

# Powell River LIVING

*The Essentials*  
Workers • Pets • Bread • Masks • Mothers



MAY 2020

100% LOCALLY OWNED  
FIERCELY INDEPENDENT  
ALWAYS FREE

**Making the Best of COVID-19**

# Appre

# &

**Powell River residents:**

Local small business needs your support.

Support local restaurants offering take-out and shop with retail stores that are offering online shopping or delivery.

Ordering from out of town does nothing to support Powell River.

A message to the  
workers and  
small business owners  
of Powell River.

# Appreciation & Respect

**W**e would like to express our deep appreciation and respect for how you have risen to the challenges associated with COVID-19.

You've shown up for work, when that is extra challenging, but more important than ever. By coming to work, you are stepping up for your community.

At home, you're caring for and teaching your children and caring for elders, even as you continue to work remotely.

You've gone above and beyond to make your businesses safe, though it has impacted your profits.

**The future of this region absolutely depends on you.**

You've kept employees working where possible. You've innovated quickly to adjust your business practices. By doing so, you're making critical investments assuring we come out of this successfully.

Your commitment to keeping the economy afloat in this unique time is critical.

We see you. We need you.

We are all in this together.

Thank you for making it work.

*A message from:*

Isabelle Southcott   Tod English

Dave Formosa   Dan Agius

Steve Brooks   Jack Barr

Bob Marquis



**HOME SWEET HOME:** Unaffected by the crisis above the waves, a copper rockfish (*sebastes courinus*) peeks out from his new home aboard the *YOGN-82*. The concrete ship was sunk off Willingdon Beach on June 23, 2018, and is continually being colonized by marine creatures.

Photo by Sean Percy

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



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



Editor & Graphics  
**Pieta Woolley**  
pieta@prliving.ca



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



Accounts Receivable  
**Alena Devlin**  
office@prliving.ca

**ON THE COVER**

'Home schooling' takes on new meaning in Townsite. For Jay and Daelin Austin, COVID-19 offers the space and time for more than the usual Grade 2 curriculum – including auto-mechanics.

Photo by Pieta Woolley



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**CONTRIBUTORS**



**CENK MATALON** (pronounced Jenk) holds a Master's degree in Counselling and works at the Sunshine Coast Health Centre as a psychotherapist. He is passionate about fostering self-actualization in others. Cenk has experienced his biggest growth since he's become a student of his emotions. He believes in the power of love, courage, and humility as agents of self-transformation and much needed social change.

**ARLETTE RAAEN** retired as Regional Campus Principal, VIU, working previously with Canada Employment in Employment Counselling and Labour Market Analysis. Arlette holds degrees in Leadership and Sociology. Her volunteer activity includes; North Island Coastal Economic Trust, PR Community Futures Development Corporation, and as President for Powell River Regional Economic Development Society, Powell River Model Community for Persons with Disabilities, and inclusion Powell River.



**THANKS SAVE-ON** A number of *Powell River Living's* usual distribution channels are closed because of COVID-19. Grocery stores are still open and you can find a copy at most of them. Our friends at Save-On-Foods have taken the step of adding a rack of magazines at each entrance, and are including free copies in home delivery and pick-up orders at the beginning of the month. Pacific Point, Aaron Service & Supply, Townsite Brewing and Townsite Fruit & Veg are also adding *PRL* to their deliveries. Thanks to these community-minded businesses, we're confident this issue will safely get to our readers, just as it has to you!



IN THIS ISSUE

# Making it 'the best' through hard and happy times

At the beginning of social distancing to prevent the spread of COVID-19, I read an insightful article by an American emergency planner. He said anyone will do anything for two weeks, and then they'll start to crack.

For me, it's true. The first two weeks were relatively easy. Blissful, even. My kids were happy, well-behaved and compliant with the at-home learning that was being thrown at them by both their school and me. I spent far less money than I usually do. We played tennis and went to the beaches every day.

Now, four weeks in, we're grinding it out. Sibling wars have erupted. They've drawn blood. Tears. My own patience is... diminishing. Working from home is harder than I thought it would be, largely because my own brain is disorganized. Ingesting roughly 1,000 eggs since the pandemic began, and 5,000 cups of coffee, probably hasn't helped. Also, it's wolf spider season.

So I am extremely grateful for the community's en-

ergy and inspiration, showcased in this month's PRL.

Three of Powell River's top bakers shared recipes and their top tips (Page 42) for bread-making, which along with gardening (Page 41) and mask-making (Page 18) has become one of the surprise trends of pandemic 2020. As I'm writing this, I am enjoying the smell of sourdough and challah baking, thanks to my husband and kids. Prediction: a rush on gym memberships when this is over.

This month's cover models, Jay and Daelin Austin, are neighbours. I've seen the whole family out in their yard every day, doing home projects together. I can't imagine a better use of this time than teaching your elementary-aged kids car maintenance, and basic carpentry, as they are. Indeed, many at-home locals are finding ingenious ways to spend their newfound time (Page 16).

For mental health, pets have been heroes for self-isolating humans. They offer companionship and a sense of purpose. They are also ridiculously cute, especially the

babies (see Page 30). I hope these stories and pictures brighten your days.

First-time PRL writer Cenk Matalon – a registered clinical counselor at Sunshine Coast Health Centre – offers an intimate personal account of his own feelings of overwhelm through COVID-19, and hope (Page 54).

And PRL publisher Isabelle Southcott captures the strangeness, sadness and resilience of these times in her Mother's Day article (Page 36).

How long will social distancing last? How long will schools be closed? Predictions vary wildly. There's so much we don't know. When this is over, though, I hope we remember most how lovingly we cared for each other, and all the ways we made the best of it, during this historic moment. **PRL**

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



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With one simple action, you can spark something greater than yourself. That's what Bob James did back in 1962 when he founded Raymond James. He believed a business had a responsibility to generate more than profits. Today, we continue his legacy in words and actions as we seek to go forward by giving back.

In partnership with Raymond James Canada Foundation, Rene, Leslie & Lisa donated over \$30,000 in 2019. Proud to have supported Powell River Cycling Association, Powell River Fire Fighters Charitable Society, Powell River Parks and Wilderness Society, Powell River Hospice, Canadian Cancer Society, Sick Kids Foundation, Powell River Diversity Initiative (*Community Resource Centre & Refugee Relocation Fund*), MS Society, Canucks Autism Network & PALS Autism Society. **LIFE WELL PLANNED.**



**RENE BABIN, CFP & LESLIE ECKLAND, PFP**

Financial Advisors  
[rene.babin@raymondjames.ca](mailto:rene.babin@raymondjames.ca)  
[leslie.eckland@raymondjames.ca](mailto:leslie.eckland@raymondjames.ca)

**LISA BOESE**

Administrative Assistant  
[lisa.boese@raymondjames.ca](mailto:lisa.boese@raymondjames.ca)

Unit D - 4670 Marine Avenue, Powell River, BC, CA V8A 2L1  
T: 604.489.9797

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# Essential Workers





# Making the best of it

## Deb Mueller

### Ladybugs Daycare

Deb Mueller has owned and operated a daycare for four and a half years now. The COVID-19 pandemic means there's a lot more cleaning and disinfecting carried out at the daycare. As well, all field trips have been cancelled. Some of the children Deb cares for are the offspring of front line health care workers. Four-year-old Tristan and one-year-old Ethan Mayenburg's mother is a nurse at the Powell River General Hospital while three-year-old Jadeyn and one-year-old Jack Cade's mom works in the pharmacy at the hospital. Four-year-old Cody Arrowsmith also attends Ladybugs Daycare.

## Andrew Swindlehurst

### Sunshine Disposal and Recycling

Andrew has worked for Sunshine Disposal and Recycling for five years. He can be found at the qathet Regional District recycling depot in-town by Rona. The hours of the depot have been reduced since the COVID-19 pandemic began. The depot is now open from 8 am to 4 pm. "Now only one person per side is allowed in the depot at a time. The others have to wait outside in a line [six feet, two metres apart.]," said Andrew. During the COVID-19 pandemic, Powell River residents are encouraged to use curbside recycling pick up and store their recyclables at home.

## June Tyrell and Diana Neville

### Quality Foods

June has been with QF for 12 years and Diana has been with the store for four years. Both women worked upstairs at Starbucks as baristas prior to the COVID-19 pandemic, but since a public health emergency was declared in March, they've become online grocery shoppers.

"We're kept busy filling orders," says June. "We still work full days but now our days begin at 4:30 am. We go through the online grocery orders and shop them one at a time with a cart." The orders are then ready to be delivered to homes in Powell River.

## Matt Charette

### City Transfer Inc.

Matt Charette is a truck driver for City Transfer. He's been working for the company for two and a half years and delivers freight, trailer loads and fuel. His job has become busier since the COVID-19 pandemic began. "Our attention shifted to essential freight for hospitals, grocery stores, pharmacies and the big box chains. I feel lucky and I'm extremely grateful to be working full time," he said.

By early April, COVID-19 had shut down schools; isolated people in their homes; sent essential workers to face constant risk; shut playgrounds; and transformed grocery shopping into the Twilight Zone.

For most of us, though? Strange times are still a time to shine. Meet some of the locals who are making the best of Pandemic 2020. And making Powell River the best it can be.

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

This is not the new normal. For many, there's nothing normal about working from home while your children sit at the kitchen table and learn today's lessons. There's nothing normal about wearing face masks in public and not visiting family and relatives. There's nothing normal about Tla'amin Nation closing its roads to non-residents. There's nothing normal about having to mail your 90-year-old mother a care package of homemade cookies and other goodies because you can't give them to her in person. No, it's not the new normal, but it may be our new reality.

Life as we know it has been disrupted. We've been told



## A Message from Lift Community Services

Thank you for your generosity and concern for Powell River's most marginalized during the evolving COVID-19 situation.

In support of keeping our staff, clients and community healthy, all of Lift's service locations are either closed or restricted.

We are continuing to serve all our clients through phone or online appointments and will continue to provide access to supports and resources on an appointment basis.

Lift Community Services is also working together with BC Housing and the City of Powell River to put a plan in place that provides options for our community members who are at risk of or experiencing homelessness to have a place to sleep, self-isolate safely, and access sanitation facilities.

See below for a list of available Lift programs/services with contact information.

Please follow us on our Lift Community Services Facebook page where we will keep the community informed of our ongoing efforts and progress.

**Community Resource Centre:** 604.485.0992 – legal advice, internet/computer/phone, food support and virtual tax services coming soon!

*Building closed – available by appointment only between 10:00 am - 4:00 pm Monday to Thursday*

**Lift Head Office:** 604.485.2004 – general inquiries

*Building closed, available by phone*

**BOND:** 604.485.2604 – support for new and expecting mothers

*Building closed – available by phone, call to make an appointment*

**Family Place:** 604.485.2706 – support for families with young children

*Building closed – available by phone, call to make an appointment*

**Literacy Outreach:** 604.414.7020 – support/tutoring available for adult learners

*Building closed – available by phone, call to make an appointment*

**Immigrant Services:** 604.414.3630 – support for immigrants

*Building closed – available by phone, call to make an appointment*

**Food Security Project:** 604.344.0531 – local food resources and how to access them

*Building closed – available by phone, call to make an appointment*

**WorkBC Centre:** 604.485.7958 – employment Services including resume support, funding for training, one-on-one counselling, and more.

*Building closed, available by phone*

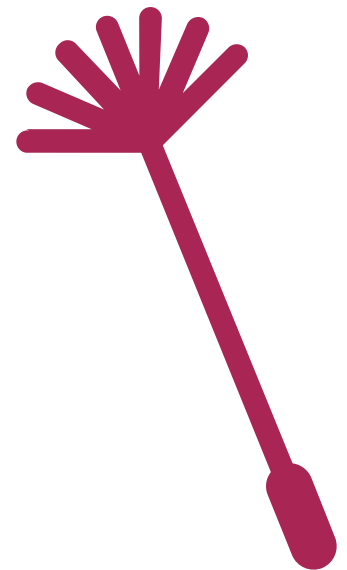
**Homeless Outreach:** 604.223.8375 – support to find housing/shelter

*Building closed – available by phone, call to make an appointment*

**Overdose Prevention Site:** Building temporarily closed. Please contact VCH Overdose Outreach Team for harm reduction supplies and similar services 604.223.0413

**Supportive Housing Building:** 604.223.4430 – housing for those who are at risk of homelessness

*Building open to staff, tenants, and medical personnel only (no visitors)*



**CAN YOU HELP?** If you would like to donate items or money to Lift, please contact our Community Support Programs Manager, Jessica, at 604.414.9880.

**STAYING HEALTHY:** Lift is supporting their staff by offering work-at-home options, EI top-ups for those accessing sick leave, daily wellness check-ins for staff, and ongoing support from the leadership team to navigate difficulties during this time. Lift Community Services is prioritizing the health and well-being of their staff, clients, and community every step of the way.

**THANKS TO OUR COMMUNITY:** Thank you all for your ongoing support and commitment to keeping our community safe during this trying time. We look forward to connecting with you soon!

[liftcommunityservices.org](https://liftcommunityservices.org)  [@liftcommunityservices](https://twitter.com/liftcommunityservices)



to “pivot” and adjust. Shift our lives into a virtual world. This is all well and good for some but try introducing my 91-year-old mother to ZOOM or FaceTime. I don’t think so.

Here in Powell River we are making the best of it. We’re doing what we can to get through the COVID pandemic without losing our sanity, our businesses, our livelihoods and of course, our health.

From the nightly 7 pm pots ‘n’ pans banging for health care workers to a slew of emergency services vehicles showing up at the hospital one night last month to honk horns and sound sirens, we’re showing our appreciation for our essential workers.

MLA Nicholas Simons is doing online cello concerts, PRISMA founder and Maestro Arthur Arnold is spreading joy with his travelling concerts, and the folks at A & W are handing out free drinks to emergency service workers. These are just a few examples of what members of our wonderful community are doing that you can see. But wait, there’s more happening behind the



**Lindsay Zakkour**  
Pharmacist and Pharmacy Manager,  
Shoppers Drug Mart

As the COVID-19 story developed, the pharmacy got incredibly busy as patients rushed to fill their prescriptions prior to isolating. Information was scarce and it was a very frightening time for us as we were being exposed to more patients than usual as well as an overwhelming workload. As time has gone on, corporate policies have been developed to protect employees and our customers such as the installation of plexiglass shields, floor markings for distancing, provision of cleaning supplies and reduced hours.

Each member of our pharmacy team has been extremely supportive of one another and we are lucky to be supported by an outstanding front of store staff as well.

On a personal level, both my husband and I are front-line workers. It is not practical for us to isolate from each other or our children, but we are doing a good job of isolating from everyone else outside of work. We have two children who are thankfully old enough to manage at home if we are both working so we don’t have to worry about childcare. There is a constant fear of bringing the virus home to our family.

I find that the high-anxiety state of the first few weeks has settled into a more manageable awareness. I am grateful for the Powell River medical community which has always been supportive of each other’s roles and is even more so during this crisis. I’m also grateful for the limitless beauty of Powell River and the support of the general public. It is truly uplifting to drive to work seeing all of the hearts on display.

scenes that you can’t see.

People are making masks. Online Facebook mask groups have been created and our stichers and sewers have turned their talents to new projects. Parents are becoming home school heroes as they help their kids learn. Others are discovering the lost art of baking bread. So much so that when spring break hit, toilet paper shortages expanded into flour, sugar, and yeast shortages and everyone was posting photos of homemade bread on Facebook for a while, instead of photos of their latest grocery order or what they’d cooked for dinner.

We are making the best of it. It’s not ideal but we are all doing what we can.

This issue of *Powell River Living* recognizes our essential service workers, Facebook connectors, parents who are caring for and teaching their children, people looking after family members and neighbours, volunteers, and community leaders, you are all hometown heroes. Thank you for what you do. **RL**



**Jenni Brander**  
Kelly Creek Community School  
Kindergarten/Grade 1 classroom teacher

I have gone from working with a classroom of 18 bright and bubbly students to spending a lot of time at my computer, setting up activities for children to do at home. I am trying to think imaginatively about how to keep learning real and play-based and then to communicate that to the families without overloading them with too much “stuff.” I am emailing out choice boards of practical activities that children can do – build a mud kitchen, create a pattern with natural objects or make a 100 chart on rocks that they collected.

I know that this is such a difficult time for so many people. I want people to feel good about what they can do with their child and not have guilt about what doesn’t work for them.

While I am doing this for my class, I am also, like so many parents, trying to manage my own children’s schooling from home. We are checking school websites, juggling Zoom meetings while still trying to make sure that we all get outside for regular breaks. I find getting the proper amount of exercise for my children is the most challenging. Some days I feel like my kids get a lot of schoolwork done and other days I know there was too much Instagram or Minecraft. I will definitely be glad when we can open our classrooms again.



**Brian Bompreszi**  
Community Paramedic,  
BC Emergency Health Services (BCEHS)

I work with local health care teams to help educate and support seniors who have chronic health conditions. Often, the goal is to help seniors continue to live safely in their home and community. As a community paramedic I also provide wellness clinics for such things as checks on blood pressure, pulse rate, oxygen saturation and blood glucose as well as free health educational classes to the community. And, yes, I still respond to ‘lights and sirens’ emergency calls when I am needed.

Paramedics are making every effort to remain as agile and responsive as possible in response to the COVID-19 pandemic, while continuing to support our community during this unprecedented time. Across the province, Community Paramedics have adapted their practices to better suit the needs of the community during this time. We’ve shifted from face-to-face visits and public engagements to phone check-ins and virtual meetings.

We continue to encourage our patients to stay home and practice social distancing, and are able to pick up groceries, medications and supplies if people need help or are struggling to secure basic necessities. We are also working with local health-care teams to compile a list of at-risk members in our communities who would benefit from the support of a community paramedic.

When COVID-19 was declared a global pandemic, I saw a lot of fear and anxiety across the community. There were many unknowns about the virus and what it would look like here in Powell River.

My wife is a medical laboratory technologist and works on the front line at the hospital lab. Naturally, we were both concerned. To protect ourselves, our clients and patients, our family, and our mental well-being, we resolved to focus on the things we can control such as washing our hands properly, avoiding touching our faces, limiting outside contact and practicing proper social distancing.

