

Powell River LIVING

20 X 20

BEST

of Powell River

BEST COVID-19 RESPONSE

BEST BEARD

BEST TAKE-OUT

BEST WORK-OUT

BEST OF TISK^WAT

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FEELING CRABBY: Thirty metres below the surface of Jervis Inlet, this longhorn decorator crab, *Chorilia longipes*, is having a 2020 as bad (or worse) than the rest of us. Notice he's missing his left cheliped (front claw leg), making it challenging for him to collect food or add decorations to his camouflage. But he has found good habitat on this orange cloud sponge *Aphrocallistes vastus*, so he has a fighting chance as long as he keeps physically distant from rockfish or anemones.

Photo by Sean Percy



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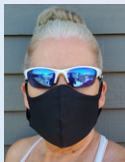
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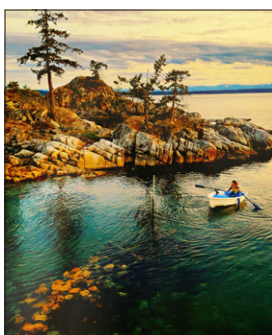
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ON THE COVER

Kimberley Burge's photo "Lund front yard" won the Powell River Public Library's annual photo contest. See all the finalists and winners on Pages 6 and 7.



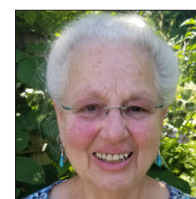
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CONTRIBUTORS



JASON ADDY is a mountaineer, photographer, cyclist and occasional electrician. He is a board member of the Friends of Stillwater Bluffs Association, and the founding President of the Self-propelled Outdoor Club. Jason is currently working on a guidebook for visiting local mountain peaks.



JOANNA DUNBAR Joanna Dunbar has been a Powell River resident for about 10 years, and has participated in a number of activities in her time here. When she is not volunteering with Powell River Orphaned Wildlife Society (PROWLS), she is writing, gardening, practising qi gong and more.



LANA PARRA is a mother-to-be finishing her Holistic Reproductive Health certification. Through dance, body literacy, and education she seeks to foster deeper embodiment in herself, among her clients and community.



IN THIS ISSUE

Powell River may be the BEST, but it can be better



If you aren't convinced that Powell River is the BEST community in British Columbia and possibly all of Canada, then you probably don't live here or haven't picked up a copy of *Powell River Living's* BEST OF issue in the last few years.

As always, our BEST OF issue features the winners of our Best of Powell River contest, along with editorial showcasing some of our community's fine folk, such as prolific Facebooker Joseph McLean, who has done stellar job of keeping us up to date with his Powell River COVID-19 awareness Facebook page (see Page 8).

We have a few new categories this year, including Best Dressed Dog (yes, you read it correctly) on Page 11 and Best Beard (my personal favourite) on Page 12. The staff at *Powell River Living* love what they do and while we work hard to bring you stories that matter, we make sure we have fun at the same time.

When I talk to the people we feature in our monthly

"I Made the Move" column (Page 41) they often say they moved here because of the mountains, the ocean, and the lakes. They love hiking, biking, fishing or boating. But after they've been here a while, their story changes. While they may have moved here because of our great outdoors, they stay because of the people. They stay because of community. They stay because they've found a place where they belong, a place they can call home.

Although we know this at a cellular level it's become more apparent as we've grappled with the physical distancing changes brought on by the pandemic. Events which have brought us together for so many years have been cancelled. Are we sad? Of course, we are, but we want to do what's best and what's safe so we'll do something different this summer. We'll stay home, follow Dr. Bonnie Henry's advice and become a tourist in our own backyard or at least in our own province.

There's so much to do and see right here in Powell River. None of us have done it all. For a little staycation inspiration, take a look at "Home for the Holidays," writ-

ten by Tourism Powell River beginning on Page 47.

Powell River Living editor Pieta Woolley took a deep dive into a few more serious stories this month. She explored a suggestion about changing Powell River's name to Tisk'at – after the largest Tla'amin settlement in Powell River which was in the Townsite – see Page 26. She also brings us some good news – and that is BC Utilities Commission will be using the new *Fuel Prices Transparency Act* to look at why our gas is higher than other communities (see story Page 31). Pieta's last word asks the question: "Is there racism in Powell River?" and encourages you to send us your thoughts and stories. Powell River may be the BEST place to live but it isn't perfect for everyone... at least not yet. We need to continuously strive to do better so that everyone who calls this community home, truly feels it is the BEST place on earth!

