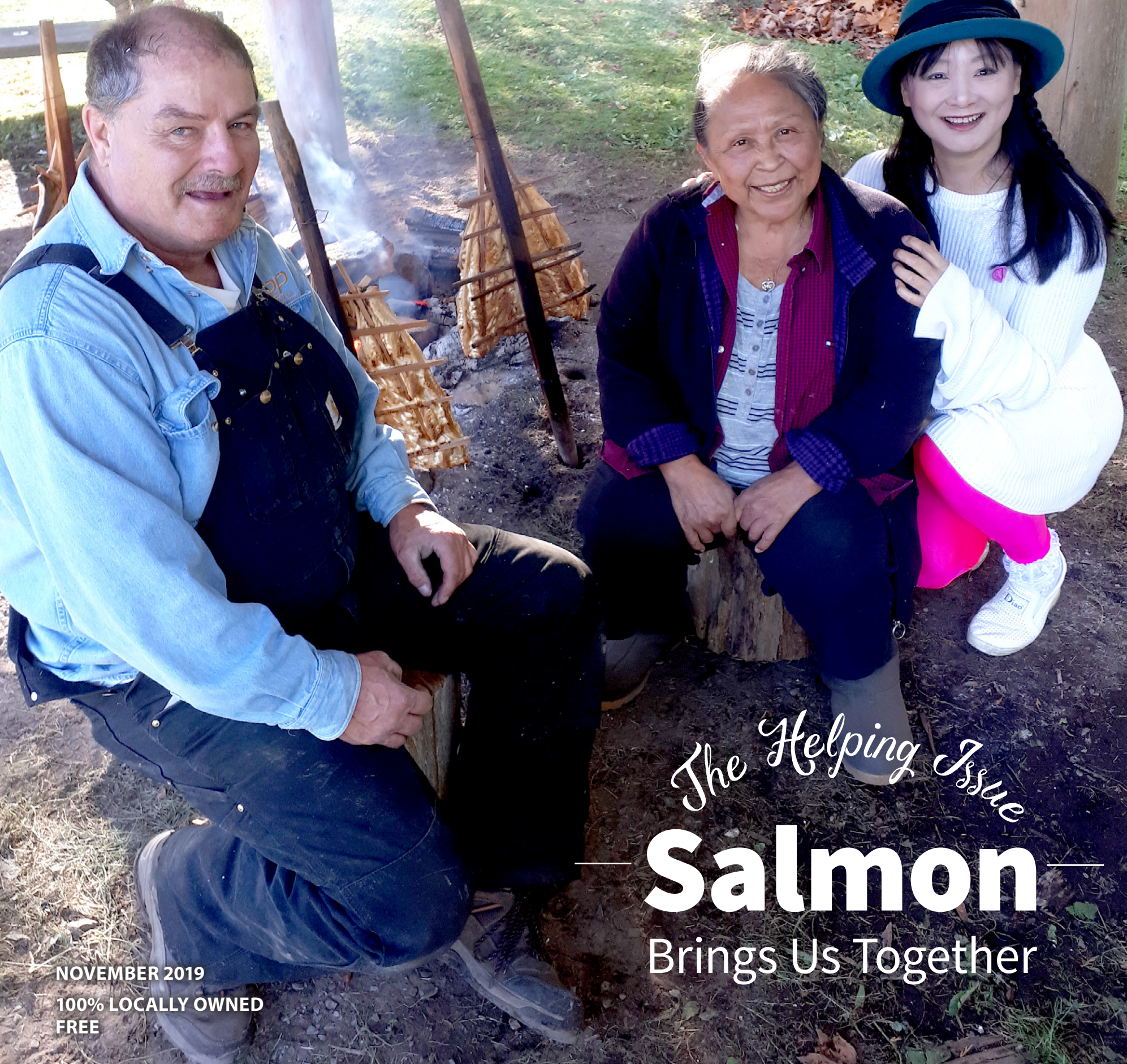


Powell River **LIVING**



The Helping Issue

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NOVEMBER 2019

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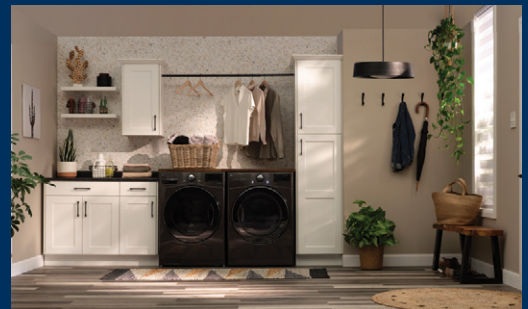
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IN FOCUS

American Kestrel

This is a beautiful falcon. I photographed this one in the Kamloops area back in the 1980s. They love partly open country, forest edges and even cities.

This is the smallest of the Falcons. It can be seen perched on telephone poles and trees. We were thrilled to see one on our Wildwood garden post several years ago. While hunting, it will hover in the air, before swooping down to get its prey. They feed mainly on grasshoppers and small rodents.

The range of the American Kestrel is throughout the Americas, from Alaska to Tierra Del Fuego. **PRL**

– Rod Innes



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ON THE COVER

Troy Mowat, Joanne Williams and Nancy Yu enjoy a break from the -1 cold around a salmon barbecue, at Cross Cultural Days at the Tla'amin Salmon Hatchery. Originally from Lund, Tla'amin and China, all three grew up on fish.

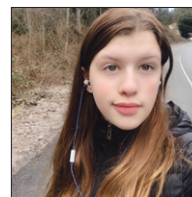
Photo by Pieta Woolley



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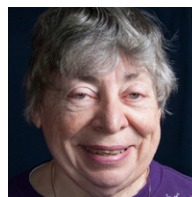
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ALLY BOYD is a grade 12 student from Brooks Secondary School. She is involved in many groups and events throughout Powell River and always loves an opportunity to volunteer. This year she is currently the squadron commander for 22 Red Knight Squadron Royal Canadian Air Cadets, Brooks Interact president, a highland dancer, volleyball player, as well as a member of the Powell River Youth Council.

CATNIP is a multidisciplinary artist born in the qathet region. He's spent his career painting murals all over the town (on just about any surface that'll accept paint), putting on collective art shows, building colorful stages for music events and generally stimulating the arts in the area.



BARBARA ANN LAMBERT is a retired teacher who taught for the Powell River School District for 30 years. Her passion is local history and she has published seven books. Barbara Ann married local farmer Stuart Lambert and lived in Paradise Valley before moving to her current home on the waterfront.

JANET MAY is a retired forester and outdoor educator. She has lived in qathet for a quarter century and raised her children on the fresh air, water and forest that surrounds us. Janet is a board member of Friends of Stillwater Bluffs Association (FOSBA).



NEW PAPER: Alert paper aficionados will have notice that this page feels different than usual. Most of the pages in this issue are printed on Electrastar 80, a high-brightness machine finished uncoated paper grade manufactured at the Paper Excellence Catalyst mill here in Powell River. We usually use Electrabrite, also manufactured here. The cover stock is Pacificote from Port Alberni.



EDITOR'S MESSAGE

Usually when The Helping Issue rolls around, we choose a big issue and write about it: housing, or food, or poverty. After years of feeling bogged by the sheer amount of good works that happen here in November and December, we took a different tack.

First, a confession. I loathe the word “helping” – even though I am responsible for conceptualizing this themed issue in the first place. To me, “helping” feels a bit superficial. Like crumbs.

I’m actually much more interested in solutions, social change, justice, and awareness, than I am in “helping.” And, looking around at what happens in Powell River during the holidays and at every time of year, clearly, I’m not alone.

Sometimes, it’s businesses that help solve social challenges. For example, the Sunshine Coast Health Centre is getting ready to offer a totally unique program for women, one that treats PTSD and addictions together (See Page 10). And, the Town Centre Mall is offering free craft afternoons each Sunday (Page 24). To understand why this is “helping,” check out Page 44. There are free activities for children and youth consistently

after-school through the week – thanks to organizations such as PRCYFSS and the Library – but they dry up on weekends. Given that sports and classes for young people can be expensive, free activities are an amazing way to help. So thanks, Town Centre Mall. Canadian Tire’s Jump Start program is another great example of a business “helping.”

Artists help, too. Catnip created a landmark awareness-raising mural on the Haslam Water Treatment Plant (see Page 11), in the global tradition of street artists telling community stories. And 30 artists have contributed work to the Friends of Stillwater Bluffs Art Show & Fundraiser (see Page 8) in the hopes of eventually preserving the area as a park.

Many citizens’ organizations, from Brooks Students for Change to the Forestry Heritage Society, are helping to raise funds this month for the Food Bank, the Salvation Army, the Firefighters’ Burn Fund and much more (see page 8). qathet Community Justice is transforming how we repair relationships and reduce crime in this region (see Page 16)

Individuals, too, such as the Tla’amin Culture and

Heritage Manager Drew Blaney (see Page 19) can be critical in changing our region. Drew coordinates massive numbers of people and events to help revitalize Tla’amin language, arts and traditions, and to bridge new relationships between the Nation and non-indigenous people living in qathet.

No one would think of the gas prices story of the October issue as a “helping” initiative. Yet, Powell River’s higher-than-average gas prices may be costing families as much as \$2,200 annually in after-tax dollars. That’s a lot of grocery money going into someone’s pocket. So this month, my “helping” task was to follow-up, again (see Page 13). I didn’t completely solve it – neither did the BC Utilities Commission – but we both got closer, with the help of 20 Powell River locals who stuck their necks out and filed a submission to the BCUC Inquiry (wow!), and everyone who wrote in to PRL with tips.

“Helping” comes in many forms this season.

PIETA WOOLLEY | pieta@prliving.ca

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HELPING: SALMON & CULTURE

“This is my culture!” yelled one excited nine-year-old, as she watched three small chum crisp and char next to a blistering fire at the Tla’amin Salmon Hatchery.

The Grade 4 Westview Elementary School class was there on October 28 – the first wave of the over 300 preteens who learned about salmon at Cross-Cultural Days that week. Students visit the hatchery, then learn a handful of traditional Tla’amin skills at the Salish Centre – a reconciling effort from before anyone had thought of “Reconciliation.”

The pride in this girl’s voice is unmistakable, but as for the fish, the news isn’t great. Hatchery technician Scotty Galligos looked across the river, which should be bustling with fins and ladder-jumping fish right now. Instead, it’s nearly empty. Just a few coho and chum swim in the current.

“This is the worst I’ve seen, this shortage of fish, since I started working here in 1988,” he said, noting that he’s hoping for loads of rain and wind to “push those fish up the river,” where they can be counted and their eggs collected.

Salmon returns have been in decline, generally. But the story of the Tla’amin

WALK FOR RECONCILIATION

What: A walk encouraging a new relationship between First Nations and Non-First Nations Canadians.

When: 11:30 am, Saturday, November 10

Where: Meet at Willingdon Beach, walk to the Wharf

Hatchery is a good one: not only do they release nearly 200,000 fry per year, but those fish are caught as far away as Alaska and the Bering Straight. Scotty explains that the other mission is awareness and education; visitors come from all over the world and learn about salmon there. Tla’amin children and families often drop by and pitch in to the work of filleting and smoking the fish, part of the Nation’s cultural revival.

Around the fire, Joanne Williams said she is particularly pleased her grandchildren are being introduced to salmon. She grew up on it; in a family of nine children, the local protein was a staple with boiled potatoes. Her “firekeeper” Troy Mowat grew up in Lund, also on salmon and other seafood. Most kids now, Joanne said, “prefer McDonald’s.”

“Fish is the best thing for you, but I don’t know if it will ever come back. It’s hard to fight fast food,” said Joanne. “They are learning, here. You think they’re not, but it’s going in there.”

As if on cue, the Grade 4 student claims she’s a vegetarian; still, her eyes don’t waver from the flames and the fish.



WANTED DEAD AND ALIVE: From top left: Hatchery Technician Scotty Galligos teaches his third classroom of Grade 4s Monday morning about the work of the hatchery and the Tla’amin words for salmon. Westview students try gyotaku, the Japanese art of printing from fish; students learn to identify fish genders at this station. Above, Joanne Williams and Troy Mowat tend the barbecue. Student Marlina Hanson. Shawn Galligos cuts kindling. The federally-funded hatchery was built in 1977. A live fish swims in the river, near a dead one. Once they come to the river to spawn, they live for about two weeks. Bannock, by Mugsy.

Photos by Pieta Woolley



The Helping Issue



The holidays are a critical time for charities: about one third of all giving is done in December. Each Canadian gives about \$110 at this time of year. And, as any soup kitchen staffer can tell you, people get generous with their time, too. Helping helps. Mostly, though, it helps the helpers. Nothing feels better than knowing you've made a difference in someone's life.

In the late fall, opportunities to help others pop like mushrooms in Powell River – from fundraising to volunteering, or simply becoming more aware.

Over the next nine pages, learn more about how locals are reaching out – and how you can be a part of a more just, more thoughtful, less hurting Powell River.

Community: Salmon & Culture • Page 6

Activists: Saving Stillwater • Page 8

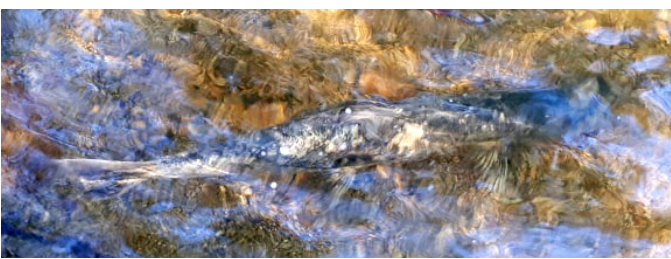
Business: Treating Addictions • Page 10

Arts: Telling our Story • Page 11

*Government, Non-Profits and Developers:
Making More Housing* • Page 13

You: Help this Season • Page 14

Nonprofits: Raising Awareness • Page 16



HELPING: ENVIRONMENT

BY JANET MAY

When we thrill at storm waves battering its granite faces, or smell summer grass while standing above the sapphire sea, we are connecting with Stillwater Bluffs' natural beauty, but we are also trespassing on private property. The land and trees are owned by Island Timberlands.

Friends of Stillwater Bluffs (FOSBA) wants to ensure that our grandchildren can savour the beauty of Stillwater Bluffs. FOSBA's volunteers successfully lobbied qathet Regional District to adopt the local government's Parkland Acquisition Strategy and continue to lobby for a Parkland Acquisition Fund, to start saving for the day that parkland, such as Stillwater Bluffs, can be purchased in the region.

FOSBA is already saving for that day. In 2018 the Stillwater Bluffs Legacy Fund was established in honour of activist and visionary, David Moore. The Legacy Fund is managed by Malaspina Land Conservancy Society, which accepts online donations through its website and issues charitable tax receipts to donors. FOSBA donates proceeds from the sale of fundraising items, such as cards and t-shirts, to the Legacy Fund.

Stillwater Bluffs is sensuous, so it is fitting that FOSBA's first major fundraiser will feast the senses with fine art, local musicians, wine, canapés and lighthearted fundraising revelry, emceed by Cousin Awd. Stillwater Legacy Fund Art Show opens the Art Centre's 'Exponential Art for Human-

STILLWATER ART SHOW & FUNDRAISER

What: An art fundraiser for the Stillwater Bluffs Legacy Fund, and eventually, acquire it as a park.

When: November 8, doors open at 7 pm

Where: The Art Centre, above the Library

Tickets: \$25, which includes membership in FOSBA, are available at Tourism Powell River, Base Camp Coffee and at the door.

Donate: Go to www.malaspinaland.ca and click the "Donate" button next to "Donate to Stillwater Bluffs Legacy".

ity' members' exhibition (November 16 opening reception). Over thirty qathet artists will display. Names such as Alfred Muma, Ursula Medley, Meghan Hildebrand, and Skye Morrison will share billing with local established and emerging artists, all of whom are donating a portion of the sale price to the cause. Some artists have been tempted into the spotlight for the sake of the Bluffs. Viviane Hayeur's exquisite glass mosaics have not been regionally displayed and Kirk Franske's carvings are rarely shown.

FOSBA aims to show that our community supports the idea of securing public access to the Bluffs. Money raised in our community illustrates that people are truly behind the project. In addition, community money can multiply by leveraging grants from corporations and government.

Painting: *Stillwater*. Oil on canvas by Graham Winter.

Photograph: Graham Winter photographing Stillwater Bluffs for his painting, by Janet May.



Art hearts Stillwater Bluffs






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Treatment Centre expands for women facing trauma



HELPING: PTSD & ADDICTION

BY ISABELLE SOUTHCOTT

Canada's first private clinic to offer drug, alcohol and PTSD treatment for women only will open later this year in Powell River.

The Georgia Strait Women's Clinic could be open as early as the end of November, says Melanie Jordan, CEO of Sunshine Coast Health Centre (SCHC).

"This is one of a kind. There's a lineup for beds already," Melanie told *Powell River Living*.

The 10-bed clinic will be located on the grounds next to the Sunshine Coast Health Centre, a private facility with 42

inpatient beds for men receiving treatment for addictions, mental health and trauma. SCHC is licensed under Vancouver Coastal Health.

The Georgia Strait Women's Clinic was born out of a need, said Melanie. "While working on the Post Traumatic Stress Disorder Program [for women], I realized we'd have to provide a detox facility too," she said.

The women only program will serve high functioning, professional clientele, said Melanie.

It will focus on nurses and uniformed professionals that need addiction and

trauma care but also have business clients, professionals and retirees with trauma but not necessarily occupational trauma.

"These people have been left to flounder," said Melanie. "We don't want to let that happen, we're going to figure this out."

Opening this new centre means an increase in SCHC staff. "We're doubling the size of our nursing department," said Melanie.

Although the facilities will be run separately – there will be no programming together – staff will be shared.

One of the reasons Sunshine Coast Health Centre is able to offer this program now is because society's understanding of trauma has changed.

Firefighters have helped destigmatize mental health issues by reaching out and being open about the need for PTSD care.

"In the last ten years, trauma has become understood. Ten years ago, we weren't even talking about it, but now treatment centres are talking about it. It used to be drugs and alcohol and then we got into PTSD with the military guys. This is the first-time people are marrying the two."



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HELPING: RESPECT FOR WATER

Artist reveals the story and beauty in this bland building

BY CATNIP

Arts and culture have always been intrinsically linked. Sculpture and architecture were interwoven in Grecian cities; ancient Egyptian hieroglyphics adorned the inside and outside of their places of dwelling with even more elaborately colored murals in tombs.

Humans have always understood the value of creativity exuding from the

walls of their surroundings. Indigenous peoples 20,000 years ago (at least!) wrote the story of their people on the walls of the earth.