We made a conscious choice to try and keep life at home as normal as possible for our own mental health, as well as our kids. While we miss seeing friends and extended family face-to-face, we are trying to connect virtually as much as possible.

I feel very fortunate we have so many people in our community who are helping one another and showing up to work every day to keep our community running. We really are all in this together.



**MAKE SOME NOISE:** Above, an emergency vehicle drive-by at the hospital lets healthcare workers know how much they're appreciated - and that first responders are all in this together. Left, Tla'amin Nation Culture & Heritage Manager Drew Blaney drums outside the hospital. Bottom, Sue Kirkpatrick drums at 7 pm – part of a daily international 'thank you' to health workers.

## A message from your doctors

It's hard to believe it has been only a few short weeks since COVID-19 came to our part of the world. So much has changed in our daily lives in that time.

Powell River has now had time to prepare many of our defences for the pandemic. We have seen our community come together by staying apart – heeding the call to physically distance and to connect in other ways.

In addition to the closure of many businesses and health services, we have seen a dramatic decrease in the numbers of people seeking care directly in the Emergency Department or from their Family Physician and Nurse Practitioners.

In some ways, less use of medical services is a good thing. The pandemic has highlighted how important it is for each of us to take responsibility for our own health and well-being.

There are many ways to stay healthy that don't require a health professional. The mnemonic "DOSES", for example, describes some of the ways we can enhance our own health: it stands for Diet, Outside time, Sleep, Exercise and Social/Spiritual. It can be challenging to do these consistently in our daily lives, but even improving one item regularly can make a big difference. Many of these benefits can be achieved in just 20-25 minutes per day.

Sometimes we do need extra support to stay well, though, especially under times of physical or emotion stress. Increasingly we are seeing that, in addition to the direct harms of COVID-19, there are also indirect harms from the pandemic, including less access to medical care.

Unfortunately, here in qathet, as in other parts of BC, there are also examples of people not seeking medical help when they need it.

Some may worry about being exposed to the Coronavirus by going to an office, or that primary care providers don't have the time to do regular visits right now. In fact, your physician or nurse practitioner wants to be in touch with you, and virtual care is being used widely for everyone's safety.

Whether for an unexpected or chronic healthcare matter, or for your mental wellbeing in these uncer-

tain times, now more than ever it's important to look after your health.

Doctors' and nurse practitioners' offices are still open to book your appointment. Initial care is offered via a phone or video visit. While the majority of visits are being done by phone, video visits can provide additional information and are easier than ever – we can help walk you through setting one up if you have a smart phone, tablet or computer. You can visit <http://DivisionsBC.ca/Powell-River> to learn about video visits through your local clinic.

If an examination is needed, your provider will help arrange one with your health and safety in mind.

Additionally, a broader testing strategy was announced this week by the province. While priority will be given to those at highest risk, anyone who has COVID-19 symptoms, regardless of severity, is now eligible to be tested. Please call your family doctor or nurse practitioners' office to help arrange a test. You can also call 811 or use the COVID-19 self-assessment tool at [www.bccdc.ca](http://www.bccdc.ca), which has recently been updated.

If you do not have a family doctor or nurse practitioner, feel free to call the Medical Clinic Associates or Marine Medical for a provider accepting new patients. Or, call the Powell River Medical Walk-in Clinic to book a phone or video visit.

*Emergencies are still emergencies.* Regardless of the pandemic, if you or someone you care for has symptoms needing urgent attention, call 9-1-1 or come to the Emergency Room. If you are coming to the hospital for symptoms that could be COVID-19, please remember to call ahead to reception – you will be advised to come to the ambulance bay for your assessment.

Taking care of your health has never been more important. Your family doctor and nurse practitioner can help you stay healthy. If you have COVID-19 related questions, they can answer those too.

Be smart, be safe, and be kind. We are in this together.

Sincerely,  
Powell River Physicians  
COVID Steering Committee 

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**2. Go online**

Email us to set up an appointment to handle your tax return from a distance. Email: jonathan@bydandbusinessstax.ca

**3. Mail us**

Mail your tax information and receipts to us and we will call you to process! Mail to: Bydand Tax Shop, PO Box 1022, Powell River, BC. V8A 0T5,

**4. Drive Thru**

Should the mall close, look for our Drive Thru Tax drop-off station in the parking lot near the CIBC entrance from 11 am to 1pm, Mon to Sat.

*Currently we are able to receive tax returns in person during the mall's reduced hours of 11am - 4pm.*

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**Watch our space on Facebook and Instagram  
for the most up to date information.**

# Business Steps Up



**HAVE A DRINK ON US:** Hard-working health care workers are getting shows of appreciation from the community, including free drinks at A&W and McDonalds. Here, A&W staffer Darian Stroomer hands a free drink to a health care worker.



## Modern Windows makes some very modern windows

In early April, the president of Powell River's Modern Windows, Dan Agius, received texts from a doctor and a nurse at Powell River General Hospital. Would his company be able to produce an intubator box to protect against COVID-19?

During intubation (when a breathing tube is inserted into the throat, most often during anesthesia for surgery) patients can spray significant fluids in an operating room. The box helps to contain those potentially Coronavirus-spreading fluids.

Dan volunteered immediately. He and long-time staffer Rob McNeice went to the Modern shop on the weekends, and made two of them. They'll make more, as needed.

"They loved them and said they worked great," Dan reported.

Though this was his first time making medical supplies, the medical staff knew he had the skills, because his company does so much work at the hospital: windows, doors, dividers, and more.

This project is not unique to Powell River; glass companies all over the world are making these boxes for their local health centres.

"We're all doing what we can," said Dan. "It's a really nice feeling for all of us." 

**National Nursing Week May 11-17**  
 Celebrated around Florence Nightingale's birthday each year, this year the celebrations take on special meaning, and not just because of COVID-19. The World Health Organization has designated 2020 as the Year of the Nurse and Midwife in honour of the 200th anniversary of Florence Nightingale's birth.

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

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# COVID-19 Information

## Public Health and Government Announcements

### Dear Powell River-Sunshine Coast Residents,

I hope this page is useful to you, or to someone you know of who might not have access to a computer.

We appreciate each other's continued efforts to reduce the impact of the COVID-19 pandemic by staying out of the community as much as possible, maintaining our physical distance, and washing our hands regularly. We are doing our part out of our respect for vulnerable people in our communities, and for those who care for them.

To every caregiver, to everyone working from home, to all the parents, to those in crowded quarters, to those who are living alone, to everyone who has to leave home for work, and to those on the front lines, thank you.

Our circumstances are challenging us all to be as thoughtful and kind as we can be, and we are grateful for each other's efforts.



Nicholas Simons, MLA  
Powell River-Sunshine Coast



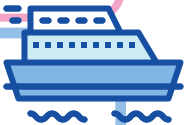
### HEALTH CARE

- Violations of public health orders, quarantine orders or restrictions against price gouging and profiteering can carry **heavy fines**.
- **Scheduled elective surgeries** and procedures have been **postponed**. This is always under review by the Public Health Officer.
- **Safe prescription alternatives** to the illegal drug supply for those who use substances.
- **Virtual mental health supports available** for youth, students, adults and seniors.



### TRAVEL

- **Avoid all non-essential travel** -- domestic and international. The border between Canada and the USA remains closed.
- **Ferry service is available for essential travel only**. Ferry capacity is reduced to 50%. Passengers may be subjected to health screening. Those with COVID-19 symptoms will be denied travel.
- Travelers entering the country **must self-isolate for 14 days**. Travelers must also have a **quarantine plan** ready to present to border agents.



### HOUSING

- Immediate **halt on evictions**, with some exceptions (safety and/or health concerns, etc.). **Landlords cannot enter units** without tenant's consent, except in emergencies.
- **Freeze on rental increases. Please note:** tenants should pay rent wherever possible. Legislation still requires that rent is paid in full and on time. A tenant who has not paid rent could face eviction once the state of emergency is over. **Rental Supplement available** for those eligible (see below).



### PUBLIC SERVICES & FACILITIES

- **In class instruction is suspended** at all K-12 schools. Online learning facilitated by teachers. Technology loans available. Contact your school board.
- Seniors can dial **2-1-1** for help with tasks such as getting groceries. **Volunteers** are encouraged to register at **bc211.ca**.
- **Service BC locations will stay open**. First hour is dedicated to seniors and other vulnerable populations. **Service Canada** physical locations closed.
- **Auto insurance** and licensing renewals available by phone: **1-800-950-1498**.



### FINANCIAL SUPPORT & INCOME ASSISTANCE

- Existing **Employment Insurance (EI)** program continues to be available. One-week waiting period for Sickness Benefits is waived. Those who applied for EI after March 15 will be automatically moved to the Canada Emergency Response Benefit (CERB).
- **Canada Emergency Response Benefit (CERB)** provides \$2000/month to workers who lose income due to COVID-19, including contractors, seasonal workers, those whose EI benefits have recently expired, workers making less than \$1000/month, and self-employed people.
- **BC Emergency Benefit** provides an additional one-time tax-free \$1000 payment to those whose ability to work has been affected. Applications open May 1. For eligibility requirements, visit: [www.gov.bc.ca/workerbenefit](http://www.gov.bc.ca/workerbenefit).
- **BC Hydro** deferral & payment plans available. Call **1-800-BC-HYDRO**.
- **Fortis BC** deferral & payment plans available. Call **1-888-292-4104** (natural gas) or **1-888-292-4105** (electricity); or email: [COVID19Recovery@fortisbc.com](mailto:COVID19Recovery@fortisbc.com).
- **ICBC** payment deferrals available. Call **1-800-665-6442**.
- **BC Temporary Rental Supplement** to provide up to \$500/month towards rent, paid directly to landlords. Visit: [bchousing.org/COVID-19](http://bchousing.org/COVID-19) for eligibility requirements.
- Additional \$300 a month for those on **persons with disabilities (PWD)** and **income assistance** who are not eligible for the emergency federal support programs.
- Funding available to **child care providers** who stay open OR close.
- Six-month interest-free moratorium on repayment on all public **student loans**. Emergency assistance fund available for post-secondary indigenous and non-indigenous students. Legislation being proposed for the **Canada Emergency Student Benefit**. If passed, it will provide eligible students and new graduates who do not qualify for CERB \$1250/month, or \$1750/month to those with dependents or who have a disability. More info available online for students, including additional grants.
- Emergency relief funding for families of **children with special needs**.
- **OAS/GIS** for seniors continues to be available. Low income seniors who receive **B.C. Senior's Supplement** will also get \$300 top-up.
- Temporary **child care** available for **essential service workers**.
- For financial support for businesses, visit: [nicholassimonsmla.ca/covid-19/](http://nicholassimonsmla.ca/covid-19/). The BC Government has launched a single point of contact for **small businesses** throughout the province looking for information on resources available during COVID-19. Advisors are available Monday to Friday, 8 AM to 6 PM and Saturday 10 AM to 4 PM. Call **1-833-254-4357** or email [covid@smallbusinessbc.ca](mailto:covid@smallbusinessbc.ca).



### QUESTIONS?

- **8-1-1** for medical info and advice.
- **1-888-COVID-19** or text **604-630-0300** for non-medical info about COVID-19.
- Official BC Government Website: [gov.bc.ca/COVID19](http://gov.bc.ca/COVID19).
- Contact your local MP for help with **federal programs** (i.e. EI and CERB).



[nicholas.simons.MLA@leg.bc.ca](mailto:nicholas.simons.MLA@leg.bc.ca)



Lower Coast: **604-741-0792**  
Upper Coast: **604-485-1249**



# Nicholas Simons, MLA

As information is always changing, please visit  
[nicholassimonsmla.ca/covid-19/](http://nicholassimonsmla.ca/covid-19/)  
for the full list of Public Health Orders, Government  
Announcements, and Financial Supports - updated daily

# Your health is important!

- Don't postpone health issues.
- Normal care may take a bit longer now.



- CALL 811 for non-emergency, confidential health education & advice
- CALL YOUR DOCTOR if you are unwell
- CALL (604) 485-6261 (GP) or (604) 485-2430 (NP) if you do not have a doctor or nurse practitioner
- CALL (604) 485-5501 for a virtual appointment at the walk-in clinic
- CALL THE HOSPITAL (604) 485-3211 before going in for serious breathing symptoms or a fever

*A message from  
Powell River  
physicians*



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**DRIVE-THRU CONFESSION:** I closed our Church down to private prayer on Easter Monday.

It is part of Catholic life that the church be open for private prayers, drop in visits. This is normal and part of our life.

Confessions happen inside a church, in confessional rooms where people have a choice (face to face with the priest), or behind a screen for anonymity. We have always offered confessions every day at Assumption. On Saturdays, twice a day. Saturday is always the traditional day for confessions.

Someone actually suggested that I could sit in my car, and the other person could approach in their car, and we could converse, and do the confession from one vehicle to another. So this has been working. There is no anonymity obviously. But people are getting used to it.

People do like this “drive by” service.

I like it because I’m very comfortable in my car, while the old fashioned confessional is hardly comfortable at all!

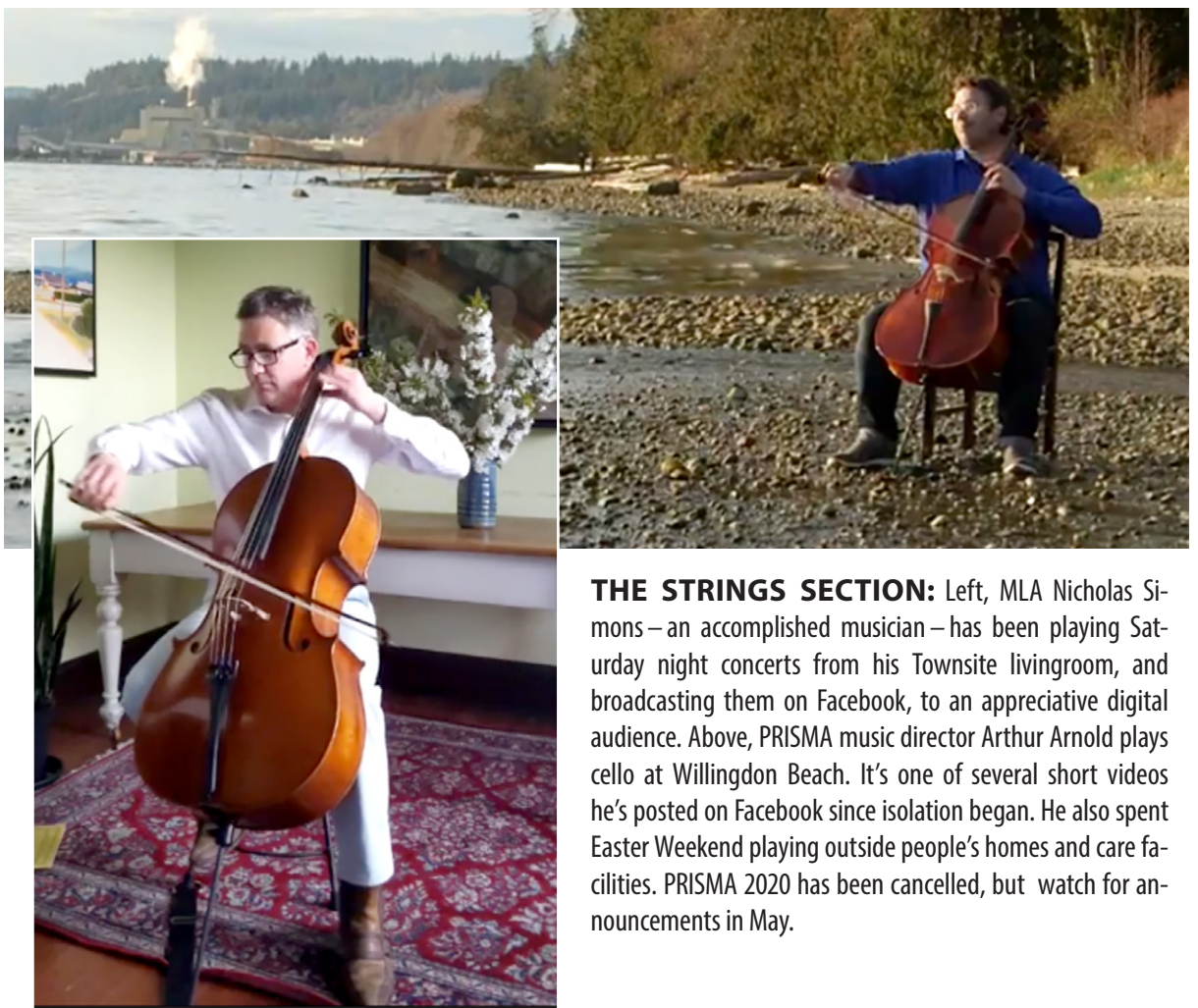
I wear the purple stole like I do for regular confessions.

We do this every day of the week, at 11 am, for half an hour.

People are happy because we are available. Of course the confessional is way more “chatty” and conversational than normal. Let’s face it, it is a chance to talk, with the two metres of distance, and therefore safe (supposedly).

I like it, because it’s a lark, it makes confession something easy to do, therefore I approve.

- Father Patrick Teeporten



**THE STRINGS SECTION:** Left, MLA Nicholas Simmons – an accomplished musician – has been playing Saturday night concerts from his Townsite livingroom, and broadcasting them on Facebook, to an appreciative digital audience. Above, PRISMA music director Arthur Arnold plays cello at Willingdon Beach. It’s one of several short videos he’s posted on Facebook since isolation began. He also spent Easter Weekend playing outside people’s homes and care facilities. PRISMA 2020 has been cancelled, but watch for announcements in May.



## Suddenly, many of us are time-rich How are you spending it?

### Home Schooled

Above, Jay Austin (and Melanie Austin, not pictured) have been giving their children a crash course in trades. So far, Daelin, 8, and Sophia, 7, have helped build a porch, fix cars (pictured on the cover) and pour cement (above).

### Tea Party apart

Maple Avenue resident Linda Wegner organized a social distancing tea party for the 5500 block last month. A dozen residents sat more than six feet apart and enjoyed a cup of tea in the bright sunshine.