Isabelle Southcott

ISABELLE SOUTHCOTT | isabelle@prliving.ca



Think Real Estate.

Thanks *Powell River Living* readers for voting for Valerie as Powell River's best realtor!



Here are what some of Valerie's clients had to say:

When my husband and I decided to sell our house, Valerie was recommended to us by a neighbour that had recently bought a house from her. Since our neighbourhood has a unique setup, (a 999-year lease), it was great to know that Valerie was very knowledgeable with these properties. We really appreciated that Valerie was so efficient, helpful with any questions we had and that we felt no pressure from her to alter the price to hurry the sale. We had a very positive experience with Valerie and we would definitely recommend her to anyone buying or selling in Powell River.

Karin and Olaf Hansen

We were first time home buyers who were not familiar with the Powell River real estate market, and Valerie helped us to quickly and efficiently learn about the real estate in town. She helped us find the place we were looking for in a market with limited supply and made it a pleasant experience. Throughout the whole buying process we had Valerie's support, with her being there for us with professional advice and nudges for action when necessary.

Mieke Prummel and Charlie Doyle



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BEST REASON TO MOVE HERE:

"THE LOCALS ARE NICE."

BEST REASON TO STAY AWAY:

"THE LOCALS ARE CRAZY."

- KATHY BENNETT

CIVIC PRIDE

BEST NEIGHBOURHOOD

- #1. Westview
- #2. Townsite
- #3. Cranberry

Staff notes: Congratulations, Westview! Only once before, in 2017, has Westview beat out Townsite for this category. This year, the victory was decisive. Why? Our theory is walkability. Given climate change awareness, the high price of gas, and the new COVID-inspired home-boundness, tucking into your own neighbourhood is trending in 2020. Westview has it all: restaurants, shops, beaches, parks, protests and more, all at your front door.

BEST LOCAL SOUVENIR, FREE

- #1. Beach Glass
- #2. Texada Flower Rock
- #3. Photos of sunsets

Best answer: seaweed for my compost • sand in my shoes.

BEST LOCAL SOUVENIR, PAID

- #1. Pollen Sweater
- #2. West Coast Thick merch
- #3. Townsite Brewing beer

BEST EVENT OR FESTIVAL

- #1. Blackberry Fest
- #2. Logger Sports
- #3. PRISMA

Staff note: Sadly, both Blackberry Festival and Logger Sports are cancelled this year (thanks, Coronavirus) and PRISMA - which was online - is now over.

BEST TOURIST ATTRACTION

- #1. Sunshine Coast Trail
- #2. Lund
- #3. The beaches

20 X 20

BEST

of Powell River

COVID-19 restrictions. An overdose crisis. Economic mayhem. A curtailed mill. No doubt, 2020 is raw in ways many of us haven't experienced before. Together with the turmoil, the *Best of Powell River* recognizes there's still much to celebrate here.





THE BEST OF OUR OWN BACKYARDS:
 This year's Powell River Public Library photo contest asked locals to snap photos of their backyards, as we were supposed to be staying home during the submission period. Winners were announced June 25, and all finalist images can be viewed at prpl.ca. They'll also be available as a fundraising calendar. Finalists are (left to right, starting with the cover):

Adult winner:

Lund front yard • Kimberly Burge

Youth winner:

Townsite Chicken • David Woolley

Bee • Carl Anderson

Baby Bear • Danielle Silveira

Tiger Swallowtail • Paul Dohm

Jumping Spider • Kaela George

Honeysuckle • Jody Turner

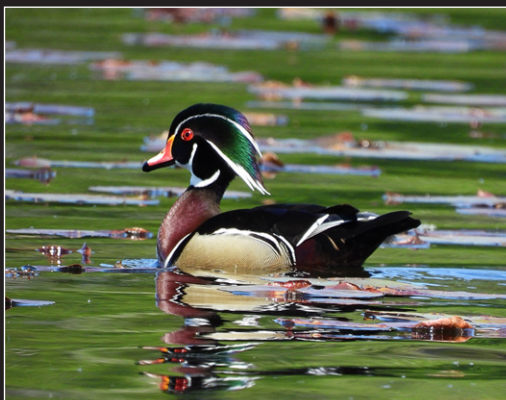
Bird Feeder • Ron Mangan

Evening View • Joyce Bredo

Backyard • Gerry Bennett

Texada sunset • Terry Hollo

Cranberry Lake Wood Duck • Kathie Prichard



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Have to work this summer?
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BEST CRISIS-TIME FACEBOOKER