However, some time in the development of the current world, the eye instead went to flashy mass-produced logos and away from original artworks.

We surely built a lot of walls during that time though, and flash forward to current day, there is a quickly growing



MONOLITH TO MURAL: Above, the Haslam Water Treatment Plant was an imposing utilitarian edifice. Top, Catnip's city- and crowd-funded mural reminds onlookers that water is the source of all life, sacred and ancient.

global movement in the world of contemporary muralism.

Bouncing forth from the methods, flows and tools of graffiti artists, street art has become a proven effective tool in a community to enrich the landscape and

bring together local people to contribute to their place of life. Now it's time to tell our story, a new story, of sharing, coming together, and working with nature to better protect and serve our mother, Earth (Gaia).

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With this mission statement in mind, I, catnip, have been carving a lane towards a colorful new future.

My most recent project Ambassador, I took to asking the city for permission to paint the Haslam water plant, and they wonderfully said yes and gave me a budget towards paint costs.

As for the imagery, I chose to paint a water-themed mural, depicting the gift and modalities of water itself. Using a human woman form as the symbolism for the giver, water pours from her throat into her hands, her garment cascading down becoming the sea. On the left of her the sun, on the right, the moon, with three cedar-hatted, flower-faced early humans paddling their boat above the surface tension. The flowers are based on the aster family, a local flora. This side is meant to serve as a water giver, bringing together all natural elements, standing at the edge of the forest, sort of keeping guard.

On the other side, parallel with the road, the sea becomes a river with many local animals bounding and running all the way across the wall—symbolizing how all things are connected in the flow of the universe, and eventually becomes a rainbow bouncing behind a mountain. Lots of plant life, stars, trees, and rainbow ribbons fill in the rest and voila, there you have the two sided colorful concrete mural.

“Water pours from her throat into her hands, her garment cascading down becoming the sea.”

Halfway through I was a bit unsure how I would proceed, what with the need to pay rent and eat food, and a few friends suggested crowdfunding, and wow. Friends, family, strangers, peers, mentors, all came to contribute to the project, wildly surpassing the initial goal.

So, I wanted to use this article as an opportunity to say thank you, Powell River and the qathet region! So many people showed their support in different ways and I was blown away by the brilliant ease of it all.

It took a town to paint this mural, and that seems to be the purest way to do it. So with a great gratitude, I feel very honored to create for you and hope this can open doorways for the young artists that come after me. Public art can transform a place, and thusly it can transform the way we feel within it.

There is certainly more like this on the horizon, and if you'd like to work with me in the future, just send me an email at lookupcatnip@gmail.com

Thank you all!

Gingerbread Contest

Kids can pick up a free gingerbread kit at City Transfer.

Decorate your creation and get it to Town Centre Hotel between Nov 28 and Dec 2. Vote on your favourites at Town Centre Hotel. Prizes will be awarded Jan 3.

Proceeds to the Firefighters Burn Fund

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



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Following-up on PRL's November 2018 Housing cover

Slow but steady

BY PIETA WOOLLEY

In last November's Helping Issue, we published a set of stories about Powell River's growing housing challenge. Part of the problem is that we just don't have enough units—a situation that is felt by seniors, renters, families, new-to-towners, and others across the income spectrum.

We reported that, plans were to build here by 2021: 158 units of affordable housing, 119 units of market-rate rental, and 319 units of owned multi-family and small lots. That's nearly 600 units—an increase of nearly 10 percent of the City's total homes.

For this issue, we've checked back in with the City of Powell River's Planning Department and others, to see what housing has materialized so far.



Housing shortage hurts

Rents have increased and there's very little available; few affordable homes are for sale, and the many people living rough—on the streets or in the woods—have become more visible downtown.

Here, three local housing experts weigh in on what's changed, for the solution-makers, over the last year.

“We are funded for 100 people over 12 months. In the past three months alone we've had intake of 72 individuals—22 local families: half of these families were at risk of homelessness, and half (25 children and 13 adults) were already homeless. There is a desperate need for affordable family housing in our community.”

- By Kathleen o'Neill, coordinator & director of programs and research, Housing Hope (PRESS)

“We created the Regional Social Action and Planning Advisory Committee. We hired a Social Planner to assist with issues such as housing, childcare and poverty reduction. A joint application will be submitted to the Provincial Government to fund a Regional Housing Needs Assessment. This will provide clear direction to move forward with housing concerns.”

- Maggie Hathaway, City councillor and qRD rep

“We continue to support the region in addressing housing and homelessness through Homeless Outreach Services, Temporary Winter Shelter services, the Community Resource Centre and Supportive Housing (opening soon!) We continue to see increases in community members experiencing homelessness and poverty and are increasing our supports and services and collaborations with local and provincial networks to reduce poverty and end homelessness in our region.”

- Stuart Clark, executive director of PREP.

HELPING: HOUSING

Moving ahead in development and zoning, and “still active”: 423 units

34 UNITS SENIORS RENTAL

Sunset Homes: an amendment to the Development Permit was approved by Council regarding the siting of the building. Planning Services is awaiting an amended site plan and servicing plan related to building permit issuance.

40 UNITS AFFORDABLE HOUSING

By Powell River Inclusive Housing Society (a subsidiary of inclusion Powell River). Re-zoning of the property to support the proposed density has been granted by Council, Development Permit application related to form and character has been received by Planning Services and will go before Council in the coming months.

81 OWNED SINGLE FAMILY HOMES

Edgemoor Crescent – Phase 1 of 15 residential lots at completion; developer has already made application for Development Permits for form and character and once issued, can move on to building permit stage.

24 UNITS OF MARKET RENTAL

Agius Builders, Franklin Avenue. Off-site works and services just nearing completion which will allow for subdivision and final adoption of zoning to support the required density. The applicant will then be in a position to have a Development Permit to address form and character of this multi-family development be considered by Council.

20 UNITS OF MARKET RENTAL

Joyce Commons – no update on status but project is still active. Andy Davis & Al Austin Contracting.

140 UNITS OF OWNED TOWNHOMES AND CONDOS

Cedar Creek Estates Strata One – building permit applications submitted for the first units.

Cedar Creek Estates – no update on status but project still active.

33 OWNED CONDOS AND RENTALS

Pacific Point Phase 2 – at building permit application stage.

Pacific Point Phase 3 – building permit issued, construction to commence.

25 CONDOS

Fernwood Avenue – no update to status but project still active.

10 UNITS TLA'AMIN AFFORDABLE HOUSING

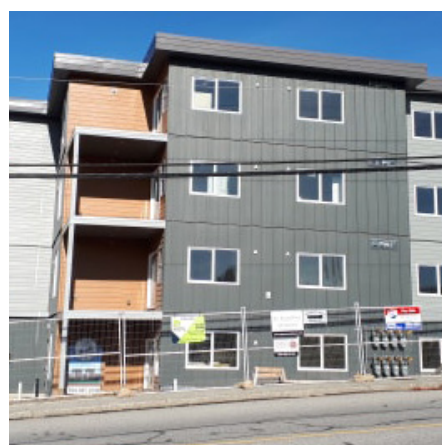
Plans are underway, but not fully approved yet, to build a new Social Housing Multiplex with 10 units within the next year. Ideally these spaces will better accommodate those living in homes that are not suitable any longer and the existing homes can be used for growing families.

- Paula Stewart

16 UNITS AFFORDABLE HOUSING

Lifecycle gets five or more calls a week from people who need housing. We hope to hear soon from BC Housing about financing to re-develop our property in Cranberry (former Moose Village). If approved, and with City permission, we could add about 16 new units at that site.

- Pat Christie



Materialized & Under Construction: 155 units

40 UNITS OF AFFORDABLE HOUSING

Modular, supportive housing across from QF—part of the Provincial Rapid Response to Homelessness program. It will open soon.

75 UNITS OF SENIORS RENTAL

Coastal Breeze Seniors Village. Construction is underway.

12 OWNED TOWNHOUSES

The Wys Headwaters – units 1 to 6 complete. 7 & 8 of 12 under construction

12 OWNED TOWNHOUSES

Westview Commons – Building 1 (4 units) at completion. Buildings 2 and 3 are under construction.

16 OWNED CONDOS

Tyee Landing – under construction (above.)



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HOW TO HELP 2019



POPPIES START THE SEASON: Powell River Legion president Merv Byers poses with a tray of the ubiquitous fundraising flowers. The \$20,000 that Powell River donates through this campaign each year supports veterans and their families.

Fill the Trailer

Helps by donating mountains of food and cash to the Powell River Action Society Food Bank.

How to participate: Visit Save-On-Foods and Town Centre Mall between November 30 and December 13.

Mother Nature Pet Photos with Santa

Helps by raising funds for Therapeutic Riding, West-coast ACCESS and PROWLS.

How to participate: Bring your pets (and your wallets) to Mother Nature November 23 & 24 for photos. See ad on Page 27 for more.

Therapeutic Riding Open House & Christmas photos with the horses

Helps by raising funds and awareness for the program.
How to participate: Go to the event on Saturday, December 7, donate to have your photo taken, buy baking, and more.

Salvation Army Kettle Campaign

Helps by raising funds for the local Salvation Army's programs.
How to participate: Donate money at one of the many kettle stations November 14 to December 24. Or volunteer for a shift on a kettle at salvationarmypr.ca/kettles.

Townsite Fruit & Veg Give a Little Get a Lot campaign

Helps by raising funds for the Food Bank.
How to participate: Buy a \$5 gift card for the Food Bank, and Townsite Fruit & Veg will match it for a \$10 total donation.

Jail & Bail

Helps by raising funds for the local United Way.
How to participate: The event will happen on November 25, and is being organized by Pat Hull. Watch for more details coming soon.

Gingerbread Contest

Helps by raising funds for the Local Professional Firefighters Burn Fund.

How to participate: Make a gingerbread creation and bring it to the Town Centre Hotel from November 28 to December 2. They will be on display until January 3; anyone can vote for their favourites for a small donation to the Fund. Prizes will be given out in the following categories: Family; Friends; 19+; Teen aged 12 to 19, and children aged 0 to 11. Schools may also enter. Learn more from Bill Hopkins: 604-223-2225.

Legion Poppy Campaign

Helps by raising funds for veterans and their families, and awareness.

How to participate: Donate when you pick up a poppy starting October 25, wear it, and leave it at the Cenotaph on November 11.

Powell River & District Christmas Cheer Committee

Helps by providing food hampers and toys to low income families.

How to participate: Organizations, companies, families and individuals who would like to volunteer, donate funds/toys or participate in our Adopt-A-Family Program are asked to go to pr-christmas-cheer.com for more information.

Fifth annual Santa Train

Helps by giving to the Salvation Army. Admission is by donation of unwrapped toys, non-perishable food or cash. Also, a fun, affordable family Christmas event.
How to participate: Bring your family to the Santa Train December 6 & 7, from 5 to 8 pm each evening. Paradise Exhibition Park, 4365 McLeod Road. Food, entertainment, bonfire and much more.

Purdy's Chocolates & Masks for Ministries

Helps by raising funds for the Living Waters' Refuge Kids Night and The Living Room: A Refuge for Teens drop-in evenings.

How to participate: Buy Purdy's Chocolate from the 2019 Christmas Catalogue (same prices as in the store) and Mary Kay's Clear-Proof Deep-Cleansing Charcoal Mask (\$25 for a 4 oz tube): contact@livingwaterpr.com.

“Consistent large turnouts and generous donations at past Santa Trains make it clear that people in Powell River value the opportunity to not only have fun outdoors in December, but also share generously with others during the holiday season.”

- Dave Florence

United Way Giving Tuesday

Helps by raising money and collecting items for the Hygiene Cupboard Project because we believe that all people should have access to basic personal hygiene supplies.

How to participate: Keep your eye out for drop-off bags at a variety of local businesses this December. A small donation from you makes a big difference to someone. Accepted hygiene items include: toothbrushes, dental floss, toothpaste, deodorant or anti-perspirant, shaving cream, tampons or pads, shampoo or conditioner. Visit UnitedWayofPowellRiver.ca for more.

United Way Local Gifts of Hope

Helps by raising money for programs and services because we believe that everyone should have the opportunity to reach their full potential and we work to improve lives and help build a strong community.

How to participate: Watch for the United Way's third annual one-pager providing information about your investment in our community through Powell River & District United Way. Together we make a difference. Check out UnitedWayofPowellRiver.ca for info.

inclusion Powell River

New Year's Eve Masquarade Party

Helps by raising funds for Advocates in Motion.

How to participate: Go to the event. Tickets are \$30. 604-485-4219

Order of Eastern Star raffle and bazaar

Helps by raising funds for cancer, service

dogs, and scholarships.

How to participate: Bring your wallet to the November 16 luncheon and bazaar 11 am to 2 pm, at the United Church for baking, crafts, preserves, raffles, door prize. Luncheon is \$10. Buy a ticket for the “Basket of Scratch & Win Tickets” raffle at various grocery stores and the Town Centre Mall. Draw is December 18.

Local Tree Planting Dinner

Helps by raising funds and awareness for new trees in the region, in partnership with Treesisters and the Malaspina Land Conservancy Society.

How to participate: Plan to attend the dinner: November 5 at 5:30 pm, Little Hut Curry. \$35 for ticket. Or make a direct donation.

Powell River Kings Spin-a-Thon

Helps by raising money for the Powell River Kings hockey club.

How to participate: Go to Coast Fitness November 16 from 4 to 10 pm for a series of 30-minute indoor cycling sets, DJ, food & music, adult beverages, and lots of prizes. www.coastfitness.ca.

Powell River Kings Dream Lottery

Helps by raising money for the Powell River Kings hockey club.

How to participate: Buy tickets to the lottery. See Page 31 for more.

Tenth annual Jingle Jog

Helps by raising funds for the Food Bank.

How to participate: 5km Charity Fun run / walk December 15. More details to come. Event sponsored by Brooks Students for Change.



JINGLE ALL THE WAY: The tenth annual Brooks Jingle Jog raises money for the Powell River Action Society Food Bank. Join Brooks Students for Change at this great event December 15 at Willingdon Beach.

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HELPING: RAISING AWARENESS



World AIDS Day

The Sunshine Gogos invite folks to drop by their table at the north end of the Town Centre Mall on World AIDS Day, Sunday, December 1, from 11 am to 3 pm so they can thank as many people as possible for their support over the last ten years.

The group would like to thank those who have supported their film nights, scrabble tournaments, quilt show, art chair auction and merchandise sales. Baked treats will be available and the Gogos look forward to having a conversation with those who drop by.

There are over 230 Gogo groups in Canada, USA, Australia and England. Gogo is a Zulu word meaning grandmother. The Grandmothers' Campaign (initiated by the Stephen Lewis Foundation) has provided funds to grassroots projects in 15 African countries since 2006.

These projects are making a difference in the lives of African Grandmothers caring for their grandchildren. HIV and AIDS continues to devastate families in Sub Saharan Africa.

But positive changes with income security, housing, healthcare, prevention of violence against women and promotion of elder leadership and rights are giving grandmothers the strength to carry on.

Powell River can be proud that it has steadfastly helped to improve the lives of these families for the past 10 years.

Purple Lights Campaign against gender-based violence

In November, the United Nations recognizes the 16 Days of Activism against Gender-Based Violence.

Powell River's 16 days of activism will begin November 21 with the Purple Lights Campaign. Watch for purple lights in the Library and around the City. In fact, private citizens can buy a single purple light bulb for their front porch and/or a string of lights for the front of their house.

Purple is a symbol of courage, survival and honour, and has come to symbolize the fight to end violence against women.

You may also wish to wear purple to work, or tie a piece of purple yarn around your wrist.

Purple string lights and single bulbs can be purchased at RONA, Canadian Tire, Walmart, Dollarama and the Dollar Store.

The Powell River & Region Transition House Society

and the Powell River Community Services Association are coordinating the campaign, and will have an info booth at Town Centre Mall.

- Ann Kurtz Executive Director

Powell River & Region Transition House Society

Shoe memorial for the National Day of Remembrance December 6

This day commemorates the 14 women who were murdered at Montréal's École Polytechnique in 1989. This will be Powell River's 8th Shoe Memorial.

The aim of the event is to increase awareness about gender-based violence and to highlight the support services in the community for families who find themselves in crisis. The Library will host a display of women's and childrens' shoes.

The Shoe Memorial is the last day of the Purple Lights campaign, both of which are national campaigns.

Donate shoes in the bins at churches, hair salons, stores that sell shoes, gyms/fitness centres, MCFD office, RCMP detachment, Vancouver Island University, and PREP Society. The last day for donations is November 30th.

- Ann Kurtz Executive Director

Powell River & Region Transition House Society

Celebrate Restorative Justice Week November 17 to 24

This year qathet Community Justice (qCJ) has continued evolving from Texada Island Restorative Justice (est. 2004), significantly expanding its role promoting peace and celebrating diversity in the region. We have:

- conducted community training in conflict resolution styles, Peacemaking Circles, inclusive leadership, anti-oppression
- hosted a "community conversations" circle with retired judge Barry Stuart
- consulted in community dispute resolutions
- trained 18 new facilitators
- secured funds to sponsor over \$10,000 in local diversity-promoting events and initiatives
- delivered presentations and education sessions for community members and partner organizations (including RCMP, Brooks, Supportive Housing)
- partnered with the Tla'amin Nation to offer Cross-Cultural Training

- Siobhan Brown

Today's youth didn't create today's environmental mess but they'll be cleaning it up. Inspired by teens such as 16-year-old activist Greta Thunberg of Sweden, School District 47 students participate in clubs, environmental change teams, take action, and join marches calling on leaders to act on climate change.

As awareness increases around the world, students in Powell River are doing what they can to clean up the planet, encourage conservation, protect the oceans and bring the issue of climate change front and center.

"It's an undeniable reality that even in a place as beautiful as Powell River it's apparent that we are choking on our own waste," says School District 47's Sustainability Education Coordinator Karin Westland. "People are paying attention to what kids have to say. Adults have to be accountable and step up."

Climate scientists agree that we are in an era of climate change and that conditions are deteriorating. Northern ice packs are melting, animals are suffering, dramatic and dangerous weather events are becoming more frequent, and global food security is being threatened. The lives of our students are impacted by climate change now and will be into the future.

The Eco Change Operation (E.C.O.), a student led environmental change team (formerly Destination Conservation), provides a "Made in Powell River" solution to environmental challenges by bringing in local leaders to speak with students and lead workshops about energy conservation, solar cooking and waste reduction.

