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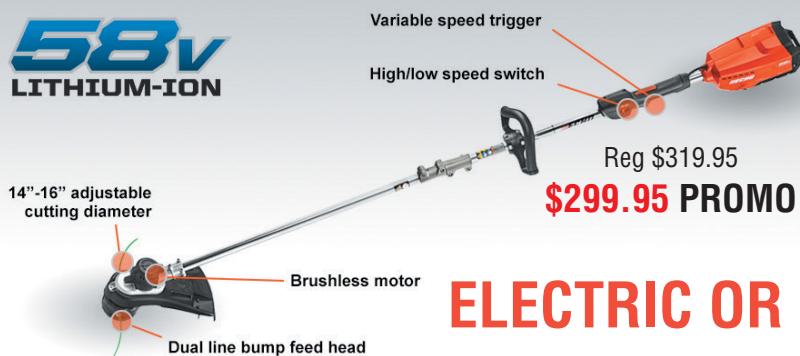
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**THE GREAT FAKE:** The call of the killdeer (*Charadrius vociferus*) is a distinctive one that gives the bird its name. This female made a small scrape in the ground, just a few metres from our driveway in Wildwood, where she incubated four brown well-camouflaged eggs (she's sitting on them in this photo.) When any of the family would get too close to the nest, she would run off with a little scream, then feign injury, pretending to have a broken wing in an attempt to lure us away from the nest. After four weeks, the eggs hatch and the young walk almost immediately, finding taller grass and better hiding places than the exposed nest.

Photo by Sean Percy



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**ON THE COVER**

Father and son veterinary team Ian and Brian Barnes are reunited and working together at Westview Vet Hospital. See story on Page 12.



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We welcome feedback from our readers  
Letters may be edited for length.

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**MAILBAG**

Dear Isabelle,

We want to thank you for your wonderful magazine!  
It is such a positive contribution to our community!

- Elaine and Brian Mackee

Hi guys,

I just went through your April issue and I must say  
that you all did a terrific job from many perspectives  
(not only COVID). Good job!

- Robert Dufour

**CONTRIBUTORS**



**JILLIAN AMATT** was born a traveller and has been on the road for most of her life. Her journeys have taken her to 50 countries or territories including Nepal, Vietnam, Seychelles, Kenya and more. At the age of 18 she sailed around the world on a 188 foot tall ship as part of an educational program called Class Afloat. After realizing that she wasn't living a life that was inspiring her anymore, she pulled the plug on her conventional life in Powell River to get back to living a fulfilling and meaningful one.



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IN THIS ISSUE

# Who are we? Feisty folks with stick-to-it-ness

This may look like a soft issue of *Powell River Living*, but it's not. In fact, it's the complete opposite. Skim any story in here, and you might say, "Aw, that's nice." But read it and think about it, and you'll probably say, "Holy smokes! What a bunch of fighters!"

For the 205 Brooks graduates (Page 6), traditional end-of-school ceremonies were looking unlikely. In fact, for many former international students who have returned home, grad dresses won't be worn at all (Page 9). Thanks to an administration who can think outside the box and who really understand how important grad is for students and this community, they're making it happen. It'll be different. But maybe it'll be the best grad ever. It will certainly be memorable!

Powell River Outdoors owner Sam Sansalone is an absolute crusader for the rights of individuals to gather local food from our oceans (Page 19). Facing non-retention of Chinook—the region's top food fish and a major tourism draw—he made a series of films and is now

helping grow a movement across the Salish Sea.

Addictions to drugs and alcohol are nothing new in Powell River, but the number of overdoses, overdose deaths, and the impact on this community has certainly grown in the last handful of years. After three years of dedicated and largely-unpaid work, the leadership at Miklat Recovery House Society has this region's first low-cost treatment centre up and running in Cranberry, with a second-stage residential treatment centre under renovations in Townsite, and a women's program set to open next year (See Page 27). Most of the leadership has personal experience with drug and alcohol addictions and recovery—either their own, or a family member's. They're all fighters, and they've done something needed, and wonderful. Can you help?

If you want to read about an amazing come-back, check out Jennifer Konopelski's story of the car crash that caused her brain injury, and how she has reconstructed her life (Page 23). The story is part of a section

about Brain Injury Awareness Month.

For the past several years, groups in BC have been pushing back against the forestry industry's use of glyphosate, a herbicide that aids regrowth of some trees. With WFP's plans to potentially spray in Powell River's back country, locals are galvanizing for that fight (Page 31), citing concerns about cancer and other health problems.

Our hard-hit restaurants are re-opening (See Page 34). Pitching in to *that* fight is pleasurable for us non-restaurant owners: go sit on a patio a few times a week and eat and drink. And like a burr, I'm still on the gas prices fight team—now and forever—and we just lost a small battle (Page 29). But don't worry—our MP, MLA, and others, even me, are as feisty as ever. **PR**

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

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# Grad 2020





# 205 Brooks Seniors confront COVID-19 with style

*PHOTO BY LEAH LAURIE PHOTOGRAPHY*

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

## Powell River's grads will be celebrated like never before.

Yes, it will be different given the current restrictions due to the COVID-19 pandemic, but Powell River graduates will still have a grad to remember complete with photos, lawn signs, a parade, videos, speeches, family and their community.

It's been a lot of work figuring how to put together the best celebration possible, that meets all provincial health regulations, in such a short time; but together, school administrators, educators, parents, and students have pulled off the seemingly impossible.

Brooks Secondary School Principal Bill Rounis is excited that they've been able to put together such a good, solid plan.

**MATCHING MASK:** COVID-19 cost Brooks grad Darby Small her trip to Europe and most of her end-of-year celebrations, but she gained a bespoke royal blue non-surgical face mask with her gown, both made by Powell River seamstress Guadalupe Dufour. Darby's hair and make-up was done by her sister Krystal Thompson at The Little Barber.



“Some school districts have cancelled all of grad or part of grad but we still have a big part of grad going ahead,” said Bill.

“The idea of cancelling grad is not the will of the kids or community and we never wanted to do that.”

Hard work, technology, research, and saying: “this is what is best for us,” has allowed for grad, albeit a different kind of grad, to go ahead. “We’re excited for our grads to cross our stage with dignity, purpose and options,” said Bill.

“Some people said let’s just postpone grad, but the reality is, this is their time now,” said Bill. “We don’t know for sure that waiting 12 months will mean we can have a significantly different plan than we have now. This may be our new normal.”

At the beginning of Grade 12, this year’s grad class thought the environment was the biggest issue facing them. Then came the Australia wildfires and now they’re dealing with the COVID-19 pandemic. Bill is proud of how, when faced with what seemed like insurmountable challenges, these students have managed to find a way. “The challenges this year’s students are facing make them unique and they have shown us what they are made of. We want students to have critical thinking skills, be able to problem solve and work as a team. Adversity will either grind you down or polish you up and these students are showing us what they are made of.”

When the 205 graduating students walk across the stage at the Max Cameron Theatre at Brooks Secondary School on June 23 and 24, they will do so in front of family and a handful of dignitaries and organizers. Because of provincial health requirements, people are required to sign up for grad. “It will look a lot like how people sign up using a Ticketmaster system,” said Bill.

## “This is a big moment in their lives... We are going to do everything we can to make grad as special and memorable as possible.”

- Terri Cramb

At 1 pm, on Tuesday June 23, students and their families from the first half of the alphabet will arrive at Brooks. The second group of graduates and their families will do the same the following day. The grad’s group of four will enter the theatre together, graduates will go around back. At the convocation ceremonies, students will walk across the stage to receive their scholarships while dignitaries say a few words about each individual. At the same time a live stream video will be on in the theatre to document this important event. Speeches from dignitaries, parents, and student leaders will be pre-recorded and posted on the website prior to grad. “We will have a professional photographer take pictures of students as they cross the stage,” said Bill. Once each graduate has finished, they will enter the Great Hall. Graduates will receive a keepsake video of their special day.

“While it is disappointing that the timeless traditional rights and rituals of graduation can’t be followed, this grad class will have a legacy and unique place in time and space that everyone will remember,”

said School District 47 Superintendent Dr. Jay Yule.

There will be no “Grand March” at the Recreation Complex as in past years, nor will there be all-night dry grad festivities, dances, or balloon drops, but there will be a Dry Grad Parade on Saturday, June 27.


Although the grad parade was still not confirmed at press time, if all goes well it will take place on Marine Avenue between Duncan and Alberni Street from 3 to 5 pm on Saturday, June 27.

“This is a big moment in their lives,” said Terri, noting how important it is to be able to celebrate one of the biggest milestones for students.

The parents of the Dry Grad Committee decided it’s more important to celebrate grads NOW than hope for a future event that may or may not happen, said spokeswoman Terri Cramb. “This is the best option we have right now and we are going to do everything we can to make grad as special and memorable as possible.”

The community can support grads by allowing grads or family members to have time off to participate in these newly scheduled events and come out and support grads in the community parade.

Grads have been unable to fundraise for the past few months and donations via etransfer to [dryprompowellriver@gmail.com](mailto:dryprompowellriver@gmail.com) are welcome. If anyone wants to support in other ways (prize donations, volunteer at the event, marshal, etc.) please email [pr2020gradparade@gmail.com](mailto:pr2020gradparade@gmail.com). All funds raised will be used towards event costs and a gift basket for each graduate.

“This event cannot happen without strict physical distancing,” said Terri. There will be markers on the road six to eight feet apart where people can stand with people who are in their own household. 

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# A different grad

Two students weigh in on how the pandemic is impacting their end of school, and their future

**W**hile students everywhere have had their lives and routines upended by COVID-19, for those about to graduate, it's years of anticipation cut short. Instead of coming together in their final weeks of school to celebrate, they've become homeschoolers, and instead of hanging out with their friends in person, they've been forced to connect via social media.

Some students are taking things in stride, but others

are finding it a bit more challenging. And even though this year's grad ceremony will be different from previous years' grads, many parents and community members will be honouring our graduates in a way that is significant, joyous, and, of course, safe.

*Powell River Living* caught up with two Grade 12 students to find out what they're doing for grad this year. Meet Will Rice and Cedar Butler.

## Will Rice, 18

### How will you celebrate grad this year?

**Will** • I plan to celebrate my grad by seeing my family and friends throughout the summer, while still following whichever guidelines are in place.

### How is this different from what you'd envisioned?

**Will** • Obviously, the fact that there is no large, final graduation ceremony is the biggest change from what we had all expected. Growing up, everyone in our grad class has had the expectation for our graduation to be a certain way.

Many of us chose our walking partners in Grade 7 or 8 for this ceremony that was still years away at the time.

**"While most grad classes drift apart over time, we will all have this shared experience that keeps us united. Maybe without a definite end to high school, some of the best parts of it will be able to carry on."**

- Will Rice

Seeing each grade before us graduate in roughly the same way has also allowed us to become accustomed to what should be normal. For me, the greatest difference between this year's grad and what I had envisioned is knowing what will happen.

Instead of the years of preparation for a traditional ceremony, we've had to adapt to something completely new in a matter of months.

### What is your biggest disappointment/challenge with how you have to celebrate grad?

**Will** • The biggest disappointment about the current grad situation is the lack of closure. While I was looking forward to the grad ceremony, it was never one of the most important parts for me.

The part of graduation that I was the most excited for was being able to celebrate the end of high school with my friends. Since many of us are going to university in the fall (hopefully), it would have been nice to have a



**ALL DRESSED UP AND VERY FEW PLACES TO GO:** Not just high school grad, but also finishing off his final season with his long-time soccer team has been hard on Brooks grad Will Rice.

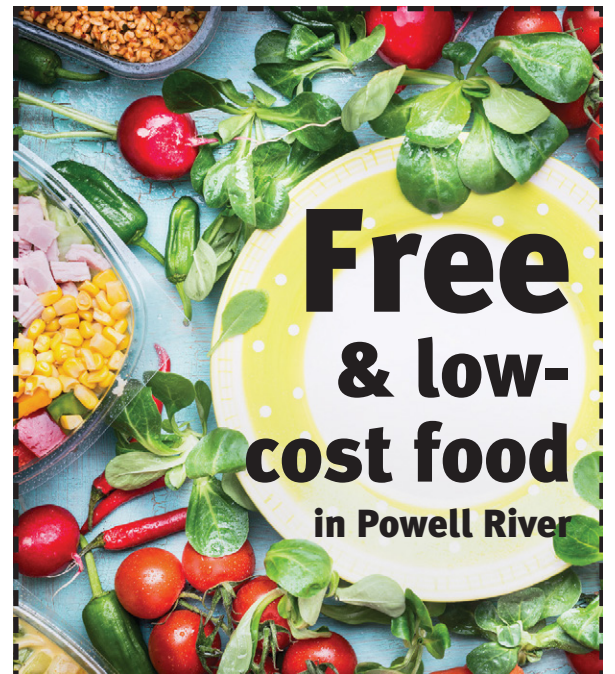
*Leah Laurie Photography Photo*

definitive conclusion to this part of our lives. I still plan to celebrate with my friends, but with the current restrictions and the uncertainty of the future, it definitely won't be the same as what we had been expecting.

### What are your future plans? How has COVID-19 impacted them?

**Will** • Next year, I will be going to the University of Saskatchewan to begin a Bachelor of Science degree in Biology and will be competing as a member of the varsity cross country and track teams.

At this point, both the school and USports have not made a decision on the details of the fall. Ideally, I would be leaving mid-August to live in residence at the university, and my cross-country season would begin shortly after. If the school remains closed, I plan to complete



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classes online from home, but I would be extremely disappointed to miss out on the cross-country season and many other experiences of my first year of post-secondary school.

Even without the pandemic, this transitional period would have been an uncertain time, but now, I have no idea what next year will look like for me.

**How do you feel about your school time ending this way?**

**Will** • I am disappointed, it feels like everything has been cut short without warning.

My soccer team, which I had played on for seven years, was not able to play our final game of the year, and our

track team never got the chance to even start this year's season. While school continues online, our last few months of classes were cancelled unexpectedly as well. I understand that this was the right choice and that it is necessary for our safety.

I wish that I had been able to know, at the time, when my last soccer game, my last high school race, and my last day of school had been. Right now, the cancellation of grad seems terrible, but one positive of the current situation is how it might affect us years down the line.

While most grad classes drift apart over time, we will all have this shared experience that keeps us united. Maybe, without a definite end to high school, some of the best parts of it will be able to carry on.

## Cedar Butler, 17

**How will you celebrate grad this year?**

**Cedar** • Although it is not what I envisioned, I hope to have an outdoor social distancing get together with some of my close friends and family over the summer to celebrate graduation.

**How is this different from what you envisioned?**

**Cedar** • This is definitely a big difference from what I had in mind, my graduating class was supposed to have a grand march at the complex where usually hundreds of people attend, and then bus to the Dwight Hall for a prom after, so it's definitely a big change.

