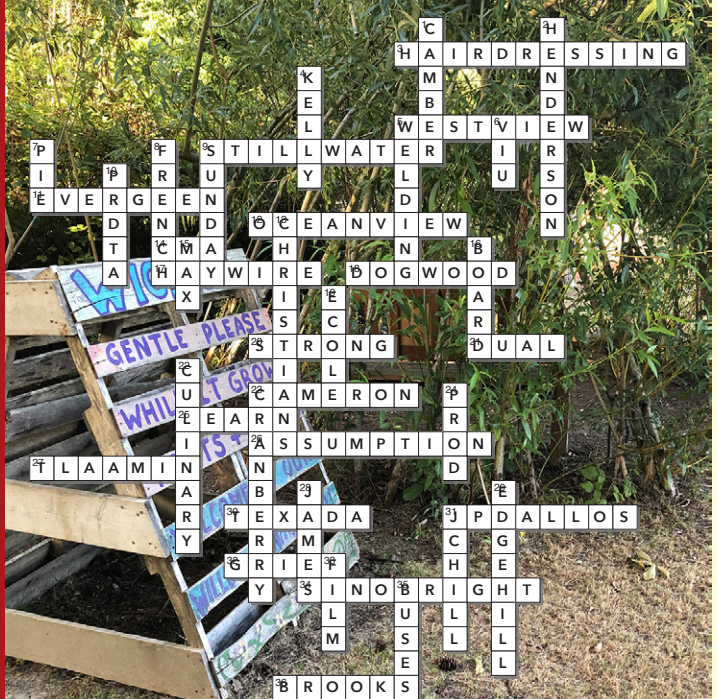
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# The Pretend Grandparents

## Last Word

with

ISABELLE SOUTHCOTT



Once upon a time, a single mum and her twin three-year old daughters moved in next door to another single mum and her teenage boys.

I was thrilled when this happened. Thrilled to have two little girls and their lovely mum living next door to me. I've always wanted a daughter. Much as I loved my sons sometimes I dreamed about ballerinas and barbies while tripping over toy trucks and sorting through smelly hockey gear.

Like me, my new neighbour owned a small business. Not only did we share the ups and downs of single parenting, we were both navigating how to run a business, raise our children, have a bit of a social life and keep our sanity. As a single mum and business owner, I often found myself running in circles. I was worried that I wasn't being a good mum or a good business owner and was constantly beating myself up about not being able to execute either successfully.

We got to know each other as neighbours do but soon we became friends. Matt, my oldest would babysit Dana and Tesla; they adored him and he adored them. We became a kind of family. An extended family. Their mum and I would visit while the girls played. As the twins got older and more independent, they'd be in and out of my house as though it was their own.

I was happy. I finally had two little girls in my life!

A few years ago, they began calling me grandma. "I'm not your grandma," I told them knowing they had family elsewhere. "But you're like a grandma," they insisted. "I know, you can be our pretend grandma," said Tesla. "Yes," Dana agreed.

And that's how I became a pretend grandma.

I take my role as Dana and Tesla's Pretend Grandma seriously. Christmases and birthdays are magical when you have little ones in your life. My own children had long passed the age of believing but Dana and Tesla still do.

One of their favourite birthday gifts is horseback riding. They've gone a few times now. After the first time, I bought them two horse figures that look just like Spotty Guy and Rainbow so they'd have something to remember their special adventure by.

Sometimes they'll ask for something specific for Christmas or their birthday. Sometimes, I just pick out something I would have bought for my own daughter had I had one.


Because of them, I finally got to buy cute little pop-up ballerina jewellery boxes. You know, the kind where a ballerina dressed in a little pink and white tutu spins around on her point shoes while the music from Swan Lake plays. For 20 years, I'd harboured a secret longing to purchase one. I finally got to do it – I bought two!

Sometimes my partner and I pick the girls up from school and on those days, we plan an adventure. It might be artwork or dress up – they love going through my closet and trying on my high heels and fancy clothes! Sometimes, they create a play and when they're ready, they invite us into the front room to watch them. "Scene one, Act one," says Tesla while Dana tells me to put my phone away!

They've taught us so much. Did you know that Pretend Grandparents need to have a freezer full of popsicles in the summer? Pretty much every day, beginning in June, the twins would knock on the door looking for popsicles. When a family with two kids moved in a few doors down, the order became larger and the twins needed four at a time. Then another girl joined their merry band and it was five! But we didn't care, we loved watching the kids sitting on our front steps enjoying popsicles and hearing their happy chatter.

Last month, the twins turned eight. When we asked them what they wanted for their birthday, they said they'd like to go shopping. Every night for a week leading up to the great event they'd pop over to see how many more days they had to wait. (When you're young and you want something to happen, time goes so slowly but finally, the great day arrived).

We picked them up from school and they spent an hour trying on clothes and scouring the racks of Ardene's until they finally narrowed it down to a few special items. Happy with their new purchases, they changed into their new togs before heading out to Moose 'n' Eddies for dinner. Happy girls, exhausted Pretend Grandparents!

Although I remember Dana and Tesla as the little girls they were, I see glimpses of the young women they're becoming. Confident, polite, kind and smart. They've taught me so much about being a Pretend Grandma. I only hope we've taught them that their family is bigger than the one they were born into and that they're very much loved by their Pretend Grandparents. 

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	<p><i>Kathy Bowes</i></p> <p>Call (anytime) <b>604.483.1633</b> <a href="mailto:kathybowes@remax.net">kathybowes@remax.net</a> <a href="http://kathybowes.com">kathybowes.com</a></p>	
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9th

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OCTOBER  
26th

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OCTOBER  
31st

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