### Beach glass

Loren Halloran needed something to keep himself busy so he turned to beach combing.

"I've taken up the art of beach glass finding on local beaches," he said. He found many pretty pieces of glass as well as heart-shaped and round rocks and pretty shells.

"I washed all the shells and glass and began gluing pieces of glass inside the shells. I'm no artist but I got creative."

Loren says he enjoyed collecting these items. "One doesn't realize how therapeutic sifting your arms through sand and small rocks can be. The end result for me was a way to spend time away from other people during this awkward time and to stay busy, while having an interest or newfound purpose."

### Pandemic author

Seventy-two year-old Katie Cameron wrote her first book while stuck at home during the COVID-19 pandemic. The Adventures of Bubba, is a short book filled with true tales starring Katie's orange Persian cat, Bubba.

"From fighting with eagles, to playing with otters," Bubba was the kind of cat who got into trouble – a lot. The Adventures of Bubba is available on Kindle. In the future, Katie plans to have print copies of her book available for sale.

### 'Pandemic Planters'

And there's Nancy Dietrich's dad – 90-year-old Terry Waghorn. He's been keeping busy building what he calls pandemic planters. Nancy says he wants to let



The  
Adventures  
of Bubba

KATIE CAMERON



people know there are lots of things you can do to keep busy during the pandemic that do not involve using your phone!

### Baking... with children

When Alena Devlin found herself unable to buy enough bread to keep her three young children happy she decided to make her own (next page).

She'd been witnessing the bread baking photo phenomenon on Facebook during the pandemic and thought she

could do this too.

"I jumped on the sourdough bread band wagon and made my own starter," she says. The results? Two weeks later, after many failed attempts and hours of YouTube tutorials, she finally nailed it. "My children love it!" she says.

However, Alena advises would-be bread makers to plan extra walks and workouts to burn off those unavoidable calories associated with homemade bread! [PR](#)





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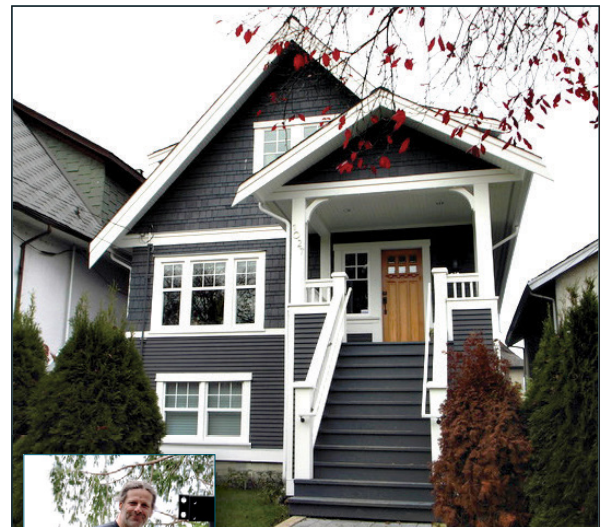


The Front Steps Project was a “coffee moment” concept created in March of 2020 by two Boston photographers, Cara Soulia and Kristen Collins. As soon as I heard about the project, I knew it was something I wanted to do, 1. so I could stay busy; and 2. to give back to the community.

I presented the idea in a post on my Facebook page and was immediately overwhelmed with requests. It quickly became apparent to me that I needed to focus on the essential service workers, as a way to bring recognition and thanks to the sacrifices they, and their families were making for Powell River. I managed to photograph over 100 families during a two-week period in April.

I am currently focused on the graduates of 2020 by doing free mini sessions for them, in exchange for donations to the food bank or a charity of your choice.

From the bottom of my heart, I want to thank Powell River for the outpouring of love and support I have received. We are all in this together! Stay safe! —Leah Laurie



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### Miki Takahashi

I am making fabric masks. I first made masks for my family: my children aged 2, 5 and 10, myself and my husband, and I posted photos on my Instagram account. After that, many people messaged me asking “could you sew masks for us?” I have materials and love sewing, so I do (Miki sells handmade cotton baby clothes and blankets at farmer’s markets and on Etsy). I make two sizes of kids masks and an adult size, with two layers and a pocket.

### Arlette Raaen

When the pandemic was starting, my husband Chris and I were in Mexico. We moved our travel date up and went into self-isolation when we got home. I felt from the beginning that making fabric face masks could be helpful, and since I enjoy sewing, I was ready to jump in.

Until recently though, the official word on nonmedical face masks was not to use them. Now, it is recommended that people wear them in public settings because a significant number of people with coronavirus don’t have symptoms and can transmit the virus. We are told to assume that everyone around us has COVID-19.

Nonmedical masks can help to protect others around us when we can’t maintain six feet of distance. I had already decided for myself that making non-medical masks made sense, and I’m glad that I started making them when I did. I have had requests from family and friends near and far.

My primary focus so far has been to help prepare inclusion Powell River Society, where I am the co-chair for the board of directors. Now, there is a community-wide group page on Facebook where we can share resources for making personal protective equipment, and to help get them to those in need.

Please go to the Powell River Mask Match group page to get in touch.



# Mask makers

With just their own skills and a desire to help, Powell River’s fibre artists and techies threw themselves into the task of protecting people. They’ve been wildly prolific, quick, collaborative, and stylish. In other words, they represent the best of our region.

### CAN YOU HELP?

Deb Calderon, administrator of the Facebook Group Powell River Mask Match, says they are in need of more sewers to make masks in order to keep up with new requests. If you can help please contact Deb at [debecalderon@yahoo.ca](mailto:debecalderon@yahoo.ca) or call 604-485-7149.



**LOCAL TECH STEPS UP:** From left, Kieran Fogarty's 3D-printed ear-saving mask hooks; Sherri Wiebe's laser-cut s-hooks and buttons.



### Kieran Fogarty

When the opportunity arose to use my technology and creativity to help those on the front line, I decided to put my 3D printers to good use printing ear saving mask clips and face shields. The mask clips help stop rubbing from the mask straps on the back of the ears. I've been giving these out daily with over 400 printed to date. The last thing I want someone working in this pandemic to worry about is pain from their protective gear.



### Sherri Wiebe

During these trying times my business, Blue Steel Imaging, had to shut its doors to the public due to COVID-19. Business has decreased 95 percent since March 15.

I saw a post online about people making and selling S-hooks to people that had to wear masks, to help save their ears from chafing. The hook holds the elastic back behind your head to take the pressure off. After posting these for sale for \$2 each I soon realized that the community wanted to support this in some way and Bobby Jo Harris pledged \$100 for me to make some and distribute to the hospital.

Soon after a few more people also sent donations for material and by the end of the day I had enough material paid for to make hundreds of hooks. I made over 600 hooks and they were distributed to the hospitals, offices, and individuals.

I saw that Laura Craigen was looking for donations of buttons and realized I could also make buttons out of the acrylic on my laser cutter. I cut and donated over 650 buttons and a box of t-shirt material for their efforts in making headbands for the workers. I also passed on \$100 of the donated money to Kieran Fogarty to help in his efforts of making different hooks and face masks on his 3D printer.

Thank you to everyone for contributing!

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## Jenn Lawlor

Lilla Tipton, CEO of inclusion Powell River, asked me to coordinate making masks for eight group homes, for outreach workers and for the clients who wanted them.

I asked inclusion staff to help out with the sewing of the masks. Some staff cut out the pattern, and other staff sewed them. Two members of the inclusion board stepped up and started sewing masks, too. I put a call out on my Facebook page and seven community members came forward. They donated material and elastic for the masks. Others cut and sewed, too. One staff member's family got involved; she cut out the pattern and her mother and son did the sewing. (Above left, Kathleen Clarke and Eveylan Erickson).

In times like this, it is amazing to see the community come together to help out. As of today, this team has made and handed out 300 masks.

inclusion has also made 50 face shields for the workers in the group homes.



## Wayne and Georgie Brewer

Georgie is a retired RN so when our daughter-in-law who still works at the local hospital called to ask if Georgie could make the crew some masks she sprang into action and made about three dozen, two different designs, using fabric remnants she had on hand from other projects. All quilters have such a stash of scraps.

Georgie had no problem creating a comfortable design as in past lives she has been a dress, suit, wedding gown maker. The biggest challenge was sourcing elastic as there is now a global shortage of it, though speaking from her own experience, Georgie says the most comfortable style is the one with ties instead of elastic.

## Should everyone wear a homemade mask?

In early April, BC's Provincial Health Office Dr. Bonnie Henry spoke about homemade masks during one of her daily 3 pm media conferences. Since the pandemic began, the effectiveness of wearing masks in public as a preventative measure has been up for debate.

She weighed in, stating that homemade masks are an acceptable additional measure, along with social distancing and hand-washing. They help the one who is wearing the mask not spread the virus to others, much like coughing or sneezing into your elbow. They minimize the spread of droplets. However, she cautioned, wearing them can increase the number of times a person touches their face.

Both Dr. Henry and her federal counterpart, Dr. Theresa Tam, note that homemade masks do not prevent others from spreading the virus to the wearer.

But the debate is far from over. In March, *The Lancet* journal published an article highlighting how diverse official advice is on this, around the globe. China and Czech Republic, for example, are encouraging and enforcing face-coverings. Many other countries are not.

The World Health Organization has cautioned that wearing one can "create a false sense of security because it might lead to neglecting fundamental hygiene measures, such as proper hand hygiene," according to *The Lancet*.

What to take away from all this? If you're asymptomatic, homemade masks can likely reduce your own spread of COVID-19. But if you wear one, you should make sure you're still not touching your face, and that you are following all other hygiene protocols as well. **PR**

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Business Analyst / Loans officer

# Keith Allen

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# Who's hungry?



Widespread job loss, an uncertain grocery supply, and physical distancing rules impact Powell River's agencies serving food to the already-marginalized.

It looks like a recipe for a bunch of locals going without.

Already, local non-profits are grappling with changes in grants, need, volunteers, and food. It may be weeks or months before we see COVID-19's true impact on our collective ability to feed ourselves.

## **Powell River Action Centre Society Food Bank** Savanna Dee, manager

About 10 percent of Powell River's households use the food bank each year – and one third are children. There, they can get food to cook at home, including fresh food grown in the Society's greenhouse.

The good news: demand for food hasn't surged, yet. Savanna credits government programs that are extending more money to those on assistance (see sidebar on the next page).

Now, the bad news. And there's lots. Due to COVID-19, the Society lost the annual \$2,300 Fresh Gardens and Growing grant, which supports the greenhouse, as that money has been redirected to emergency food response.

The society's volunteers can't come in, so they've had to hire two staff "as muscle," Savanna explains.

But most critically, getting food is hard. Grocery stores are struggling to maintain supply for all shoppers and the quantities of food Savanna can get are limited (one source sent her both commercial-sized cans of beans and miniature single-servings of mushroom soup). Some local businesses have stepped up. But supply is challenging for everyone.

## **HOW TO HELP**

### **Powell River Action Society Food Bank**

Mail a cheque or donate through the PayPal button on [powellriverfoodbank.com](http://powellriverfoodbank.com)

### **LIFT Community Services Society**

If you would like to donate store gift cards, items or money to Lift, please contact Community Support Programs Manager, Jessica, at 604-414-9880 or [jessica@liftcommunityservices.org](mailto:jessica@liftcommunityservices.org)

If you have extra home-grown vegetables to share, contact [adriana@liftcommunityservices.org](mailto:adriana@liftcommunityservices.org)

### **Salvation Army**

Shelves are getting low so donations are always appreciated. At this time monetary donations are preferred, so we can process them into bulk buying to get the best deals possible. Contact [contact@salvationarmypr.ca](mailto:contact@salvationarmypr.ca) or 604-485-6067.

### **School District 47**

Anyone who would like to donate, please contact Sue Cecconi from Friends of Powell River at [suececoni@gmail.com](mailto:suececoni@gmail.com) or Kristen Brach at [Kristen.brach@sd47.bc.ca](mailto:Kristen.brach@sd47.bc.ca)

### **The Powell River Mutual Aid Facebook page**

Visit the Facebook page to post or find projects that connect with you.



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## LIFT

(Including the food programs at the Community Resource Centre, Family Place; The Nook Social Enterprise Café and BOND.)

Jessica Colasanto,  
Programs Manager

LIFT usually feeds meals and snacks to at least 450 people a week, primarily through the CRC and Family Place (plus the 43 people who live and eat at the Supportive Housing complex). It also provides pantry top-ups as needed and some weekly grocery store cards. The Nook provides a meal to twelve Brooks students each week.

“The need has remained essentially the same,” said Jessica. “And now the vulnerable population faces new challenges accessing the stores, obtaining fresh fruits and vegetables, and ‘stocking up’ on food in case the situation gets worse.”

As social distancing measures prevent gathering at the CRC and Family Place, prepared meals have ended, but grocery cards are being handed out, and hampers are being delivered through LIFT’s Homeless Outreach program. Food programs at Supportive Housing continue as usual.

“Keeping staff safe while providing outreach is a challenge across our organization,” said Jessica. “Much of what we do involves engaging with the vulnerable population and providing social connec-

tion, a difficult task when we’re dropping off a package and keeping social distance; we’re getting by with phone calls and on-line chats. Lift also has a strong network of volunteers (many of whom are in the vulnerable population) and we’ve asked them to stay home.”

## Salvation Army

Kerrin Fraser, Community  
Ministries Coordinator

The Salvation Army’s food programs are continuing as usual, but with social

distancing and other safety measures. They include a twice-weekly bread and produce box; a weekly lunch; a weekly dinner; and a bi-monthly hamper program.

“We are seeing people come in that we haven’t seen before so more people need the food but they are also looking for a bit of social interaction even from a distance,” said Kerrin. “If this continues we will see a continued increase of need for essentials. We are ready and willing to help in any way necessary to the best of our ability.”

## Tla’amin Nation, The Community Wellness Department

Brandi Marriott

This is a new entity in the Tla’amin Nation, funded through Indigenous Services Canada. It usually offers a breakfast and lunch program to school aged students; a monthly community lunch of soup and bread (people are offered to take soup and bread home before they leave;) and a Food Basket Program, which is similar to the Powell River Food Bank.

Since social distancing began, the breakfast, lunch and soup program have been postponed until further notice. The Food Basket Program is running on a referral basis currently but open to assisting Indigenous families who request help.

## School District 47

Kristen Brach, District Principal  
of Learning and Innovation

All SD47 schools have lunch programs for students who need them. Most students have been home since mid-March, but administrators and teachers have been working hard to get food and other supports to families.

“This is being done through the amazing support and collaboration with our community partners for creative ways to continue to provide lunches to those who

## GOVERNMENT HAS STEPPED UP DIRECT PAYMENTS TO PEOPLE

In April, the Provincial government raised income assistance (welfare) and disability benefits by \$300 a month, for the next three months. That first bigger cheque was handed out April 22. It’s still not much; income assistance is \$760 a month for a single person. With the additional money, it’s \$1,060. Disability assistance is \$1,183; with the supplement, it’s \$1,483.

In addition, the federal government introduced the Canadian Emergency Response Benefit (CERB) to support those who have lost their jobs due to COVID-19, and the EI system couldn’t keep up with applications. The \$2,000 a month flat rate (minus taxes) will be about the same amount many of those who earn minimum-wage take home when they’re working. And, both the federal and provincial governments are offering one-time payments to parents.

Many Canadians are using this unique time to renew a call for a Guaranteed Annual Income – one that will replace this patchwork of systems and more with a single, adequate payment.

need it,” said Kirsten, noting that teachers are in regular communication with children and families.


She anticipates that the need for food may grow over time.

## The Powell River Mutual Aid – Folks Helping Folks Facebook page

Jessica Kay, organizer

“As one of those folks particularly vulnerable to the potential impacts of COVID-19, I rely on the kindness of friends and strangers to help me thrive in this challenging time,” said Jessica. “I wanted to do something practical and within my capacity for our community – something that would nourish meaningful connections between neighbours, friends, and strangers, now and beyond the pandemic. And so, I created the Mutual Aid page.

“Mutual aid, or helping each other through cooperation and reciprocity, is one of the ways humans survive and thrive in all times and all places. There are mutual aid projects and networks all across the world – I thought our town would respond to the idea with enthusiasm and compassion. And it has been a beautiful thing!

“We have grown to over 800 members with over 250 posts. Folks ask for help, give help, and receive help. It is a space to share and receive resources, skills, and relevant information. We keep it focused, kind, and about connection. We are all in this together.” 



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# Three Generations One Inspiration

Across two continents and eight decades, Marge Gilham's family has nursed thousands of people through births, deaths, and so much in between.

To celebrate National Nurses Week May 11 to 17,

**Marge Gilham**  
Kings College London, 1958

**When did you know you wanted to be a nurse?**

**Marge** • My best friend went into nursing in 1953. I thought it sounded like fun and I'd give it a try. I went the next year. There really weren't many options for women in England back then... teaching, office work, shop work... I thought why not?

**Who inspires you?**

**Marge** • My (aforementioned) best friend, Joy. She was so bright and we'd been friends for many years.

**What is the best thing about nursing?**

**Marge** • Meeting and being with people and making them comfortable.

**Tell about the hardest part of your job.**

**Marge** • Working steady weekends when everybody else was at the beach!

**Tell us about your career.**

**Marge** • I graduated from Kings College in London in 1958. I did midwifery in Brighton. In 1959 I came by boat and train from England and worked first in Edmonton. Canada was very relaxed compared to England. It was very strict back home, doctors never interacted with the nurses, for example, it was much more fun in Canada, we were all friends. I met my husband in Edmonton, and moved with him to his hometown (Powell River) in 1960. I worked at the old Powell River General Hospital and the Extended Care Unit for 38 years. So I nursed for a total of 40 years. I'm still friends with some nurses I worked with before retirement, we still go for walks once a week.

**What's it like to be a family of nurses?**

**Marge** • I'm excited that they are doing the work I so loved... I'm not sure if they love it as much as I did, but it's reassuring to know they have work all the same! Nursing is one of those careers that has a lot of versatility, flexibility, and benefits. I know my grandchild-nurses will always have jobs and can take time off from those jobs when they need to.