**"It's crazy to think that we never even knew that March 13 would be our last day of high school ever. Although it is upsetting, I am confident that once everything is over, that my class and Brooks, will find a way for us all to come together to celebrate graduating, even if it is way off in the future."**

*- Cedar Butler*

**What is your biggest disappointment/challenge with how you have to celebrate grad?**

**Cedar** • For me, what's most disappointing is not getting the chance to celebrate what my graduating class has accomplished together as well as one another. We have been in the school system for 12 years and will never get that last chance to celebrate our accomplishments together and enjoy one last time together as a class.

**What are your future plans? How has COVID-19 impacted them?**

**Cedar** • I have been accepted to Simon Fraser University (SFU) on a scholarship into the Faculty of Education, and my plan was to attend university this September. However, SFU announced that almost all courses beginning in September will be online. This might mean that I will be staying in Powell River for a year to continue my post-secondary studies online, instead of moving to Vancouver to attend school.



**READY, SET... NO GO:** With a scholarship to SFU's Faculty of Education, Cedar Butler thought she would be in Burnaby this fall. But the university plans to offer mostly online classes then, and re-open the campus in January.

**How do you feel about your school time ending this way?**

**Cedar** • It was definitely both a shock and a disappointment to find out that school is ending in this way. It's crazy to think that we never even knew that March 13 would be our last day of high school ever. Although it is upsetting, I am confident that once everything is over, that my class and Brooks, will find a way for us all to come together to celebrate graduating, even if it is way off in the future. **PRL**



# Come from away: 30 international students stuck here

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

After spending five months in Powell River as a student in the international program at Brooks Secondary School (and my homestay guest), Lucy Lu boarded a Pacific Coastal flight in Powell River on January 24 and began making her way back home to Beijing, China.

At that time, most of us had heard about the coronavirus, but it didn't occupy our lives in the way it does now. The first presumptive case in Canada was reported on January 25 when a man arrived in Toronto from Wuhan, China. Two days later, his infection was confirmed.

"When I arrived in Beijing on January 26, the epidemic was getting more and more serious," said Lucy in a text. "After I got home, I isolated myself for 14 days. This was the first time I experienced no relatives coming to visit and no family getting together for dinner. There was only the blessing of my mobile phone."

Lucy says China's epidemic prevention work is very good. The restaurants and shopping malls were only opened after the epidemic was under control. The temperature (of people visiting) supermarkets and restaurants is taken.

"People with high temperatures or no masks can't enter the shopping mall. Doctors and nurses from all areas rushed to the most serious area and now they are slowly returning to their hometown. Life is slowly returning to its original shape. More and more people are going out, but they will also take protective measures. Our school is also protecting us strictly and seriously. Now we have classes on the Internet, and everyone is very cooperative. Teachers often call the parents of each student to understand our physical condition," she said.

"Before returning to China, my friends and I planned activities but after returning to China, because of the epidemic, they were cancelled. We are going to graduate this year but there is no way to hold a graduation ceremony at school. In fact, I chose my graduation dress early and will not have the chance to wear it," she said.

Lucy still hopes to have a graduation trip with her friends after graduation. "We hope the epidemic will get better at that time, which will bring a happy ending to our high school life."

Shannon Behan, Principal of School District 47's International Program, said, like Lucy, many other international students, were shocked at the impact of COVID-19 when they returned to Asia, because cities in Mainland China, Hong Kong, Taiwan and elsewhere were a month ahead of what was happening in North America.



**BACK TO BEIJING:** Some of SD47's international students, such as Lucy Lu (far left and below) have returned home, only to be shocked by what they've seen. Lucy bought her grad dress early, but all ceremonies and celebrations are cancelled.

**"We had 120 international students when spring break started and we did everything we could to get all the students back to their home countries."**

- Shannon Behan

"We had 120 international students when spring break started and we did everything we could to get all the students back to their home countries. Flights were being cancelled as quickly as we were booking. At one point, when Pacific Coastal was still running, we had students able to get to Vancouver, only to realize their flights to Japan had been cancelled."

Shannon said they couldn't get students home to Spain, so their families asked that they remain in Powell River. "We are so fortunate in that we are isolated," she said. "It's a tough place to be for an adolescent so far away from home, to be isolated from peers, but parents were very comforted knowing their children were in a safe place with low (COVID-19 infection rate) numbers or none at all."

About 30 students from Germany, Spain, France, Hong Kong and Mexico all remained in Powell River. They have been doing the same remote learning as the other students have been doing. For some, the experience has been heartbreaking.



"One of our students from Spain couldn't go home to Madrid as the borders were closed. At the same time, her family had to leave the city quickly as the infection rates were growing. All we could do was promise her Dad that we would do everything we could to ensure her care. Weeping over the phone, her dad thanked us and the community of Powell River for keep his teenage daughter safe." Right now Shannon says they are planning what to do for the summer as some students will be unable to return home.

"We have a large number of students coming back in September who will need to be quarantined for two weeks when they arrive," she said. [PR](#)

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## I MADE THE MOVE

# Dad & son vets back together for Father's Day

BY IAN BARNES

**G**rowing up. I always admired what my dad did. I loved how he was an endless source of facts about any animal you might be wondering about. And I wondered a lot.

Visiting the Westview Veterinary Hospital was always so thrilling. I loved playing with all the cats and dogs he would bring home. I loved getting to see him work. Working with animals seemed really normal to me growing up. It wasn't until I got older that I realized how lucky I was to have those opportunities as a kid.

My mom and dad, Paula and Brian Barnes, met in Victoria as teenagers. They both attended the University of Victoria. They moved to Saskatoon where my dad got his degree in Veterinary Medicine in 1984. Immediately after graduating they moved to Powell River planning on staying a year. They never left.

My wife, Alex, and I, met in Victoria while going to the University of Victoria. We moved to her home town of Saskatoon so I could complete my degree in Veterinary Medicine and Alex could complete her degree in Physiotherapy. We got married in my parents backyard in Powell River in 2017, graduated in 2018 and moved to Powell River in 2019.

Working with my dad at Westview Veterinary Hospital has been a dream come true. That wealth of knowledge I admired as a kid is far richer than I ever imagined. He's supposed to be slowing down – he's been at it for over 30 years – but his love for the job has him more focused than ever. He's an incredible mentor and father and I feel very lucky to be here working with him.

Alex and I welcomed a little boy into our family this spring. Our first child, and my parents' first grandchild. Dad's hoping to be called "Paw-Paw" by his grandson.

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

**Ian** • I had always planned on moving back to Powell River after I finished vet school so that I could work with and learn from my Dad.

### What surprised you once you moved here?

**Ian** • We were very pleasantly surprised at the number



**A CAT, OF COURSE:** With a very new baby boy, veterinarian Ian Barnes and physiotherapist Alex Barnes have tucked back in to Ian's hometown – where he's working alongside his father, and mentor – at Westview Vet Hospital.

of young families who have made the move to town. People from all over the place have chosen this little town to raise their kids and it makes me very proud to call it my hometown.

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

**Ian** • When my wife Alex, was hired by Powell River Physiotherapy the time felt right for us to make the move.

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

**Ian** • It's really hard to pick just one. The top contenders are probably the lookout at Scout Mountain, the creek in Appleton Canyon, Second Beach in the summer, and the "Secret Spot" at Eagle River. Anywhere that gives us an opportunity to either hike, bike, swim or lay in the sun.

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

**Ian** • With our extended family spread out over Western Canada, we have always wished for easier access. It's a

difficult balance of keeping the hustle and bustle of the big cities at bay but not feeling too isolated.

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

**Ian** • Saskatoon has a vibrant restaurant industry. We were pleasantly surprised at the number of restaurants and coffee shops that are thriving here right now. We look forward to the easing of the pandemic and getting back to enjoying going out for a good meal. In the meantime, however, we are happily enjoying take-out.

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

**Ian** • I think the main challenge has been in the last few months. Having a newborn during a pandemic is not something we'd recommend. We feel very blessed that Powell River has been a safe haven so far. It's really a testament to the sacrifices and hard work of the community and every individual.

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

**Ian** • I would want to look into the feasibility of getting radar for our airport so families needing to travel to Vancouver could have confidence their flights would depart despite that pesky fog.

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


**Ian** • It may be a cliché answer, but for us it's the ocean, lakes, mountains and fresh air.

### What is your greatest extravagance?

**Ian** • Definitely our house. After living in condos for the last 12 years, having a house with a yard and garden feels absolutely luxurious. We've been spending the last few weeks attempting to start a vegetable garden, luckily the seeds seem hardy.

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

**Ian** • Being able to understand the animals, Dr. Doolittle style, could certainly be beneficial, but it would probably depend on the animal.

*If you know someone we should feature in I Made the Move, email [isabelle@prliving.ca](mailto:isabelle@prliving.ca) with your idea. *

2020

VIRTUAL AGM

# Annual General Meeting

## June 25<sup>th</sup> 7pm

Please register at [firstcu.ca](https://firstcu.ca)  
registration is required.

604.485.6206

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## MESSAGE FROM THE DOCTORS

# It's not over, so being smart, safe, kind still our best protection

Thanks to our citizens, our health care teams and our leaders, the number of COVID-19 cases is currently very low in British Columbia. Collectively, we made a huge impact on the spread of this virus in our province and in our local communities. Other parts of Canada have been far less fortunate.

While we are moving into a new phase, the pandemic is far from over. There has never been a recorded pandemic without a major second wave.

Nothing has fundamentally changed in terms of our shared risk – we still have a deadly virus circulating globally, we are highly connected by travel and commerce, we have almost no natural immunity to this virus, we have no vaccine, and we have no effective treatment.

The majority of new COVID-19 cases in B.C. can now be traced to known clusters or travellers, and the rate of spread

**“If we do not continue to take care in our social interactions, a surge of new cases is expected within weeks or months.”**

is now much reduced. Our health leaders believe that we can now safely increase our social interactions from 30 per cent (March/April) to 60 per cent (the “restart” plan). The hope is that we can find a new balance between the harms of COVID-19 versus the harms related to restrictions and closures.

Where possible, Dr. Henry has chosen to inform and guide us, rather than give us set rules. She has asked us to reflect on our personal circumstances and to use good personal judgment, rather than requiring us to all make the same choices. It is a bold and inspiring strategy.

“Our success so far, and (our) ability to ease restrictions, relies on our shared commitment and effort. And we need that to continue.” (Dr. Henry, May 25, 2020).

If we do not continue to take care in our social interactions, a surge of new cases is expected within weeks or months.

It is still strongly recommended that we keep our personal “bubble”, or num-

ber of close contacts, as small as possible e.g. those you share food or a home with, or those you spend sustained time with less than six feet apart. Coronavirus can spread very quickly among social circles.

While we can start to engage in more routine activities in our community, most of the time we still need to avoid larger groups and to maintain at least six feet of distance from others outside our household. If COVID-19 did invade your bubble (or someone else's), physical distancing would help contain it there.

Staying home when sick, except to seek medical care, is still considered to be the single most important infection control measure during the pandemic. This is a choice we can all make. Any age person can catch COVID-19, and anyone can spread it.

Testing is now available for everyone with symptoms of COVID-19, no matter how few or mild those symptoms may be. These include fever, cough, shortness of breath, muscle aches, sore throat, runny nose, loss of smell, diarrhea, and others. Testing those with symptoms helps us identify any sparks of illness in our community before they can spread widely.

If you think you need to be assessed for COVID-19, please contact your family doctor or nurse practitioner, call 811, use the online COVID-19 symptom checker ([www.bccdc.ca](http://www.bccdc.ca)), or attend our local emergency department (after calling ahead, if possible).

A large provincial health survey, titled “Your story, our future”, just finished on May 31st. This month we will be doing a dedicated local survey in Powell River and qathet Region to help us better prepare for the pandemic. More information about COVID-19, including local resources and a link to the survey, can be found at [www.divisionsbc.ca/powell-river](http://www.divisionsbc.ca/powell-river).

While our hospital team is well prepared to assess and support you, prevention of illness is almost always a better option than treatment. Public health measures will continue to be our best community defense against COVID-19 for the weeks and months to come.

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

*Powell River COVID-19 Physician Steering Committee* 



## HELP US

### Stop the spraying of pesticides in our local forests!

We are a growing group with a goal to stop the spraying (by Western Forest Products) of systemic pesticides in our forests, starting July 1st of this year until 2025!

Their plan is to destroy native species such as maple, salmonberry, fireweed, etc.; calling them “pests.” We disagree and see this as a major threat to the diversity of our forests. We need vegetation diversity for: clean water storage and filtration, habitat and food for wildlife (and keep them from coming to town for food sources), sequestering carbon, providing clean air, preventing erosion, slowing the spread of forest wildfires, etc.

Their plan will greatly reduce species competitive to timber; essentially treating our forests solely as plantations for industry.

We, as concerned citizens of the qathet region, do **NOT** give our **consent** to this practice and call for the plan to be terminated, in the name of public health. There's no greater time than **NOW** to protect our health and **immunity**, by protecting that of our forests and water sources.

Join your local citizens of  
**Pesticide Free Powell River**  
Find us on Facebook  
or email:  
[pesticidefreePR@gmail.com](mailto:pesticidefreePR@gmail.com)



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Powell River &  
Region Transition  
House Society

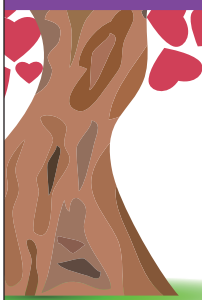


Powell River  
Community Services  
Association

## Emergency Crisis Line

**604 485 9773**

If you or someone you know needs someone to connect with, please call 24/7.



## All Our Programs Are Up and Running

\*Please call for an appointment

**Specialized Victim  
Support Services**  
604-485-2620

**Police Based  
Victim Services**  
604-485-3415

**Poverty Law Advocacy**  
604-485-0950

**PEACE Program**  
604-485-6968

**Stopping the Violence  
Counselling**  
604-485-6965

**Stopping the Violence  
Outreach**  
604-485-6980

**Grace House**  
604-485-4554



# Language Matters

*This article is a project of qathet Community Justice's Diversity, Equity, and Inclusion committee.*

In this time of crisis, what can we do to help? There's one small but very important thing we can all do during this time, and that is to remember language matters.

It's admirable how quickly our community has come together during this pandemic to support our vulnerable populations. Businesses are doing their part in the social distancing efforts, and local groups such as Powell River Mutual Aid—Folks Helping Folks and Powell River Mask Match have sprung into action to offer help anywhere it's needed.

Meanwhile, budgets are being stretched, accessing food is a challenge, and tensions are high. These are anxious times. It's human nature to place blame, and we're hearing it all around us, from friends and relatives to government officials around the world. Unfortunately, blame doesn't always land on its rightful target, and often isn't warranted at all.

Covid-19's initial outbreak may have occurred in China, but this disease does not recognize race, nationality, or ethnicity. It doesn't care what language you speak or where your parents were born. Even so, people of Asian descent are being subjected to racism because of this virus.

Members of our own community are being subjected to racism because of this virus.