#1 Joseph McLean – no one else was even close

Go Go Go Joseph

BY JOSEPH MCLEAN

From the beginning, the most troubling thing about COVID-19 was how much we didn't know. To me it felt like the worst kind of fire season, when we can smell the smoke but we can't tell where the fires are. Rumours and misinformation swirl. Anxiety runs high.

During one such summer, I started a Facebook group called Fire Watch Powell River. My idea was to exchange credible information from residents and authorities, cutting through the smoke to help each other learn. I started Powell River COVID-19 Awareness for the same reason. With a background in data analysis and writing, I felt like I had something useful to offer our community.

Every day we're exposed to a huge amount of information. All too often, there is little separating fact from fiction. Creating these groups forced me to read carefully and consciously. It has to be credible, it has to be relevant, it has to be grounded in reality.

Early on, our provincial health officer Dr. Bonnie Henry reminded us that "all tragedy is a failure of communication." I took that to heart, along with her challenge to us all: Be kind, be calm, and be safe.

Winning at Facebook is like getting a high score in a video game everyone loves to hate. But social media can also bring us together, at a time when social distance holds us apart.



USING HIS POWERS FOR GOOD: Usually Joseph McLean takes the top Facebooker spot in PRL's Best of Powell River contest. This year, he stepped it up and used his powers of communication and articulation to help this community stay sane during COVID-19.

I was surprised and honoured to be chosen not only as a good Facebooker, but also as a leader in our fight against COVID. To me, the real heroes are the medical workers, the front line staff, the parents holding their homes together, the officials making hard choices every day. We've all given something in this fight. If I can help bring these voices together, I feel that I have done my part. [PRL](#)

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BEST OF COVID-19

BEST CRISIS LEADER

- #1. Joseph McLean
- #2. Nicholas Simons, MLA
- #3. Powell River Doctors

Best answers: My Wife • Nurses • Well, she is not from Powell River, but I feel like Dr Bonnie Henry has been our citizen who cares for us. She has extreme empathy, is incredibly sincere, and is very knowledgeable and clear when explaining our crisis. I say she should be given a key to the city!

BEST NEIGHBOURHOOD RESPONSE

- #1. Hearts in the windows
- #2. Cheer for health workers at 7 pm / Inflatable dinosaurs
- #3. Wine Ninjas

BEST LOCAL ONLINE RESOURCE

- #1. COVID-19 Awareness, Joseph McLean
- #2. Dr. Bonnie Henry
- #3. Nicholas Simons

BEST SNACK FOR NESTING

- #1. Popcorn
- #2. Homemade bread / Chocolate
- #3. Chips

Best answer: worms

BEST LOCAL GOOD-NEWS STORY

Best answers: Leah Laurie Photography front steps project • Gardeners • The price of gas went down • School's out! • Supporting local businesses • Thanking grocery workers • Wine Ninjas • Winter body will be ready sooner rather than later.

BEST BUSINESS RESPONSE

- #1. Grocery store raises and benefits
- #2. Fitness and dance videos to do from home
- #3. Allowing work from home

Best answers: Any of the businesses that were able to acknowledge the efforts of the front line workers who went above & beyond • grocery store raises • Wildwood pub first responder discount



THE BEST OF EVERYTHING: Laura Craigen, Second Best Volunteer, in a Dino suit, with a heart, cheering health workers at 7 pm (all three Best COVID-19 Neighbourhood Responses at once) on Manson Ave (Westview won best neighbourhood). Laura is a fundraiser extraordinaire, with outstanding donations to the Weekend to End Breast Cancer, Cops for Cancer, the hospital's oncology department, and much more. Of course, she credits other Powell River people and businesses for the success of the fundraising. Kudos to you Laura!