**Faye Fogarty**  
VIU, 1992

**When did you know you wanted to be a nurse?**

**Faye** • I guess I first decided I would like to be a nurse in high school. My mom was a nurse and I liked the idea of helping people. My mom always really enjoyed what she did: I used to say to her, as she left for work, "Have a good shift!" and she'd say, "I don't believe in bad shifts!" That positive perspective really had an effect on me when it came to choosing a career. It wasn't until I was 26 that I actually decided to go back to school. I was working as a lifeguard as a single mom and I knew I needed a better way to support myself and my daughter.

**Who inspires you?**

**Faye** • A close friend in my early twenties was the first person who really inspired me to become a nurse: I didn't totally understand the process, and I was nervous about taking the step to move away from Powell River with my child in tow. He was the one who said "Faye, you can do anything that you want to do. If you want to go into nursing, you should do it!" I'm so glad I did.

My coworkers, my fellow nurses and doctors, inspire me most now. I'm inspired by the teamwork and common goal of looking after our residents and our patients as a group. I'm especially proud right now of all the healthcare workers who are really on the front lines during this really uncertain COVID-19 situation.

**What is the best thing about nursing?**

**Faye** • Having a job I enjoy! I like taking care of people and their families during a time of stress and uncertainty. Helping people navigate the difficult times is something I'm good at, and it is so rewarding. I feel an affinity for working with the elderly.

**Tell us about the hardest part of your job.**

**Faye** • Night shift is grueling... but I'd say the hardest part comes with loss of life.



**Deadline:**  
noon, Friday  
June 5, 2020



## BACKYARD Photo Contest

**You're at home anyways... snap a photo to win!**

All Powell Riverites are invited to submit one photo to the Library's contest! The main focus of the picture should be either your own yard or the view from your home.

There are two categories: under 18, and 18 and over.

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**Yes, there are prizes!**

You may win \$75, have your photo published in *Powell River Living* magazine, and displayed at the Library, and appear in the annual PRPL fundraising calendar.



info@prpl.ca • 604-485-4796 [prpl.ca](https://prpl.ca)



# g Career

PRL is honoured to showcase the voices of these four women as they explain their professional paths, their joys and their heartbreaks.

Things can seem so unfair and I've experienced some real sadness. Really, some of the worst things imaginable. But we also get to experience wonderful things, sometimes death and new life in the same shift.

#### Tell us about your career.

**Faye** • I did my nursing on Vancouver Island in the 1990s as a single mom. I graduated in 1992 and started my first job as an RN at Powell River General Hospital and Olive Devaud care home. I'm still working as a full time RN, this will be my 28th year. I don't think I'll catch up to my mom... she nursed for 40 years! I briefly nursed in Vancouver at Peace Arch Hospital in the Emergency Department. In my career in Powell River I've worked in Emergency, Intensive Care, Maternity, and now I'm working in Long Term Care at Evergreen Extended Care.

#### What's it like to be a family of nurses?

**Faye** • It's really fun to be a family of nurses. My mum studied nursing during the 1950s in London before emigrating to Canada. She worked as a nurse until 1998, we nursed together at the old Powell River General in Townsite, for a short time. It was comforting to have my mother there when I started. We didn't work side-by-side, but we'd work the same shifts.

She was concerned for me when I first started, I remember her coming into my department just to check on me, even though she had all her patients to worry about too. Two of my three daughters are also nurses now, my eldest daughter Andrea did her nursing at Vancouver Island University (same as me) and has worked at Nanaimo Hospital and the new hospital in Courtenay. She just had a baby April 1 (my first grandbaby! Maybe she'll be a nurse too).

Bronte, my middle daughter, graduated in 2018 from nursing at Trinity Western University. She's now working her dream job at Vancouver Children's Hospital.

I think it's really special to share this career with some of the women in my family. We can discuss things in an environment where the other can really understand. Some of the struggles just can't be relatable unless you work in health care. My daughters will call and debrief about stressful and new experiences, and while our jobs require a high degree of confidentiality, of course, we can share medical experiences as encountered professionally.

My youngest daughter, who is not a nurse, feels very comfortable surrounded by nurses, but would appreciate it if we talked less about bodily functions (or malfunctions) at the dinner table.



**"I'm excited that they are doing the work I so loved.... I know my grandchild-nurses will always have jobs and can take time off when they need to."** - Marge Gilham



**"Helping people navigate the difficult times is something I'm good at, and it is so rewarding. I feel an affinity for working with the elderly."** - Faye Fogarty



**"It really wasn't until I started nursing myself that I realized what she's [Faye] encountered and how strong she is. She's my hero!"** - Bronte Fogarty



**"I see a lot of beautiful moments but also a lot of devastating moments. Those... are some of the hardest parts of my job."** - Andrea Middlemass

**THE GRADUATES:** So much has changed about nursing. As Bronte Fogarty points out, her grandma used to sharpen her own needles on night shift in the 1950s! But the care, discipline, hard work and bravery remains the same.

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**A REMARKABLE LIFESTYLE:** The whole family discusses the career opportunities nursing provides. Outside of work, the skills and labour also provide the foundation for a meaningful, stable and fulfilling life.

## Andrea Middlemass

Malaspina University, 2007

### When did you know that you wanted to be a nurse?

**Andrea** • I do not remember a specific time or calling of when I wanted to be a nurse. During my childhood, I do remember always wanting to help my friends that were sick. I took engineering my first year of university and did not enjoy it and decided that I would try nursing. I am forever grateful that I made that decision.

### Who inspires you?

**Andrea** • My mom inspires me. She is an amazing nurse and I have always admired how hard a worker she is. She is smart, caring and compassionate. I have always aspired to be the nurse that she is.

### What's the best thing about nursing?

**Andrea** • I enjoy many things about being a nurse. I enjoy interacting with patients and families. I enjoy caring for people. I see people often at their most vulnerable moments and it is a privilege to ease these moments for them any way that I can. I also love the job versatility of being a nurse. There are so many different avenues we are able to work in. Our job is always evolving.

### Tell us about the hardest part of your job.

**Andrea** • As a nurse I see a lot of beautiful moments but also a lot of devastating moments. Those devastating moments are some of the hardest parts of my job. Often working short staffed is another challenge.

### Tell us about your career.

**Andrea** • I graduated nursing school from Malaspina University in Nanaimo in 2007. I then worked at NRGH in Nanaimo on a medical/stroke unit for six years. I now work at Comox Valley Hospital as a Community Access Liaison nurse. My role is mostly focused on discharge planning. I have been nursing for 13 years.

### What's it like to be a family of nurses?

**Andrea** • It is an honour to come from a family of nurses.

## Bronte Fogarty

Trinity Western, 2018

### When did you know that you wanted to be a nurse?

**Bronte** • I started thinking about nursing when I was in high school. My mom's work had always interested me. I loved learning about biology and I really enjoyed dealing with people. Nursing sounded like a great way

to combine the two.

### Who inspires you?

**Bronte** • My mom has always inspired me. After my first 12 hour shift I remember calling her and asking: "How in the world did you manage this, and then come home and take care of two kids?!" I barely had energy to shower. Mom was always extremely professional about the confidential nature of nursing so it really wasn't until I started nursing myself that I realized what she's encountered and how strong she is. She's my hero!

My coworkers also inspire me. I feel lucky to work alongside dedicated, smart, and loving healthcare providers who are constantly teaching me to become a better nurse. Most of all, my patients inspire me. The kids and families I work with are some of the bravest people I have ever met. They inspire me to be stronger and more courageous everyday.

### What's the best thing about nursing?

**Bronte** • The best part about being a nurse is definitely the people I get to meet. At my job, I see patients and their families on some of the worst days of their lives and I am constantly amazed by the way people come together to love, support, and encourage one another. It's an honour to have the opportunity to help people during scary and stressful times.

### Tell us about the hardest part of your job.

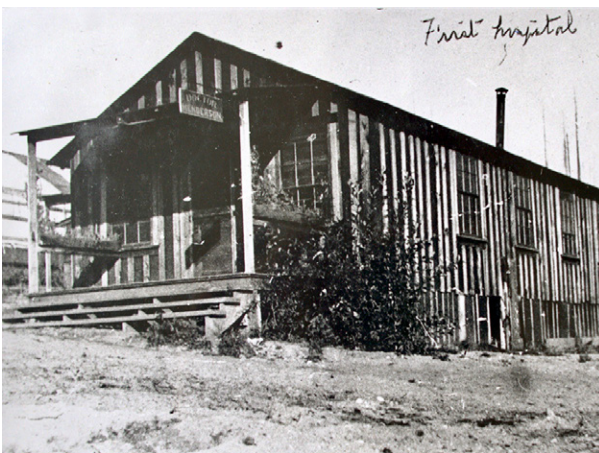
**Bronte** • The hardest part for me is not always being able to take the pain away... People come into the hospital for help, and it's difficult when the results aren't instantaneous or when things don't go as planned. It's hard to watch patients and families go through some of the most traumatic parts of life.

### Tell us about your career.

**Bronte** • I'm the newest nurse in my family, I graduated April 2018 but it feels like yesterday. I'm currently working at BC Children's Hospital in the emergency department, a job I've dreamed about since starting nursing school.

### What's it like to be a family of nurses?

**Bronte** • I'm the newest nurse in my family, so it's definitely helpful to have close family who are in the same profession and understand the intricacies of nursing. It's also amusing to discuss with my Grandma how things were done over 50 years ago in London: during her nurse training they used glass syringes and had to sharpen their own needles during night shift! **RL**



**NON-IDEAL CONDITIONS:** Just like today, nurses of the past worked with what they had. *Top left*, the tent hospital was established in 1910. *Left*, Doctor Henderson's bunkhouse hospital was used between 1911-1913 (until St. Luke's was built). *Above*: this photo of a dog, nurse and child was taken by Marjorie Henderson, and is on the steps of the Bunkhouse Hospital.

## Typhoid in a tent: nursing always took guts

BY JOËLLE SÉVIGNY

In our current state of a world-wide pandemic, one of the most popular buzz words of the moment is the saying: "essential worker." Part of this essential team are our courageous nurses and their strong dedication to the betterment of the health of our community.

Even though the pandemic has highlighted the work of nurses and other medical staff, they have long been respected for their work; at its core, caring for another human being, is one of the most selfless acts of service.

Numerous nurses are still remembered fondly from the early days of Powell River. Medical care back then depended much on practical nurses and midwives, since giving birth at home was popular until the twenties.

Before the paper mill, Mrs. Marie Hansen came to live with her family at the logging camp where the Powell River wharf was built years later. Marie was one of the earliest nurses in the area, who took care of the ill

**"At its core, caring for another human being is one of the most selfless acts of service."**

and looked after new mothers and newborns.

Powell River's first medical facility was actually a tent; believed to be burned down after the 1912 typhoid epidemic. Our first hospital was then a converted bunkhouse set up by Dr. Andrew Henderson, which had previously housed construction workers.

Then in 1913 St. Luke's Hospital (now the Kenmar building) was opened, where many nurses cared for the ill and assisted the doctors' work. The nurses were so well liked that in a 1924 *Digester*, a note to the editor states: "It isn't any wonder the boys about Powell River are willing to be sick, provided they may go to the hospi-

tal. I wouldn't be surprised if there was an epidemic. It's no trouble to locate the cause. The nursing staff."

Nurses Renfrew, Carpenter, Milne, Smith, Sparkling and Miss Frampton are all mentioned and held in high regards. Another well remembered nurse is Mrs. George (Clara) Kendrick. Even with the hospital open, nurses complemented the medical services. Clara nursed in private homes and converted her house on Cedar Street into a maternity hospital after WWI (now 6304 Cedar).

Eventually, a bigger hospital was needed for the growing town; our first Powell River General Hospital was built in 1942 at the end of what was Oceanview by the dam (now Marine Avenue). The building has since then vanished but is still remembered today by the many locals who were born there.

*Blast from the Past* is a monthly historical column written by the Townsite Heritage Society's board member Joëlle Sévigny. [PRL](#)

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# POWELL RIVER LIVING'S FIFTH ANNUAL BEST OF POWELL RIVER CONTEST

Let locals and visitors find the hidden gems only you know about! Write in your answers – serious and humorous – before May 30 for your chance to win groovy prizes. Note: One entry per person. You must answer at least 15 categories.

Or enter at [prliving.ca/bestofpr](http://prliving.ca/bestofpr)

Enter to win: **A Pollen Sweater and other great prizes.**

## Coronavirus

Best local crisis leader

Best local good-news story from this pandemic

Best grocery / shopping solution

Best neighbourhood response (what they did)

Best business response for staff

Best thing to do while self-isolating

Best snack for nesting

Best local online resource for COVID-19

Best crisis-time Facebooker

## Civic Pride

Best neighbourhood

Best local souvenir – free

Best local souvenir – paid

Best event or festival

Best tourist attraction

Best protest movement

Best scandal

Best public washroom

Best-looking storefront

Best sports team

Best holiday light display

Best reason to move here

Best reason to stay away

## Star Individuals

The Most 'Powell River' Person of the Year

Best local politician

Best volunteer

Best-dressed person

Best hair or beard

Best dressed dog

Best local celebrity

Best do-gooder

Best Facebooker – insightful

Best Facebooker – fun

## Food & Drink

Best brunch

Best burger

Best salad

Best ice cream

Best dessert

Best appetizer

Best fish & chips

Best other local seafood dish

Best take-out

Best buffet

Best restaurant for a quiet conversation

Best veg-friendly restaurant

20

BE  
of Powe

Best coffee scene

Best coffee for drinking

Best pizza

Best kid-friendly restaurant

Best patio

Best server (name)

Best meal under \$10

Best free food

Best cocktail

Best local beer

Best prepared food at a Farmers' Market

Best farm-fresh produce at a Farmers' Market

Best price on groceries

Best grocery store produce

Best butcher

Best bakery

Best liquor store

Best convenience store

# ST

ll River



- Best dog groomer
- Best retail salesperson
- Best corporate philanthropist
- Best construction-related tradesperson
- Best mechanic
- Best big box store
- Best sporting / outdoor goods
- Best thing you've found at a local garage sale
- Best thrift store
- Best teacher / coach / instructor
- Best non-food booth at a Farmers' Market

- Best place to run
- Best hike with kids
- Best hike for a sweat
- Best mountain bike trail
- Best dog park / area
- Best public garden
- Best place for swimming
- Best hotel
- Best place to park an RV
- Best place to pitch a tent
- Best zunga (rope swing, not beer)

## Arts

- Best local band / musician
- Best place to watch live music
- Best place to shake your booty
- Best visual artist
- Best mural
- Best gallery
- Best local designer: clothing or jewelry
- Best local Web site

## Retail & Service

- Best gas station – service
- Best gas station – price
- Best gifts
- Best gardening store
- Best men's clothing
- Best women's clothing
- Best realtor
- Best financial institution
- Best insurance

## Medical, body care and healing

- Best massage therapist
- Best GP or Nurse Practitioner
- Best dentist
- Best pharmacy
- Best marijuana or vape store
- Best hair salon
- Best hair guru (name)
- Best spa
- Best esthetician (name)
- Best spiritual experience
- Best spiritual leader
- Best work-out
- Best yoga

## Outdoors & Tourism

- Best beach
- Best place for a beach fire
- Best park

- Best SCUBA diving spot
- Best hiking hut
- Best fishing spot
- Best place to enjoy the rain

## Industry

- Best item made in Powell River
- Best commercial aquaculture or fishing operation
- Best forest industry operation
- Best construction company

## Who are you?

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone number \_\_\_\_\_



Bring this form to the PRL office by May 30, 2020 or fill it out online at [prliving.ca/bestofpr](http://prliving.ca/bestofpr)

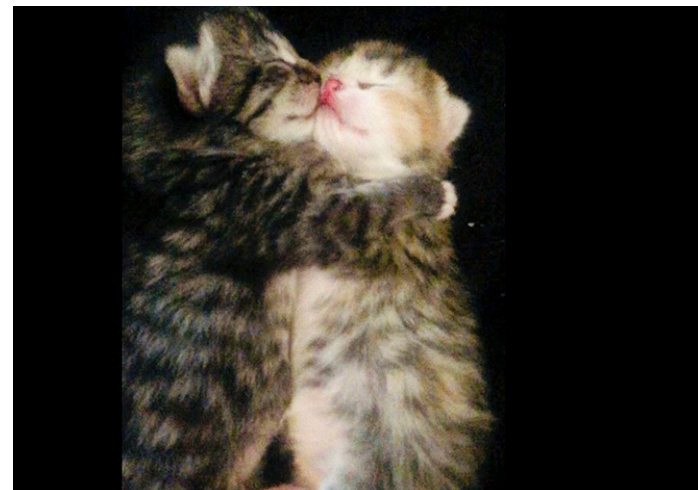
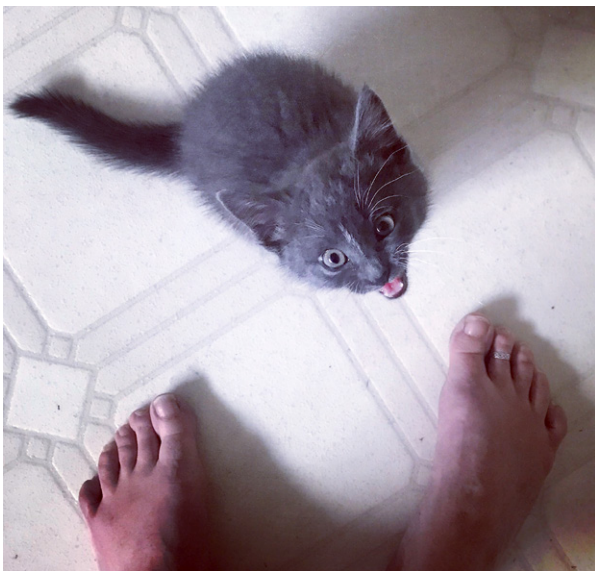


# Pets

part of our families  
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Socially-distanced from other people? Animal friends make the best companions.

Meet some of Powell River's newest fur babies – and some of our most treasured elders, including Roy the mini-horse (Page 33), Soda the Search & Rescue dog (Page 34), and Hunter, Jigs and Boots, who are doing a fine job of filling in as children this Mother's Day (Page 36).