This is where language matters. Here are some easy steps we can take to ensure our entire community remains safe during this pandemic, as suggested by the National Association of School Psychologists:

- Refrain from making negative statements about any racial, ethnic, or religious group. Instead, reach out to your neighbours and colleagues who might

**"These are anxious times. It's human nature to place blame, and we're hearing it all around us, from friends and relatives to government officials around the world."**

feel at risk because of their ethnicity, religion, or other traits, and ask how they're doing.

- Stick to the facts. If you're sharing information, make sure it's accurate and useful. Knowledge debunks myths.

- Avoid stereotyping people or countries. Stereotypes can create prejudice, anger, and mistrust toward innocent groups of people.

- Remember what it feels like to be unfairly blamed by association. Did you ever take the blame for a sibling or a friend when you were innocent, and feel powerless to defend yourself?

- Focus on the positive, familiar traits in people of diverse ethnicities, religions, or lifestyles. Think of the characteristics, values, and experiences you have in common—these could be neighbours, school personnel, healthcare professionals, or local merchants. Maybe your kids go to school together or play the same sport.

- Use neutral and scientific language like "coronavirus" and "COVID-19" when referring to the virus.

- Let's model compassion with our words. This virus is not the fault of anyone in our community, and no one should have to feel that blame. We all deserve to be treated with fairness, respect, and dignity.

For more information contact [info@liftcommunityservices.org](mailto:info@liftcommunityservices.org)

# WorkBC Centre

**We're in this together**

Call or email us for job search help

**P: 604-485-7958**

**E: [workbc@liftcommunityservices.org](mailto:workbc@liftcommunityservices.org)**

**WorkBC Powell River**



This program is funded by the Government of Canada and the Province of British Columbia.



# 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.

The Covid-19 pandemic has resulted in the death of many British Columbians. As fellow citizens we are sorry for the sadness that families, friends and caregivers feel, and we offer our condolences to them all.

Thanks to credible and dispassionate leadership, and sacrifices from all British Columbians, our Province has so far avoided the health crisis seen elsewhere around the world. We are now creating a plan to manage the threat of future outbreaks while re-starting our Province in phases.

A phased-in restart plan takes into account the science of virus spread; it will require us all to pay close attention to our personal health, our physical distancing, who we meet up with, and where we go.

As Dr. Bonnie Henry has said since the beginning of the pandemic, be kind, be calm, and be safe.

*Nicholas Simons, MLA*  
Powell River-Sunshine Coast 

### BRITISH COLUMBIA'S (CAREFUL) RESTART PLAN

Your government is implementing **four phases** towards a 'new normal' as we **safely restart** the province. These phases **will occur over the next few months**, and into next year. The province wants to ensure that restrictions are lifted in phases to allow for **more social and economic activity**. This must be done while closely monitoring health information to **minimize the risk to the public**. The four phases are as follows:

- Phase 1:** prior to mid-May.
  - Only **essential services** and some businesses were operating.
- Phase 2:** mid-May (onwards).
  - Restoration of **some services**, under **enhanced protocols**. This includes **small** gatherings (2-6 people permitted in time for the long weekend); resuming **elective surgeries**; resuming dentistry, chiropractic, RMT massage, physiotherapy, **in-person counselling**; opening **provincial parks** that can accommodate physical distancing **for day-use only**; allowing **retail businesses** (hair salons, libraries, etc.) to re-open\*, **supported by WorkSafeBC**; expanding **in-person schooling for K-12** (voluntary); and **resuming the legislature**.
- Phase 3:** June-September (if phase 2 is successful and transmission rates remain low or in decline). **This is where we are now.**
  - Further restoration of services, under **enhanced protocols**. This includes the **opening of more parks**, including **overnight camping in June**; the Film and TV production industry resuming; **movie theatres** reopening; further opening of personal services, including **spas and non-medical massage**; and **hotels** and resorts reopening. If transmission rates remain low, **K-12 education and post-secondary education** will return to partial in-class instruction (September 2020).
- Phase 4:** TBD.
  - Large gatherings** (rock concerts, conventions, etc.) **conditional on at least one of: wide vaccination; "community" immunity; or broad successful treatments.**

**\*Please note: all reopenings will depend on detailed plans to avoid transmission of COVID-19. At this time, there are no plans for nightclubs, bars or casinos to reopen.**

The **golden rules** for everybody are: practice **physical distancing**; **wash your hands**; **stay at home** if you're feeling ill, no exceptions; **increase cleaning** at home and at work; **stay informed** as information is always changing; **cover your cough**; **minimize non-essential travel**; and **make spaces safer**.


### FINANCIAL SUPPORT & INCOME ASSISTANCE (continue to be available)

- 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 for Workers (BCEBW)** provides an additional one-time tax-free \$1000 payment to those whose ability to work has been affected. Applications opened May 1. For eligibility requirements, visit: [www.gov.bc.ca/workerbenefit](http://www.gov.bc.ca/workerbenefit). **Please note:** you must meet the eligibility requirements for **CERB** and have been approved for CERB.
- 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 **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 \$2000/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) (includes restart plan)
- 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



# Residential property taxes due

As the COVID-19 pandemic continues, the City remains committed to pursuing every possible measure to help strengthen our community. To protect the health and well-being of residents and staff, the City strongly encourages homeowners to pay and/or submit homeowner grant applications online; and ask questions over the phone or email.

For those who absolutely need in person access, **City Hall is now open** Monday to Friday 8:30 am – 4:30 pm to accept property tax payments. Measures to maximize social distancing will be implemented and may increase wait times.

**LATE PAYMENT PENALTIES:** To support residents facing financial hardship, Council has **cancelled the annual 10% penalty normally applied on July 3rd**. Taxpayers will have until September 30, 2020 to pay before a penalty is applied.

This relief is designed to support property owners who need it. Taxpayers capable of paying on or before July 2, 2020 should do so to help support the essential services everyone in the City relies on.

**A 5% penalty will be applied** on any balance owing, including unclaimed home owner grants, at **October 1, 2020**, then another 5% penalty on any amount owing at December 4, 2020

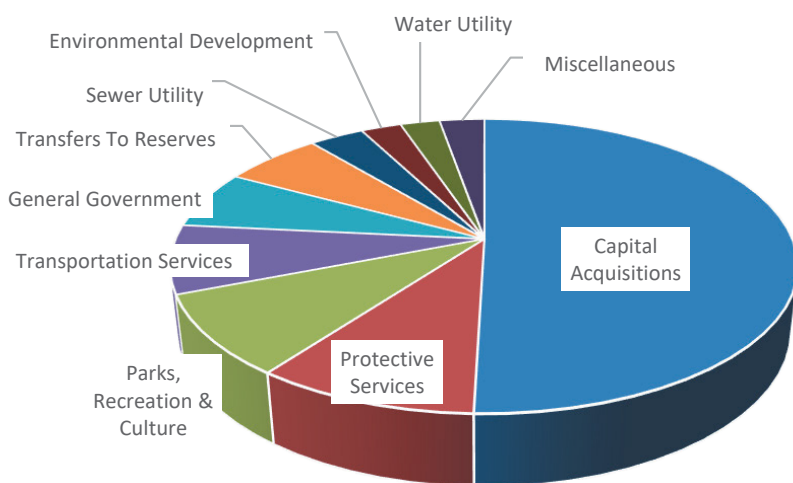
**HOW TO PAY :** You can pay through online banking, by mail, through the City Hall drop box, in person at your bank or in person at City Hall. For more details, as well as information on tax deferment, see the mailout that was included with your tax notice or visit [powellriver.ca](http://powellriver.ca)

## Where do your property taxes go?

Property taxes are collected for services provided by the following entities:

	2020 Taxes	Distribution
City of Powell River	\$ 18,561,970	71%
Provincial School Taxes	4,895,118	19%
qathet Regional District	2,134,760	8%
Powell River Hospital District	444,465	2%
BC Assessment Authority	157,076	1%
Municipal Finance Authority	400	0%
<b>Total Property Taxes Collected</b>	<b>\$ 26,193,789</b>	

The property taxes collected for the City of Powell River will fund the following:



For more budget information, please visit [powellriver.openbook.questica.com](http://powellriver.openbook.questica.com)



## 2020 Budget Highlights

- 4.7% increase in residential property tax on the average single-family dwelling;
- Wastewater treatment plant design and construction;
- An increase to the strength of the RCMP;
- North Harbour boat launch upgrades;
- Recreation complex improvements and maintenance of service levels;
- Park improvements, including community garden and bike park shelter;
- Vehicle and equipment replacements;
- Additional Electronic Vehicle Charging Stations.





# Locked down in North Africa

In 2017, after living in Powell River for 11 years, Jillian Amatt and her partner Chris DeCap sold all their possessions and headed out into the world to travel burden free.

Since then, carrying all that they own in two suitcases, they have lived in Costa Rica, Nicaragua, Guatemala, St. Kitts & Nevis and now Morocco.

Jill is writing a book about their experience in Morocco during lockdown. If you want to stay up to date with their progress visit their website, [www.artisticvoyages.com](http://www.artisticvoyages.com) and sign up for their newsletter, or/and follow them on Facebook and Instagram as well under Artistic Voyages.

BY JILLIAN AMATT

Never could we have imagined living in a centuries old clay and sand constructed Medina in Tinghir, Morocco, but here we are.

We arrived in Tinghir on March 17, a few days after the border to Spain was shut down. We weren't prepared for that as we hadn't really been following the European news of the Coronavirus, we kind of thought the virus was still just in China.

We had a mural painting job booked at a hostel in Tinghir to start mid-March, so our plans were not to be thwarted anyways. By the time we arrived at this far flung location, most flights had been cancelled out of the country, and roads and highways were closed a couple days later.



**COULD BE WORSE:** Friendly, peaceful people, history and scenery, gardens, farms and a fresh spring for water – plus a cook. These former Powell Riverites have found a coronavirus oasis in Morocco.

Things happened fast and it was alarming and surreal to witness what felt like doors closing all around us. We made the conscious decision to stay in Morocco, and not try to get a flight out. We are nomadic after all, and we have nothing to call home back in Canada anyways.

After a couple weeks of adjustments and feeling like we were safe and well taken care of, the fear and discomfort of the unknown subsided. The imaginings of worst case scenarios and fears about scarcity and what that means when a country takes care of its own first, have all abated. We now feel like we are two of the luckiest people in the world to be stuck in such a wonderful country.

Life in a Muslim country is peaceful. The Moroccans are some of the friendliest, kindest and most generous people that we have met on our travels. They treat fellow humans as equals, and they know full well, virus or not, that we are all in this together.

Lockdown has been a challenge as we have been told not to leave the house at all, but we enjoy the sun daily on the terrace. Lucky for us, we landed with a host that says that cooking is his hobby. Not only did he attend hospitality school, which makes him a great host, he cooks the most amazing Moroccan food, and teaches us all about the customs and traditions that make Morocco unique.

With a huge field of gardens and farms right behind us, and a fresh spring that comes out of the mountain that fills our well, we can't imagine a more suitable place to survive a pandemic. [PR](#)



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**RUSTIC CHARM:** The Powell River Company's Rainbow Lodge on Powell Lake became a luxe mid-century destination, offering both plumbing and electricity.

# Our salty, sporty, scenic lake

BY JOËLLE SÉVIGNY

The biggest lake in the area, spanning 50 kilometers in length and 24 kilometers in width, draws from the same name as our community: Powell Lake. As many of us know, this lake is also one of the deepest; the first survey was done in 1915 by F.H. Swift (resident engineer of the Powell River Company at the time) and the deepest part of the lake was found to be 1,380 feet. However, today the accepted depth is 1,180 feet.

Another survey in 1962 done by the Institute of Oceanography at the University of British Columbia, found the presence of salt water at the very bottom of the lake. Around 10,000 years ago, land around the Strait of Georgia was submerged by retreating ice. Therefore, sea water that was entering the Powell Lake valley, which

is believed to have been an inlet of the sea, was diluted with fresh water from the melting glaciers. The inlet was then cut-off when the land rose after the disappearance of the ice sheet.

Fast forward to the early 1900s, Powell Lake was now a natural fishing ground for sportsmen as well as a scenic playground. Whether you were making your way to a cabin, or a day trip, the lake was enjoyed by all.

The Powell River Company built Rainbow Lodge, located fifteen miles from Powell River, as a restful retreat from which the administration entertained thousands of friends from all parts of the world. The origin of this visitors' lodge goes back to the 1920s, at which time it consisted mostly of overnight shelters for fishermen and hunters. In the 1930s and 40s it evolved to become

more comfortable and modernized with electricity and plumbing.

By 1960, Powell Lake was described as an irresistible attraction with "cool, summer breezes, little inlets in whose placid depths are mirrored the pictures of the surrounding mountains – scarcely intelligible trails leading from the edges of the lake to unseen streams and chattering falls – and long stretches of open lake where the thirst for speed may be safely indulged in..."

Enjoy these sweet experiences this summer just as was done 60-plus years ago!

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

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Want a sustainable, affordable, local food supply?

# Let locals catch fish

BY PIETA WOOLLEY | pieta@prliving.ca

It's clean, wild, sustainable and a public resource. Obtaining it is far more socially-distanced than going to the market. But the federal government is cracking down on how much fish and shellfish locals can catch.

Every year, more than 3,000 local anglers head out on the water hoping to bring healthy local seafood to their table, according to fishing license data.

Sam Sansalone is one. He also owns Powell River Outdoors, an outfitting shop on Marine Avenue that has been hit hard by the new Department of Fisheries and Oceans (DFO) rules requiring non-retention of salmon. Alongside other food-fishing advocates from around the Salish Sea, he is leading a movement to make the public's seafood resources available to the public again.

"It's on the verge of criminality – that's how serious it is," said Sam, referring specifically to the 2019 decision by DFO to dramatically delay the start of the Chinook season and allowing anglers during the short season to retain just one fish instead of two.

Since May 1, each day anglers can retain one rockfish, and one ling cod, plus up to 125 spot prawns. In this area, anglers cannot retain Chinook until further notice.

"The fishing has never been better. I can't stress that enough. It's not just me saying that. I hear from customers, friends and other outfitters; they've never seen so many whales, salmon, herring and dolphins. If you see a skinny sea lion, let me know."

**"You really want to help us? Let people retain a salmon so they don't have to go to the grocery store as often."**

*- Sam Sansalone*

In an email, DFO explained that they take "the actions necessary to protect wild salmon, which may result in limiting fisheries opportunities for commercial, recreational and indigenous fishers. BC Salmon Integrated Fisheries Management Plans (IFMP's) are developed with feedback from First Nations, commercial and recreational fishermen, and the Integrated Harvest Planning Committee. Fishing plans are also based on science advice from the Canadian Science Advisory Secretariat, departmental science advice and analysis and fishery information and forecast abundance.

"Forecasting salmon returns in recent years has proven to be extremely challenging due to uncertain impacts of warming ocean waters, and an ongoing pattern of decline affecting a large number of key salmon stocks. Warmer temperatures change the food web in the ocean. For salmon in the Northeast Pacific this means less nutritious food is available.