Every school has its own E.C.O. team tackle the year's chosen issue. In years past, themes have included waste reduction, water, energy, transportation, and food. Last year's topic was waste reduction; fibre artist Amber Warhol taught upcycling clothes while IT expert Corey Matsumoto spoke about how to reboot technology. "The making-do era has been revived as a creative environmental solution," says Karin.

Over the years, E.C.O team initiatives have included incentive programs for using reusable water bottles, school-wide sewing and felting projects (such as using old clothes to make reusable grocery bags or to refresh old clothes with felted accents), composting, gardening, making a cob wall, and many upcycling projects such as making old crayons into new crayons and old cards into new Christmas cards. E.C.O. teams have also worked to not only improve recycling infrastructure at schools, but also to educate their school mates about issues related to waste and plastics in our oceans using events such as litterless lunches and waste audit competitions.

Meanwhile at Brooks Secondary School, Teacher Jonathan Dyck, also President of the Environmental Educators' Provincial Specialist Association, along with Teachers Willow Dunlop, Ryan Barfoot, Graham Cocksedge and other teachers, educate and support students and their clubs, such as the Brooks Environmental Club or the outside-of-school Youth Go Green.

Grade 11 students Madison Penrose, Charlotte Danks, Jordyn MacKenzie, Maddie Burt and Jordana Pangburn were among the 100 students who joined Climate Action Powell River and participated in the climate action march in September.

Students say school support has been key. Jordana says the letter Dr. Jay Yule, School District 47 Superintendent of Schools sent out in September saying he supported students who wanted to participate in the climate action march made them realize that their voices were being heard and they are being taken seriously now.

Brooks students also joined Coast Mountain Academy students for their Harwood Island beach clean-up last spring and will do so again next year. "We did a clean-up at Willingdon Beach with the Environmental Club on



Earth Day," said Charlotte.

Student interest in the environment is growing. Last year, the newly formed environmental club had three members; today it has more than 30.

It's impressive what the environmental club has accomplished in such a short time. "We have Meatless Mondays in the cafeteria now," said Jordana.

Students are also active politically with ten attending the all-candidates' debate prior to the federal election last month. Armed with questions, they wanted to know if candidates could take money earmarked for the pipeline and use it for alternative energy. They arranged for a showing of the *Cowspiracy* film at the Max Cameron last spring and for a panel of speakers including MP Rachel Blaney, environmentalist Lesley Thorsell and student activist Annika Krowitz. The club will be showing the *Salish Sea* documentary for students at the school on November 13 followed by a question and answer.

After attending a cultural assembly for the "3% project" (3percentproject.com) organized by Jonathan, students came away with specific ideas for taking action. "We don't have proper recycling at the school," said Charlotte. There is recycling for paper, cans and compost but they'd like to see full five-bin recycling stations.

Although Teacher Willow Dunlop uses five bins in the Food Studies program, it only works because she has taken it upon herself to make sure it does. "We'd like to see the whole school get on board," she says. So far, Culinary Arts and Food Services are the only parts of the school that compost. It's not yet available in other classrooms, hallways, or the cafeteria.

Teachers are always trying to promote more outdoor learning and draw parallels between what happens in the classroom and the community. "We're working with teachers to find more ways to make the curriculum more connected to our local area and our relationships with Tla'amin," said Jonathan.

Curriculum changes mean educators can take core competencies and articulate them as something foundational to the student learning experience with environmental and social responsibility, added Willow.

Our eco visionaries: **SD47 Students**



SCHOOL DISTRICT 47

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"Bringing them back, stream by stream."

Mark your calendars now for next year's event,
Saturday, October 24, 2020

DO WHAT YOU **LOVE** **LOVE** WHAT YOU DO

At the centre of most cultural events around qathet, you'll find one of the region's hardest-working Millennials: **Drew Blaney**. As Tla'amin Nation's Culture and Heritage Manager, he's on a mission to return traditional songs, stories, and skills to his people, while helping to nurture the new relationship between indigenous and non-indigenous locals.





WHAT'S OLD IS NEW AGAIN: Drew Blaney, left, opens PRISMA on the Beach with the Nunkum singers and dancers. Drew and others are regularly asked to open local events; the songs, prayers, and dances you see so often today are the result of an intense 30 years of sustained investment in Tla'amin cultural revival.

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

Drew Blaney can't remember a time when Tla'amin culture and heritage didn't define who he was and what he did. "I was raised on it," he told *Powell River Living*, explaining that he is part of the first generation in nearly a century to grow up surrounded by his own culture's language, stories and songs.

Still, he was surprised when, at age 25, he was hired as the new Culture and Heritage Manager for Tla'amin Nation.

"I had the cultural knowledge but I didn't have the professional experience," he explains. "I've always been passionate about the culture, I knew I'd try hard to revive the culture in our nation."

Administration took a chance on his energy and his vision; it's paying off for everyone. With the goal of honouring and enhancing Tla'amin's language, songs, stories, arts, dances, foods, values and more – much of which was lost during the era of the Potlatch Ban, missionaries and Residential Schools – it's no small task. He works closely with elders to draw out their knowledge.

Workshops his program provides for Tla'amin members include language, carving, crafting, cedar basket and cedar root basket-making, wool and cedar weaving,

and button-blanket making.

In his role as Tla'amin's Culture and Heritage Manager, he is ushering back a rich traditional culture, in a modern context. Plus, he (and others) are faced with a large appetite from the non-Tla'amin community for participation and leadership.

"Everyone seems to want to include an Indigenous component to their gatherings," said Drew. "I get calls from people across the regional district to do blessings, welcomes, drumming and singing."

But his favourite event is the weekly cultural night at the Salish Centre: when Tla'amin people re-learn their songs and dances.

"I think my whole life has had a cultural component to it," said Drew. "It's all about teaching younger generations. I don't know where to draw the line between my own personal work time and other time...it all goes together."

The first generation

Drew, the youngest son of Gail and Darin Blaney, grew up on Tla'amin Lands with his brother, Eriik and sister, Sosan, both of whom are also now working to enhance their community's cultural knowledge. Sosan is

the cultural worker for Tla'amin's Chi Chuy program. Eriik owns Tla'amin Convenience Store and I'Nos Tours, and holds a myriad of leadership roles.

"When Eriik was a teenager he started the Nunkum Dance Group with Jolene Sutcliffe and the help of our moms Dorothy Louie and Gail Blaney. That is how I grew up, thinking it was normal to practise our dances and sing our songs," he said.

"My parents are really cultural people."

But they weren't always. He tells a story from the mid-1980s. His father took Eriik (then a toddler) camping at Oyster Bay; right in front of their campsite, members of Chemanius Nation put their canoe in the water and started singing and drumming.

"He'd never seen that before and he was so interested in what was happening that he wanted to bring this back to his community," said Drew.

From that moment on, Darin was committed to teaching his children about their culture. Soon after, he bought a Salish mask and took three-year-old Eriik to a community function, where for the first time, they performed for the elders.

Beyond just his immediate family, the Tla'amin cultural revival was in full-swing by the 1990s. By the time Drew was in school, he and his peers confidently danced

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“We spent a lot of time sitting with our elders trying to transcribe [decades-old] tapes. Some were scratchy, some clear but we started to sing these songs... We went from having no Tla’amin songs, to 20 years later, having dozens.”

– Drew Blaney

the Raven’s Feast and other traditional Tla’amin stories with Nunkum.

Drew attended Camp Apukwum in Forbes Bay each summer, north-east of Desolation Sound. There, he took ritual river baths at the break of dawn.

“John Louie would wake us up at 5:30 in the morning and take us to the coldest glacier fed river you could find,” he said. “John taught us about hunting, fishing, drumming, cedar harvesting and different medicines to collect. I will never forget the teachings of John and my uncle Gerald Blaney.”

His family and a bus load of local elders also travelled around BC, to other Nations’ summertime gatherings.

The elders would share stories – in their language – with Drew. “Agnes, Katherine, Johny George, Henry Bob, Mabel, Peggy, Willie Bob...there were a lot of elders back then.”

Because he grew up at the knees of elders and heard their stories told in the traditional Tla’amin language, Drew has been able to retain much of his family’s mother tongue.

“Not many speak our language now,” he said, estimating only about a dozen are fluent. One of those was his granny, Mabel Galligos. “I spent a lot of time with her when I was growing up, especially when I was sick. My granny retained all her language even though she went to residential school.”

Grandparents Bob and Elizabeth Blaney were also fluent. “I always listened

to them and still to this day, he is my greatest teacher speaking the language and sharing stories.”

As a teen, Drew went to a youth rediscovery camp in Okeover with his brother Eriik. “We’d go on spiritual quests,” he said. “We’d sit in the forest for an hour or so and they’d give us a journal and then later we would be asked to talk about our thoughts. There was nothing around me. All I could hear was the wind blow.”

It was then that Drew heard a song. It was just there.

Later, when they gathered in the old Longhouse, Drew picked up some sticks and using a log as a drum, he played the song he’d heard earlier.

“Then we all started to bang on the log and sing this song I’d heard during reflection,” he said.

Today, that song is shared regularly to bless the floor before the Nunkum Dancers perform.

Growing what he knows: *Canoes and Songs*

In 2007, paddlers from Bella Coola and Port Hardy came to Tla’amin where they were joined by Drew and others on the journey to Lummi.

“The canoes came in and landed at our shores in Tla’amin. [Pioneering Kwakwaka’wakw cultural visionary and artist] William Wasden was in the canoe with the Port Hardy group,” said Drew. “Each group shared their stories, songs



FULL CIRCLE: Drew Blaney, 25, is in the first generation to be raised fully celebrating and practicing his Tla’amin culture, in nearly a century. At top, with his Grade 5 class at James Thomson Elementary School, which has become a national leader in teaching language and culture. Above, with his family (clockwise from top left) father Darin Blaney, mother Gail Blaney, sister Sosan Blaney, Drew, Granny Mabels, Eriik Menathey and Miel Creasy.

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YOUNGSTER & ELDER: Left, Drew Blaney at age 12 or 13 pictured with Tla'amin elder Mary George. "She was the elder he took his first baby steps to," said Drew's mom Gail. Right, Drew paddles for cultural and personal reasons.



and dances. The Port Hardy group went up to do their protocol and his (William's) voice could be heard over 100 singers," recalls Drew. William Wasden encouraged Drew to start composing his own songs. At the time, the Tla'amin people didn't have many of their own songs so they borrowed from the Nisga'a, the Cowichan and the Squamish Nations.

That same year Drew moved to Victoria with his mother who was working on her Master's degree. "Part of her program was to research her own language. At the University of Berkley, she came across 170 recordings in the Tla'amin language done in the 1970s in Church House (Village) with many of the elders. We found all the recordings and were able to revive all the old songs," said Drew. Those songs, along with songs they recovered from Drew's great, great, grandfather, and 16 songs recorded in 1926 in the hops fields in Chilliwack by anthropologist Frances Densmore, gave them a base to build from.

"It was really exciting. We spent a lot of time sitting with our elders trying to transcribe tapes. Some were scratchy, some clear but we started to sing these songs," said Drew.

A few years later, they found documentation about the songs explaining what they were – a doctor song, a paddle song and some war songs.

It was then that everything changed. "We went from having no Tla'amin songs, to 20 years later, having dozens."

The future: *plans big and small*

This year, Tla'amin hosted the Pulling Together Canoe Journey. Just over 400 people came to Powell River and Tla'amin for this event. Now, Drew's focus is on Tribal Journeys 2021.

"We expect 5,000 people coming to Powell River for this. It's going to be huge. The hotels will be booked solid, the restaurants full. The town will benefit economically from this."

Dates have yet to be confirmed so stay posted!

"We have people from Hawaii, Taiwan, New Zealand. Powell River will get a really good cultural experience during this event. Every Nation from Oregon to

"We haven't had a longhouse in our territory since the fire of 1918... This is an exciting project. Having a ceremonial house for our people will help revive a lot of our culture."

– Drew Blaney

Alaska will participate."

Also in the foreseeable future is the building of a longhouse. "We haven't had a longhouse in our territory since the fire of 1918," said Drew. "We have all the drawings for it and we're sourcing the wood right now. This is an exciting project. Having a ceremonial house for our people will help revive a lot of our culture."

Drew lives his heritage and culture daily. During autumn, he thinks not of Hallowe'en and pumpkins so much, but of fish smoking season.

Fish smoking is a "beautiful time in our family," said Drew. "The whole family helps out; uncle, cousins, aunts. Everyone has jobs to do, be it watching the younger kids, getting the jars ready, cutting the fish, smoking the fish, barbecuing the fish or canning the fish. That's something I enjoy. Smoking fish and not letting that die out."

When people gather, he said, stories get told.

"I learned from the great storytellers," he said. The late Marion Harry, who taught at James Thomson, was among them.

And when Drew was just a baby he took his first steps into the arms of another person who was an amazing teacher – elder Mary George. In fact, it was in her arms that, as a baby, Drew took his first steps. "She remembered that until she passed away."

When he retells the elder's stories, Drew thinks of those who shared them with him many years ago. He smiles as he thinks of his nieces Sofia and Mekwan, and nephews Leo and Menat' they.

"I tell them to put away their iPads and to listen up."

Drew says he hopes that one day Tla'amin has its own school "where our children can learn the Tla'amin language in a full immersion program." **RL**

Christmas Cheer Hampers

Applications for Christmas Cheer Hampers are available at:

- ▷ The Town Centre Mall office
- ▷ Community Resource Centre
- ▷ Youth & Family Services (former Oceanview School)
- ▷ Cranberry Child Development Centre (Artaban Street)
- ▷ Black Point Store ▷ Lang Bay Store
- ▷ Townsite Grocery Store ▷ Westview Drycleaners

Deadline to submit applications is **Saturday, December 7th**, however we would appreciate receiving the applications much sooner as this will assist us in helping as many families as possible. Our goal is to help all families have a bright and food-filled Christmas.

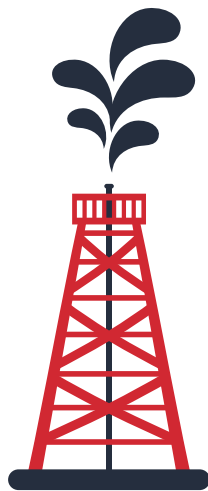
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Oh, it's been a gas

75 million emails, documents and phone calls later, I've discovered everything... except why our gas prices are so high.



BY PIETA WOOLLEY

In October, I tried once again to pin down exactly why Powell River gas prices are so high in comparison to other, similar communities in this region.

Ultimately, I got stuck. But in the process, I learned that, in gas pricing, government seems to be working unevenly across Canada, and not always in the favour of the people who need to buy gas to go to work and live their lives. The exception to that seems to be the BC Utilities Commission (see sidebar, at right) and individual politicians, such as MLA Nicholas Simons, who have been shaking cages in government, trying to get answers.

In my decade-plus working as a news reporter in Vancouver and the North, I never encountered such a brick wall as this gas prices story has been. There are simply no tools to compel private businesses, big or small, to reveal their gas pricing, unless you're the BCUC.

Who wants this story told, besides everyone who buys gas? Not the suppliers.

Gas prices on October 29 Vancouver rack rate: .86.7 cents per litre (Petro-Canada)

When Regular Unleaded arrives in Vancouver by pipeline, this is how much it costs companies to buy it. It has varied this fall as high as 97 cents.

Taxes: 41.19 cents per litre

This is the BC Motor Fuel Tax (6.75 cents per litre), the Provincial Motor Fuel Tax (7.75 cents) the BC Carbon Tax (8.89 cents) the Federal Excise Tax (10 cents) and GST (5 percent, or 7.8 cents a litre at \$1.59.9)

Price at the Powell River pump: mostly, \$1.59.9

The gap between the the rack rate and taxes together and how much we pay at the pump is 32.1 cents a litre. That amount is absorbed between the Vancouver shipping company WesCan (refused to divulge pricing); barging by City Transfer (3.5 cents per litre – well within industry standards) transportation and storage in Powell River, and local gas stations.

Some individuals in the local industry have spoken with me openly, with the promise that their names won't appear in print. Others have rather belligerently refused to reveal even basic information about how their business prices their services.

For a couple of weeks, I chased down what I thought might be the source of the price discrepancy. Powell River gas is purchased in the Lower Mainland (not Nanaimo as we mistakenly reported last month). In the Lower Mainland, all buyers pay the 18 cents per litre Translink Fuel Tax. If your company is re-selling that gas outside of Metro Vancouver, you can apply to the Ministry of Finance to get that 18 cents back. I wondered if either the Powell River-based gas purchasers didn't know about the rebate and our \$1.59.9 pump price had the Trans-Link Tax accidentally hidden in it. Or, if someone was pocketing that money along the way.

The BC Ministry of Finance refused to give me a list of companies that have applied for that refund, so I have

Why are local gas prices so high?

Here's what Powell River people had to say to the BC Utilities Commission BC Gasoline and Diesel Prices Inquiry.

The job of the BCUC to regulate the fuel, energy and auto insurance industries. It's an independent agency of the Provincial government.

This year, the Commission invited companies and others involved in the fuel trade in BC, and the public, to help understand why BC pays the highest prices in Canada. Higher, even, than the logistically-challenged Far North.

Of the 97 submissions from individuals, 20 were from Powell River. Here's some of what you had to say:

"I am angry that it costs me .31 cents more, at the pumps, than anywhere else in the province."

- Rosaleen Logan

"... Gas prices are a huge burden to our isolated community. The transportation of gas to Powell River has never been an issue before... [and] would not cause the price of gas to stay at \$1.59.9."

- MLA Nicholas Simons and constituency assistant Rob Hill

"I think PetroCanada should be renationalized to combat this unfair pricing... Tired of constant rises in cost of living..."

Yours Steve Beford, part of the former middle class

"I am disgusted with the gas prices in Powell River. I always joke with my friends: 'If I were on a game show and the million dollar question was, 'What is the gas price in Powell River today', I would win that million dollars. It is \$1.59.9 and has been for months at all the stations. If that ain't a conspiracy by the gas station owners I don't know what would be. They know we can't get gas anywhere else. Please do something about it'"

- Bernardus Speckling

"We do not pay the [18 cents a litre] transit tax as in the Lower Mainland, and despite factoring in cost to bring fuel to Powell River, we are still paying exorbitantly high prices for gasoline. I am tired of being ripped off by greedy oil and gas companies and the BCUC needs to start acting to ease the burden on tax payers instead of enriching corporations."

- Sherry Burton

"It seems to be the highest in the province with no explanation... My gas bill to fill up is \$120 twice a month and that's with a fuel efficient Honda Minivan."

- Micha Brooks-Thoma

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asked for a review. That can take months.