**WELCOME, WEE ONES:** Clockwise from opposite page, half-sister alpacas Paris and Siberia live on Atravida Road, where Kathleen Gullette is growing her hobby farm to produce wool. Noni Stremming's grey kitten, Fig, demands attention. Baby mini goats Dolly and Patsy live in Wildwood with Sondra Butler. Maddyn Russell's cat Leia had four kittens on April 1 (left and above right). And Terri Glen and her husband Bob are loving their Labradoodle puppies Jackie and Joey. The pups are brother and sister and turned four months at the end of April. Not only do they provide Terri and Bob with endless hours of entertainment, they've captured the hearts of several others in the Townsite.

# Remote Learning: *Celebrate your successes!*



## One parent's experience

**Q**uynn Leffler is a Grade Four student at Westview Elementary and her brother Blake is in Grade One. Mom, Kelly, works from home. Using a hands-on approach, she wanted to create a fun learning environment and do things her kids are excited about without overwhelming herself or her children.

They brainstormed about activities and decided on baking, sketching, yoga, science experiments, reading, arts and STEM challenges.

They keep in touch with teachers through email and Zoom with Kelly taking her cues from Quynn and Blake. "I ask them, what do you want to do today? Is there something different you would like to try and how can Mom help?"

Favourite activities include making rock candies,



learning the importance of being patient, building boats to float, catapults to shoot and time spent in the kitchen.

Blake misses playing with friends so Kelly fills in. She's been seen impersonating the pink Power Ranger, running around the backyard kicking, punching and yelling: "Go Go Power Rangers!"

Kelly acknowledges that what works for one family might not work for another. "We find keeping a routine helps. The worst thing you can do is stress about school. Know that you are doing your very best during a stressful time and focus on the positive. Our kids will remember this moment forever, reassure them, listen to them, and love them."

## Looking for more?

The Ministry of Education's website has ideas for families for everyday activities, annotated links to free learning resources, as well as how to help children keep well and learn while they are at home. Please visit [www.openschool.bc.ca/keeplearning](http://www.openschool.bc.ca/keeplearning).

## One student's experience

**R**anae Babcock, a Grade Nine student at Brooks Secondary School, shares her thoughts on the new home learning experience.

"At first I was excited and thought of it as an extended spring break but now I realize how real this has become." Ranae feels lucky to live in a small community where "we can walk through trails and talk over fences all while keeping our distance. With the help of our teachers and a computer we are also able to continue learning while being in our home."

Ranae misses social interactions the most. "It's really strange not to have those little daily conversations. I now realize how much I appreciate them."

But she's kept busy reading books and writing journals to keep up with language arts. She's also been learning new songs and instruments to play and has been baking new recipes with her family!

When the pandemic is over, she hopes to share some ice cream and laughs with friends.

As for unexpected lessons, she's learned to cherish her alone time.

"Living in a house of five, I have learned how nice it can be to have your alone time but I've also learned the importance of being together. I try to see the bright side of things and know that this will be over soon."

With the move to remote learning for all students in British Columbia, teachers and families have been working together to provide learning experiences for students during the COVID-19 pandemic.

Teachers have been focusing on literacy, numeracy, and social-emotional learning – and have been providing a wide variety of online and offline options for students and families to choose from.

We know that all families are doing what they are able to build in learning at home and are giving their best. Studying at home isn't easy. Recognizing and celebrating successes, even small ones, is important. We've peeked in on a few students to see how their remote learning is going.



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# Minimum horse, maximum smile

BY TRISHA THOMAS

**R**oy is a very special little gelding that I didn't know I wanted until I had him. My daughter and her friend Corinea told me about a little mini that needed a job and wondered if I would take him, so I went to see this little horse. It was love at first sight.

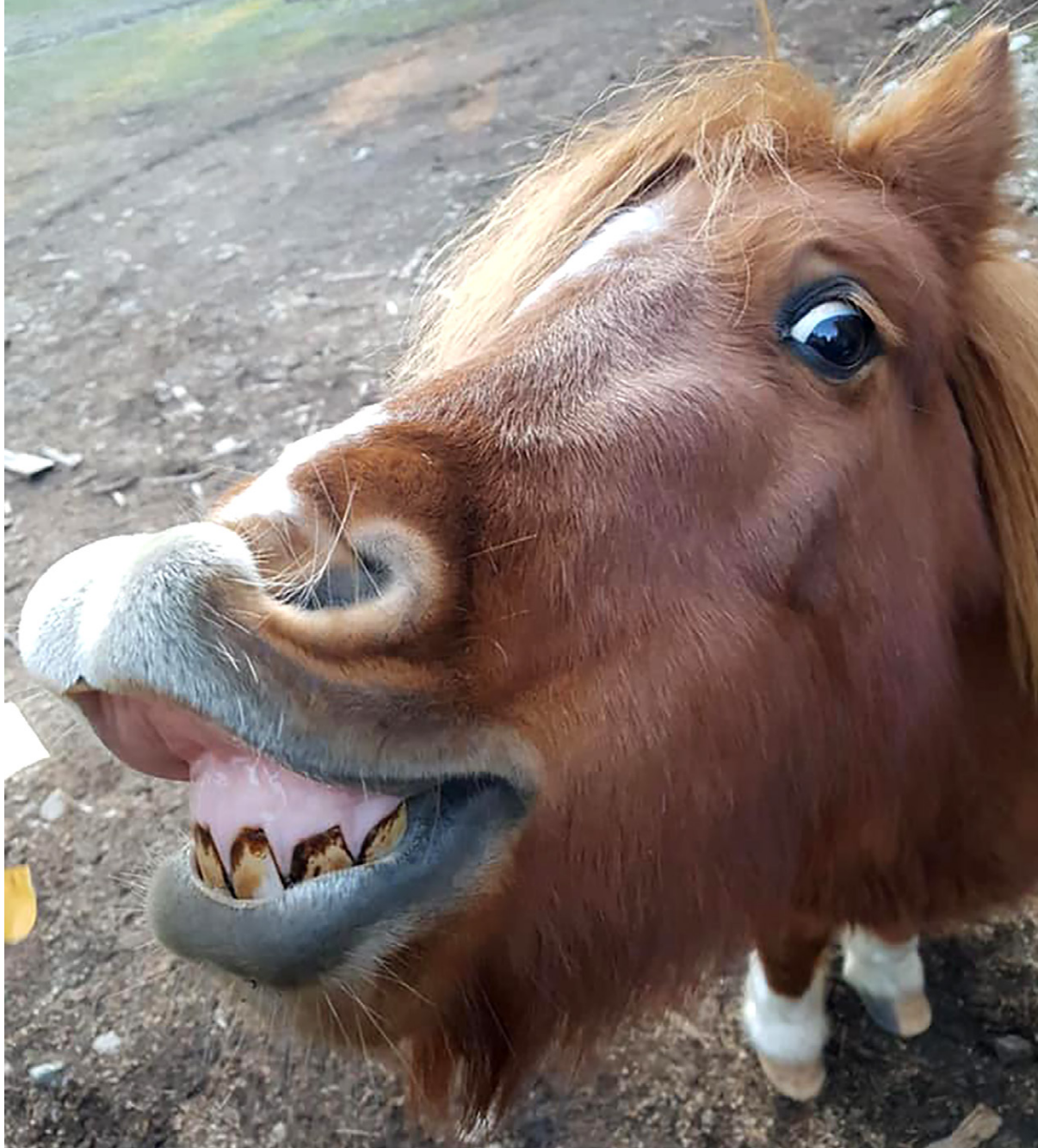
My friend Julie brought her huge horse trailer to pick up little Roy and before I knew it I was a horse owner again after 25 years of being horseless.

We had no barn, just a shed, so that became little Roy's stall. I had to buy all new things for Roy as I had only owned large horses before him and those things were long gone anyways. Out to Jumping Jodhpurs I went, my free pony cost me tons! Only the nicest and the best for Roy!

My husband, Gord has said to me, "Are you financially strapped right now?" To which I reply, "No, Why?" He will go on to say, "Nothing has come in the mail this week for Roy, so I was wondering if everything was okay!"

I have been very thankful that he is a small pony because it has taken a lot out of me to get him to the point we are at a year later. Roy has stepped on both my feet at the same time, backed over me, bit me, dragged me and just been a little puke in general! I did say to Jennifer that we will look back at this and say, "Can you believe how bad he used to be?" So yes, I've said it! I can not believe how far he has come.

The people who live on Southview Road all know Roy now as they have also seen the progression of training he has gone through over the year. He pulls his pool noodles and now we are *pony Joring* which is a sport of being pulled on skis by a pony. Since I don't ski, Roy pulls while I run.



**ACCESSORIZE ME:** Roy (above) came free to owner Trisha Thomas, but she's spent a fortune on right-sized gear. Plus, of course, a companion retiree: Brawyn (left), who needed a whole barn.

he has short legs and a plump belly.

Roy also hikes in most of the north of town trails with me as well. He is great on the board walks and has figured out how to climb the few stairs that there are. I have a little western saddle that my friend Sheryl gave me and I turned it into a pack saddle for all my gear. We even have a saw so I can cut any logs out of the way. My game plan this year is to hike into Theodosia for a couple of nights with Roy and my three dogs.

Jennifer has since brought Brawyn out to retire with us. Roy has a best friend now, they play and play. This, of course, cost some more money, because we had to have a proper barn to accommodate such a large horse!

So our free pony was a very expensive pony! [RL](#)

I'm pretty sure this is going to have some phenomenal wrecks for me in the future! This year Roy will be pulling the cart that I bought for him and our great adventures will become quite long and fun.

We are pretty sure he is about six years old but I might be off by a few months. He is an oversized mini, in that he is 39" at the wither—true minis are up to 38". He would also be considered a pinto due to his colouring,



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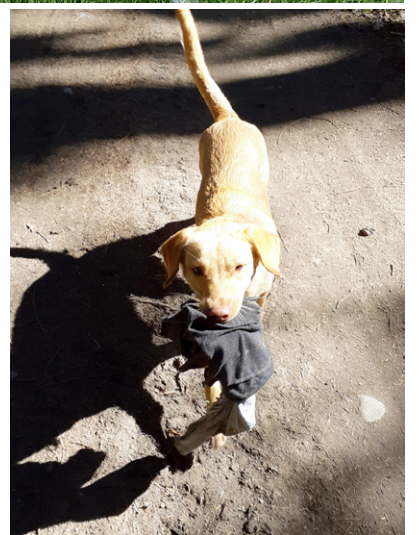
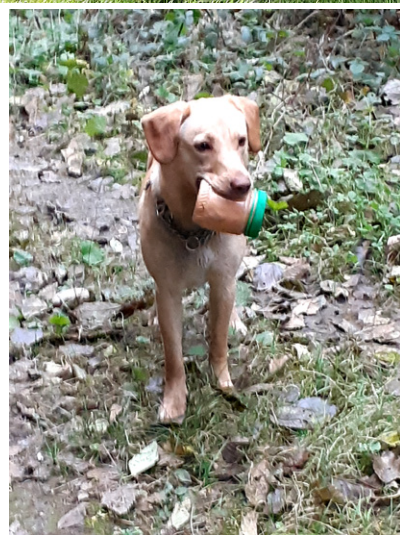
## Super-skilled retriever-LPN team will sniff you out

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

There aren't many civilian members of the BC Search Dog Association. Not only are countless volunteer hours of search and rescue training and work involved but there's also the training of the dogs. Of the many who attend training camps each year, most don't make the cut.

But Jean Daly is one of the success stories. The assistant training officer of Powell River Search and Rescue Society and her dog Soda, a 15-month Nova Scotia Duck Tolling Retriever/Labrador Retriever cross, are one of only 24 civilian dog teams in BC certified with BC Search Dog Association.

Jean and her husband Jim were two of the founding members of the BC Search Dog Association – a group managed by Emergency Management BC – that got its start 23 years ago. They were doing tracking work with



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their dog at the time and wanted to do something more. “So, we went to a meeting we’d heard about in North Vancouver with people who had search dogs and were in the tracking dog circuit, and from there, the group was formed.”

BC Search Dog Association is an organization of dedicated individuals who train dogs for search and rescue in BC. Dogs are trained for wilderness area search

and tracking, and the teams are validated annually by RCMP Police Dog Service members.

“To be a search dog handler in BC you have to pass an 80-hour ground Search and Rescue course, have two-years of experience with ground Search and Rescue, take another 25-hour team leader course and have a good understanding of lost person behaviour” said Jean. “And that’s just to come to the puppy assessment class!”



Rob Villani



Stacey Fletcher



Katya Buck

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**ONE-IN-A-MILLION:** Soda and Jean Daly (left) are one of just 24 civilian dog teams certified with the BC Search Dog Association. Search dogs train for about 1,200 hours a year (more than 20 hours a week), both at home and at training camps; they're validated annually by the RCMP Police Dog Service.

Jean admits there's a lot of work involved just to get your foot in the door but for her, it's worth it. She's a Licensed Practical Nurse at Sunshine Coast Health Centre and when she finishes a four-day shift, she treats herself by going out with her dog to practice their search skills. Jean puts out practice searches during the week and then 'works' the search with Soda a few days later.

Although Jean's owned four other search dogs – she just retired 11-year-old Taki – Jean and Soda still had to attend training camp together.

"Both the person and the dog are thoroughly assessed by an active member of the RCMP Police Dog Services. If you make it through then there's 18 months to two

years of training to be eligible to be certified, and you certify as a team."

The odds of moving forward aren't high. "Only about 40 per cent make it through once the RCMP has selected them." On top of dog training you are expected to be an active member of your ground Search and Rescue group.

"It's a huge time commitment," Jean acknowledges. "I average over 1,200 hours a year. Basically, you're looking at a full-time job that doesn't pay anything."

Teaching a search dog involves taking the dog's natural prey drive and reconfiguring it to hunt for people. "All dogs will hunt squirrels," she says. "You start incrementally but keep expanding the lessons. All in all, it takes about two years. You learn to use the wind and terrain to help the dog search, you are a team."

When it comes to scent training, the fresher, the better. "They're looking for human stagnant scent in the wilderness," said Jean. They're constantly eliminating things that do not belong there and most dogs can find items up to a year old. "We've been practicing in old training sites and she has pulled a runner hidden in a stump that had been there for a year," said Jean.

As amazing as dogs are, they aren't perfect. Winds can shift suddenly throwing dogs off the scent so it is important to recognize your own and your dog's limitations. "They are just dogs. They are successful 90 per cent of the time but things can go sideways. The key to being a good handler is recognizing that things can go sideways," she says.

However, one dog, one handler and one radio operator can clear 500 to 700 metres with the right wind conditions in 45 minutes. In contrast, an area that size would normally take nine people several hours to do. "If there is a clue like a dropped glove or a hat or the missing person is injured and unconscious a dog will

**"To be a search dog handler in BC you have to pass an 80-hour ground Search and Rescue course, have two-years of experience with ground Search and Rescue, take another 25-hour team leader course and have a good understanding of lost person behaviour. And that's just to come to the puppy assessment class!"** – Jean Daly

be able to find them a lot faster." "Scent can be picked up by a dog in the right conditions 200 meters away."

"Soda is one of the brightest dogs I've ever had," says Jean. "A search dog is not a pet; Soda is a working dog. When she's working, she works, then goes back in her crate in the truck. Until next assignment."

Jean loves search and rescue work – she's been a member of Powell River Search and Rescue for 22 years. "It's a lot of fun," she says. "We train in all weather. I've been out in gale force winds practicing because that's when people get lost. We go out when it's raining, snowing, and howling."

"Powell River Search and Rescue (SAR) is an amazing group. Soda is considered a member under Emergency Management BC and trains with Powell River SAR."

Together Jean and Soda are an impressive team. Time put into this work is on a voluntary basis, as the Search and Rescue Motto says 'So that others might live.' **PR**

**HAPPY MOTHER'S DAY**

Powell River Town Centre would like to thank all front-line workers in our wonderful community and around the globe! Community support and teamwork is essential at a time like this. Your efforts and countless contributions are greatly respected and appreciated.

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# The most unusual Mother's Day:

a nest refilled with gratitude for pets & people



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

**M**y house looks like a daycare. Baby gates, stuffed animals strewn all over the floor. A chalk board with notes and reminders. Treats stuffed in all my jacket pockets.

If you didn't know better, you'd think I have a toddler. And I do. But unlike the two human toddlers I had 20 years ago, this toddler has four legs and a tail.

Scotiapride's Acadian Jig is a dog. A Nova Scotia duck tolling retriever, one of Canada's own. I visited Nova Scotia last fall to catch up with friends and bring her home. But home as we all know, is where your heart is, and although I've lived on the West Coast for more than 25 years, I'll always be a Bluenoser.

Coast to coast, Canada is a great country. I've always known that but like many, I've taken it for granted. The COVID-19 pandemic changed that. Like you, I wept the day I heard the news about the murders in Nova Scotia. Another terrible tragedy in an already difficult time.

Not a day passes that I don't count my blessings. I'm grateful for so many things, including the fact that my parents chose to put down roots in Canada rather than the United States where we lived when I was a toddler.

This pandemic has given me time. Time that I'm spending with my youngest son since his program at BCIT moved online. I know it's not an ideal way to learn and I wish it wasn't so, but I look at it as an unexpected gift. Last month, he took me flying. It's the first time I've been in plane piloted by Alex and my heart swelled with pride and love for this child of mine.

Like the rest of the world, we've experienced life as we've never experienced it before and although we don't know when our new reality will end, we do know that it won't change overnight.

**“[This time is] an unexpected gift. Last month, he took me flying. It's the first time I've been in a small plane piloted by Alex and my heart swelled with pride and love for this child.”**

This year, Mother's Day falls on Sunday May 10. On that day we will celebrate mothers everywhere but for me, it's extra special, as on that day 23 years ago, I became a mother for the very first time.

This year, things will be different. I usually visit my 90-year-old mother at her assisted living home in Co-mox. Instead, I will email, send her a card and a little something. I didn't expect to see my eldest son Matthew, as he lives up north, and two of our step kids live elsewhere, so I'll be celebrating with Alex, my stepdaughter Lauren, and my fur babies.

These days, my full-time kids are my pets. Although our two duck tollers, Hunter and Jigs, and cat Boots, might not do anything special on May 10, having them in our lives is special enough. When kids leave home, many of us start filling the void with pets.