"Air temperatures have reached record highs in BC and the Yukon in recent years. This impacts snow fall and snow melt that keep the rivers cool and flowing. Increasing water temperatures, changes to river flow patterns, flash



**LESS OCEAN GROCERIES:** Powell River Outdoors owner and life-long angler Sam Sansalone has been leading a coastal push-back against federal rules that are shrinking the amount of fish locals can catch to feed themselves and their families. Top, a still from a series of short films he made last year with One5 Films, about the impact of the regulations on outfitters and fishing tourism operators. Above, salmon and spot prawn catch limits have fallen to about half of what they were a decade ago – and Sam argues the salmon limits are a spurious reaction to the thriving state of fish stocks in the Salish Sea.

floods, and increased erosion and landslides are all climate change impacts affecting the quality of river and lake salmon habitats."

But Sam doesn't always believe DFO's "science" – in part because of its historic

handling of the herring fishery, and in part because of what he and other locals who are on the water several times a week witness.

Last year, he made a series of short videos with One5 Films, interviewing



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**SHOPPING BASKET:** Jim and Bella Hebert with their local, sustainable and delicious protein.

industry insiders around the Salish Sea, about how the new limits have impacted their business and their own food catch.

This year, Sam is working with a newly-formed BC advocacy group, the Public Fishery Alliance, questioning the science behind the non-retention of Chinook and yelloweye rockfish, and asking for greater public access to the food supply in the ocean.

"While the Federal Fisheries Minister was misleading Canadians in 2019 by stating that Chinook salmon are on the brink of extinction, public fishers experienced some of the best Chinook salmon fishing in over a decade in Southern BC marine waters," reads a recent blog by the PFA.

"... Anglers were also scratching their heads in confusion and frustration at the same time as a blanket closure prohibited the retention of Chinook, including hatchery fish. As a result the socio economic impacts to the coast were devastating," said the PFA.

In the email, DFO defended the 2020 catch limits, specifically for prawns and shrimp, which Sam doesn't argue with.

DFO "reduced the daily recreational limit for prawn and other shrimp from 200 to 125. The combined possession limit is 250, which is two times the daily limit. This applies coast-wide. This is the first time the recre-

ational daily limit has decreased since 1996.

"In recent years, participation in recreational fisheries for prawns has increased significantly and the use of more sophisticated fishing gear, such as power haulers, has become more widespread. These changes have increased pressure on the resource.


"Recreational fishing opportunities for prawns in BC remain considerable. The fishery is open almost year-round and the limit of 125 prawns per individual, per day will allow harvesters to enjoy an ample catch while helping to ensure there are enough prawns to ensure long-term, stable access for the recreational sector."

The limits for oysters and clams have also been reduced this year.

Access to wild-harvesting seafood rarely makes it into discourse about local food security. Why not?

"You can't see it," said Sam. "It's under water. Apples, tomatoes you can see. Seafood is so overlooked here. What can we do here for sustainable food? Sometimes we just need to wake up and see what's there. There's so much food in the ocean."

Given the financial stress caused by COVID-19 and the mill curtailment, Sam noted that supporting local anglers should be a natural solution.

"You really want to help us? Let people retain a salmon so they don't have to go to the grocery store as often." 



## WHAT'S UP

### New home for Archery

Thanks to the Powell River Rod & Gun Club, local archers can practice their skills year round once again.

Archers have been without a permanent home for a few years but that changed following an invitation issued by Rod & Gun Club member Allan Lalande, an expert bowyer and long-time archery master. With the help of volunteers and local businesses, Allan initiated and carried out the clearing and construction of a new 50-metre outdoor archery range on the club's property and is busy refurbishing the club's 20-metre indoor range for archery practice during inclement weather.

A further 3-D outdoor range is in the active planning stage. In addition, bows, arrows, targets and other equipment has been purchased by the club for use by local novices interested in being introduced to the sport.

Membership in the Rod & Gun Club is required for all regular users of these facilities but invited guests interested in learning more about archery will be permitted on the range while under the direct supervision of club members.

Donations of time, equipment and material were provided by several businesses and individuals including Joe Huetzelmann, John Brownsell, Phill Long of Augusta Recycling, Brad Green of Mill Town Transport, Dan Stephens of Select Sand & Gravel, and T&R Contracting.

Archery has long been part of the BC school curriculum, and preliminary discussions have been initiated with School District 47, Tla'amin First Nation and other community groups to formally organize a revival of this ancient art in our region. Interested persons are encouraged to contact Allan Lalande, head of the club's archery section at: [allanlalande1@gmail.com](mailto:allanlalande1@gmail.com)



### Report Crime Online

The Powell River RCMP can now take online crime reports for incidents that do not require police attendance. A typical report takes approximately 15 minutes to complete and will require the reporter's name, address, phone number and e-mail.

"In addition to providing a more convenient way for residents to make a report, this tool will minimize the amount of less-serious files that are being dispatched to our frontline officers," said Staff Sergeant Rod Wiebe. "By utilizing

the online reporting, it allows our officers to attend the higher priority calls for service in a more efficient manner."

Online reporting must meet the following criteria:

- You have lost something that costs less than \$5,000
- Someone has stolen something from you that costs less than \$5,000
- Someone has vandalized your property or vehicle and it will cost less than \$5,000 to repair it
- The crime happened within the jurisdiction of the Powell River RCMP
- You want to report a driving complaint that is not in progress

For emergencies please call 9-1-1.

The link for online reporting is [bc.rcmp.gc.ca/powellriver/report](http://bc.rcmp.gc.ca/powellriver/report)

### Seniors may defer

As a member of Powell River Assist whose mandate is to help prevent and mitigate senior abuse, and the Senior's Association of Powell River, I have had the opportunity to hear first hand from many seniors about their concerns of rising property taxes.

So I started looking at what could be done and found out that the provincial government was ahead of the game. In 2013, the BC government realized that as property taxes increased, many seniors would find it very difficult to stay in their homes.

In response, they started the B.C. Property Tax Deferral Program, which allows anyone over the age of 55 to apply to defer their taxes. To do so you must have a minimum of 25 per cent equity in the home. Or said another way, your mortgage has to be less than 75 percent of the appraised value of your house.

You will be charged a low interest rate and pay nothing until you either withdraw from the program voluntarily, sell the house or die.

This program assists seniors in continuing to live independently as long as possible. This has been reported to increase overall health and significantly decrease the cost of medical services.

Deferring taxes is a "no brainer" for many B.C. seniors who are property rich but struggle to make ends meet, said Lorraine Logan, president of the Council of Senior Citizens of B.C.

"There are so many people who are land rich but can't sell because where else are they going to go? It's best to stay put and defer taxes."

In 2018/19 over 57,000 BC seniors were in this program and it freed up on average \$3,623 for their expenses.

For more information call Nicholas Simons, our MLA at 604-485-1249 or Google BC property tax deferral.

- Ron Woznow



**IS IT REALLY YOU?:** Sea cadet Aidan Parkin, a member of the RCSCC Malaspina, is among the cadets who will receive his promotion and awards at a virtual ceremony in June. Here Aidan stands with a life-size virtual officer cutout of Lt (N) Ken Stewart made by Craig McCahon of Designer Signs.

*Jenn Parkin Photography Photo*

## COVID can't keep a good crew down!

Local sea cadet (RCSCC Malaspina) officers launched an online training program to keep local cadets engaged when activities were paused during the COVID-19 pandemic.

Cadets take part in open discussions on subjects such as Canadian naval history, the proper clothing to be worn during a sail activity, and environmental stewardship. Cadets involved in model building, were given ship models to complete. They will present their finished models and give a detailed report about the vessel to their online group.

Cadets will receive their promotions

and awards at a virtual awards and promotions night in June.

The aim of cadets is to develop the attributes of good citizenship, and leadership in youth; promote physical fitness; and stimulate an interest in the activities of the Canadian Forces.

The new training year starts September 8 at Timberlane Barracks and is open to youth age 12 to 18. Sea Cadets are sponsored by the Navy League of Canada and supported in partnership by the Canadian Forces. For more information please contact [64Sea@cadets.gc.ca](mailto:64Sea@cadets.gc.ca).

## COVID-19 does not discriminate

Vancouver Coastal Health is adding its voice to those raising concerns about the increasing reports of anti-Asian incidents related to the current pandemic.


While an infectious disease outbreak of the scale and magnitude of COVID-19 can create fear and mistrust, there is no excuse for racial and discriminatory responses, says VCH.

"From a health care perspective, the COVID-19 virus does not discriminate, and we cannot make any assumptions about who may be infected, or cast blame on others, based on their cultural background. Such views have no basis in public health, and no place in our society," said the VCH statement.

"Freedom from discrimination and racism is a key determinant of health."

## New Book Nook

inclusion Powell River is planning a new "little library"...with a twist! Initiated by inclusion's Community Connectors program, which is dedicated to building community and connection, the little structure (made from repurposed materials) will be a way for neighbours to engage with one another amidst COVID-19.

The "library" will be set-up at one of inclusion's residential or program locations, as a place for community members to share and swap seeds, flowers, neighbourhood news, caremongering requests or offers, art work, and more. There will be COVID-19 safety precautions, of course, but this new space will be a unique opportunity for positive connections and getting to know your neighbours. 



Transforming education almost overnight from face-to-face to remote learning was challenging, but also opened new opportunities for communication and engagement. “We are so impressed and appreciative,” said School District 47 Superintendent Jay Yule, “of the creative ways teachers and staff have kept in communication through the use of social media and social networking with families and students by keeping them engaged with their school and learning.”

Educators **Maranda Burnikell** and **Jasmin Marshman** share how they’re connecting with students and their families while in-class instruction has been put on hold.

# In touch, in tune & engaged!

## Recognizing great strides, always

**H**enderson Elementary School Principal Jasmin Marshman loves good news. So much, in fact, that when she changed schools last fall from James Thomson to Henderson, she brought the #GoodNewsCallOfTheDay project with her.

“It’s the perfect way for me to connect with families at a new school,” she said.

Each day, Jasmin loves being able to call a student’s home and share the good news about a student with his or her family. For example, a child who is making strides in reading might have her photo taken for her achievement and Jasmin will tweet about the breakthrough on the District’s Twitter feed, post a picture at the school and call the child’s parents and tell them the good news.

Like many things these days, #GoodNewsCallOfTheDay has moved entirely online, to Facebook, email, Twitter and

Instagram.

Jasmin continues to read to the preschool StrongStart children twice-weekly, but now she does so for all her students, and into a camera. The videos are shared on the Henderson Facebook page.

Jasmin often chooses books with themes that relate to children’s experience of the pandemic. They include Franklin’s Bad Day “about how Franklin misses his friend and how he wrote her a letter,” and Goodnight iPad, a funny parody of the classic Goodnight Moon.

Like most things, even reading storybooks requires practice and sometimes the Henderson Principal has to practice more than once. A book called the Invisible String, a story about how love binds us to each other even when we’re apart, is one example of this.

“I had to read it three times,” says Jasmin. “It’s very emotional.”

## This Crew is Linking to September 2020

**E**very year at Brooks Secondary, about 30 Grade 10 to 12 students are trained to mentor the school’s new Grade 8 students. They’re called “Link Crew Leaders.” This year, teacher and Link Crew organizer Maranda Burnikell relied on email, Instagram and Twitter to find her leaders for fall 2020 instead of handing out personal invitations and information.

“In a typical year, I recruit after spring break and start training at the end of May,” said Maranda – the months when this year’s pandemic emptied schools.

“I sent emails to students who’d been recommended and their parents. I also relied on my returning Link Leaders to talk to their friends.”

It worked. She has more applicants than available Link Leader spots.

Surprisingly, the most effective online recruiting wasn’t Instagram, but a direct ask to students and their parents through old-fashioned email.

“Going to high school can be a scary time. Link Leaders can help ease that anxiety,” said Maranda.



THE LINK CREW 2019



MARANDA BURNIKELL

## This is all so new

Although school closures and physical distancing presented challenges to learners, their families and teachers, new technology provided opportunities to communicate in other ways that would not have been possible 20 years ago. Communication tools such as web-based video conferencing, social media, apps, and emails, meant students could continue to learn and remain engaged during the pandemic.

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SCHOOL DISTRICT 47



# Brain injury

slowed her down  
but it didn't stop her

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

Flashback. It's 8:55 am  
November 3, 2003.

Jennifer Konopelski is driving her little GEO Metro along Glenmore Trail SE in Calgary. The 26-year-old is on her way to Harvey's Restaurant where she works as an assistant manager. She moved there a year earlier to finish her Bachelor of Fine Arts degree at the University of Calgary.

The roads are a bit icy. Traffic is crawling along at 10 kilometres an hour – normal rush hour traffic for Calgary at that time of day. Jenn comes to the Bow River bridge, it's icy, she fish-tails slightly but no big deal, she's driving really slowly after all. There's lots of room between her and the car in front.

But unbeknownst to her, the driver in the little truck behind her isn't driving as slowly and carefully. He comes to the bridge, hits the ice and is propelled forward, his vehicle spin-



Annette Rae

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ning out of control and not stopping until it rear ends Jenn's car, crumpling her little Geo Metro. "My bumper was behind my seat and the seat back was broken off. My head bounced off the steering wheel before it hit the driver's side window."

There were no air bags then.

Jenn was taken by ambulance to hospital. Her head was swollen, she had three fractures in her upper back and lower neck and her left side felt like a Mack truck had driven over it. A few days later she returned to work; she had to. The Emergency Room doctor could only give her a stay-off-work note for three days and she hadn't managed to find a doctor of her own in Calgary yet. At work, Jenn struggled. Headaches, pain, forgetfulness.

She found a lawyer who got her in to see a doctor who specialized in people who'd been involved in motor vehicle accidents. She couldn't work – for the next three years she slept most of the time. "I was in so much pain – it was really tough. I literally didn't leave my couch," she recalled.

Jenn was sent for test after test and medical bills were piling up. "I had no money and, because I'd gone back to work for three days, all the insurance would pay for was my car," said Jenn.

After visiting a specialist, it was determined Jenn had moderate traumatic brain injury. "I lost all but five per cent of my short-term memory and I lost all but 13 per cent of my long-term memory." She grew up between Surrey and Powell River, but can't recall much from her childhood.

Jenn was accepted into a brain injury rehab centre in Calgary. There, she learned how to live life with a brain injury. "I learned the basics of living in a new way. Tips like always carry a notebook so I can write things down, have an agenda, that sort of stuff. One of the teachers



**LIFE AFTER THE ACCIDENT:** Nutcracker Market owner Jennifer Konopelski has found a new life in Powell River after suffering a terrible car crash in Calgary. The former restaurant manager brought her skills with her.

came to my house and helped me reorganize my stuff so things were easy to find."