Similarly, when I asked Parkland (which owns the local Chevron) about gas pricing here, the corporate media rep wrote, "While the Competition Bureau prevents us from discussing the specifics of pricing, I can assure you that we always strive to offer competitive gasoline and diesel prices in all markets where we operate."

The Competition Bureau? That sounded spurious, so I contacted the Bureau directly and asked it this was true - that gas station companies can't discuss gas pricing due to Canadian law.

"Generally speaking," wrote Senior Communications Advisor Marcus Callahan, "it is considered good corporate practice for companies not to discuss or share pricing or pricing policies with their competitors. However, the Bureau's guidance does not specifically address what information a company may or may not disclose to a journalist."

So, Parkland could have told me, but didn't. Marcus helpfully went on:

"Since 2008, as a result of Bureau investigations, 33 individuals and 12 companies have pleaded or been found guilty of fixing the price of gas in several markets in Ontario and Quebec, with fines totalling more than \$6 million.

"Cracking down on anticompetitive conduct in the gasoline sector is a priority for the Bureau. Should the Bureau find evidence of anticompetitive conduct in the retail gasoline sector, it will take action.

"We encourage anyone with evidence of price-fixing or other anticompetitive activity in the retail gasoline sector to contact the Bureau at 1-800-348-5358 or by using our online complaint form."

Dozens of interactions like these happened throughout the month. Meanwhile, PRL publisher Isabelle Southcott was in Nova Scotia, sending photographs of gas stations signs there; Esso's, above, is a scintillating \$1.14.5 per liter.

The BCUC (see sidebar, Page 23) closed its call for submissions in October.

In all of this information-gathering, what I find most compelling are two current government interventions into gas pricing in Canada.

First, on the Powell River Fuel Price Protest Facebook page, local Lieland Siemens wrote, "This article is absolute crap btw..." referring to my September article, *Guzzled*. "I live in Powell River but I work near Churchill, Manitoba and the price is over two bucks a litre here.. and has been for a loooong time. Powell River is just full of entitled whiners..."

It turns out, whining works. At least in Churchill. Residents there used to pay about \$1.70 per litre, but the tracks that carry the fuel trains broke in 2017, and now the community's gas is shipped in via Hudson's Bay and the newly-repaired rail line. Indeed, consumers were paying \$2.22, but after a dramatic community meeting with Arctic Gateway - the com-



A GREAT PRICE, BUT A LONG DRIVE TO GET IT: Gas in Truro, Nova Scotia mid-October. *Photo by Isabelle Southcott*

pany that controls the port and rail line - the price was reduced to \$1.82 a litre. Churchill also benefits from a \$132,870 federal gas subsidy, from Natural Resources Canada.

Why? At what price-per-litre will the feds step in with a subsidy? Should we whine more? And to whom?

Additionally, in last month's issue, I discovered that regular unleaded in Iqaluit is just \$1.25 a litre - this is gas that has to travel through the Arctic - surely a gargantuanly more expensive process than simply barging it to Powell River up the Salish Sea.

The answer is, the government of Nunavut has owned its own gas distribution system, the Petroleum Products Division, since 1972.

"PPD operates under the *Revolving Fund Act*. The Act sets up the mechanism to purchase, transport, store, distribute, sell and supply refined petroleum products to the residents of Nunavut communities in a safe, economical, efficient and reliable way," reads the website. "Through this fund, the PPD's expenses are offset by revenues from the sale of petroleum products."

Should BC set up a similar province-owned gas distribution company? We pay the highest prices in Canada. Perhaps a government-owned gas network would become a double-benefit: reducing pump prices, and using profits to inject more cash into building alternative transportation infrastructure: a rural bus or train system to replace Greyhound; a resident-friendly pricing system on BC Ferries, or others.

Finally, I looked into profit at local gas stations. Off the record, owners say they are not making much profit selling gas, that the few cents per litre they charge gets absorbed into paying for staff and other business costs.

I called Canada's most-recognized gas think tank, The Kent Group, out of London, Ontario, to find out what they thought about that claim. Surprisingly, they backed it up.

Managing director Jason Parent said, because this is a small market with "low through-puts" (small amounts of gas sold), local stations need to charge slightly more to just recover their costs. **PRL**

What's hiding behind these hygienic smiles?

Doug and Lori Daher are lifelong “Winnipeggers”. They met at a wedding social – a Winnipeg thing. The two got married in 2014 at her sister’s two-acre property in St. Andrew’s, Manitoba, a nice outdoor event (not too many mosquitoes!)

Doug’s career, spanning 23 years, was as owner and operator of Daher Manufacturing. The 20-plus person company made specialty foam products. These included custom accessories for wheelchairs, dashboards for buses, and indoor play structures. The business sold in 2017 and Doug is currently designing and producing healthcare accessories. He also holds a black-belt in jiu-jitsu and teaches ballroom dance.

Lori enjoyed her career as a dental hygienist, working part-time when her daughter Madeline (now 18) came along. She was also a full-time instructor at the University of Manitoba, School of Dental Hygiene. She returned to private practice last year, and has found work here already. She is also a curler and a gardener.

Why did you choose to move to Powell River?

Lori • We began contemplating moving to BC two years ago, during a particularly cold winter. We envisioned a place where we could be mobile and active year round. Many elders in Winnipeg are literally shut in for six months of the year having limited mobility and human connection due to the climate. We couldn’t envision this as being a healthy lifestyle for ourselves in the future.

Where is your favourite place in Powell River?

Doug • Tin Hat. I enjoy a good climb.

Lori • I can’t narrow it down to just one favorite place. Essentially it is the natural beauty and unspoiled nature – breathtaking!

How did you first hear about Powell River?

Lori • We heard about Powell River from Doug’s aunt and uncle, Linda and Ed Wegner, who reside here. Doug

drove through every part of BC in search of a place to call home. Powell River was absolute last on the sojourn and he was instantly smitten! “I’ve found a gem,” he told me. Within two months, we visited Powell River together and shortly thereafter purchased a house on Maple Avenue in the Townsite – just down the road from Doug’s aunt and uncle.

What would make this a nicer community?

Doug • Consider, if possible, extending the Sea Walk from Willingdon Beach.

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

Lori • The challenges we faced were actually on the “back end” of our move: selling our home, editing our belongings, and leaving all our loved ones. Due to work commitments, we had to stay in Winnipeg for two years. It seemed like a very long wait. But we kept on dreaming of the day we would be in our new home. Once here, since July of this year, we have been enjoying renovating our home, getting to know our new environment, and spending time with family. The next challenge for me will be to find employment – I am just awaiting my BC dental hygiene licence.

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

Lori • Powell River has an energetic vibe – we think the community is nice as is.

What are Powell River’s best assets?

Lori • We both agree that abundant amount of regional fairs, live music events, markets, fundraising for various charities (to name a few) are the treasures of Powell River. We’ve only had positive interactions with the folks we’ve met here- another asset. Doug also appreciates the myriad of biking and hiking trails!



SUPER SKILLED: Lori and Doug Daher bring a host of talents and experience from Winnipeg, from manufacturing to teaching and even ballroom dance – to name just a few.

What is your greatest extravagance?

Lori • At present, taking a time out from home renovations to enjoy a good cuppa brew at the numerous coffee establishments.

Which talent or superpower would you most like to have?

Lori • I would like to reverse the environmental damage to our earth. In the meantime, I’ll just try to be the best steward of mother nature that I can be.

Doug • Wisdom. [PR](#)

If you know someone we should feature in I Made the Move, please email isabelle@prliving.ca with your idea.

Responsible Investing: Put Your Money Where Your Values Are

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WHERE: Townsite Brewing, 5824 Ash Ave, Powell River, BC V8A 4R4

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WE REMEMBER

1943: Axis lands at Willingdon

“Enemy” invades Cranberry and Paradise Valley

BY BARBARA ANN LAMBERT

On June 6th, 1943, exactly one year before the D-Day Normandy landings in France (June 6th, 1944) Powell River was invaded by “enemy forces.”

Hundreds of ‘enemy troops’ landed on Willingdon and Second beaches at 3:30 a.m. Sunday, when Powell Riverites were asleep in their beds. The ARP (Air Raid Precautions) wardens had previously cleared the streets by 12:30 a.m., and enforced a strict blackout regulation – knocking on doors if any chink of light was seen.

The weather was perfect, just a slight breeze, a clear night and the stars were sparkling. Landing barges launched from Comox before midnight on the 5th of June, assembled near Texada Island, prior to receiving their command to proceed to Willingdon and Second beaches under the cover of darkness. Their objec-

tive: to seize the designated ‘munitions plant’ – the Powell River Company pulp and paper mill – in a pincer movement with troops closing in from Westview and Cranberry.

The entire operation was organized by General Pearkes of the Canadian Pacific Command.

The invading troops were a Special Ops group located in Courtenay. The defending troops were Powell River’s Reserve Command of the B.C. Regiment, under the command of Captain Leslie W. Checkland, plus a company of trained troops of the Pacific Command.

This was the first time a military exercise of this kind had taken place on BC’s Pacific Coast.

Comox Press June 1943:

Powell River June 6th

A strong force of Commandos, supported by Canada’s streamlined armoured fighting equipment, carried out invasion exercises on a scale never seen before on the mainland coast north of Vancouver.

An enemy spy, dressed in civilian clothes, arrived in Powell River a few days before the invasion. He reported back that Powell Riverites were exceptionally



friendly and talkative – one obligingly drew a map of the area. This map was then used by Special Ops in Courtenay to map out Powell River’s road system on a field, at their base camp, with lawn mowers.

Two of our boys from Powell River were part of Courtenay ‘Special Ops’. They were asked by the ‘enemy’ to identify Powell River’s geographical features prior to the landings. Our boys claimed

they could not see a thing due to the full blackout in the area!

Powell River’s defence HQ was the Townsite golf course clubhouse. Messages were carried to and from the clubhouse by Army cadets.

First aid posts were located throughout the district and were manned by the St. John Ambulance Nursing Division and members of the Red Cross Women’s Corps.



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Kids of the 1940s recall the 'invasion'

STEWART ALSGARD

This former mayor of Powell River, who was a child at that time, recalled a story about the landing.

"Nels Hanson lived on the waterfront, near the Legion. He observed the 'enemy' approaching Willingdon Beach. So he takes out his shotgun. Nels is going to shoot as many of the 'enemy' before they shoot him! As he raised his gun a neighbour came over. 'Nels, don't shoot! Don't shoot! It's a military exercise. It's NOT the enemy, it's our boys coming ashore!'"

GRAEME COOPER

The late Graeme Cooper observed a mock battle below the tennis courts, near the Cooper home. He was the son of Russell M. Cooper, General Manager & Vice President of Operations for the Powell River Company.

"Bren gun carriers and military jeeps were evident and some of the uniformed participants threw bags of flour at the invading vehicles – these were in lieu of hand grenades and a direct hit put a mobile unit out of action. Mr. Taylor, a family friend, was accused by the enemy of refusing to withdraw from the action after being shot and killed."

BEV FALCONER

Bev grew up in the Townsite.

"Our cadets and reserves did a grand job of defending our town. The enemy troops arrived on landing barges and debarked with Bren gun carriers on our beaches. We later found 'hand grenades' (small brown bags of flour) exploded on the road. Every kid in town wanted a ride on a Bren gun carrier, and every boy became a commando. The commandos stalked each other through the bush and around the yards. There were shouts of 'Bang, you're dead!'"

AL HAMERTON

The late Al Hamerton, a cadet in the Air Squadron, was assigned to defend the road at the top of the hill between Cranberry and the Townsite.

"The invading troops breached their landing at Willingdon Beach and proceeded towards the Townsite via the main road, and also up Alberni Street and through Cranberry. Another group of foot soldiers landed north of the river (Powell), and came through Wildwood.

When the personnel came through Cranberry, we began pelting them with hand grenades (flour bags). The enemy quickly realized the situation and sent soldiers through the bush to take the air cadets prisoner. I'll never forget the feeling of turning around and looking up, along the barrel of a rifle!"

NOT QUITE NORMANDY: But close. Left, landing barges at Willingdon Beach. Lessons learned during this event helped stage the real landings a year later at Juno Beach in northern France.

Photo courtesy of the Powell River Historical Museum & Archives

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1944 Normandy landings planned using lessons learned in Powell River 'invasion'

Sand too soft for tanks

The soft sand at Willingdon Beach did not fully support the landing of a Bofors machine gun. It became of some urgency for the planners of Operation Overlord to know if the sand on the Normandy beaches was firm enough for the Allied landing of tanks and heavy equipment.

Another experiment

Secretly, British divers took samples from the Normandy beaches January 1944, only five months before D Day. Successful landing exercises were held in England by Combined Ops Assault forces, prior to the D Day landings, at Brancaster beach, Norfolk where the quality of the sand was identical to that of the Normandy beaches.

Success!

Exactly one year after Powell River's 'invasion,' on June 6, 1944, Canadians successfully landed in Normandy. By the end of the day, Canadians were off Juno Beach and moving inland. The Third Canadian Infantry pushed further inland than any other force.

One in eight locals went


In WWII over a million Canadian men and women joined the three branches of the Canadian Forces: Army, Air and Navy; this number included a thousand volunteers from Powell River & District (population 8,000).

75 years

This year, on the 75th Anniversary of the Normandy landings, we especially remember the 340 Canadians who gave their lives in the Normandy Landings which ultimately led to VE day, Victory over Europe (May 8th 1945).



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BUT IT LOOKS QUITE REAL: At least one local didn't know this invasion was fake, and nearly fired on the 'enemy' (see previous page). Here, the artillery rolls down Cranberry. *Photo courtesy of the Powell River Historical Museum & Archives.*

HQ LOG June 6th, 1943

For five hours one early spring morning, locals held off 'enemy' forces landing at Willingdon and Second beaches. Here's the transcript.

First message:

Barge laying a smoke screen at the lower end of the (Townsite) golf course.

2:15 AM first phone call:

Barges headed for Westview - 2 miles offshore.

Hundreds of Powell River soldiers, guerrillas (civilians), air cadets, plus soldiers of the Pacific Command, waited anxiously for the landing.

2:34 AM Sgt Bert Hill:

Barge sighted going into end of breakwater

Order from Command:

Tell your men to keep their eyes skinned!

2:37-3:23 AM Force splitting forces - barges heading for Willingdon Beach

Eight barges pretty close to shore

Single barge laying smoke screen

Ten barges now at beach - one coming in.

ZERO HOUR 3:30 AM

The first of two barges of the main force landed on Willingdon beach, wave after wave of men and armoured vehicles landed, and a bridgehead was established. The sound of machine guns was heard, rat a tat tat, and rifle fire. Three barges landed on Second Beach.

Messages kept pouring into HQ. The enemy was seen creeping around the bush near the golf course - they were shot and "killed." An umpire in the area pronounced them dead, however one enemy soldier charged forward and refused to "die"!

A Bofors gun, a 37 mm anti-tank gun, had a difficult landing at Willingdon Beach and became stuck in the sand - it was quickly surrounded and put out of action by Powell River forces.

Infantry and Bren Gun carriers proceeded through Westview

to Cranberry where they were attacked by Powell River forces. Platoon commander: "Am overwhelmed".

Fighting by hog fuel tank. Chaos everywhere - gunfire and bursting bombs. HQ in the Golf Club house moved to the armouries for safety. Soldiers lost in Paradise Valley - asked directions from Fred Salt, a WWI veteran. Fred, the man of the moment, turned the 'enemy' back without firing a shot:

"If you don't know where you are, then I don't know, too! Boys, you are in the army now, if I were you, I would turn around and go back to where you came from, and ask your CO the same question!"

The invasion draws to a close. Commandos 'dead' or captured. Prisoners marched into town, while civilians in their dressing gowns watched from porches and yards.

7:12 AM CEASEFIRE

Enemy defeated.

Powell River declares VICTORY.

It was unnecessary for the spy that obtained the map of Powell River area to secretly make notes of the 'invasion', as it was front page news, with photographs, in the *Powell River News* June 10, 1943 edition. Papers were delivered to every house in the Townsite. The main headline of this exciting, never to be forgotten event, was 'Commandos Strike at Dawn'.

Powell River Air Cadets were given credit for blowing up two Bren carriers in Cranberry. Powell River citizens were praised by the 'enemy' for their successful role as guerrillas in defending the town.

The Courtenay Special Ops failed in their main objective of capturing the Powell River munitions factory (the mill); however, they won two of their eight objectives, the Powell River Townsite post office, and a power sub station. The Comox press headline 'Commandos fail in invasion of Powell River' conceded their loss. **PR**

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BLAST FROM THE PAST

Bombers & blackberry jam: the war effort here at home

BY JOËLLE SÉVIGNY

In November, the poppy recalls to us memories of soldiers and sacrifice, but it also invokes unity and the hope for peace. Since its early beginnings, Powell River has seen many wars; not only the First and Second World Wars, but as our cenotaph commemorates in the Townsite, locals also fought in Afghanistan and Korea.


Our cenotaph, which stands in Memorial Park today on Ash Avenue, was first erected in 1918 to commemorate 12 Powell River men who lost their lives in the First World War. For the Second World War, over 50 names were added.

In 1943, over 900 residents of Powell River and the surrounding area were part of the Armed Forces.

During WWII, the Powell River Company also helped in the war efforts by utilizing their facilities to carry out assembly work on bomber parts. This was in cooperation with Boeing Aircraft of Canada.

In fact, most of the employees that underwent training for this task were women because many of the men had gone overseas.

The shortage of men at the mill led to the first female employee in 1942: Miss Mary Cavanaugh of Cranberry. A year later, over 130 women worked at the mill. On top of assembling parts for PBY planes (which stands for patrol bombers), some women were employed to work in the machine room and in the machine shop.

As is evidenced by old *Digesters* dating back to the 1940s, there was also a yearly shipment of blackberry jam sent to Britain. The jam was prepared by local Powell River women who fabricated many war commodities including sweaters and socks. The war was a valiant and whole community effort! 

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

JAMMIN': The photos are taken from August 1942 and September 1943 *Digesters*. Powell River Red Cross workers busy on the "Jam for Britain" program (above). Women workers taking a preliminary course for the manufacture of aeroplane parts (above left).

Photos courtesy of Townsite Heritage Society



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10 am November 11, Memorial Park, Townsite

Air Cadet shares what motivates her to march



WE REMEMBER

BY ALLY BOYD

I don't recall a Remembrance Day that didn't involve attending a parade.

First I was there watching my parents in the parade with cadets, then I marched as a Girl Guide. Now I wear an Air Cadet uniform and march with my unit, as well as organizing my Girl Guides. I listen to the ceremonies, lay wreaths and carry a flag.