It's easy to see why; they bring us so much joy and who couldn't use a bit more joy in their lives?

Jigs makes us laugh when she hauls an old egg carton out of the recycling bin or when she latches on to my furry slippers as I walk or when she drives us crazy with tennis balls.

“It takes a long time to make a good dog,” I say looking at Grandpa Hunter, who is almost 13.

Still, I can't help but marvel at how Jigs sits patiently



**MY LITTLE PILOT:** Top left, Alex Southcott, 21, flies PRL publisher (his mom) Isabelle Southcott over qathet. Top right, Hunter, Jigs and Boots fail as present-givers.


staring at the house next door waiting for her best friend, Sage, a young golden retriever, to come out. I had no idea that dogs had best friends forever. Never in my wildest dreams did I think I'd be arranging play dates for my dog, but I am. Why? Because they give us so much love and they're grateful. They're grateful for hugs and kisses. They're grateful to be fed. They're grateful for walks.

I sometimes think they've been put here to teach us about gratitude.

We will get through this. We're resilient and when we come out the other end, we'll be wiser than we were before. Look

at the many ways we've helped each other during this pandemic.

You may not think you're making a difference but you are. This country of 37.5 million is united in a way many other countries are not. We're proud, we're strong, we wear our hearts on our sleeves and we're resilient.

When I don't think my efforts are enough to count, I think of this African proverb: if you think you're too small to make a difference, try sleeping with a mosquito. And then I know, everything we do is helping us move forward. Stay well. Stay safe. 

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See our website for up-to-date information on our response to COVID-19

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Stay connected.





**IT'S HAPPENING:** Top, MP Rachel Blaney delivers Powell River's gas prices petition to the House of Commons on March 11. Above, PRL editor Pieta Woolley and MLA Nicholas Simons in the Legislative Library in Victoria March 2 - the day he tabled Powell River's petition.

BY PIETA WOOLLEY | pieta@prliving.ca

**F**aster than a speeding snail, Powell River was on track to get answers on why our gas prices continue to be among the highest in the country.

MP Rachel Blaney tabled the community's petition in the House of Commons on March 11, asking for Canada's Competition Bureau to look into fuel pricing here. On March 2, MLA Nicholas Simons tabled our petition in the Legislative Assembly, asking the BC Utilities Commission to also examine fuel pricing in Powell River.

The Ministers responsible had 45 days to get back to us with answers.

Then, days later, COVID-19 hit. That speeding snail just got run over by a herd of pangolins. Not only did governments turn their attention to the immediate health and economic crisis, but the price

of oil went into free fall. Here in Powell River, prices fell—but our regular unleaded is still priced significantly higher than in neighbouring communities, with 29 cents/litre in unknown charges (see top of page).

While gas prices are lower than they've been in years—about \$1.12/litre at press time—household incomes are crashing, as businesses adjust to COVID-19. Fuel is a significant line-item in local budgets, so, even at \$1.12, it matters.

On the phone from Ottawa, Rachel noted that, since the price of oil started to plummet, Port McNeill and Port Hardy are also not seeing prices reduce as much as they are elsewhere. Sadly, MP Navdeep Bains Singh, the same Minister who is responsible for the Competition Bureau also looks after Innovation - the ministry trying to keep Canada's economy on

Regular unleaded in Powell River at press time: **\$1.12** / litre

Rack rate at the Petro-Canada terminal in Vancouver: **38 cents** / litre

Taxes: **41.5 cents** / litre

Barging by City Transfer: **3.5 cents** / litre

Total known: **83 cents** / litre

Total unknown: **29 cents** / litre, shared between ground transportation in Vancouver; shipping and storage; gas stations

# Gas

They haven't forgotten about it; it's still relevant; new COVID-19 laws might hurry change along.

track through this pandemic.

"Informally, I let the Minister's office know that this is another indicator that something is going on in our supply chain that's different than everywhere else," said Rachel.

Here in BC, Bruce Ralston, the Minister of Energy, Mines, and Petroleum Resources, said the BC Competition Bureau is "full steam ahead" in its mission to uncover the general mystery of BC's high gas prices, and is figuring out how to proceed with regional blips, such as those in Powell River and Squamish.

"I'm anxious that it [the investigation] proceed as rapidly as possible," said Bruce. "The environment for gas prices has really changed with the collapse of crude oil."

Nicholas, Bruce noted "is a constant drumbeat on these issues. He is doing his job in bringing that to my attention."

## GAS AROUND CANADA

*Regular unleaded at the pump at press time:*

In Comox: about 92 cents/litre

In Sechelt: about 99 cents / litre

Canadian average: 81 cents/litre

Cheapest in Canada: 63 cents/litre (Edmonton)

*(prices from Kent Group and Gas Buddy)*

In early April, as an additional measure, Nicholas asked BC's Solicitor General Mike Farnworth to look into local fuel pricing. His office introduced the \$2,000 fine for price gouging during the pandemic—a measure that applies to medical supplies, but also to "fuel and gasoline." Whether that piece of legislation can be applied to Powell River's fuel circumstances remains to be seen. **PRL**

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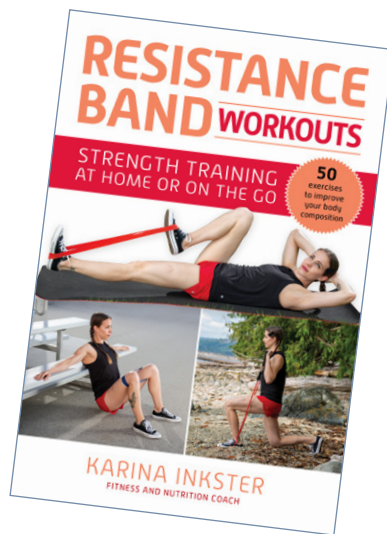
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# She's with the band

Local fitness coach and podcast host Karina Inkster is gearing up for the release of her third book, *Resistance Band Workouts: 50 Exercises for Strength Training at Home or On the Go*.

Given that gyms, community centres, and other recreation facilities have been closed during the COVID-19 pandemic, many people have had to alter their workout routines. Published by Skyhorse Publishing in New York, the book's manuscript was completed many months before the coronavirus emergency, but its timely May 5 release will help you to continue strength training at home.

The book is a one-stop-shop for anyone who wants to improve their strength and body composition without having to leave the house (or purchase a gym membership). Karina teaches you about the overall benefits of strength training, and resistance bands in particular. You'll learn how to choose resistance bands, how to use them at home with a door anchor, and how to use them safely. An overview of the 3 types of resistance bands will help readers put together their own "mini gym" that can fit into a small bag. A collection of 50 resistance band ex-



ercises that work all the major muscle groups will inspire readers to create—and maintain—a regular strength training practice, whether they're working out at home, outdoors, or while travelling. Once readers are familiar with the various exercise possibilities, they'll learn how to put together their own strength programs.

Long-time friend and collaborator John Watson of Vancouver photographed the images in the book, which feature seven different locations around Powell River.

Find *Resistance Band Workouts* at major bookstores and at online retailers. Learn more about Karina, her podcast, and her fitness and nutrition coaching programs at [www.karinainkster.com](http://www.karinainkster.com).



**PUMP IT UP WITHOUT PEOPLE:** Cranberry resident and Vegan fitness expert Karina Inkster just published her third book - perfectly timed for social distancing.



Struggling with the effects COVID-19 is having on your business and your life? We can relate!

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In June, *Powell River Living* will publish the 10th annual edition of

# Home Grown

*Powell River's ONLY magazine dedicated to agriculture and local food*

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We'll look at how you can grow your own, and share maps and instructions to help you find where to get locally-produced food.

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DEADLINE IS MAY 13



# Protect your little seedlings Hardening Off



**W**ith all the nice weather we had in April, I suspect a lot of us jumped the gun and planted out a little bit on the early side. I was definitely guilty. I could tell right away that I had jumped the gun because some plants didn't look good. Some developed bronzing leaves and others took on a purple hue.

little to no wind, and plants are consistently warm. As a result plants grown in this type of environment become tall, and wimpy. Growth is often very succulent with lighter green leaves that tend to break or snap easily.

If you abruptly move these coddled plants from inside to outside they will not have the metabolic, or physical, ca-



## A growing concern

BY JONATHAN VAN WILTENBURG | jonathan\_vw@yahoo.com



I felt a little bad for the little plants. I should have known better than to just stick them out there without giving them the proper care they needed for success.

Growing plants in a controlled environment such as a windowsill or greenhouse is great for getting seeds to germinate, however, it is nothing like the conditions you find outdoors. Light levels are significantly diminished, there is

capacity to deal with their new outdoor conditions. You need to ease them out over time so they can build up their tolerance. This is called "hardening off."

If you decide to skip the hardening off process, your plants will likely survive. However, it will cause unnecessary stunting, leaf scald or burning, and worst of all stems and leaves could easily snap in the wind.

If the goal is to produce flowers and or

## May's Top Priorities in the Garden

May is the month that frosty nights are behind us! Do not plant out your crops until the night time temperatures are consistently above 10°C. Plant out all the hot crops: Beans, tomatoes, peppers, eggplant, soybeans, ground cherries, squash, melons, etc. Your summer annuals, hanging baskets, and planters can also go out/ Geraniums, angelonia, marigolds, petunia, calceolaria, alyssum, etc, can all be planted out.

Finish deadheading all your spring bulbs. Don't cut the foliage back until it has died back and turned yellow.

Remember to keep sowing small amounts of all the vegetables that you want throughout the season. Every three weeks or so is best.

May is the month when the insects and weeds ramp up their efforts. Watch out for pests on the fruit trees, summer annuals, and vegetables.

Now is a good time to go around and fertilize anything that can use a boost.

If you're an obsessive gardener like me, deadhead your rhododendrons after flowering. It looks much better, and puts less energy into seed production. If you need to prune your rhodos, after flowering is the time. Don't go too hard. Definitely do not prune more than a third.

If May looks wet and cool, you may still have time to renovate your lawn.

Begin staking and tying up your perennial border and tomatoes. Plants that are top heavy like delphinium, peony, aconitum, sedum, phlox, lupine, to name a few.


Keep an eye on your roses. Look for aphids, black spot, rust and powdery mildew. Treat if necessary. For a Brian Minter-recommended homemade fungicide, mix 8-10 grams of baking soda and 4 drops of Safers Soap to 1L of water.

Watch that greenhouse temperature. When the sun is shining, be sure your greenhouse is sufficiently ventilated. Try to keep the temperature below 30°C. Around 20°C is best.

**"Remember, it is not a race to get things out... As gardeners it is our job to make sure our tender little wimpy plants are robust enough to survive in the big bad world."**

night outside. Once they have spent some nights outside they will be ready to plant outside.

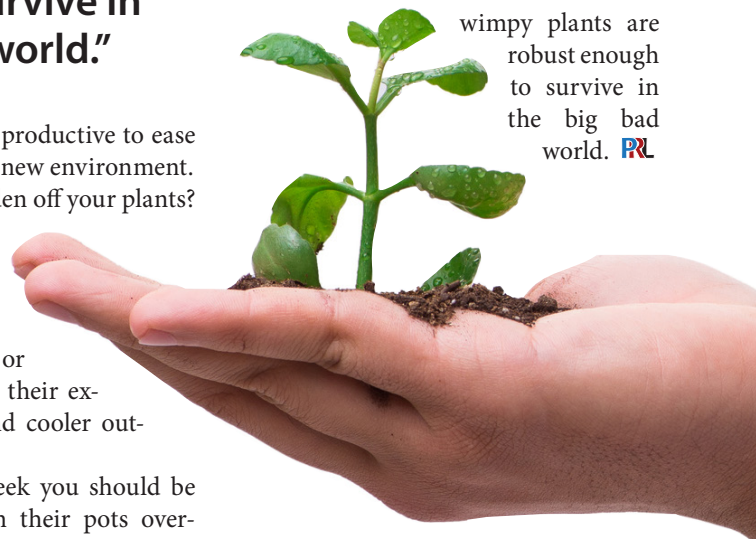
Remember, it is not a race to get things out, its actually quite the opposite; you're much better off to wait until the soil has warmed up nicely and you have hardened your plants off perfectly.

As gardeners, it is our job to make sure our tender little wimpy plants are robust enough to survive in the big bad world. 

fruit, it is much more productive to ease them gently into their new environment.

So how do you harden off your plants? Start by giving your plants a few hours of outside time in a sheltered location. Over the next week or so, gradually increase their exposure to sunlight and cooler outside temperatures.

By the end of a week you should be able to leave them in their pots over-



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**IF YOU'RE A BUYER NOT A BAKER:** Lydia Line and Janet Lyon have been delivering their baking throughout the pandemic. Now they're at the Farmer's Market every weekend.

## Janet Lyon

Owner, Cottage Creek Bake Shop

### Hot tip:

When you feed your sourdough starter on a regular basis, you will either end up with a kitchen full of tubs of starter, or you throw half out down the drain, which seems like a wasteful thing to do. I am seeing that everyone is trying out sourdough since yeast is hard to come by. So, instead of a sourdough bread recipe (which are so plentiful everywhere) – try these amazing crackers that are easy to make with your leftover sourdough starter – ‘the discard’.

### COTTAGE CREEK SOURDOUGH SNAPS

- 1-1/3 cups stirred discard
- 1/4 cup olive oil
- 1 teaspoon salt
- 1 tablespoon dried rosemary
- 1 tablespoon flakey salt
- and anything else you might like – poppy-seeds? rosemary? sesame seeds? pepper? hot pepper flakes? parsley? .... so many options to try!

#### Directions

In your mixer (or with a strong arm and a whisk), dump all but your topping and mix for a few minutes. You should not see any olive oil as it needs to be mixed until

well blended. Line an 18x13 baking sheet (or 2 small cookie sheets) with parchment paper and spread out as thin as you can, no holes! Sprinkle with toppings of your choice – but it does definitely need some salt!

Bake at 325 for 30 minutes – remove pan – and use a pizza cutter to score/cut into cracker sized squares (you can skip this step and just break them up by hand after you bake them)

Put back into oven and Bake Another 30 minutes. (or more if they are a bit thicker – just test one – you’ll know!)

Allow to cool completely before breaking them up into little crackers.

Enjoy and relish in the thought that you are very crafty to use up all the bits!

# The B Mach



## 10 tasty & nutritious uses for Sourdough discard:

- Add to any kind of yeasted dough – gives a bit of extra flavour – just mix it in with the water
- Give a jar to your friend (now it's their problem)
- Freeze it for up to a year until the next world crisis
- Put it in the back of the fridge for a couple of months (just bring it out, drain off any liquid, and feed it a couple of times to reactivate it)
- Find amazing recipes for dumplings, cookies, cakes, batter, biscuits, waffles, pancakes, muffins.....
- Smear some discard on a lined cookie sheet, let it dry, break it up and toss it in salads.... just an extra dose of probiotics for your gut
- Use as a replacement for sour cream or yogurt in baking – works great
- If you are a vegan – it can be used as a replacement for dairy in most recipes!
- Add to your compost bin – lots of friendly bacteria for your compost, but be aware that the bears will probably like it too!
- Thin with a bit of water and your immersion blender and use for paper maché.

## Do you provide health services in Powell River?

Contact Sean Percy before September 1 to get your free listing in Powell River Living's ZEST magazine.

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Baking your way through the pandemic?  
 Three of Powell River's top dough masters – Janet Lyon, Colleen McClean, and Ken Palfrey – share hot tips and recipes to help you *rise* to the challenge.

# Bread Bites



## Ken Palfrey

Baking instructor  
 Former owner of Moonsnail Artisan Bakery

### Hot tip:

Don't be discouraged if your bread doesn't turn out perfectly the first time, baking is a trial and error process, especially if you are new to it, so be patient with yourself. There are plenty of good tutorials on YouTube to help you through the process of mixing and bread shaping. Have fun!

### OATMEAL BREAD

This recipe has become our favourite all-round, for sandwiches and especially for toast, it has a fine crumb and nice lightly-crunchy texture when its hot out of the toaster, the honey gives it a mild sweetness. We will often substitute spelt or kamut for the whole wheat. It is based on a recipe from Jeffrey Hamelman's book "Bread."

- 5-1/2 cups flour
- 1-7/8 cups whole wheat flour
- 1-5/8 cups rolled oats
- 2-1/2 cups water
- 1/2 cup milk
- 3 tablespoons honey
- 5-1/2 tablespoons vegetable oil
- 3-1/2 teaspoons salt
- 1-1/2 teaspoons yeast

#### Directions

With a stand mixer, soak the oats in the lukewarm water for a few minutes, then add all the other ingredients to the mixing bowl.

Mix for three minutes on first speed, on second speed for another three minutes.

Let the dough rise for two hours in the mixing bowl, degassing and turning the dough after one hour.

Divide dough into three equal portions and gently round. Let the dough relax for ten minutes, then pat into a square shape.

On a lightly dusted counter, roll the dough into a loaf shape, and put into buttered loaf pans.

Let proof for an additional two hours in a warm part of your kitchen.

Half an hour before you intend to bake, preheat your oven to 460 degrees F.

Check the loaves for proof with your finger, by pressing a wet finger 1/2" into a loaf, it should slowly spring back, leaving only a slight dent.

Bake for 20 minutes, then lower the oven temp 30 degrees and continue baking for another 10 minutes.

Turn out onto the counter and let cool.

Enjoy with some butter and homemade jam and a cup of tea!



**STEP BY STEP:** Ken Palfrey photographed his oatmeal bread-making process: mixing, pre-shaping the dough, stretching into rectangle, rolling/folding into a loaf, panned loaf and, of course, the finished loaf, ready for butter, homemade jam and tea.

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# Colleen McClean

Owner, Hearth & Grain Heritage Breads

At Townsite Market, Colleen is not only baking for pick-up and delivery. She's also selling yeast and flour on her online store: [hearthandgrain.ca](http://hearthandgrain.ca).