Even the simplest of tasks were daunting. Jenn couldn't follow simple instructions anymore. She'd graduated with honors from high school but dropped to a Grade 5 level following the accident. She recalls her frustration at not being able to follow the instructions to put together an Ikea bookcase.

Jenn returned to work three years later but it was tough. "After working a couple hours I'd have to go

home and sleep. I couldn't work a full shift."

She left the restaurant and began working at a golf centre. But Jenn wanted to do something different. She'd always dreamed of owning her own business. "In 2008 I wrote my first business plan for an indoor mini golf centre with a kids' climbing area and an arcade." She changed jobs again and again, but then she decided to reevaluate her life – and that meant moving.


"I'd been saying for 15 years I want to go home, but I hadn't done so."

Back to BC she went. It was June 2016, Brain Injury Awareness month, when she arrived home in Powell River. She found a job at a restaurant and helped her mother Christine and Elaine Steiger operate their first pop-up store, The Nutcracker Market. "We did the Christmas season and it went really well so they said, 'Let's keep it open and see what a year does,'" Jenn recalled.

Stock was ordered and The Nutcracker Market remained open. Six months later Elaine's garden "exploded" and Elaine found herself working 24/7 trying to keep on top of her gardening, preserving, book keeping and running the shop. It was too much.

"She was thinking of closing the store and my mom and I looked at her and said: it's a viable business..."

Jenn and Elaine sat down to talk about the business and agreed on a deal. "We basically swapped places. Elaine became a vendor and I became the owner." Elaine mentored Jenn and Jenn's mom continued to help. "I couldn't do it without them. With my brain injury I'm good for about 20 hours a week and that's it."

Jenn credits the support of this community and her family for helping her achieve her dream of owning her own business. "Without them, this store wouldn't be where it is today." 

## Call your family doctor before you go

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**Dr. du Toit and Katie Scoular (NP):** call 604-485-2430

**The Medical Clinic Associates:** call 604-485- 6261

**Powell River Medical Clinic:** call 604-485-5501

**Tla'amin Health:** call 604-483-3009

**Dr. White:** call 604-485-9200

Please call (604) 485-6261 (GP) or (604) 485-2430 (NP) if you do not have a practitioner and you would like to get attached, or call (604) 485-5501 for a virtual appointment at the walk-in clinic.



A message from Powell River physicians

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A GPSC Initiative





**KEEPING THINGS GROWING:** Brain Injury Society staffers Dewar and Linda Boutilier have kept the gardens thriving at the Powell River Brain Injury Society just off Joyce. They and other staff have also found work-arounds to the COVID-19 restrictions, keeping clients connected to each other – and growing healthy food.

June is Brain Injury Awareness Month

# Gardens and people bloom with Society support

**W**hen the COVID-19 pandemic hit in March, the Powell River Brain Injury Society was one of the businesses that had to close their drop-in center. But thanks to a committed staff and other supports, brain injury clients continued to receive services and support in different formats, said Debbie Dee, executive director of the Powell River Brain Injury Society.

Knowing that the society's garden would become a source of food security for clients, we felt it was important to designate it as an essential service, said Debbie. Head gardener Dewar Boutilier, also a client of the society, was able to retain his paid employment. His wife Linda, also an employee in the society's Outreach Department, volunteered to assist him.

Unfortunately, due to COVID-19 many seed sharing forums were cancelled. However, Powell River folks still found a way to share these items. "We took advantage of free and by donation seeds and seedlings and have a lot of veggies ready and growing for summer and fall harvest," said Debbie. "We have already shared rhubarb. We had also planted our own seeds and had little seedlings growing in our windows at the Centre before this all started and the little plants are now out in the garden beds happily growing."

This has been an excellent experience for Dewar and Linda to work together in the garden, said Debbie. "With both of them living with an acquired brain injury, things can get chaotic. Memory issues, sequencing problems, anxiety, sleep disorders, are all exacerbated when living with a brain injury. They are re-bonding on a whole new level, and the garden has become a catalyst for a new understanding of each other. They are renewing their love through gardening in the time of COVID-19."

Peer support worker Jimmy Wilkins is an essential part of the society's service delivery and support programming. "We worked with Jimmy on what would be the best way to keep in contact with our population." They came up with several options, old-fashioned tele-


**"What has worked best is Facebook Messenger video calling.... It is heartwarming to see the reaction of people who haven't seen each other for a few weeks when they can actually chat with the video and show each other where they are and what they have been doing."**

phone conversations and new-fangled technological video conferencing. "It hasn't been without its challenges, getting all the clients on the same tech page, but what has worked best is Facebook Messenger video calling." Jimmy calls clients on the phone for a check-in conversation and from those calls he has a list of participants for the video calls.

"It is heartwarming to see the reaction of people who haven't seen each other for a few weeks when they can actually chat with the video and show each other where they are and what they have been doing," said Debbie.

A popular list of "things to do at home during COVID-19" has prompted some clients to go online and visit the Louvre and discuss what they saw. "We've had them look at the online live cameras from Venice and the live animal cams," said Debbie.

New protocols have been put in place that allowed for the center to reopen on June 1. Groups are limited to six and for the first few weeks Debbie will be the only staff person.

For more information about the Brain Injury Society, please visit, [www.braininjuriesociety.com](http://www.braininjuriesociety.com), phone 604-485-6065 or find them on Facebook. 

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# They're helping locals recover

Can you pitch in too?

BY PIETA WOOLLEY | pieta@priving.ca

It's welcoming, Miklat House. Each bed has a colourful cover. The backyard is green and shady for chickens and ducks. There's a pool table, couches, and a long dining room table, set for people who are committed to getting their lives back.

Nestled deep in Cranberry, the former inclusion Powell River group home is now officially open as a treatment centre for all kinds of addiction. After nearly three years in the works, boom, it's open as of March, and already serving local clients.

It couldn't come soon enough. Because of the uniquely high number of overdoses and overdose deaths in this community, Powell River is home to the first Overdose Prevention Site outside of Vancouver. But locals need more than to be just kept alive, says Miklat Recovery Society board chair Nina Peers. They need help getting off of drugs and alcohol.

"Addictions impact families and they're a drain on society," she told *Powell River Living* in an interview at Miklat House. "Those in addiction are often not leading a productive life. They may not be working, they may have burned through all their money, meth will destroy your brain... it's connected to homelessness and



**FIRST-HAND ACCOUNTS:** Miklat's facilities director Rob Fitzpatrick, board chair Nina Peers and clinical director Fraser Ross all give back because of their personal experiences with addictions and recovery – their own or loved-ones.

## CAN YOU HELP?

- The three-month treatment program costs about \$12,000 per person. Would you sponsor someone?
- The second-stage residential facility needs a renovation. Would you donate money or in-kind?
- Do you have skills to volunteer as a grant-writer, marketer, or fundraiser?

Contact [support@powellrivermiklat.com](mailto:support@powellrivermiklat.com) or call 604-483-6462. Miklat Recovery Society is a registered charity and can issue tax receipts. [powellrivermiklat.com](http://powellrivermiklat.com).

poverty. No one wants to be on the streets cold and hungry with nowhere to go."

Nina, like most of Miklat's leadership, has up-close experience with addiction. For many years, she tried to save her addicted partner, not fully realizing how much trauma, she said, was behind his habit. It's why she and the team have worked so hard to get an affordable, avail-

**"Addictions impact families and they're a drain on society. Those in addiction... may not be working, they may have burned through all their money, meth will destroy your brain.... No one wants to be on the streets, cold and hungry with nowhere to go."**

*- Nina Peers, Miklat Board chair*

able treatment centre going here.

The basic three-month residential program at Miklat costs just \$12,000 – a fraction of other non- and for-profit treatment centres. Even so, many people do not



Rob Villani



Stacey Fletcher



Katya Buck

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**“Ninety percent of people just want to be given a chance to get their lives back. They can return to work, increase their self-respect, and start to enjoy life again. Those are the goals most people want to achieve.”**

*- Fraser Ross, clinical director*

have that much money available in their bank accounts or on credit, explained Rob Fitzpatrick, Miklat’s spokesperson and facilities manager. If you’re on income assistance, the government will pay about a quarter of that. So the board is fundraising, and hoping for beds to be sponsored.

Rob credits his own experience in treatment for turning his life around. For most of his adulthood, he said, he was addicted to alcohol, fentanyl, meth and IV drugs. After a stint in jail in Nanaimo, he went for treatment at Guthrie House. He still considers himself “in recovery,” and

**WHAT IS POWELL RIVER’S DETOX SITUATION?**

Before heading to treatment, most people with addictions need to go through detox first. Detox is usually a medically-supported time when they stop using, and let the substance leave their system. It can feel really awful, and can even be fatal. After this initial stage, people will be ready to enter a residential treatment program – at Miklat, the initial phase is three months – where they learn skills and coping mechanisms for living without drugs and alcohol.

In Powell River, there is only one detox bed available, for women only, at Grace House. The hospital also offers supported at-home detox, and locals can use the beds in Comox.

Miklat House is hoping to be able to offer detox services soon.

has dedicated his life to working with youth and adults who are trying to leave their addictions behind.

At Miklat, tools include cognitive behavioral therapy, 12-step, motivational therapy, logotherapy, inner child work and spiritual work. Treatment is tailored to the client’s individual needs.

Clinical director Fraser Ross, too, has beaten his addictions. He notes that



**COZY COVE:** The living room at Miklat House offers a welcoming gathering spot for clients to begin working through the 12 Steps, or the program’s other approaches.

“ninety percent of people just want to be given a chance to get their lives back. They can return to work, increase their self-respect, and start to enjoy life again. Those are the goals most people want to achieve.”

“The key is getting people to understand that this is a disease,” said Nina. “Unless you’re touched by it, there’s often no compassion there.”

As if this project were not proceeding fast enough, Miklat just secured the lease of the old St. John’s Ambulance building

in Townsite for a second-stage recovery centre and residence. It will be home to about 20 people who have graduated from the three-month program, and have returned to work. It will provide on-site meetings, plus wellness activities such as yoga, career exploration, first-aid training and much more. The building needs renovating.

“Unfortunately due to COVID-19... we have seen a dramatic drop in charitable donations, resulting in a financial shortfall,” said Rob. [PR](#)

As many businesses within our community re-open the Powell River Town Centre has implemented new health and safety measures to ensure a safe environment for shoppers. **THANK YOU POWELL RIVER FOR CONTINUING TO SUPPORT OUR LOCAL BUSINESSES!**

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# Gas prices: the continuing saga

## Federal minister didn't do what we asked him to do

BY PIETA WOOLLEY | pieta@prliving.ca

The wheels of government turn slow, and not always in the direction you might hope for.

Since December of 2019, Powell River folk have been trying to get answers and investigations from federal and provincial governments, about why the price of gas here is close to the highest in Canada – and much higher than our neighbours' gas in Comox and the Lower Coast.

For example, regular unleaded at press time in Powell River was selling for between \$1.16 and \$1.25 a litre. Gas in Comox was selling for between \$1.11 and \$1.18. Gas in Sechelt was \$1.13. This is the closest Powell River gas has been to neighbouring communities in many months; usually we're about 23 cents over the Island's prices.

At a Town Hall meeting at the Evergreen Theatre, more than 100 locals signed a petition asking the Canadian Minister of Innovation, Science and Industry to order an investigation into local gas pricing, via the Competition Bureau – a federal agency.

MP Rachel Blaney tabled that petition in the House of Commons on March 11. On May 25, she heard back from the Minister. She wasn't thrilled.

In the official response, Minister Navdeep Bains wrote:

"The Government of Canada thanks the petitioners for raising their concerns regarding fuel pricing in Brit-

**"I always find it frustrating when the government puts the onus on small rural and remote communities with limited resources to handle these things alone."**

- MP Rachel Blaney

ish Columbia, specifically in the Powell River area. This petition has been forwarded to the Competition Bureau, Canada's independent enforcement agency in competition matters, for their awareness."

The letter goes on to outline the Bureau's usual handling of complaints.

"Once again," the Minister wrote, "the Government thanks you for bringing these concerns forward."

This was a paltry response, Rachel argues, and not what she was hoping for.

The Minister has the power to direct the Competition Bureau to initiate an investigation, and in this instance chose not to, she said.


"I always find it frustrating when the government puts the onus on small rural and remote communities with limited resources to handle these things alone. That said, I'm glad to see that the information has been passed along to the Competition Bureau for their review. I know a lot of Powell Riverites have already expressed their concerns directly with the Bureau, and I hope this is the final push that initiates an investigation. The people of Powell River deserve to pay fair prices for the things they need, no different than anyone else."

Meanwhile, MLA Nicholas Simons has written to BC's Minister of Energy Bruce Ralston and Premier John Horgan, asking for an update.

"Everything is behind schedule for obvious reasons," said Nicholas, referring to BC's urgent handling of the coronavirus. "[I'm] urging [them] to make them a priority and asking for an investigation as soon as possible."

This petitioning process is essentially a test of Canada's and BC's democratic checks and balances. Who is in charge in this country? Is it the public through our agencies, or is it corporations?

Next up, we are waiting for the BC Minister of Energy to respond to Powell River's petition asking for an investigation through the BC Utilities Commission using the *Fuel Process Transparency Act*. And, of course, we're waiting to see if the federal Competition Bureau investigates.

What will this community do if neither of those agencies have the will or the power to get answers? Hopefully it doesn't come to that. We should know soon whether answers will be forthcoming from the feds and the province. Stay tuned. 

### The Federal Petition

*This petition was signed by over 100 Powell Riverites, delivered to the House of Commons by MP Rachel Blaney on March 11, and responded to by Innovation Minister Navdeep Bains on May 25.*

Petition to the Honorable Navdeep Bains, Minister for Innovation, Science and Industry

Whereas:

The price of 87 octane gasoline in the community of Powell River was stagnant at \$1.599/litre from June to November 2019;

All seven vendors of gasoline maintained the exact same price throughout that period;

During the same period price for the same product fluctuated, sometimes dramatically, in the nearby regions of Northern Vancouver Island and the Greater Vancouver Area;

Following significant media attention on this same issue the price of the same product dropped to \$1.499/litre or less; and

The price of the same product has remained stagnant at \$1.499/litre since the drop, while prices in nearby regions continue to fluctuate.

We, the electors of the qathet Regional District, call upon the Honorable Navdeep Bains to:

Order an investigation of collusion and price-fixing through the Competition Bureau Canada of gasoline vendors in the community of Powell River, British Columbia.



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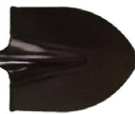






## A growing concern

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



# For phat pies

# Thin that fruit

**W**hile I was mowing the lawn last week I had a little look at the fruit trees and what a year for fruit! The apples are loaded, as are the pears and plums. Even the newly espaliered peach tree is finally producing a bumper crop.

It is all very exciting. I am looking forward to the fruit pies and pastries to come. In a heavy fruit year like this year, one of the best things to do for your tree and its bounty is to thin your fruit. It is one of the hardest tasks for a gardener to do, but it is well worth the extra effort.