I listen intently to the act of Remembrance, letting those deep words slowly sink in. I find myself thinking back to my family and friends. Every ceremony is about them, for me.

On Remembrance Day, I think of my Great Grandfather who was on the Canadian corvette (warship), Smiths Falls, in the Atlantic Ocean during WW2 and what that daily reality was like.

I think about my other Great Grandfather who worked in the shipyards in England at the same time and was deemed essential services, so he could not enlist. He operated the tallest crane in the yard and when the air raid sounded and everyone else took cover in shelters,

"All he could do was stay where he was and watch German planes fly... towards him."

— Ally Boyd

all he could do was stay where he was and watch German planes fly down the River Tyne towards him. What did that feel like every day?

I think about my uncle on a peacekeeping mission in the Persian Gulf after that conflict. Everyone else was going home, they were just getting started.

I think about my grandfather in the navy being responsible for so many people with every decision he made in the moment.

I think back to my family member who died in the first gas attack at Flanders Field all the way through to those who served in the military as I grew up and continue to serve today. I think about the families and communities who supported those serving members and made it possible for them to go. Sacrifices were made and continue to be made by those left at home.

Marching for the first time as a cadet in the parade felt different. I was nervous in a different way. I felt a new weight on my shoulders and I did not want to make a mistake. When you lay wreaths, you can sense all the



A NEW WEIGHT ON HER PRETEEN SHOULDERS: Five years ago, Ally Boyd marched in her first Remembrance Day Parade at Townsite's Memorial Park (above). What do Powell River cadets think about when they're laying wreaths? Rather a lot.

people gathered watching your every move. When you join the colour party, you can see them all watching you. It is important to do a good job.

I have had the opportunity to visit many of the National sites in Ottawa. I have stood at the National Cemetery, looking at row upon row of military graves. I have seen the War Memorial with all those names listed. I have seen the displays about Vimy Ridge, Juno Beach and Normandy, to name just a few.

However, it is not just about WW1 and WW2. There have been so many conflicts around the world that Canada has been involved in. Sometimes it is a war, sometimes it is a conflict, sometimes it is a peacekeeping mission. It is about remembering every person who ever put on a uniform and swore to protect our country, every person who ever gave his or her life in any way for our sake. It is about those who never came home to a family. Those nameless soldiers who gave their lives and have no one to remember them. I march for my family, but I also march for them.

So what does Remembrance Day mean to me? It is our responsibility to remember those who have fallen. It is our job, to thank them for providing our continued freedom. It is our duty to keep their memory alive.

*For they shall not grow old as we that are left grow old.
Age shall not weary them nor the years condemn.
At the going down of the sun, we will remember them.*



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MADE IN
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Solving others' problems the key to success

Most people don't spend a lot of time thinking about the roof over their heads – they're just glad to have one. But Vic Spreeuw and his team at Valley Building Supplies give a lot of thought to roofs, and especially the structures that hold them up.

Roof trusses are a major part of the transformation that has expanded a hardware store and lumber yard into a successful manufacturing operation. *Powell River Living* asked Vic to tell us about the truss plant at Valley Building.

What's your product?

Vic • Roof and floor trusses are the main things we manufacture. We also either manufacture or assemble/add value to engineered wood products, such as TJI Joists and engineered beams; kitchen and vanity countertops; and interior and exterior doors, which we pre-hang in our Door Shop. For about two years, we have also been doing rebar bending.

Where did your idea come from?

Vic • We started some light manufacturing in the area of prehung doors, and custom counter tops in early 1991, and we found the flexibility we had, and our ability to customize stuff right here in Powell River was profitable. With the logistical challenges of freighting custom stuff from the Lower Mainland, we began to think of other things we sell that we could make and save time, space and money on the shipping.

Valley had been freighting in trusses, however it was costly, and took up too much space on the trucks. As well, the amount of time spent going back and



WE'LL SUPPORT YOU, TRUSS US: Valley owner Vic Spreeuw atop a pile of roof trusses – a custom product the building supplies store has been manufacturing for 25 years – now, alongside many other products.

forth between the contractor and the truss manufacturer was becoming a problem. The idea to investigate manufacturing trusses came up early in 1994.

Bill Otto, then Valley's general manager, had made the contact with the truss plant we had been buying from, and arranged a meeting with them at their manufacturing facility. It was decided that we had the space and the market for the trusses and in the middle of 1994 the idea to start a truss plant prompted Co Spreeuw, a journeyman carpenter and a founder of Valley Building Supplies, and Vic Spreeuw, who was to become the truss designer and co-owner, to meet with Alpine Systems, who provide the equipment and engineering support for truss manufacturing plants.

A deal for equipment was struck in October or November of 1994, and the equipment arrived in late February of 1995. The first trusses were produced in March of 1995, approximately 12 months after the initial idea was brought up.

A new 40 x 50 building had been erected, the man-

ufacturing equipment had been purchased, computers and software were in place and we were ready to begin full-time production.

The trusses and engineered wood area now has four or five people involved. Vic Spreeuw and Brandon Kennedy do the design and specifying of the products, and we have three people in the manufacturing plant.

What kind of support did you receive?

Vic • We received some support in the form of an employee of a truss plant in the lower mainland. We flew him up to Powell River to discuss truss designs, and he worked with Co to go over the saw set up required to properly cut trusses. The rest we had to figure out as we went.

Was it successful immediately or did it take some time?

Vic • I would say it was successful from the start, in that the sales were fairly strong from the start. Profitability followed after a few months once we were running steadily, and we had a handle on the processes required.

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What surprised you when you brought it to market? Did you make changes?

Vic • The surprise was the way it led to us selling engineered beams and floor systems. This led to changes in the organization of our yard, and a whole new product line.

How has your business changed since it launched?

Vic • The complexity of the homes has increased, and the computer software we use has evolved to keep pace with that. Some houses that we do now would not have been able to be built, but the design software allows us to do so many things now that would have been cost prohibitive before due to the time required for design.

Who are your customers?

Vic • Our customers are building contractors, home-

owners, and commercial customers. We have shipped trusses as far up the coast as Stuart Island, over to Vancouver Island and all over the Sunshine Coast from Lund to Langdale.

How do you market?

Vic • Word of mouth has helped a lot – we have contractor customers who don't want to build a building unless Valley is doing the engineered products – the trusses, floors, beams, etc. The service we provide and our attention to detail is what keeps these customers coming back.

Tell us the story of your biggest oops, challenge or "Aha!" moment.

Vic • We had a very large home with a very challenging design that had an area that we could not get to design as it showed in the pictures. We finally discov-

ered that the picture on the plan was not correct. The "Aha!" moment was when we contacted the architect who realized his oversight based on a last-minute plan change. He sent out a revised 3D view which matched what we had designed all along.

Why do you choose Powell River as your base?

Vic • We started here and we had the space to expand so we did. For us it is about offering as many services as we can to support the homeowners and home builders who are the major focus for us.

Who's on your team? Number of people you employ? Who do you work with?

Vic • We have approximately 42 people in our operations in Powell River and a couple people in the Lower Mainland. I would say the manufacturing accounts for about five of those full-time jobs. I would say another three to five of the people play a major supporting role in the manufacture of products.

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

Vic • It's tough to do just one thing in Powell River, just because the volumes tend to be lower than larger centres. This means you would either have to do several different things, or you would have to be selling your products into other markets.

What's your next project?

Vic • We have some ideas on further items we could produce locally, and some are being investigated. Nothing is in the stage where we are ready to make any announcements – but perhaps in 2020 we will have a couple new services to offer our customers. **PR**

Arm yourself against the flu!

Get the flu shot at a clinic near you

2019 Powell River Clinics

This year, Community Health is offering flu shots only for **families with infants and children under 17**. Others should check with their pharmacists.

All family clinics will be held at:
Powell River Community Health - 3rd Floor 5000 Joyce Avenue (upstairs - rear entrance of the hospital).

Monday, November 4	2:00 pm – 4:00 pm
Friday, November 15	4:00 pm – 6:00 pm
Friday, November 22	4:00 pm – 6:00 pm
Monday, November 25	2:00 pm – 4:00 pm
Monday, December 2	2:00 pm – 4:00 pm
Friday, December 13	2:00 pm – 4:00 pm

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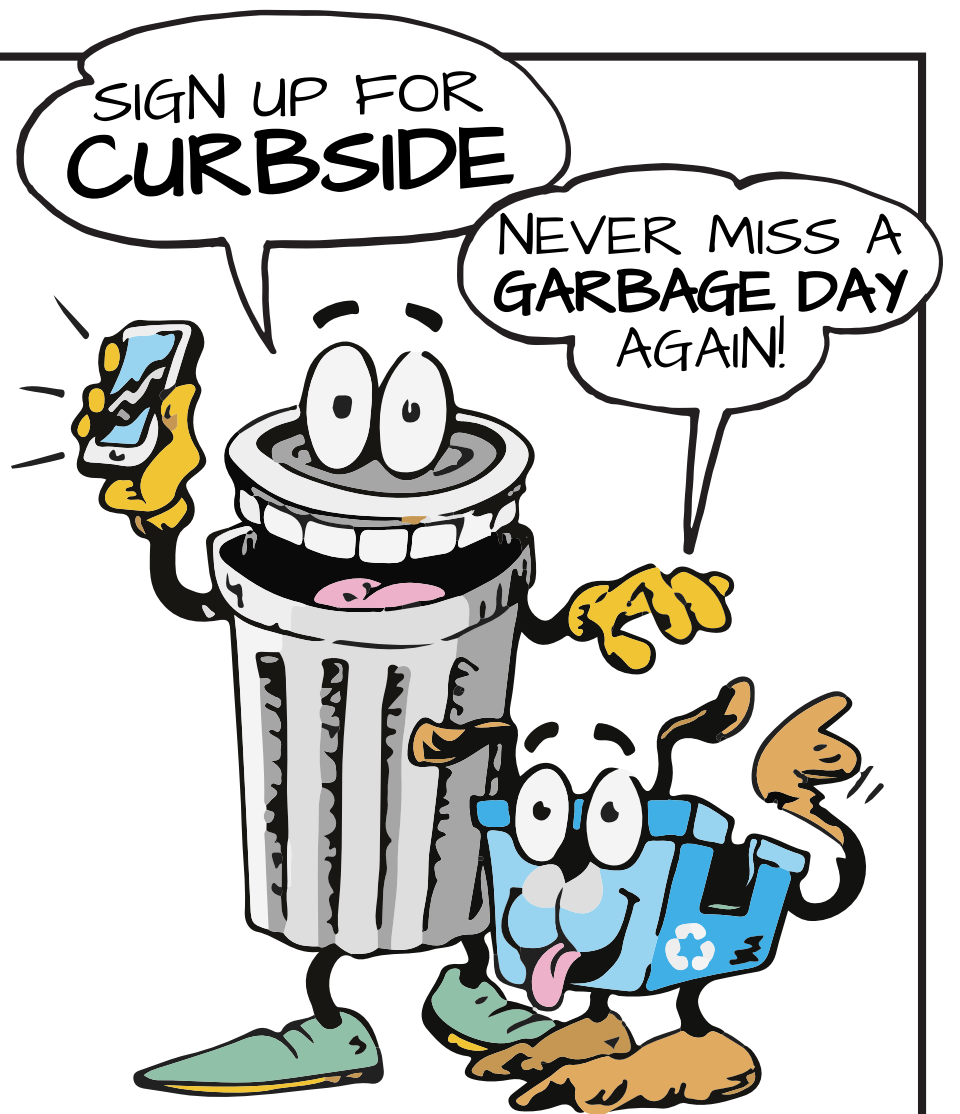
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Wishing Powell River hope, peace love & joy this Christmas.
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Joe HUETZELMANN

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WHAT'S UP

Retired teacher wins gold

Powell River's Victor Njume won two golds, a silver and a bronze medal at the BC 55+ Games in Kelowna in September. The retired history teacher walked away with gold in men's 75 to 79 shotput and javelin, silver in the 400-metre sprint and bronze in the 200-metre sprint.

Last year, the 76-year-old made history when he broke a Canadian record when he threw a javelin 39.37 metres to capture the Canadian record for his age group. Meanwhile Reg Cisilino won three bronze medals in the 80 to 84 men's cycling. Congratulations!

Dispose of pumpkins responsibly

Because bears are attracted to fruit, berries and pumpkins, WildSafeBC, suggests that once Halloween is over, pumpkins be discarded in a responsible manner that will not attract bears or other wildlife.

Evelyn Kirkaldy, qathet Regional District Community Coordinator WildSafe BC is asking people to be responsible when finished with their pumpkins. The Recycling Depot behind Rona is accepting pumpkins for compost. Pumpkins (and other foods) are attractive to bears and other wildlife. "I have seen the remnants of pumpkins that have been dragged off and eaten by bears in several parts of town," said Evelyn.

City improves accessibility

The City of Powell River has been awarded \$80,000 in funding from the Rick Hansen Foundation and the BC Accessibility Grants program to make accessibility improvements at the Recreation Complex, City hall, Powell River Airport and Dwight Hall. Each facility will be



WHO DUNNIT?: This painting is the first submission to the Anonymous Art Show, a fundraiser for the Library and Film Society. Learn more at right.

allocated up to \$20,000 for accessibility improvements. "These are significant barriers that we're removing," said Manager of Recreation Neil Pukesh. "We're improving accessibility, modernizing our facilities and addressing some of the key issues that were identified in our accessibility audit that was completed last year."

Backcountry Recreation Group needs you!

Come to our annual general meeting at 7 pm November 19, at Townsite Brewing to learn about our strategic plan and the future of Powell River's backcountry.

Our mission: The Knucklehead Winter Recreation Association (KWRA) enhances access and provides infrastructure to promote alpine recreation throughout the Powell River backcountry. KWRA is best known for its work on the cabins at Emma Lake, Sentinel Ridge (Vic Cole Lodge), A Branch, and E Branch. While "winter" is in our name, our work on road access and cabin maintenance benefits people year round.

Our board meets monthly and is currently looking to fill the following vacant positions: Secretary; Treasurer; Communications Director.

Not into meetings? No problem, our next road/trail cleanup day is scheduled for November 9. Meet at the Lang Bay store at 7:30 am, and we will be heading to the Knucklehead area to prepare E100 for the winter. Our last trail/road cleanup day drew 15 people, opened up the Center Lakes road and trail, and we had a blast.

Come help shape Powell River's backcountry. kwrapr@gmail.com or find our Facebook page.

~ Joel Nordman

New ferry, new name

The ferry serving the Saltery Bay - Earls Cove route has a new name. *Island Sky* is now the *Malaspina Sky*.

BC Ferries renamed the ship in a ceremony October 24. The name was changed because a new series of ferries dubbed the Island-class will arrive in BC in early 2020. Each of them will be named with "Island" as the prefix. The new ferries will serve the Powell River -Texa-


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da Island and Port McNeill-Alert Bay routes.

BC Ferries says eventually it may have up to 12 of the standardized Island-class ferries in its fleet. The *Malaspina Sky* is a unique vessel in its own class.

Museum also needs you

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” we’d love to meet with you to discuss volunteering or joining the PRHMA Board of Directors! Don’t hesitate to be in touch at any time for further details. Please contact Caitlin Bryant at Cait.A.Bryant@gmail.com or 604-928-0363.

Kings hope to raise \$100,000

You don’t have to be a Kings fan to buy a ticket to the team’s annual lottery.

According to Joe Mastrodonato, who has run the Kings Dream Lottery since its inception, about half the people who buy tickets locally don’t go to games. “The majority (of ticket buyers) want to sponsor the team and see it as a way of supporting the community because the money stays locally.”

And of course they like the chances of winning. In the past seven years over \$800,000 have been paid out for cash prizes.

Another large group of people who buy tickets aren’t even from Powell River. Thanks to the online access to tickets, people from all over BC buy tickets.

“The odds are tremendous,” says Joe. Only 2,400 tickets are printed for the lottery, which has a grand prize of \$50,000, early bird prizes of \$10,000 and \$7,000, and seven other prizes. The lottery’s 50-50 tickets are also popular, with a \$20,000 prize guarantee this year, and

Joe predicts it will be more by draw date.

Still, the lottery does not sell out every year, and Joe says it needs to sell out to help the team. In the past two years the team has suffered financial losses. “We can’t afford one more year like that,” says Joe. This year, the goal is to raise \$100,000 which means he needs to sell all of the 2,400 tickets.

“Without the lotteries, we wouldn’t have the team. We need this money to survive.”

The hockey team runs on gross revenues of more than \$900,000 a year. About \$350,000 of that comes from the various lotteries the team runs, such as the Dream Lottery and the game-day 50-50 draws.

“The team has a big economic impact on the community, and we depend on the lotteries,” says Joe.

Art collectors: claim your finds


The Anonymous Art Show is back, and at The Art Centre Public Gallery above the Public Library.

The show is a fundraiser to benefit the Powell River Public Library and the Powell River Film Society. It will help provide funds for the capital needs of both the Library and the Film Society.

The funds will be split equally between the Library for repaying building debt and the Film Society for the purchase of the Patricia Theatre. We’re also making it easier for serious art buyers to have the first chance to buy. Art lovers can buy a raffle ticket for a chance at being drawn as first purchasers of art. And they don’t have to come early and line up – instead preview the show with a cash bar.

The show is at The Art Centre Public Gallery above the Library. Opening reception with cash bar and sale: Saturday November 16, 7 pm.

~ Gary Shilling 



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Responsible Investing: Put Your Money Where Your Values Are

Responsible Investing used to mean simple things, like saving for your future and being diversified. Today it refers to the process of how your investments are being screened and chosen. For a growing number of investors, it’s no longer enough to base investment decisions strictly on profits, and expected rates of return. More and more investors want their investments to align with their values, and focus on other items, like how a company’s operations impact their environment, how they treat employees, or the diversity of their management team.

Collectively, these other measurements incorporate what is known as ESG screening, which encompasses Environmental, Social, and Governance risk. It’s more than screening for “good and bad” companies; it’s identifying companies that are already doing well in these areas and actively working with those who need improvement. By prioritizing the environmental, social and governance standards, Responsible Investing provides the added benefit of pushing for positive agendas of change, and can also reduce exposure to risks that may not be visible on a company’s financial statements. A company is more than just the numbers. By analyzing a company’s ESG performance in addition to its financial statements, there is a more holistic understanding of a company’s quality of management and its long-term prospects for success.

Much has evolved from the infancy of RI that began with a simple avoidance of investing in certain industries (e.g.

tobacco and nuclear power). Now it’s the opposite – with RI shouting out a resounding “Yes!” to include companies that understand that there are other important stakeholders besides shareholders, “Yes!” to companies that are providing solutions to tomorrow’s concerns of clean water and renewable energy, and “Yes!” to companies that treat all in an equitable fashion. Responsible Investing allows you to save for your future without compromising your values.