## MARK BITTMAN'S "NYT CLASSIC" NO-KNEAD BREAD

Many of my friends have had success with this recipe, but it requires a Dutch oven that can go in the oven—one without plastic handles or knobs. It gives excellent results. —*Colleen McClean*

3 cups all-purpose or bread flour, more for dusting

¼ teaspoon instant yeast

1-¼ teaspoons salt

Cornmeal or wheat bran, as needed

### Directions

In a large bowl combine flour, yeast and salt. Add 1 5/8 cups water, and stir until blended; dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest at least 12 hours, preferably about 18, at warm room temperature, about 70 degrees.

Dough is ready when its surface is dotted with bubbles. Lightly flour a work surface and place dough on it; sprinkle it with a little more flour and fold it over on itself once or twice. Cover loosely with plastic wrap and let rest about 15 minutes.

Using just enough flour to keep dough from sticking to work surface or to your fingers, gently and quickly shape dough into a ball. Generously coat a cotton towel (not terry cloth) with flour, wheat bran or cornmeal; put dough seam side down on towel and dust with more flour, bran or cornmeal. Cover with another cotton towel and let rise for about two hours. When it is ready, dough will be more than double in size and will not readily spring back when poked with a finger.

At least a half-hour before dough is ready, heat oven to 450 degrees. Put a 6- to 8-quart heavy covered pot (cast iron, enamel, Pyrex or ceramic) in oven as it heats. When dough is ready, carefully remove pot from oven. Slide your hand under towel and turn dough over into pot, seam side up; it may look like a mess, but that is okay. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. Cover with lid and bake 30 minutes, then remove lid and bake another 15 to 30 minutes, until loaf is beautifully browned. Cool on a rack.

*Editor's note: The New York Times recipe section is a treasure trove of reliable, tested bread classics. Check it out at [cooking.nytimes.com](http://cooking.nytimes.com)*



**GLORIOUS SOURDOUGH:** Can take years to perfect. Or just head to Hearth & Grain.



### Hot tip:

The thing about bread, is that unless you understand the science behind it, it can be very frustrating to new bakers.

The best tips that I can give are that a) good bread flavour requires a long, cold ferment, like in the recipe provided; and b) that if you want a maximum rise in the oven, the bread needs to have steam for the first 10 minutes of baking. This is why the recipe uses a Dutch oven. The lid traps the steam leaving the dough and helps with the rise. If you do loaves without the Dutch oven, adding a bit of water in a hot pan in the bottom of your oven helps. [PRL](#)

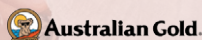
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Powell River & Region Transition House Society



Powell River Community Services Association

## Emergency Crisis Line

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The line is available 24/7 to everyone in Powell River and the qathet Region.

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# COVID-19

The Regional Emergency Operations Centre would like to thank you for continuing to follow all health orders and recommendations to help keep our communities safe.

We're working hard to keep up-to-date information available to you. Please see:

qathet.ca  
powellriver.ca  
tlaamination.com

vch.ca  
bccdc.ca  
thrive.health

**Stay two metres apart.** Use a yoga mat, adult hockey stick or SUP to show your children what two metres looks like, so they can respect this principle, too.



**Do not gather in groups.** Only visit outdoor amenities with members of your own household.

**No handshakes or hugs.** Do not pet dogs that do not belong to you, climb on playgrounds, attempt to use water fountains or other touching amenities.



**Wash your hands.** Use paper towels to open washroom doors. Wash your hands again, and your children's hands, when you return home.

**Home is best.** Take this time to start those improvement projects, prepare your gardens and relax at home.



qathet  
REGIONAL DISTRICT

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# Waste gurus applaud 'Let's Talk Trash'

**W**e've all heard the old saying that "one man's trash is another man's treasure" but husband-and-wife duo Chris Arkell and Cinci Csere have taken things to the next level.

The couple has parlayed the sentiment into the wildly successful award-winning Sea to Sky Removal, an environmentally-progressive B Corp Certified waste hauler that also implements recycling stations on construction sites in the Lower Mainland and Sea to Sky Corridor.

Through a mix of education, leadership and hard work, Chris and Cinci aim to improve the construction industry's waste disposal practices. They offer recycling tips to construction crews used to tossing all their waste into the dumpster. And, as an added incentive, they even donate reusable items to non-profits.

Chris and Cinci also love nature, period. They have spent a lot of their time in local landfills and seeing the amount of waste disposed of can be tough on their hearts, as well as being a voice on landfill diversion in the industry.

It takes up a lot of their energy so being outside with their two dogs, Goose and Lilly and swimming in lakes, oceans and rivers recharges them.

The more time they spend immersed in the forests, on the oceans, and gazing at sunsets, the more of a relationship they form with them. Chris and Cinci are more inclined to act in ways that are caring and even protective of our planet.

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

**Chris and Cinci** • We were ready for a lifestyle change, which meant we didn't need to be on the trucks anymore and grew our team to manage that. We love oceans, rivers, lakes and forests, oh and farms, Powell



**GREEN TEAM:** Chris Arkell and Cinci Csere are helping the construction industry transition to greener waste disposal systems. Goose and Lilly love nature, too.

River was the perfect place for us to connect with what we love.

**When? Where from?**

**Chris and Cinci** • We were both born in Vancouver, moved to Mexico for a year, moved back to North Vancouver, then to Squamish for 11 years, and lastly Powell River, and we will never leave. It is our one year anniversary of living here full time this month.

**What surprised you once you moved here?**

**Chris and Cinci** • Social grace; people look you in the eye and smile and are very helpful and courteous. There are lots of like-minded people that jive with our values that have moved here or never left.

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

**Chris and Cinci** • My friend moved here and we spent a weekend adventuring around and it ticked off all of my boxes. I was super excited when I came back from my weekend in Powell River, so I pitched the idea to Chris. We came back a couple of weeks later and boom, we found our dream home and community.

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

**Chris and Cinci** • Gosh, that's tough! We love the food scene here, so we have numerous favourite places to eat. Chris is big on disk golf so he loves all the parks to play but his favourite is Craig Park. We absolutely love the The Farmers Gate on Andtbaka Farm—it's our go-to for local goodies. The Patricia Theatre is such a great community space for films and concerts. Any spot in which you can jump into the ocean, lake or river! And lastly, the many trails to explore.

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

**Chris and Cinci** • Powell River is perfect in our eyes.

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

**Chris and Cinci** • A Rebuild / Reuse Centre, where used building materials can be donated and then resold as a not-for-profit venture.

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

**Chris and Cinci** • None. We are both friendly people and foster building community. Ask and you shall receive.

**If you were mayor, what would you do?**

**Chris and Cinci** • I'd set up "Coffee with the Mayor" where residents are invited to join the Mayor for coffee and an informal chat to ask questions, discuss issues and offer suggestions; a chance to say what's on your mind and connect face to face.

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

**Chris and Cinci** • The diverse people who have such rich skills to share, this is an extremely knowledge-based community. And of course, Let's Talk Trash; this program should be in every community and the team does such an excellent job of education and advocacy. We also love seeing the people who clean up the high-ways and pick up trash whenever they can; it's like we were meant to be here!

**What is your greatest extravagance?**

**Chris and Cinci** • Investing in plants, disc golf discs, community galas and going out to eat!

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

**Chris and Cinci** • To fly, a bird's life seems so exciting, flying above the forests, oceans and lakes!

*Know someone we should feature in I Made the Move? Please email [isabelle@prliving.ca](mailto:isabelle@prliving.ca) with your idea. **PRL***

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See our website for up-to-date information on our response to COVID-19 [firstcu.ca](http://firstcu.ca)

# GOT ADVICE FOR THE CITY?

## Join the Community Finance Advisory Committee

Council of the City of Powell River is inviting submissions for interested residents and property owners to participate in the City's new **Community Finance Advisory Committee**.

### The Committee's mandate is to:

- Undertake a review of the City's financial health and stability and provide recommendations on how to achieve long-term financial resiliency in the areas of expenses, revenue, and reserves, as contained in these terms of reference;
- Recommend alignment of City services with what residents and property owners are willing to pay for;
- Recommend financial strategies and guiding principles; and
- Consult broadly with City residents and property owners, ensuring there is a diversity of opportunities for input and feedback.

The Committee is not a decision-making body; its role is to provide advice and make recommendations to Council.

Residents and property owners interested in this volunteer role are invited to submit an application.

### Want to find out more?

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

You can also call or email: 604-485-6291 or [info@powellriver.ca](mailto:info@powellriver.ca)

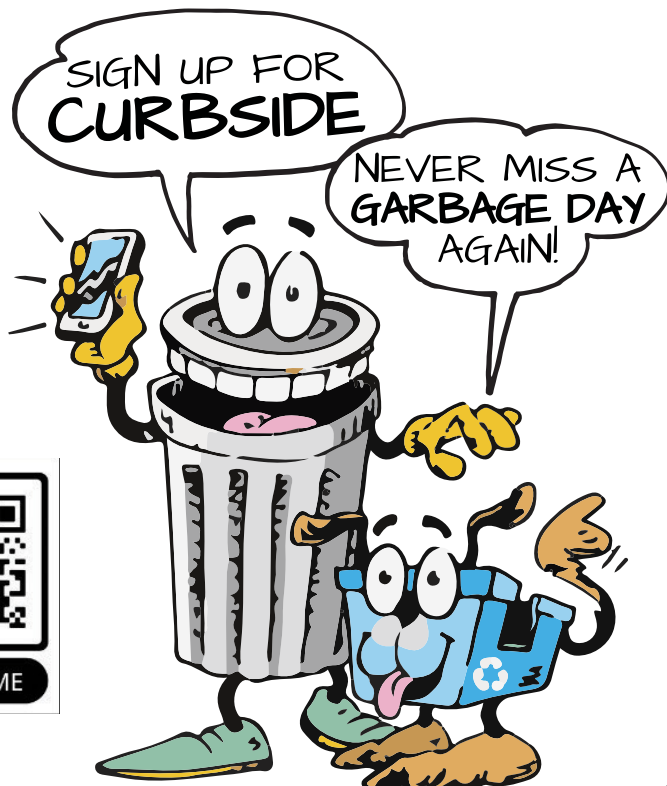
Applications may be submitted by mail or email to:

Community Finance Advisory Committee  
City of Powell River, 6910 Duncan Street  
Powell River, BC V8A 4V9  
[info@powellriver.ca](mailto:info@powellriver.ca)

**Applications must be received by  
4:00 pm on Friday, May 22, 2020.**

# CURBSIDE COLLECTION

Sign up for a digital reminder of pick-up day at [powellriver.ca](http://powellriver.ca)



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### Let's enjoy our dog-friendly community together!

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•••

Keep them safe and leashed on roads or at public places.

•••

If they take off on an adventure on their own, their license is their ticket home.

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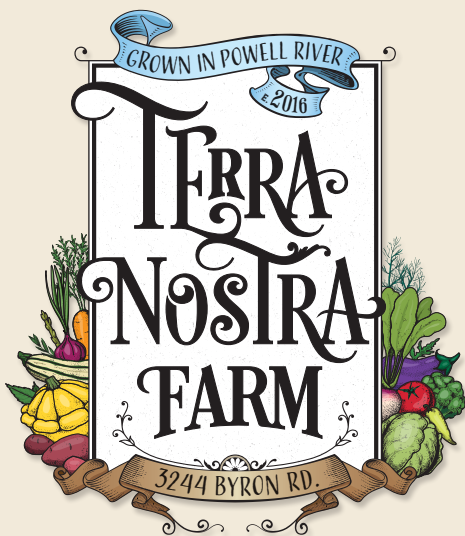
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### Cooking with gas now

Gilles Garneau's Cargil Homes has launched a new gasfitting division. Gasfitter Mike Berghauer was installing lines under a house being constructed by Cargil when he popped his head out of a crawlspace and mentioned to Gilles that he'd like to work for his own gasfitting company. A few weeks later LuSaul Gas Contracting was born. Gilles has been operating in Powell River for over 15 years and building for more than 35. Mike is the sole employee of LuSaul; he moved to Powell River two years ago from the Fraser Valley, and has 10 years of experience as a gas fitter. LuSaul handles pretty much anything to do with gas, from underground lines to barbecues, fireplaces and gas ranges. You can reach Mike at 604-578-0882 or Gilles at 604-414-5926. Or email lusaulcontracting@gmail.com. The company name is a conflation of Gille's sons, Lucien and Saul.

### Paper making paused

A trifecta of obstacles has prompted Paper Excellence, owners of the Powell River paper mill, to put the brakes on the local paper machines. The company's mid-April press release blamed "a material shortage of economic forest fibre on BC's coast; a significant external malware attack which rendered our paper business enterprise systems inoperable for a period of time, and from which we continue to recover as we work to restore all affected operations; and COVID-19 which has materially impacted the supply chain for many of the paper products that we manufacture." The curtailment is expected to carry into mid-summer during a situation it called "highly fluid." The company's Powell River and Crofton mills are paused, while papermaking continues in Port Alberni. But Paper Excellence says it "continues to believe British Columbia can be a leader in the pulp and paper industry and remains committed to its long-term investment in the province."



### Stock Pile sharing in Lund

The new general store in Lund, Stock Pile Market, is open in the new building. The Lund Resort at Klah Ah Men closed because of COVID-19, and is expected to remain closed for the season. But the resort decided to move some of their staff to the grocery store, in order to boost Stock Pile's services and hours. The Tla'amin Na-

### Business blossoms

The flowers growing on Katie Beaton's Malaspina Road property have blossomed into a new business. Salty Flowers provides cut flowers for single bouquets or you can buy a community-supported agriculture (CSA) share and get fresh flowers delivered every week. "We've been growing flowers on the property for our personal use for years. Our intention was always to use the land for growing, and my love for flowers took over," said Katie.

The flowers available vary depending on the season and what's growing in the fields and the greenhouses, but they are all sown and grown here. Now, tulips and anemones and a few perennials are flowering and in a month, it will be peonies and a selection of annuals. In summer, the dahlias take over, says Katie. "They're so beautiful and big and showy, and they bloom like crazy. You cut them and they come again." To order flowers or contact Katie, visit saltyflowerfarm.com, call 604-414-6647, find her on Instagram or Facebook @saltyflowerfarm. Eventually, Katie hopes to welcome visitors to cut their own flowers, take photographs, or host weddings, but for now is focusing on contactless flower deliveries. Katie is also a clothing designer who operates beatonlinen.com and redcreekkids.com. Production for both of those lines is in Vancouver, but Katie still does the designing and organizing the collections.

### Tla'amin roads closed

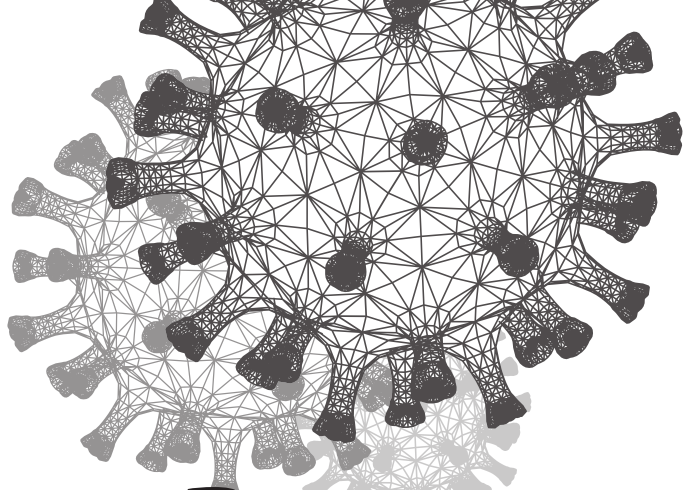
The Tla'amin Nation executive council announced on April 27 that it is closing roads within the community to non-local traffic. Essential services, transit, deliveries and house and yard maintenance will be allowed. Signage is being installed at the beginning of each road.

### Housing future for church

Davic Group owner Dave Formosa says he hopes the future of the Lutheran Church will be housing, but what form that takes remains to be seen. The Church had been for sale for some time when Dave made an offer. The original offer allowed the Church to remain for six months and gave Davic that time to pay. But when the church wanted the sale to end earlier, Davic paid sooner.

In the meantime, Davic allowed LIFT to use the bottom floor of the church rent-free as a cold-weather homeless shelter. The seasonal shelter is now closed and Davic is looking at options for rezoning and developing the property. **RL**





# Bummer Summer

BY PIETA WOOLLEY, EDITOR | pieta@prliving.ca

**N**ormally, May is the month that summer events start to head into full swing. The weather is warming up, we're all feeling great. Mother's Day fills the restaurants. May Two-Four, or Victoria Day long weekend, fills the campgrounds. Spot prawn season and the Lund Shellfish Festival fill our freezers (and bellies).

That word we're all sick of by now – Coronavirus – has canceled all of these predictable pleasures. Instead, just one event is happening this month: an invasive species drop-off (not as exciting as you might think... it's just plants, rather than, say, American Bullfrogs. See the next page.)

In late April, BC's Provincial Health Officer, Dr. Bonnie Henry, let us know that her mid-March order banning gatherings of over 50 people would not be lifted this summer. Immediately, Powell River's festivals started to announce that they wouldn't happen. PRISMA and Kathaumixw had disappeared already.

Canada Day, Logger Sports, Blackberry Festival all

anceled. All of the Texada festivals are cancelled – including the Aerospace Camp, Fly-in, and Blues & Roots festival. In fact, the president of Texada Arts, Culture and Tourism Society is discouraging visitors generally, until the pandemic passes. Ditto Savary. Ditto Powell River.

But summer 2020 isn't a total bummer.

The farmers markets are open with nearly everything except artisans and music.

Most outdoor amenities are open (see below), including beaches, parks and trails. So the playgrounds are closed... climb on a rock, hit stuff with sticks. Soon, the lakes and ocean will be inviting more swimmers than just the cold-water devotees.

With schools closed for potentially five and a half months (or more) this year, kids will naturally re-wild, and their parents and caregivers along with them. What only-in-a-pandemic situations will happen in your backyard this summer, that you can photograph for the Library's annual photo contest (see Page 51)?

What memories will you make, in the absence of those annual predictable pleasures? [PRL](#)

# 5

## City and Regional park amenities that you can still use... if you promise to keep your distance

### 1. Tennis Courts

Tennis is now open at the Townsite courts, at Craig Park and at Palm Beach!

### 2. Disc Golf

Courses are open at Larry Gouthro, Sunset Park and Craig Park.