### Why thin your fruit?

First off, thinning your fruit crop will dramatically increase the size of the fruit left behind. Ever wonder how the commercially grown fruit is so much larger than the home grown equivalent? By thinning you allow more resources to go to less fruit and therefore you will get bigger fruit.

Secondly, if you thin out your fruit you can reduce the risk of over cropping. This is when you get a very bumper fruit load one year, and virtually no fruit the next. This happens frequently with plums, but can hap-



**FUN WITH A PEAR:** If you're feeling like a little challenge this season try growing some fruit in a bottle. I grew these two beautiful Red Bartlets in some old scotch bottles. I topped them off with brandy for cooking.

pen with other fruit trees too. By lessening the fruit load, you will hopefully ensure you have another good crop the following year.

Lastly, thinning prevents limbs from breaking under the heavy load. This is very important for semi-dwarf and dwarf trees as they don't have the larger branch structure to handle such a heavy load.

### What to thin

Apples, pears, asian pears, plums, nectarines, apricots, peaches, kiwis, and grapes all benefit from a good thinning.

## June's Top Priorities in the Garden

Keep on sowing seeds to secure tender young veggies all summer long. Sow your lettuce, dill, and cilantro every three weeks to maintain a continuous supply. Also sow a few carrots, beets, kale, beans every month or so.

Thin out the fruit growing on your trees.

Tomato plants should be tied up or supported. Also pinch off the side shoots that are growing in the crotches of the side leaves and main stem.

If you have not already done so, plant out all your heat loving plants such as beans, tomatoes, peppers, cucumbers, eggplant, summer flowering annuals, etc.

Lift and divide your spring bulbs that have died back. This includes crocuses, snowdrops, tulips, and daffodils.

Don't let the cucumbers dry out. As soon as they get stressed they are more susceptible to powdery mildew and spider mite infestations.

Keep on watering. This is especially important for fruit and vegetable crops. They need plenty of water. Make wells around plants so water will move downward instead of laterally on the soil. Always put a finger in the soil after you finished to see how far the water has penetrated.

It is hedge-trimming time. Remember that many of the common hedges need some green growth left behind to grow back. Laurels, privet, and yew are the main exceptions as you can prune them back hard and they will grow back again. Cedar, cypress, and most other conifer hedges do not grow back from older wood.

Watch for pests and disease. Be on the alert for powdery mildew, black spot, aphids, carrot root flies, cabbage white moths, and onion maggots.

### How to thin

Thinning is a pretty straight forward task. Pick off the fruit until you reach an appropriate fruit density on the tree. You can use your hands but a nice pair of sharp pruners will work best. Be gentle and try not to injure the fruit or its stem that you leave behind on the tree. Start first by removing the diseased, damaged and small fruit.

The goal is to leave the best and biggest fruits to grow on. For apples, pears, asian pears, and peaches the density should be one fruit every 15cm-20 (6-8") of branch. For smaller fruits, such as apricots and plums, thin to about 8-10cm (3-4").

This may seem like it is a lot to remove, and it is. The old saying goes like this, "Thin your fruit until you begin to cry, then take off some more." **PNL**

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Western Forest Products plans to spray controversial herbicide glyphosate

# Locals Object

BY PIETA WOOLLEY | pieta@prliving.ca

Given the threat of COVID-19, there's no better time to protect your immunity, according to Lisa Marie Bhattacharya (Whitaker) R.H.N., a registered holistic nutritionist here in Powell River. So when a neighbour dropped by with news that Western Forest Products was planning to spray pesticides in its licensee area in Powell River's back country, she was concerned.

"I had a sick feeling when I read the report," she told *Powell River Living*, referring to WFP's Draft Pest Management Plan for 2020–2025, in TFL 39, a vast network of forests that includes a stretch from Powell River city limits to the end of Toba Inlet. "I thought, this is not good. We need to do something about this right away."

One of the two proposed pesticides is glyphosate, the herbicide in Monsanto's Roundup Weed Killer, implicated, said Lisa Marie, in thousands of class-action and private lawsuits worldwide. It stood out to her, as she says it is associated with the cancer Non-Hodgkin's Lymphoma, leading to diminished immunity and other illnesses, including, likely, COVID-19. She brought her concerns to a local group she worked with last year on the issue of bee health and neonicotinoids, and they sprung into action, starting a Facebook group, Pesticide Free Powell River,, emailing and seeking meetings with the City of Powell River, Tla'amin Nation, qathet Regional District and others.

"Our aim is not to attack WFP or forestry," said Lisa Marie. "We're asking

for safer practices that do not include systemic pesticide use, not limited to glyphosate, for the whole region. In an isolated town like Powell River it's even more important to protect what we have. If we lose our drinking water quality, or make ourselves more susceptible to wildfire, we can't get that back."

And the issues don't stop there, Lisa Marie said. "When you reduce the biodiversity of a forest by spraying the deciduous trees, shrubs, berry bushes with pesticides, outlined in WFP's plan as the main course of action, you destroy wildlife habitat and food sources – driving them into town to seek food and refuge. The soil stability is also greatly reduced; reducing the ability to hold and filter rain water; increasing flood risk and erosion.

In the woods, pesticides are only used when other methods fail, according to Western Forest Products senior communications officer Babita Khunkhun.

"On some sites, vegetation control is essential to prevent competing or invasive vegetation from hindering the growth of planted trees," said Babita. "Vegetation control supports us in meeting our legal reforestation obligations, as well as our Forest Stewardship Plan. The majority of the vegetation management treatments utilized by Western are in the form of manual methods. Manual methods include, girdling, manual brushing and weeding, mechanical brushing and weeding, and knockdown."

Babita also pointed out that WFP has strict guidelines under which pesticides are used.



**SAFE SPACE:** Oskar Bhattacharya, the son of Registered Holistic Nutritionist Lisa Marie Bhattacharya, cycles in the woods at Inland Lake. Lisa Marie and a group of locals are concerned about plans by Western Forest Products to start spraying glyphosate – a herbicide – in the backcountry.

"We are committed to using pesticides in a responsible manner and have a number of measures in place to do so. Our employees are trained in safe and proper planning, handling and application. Our contractors are required to be licensed. A professional forester from Western carries out planning prior to work commencing as well as inspections to ensure the work is being carried out in a safe and responsible manner."

In her clinical practice, however, Lisa Marie said she has witnessed that agricultural chemicals considered safe by governments can negatively impact human health. For example, your kidneys, liver and gall bladder – all involved in filtering and detoxifying toxins from the body – get sick, sluggish and ineffective when exposed to pesticides, she said. It's a condition she has experienced personally, through eating highly-sprayed wheat and oats – food she has since cut out of her diet.

When he was leader of the Green Party of BC, MLA Andrew Weaver brought the question of glyphosate use in forestry

to the Legislative Assembly.

Pesticides can lead to "reduced plant diversity, leading to monocropped forests that are vulnerable to more frequent and destructive wildfires and beetle infestations," he told government and opposition. "The World Health Organization has warned that glyphosate is likely carcinogenic. It also has genotoxic, cytotoxic and endocrine-disrupting properties," he said, pointing out that Netherlands, Germany, France, Portugal, El Salvador, Argentina and Denmark have banned or restricted glyphosate use. "For decades, researchers have been reporting reduced numbers of rodents, moose, insects and birds in forests that have been sprayed."

Forests Minister Doug Donaldson replied that glyphosate is a Health Canada-approved agent, though "I want to acknowledge that we're looking for ways to do better in the forests."

Several BC-based groups are lobbying for forestry groups and governments to end glyphosate, and other systemic pesticide use. **PRL**

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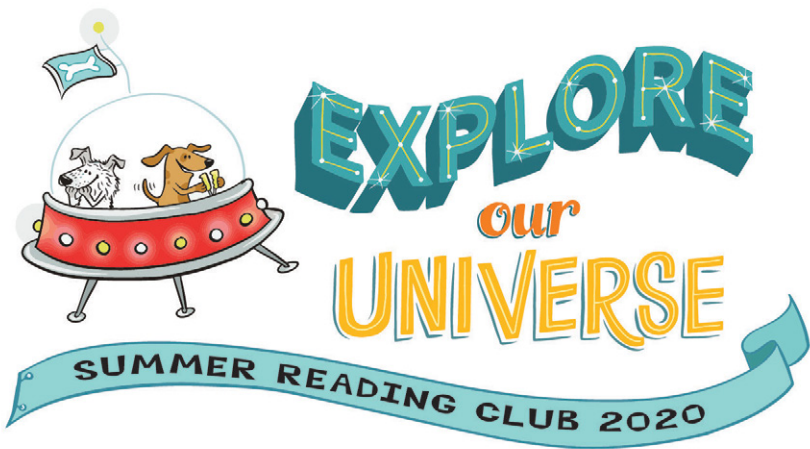
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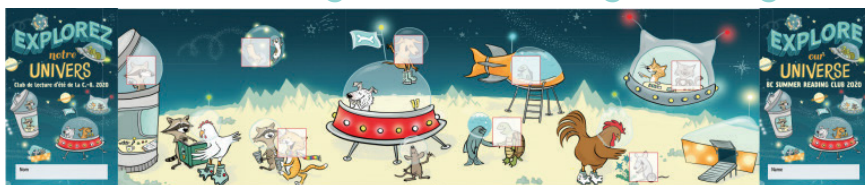
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**FREE THE LITERATURE:** The book cupboard at Lang Bay Hall, one of 15 locations.

# Safe Book Nooks

BY KATHY MAITLAND

I saw several posts on Facebook about people wanting to know where the outdoor book cupboards were, so I tracked down the CALL Outreach Program Coordinator and asked.

I went onto tell her that we used to have a lady come to us and get books from the Kiwanis Club for these units, but she hadn't been in for more than a year. I asked if we could do this.

Rob (my husband and Kiwanis President) and I made arrangements to go around and replace the books, which we did on May 9 and I finished on May 11. We were asked if we could continue to keep the book cupboards stocked.

Gearing up with gloves we removed all the books and put in newer pre-COVID-19 books.

We made a little note to put in the units telling people that our books have a coloured stripe and that would tell us when they came into our system last June to September, 2019.

We also mentioned if they took a book or two home to put them aside for 72 hours, then they could read them.

We also put in a little Kiwanis information card.

While we were filling the books at the bus stop at the Anglican Church bus bench, a lady was patiently waiting. She said she had been down to the Townsite cupboard and the gardening books were

## WHERE ARE THOSE BOOK CUPBOARDS?

- 1) Lang Bay Hall – top of the stairs
- 2) Nassichuk Road 10055 – past Coast Berry farm, just past the dip
- 3) Pine Tree Place – mailboxes
- 4) Down Oliver, left on Gordon
- 5) Upper Westview, 4016
- 6) Michigan Street, two houses before four way stop, on fence
- 7) Family Place – TC Mall
- 8) Recreation Complex – closed
- 9) Ecosentials Store – 6812 Alberni Street
- 10) Magpies Diner – 6762 Cranberry Street
- 11) Old Cranberry Pottery building – Cranberry
- 12) Anglican Church – 6310 Sycamore Street – bus stop
- 13) Townsite Brewing – 5824 Ash Street
- 14) Top of the Hill Store – 6105 Lund Street
- 15) Tla'amin Convenience Store

going fast. With COVID happening we will be checking to see how fast the books are moving.

With two book sales cancelled we have a good supply of books, so we thinned some of the authors. We have lots of books.



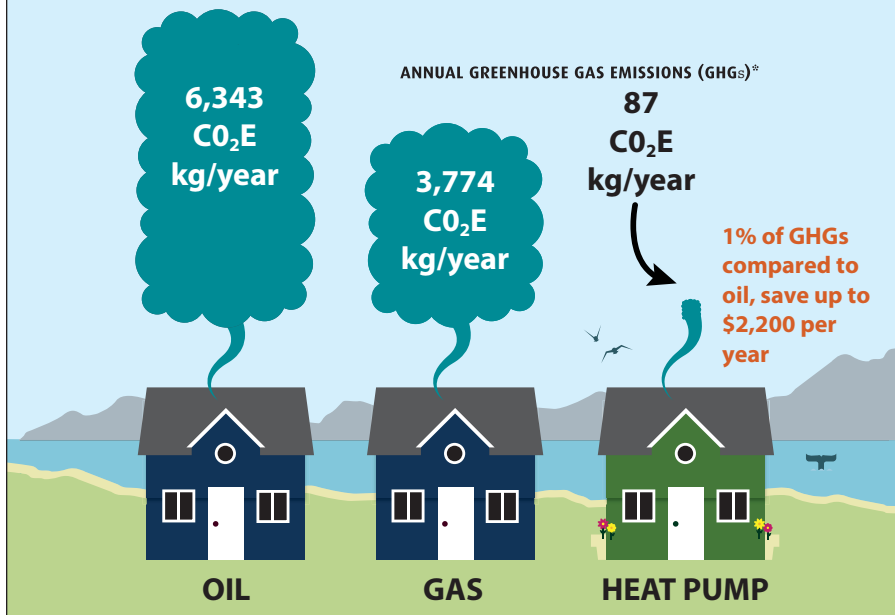
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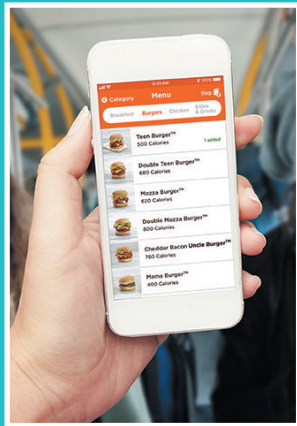


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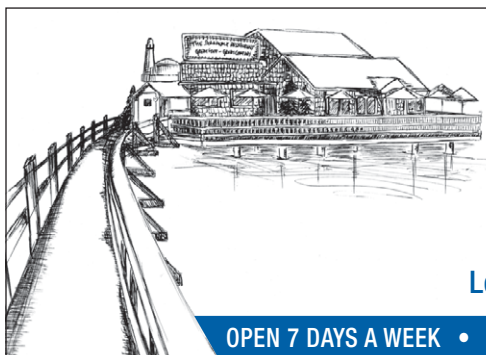
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# ra nants

On March 20, Provincial Health Officer Dr. Bonnie Henry ordered that all restaurants close their dining rooms and offer take-out and delivery only, due to the emerging threat posed by COVID-19. Here in Powell River, our treasured restaurants adapted – but it has been a precarious time.

Nearly two months later on May 19, restaurants were allowed to re-open for dine-in service – though with many new restrictions aimed at minimizing the chance of infection. The Province is offering restaurants, wineries and pubs a streamlined, online application to help restaurants expand their patio seating areas, or to create a temporary patio.

Farmers markets (see ad Page 34, and

listing in *Home Grown 2020*) have been open – as grocery stores have – throughout the pandemic measures.

Much ink has already been spilled on the question of how many restaurants will survive COVID-19. Here, they employ hundreds of people, many of whom have been laid off. And, they add immeasurably to the character and vibrancy of Powell River.