If you’ve ever wondered if you could be making a difference in the world with your investment dollars, it’s time to say “Yes!” to having a talk on RI today. Our advisors at First Credit Union are experts who would be happy to share their knowledge. It’s amazing what’s possible when your investments align with your values!

**Mutual funds and related financial planning services are offered through Qtrade Asset Management Inc.*



Scott Kovacs, B.Mgt., CFP®
Financial Planner | Senior Wealth Management Specialist
Qtrade Asset Management Inc. | First Credit Union

Join First Credit Union at Townsite Brewing on November 12th at 6:30pm for a presentation on Responsible Investing with Financial Planner & Senior Wealth Management Specialist, Scott Kovacs, CFP® and Financial Planner & Personal Account Manager, Katryna Lawry, CFP®. More info at firstcu.ca





BUSINESS AFFAIRS

WITH
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sean@prliving.ca

Aero Design flies the coop

Aero Design Ltd has been sold to Montreal-based **DART Aerospace**. The local manufacturer of helicopter accessories employed about a dozen people. About half of them are expected to go with DART as it moves the operation out of Powell River at the end of the year.

Aero Design has been developing and manufacturing aerial cargo expansion products since 1999 and has an extensive catalogue of baskets, steps, bearpaws and



bicycle racks for various helicopter models. The acquisition allows DART, the leading manufacturer of helicopter cargo expansion products, to deepen its product offering. This was DART's second acquisition of 2019, following its purchase of Portland-based manufacturer Simplex Aerospace at the beginning of October.

"We look forward to furthering our footprint in the adventure tourism sector with the addition of Aero Design's helicopter bicycle racks," said Alain Madore, DART Aerospace's President & CEO.

Aero's former co-owner and president, **Jason Rekve**, said, "The aerospace industry is changing at an astonishingly rapid pace. It is important to adjust our strategies and pool resources so we can help ensure that our industry meets the coming challenges as quickly and effectively as possible. I'm excited to see what comes next as we join the DART family and move forward together."

But Jason won't be moving with the company. He says he is staying in Powell River, temporarily at least, retired. He and business partner **Jeff Clarke** still own the large shop in Okeover, and Jason has a smaller shop on the property where he lives across the road, so Powell River can probably expect more from the former Aero team. He admits that the sale, while positive for the future of the industry and the Aero products, may not appear as positive for Powell River, which loses the manufacturing jobs. But he says in the long run it allows creative,

talented people to turn their attention to other ventures. Jason says he hopes to mentor entrepreneurs in how to get a product from idea to markets beyond Powell River.

Jason, his wife Wanda, and Jeff have obligations to DART until March but the manufacturing here ends in December.

The Rekve's two oldest children are two of the employees moving on with DART. "I'm super proud of them, but it's bitter sweet for sure," said Jason.

"For the past 18 years, Aero Design has strived to create innovative, user-friendly products that meet the needs of operators worldwide. This transition to DART is very positive as we have seen their desire to maintain our product lines and their plans to expand on them," said Jeff, who was vice-president and quality assurance manager at Aero.

Terms of the sale have not been disclosed.

Home builder moves here

Cory Frick, owner of One Reliable Contractor, recently moved to Powell River from the Okanagan and brought his business with him. Cory provides a home repair and maintenance service and has more than 20 years of experience in home and building repair and maintenance. You can reach Cory at 1-778-215-5620 or at onereliablecontractor@hotmail.com

BC Fallers stepping up

The new owners of BC Fallers are looking to expand beyond logging companies. **Carmen Brown** retired from BC Fallers Ltd in January. She sold the company earlier this year to **Dusty and Kel Reid**. Kel's accounting firm had been working with Carmen for many years, doing her and her clients' year ends. When Carmen mentioned she was ready to retire, Kel was very interested! Dusty, who had been working at Therapeutic Riding as the volunteer coordinator since 2011, was ready to make the transition into full time work, so it was a good fit. This spring, **BC Fallers Ltd** moved into an office shared with **Reid Hunter Chartered Professional Accountants** at Suite 8-4313 Alberta Avenue. BC Fallers provides business management and bookkeeping/accounting for contractors – mostly fallers – across the province. Dusty wants to apply the model to other entrepreneurs' businesses. "When I explain what I do, so many people have said, 'Oh, I'd love someone to do that for me.'" BC Fallers opens limited companies for clients and then manages them, setting up their CRA and WCB accounts, doing payroll and then managing all those things, doing quarterly and annual reports, and even watching tax rates in case they need to be adjusted. "Our customers just want to do what they do best and leave the paperwork to us!" Call BC Fallers Ltd at 877-332-5537.

Gov't pot shop opens

BC Cannabis Store is now open beside the Royal Bank on Barnet Street.

The eighth government-run store to open in the province will offer products including dried cannabis flower,

oils, capsules and pre-rolls approved by Health Canada. Edibles, extracts and topicals will also be available at the store once they become available for retail sale later this year. The store will be staffed by about 17 employees. Only those over the age of 19 are allowed to enter the store. The LDB expects to have a total of 15 stores open before the end of the year.

Sunshine takes on Texada gas

Texada Island's only gas station, **Centennial Service**, at Van Anda, is now the **Sunshine Coast Fuels** gas station. Company owner **Curt Hollinshead** said Sunshine Coast Fuels took on a lease there to ensure Texada continues to have a gas station.

New gym will open Anytime

It took most of a year for Town Centre owner **Jack Barr** to convince **Rav Shokar** to open an **Anytime Fitness** gym in Powell River. But the Surrey owner is now fully convinced that Powell River is an ideal location for his sixth franchise. "There are nice facilities here already, but the demographics are good. There are enough people here and we want to help people reach their fitness goals," said Rav. There are more than 4,000 Anytime Fitness gyms around the world. Powell River's is expected to open later this month. Rav told *Powell River Living* that the facility will serve all sorts of people, including the residents in the apartments above the gym location beside the Royal Bank. So whether you're a senior trying to stay mobile, or training for your next marathon, the gym is open for you 24 hours a day, 365 days a year. Anytime Fitness prides itself on providing members with convenient fitness options and friendly, personal service in well-maintained facilities which feature top-quality exercise equipment. Memberships range from \$24 to \$28 bi-weekly, and are available by going to the gym during staff hours, or call 236-328-0110. In addition to a wide variety of equipment, anytime Fitness also offers affordable group training classes and personal training.

Safeway's last days – pharmacy open

Powell River **Safeway** will close on November 23 for six months of renovations and rebranding. It will reopen in the spring of 2020 as **FreshCo**, a small box discount store.

Current store manager **Steve Wadsworth** will be the owner/operator and manager of the new Freshco.

The Safeway **Pharmacy** will continue to operate seven days a week while the renovations are underway. Contractors will be constructing temporary walls in order to block customers and pharmacy staff from the work being done and to avoid dust. When the store reopens as a Freshco, the pharmacy will be in the same place with some very anticipated upgrades, said Pharmacy manager **Joe Geneau**.

Powell River Safeway's unionized employees were given the options of transferring out of town to another Safeway, accepting a severance payout, or accepting a job offer at FreshCo. [PR](#)

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GEMINI:
Valerie & Julie Rutter
Twins seem to generate universal curiosity. Valerie and Julie Rutter, the multi-talented musicians who are Gemini, are no exception — transfixing audiences with their uncanny ability to synchronize so naturally.

Thursday, November 14
7:30 pm • James Hall • \$20

Assumption Christmas Bazaar
Saturday, November 30
11 am - 2 pm at Dwight Hall
Come and visit our many booths!
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Dolls · Candy · Fish Pond · Lucky 7
White Elephant · Baby & Toddler

Enjoy a cup of tea in the tea room.
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**NOVEMBER 1 TO 3
WEEKEND**



Craft Beer Festival
Mushroom Festival
Memento Mori & Lantern-Making
Movember Kick-off
Crafty Sundays Start

**NOVEMBER 8 TO 11
LONG WEEKEND**



Remembrance Day stat
Stillwater Art Fundraiser
Knuckleheads Clean-up
Nestor Pistor Show
Coastal Birds Count

**NOVEMBER 15 TO 17
WEEKEND**



Anonymous Art Show
The Wardens
Poetry Slam
Re-live the 50s & 60s
Podcasting 101

**NOVEMBER 22 TO 24
WEEKEND**



Big Craft Fair Weekend
Kings vs. Victoria
Purple Lights Campaign
Subterranean Sound Systems
Felted Ball Workshop

**NOV. 29 TO DEC. 1
WEEKEND**



Santa Parade
Wild Women of Winedale
Fill the Trailer
Magic: Legacy
Men's & Ladies Bonspiel

Much more is happening in November. Check out PRL's full coverage of festivals and events on Pages 39 to 47.

5 November

free things you can enjoy as your wallet empties out for the holiday, New Year's, RRSP and RESP season

1. Free tanning

Feeling a little grub-like? Simply Bronze is offering free tans during its open house. Never tried a modern, safe tanning bed? Now's your chance – and cupcakes! Page 11

2. Free breakfast & lunch

Bookend your trip to the Remembrance Day Cenotaph service with free meals at The Legion, thanks to Save-On-Foods. Page 40

3. Free kids crafts

Hit Town Centre Mall Sundays from 1 to 3 pm, for free crafting sessions for kids. See much more free stuff for preschools, kids and teens on Page 24.

4. Free Gingerbread House

City Transfer has donated 50 gingerbread house kits to the Town Centre Hotel's annual contest. If making a house from scratch or buying a kit is going to be a stretch for you this year, head up to City Transfer to pick up a kit. See Page 12.

5. Free values-based Investing Seminar

Make the world a better place and align your money with your values: First Credit Union is offering a free seminar on Responsible Investing November 12 with senior wealth management specialist Scott Kovacs and financial planner Katryna Lawry. See Page 37 for the full story. – PW



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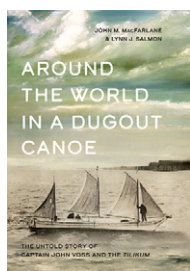
Tla'amin Music

Join Cyndi Pallen as she shares traditional Tla'amin music and discusses its meaning and significance.

Saturday, November 30

2:00pm – 3:30pm

First Credit Union Community Room



Around the World in a Dugout Canoe

John MacFarlane reads from his book about Captain John Voss and the Tilikum, a Nuu-Chah-Nulth cedar canoe that circumnavigated the world in 1901.

Wednesday, November 13

7:00pm – 8:30pm

First Credit Union Community Room



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Free breakfast & lunch on Remembrance Day

at the Royal Canadian Legion - 6811 Alexander Street

Everyone welcome

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For Plant-Lovers

November 1

The Mysterious World of Fungi – Two Talks

6:30 pm, Library. Theo Rosenfeld will shed light on fungus behavior and intelligence. Mushroom grower and hobbyist Jason Leane will present new techniques for identifying local mushroom species.

November 2

Pumpkin Composting

At the recycling depot behind Rona

Care of Tla'amin cedar basketry workshop

Call 604-485-2222 to register.

November 3

The Mushroom Show

1 to 4 pm, Club Bon Accueil. Join fellow fungi enthusiasts for a day of celebration of all things mushroom-related. Come learn about the mushrooms of the qathet region & coastal BC. Visit our interpretive displays, info booths, mushroom arts & crafts, presentations and more! qathetmycologynetw.wixsite.com

Memento Mori

4 to 6 pm, Cranberry Cemetery. Light a candle for your deceased loved ones, enjoy live music, take a self-guided tour, grieve qathet's recently-extinct species, and much more.

November 5

Fundraiser for local tree planting

5:30 pm, Little Hut Curry. See more on Page 15.

November 6

Anxiety & Depression

7:30, Kelly's Health Shop on Marine with Todd Caldecott. RSVP to 604-485-5550 or kellystore@telus.net

November 8

Art fundraiser for the Stillwater Bluffs Legacy Fund

7 pm, The Art Centre. Tickets \$25, which includes membership in FOSBA, are available at Tourism Powell River, Base Camp Coffee and at the door.

November 21

Sunshine Coast Trail: Explorations of Nature with Eagle Walz

7 pm United Church Hall. Malaspina Naturalists host this presentation.

November 26

Garden Club: succulents and layering bulbs

7 pm at the Cranberry Senior Centre. With Master Gardener Shirley Cole and Joyce Bredo. Everyone is welcome.



PLANT MEDICINE: On November 6, local medical herbalist and Ayurveda practitioner Todd Caldecott (above left) will be speaking at Kelly's Health Shop about managing anxiety and depression naturally (see listings above). Todd is the director of the Dogwood School of Botanical Medicine. Find out more about his work at www.toddcaldecott.com.

Health

November 6

Anxiety & Depression

7:30, Kelly's Health Shop on Marine. with Todd Caldecott Please RSVP to 604-485-5550 or kellystore@telus.net.

November 4 to December 13

VCH Flu Clinics

See Page 34 for more.

December 7

Warm Winter open house: Bodies In Balance!

Noon to 4 pm, 4566A Marine Ave. Join this laser and massage clinic for a hyggelig time! Come discover laser therapy as a healing tool for you (for everyone.) Some hands-on services, fibre arts and products available. Refreshments. 604-223-7918.



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Plan your

November

Big Dates & Festivals

November 2

Powell River Craft Beer Festival
3pm, Dwight Hall.

November 3

Daylight Savings Ends
At 2 am early Sunday morning (or just before you go to bed Saturday night), turn your clocks back one hour.

The Mushroom Show

1 to 4 pm, Club Bon Accueil.

November 10

Walk for Reconciliation
11:30 am, Willingdon Beach

November 11

Remembrance Day
10 am, Service begins in Townsite

Free Remembrance Day Breakfast and Lunch

7 am and noon, the Legion. Sponsored by Save On Foods. See Page 40.

November 15 to 28

Childcare consultation
See more on Page 45

November 17

həhəwʃɪn Sign Unveiling
noon to 3 pm, Willingdon Beach

Nov 17 to 24

International Restorative Justice week

November 21

American Thanksgiving
At The Boardwalk Restaurant. See Page 26 for more.

Do Good Things

November 2

November firehall kick-off
11 am to 1 pm, Firehall #1, 6965 Courtenay Street. Shave-down.

November 8

Art fundraiser for the Stillwater Bluffs Legacy Fund
7 pm, The Art Centre. Tickets \$25. See Page 8 for more.

November 9

Knucklehead road / trail clean-up
Meet at Lang Bay store at 7:30 am, and we will be heading to the Knucklehead area to prepare E100 for the winter. See story Page 36.

November 12

Responsible Investing: Put Your Money Where Your Values Are
6:30-8 pm, doors at 6 pm, Townsite Brewing, 5824 Ash Ave, info at firstcu.ca and see Page 37 for more.

November 14 to December 24

Salvation Army Kettle Campaign
Donate and volunteer around town

November 16

Anonymous Art Show
7 pm, The Art Centre. \$88 per painting, fundraiser for the Library and the Film Society.

Powell River Kings Spin-a-Thon
4 to 10 pm, Coast Fitness for a fundraiser in support of the Kings Hockey club.

November 20

100 Women Who Care
7 pm, Town Centre Hotel.

November 21 to 30

Purple Lights Campaign and Shoe Campaign
Against Gender-based violence. Donate shoes at bins around town. See more Page 16.

November 30 to December 13

Fill the Trailer
Donate food to the Powell River Action Society Food Bank. The trailer will be outside of Save-On-Foods this year. Tailgate Party December 13 with the Powell River Kings and Dennis and the Menaces. Watch for live entertainment spots.



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Christmas Concert & Wassail

Wednesday December 4th

Tickets: \$15
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Evergreen Theatre
at 7:30 pm
Doors open at 7:00 pm

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On Stage & Live Music

November 1

Sherman Downey: Honey for Bees
7:30pm, Cran Hall, \$20

November 2

After August
8pm, The Lund Resort

November 3

Memento Mori
4 to 6pm, Cranberry Cemetery.

November 5

Connie Kaldor family band
7:30pm, ARC Community Centre on Duncan

November 9

Nestor Pistor's 50th Anniversary Tour
8pm, Evergreen Theatre. \$30 at the door. With Ioni Wais.

Met Opera: Turandot (Puccini)
10am, Max Cameron. This is a "Live on Screen" event.

Improv: Extra Relish Extra Chunky
8pm, Wildwood Pub. TMP Improv from Richmond. Family-friendly.

November 13

Around the World in a Dugout Canoe a true story
7pm, Library. With curator emeritus of the Maritime Museum John MacFarlane.

November 14

Gemini: Valerie & Julie Rutter
7:30pm, James Hall. \$20.

November 15

Powell River Slam
6 to 8pm, Library. Featuring MC and poet Jillian Christmas.

The Wardens

8:30pm, Max Cameron. Tickets Adults \$25, Under 18 free at the door, Available at the Peak and Online at MaxCameron-Theatre.com

November 16

Acoustic Aggression: Live music with Lukah, Ben & Tyler
8pm, Wildwood Public House

The Gravel-Aires

9pm, McKinney's. \$15

Re-live the Music of the 50s & 60s Rock n Roll

7:30pm, Evergreen Theatre

November 23

Subterranean Sound Sessions
9pm, McKinney's. \$15

November 28 & 29

The Wild Women Of Winedale
7pm (Friday), 6:30pm (Saturday), Texada Community Hall, Gillies Bay. Saturday's early performance allows Powell River



TEXADA'S WILDLINGS: Starring in The Wild Women of Winedale at the Texada Community Hall in Gilles Bay November 28 & 29 are (top) Nikki Taylor, Brandi Miller (below) Rhonda Gordon, Denise Sulyma, Mary Lock, Sandy McCormick, and Dawn Hughes.

residents to catch the 9pm ferry back. Everyone welcome. Admission by donation. Call Peter Lock for more: 604-486-7670.

November 30

Tla'amin Music with Cyndi Pallen
2pm, Library. Join Cyndi Pallen as she will share traditional Tla'amin music and will discuss its meaning and significance.

Classic Country with Madcow

8pm, McKinney's. \$15. Send in your favourite song requests to: MADCOW.EVAN@gmail.com and we will do our best to play them for you.

December 4

Christmas Concert & Wassail
7:30pm, Evergreen Theatre. \$15. See ad on Page 41.

December 5 to 7

Romeo & Juliette
7pm nightly, Max Cameron. Brooks Theatre Company presents the Shakespeare classic, with Steampunk. \$10.

Krista's back!

We welcome **Krista Gale**, (and her back!)

You might remember Krista from our Split Endz days.