### 3. Washrooms

All park washrooms are open as usual. Please wash your hands frequently!

### 4. Off-leash Areas

The dog park is open, but Willingdon Beach and Mowat Bay are closed to dogs May 1 to September 15.

### 5. Trails

This is a unique time to explore new-to-you trails, such as qathet's more than 20 Beach Access trails, and the Sunshine Coast Trail (huts are closed, but most of the trail is open.) Timberlane Track is also open. [PRL](#)



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The sale is ONLINE only and only applies to sweaters (not toques or ponchos).

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This applies to in-stock sweaters only, as we are currently not in production mode.



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## Free invasive plant drop-off

Invasive species are spreading at an alarming rate. Help fight the spread by taking part in the Invasive Species Roundup Event this May. Starting on Monday, May 4 through Friday, May 29, you can drop off loads of invasive plant material at the qathet Regional District Maintenance Facility that is located at 2815 McCausland Road. **Plant material can be dropped off for free on weekdays from 8:30 am to noon and 1 pm to 4 pm.**

Transport loads securely, either bagged, contained in garbage cans or tarp to avoid further spread of these species. Only clean invasive plant material will be accepted, no yard waste.

Be cautious, not all invasive species are safe to handle. Japanese knotweed should not be cut, nor should Giant Hogweed. These species should be reported. For more information, or to check on how certain species are best managed, call 604-487-1380.

Please practice physical and social distancing when dropping off plant material and follow any COVID-19 protocols that may be posted while on-site to ensure the safety of yourself and staff.

This event is brought to you by qathet Regional District, Tla'amin Nation and the City of Powell River.

- Let's Talk Trash team



## Challenge yourself to GoByBike for this unusual bike week

BY SAWYER GOWANS

**W**hen I was 10 years old, I stumbled across a video of Kris Holm, a professional unicyclist, and found myself completely enamored with the sport. That summer, after months of talking my family's ears off about unicycling, I was gifted one by my aunt.

Later that same summer I brought my new unicycle with me on a trip to Salmon Arm and rode for hours every day. I was hooked. I thrived on the unique challenges presented by riding on one wheel.

The balance and power required and the importance of endurance and focus kept me constantly engaged. Since then I've ridden three to four times a week for nearly 15 years and feel just as much passion for riding as I did that very first time.

When GoByBike Week came around last year, I decided that I ought to take on the extra challenge of unicycling to work.

This would have been easy enough if I lived close to work but alas, that was not the case.

Working for BC Ferries in Saltery Bay and living in Westview made my trek a 64-kilometer round trip. Every day that I worked over the course of the pedal-promoting week, I would wake up at the not-so-bright-and-early hour of two o'clock in the morning and get myself all packed up to be off and riding within a half hour for a ride that would take just under two. It felt amazing to make it out to work all week, self-propelled by one wheel.

See more about this year's GoByBike solution on the next page.

# Big May Dates

## Weekends through May

**Open Air Farmer's Market Open**  
For grocery shopping. See ad on Page 53.

### May 1 to 15

**Pollen Sweater Sale**  
See ad on Page 50.

### May 4 to 29

**Invasive Species Round-up Event**  
See opposite page.

### Sunday, May 10

**Mother's Day**  
See story on Page 36.

### May 11 to 17

**National Nursing Week**  
See story on Page 24.

### May 15

**Terra Nostra Farm Gate Opens**

### Monday, May 18

**Victoria Day Stat**  
Sadly, no campgrounds are open this year.

### May 25 to 30

**BC Go By Bike Week**  
Enter contests at [www.gobybikebc.ca](http://www.gobybikebc.ca) until June 2.

### June 5

**Deadline: PR Public Library Photo Contest**  
See right.



## Snap some backyard pix to win!

**B**ecause we're all home-bound this year, the annual Powell River Public Library photo contest is a little different. Simply photograph something in your yard or your view. That's it.

The deadline is June 5, and there are categories for both under 18s and for 18 and over.

Top prize is \$75. Winning submissions will be published in *Powell River Living* magazine in August, be

displayed at the Library, and be part of the 2021 Library fundraising calendar.

Please submit just one image. It will be judged on subject matter (representing your yard or your view); photo composition (visual impact of the photo layout); detail (sharpness, focus, depth of field, photo resolution); and lighting (colour, brightness, contrast, saturation).

See the PRPL's ad on Page 24 for more. [PRL](#)

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In times past, and still to this day for some, our daily mundane lives might be spent in constant communication with unseen ways of being. Culturally and individually, senses of perception were fine-tuned to detect patterns in the world around us or notice subtle shifts in ordinary events.

Living in those ways, heightens intuition and meaningful associations are cultivated. Everything from a sailor picking up on a change of weather to a mother's foretelling of visitors arriving.

Similarly, ordinary tasks hold an additional layer of intention being sent out. When garments were knitted and stitched together, prayers of protection were spoken or emoted right into the fabric. Egg collecting became infused with rhymes of devotion. It is in these intrinsically linked acts of life and soul that the real, everyday living of a spiritual practice becomes inseparable rather than as an added task to "do" or "remember" to include.

For many, being out in nature gives us a sense of being closer to the divine. For others it is found in chant or mantra. There might be a flash of it in the moment of kissing a child's boo-boo better, or when we truly sit for a moment imagining our struggling friend as being well and vibrant.



**A SINK FULL OF MEDITATION:** Daily tasks such as washing dishes, mopping floors, or weeding offer moments and metaphors for spirituality.

But how about washing the dishes? It is a fantastic time to feel a sense of also washing away the debris in our emotional realm. Sweeping out the house doubles as sweeping out any residual tension within the family. When we are planting in our gardens, we might also plant our dreams and intentions.

As the season progresses we can water those dreams with daily "real-world" actions that help them sprout into being. When plucking out weeds, we can trust that we are also refining our attention and focus to make space for that which is nourishing and beautiful. For the

intentions which we intended to bloom in our lives.

Spring is afoot and full of natural progressive energy; buds unfurling, bears waking from slumber, gardens growing, lengthening days—we might tap into that forward movement to consciously, easily, apply such to our personal lives as well.

Planting Love with each step we take. Bless the space around us through every exhale. Choose music that sings to what we want more of in life. Know that when we eat, we are nourishing more than our bodies, our soul too. **R.L.**

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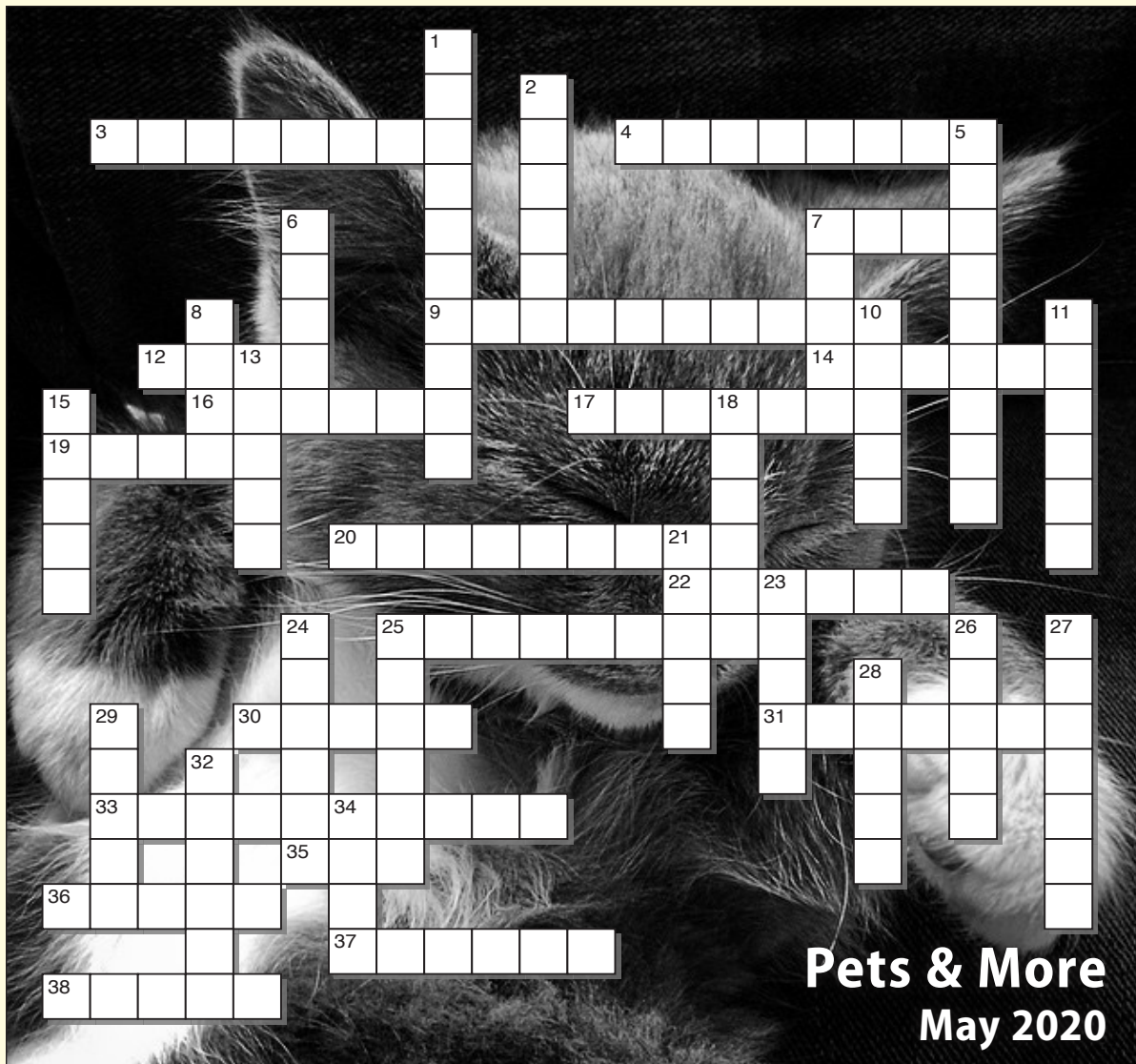
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## Pets & More May 2020

### Across

- 3) Cello-playing politician
- 4) Sawyer's wheel
- 7) Fur babies
- 9) Drive-thru service for sinners
- 12) Fizzy search dog
- 14) Slow reptile
- 16) Intubator box maker
- 17) Lawn-puncher
- 19) Bydand's business
- 20) You feed it, it feeds you
- 22) New gas co
- 25) Marc Albert urges you to be
- 30) Dr. Bonnie
- 31) Elastic problems or a dish
- 33) Party cancelled, invasive
- 35) They'll find you - acronym
- 36) 25-year realtor
- 37) Cover kid
- 38) Ocean's flavour

### Down

- 1) Social, or physical?
- 2) Toughen up seedlings
- 5) Necessary work
- 6) Butter's companion, money
- 7) Back-yard snap
- 8) Where school is happening
- 10) Nightingale's profession
- 11) Incentive to switch heats
- 13) Doc's healthy mnemonic
- 15) Walk to front photo studio
- 18) Cello-playing maestro
- 21) Halloran's and Modern's medium
- 23) Wall Street and Lund's Pile
- 24) Willingdon, Cottage, Suicide
- 25) Market grower
- 26) Drive-thru freebie, or driven to
- 27) Faye, Bronte, Kieran
- 28) For bandits, nurses, and maybe you
- 29) Cameron's cat
- 32) PR Regional District
- 34) Inkster rocks out with

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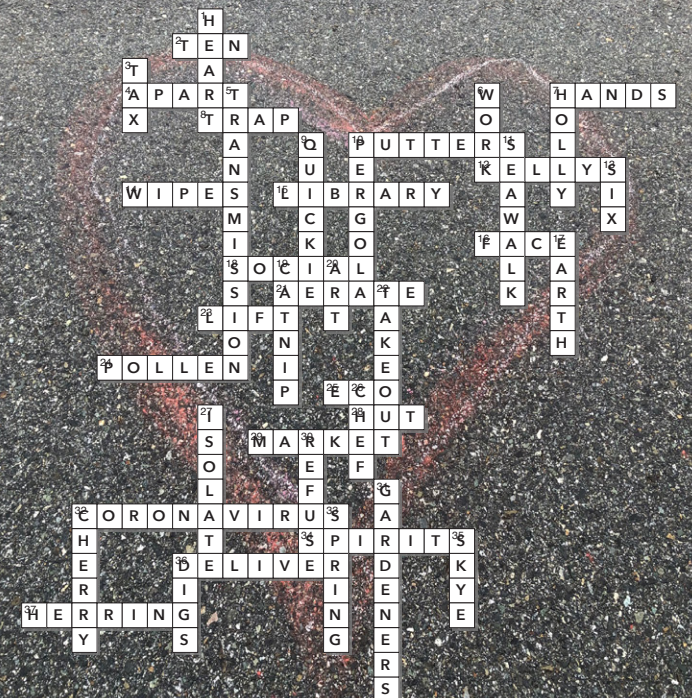
A Barefoot book, a bath bomb, and a handful of candy

**For all: \$40**

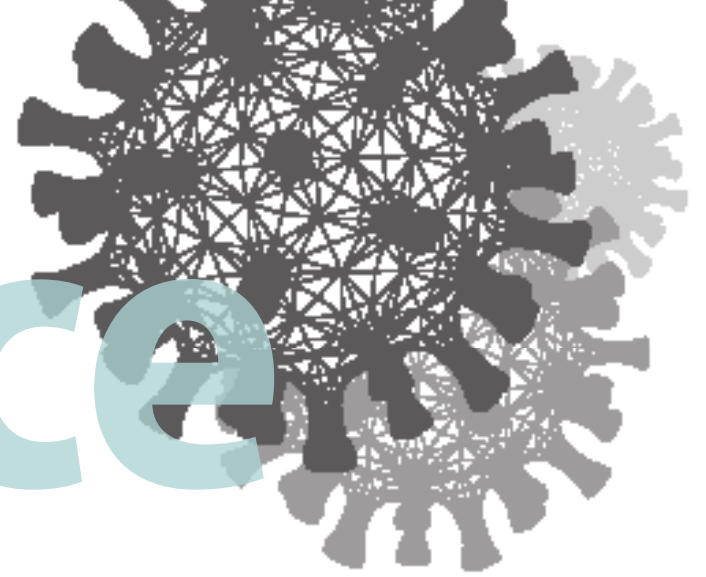
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Solution for last month's puzzle: Where the Hearts Are



# From tragedy to grace



in times of  
uncertainty  
and panic

## *Last Word*

BY CENK MATALON

Two weeks into the pandemic news, I was up in my head – hiding from personal and collective fear and overwhelmed with every logical argument that was available to me: “Those who died from the virus are the elderly and I am young and fairly healthy. There are still no verified cases of virus in the small town I live in. I am safe in terms of employment and have nothing to worry about.”

Then it hit me.

After work one day, I noticed frustration in my system. I was getting excessively annoyed with little things. I was in my head – lost in thought. As I shifted my focus and stayed with body sensations, I noticed my overwhelm along with my anger over the fact that my lifestyle had, by now, completely changed: I could no longer just leave my apartment and go grocery shopping or find a restaurant to dine in. I could no longer find humour in the lack of toilet paper anywhere in town. I could no longer run in the trails around the rec centre then hit the gym and enjoy the hot tub and the sauna before heading back home. I could no longer feel numb over the news of hundreds of people dying, small businesses closing down – never to open again.

It all became too real to ignore, too painful to hide from in mental dungeons. I was at the end of denial. My bubble of immunity had been burst by an unknown entity that took lives, that left families devastated, employees without work, streets empty.

Yes, I was afraid. Yes, I was angry. Yes, I was feeling increasingly overwhelmed by the details of how to adapt to this new reality: What to do now, what not to do, how much distance to keep with those around me, how to bring up conversations about social distancing if they don't seem to care about this as much as I do, etc upon endless etc.

I was in pain and could not ignore my emotional state much longer.

After I moved some energy through fully expressing my anger and frustration by punching my bed and mak-

ing sounds in the privacy and safety of my apartment (without harming myself or anything else, for about two minutes non-stop), I felt more settled. Then, I asked my girlfriend to sit in front of me as I set a timer for five minutes. We kept gentle eye contact as we took turns listening to each other without any interruption, switching roles every five minutes, practising for a total of 20.

As I expressed myself more and more deeply, something else emerged from the fearfulness and overwhelm: despair and grief. Then tears began to flow freely as my mind calmed down, my body softened, my voice became quieter. I felt my heart swell with pain and crack a little. I felt connected.

Yes, people are dying. Yes, I am afraid and frustrated and overwhelmed, but I am also terribly sad. My heart breaks when I hear about elderly people dying from this suddenly appearing unknown entity we call the Coronavirus. Elderly people whose health was strong enough for the regular cold or flu, but not for this. Elderly who perhaps had another 5, 10 years in them. Gone.


As my heart broke and I softened, insights flooded my system: Life is fragile, we are vulnerable, so much is completely out of our control. Unknown. Uncertainty. Terror. Yet underneath it all, there is also a fountain of strength, resilience, and love. Collective fear, overwhelm, and grief are more than real, but so are collective wisdom, and basic human goodness and solidarity.

As long as we deny the “negative,” the “challenging,” or the “uncomfortable,” as long as we numb ourselves to what we are actually feeling, we become unconscious hosts for emotional states that otherwise have the capacity to initiate us into a deeper life.

Open yourself and feel it all, move the energies of anger and frustration so they become the empowered ground upon which your tender heart can rest and bloom, radiating love to those who so need it. The monsters of the deep as well as the dragons we must face to live more fully have been there all along. Let us use this opportunity to come out of denial, let us feel through the rage that is at the center of our grief, allowing its energies to blast through numbness and complacency, as we open to and stretch beyond the personal into the collective and then, into the sacred where fear-based living comes to an end.

Let us turn tragedy into grace.

Your heart, my heart, our heart has room for it all. Let's make true peace a living reality and cultivate our capacity to stand strong amidst even the biggest storms. Let's meet where we are no longer afraid of our fear and where despair is no longer depressing. Let's meet where joy and pain are one, and where gratitude reigns supreme. Such a life is our birthright.

We are in this together. Together. And we are stronger than we know, come what may! 

# Wildfire season is coming!

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