As much as you can this summer, then, enjoy your friends on local patios, and take your loved ones out for special meals.

We'll get through this together... and if we happen to have a plate of fish 'n' chips or a Caesar in front of us as we do, that's just something we'll have to suffer through for the good of our town! **RL**

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## BUSINESS AFFAIRS

WITH  
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### Tech for number-crunchers

Kel Reid has started a consulting company, Audit-Stream, after selling his accounting firm. "I have always been interested in technology and finance so it seems like a good combination," said Kel, who earlier this year sold Reid Hunter Chartered Professional Accountants to Daryl Robbins of Robbins & Company. Kel says he helps companies better manage their operations, processes, and financial lives by implementing real-world solutions.

### Whoa! Centre ponies up for equestrian development

Paradise Valley Equestrian Centre is set to open this summer. Owner Trevor Kosloski purchased the 25-acre parcel, which is part of the old Lambert Farm, after returning to his home community of Powell River two years ago. The property will boast an indoor riding arena with a heated viewing area, heated wash stalls for the horses, heated washrooms for the people, fields, trails, a heated tack room, individual hay storage lockers, and individual runs with paddocks.

People will be able to go online to the website and book a time to rent the indoor arena once everything is finished. The property backs onto West Lake and Hammil Hill and some of the area's finest riding trails. There will also be a petting zoo and hay rides offered and a huge pumpkin patch.

Workshops, retreats, cabins and campsites are also planned for the future. For more information, visit Paradise Valley Equestrian Centre's Facebook page or call 604-578-8870.

### Pacific Coastal back in the air

Pacific Coastal Airlines resumed service between Vancouver and Powell River on June 1. The company

suspended operations from March 25 until May 31 due to COVID-19. Although the airline is serving customers again, it is doing so with a reduced schedule with many enhanced safety practices to ensure the health and well-being of customers and staff.

The new schedule can be found at [pacificcoastal.com](http://pacificcoastal.com). It has the #201 departing Vancouver at 8:30 am and arriving in Powell River at 9:05 am on Monday, Wednesday and Friday. The #202 departs Powell River at 9:30 am and arrives in Vancouver at 10:05 am on Monday, Wednesday and Friday. The #217 departs Vancouver at 4:15 pm and arrives in Powell River at 4:50 pm on Monday, Wednesday and Friday and the #218 departs Powell River at 5:15 pm and arrives in Vancouver at 5:50 pm on Monday, Wednesday and Friday. For info and booking visit [pacificcoastal.com](http://pacificcoastal.com).

### Community responds with cash

A Community Response Fund to support the region through the COVID-19 pandemic has been launched to help local charitable efforts. Powell River & District United Way, Powell River Community Foundation and First Credit Union, with support from the Regional Social Planner (representing the City of Powell River, qathet Regional District, and Tla'amin Nation) launched the fund.

The goal is to support local community service charities and not-for-profits meeting the urgent needs of vulnerable individuals and families affected by COVID-19. Services may include (but are not limited to): food security; financial wellness; health and hygiene; home care or personal support services; information and navigation; legal supports; mental health and wellness; shelter; safety; social inclusion and learning, and transportation.

An advisory committee will assess funding requests and make final awards. The committee is made up of volunteers with collective and complementary knowledge and dedication to ensure funding goes where it is needed most. For information on how to apply or donate, visit [prcommunityfoundation.com/community-response-fund](http://prcommunityfoundation.com/community-response-fund). The deadline for the first intake of funding is 5 pm, June 12.

### For weddings, Bell's

If wedding bells are in your future, a new event rental company can help you plan your big day. Bell's Event

Rentals can help with the planning of your wedding (and other events) and is able to supply everything you need, from marquees to teaspoons, said owner Mary Ball.

"If you have had to postpone your wedding this year, worry not, Bell's Event Rentals can supply all of your needs for your future date," says Mary.

"It's never too early to start planning again and being the only business in Powell River with a comprehensive service, we are expecting a very busy and exciting time next year." For more information, call 604-414-7097 or email [Maryball@msn.com](mailto:Maryball@msn.com).

### New pro teed up at Myrtle Point

Mike McEvey is the new general manager and head professional at Myrtle Point Golf Club. He was most recently head professional at Goose Hummock Golf Resort in Alberta before moving back to British Columbia. Myrtle Point Golf Course and Driving Range are both open with restrictive measures, but tee times must be booked in advance over the phone or for members, online. Walk-ins will not be accepted. For more information, please visit [myrtlepointgolf.com](http://myrtlepointgolf.com).



### Bear with new coordinator

Krystle Mitchell is the new WildSafeBC Community Coordinator for qathet Regional District. From April to November, Krystle will be involved in a number of WildSafeBC modified

program initiatives including door-to-door information delivery campaigns, garbage tagging, and webinar delivery of the WildSafe Ranger Program for school-aged children and wildlife awareness and safety education sessions. Please email Krystle at [qrd@wildsafebc.com](mailto:qrd@wildsafebc.com) to register for these free programs. WildSafeBC will continue to provide local wildlife activity news and tips as the season progresses on the Facebook page. Please report wildlife in conflict to the Conservation Officer Service 24/7 at 1-877-952-7277. [PR](https://www.prl.ca)



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# It's beginning to look a lot like normal...

The City of Powell River and the Regional District Emergency Operations Centre began opening some facilities and lifting restrictions on June 1 with new protocols and safety measures in place.

The City reopened City Hall, the Airport Terminal Building, the Wharfinger Office, Willingdon Beach Campgrounds and Willingdon Playground while the qathet Regional District reopened Shelter Point and Haywire Bay campgrounds.

Access to park services and amenities may be limited and visitors are reminded to practice physical distancing. For more information please visit [powellriver.ca](http://powellriver.ca), [tlaamination.com](http://tlaamination.com) and [qathet.ca](http://qathet.ca).

At City Hall, only the finance department will be open for property tax payments and other city financial business. The airport terminal building is open for passengers with reservations only and passenger drop offs and arrivals are to take place in the terminal parking

lot. Reservations and cargo shipment bookings are to be made by contacting Pacific Coastal. The Wharfinger office will be limited to one person at a time and priority will be given to those who have prebooked campsites at Willingdon Beach. Parents are reminded to bring hand sanitizer for their children to use when playing on equipment at playgrounds. New signage is in place at playgrounds encouraging people to follow physical distancing and handwashing recommendations.

# 10

# June

## Places to go for an evening treat and a socially-distanced excursion

### 1. Putters & The Beach Hut

A scoop of Rocky Road or a tray of fish & chips and a walk down the Willingdon Beach Trail. Open til dusk.

### 2. Wild Scoop

Vegan sour cherry cola ice cream in a homemade waffle cone and a jaunt to the sea walk. Open til 8 pm.

### 3. Townsite Market

A box of strawberries (Townsite Fruit & Veg is open til 7 pm) and more. Check opening hours for Just Soul Food, Hearth & Grain and Base Camp. Walk to the Hulks.

### 4. That Chicken Place

An M&Ms-filled twister, fried chicken and Frisbee at Henderson Park. Open til 8 pm.

### 5. Boardwalk

Salmon 'n' chips and the sunset on the dock. Open til 8 pm.

### 6. A&W

Root beer float, yam fries, and a drive in your '58 Thunderbird.

### 7. Townsite Brewing

Pickleball in the Townsite courts followed by a pint of Suncoast in the tasting room. Open til 8 pm.

### 8. Tla'amin Convenience


Screamers and bannock for everyone and wading the sand bars at Gibson's Beach (Tla'amin roadways not open for non-residents). Open til 7 pm some nights. Check Facebook for hours.

### 9. Salt n' Peppers Pizzeria

Personal pepperoni and a vanilla cone, sea lion watching at Lang Bay. Open til 7:30 pm.

### 10. Save on Foods

Entire bucket of Neapolitan, family-sized bag of ripple chips, two litres of Coke Classic, and a skitter across the parking lot to your staycation room at the Town Centre. Open til 8 pm.

*Not every establishment is open seven days a week. Check their Websites and Facebook pages before committing to your plans.* 



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**No. Not this su**

**W**ith the provincial pronouncement that no gatherings of more than 50 people are allowed this summer, and social distancing is the phrase of the hour, organizers have been making the tough choice

to cancel many of Powell River's most beloved events. Some have been postponed, such as Kathaumixw. Some have gone online, such as the Orca Bus. But mostly, que sera sera. We'll see you next year, we hope!

#### Family Fishing Weekend – cancelled

It is with regret that the 21st annual Family Fishing event at Inland Lake will be cancelled this year. Usually scheduled for Father's Day, this year due to Public Health Orders prohibiting gatherings over 50 people, the Fresh Water Fishing Society has decided that it is impossible to support our community event as well as all the events scheduled throughout the Province. The Inland Lake event usually attracts many families and over 150 people who enjoy free food, free fishing gear and prizes. Although this year's event is cancelled, it is still free Family Fishing weekend. No fishing licences will be required for the Father's Day weekend, June 20 and 21. Conservation Officers hope to see you out enjoying our wonderful fresh water fishing experiences.

- Andrew Anaka

#### Max Cameron concerts – Postponed

Including Twin Kennedy, Fred Penner, Voices of the Salish Sea, Tiller's Folly, Christmas Carol with the Wonderheads.

#### BC Bike Race – postponed

We have Postponed to Sept 27 – Oct 3, and we have created about 10,000 contingency plans as we wait to see what will be allowed by the Health Authority, Communities and Governments.

With the date change from summer to fall, schools and certain venues will have to change – with all the new regulations and process surrounding physical distancing, we don't know if we won't have to make drastic changes to our existing route, to allow for the New Norm – but what I can say is that I'm sad to not be coming to Powell River as we normally do in the first week of July.

- Andreas Hestler, Marketing Director

#### ORCA bus events – online

We have created a website and are keeping our Facebook and Instagram feeds active to engage our ORCA bus friends!

#### Tribal Journeys 2020, Paddle to Snuneymuxw – cancelled

We are still planning for Tribal Journeys 2021 Paddle to Tla'amin!

- Drew Blaney

#### Lang Bay Father's Day – cancelled

#### Soap Box Derby- cancelled

#### Indigenous Peoples Day celebrations – cancelled

#### Fall Fair – cancelled

#### Blackberry Fest – cancelled

#### Arts Alive in the Park – cancelled

#### PRISMA – Online

#### Kathaumixw – Postponed to 2021

#### PRTRA Open House – cancelled

#### Logger Sports – cancelled

#### Young Naturalist Events – cancelled

#### Canada Day – cancelled

#### Texada Aerospace Camp - cancelled

#### Fly-in Fling - cancelled





Summer.



- Texada Annual Fly-in - cancelled
- Texada Blues & Roots - cancelled
- Texada Artist Studio Tour - cancelled
- Texada Sandcastle - cancelled
- Run the Rock - TBA
- Lund Seafood festival - cancelled
- All Lund events - cancelled
- Lang Bay Centennial - cancelled
- Sunshine Music festival - cancelled 

## Big June Dates

- June 1**  
gathet RD campgrounds and day use areas opening  
See ad on Page 43.
- June 4**  
Art Under Lockdown opens online  
See Page 42.
- June 5**  
Deadline: PR Public Library Photo Contest  
Check out prpl.ca for more.
- June 12**  
Registration deadline for Summer Reading Club  
Again, prpl.ca, or the ad on Page 32.
- June 15**  
World Elder Abuse Awareness Day  
See ad on Page 44.
- June 15 to 26**  
PRISMA online!  
See ad on Page 5.
- June 20**  
Summer Solstice  
Watch it at Stonehenge online... or like, here in person.
- June 21**  
National Indigenous Peoples Day & Father's Day
- June 19 to 21**  
Family Fishing Weekend  
Free licenses are available, but the event is cancelled.  
See blurb, left.
- June 23 & 24**  
Brooks Grad  
See story on Page 6.
- June 24**  
St. Jean Baptiste Day  
No event, sadly.
- June 25**  
First Credit Union AGM  
See ad on Page 12.
- July 1**  
Canada Day  
No event, sadly.
- July 2**  
Residential Property Taxes Due  
See ad on Page 16.




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## PRISMA

On weekdays from **June 15 to 27, Pacific Region International Summer Music Association (PRISMA) will broadcast a nightly variety hour** featuring pre-recorded orchestral and chamber music performances, engaging interviews, educational content, historical highlights, behind-the-scenes access, as well as brand new studio segments and solo performances recorded from a safe social distance.

Hosted by maestro Arthur Arnold and members of the PRISMA staff, this livestream series fills the two-week spot PRISMA's annual festival and music academy would have occupied -- before the COVID-19 pandemic grounded international flights and reshaped public events indefinitely.

On a normal year, PRISMA would right now be gearing up to welcome 80 pre-professional musicians from all over the world to form a one-of-a-kind symphony orchestra guided by 20 guest artists from the finest orchestras in Europe, North America and beyond. While not the festival anyone could have imagined just a few short months ago, this revised digital edition offers a new and exciting challenge, and creates a special chapter in the organization's history book.

It also gives PRISMA the opportunity to say a heartfelt thank-you to its generous supporters in Powell River and beyond, with an hour of daily musical entertainment to brighten their day and fill their ears. Each episode will be livestreamed nightly beginning at 7 pm on PRISMA's Facebook and YouTube pages, and possibly on Shaw TV.

Preparation for this project is well underway. Recording has begun on interviews with alumni, guest artists, and special guests. Dozens of never-before-seen recordings of past concerts are being unearthed from the PRISMA vault. Our guest artists are scheduled to offer 'virtual' masterclasses and mentorship sessions with this year's accepted students. And, starting June 8, the in-studio portion of the broadcasts will be recorded. More surprises are still to come – stay tuned to the PRISMA website for details!

- Andy Rice

## Powell River Public Library

I am so proud of the Library Program Coordinators, Sonia Zagwyn, Mark Merlino, Megan Cole and Sandra Tonn for their innovation and resilience. Dur-

ing our temporary closure they managed to accomplish so much by recording their regular programs through YouTube, offering meet-ups online, providing one-to-one tech support by email and phone, and hosting live virtual events that we previously thought we had to cancel. This activity was shared out on our website, Facebook and Instagram accounts, and the public feedback was encouraging.

Here's a quick summary of what the library pulled off during the heart of the lockdown.

**Library Take-out:** The Powell River Public Library is delighted to begin to offer books, movies and music through Library Takeout. You choose the items and we will have them ready for your appointment. Place the holds online or by phone and we will schedule a time for you to come and pick them up. Learn more at prpl.ca.

If you need assistance searching the catalogue, placing holds or updating your library account and contact information please call 604-485-4796 and dial zero for the Service Desk or email info@prpl.ca.

**Youtube Channel:** weekly **Storytime and Yoga** poems with Sonia, **Slices of Life** memoir stories with Sandra, **Let's Talk Books** with Megan, and **Tech Savvy** workshops with Mark, as well as collaborative **video features** with the museum on COVID-19-relevant topics including the Spanish Flu, WWII Victory Gardens and the Great Depression, with a Powell River perspective.