Now with even more experience and training, Krista is back!

Call today and take advantage of Krista's **November specials!**

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4. It can go in the dryer, which is good because the clothesline isn't really a November option.
5. You don't care when the landlord refuses to turn up the heat because "it's only November."

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Art & Making Stuff

Nov 2

Artrageous Saturday: Memento Mori Lantern making

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

Sundays starting November 3

Crafty Sundays at Town Centre Mall

1 to 3 pm, Free and everyone is welcome. Make masks, dragons, paint rocks, make gingerbread sculptures and more. See Page 24 for the full schedule.

November 9

Turning Memories into a Book

2 pm, Library. Local musician Pat Buckna, author of *Only Children - A Family Memoir*, will present a practical guide for how to successfully publish your own memoir.

Met Opera: Turandot (Puccini)

10 am, Max Cameron. This is a "Live on Screen" event.

November 16

Crystal Elixer Making

6 to 9 pm, The Sanctuary, Palm Beach. \$50. With Juliette Woods of 3 Fold Balance. www.3foldbalance.com

Podcasting 101

10:30 am to 4:30 pm, Library. Registration required. Instructors Megan Cole and Cory Ashworth will weave together samples of podcasts with presentations and exercises to give participants the basics of what they need to start their own podcast. cole@prpl.ca or call 604-485-4796

Anonymous Art Show

7 pm, The Art Centre. \$88 per painting, fundraiser for the Library and the Film Society.

November 17

Paperworks Christmas Party

See Page 9 for more

November 20

Let's get Crafting

6 pm, Library. Everyone is welcome to join Women in Business for a fun, casual evening of hands-on, holiday themed crafts with Mommy Needs a Time Out Chalk Couture, The Crafty Medic Card Making, Upcycling with the Let's Talk Trash Team & Cross Stitching with Kraftykritter Sarah! \$5 plus supplies for non-members.

November 23 & 30

1920s-era garment-making workshop

10:30 to 2:30 both Saturdays, Fibre Space. The Townsite Heritage Society is offering a period clothing workshop for novices to the sewing craft with costume-maker Ann Goodwin. \$75.

November 23

Felted Ball Ornament Workshop

2 pm, Library. Join textile expert and master spinner Vanessa Bjerreskov for this workshop where you will learn the basic principles of felting and make a festive ball ornament to take home.

Storytime Story Boxes to Go!

1-3 pm, Library. Preschool-primary teachers and child care workers: Test drive the Library's new all-in-one story boxes and hone your storytime skills during this professional development workshop with Children's Services Coordinator Sonia Zagwyn. Registration required.

Wednesday, November 27

Exponential Art for Humanity

6:30 pm doors open, The Art Centre ~ Powell River Public Art Gallery opening reception. Show is on until January 12.

Thursday, November 28

Artique Winter Salon

7-9 pm, Artique. Live music, refreshments and wonderful artwork!

Film

November 1 to 5

Judy

7 pm nightly, at The Patricia

November 6 & 7

Honeyland

7 pm nightly & 1:30 pm Thursday Matinee. The Patricia.

November 8 to 14

Maleficent: Mistress of Evil

7 pm nightly, at The Patricia

November 9

Met Opera: Turandot (Puccini)

10 am, Max Cameron. This is a "Live on Screen" event.

November 15

Early Bird Pass sales for the PR Film Festival begin

See Page 41 for more



MEMENTO MORI: Spend 4 to 6 pm Sunday, November 3 in Cranberry Cemetery for the second annual event remembering our mortality. Elio Cossarin (above) will show visitors around the Mausoleum, and Revs. Ron Berezan and Paula Sampson will lead a ceremony grieving Canada's extinct species, such as the Greater Sage Grouse (right). Composer Lesley Sutherland is coordinating the music this year; listen for original compositions written just for this event. Light candles for your deceased loved ones. The day before, make a memorial lantern at The Art Centre's Artrageous event. It's free, all ages, and happens 11 to 1 pm above the Library.



Sports & Games

November 1 to 3

Atom Hockey Tournament

At the Hap Parker Arena.

November 2

Free Family Swim

2 to 4 pm, Rec Complex

November 8

Kings v. West Kelowna

7 pm, Hap Parker Arena

November 10

Kings v. Coquitlam

1:30 pm, Hap Parker Arena

November 15

Kings v. Trail

7 pm, Hap Parker Arena

November 16

Powell River Kings Spin-a-Thon

4 to 10 pm, Coast Fitness for a fundraiser in support of the Kings Hockey club. It's a

fun event, with a series of 30 minute indoor cycling sets, DJ, food & music, adult beverages, and lots of prizes.

November 22

Kings v. Victoria

7 pm, Hap Parker Arena

November 23

Kings v. Victoria

5 pm, Hap Parker Arena

November 29

Magic the Gathering: Legacy

6 pm, High Tide Games. Bring out your best Legacy deck for a competitive night of Magic. \$2 entry for prize pool.

November 29 to December 1

Midget House Hockey Tournament

Hap Parker Arena

Parallel Men's & Ladies Spiel

Powell River Curling Club. Register before November 15.

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604 485 1249
Nicholas.Simons.MLA@leg.bc.ca

The best things in life, for kids and teens, are free

Yes. All of these weekly events and groups are absolutely free.

Mondays

Powell River Boxing Club
4 to 6:30 pm, Oceanview, 604-485-7095

Tuesdays

Blackbird Vocal Ensemble
4:15 to 6:30 pm, PRCYFSS Oceanview. Grade 6-12. For more information contact admin@prcyfss.com.

Jr. Youth Group
6:30 – 8 pm, Westview Baptist Church. For Grades 3 to 7. www.wbchurch.ca

YRC Connect – Drop in for ages 13 to 18
4 to 6 pm, Youth Resource Centre, Oceanview. csinkewicz@prcyfss.com.

Evangel Youth
7-8:45 pm, (Grade 8-12). Evangel Pentecostal.

Wednesdays

YRC Club – Drop-in for ages 9 to 12
3-5:30 pm, Youth Resource Centre, Oceanview. csinkewicz@prcyfss.com.

Mid-Week Dig
3:30-4:30 pm, Library. October 16 - November 13: comics. November 20 - December 18: computer games.

Powell River Boxing Club
4 to 6:30 pm, Oceanview Education Centre

Thursdays

YRC Club – Drop in ages 9 to 12
3-5:30 pm, Youth Resource Centre, Oceanview. csinkewicz@prcyfss.com.

Blackbird Creative Writing Group:
4:30 to 6:30 pm, PRCYFSS Oceanview. Grade 6-12. For more information contact admin@prcyfss.com.

Fridays

Young Writers Group
4 til 5 pm, Library. Discuss writing, learn new techniques and develop your craft. Ages 13-18 welcome.

After School Analog Hour
3:30-4:30 pm, Kids 8-12 are invited to drop in, turn off, and tune out at this unplugged, multiple-choice after school group.

Fridays

Powell River Boxing Club
4 to 6:30 pm, Oceanview Education Centre

Youth group: Catholic
7:30-9 pm, Assumption gym. Ages 12 and up. Every second Friday. Floor hockey and a movie. All youth welcome! Anne Schweitzer 604-413-0725

Youth group: Catholic
7:30-9 pm, every second Sunday in the basement/lounge space of St Gerard's Church in Wildwood. All youth welcome! Anne Schweitzer 604-413-0725

Refuge Kids Night
6:30-8 pm, Living Waters Church (4640 Manson) hosts a drop-in style evening of sports, games, crafts, a snack and more. For kids approx ages 6-12

The Living Room: A Refuge for Teens
6:30-9 pm, Living Waters Church A work out room, pool tables, games, food, movies and more!

PRQY Group
6:30 to 9 pm, Youth Resource Centre, Oceanview. For LGBTQ2s+ and their friends. Last Friday of the month.

Sundays

Super Smash Bros group
2 to 6:30 pm, Town Centre Hotel. By donation. All skill levels and ages can participate in the action.

Crafty Sundays
1 to 3 pm, Town Centre Mall. Everyone welcome.

Also watch for:


Free community swims at the Complex sponsored by United Way. First Saturday of each month, from 2 til 4 pm

Young Naturalists events are usually free. Email jkmay@shaw.ca to get on the list.

Artrageous events at The Art Centre are free for families, 11 am to 1 pm, once a month.

The Library often hosts free events on weekends and during Pro-D days. See the events calendar at prpl.ca.

Events at High Tide Games are often very low in price: Magic Cards, Dungeons & Dragons, etc.

Want to join a team but don't have the dough? Check out Canadian Tire's JumpStart program online, or just drop in to the store. 

Free for wee ones

Tuesdays

Toddler Time

10:30 to 11:30, Family Place (mall)

Family Place drop-in

12:30 to 4:30, Family Place (mall)

Wednesdays

Mother Goose

10 to noon, Family Place (mall)

Family Place drop-in

12:30 to 4:30, Family Place (mall)

Thursdays

Little Tykes Drop-In ages 0-5

10 am-noon, Oceanview.

dvandok@prcyfss.com

Preschool Storytime

10:30 – 11 am, Library.

Community Lunch

12:30, Family Place

Family Place drop-in

10:30 to 4:30, Family Place (mall)

Fridays

Parent Tot Playgroup

10 am-11:30 am, United Church. Every second Friday. Free play, table top activities, snacks, and singing every month.

Saturdays

Preschool Storytime

10:30 – 11 am, Library.

Sundays

Crafty Sundays

1 to 3 pm, Town Centre Mall. Everyone welcome. [PRL](#)



"We know that children are raised by people of all genders and ages; by parents, grandparents, other family members or community members, and foster parents. It is important that we hear from people in the region so we can create a useful action plan."

- Meriko Kubota, Regional Social Planner

Regional Childcare Planning Project: An investment in the future of our children

Are you a parent, guardian or childcare provider
of children aged 0-12?

We would really love to hear from you!

November 1 through December 6, 2019, the Powell River Regional Childcare Planning Project will be asking parents, guardians and childcare providers to help shape the future of childcare in our community.

Here's how to have your voice heard.

Visit participatepr.ca to fill out a short Regional Childcare Planning Project survey. Complete it and enter a draw for a prepaid Visa card.

Attend a focus group in the region. These are confidential conversations open to parents and guardians. Childcare will be provided for those who arrange it ahead of time.

For more information on the Regional Childcare Planning Project,
email marlane@buildabridge.ca or janet.newbury@gmail.com

November Kids & Teens

November 1 to 3

Atom Hockey Tournament

At the Hap Parker Arena.

November 2

Artrageous Saturday: Memento Mori Lantern making

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

Free Family Swim

2 to 4 pm, Rec Complex

Sundays starting November 3

Crafty Sundays at Town Centre Mall

1 to 3 pm, Free and everyone is welcome. Make masks, dragons, paint rocks, make gingerbread sculptures and more. See Page 24 for the full schedule.

Nov. 3, 10, 17, and 24

Puppet Shows for Kids

2 pm, Tidal Art Centre, 9971 Finn Bay Road, Lund. Sandy Dunlop will present several different shows, including The Hungry Wolf and the Clever Lamb, The Paperbag Princess, a couple Frog and Toad stories, and more. Refreshments will be available.

Thursday, November 7

Read to Dogs

3:30 – 4:30 pm, Library. Young readers come share a story with the Library's four-legged friends. These St. John Ambulance child-certified therapy dogs have ears of the floppy, pointy, velvety variety and they are GOOD listeners. Cuddles and tail wags abound.

November 8 to 14

Maleficent: Mistress of Evil

7 pm nightly, at The Patricia



November 10

Young Naturalists Coastal Water Bird Survey

Meet at 1.30 pm at the Westview Viewpoint to carpool and count the waterbirds between the Beach Gardens and the start of the Sea Walk. No experience needed, but please bring binoculars and a bird book if you have one. Children with parents welcome.

Learn how to make a podcast

10:30 am – 4:30 pm, Library. Join broadcaster Cory Ashworth and Megan Cole to learn how to record, edit and share a podcast. Teens and adults welcome. Registration required.

November 23

Family Night

6:30 pm, United Church.

November 29

Magic the Gathering: Legacy

6 pm, High Tide Games. Bring out your best Legacy deck for a competitive night of Magic. \$2 entry for prize pool.

December 1

Santa Parade

4 pm, Marine Avenue, ends with a tree lighting at the new park at Marine and Alberni.

FOCUS GROUPS FOR PARENTS/GUARDIANS:

Westview/Grief Point: Friday, November 15 at 10 am
Recreation complex (Elm room)

North of town/ Savary Island:
Saturday, November 16 at 10 am
Northside Community Recreation Centre

Tla'amin Nation: Saturday, November 16 at 1 pm
Child Development Resource Centre

Lasqueti Island: Monday, November 18 at 1 pm
Judith Fisher Centre

Wildwood: Friday, November 22 at 4 pm
James Thomson Elementary School

Texada Island: Saturday, November 23 at 1 pm
Texada Community Hall

Townsite/Cranberry: Tuesday, November 26 at 10 am
Cranberry Seniors Centre

South of town: Thursday, November 28 at 1 pm
Kelly Creek Community House



Sober Sports

Sober and Recovery
Friendly Sports

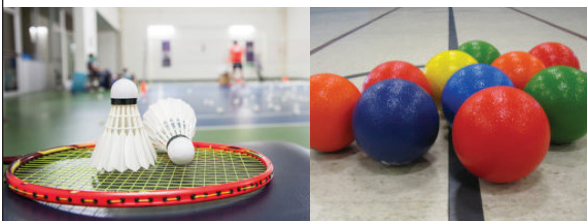


Indoor sports

MONDAYS from 7–8 pm
at Westview Elementary Gym
\$3/drop-in

All gear provided. No experience necessary.
Try different sports! Just come have fun,
be physically active, and connect.
For individuals in recovery or focused on
healthy non-substance using lifestyles.

SoberSports.ca



FEATURED BURGER

MUSHROOM MOZZA BURGER®

100% PURE BEEF
RAISED WITHOUT
ANY ADDED
HORMONES OR STEROIDS

Beginning Monday, November 4.
Finally, a reason to love Monday.



Every Mushroom Mozza Burger® starts with 100% pure beef, raised without any added hormones or steroids. Next, we smother it with delicious mozzarella cheese, sautéed mushrooms and fresh grilled onions. Then we sandwich everything between grainy Dijon aioli sauce and a toasted sesame seed bun. Enjoy, because this mushroomy mozza medley is available only for a limited time.

Handmade Tales

November is the best month to see
and buy the exquisite functional
art created by Powell River hands.

By Pieta Woolley

Dave & Vicky Johnson • Hookin' & Woodin'

You're probably already familiar with this craft power-couple's work. Dave's French-style rolling pins, made from fine woods, and Vicky's canning and crocheting are foundations of the scene.

Both long-retired, Dave was a construction supervisor and Vicky was a camp cook and factory worker. They cooked the Legion's dinners for years.

How long they've been at it: Both have been crafting their whole lives, but they've sold at the markets for the past 14 years.

Where they sell: Dave's newest best-seller is a wooden tortilla press. He also makes bowls, board games, spurtles and fish bats from black walnut, sapele, oak and



other woods. Vicky makes jams and jellies in flavours ranging from lavender to candy apple, plus salsa, pickles and other treats. She also crochets filigree butterflies, kitchen sets and some larger items.

Words of advice about selling: "Make sure your product is high-quality, and tell your customers how to take care of it." – Dave

Words of wisdom about making: "Do it for the love of doing it." – Vicky

Favourite thing they've made: Dave recently made two rocking Harley Davidson motorcycles. Vicky filigree crocheted a delicate shawl.

Find them this season at: Powell River's Own Craft Fair (November 1 & 2, Rec Complex) and the Starduster's Craft Show November 22 to 24, at The Rancho.



Susan Bornstein • Pure Process Earthly Designs



Susan is originally from Montreal, Quebec, but has lived in Powell River since 1999. She studied at the Saidye Bronfman Center, the Visual Arts Center and Concordia University in Montreal between 1984 and 1994. She exhibited in many galleries in Montreal.

"Here I just make what I love to make and share it as I go along. Clay is my passion. I will make anything out of clay."

How long she's been at it: 35 years.

What she makes: Unique objects in raku, porcelaine and other materials. "I work with a Process that involves earth, air, fire and water and creates beauty. I feel the energy of this Creative Process all around me and am part of it. I participate with delight as I watch this Process unfold a creation. My hope is that my work communicates, to some degree, the Process that gives it form."

Favourite thing she's made: She built a five-foot Goddess sculpture at Concordia University in 1994. "I am hoping to do some performance, in December, at The Art Center, around a clay Goddess figure I built this year."

Find her this season at: The Fine Arts Association Show November 22 to 24, at Timberlane.





SLIPPERS FOR ALL: The group is: leader Pierina Canil, Mary Murphy, Eileen Hannon, Giobaannina Vodola, Rina Boccini, Anna Wolford, Diana Bloom, Adelia Del Negro, Luisa lus and Mary Anderson (not pictured). Below, Luisa lus knits a pair of socks for the Assumption Bazaar on four thin needles; most hand-knit wool adult socks – representing hours of skilled work – sell for about \$15.

Assumption Parish Knitting & Sewing Group

Maltese, English, Irish, Italian: the accents around the table Tuesday morning reveal one truth about Powell River: this is where knitters immigrate after wars. You can hear the accents because these women rarely stop talking, even as their hands fly stitching patterns both new and well-known.

Hand-knitting is a disappearing skill, and finding hand-knits to buy is increasingly rare, but these women sell at extraordinarily low prices. The wool is donated (making this an ecologically-sound gift, the group's leader Pierina Canil claims), and all proceeds go to Assumption Parish.

How much time do they devote to knitting for the bazaar? The women look at each other and laugh.

"Most of us knit every day at home," says Diana Bloom.

"It's a labour of love," says Pierina.

"This is not a Stitch and Bitch group," said Eileen Hannon. "It's just a stitch group!"

What they make: Toques, socks, slippers, scarves, blanecks, grocery bags (sewn) and much more.

How long they've been at it: The group has been active for more than 40 years. Most women say they started knitting at about age 6.

Favourite thing they've made: This year, a fine croched tablecloth runner was donated, half-complete. The woman making it had passed away before she could finish it. The women of the group took up her work, and the floral lace runner is now a work of art. It's for sale for \$25.

Find them this season at: The Assumption Bazaar on November 30.



WE LOVE FRUITCAKE: Last year, Cottage Creek Bake Shop sold out of bourbon-soaked fruitcakes. High-quality goods such as Janet and Lydia Lyon's are in high-demand.

Holiday Craft Fair Planner

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.