**Online Meet ups:** weekly Write Together creative workshops, Seniors Memoir writing sessions, and Read to Seniors with Evergreen Care Unit, and a monthly Book Club.

**Virtual Events:** Kathy Page author-reading for the BC Writers Series, Memoir writing with Lorri Neilsen Glenn, and Slow Stitching with local enthusiast Deb Calderon.

The most exciting news is that our **Summer Reading Club** will not be cancelled, but rather modified with families receiving amazing free packages offering seven weeks of activities both online or from home on the theme of exploring the universe. Registration ends June 12th and the pick-up of these packages will be scheduled.

In the meantime, the Library has been following the guidance of health authorities and leaders in our industry to phase in a gradual return of library services to ensure the health and safety of our staff and community.

- Natalie Porter

# Our Artists • Dan Are making th WWW

**THEY'RE SMART, THESE ARTISTS:** Left, for the online show Art Under Lockdown (deadline June 2, opening June 4), Rabidey's 'Covidae Majoris' – a digital collage. Middle, the Library's children's services coordinator Sonia Zagwyn reads on a YouTube video. PRISMA artistic director Arthur Arnold shows his work in progress – a series of online evening concerts starting June 15 (previews start June 8). Right, Janet Southcott's 'Living on the edge' 12"x36" acrylic on canvas for the now-online 'Intertidal Impressions' show, through the Malaspina Art Society. Below, Laszlo Tamasik dancer Vana Robert strikes a pose for the Academy's photo contest – one of three so far which involve parents and children working together and posting online to win scholarships – but mostly to keep that sense of community between dance families. Photo by Dionne Robert.



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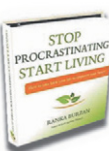
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# Web

**Y**ou're probably sick of the word "pivot" by now. It's a trite description of the gargantuan effort it takes for groups to vastly change how they serve the public during COVID-19's tricky restrictions.

Some of the local groups and businesses that have been the quickest and most successful in adapting have been arts groups. Not only are they using the Web to present arts, but to engage their audiences and customers in new ways.





## Please complete our local 4-min COVID-19 Survey

<https://ca.research.net/r/PRCOVIDImpact>

*The survey results will help us better support you and keep our community safe.*



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**STRANGE TIMES THEN AND NOW:** The Powell River Public Library's adult services coordinator has made a series of three short online videos, in collaboration with the museum, documenting Powell River during the Spanish Flu, Victory Gardens of WWII and the Depression (above, still from the video, photo from the Powell River Historical Museum and Archives.)

### Sunshine Coast Art Crawl

Sunshine Coast Tourism has produced a virtual tour, and is adding new artists continually. **#IntoTheStudio** is a virtual, raw and unscripted look inside the home studios of Sunshine Coast artists. We are sharing a behind-the-scenes look at what our artists are currently working on and how they're staying inspired. Maybe you'll get a glimpse of a studio pet or a home garden.

More than anything **#IntoTheStudio** is a celebration of the enduring spirit of our local arts community.

Just one Upper Sunshine Coast artist has appeared: Prashant Miranda, the artist in residence at Tidal Art Centre in Lund. But stay tuned for others!

- Leah Adams Chute

### Malaspina Art Society

Our summer group show **'Intertidal Impressions'** was scheduled to open in June at the university, but we have had to cancel those live events.

Instead we have welcomed all regional artists to submit to this summer-themed show **'Intertidal'** as an online gallery exhibition. We have added another option: **'Art Under Lockdown'** to address 'the elephant in the room', to display artwork of any kind that has been produced regionally, during this Covid-19 lockdown. The deadline to submit to either of these free online galleries is **June 2nd** (see [www.artpowellriver.com](http://www.artpowellriver.com)) with the online **'opening'** happening **June 4th** on the society's website and Facebook page, group and Instagram account.

This summer, **What the Plus** will happen in person with social distancing at The Art Centre Public Gallery above the Library. This fall, **Mycelium Rising** (mushroom and mycelium as metaphor for social change) will hopefully open live at VIU. RabidEye's cancelled show, **Itch Meet Scratch**, may return as well in early fall at VIU.

- Giovanni Spezzacatena (RabidEye) and Lorna Downie

### Qathet Studio Tour

After a canvas of previous Studio Tour participants we realized that many of the studios would not be able to accommodate social distancing and many felt the tactile nature of their craft could not be appreciated without touching. With this in mind we made the difficult decision to cancel the physical Studio Tour. However, we are actively looking for funding that would allow us to offer a virtual alternative. Stay tuned.

The Malaspina Art Society was very pleased to hear that they were awarded \$5,000 through a BC Arts Council Resilience Supplement. These funds recognize that although many of the activities had to be cancelled the Society still had financial obligations to be met. The funds will allow us to offer some programs during the remainder of 2020, albeit in an altered format. Luckily Powell River is blessed with an abundance of creative people to make alternatives possible.


- Lorna Downie

### Laszlo Tamasik Dance Academy

For the months of April and May myself and two of my faculty have been offering free dance classes to our competitive teams through Zoom. I bought LTDA a membership with **CLI studios** which gives my dancers unlimited access to take online classes with amazing teachers & choreographers from "So You Think You can Dance" etc.

We also have been holding **contests to keep family members involved**. You can find these contests on our Facebook and Instagram pages.

So far we have done a "lip synch battle" and a "teach a parent one of your dances." Winners received a dance scholarship for the 2020/2021 dance season.

We are now doing a photography contest. Create a dance picture or musical theatre picture. Can involve yourself or your whole family. - Paige Anderson 

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Caretakers: Kevin Wilson & Lisa Alco, 604-486-7228

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# Develop your attention to big things by noticing the small hints and clues

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

An aspect not often talked about, is that of finding things out of place and how we might interpret them. I'm not talking of situations that are unharmonious, or incongruent arrangements of furniture, or not fitting into a friend group.

There is a special quality to found objects quite inexplicably out of place. A couple of perfect examples that I have experienced is that of finding a ginkgo biloba leaf on the sidewalk 10+ blocks away from the nearest ginkgo tree, and once a tiny glass vial was suddenly in my garden with a fragile green sprout growing inside despite intense sweltering heat.

Another case might be finding a walnut shell floating down a stream, or a mushroom outside of its usual habitat, even two sticks crossed in the center of our path.

Some say that these sorts of objects found so randomly out of place are intended to catch our awareness. Signals and signs for us to notice. You might feel they are omens of happenstance or perhaps intentionally placed by sprites of the land, the "little people", shining ones, or wee good folk.

They don't play a role that is as common to us anymore, here, and in these times as they once were. Yet



**BUSY SPRITES:** Pay attention to objects found out of place, and you'll cultivate relationships with hidden realms. *Painting by Juliette Woods.*

it is not far from us the practices of leaving treats to appease, entering dialogue before building in a place, or even recognizing with a word or a nod as part of ordinary daily doings.

Cultivating relationships with hidden realms of all kinds generated a give-and-take that when well tended to, established good working order of events like finding lost keys or recovery of ill family members or lame livestock.

Today when we come across such signals, we are invited to pause and feel an other worldly hand is passing us a message. It might be to stop

our running train of thought to give emphasis or extra attention on just what was passing through our mind at that moment.

It might be to impart a general sense of unseen support being afoot. Certain traditions would consider it a warning while others imply a gift is being bestowed upon us. The trick is to notice. Much of what is shared here in this column touches on observance and tracking.

Usually to bring ourselves into greater alignment, but sometimes, when something is truly out of whack—it can be equally helpful. **RXL**

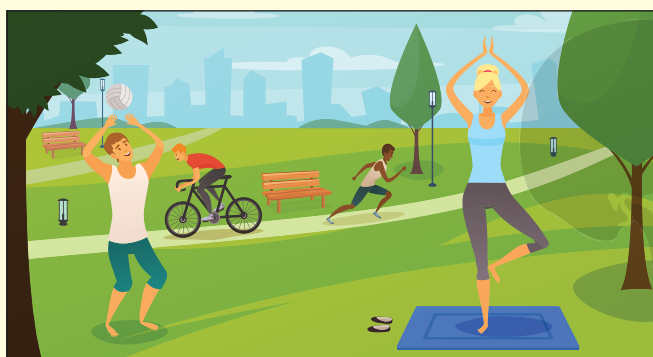
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**World Elder Abuse Awareness Day - June 15, 2020**  
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# Home Grown June 2020

A message from MP Rachel Blaney:  
**We are here to help you  
during the COVID-19 crisis**

While our office doors remain closed we are available by phone and email to assist you with issues related to federal supports for businesses and individuals, or to hear from you on any federal issue that matters to you.

Learn more about federal programs in response to COVID-19 at:  
[www.canada.ca/coronavirus](http://www.canada.ca/coronavirus)

**Rachel Blaney**  
Member of Parliament  
North Island-Powell River  
[Rachel.Blaney@parl.gc.ca](mailto:Rachel.Blaney@parl.gc.ca)  
604-489-2286



Remember to be kind to one another  
Together we will get through this

## Across

- 1) Facilitated equine experiential learning
- 5) Sour fruit “ungrowable” in PR
- 7) Upper deck feed store
- 9) Drink to put a hop in your step
- 11) Farmer’s Gate on the way to Lund
- 14) It’s not tacky to jump in these
- 16) To store seeds, cash or piggy
- 17) Metal mountain
- 22) Not a Marvel Harvest
- 24) Little pigs or McLean Rd chickens
- 27) Fun guy to have in the kitchen
- 28) Rusty Gate’s crop colour
- 30) Lasting forever seed
- 31) Makes you sexier, bee powder
- 34) Paradise, Nostra and Windfall’s certification
- 35) V not for veg in these gardens
- 37) Good ground at Firma or Nostra
- 38) Hunt for injured birds
- 39) Phoenix farm hatches these

## Down

- 2) Foghorn
- 3) Flat-footed slug hunters
- 4) Ava-size property
- 6) Keeps water in, weeds out
- 7) Lang Bay barn colour
- 8) Cackleberries
- 10) Where farmers and buyers meet
- 12) For hipster toast
- 13) Idle animal talker, Paradise farm
- 15) Garlic growers, unexpected cash
- 18) Citrus farmer resists norms
- 19) Paradise Valley hill farm
- 20) Man of steelhead’s beau
- 21) Farm by a waterway
- 23) Broken down waste turned to humus
- 25) Quonset or footballer’s call
- 26) Home to eight of the wildest farms
- 29) PR had Canada’s largest by goats
- 32) Farmer’s bounty
- 33) Deer seeker or mushroom grower
- 34) Grapes not from Washington
- 36) Farm “share” plan

*Kathy Bowes*

Call *(anytime)*  
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# Essential REDEFINED

## Last Word

BY ISABELLE SOUTHCOTT  
isabelle@prliving.ca

**W**hat work is essential during a pandemic? Here in BC, health and social service workers are getting a government-funded COVID-19 top-up of \$4 an hour for the 16 weeks dating back to March 15. Grocery store workers are not. That's not right.

On May 7, Prime Minister Justin Trudeau announced wage boosts for essential workers. The federal government pledged to spend up to three billion dollars to top up the wages of essential workers, leaving it up to the provinces and territories to decide how the money gets spent. But he was clear that the money was meant to help people who risk their health by working during the COVID-19 pandemic. The feds have promised to pay 75 per cent of this top up and the provinces are expected to pay the rest.

Trudeau was quoted as saying that if you're risking your health to keep this country moving and you're making minimum wage, you deserve a raise.

Well, that's hard to argue with. I think most of us can agree on that point.

In Quebec, workers in private long-term care homes were offered a \$4 an hour raise as well as a \$24.28 per hour salary to attract new workers to fill in as attendants at the facilities. BC did something similar.

While union leaders welcomed this news, they were quick to point out that the \$4 an hour pandemic pay boost is the start of what the permanent wages for some

front-line health workers should be. Sixteen dollars an hour isn't a lot of money to live on. Four dollars an hour for four months at full-time is \$2,560 minus taxes – enough to make a huge difference to low-wage workers, most of whom work in the private sector. If your work puts you in the path of this virus, if you're doing work that is considered essential then shouldn't everyone who is doing essential work receive equal treatment?

What happened to the right to equality and non-discrimination? Isn't that a fundamental element of international human rights law?

By the end of March, BC's government had published a list of all work categories that would be considered "essential." Alongside health workers, teachers, farmers, media, transit workers, truckers, and of course liquor store clerks and grocery store workers. They're right there, on that list. And yet, where's the top-up?

The prime minister left it up to the provinces to decide how to spend the wage boost money they're being given. Interestingly enough, some, like Prince Edward Island, are taking their top-up money further than others. The Maritime island province has said anyone working for a business declared essential, that has been earning less than \$3,000 per month, will be eligible for a subsidy of \$1,000. That money includes those who work for grocery stores, convenience stores, restaurants, laundromats, long-term homes and other services.

But that's PEI and sadly the BC government isn't including grocery store workers in the pandemic pay top up – instead they're hoping private businesses will provide pay increases to their workers.

How fair is that?

In no way am I discounting the essential work performed by any of our health workers, but I do believe some segments of society are being left behind. Grocery



workers have been, without a doubt, on the frontlines during this pandemic. Imagine what pandemonium would break out if grocery workers in BC had stopped working when a state of emergency was declared on March 18. Some of these grocery workers have been treated badly by frustrated shoppers unable to purchase what they need. Many of these workers don't make much more than minimum wage, \$13.85 an hour (\$14.60 as of June 1), which at full-time hours works out to less than \$1,000 a paycheque, after taxes and other deductions. Many struggle to secure full-time hours. For that, they've potentially been exposed to COVID-19, have been busier than ever during the pandemic and have had to put up with ungrateful shoppers. I think they deserve medals. I also think they should receive the same "essential service" pay that other essential workers are receiving.

Some of the larger grocery store chains implemented a \$2 per hour pandemic pay raise, but that's some, not all. There are many who have worked the entire time for minimum (or not much more than minimum) wage.

Imagine being scared of catching COVID-19 at work. Imagine being scared of catching COVID-19, becoming asymptomatic and bringing it home to your health-compromised husband or wife?

These fears are absolutely rational.

This pandemic has shown us just how important grocery workers are – their presence and their professionalism – to the survival and safety of all of us. Many of them could have left their jobs and received CERB during this time, to stay home and care for their children, but instead sacrificed their own time and potentially their health, for the benefit of our community. Without food, we die. That's a given, so why doesn't our government recognize food as essential?

I know I do. [PRL](#)

## EXPLORE Powell River

In the July and August issues of *Powell River Living*, we'll be sharing some great ways to explore Powell River. As local residents and nearby communities holiday close to home, the experts at Tourism Powell River will share some of Powell River's best adventures and staycation options.

If your business offers services to adventurers and visitors, you should advertise in this section. Call us at 604-485-0003 or contact [sean@prliving.ca](mailto:sean@prliving.ca) or [suzi@prliving.ca](mailto:suzi@prliving.ca)



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