Saturday, November 16

Powell River Stroke Club Christmas Bake Sale and Extended Care Unit Bazaar.

2 to 3:30 pm Extended Care Unit (near the Hospital)

Order of the Eastern Star Luncheon & Bazaar

11-2 pm at the United Church Trinity Hall - Baking, Crafts, Preserves, Raffles, Door Prize. Luncheon is \$10 for soup, sandwich, dessert, and tea or coffee.

November 16 & 17

Raincoast Craft Fair

Dwight Hall. Saturday, 10-4, Sunday, 10-3.

Show & Sell at Townsite Market

Artisans, Crafters, Home Hobbies, Vintage, Nautical

November 22 to 24

Fine Arts Club Christmas Craft Fair

5394 Timberlane Road. Friday, 2-8 pm, Saturday, 10 am -4 pm, Sunday, 12 noon-4 pm.

Starduster's Craft Show at The Rancho

5499 Timberlane Road. Friday, 2-8 pm, Saturday, 10 am -4 pm, Sunday, noon-4..

Saturday, November 23

Lund Christmas Craft Fair

10 am - 4 pm Italian Hall, Wildwood.

Cozy Creations Craft Fair

9 to 4 pm, ARC Community Event Centre

November 23 & 24

Cranberry Crafts

Cranberry Seniors Centre. Saturday from 10 till 4. Sunday from 11 to 3

Thursday, November 28

Artique Winter Salon

7-9 pm, Artique. Live music, refreshments and wonderful artwork!

Saturday, November 30

Assumption Craft Sale

11 to 2 pm, Dwight Hall. Beautiful knits, baking, plants, lunch and much more.

November 30 & December 1

Homesteaders' Craft Fair

Cranberry Senior's Centre. Sat, 11 am-4:30 pm, Sun, 11 am-4 pm. This fair's emphasis is on local production, local materials or ingredients, recycled or reused materials, eco-friendly materials, and new and young vendors. Great food!

Saturday, December 7

Tla'amin Craft Fair

10 to 3 pm, Salish Centre. Come and browse. Kitchen will be open if people want to stay and have lunch.

Saturday, December 14

Magic of Christmas

10-4, Rec Complex.

THE *Nice* LIST

Have the people on your list been naughty or nice in 2019? If you're playing Santa, you get to decide.

Nice? Treat your little angel to something splendid from this page. Naughty? Reward your little rebel with something scintillating, next page.

1. TAWS

The Sight VLT C1 27.5 is an electric All-Mountain whip with amazing descending capability, sure-footed climbing and trail charging grip. Just \$9399.

2. Pollen Sweaters

The Marine Sweater is available in all sizes of Pollen's warm, washable wool. And yes, that's green for starboard, red for port.

3. Tourism Powell River

Custom Decals celebrating everything that is great about Powell River available for just \$2.99!

4. Armitage Men's Wear

The holidays just got a little cozier with the 10tree Onesie.

5. Tla'amin Convenience Store

The bracelets are hand-carved from sterling Silver by First Nations artists Vincent Henson & Nancy Dawson, the jewelry is carved to represent Coast Salish spirit animals such as the orca, eagle, hummingbird, wolf and raven.

6. Valley Building Supplies

Work on DIY and woodworking tasks anywhere with a versatile, sturdy, expandable work support. The Kreg Track Horse from Valley Building Supplies works as a sawhorse, work support, clamping center, and more, and it's only \$159. If you think that's pricey for a sawhorse, you clearly haven't seen the videos at kregtool.com that show how versatile the Track Horse can be.

7. Westerley Studio

The Westerley Studio / Apolis market bag is one of the most loved in store items and definitely on a few wish lists. The Stunning black is a new addition to the bags and better yet this bag even changes lives.

8. Tug-Guhm Gallery

The gallery at the Lund Resort is curated by Debra Bevaart, an artist who creates stunning stone sculptures on the premises. She's perhaps most well-know for her life-like seal heads, but she carves seals in other poses, too, and wildlife in all forms, from bears to whales.

9. PR Macs

Selling for up to \$1000 less than models bought new from Apple, laptops sold at PR Macs are professionally reconditioned and guaranteed to last.

The 2015 model (pictured) is the most sought-after model as it's the latest model still sporting a problem-free keyboard, upgradable hard drive and full assortment of ports (4K HDMI, 2x USB-3 and SD card slot).

Skip the dongles, disposability and high price tag of the newer non-upgradable Macbook Pros and get into an affordable laptop that easily exceeds the needs for most home and student usage.

10. IRIS

The Maui Jim Maverick - This modern aviator brings classic style with a contemporary twist, featuring PolarizedPlus2® lens technology and MauiGradient lenses.

11. Pagani & Sons Shoe Repair

Women • This is the only bear your feet will want to encounter when you're exploring the great outdoors. A lightly cushioned hiking sock with all the anti-funk qualities of Merino Wool, the Bear Town gives you freedom and flex to hike your way out of any unexpected encounter on the trail.

Men • Aliens, bears and camels: We named this sock after everything you're likely to see on an un-average hike, and built it with enough cushioning to keep you cozy when the going gets weird.

12. Kelly's Health Shop

When this lamp is lit from within all of the natural formations are highlighted. Each lamp is set into a custom wood base. This must-have home accent will enrich the mood of any space. Agate is also known as chalcedony quartz and often displays concentric rings.

It is used to harmonize Yin and Yang, help build self-confidence, enhance mental function and strengthen the body/mind. Buy with confidence knowing that your lamps have been tested according to CSA Standards by the Quality Auditing Institute, a North American approved testing and certification agency. Starting at \$58.33.







8



6



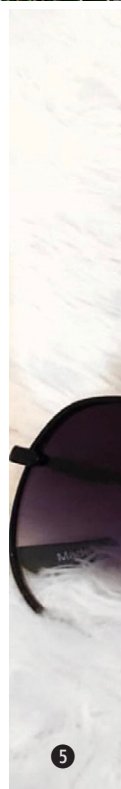
9



10



7



5



2



3



4



THE LIST *Naughty*

1. Relay Rentals

"I don't snore, I dream I'm a chainsaw." If that's your guy, head over to Relay Rentals and fulfill his dreams with an ECHO CS 490, a professional-grade 50.2cc saw that comes with a 16" bar for \$529.95. The magnesium crankcase provides lightweight durability and the cylinder is chrome plated to extend engine life. A heavy-duty air filter with tool-less access provides superior air filtration for long engine life.

2. The Boardwalk Restaurant

There's a reason why Powell River votes the Boardwalk's fish and chips as the region's best every year. It's consistently good, always crispy and available with a choice of fish and batters.

3. That Chicken Place

The Ultimate Chicken and Waffle Sandwich- Crispy Chicken Breast, Lettuce, Tomato, Bacon, Fried Banana Peppers, Burger Sauce in Between Cheese Curd Stuffed Waffles, Come with our House Cut Fries and Fry Dip \$17.25. The Sandwich is Gluten Free.

4. A&W

It's mushroom season in Powell River, and not just in the woods. Mushrooms and mozza are available on Buddy, Mama and Uncle burgers this month.

5. Simply Bronze Tanning & Swimwear

Quay Sunglasses starting at \$75. Cool, Affordable sunnies. From dramatically oversized aviators to edgy fashion sunnies. Sure to make someone on your list feel in style.

6. Capone's Cellar

Enjoy the Salish Sea where Sea Spirits are guardians of humpbacks, orcas, dolphins and otters. The beautiful islands, mountains and fields are the traditional land of the Coast Salish people. Relax and warm your soul with Salish Sea Spirits' natural vodka and gin. Made with fresh spring water and pure BC ingredients, handcrafted with care. Both \$50.95.

7. Scizzors Salon & Body Works

The Loma for Life gift box contains hand and body lotion, body wash, and lip balm. Available in Mango, Vanilla and Citrus scents, the set not only makes a great gift, but also makes you feel good about yourself, as it is paraben-free, organic, vegan and cruelty free. \$35.

8. Mother Nature

Good Luck Socks - they come in a variety of sizes, styles and of course awesome graphics! Designed in Canada. Be the talk of the party with these great conversation starters! Or scare the heck out of kids with the creepy snowmen version!

9. Modern

Get your mind out of the gutter. Quit worrying about those drips. Don't mutter about your gutters. Get some new ones from Modern.

10. Fits to a T

You don't need words to let them know who's the boss! Let aprons from Fits to a T do the talking, so you can concentrate on the cooking (or pretending the takeout is homemade).

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Sarah Hooff, CHN

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Age 9-99



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Making time to take time

Return to Reverence ~ working with elements of the natural world

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

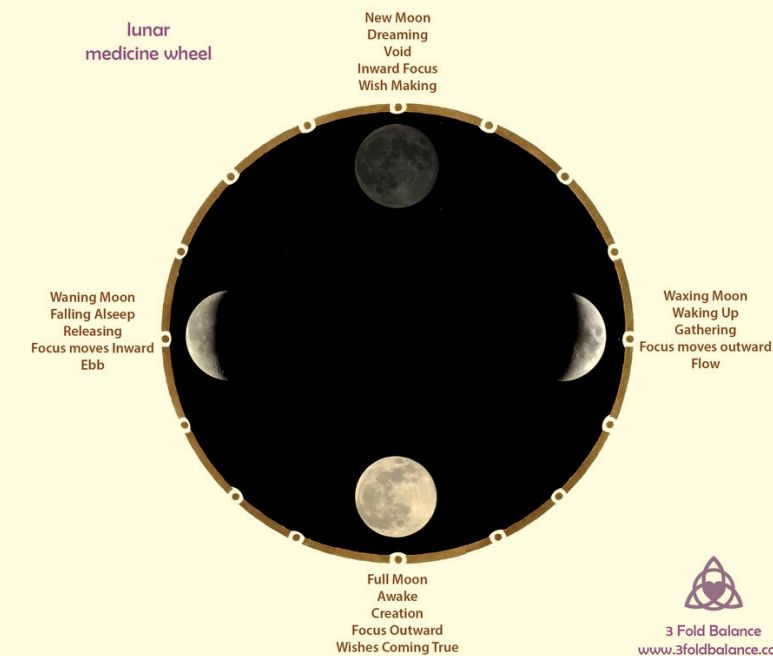
Time is a construct many wrestle with, others theorize about, and fewer still will bend and play with. We all know the saying, "Time flies when you are having fun." Everyone seems to have that one friend, or *is* that one friend, who is always late despite best efforts.

Most of us recall childhood summers as feeling virtually endless, or lament there are not enough hours in a day to complete this, that, and the other thing. During the Industrial Revolution there was a sentiment that automation would afford us more time for leisurely pursuits. Instead, we filled that new-found time with busy making and work tasks.

There have always been masters of time who we can learn from. The wisest of Elders, certain medicine people, often young children, or those particular members of the community who never seem flustered, have their work/play life well balanced, and casually meet each day somehow accomplishing more than seems possible.

Even the natural world around us is one of these masters. No rush. Everything is in right time.

There is a common theme running through them all: an ability to be deeply present to each moment, or lost in the pleasantness and sensuality of mundane minutiae. Perhaps we might notice these masters revelling



in the details of a flower's petal, savouring flavours of ice cream, or simply breathing before speaking.

We too can feel time stretching like molasses if we mindfully indulge in each moment by tuning in with all of our senses and ways of perception.

The feel of the fabric on the seat we are in. The smell in the air. Temperature of our skin. Layers of sounds close and distant. Noticing the way a friend's mouth moves as they speak to us. Not as distractions, rather instead as a richness in quality of experience.

The opposite may of course be the challenge, with a need to speed through dreadfully slow lengths of time. Some might set their mind's eye to witnessing the scene playing out in rapid pace, perhaps replaying the end of such an unwanted stretch, or day dreaming to the time period right afterward.

The trick here would be to do so without urgency or stressful activation, more so as an intention of a swift passage of time. Drawing in a felt sense of seconds clicking past just a little faster, yet again, without being disassociated from life at hand.



Nominate Powell River's most outstanding businesses for the 2019 Chamber of Commerce Awards at:

www.PowellRiverChamber.com

Chamber of Commerce Dinner & Awards Gala


To reserve your tickets for the gala event on February 8, please call 604-485-4051: \$60

Anyone can vote. Any business can win.

Employee of the Year • Customer Service • Entrepreneur • Home-Based Business • New Business • Employer • Sustainability
Small Business • Tourism • Agricultural • Business Excellence • Not-For-Profit • Forestry Sector • Aboriginal Business

A Thought For The Day

"Love ye all religions and all races with a love that is true and sincere and show that love through deeds..."



~ Bahá'í Writings



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Zen Shiatsu
Reflexology
Swedish Massage
Deep Tissue Massage



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local76@unifor76.ca



Helping Powell River

SMART Recovery® Meetings



**Wednesdays
at 6:30 pm**
At the CRC
(4752 Joyce Ave)

SMART

(Self-Management and Recovery Training)

is a non-12 step addiction recovery support group for anyone looking for help and support with their addictive behaviours.



Across

- 2) Fun, unless you have to fill
- 5) Within the whole
- 9) Brooks students collect to make
- 10) PR on way to solving this shortage
- 11) Photos with Santa always fuzzy
- 15) Fruit & Veg gives a little to get a
- 17) Radio station hopes to fill
- 20) Sold to raise \$ for Stillwater, film
- 21) Water plant mural artist
- 23) It's rude to, unless it's Pacific
- 26) Kings & politicians ____
- 27) Give money
- 28) Condos or large salmon
- 29) Military land force
- 30) Stillwater's famous feature
- 32) Buy flower, help veteran
- 34) Parade and train star, elf boss
- 35) Malaspina conservancy protects
- 36) Coastal _____ Seniors Village

Down

- 1) Can't catch the gingerbread
- 2) Tuesday not for taking
- 3) Addictions centre (acronym)
- 4) Donations, and Hwy 1, offer this
- 6) Gloaming homes for seniors
- 7) Shout encouragement
- 8) Boat base, Jail & Bail organizer
- 12) Paradise rail runner, or to teach
- 13) You've got one in me, lots in PR
- 14) Bell-ringing campaign
- 16) Bus drivers have a whale of a time
- 18) Deliverance
- 19) Laundry holder, or grocery helper
- 22) Brook's jingle slow run
- 24) Few under tree for poor kids
- 25) Trauma disorder (acronym)
- 26) Breakwater buddy, or sticker
- 31) Together way
- 33) Eastern Star fundraiser not strange



Fitness should work... If it isn't, call Nancy.

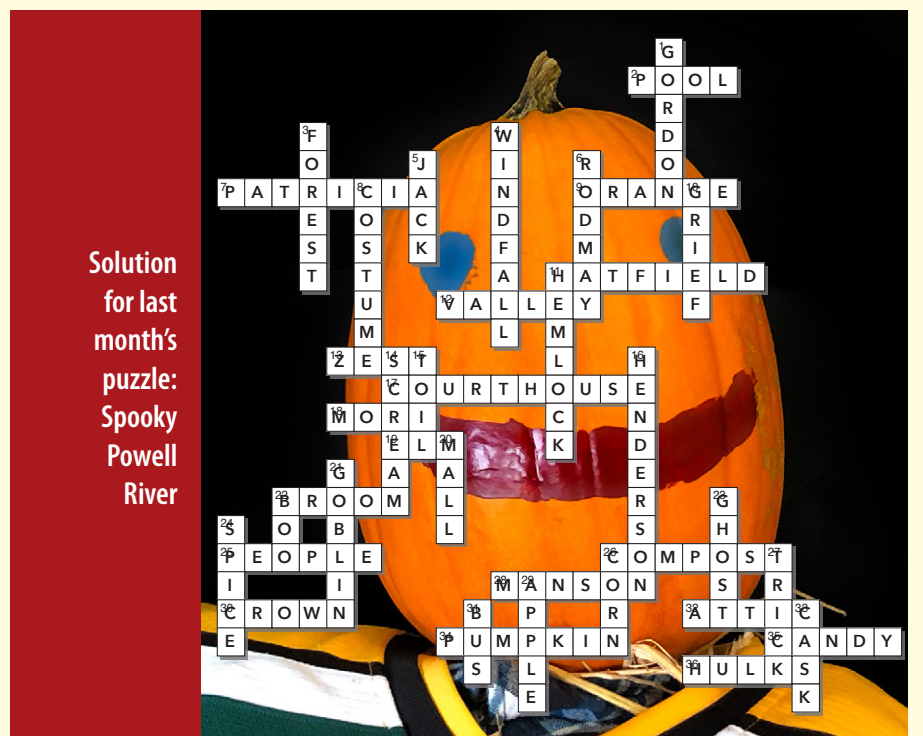
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PRL's First Annual Townsite Pumpkin People Festival

Inspired by similar fall festivals on the East Coast of Canada and the US, publisher Isabelle Southcott introduced Pumpkin People to Western Canada in October. Many households from across the region built the characters. But only those in Townsite had the chance to win – this year.

Judges Joëlle Sévigny (Townsite Heritage Society and PRL Blast from the Past columnist) Tracey Ellis (Tourism Powell River Executive Director) and Pieta Woolley (PRL editor and Townsite resident) toured the yard art October 27. They were all great! We couldn't choose just three.

Thank you to everyone who participated; we saw groups of walkers out that day admiring the pumpkin people. In other words, bringing real people together in their neighbourhood – exactly what they are meant to do.



THE WINNERS ARE:

Best kids':

The Nor-Hul Tribe on Poplar (top and left)
Then, clockwise from far left:

Most locally-relevant

Henderson House, far left

Most Traditional

Maple Avenue

Most politically-relevant

Vote For Trumpkin (Michael, Amanda, Mia,
Lydia and Ainsley Welp)

Most Dapper

Kate and Peter Dryden-Dunn

Most resembling the person who built it

The Bloody Butcher, Dwain Davis

Most Original

Ready for the snow storm,
Cindy & John McLean

Spookiest

No face, Evette Bleaney's family

Funniest

Bill Hopkins' City Motors at Coffee Time guys



BLACK FRIDAY

Sales Event!

at participating merchants

FRIDAY, NOV. 29th 7am – 7pm
SATURDAY, NOV. 30th 8am – 6pm

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ARTIST RENDERING

The Powell River Hospice Society is close to finalizing an agreement with Vancouver Coastal Health to design, build and operate a four-bed Hospice House adjacent to the Willingdon Creek Village in Powell River. The Society will commit to raising the additional \$2 million needed to design and build the home, while VCH will staff and operate the facility once it opens. Our capital campaign is well underway with close to 50% of the funds in place. Our next major milestone will be to reach the 75% threshold which will signal the beginning of detailed design and construction.



PROUD TO SUPPORT THE POWELL RIVER HOSPICE SOCIETY

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