BEST GROCERY SOLUTION

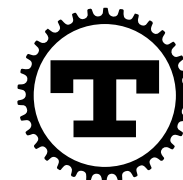
- #1. Quality Foods
- #2. Townsite Fruit n Veg
- #3. Save-On / Pacific Point

Best answers: Early morning shop for seniors • CSAs

BEST THING TO DO WHILE SOCIALLY ISOLATING

- #1. Garden
- #2. Hike
- #3. Crafts / Baking

Best answers: Cleaning & purging • Compose music, learn to paint, be with my wife • Do what you've always wanted but never had the time • Get high and make art • Help someone else and the time flies • Netflix • Tap dance • Watch Tiger King • Zoom



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- #1 Best Coffee
- #1 Best Coffee Scene
- #3 Best Salad



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- Clean water in earthquake-affected Nepal



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How are you documenting this unusual time?

Prashant Miranda is an artist in residence at Tidal Art Gallery in Lund. Several people mentioned that their "Best thing to do while socially-isolating" is keep a journal. Here is Prashant with some inspiration:

started keeping a diary at the age of 12 after reading 'The diaries of Anne Frank'. In design school these books evolved into visual journals, where I sketched and painted my daily experiences. I have been a chronic doodler since then and 30 years later, I have more than 200 watercolour journals which have chronicled my life and travels.

My sketchbook is my best friend and travels with me wherever I go. It documents my dreams, recipes, poems, phone numbers, spaces and people whom I meet along the way. Over the years, these sketchbooks have become time travelling devices as they transport me immediately to that space and time of a memory that I have forgotten. I use watercolours, as it is portable and dries quickly, and it all fits into my bag. So keep a journal with you at all times, and start by making marks in them.

Find me on Instagram and Facebook. [PR](#)

– Prashant Miranda

ARTS

BEST LOCAL BAND / MUSICIAN

- #1. Walter Martella / Tyler Bartfai
- #2. Dawson Wikene
- #3. Lukah Bouchard

BEST MURAL

- #1. Willingdon Beach
- #2. Water Treatment Plant
- #3. Behind the Library

BEST PLACE TO WATCH LIVE MUSIC

- #1. Willingdon Beach
- #2. Wildwood Public House
- #3. Carlson Community Club

BEST GALLERY

- #1. Turadh Fine Art
- #2. Artique
- #3. Tug Ghum / Dancing Tree

BEST PLACE TO SHAKE YOUR BOOTY

- #1. The Zoo
 - #2. Carlson Club
 - #3. At home
- Best answer: My booty is still quite firm

BEST LOCAL DESIGNER: CLOTHING OR JEWELRY

- #1. West Coast Thick
- #2. Blonde Amazon Design (BAD: Amanda Sparks) / Enchanted Tree
- #3. Eunoia

BEST VISUAL ARTIST

- #1. Autumn Skye Morrison
- #2. Catnip
- #3. Anna May Bennett

BEST PEOPLE

BEST LOCAL POLITICIAN

- #1. Nicholas Simons
- #2. CaroleAnn Leishman / George Doubt
- #3. Dave Formosa

BEST VOLUNTEER

- #1. Hospital Auxiliary volunteers
- #2. Laura Craigen
- #3. Laura Passek

BEST DRESSED PERSON

- #1. Janette Agius
- #2. Dr. Sneeta Takhar
- #3. Sue Gaudet

BEST DRESSED DOG

- #1. Oscar (Angela DeVita)
- #2. Reggie (Holly Barnes)
- #3. "My dog"

Best answers: This is the dumbest category of the year • A lot of pampered pooches • People shouldn't dress dogs



BEST LOCAL CELEBRITY

- #1. Arthur Arnold
- #2. Dan Devita
- #3. Walter Martella

BEST PROTEST MOVEMENT

- #1. Climate Action Powell River
- #2. Unspoiled Coast
- #3. Gas prices – see Page 31

BEST PUBLIC WASHROOM

- #1. Base Camp
- #2. Town Centre Mall
- #3. Coastal Cookery

Best answers: I don't use them, I go at home

BEST LOOKING STOREFRONT

- #1. Paperworks Gift Gallery
- #2. West Coast Thick
- #3. The Nutcracker / Base Camp



FROM SAVILE ROW TO THE VATICAN: As handsome and award-deserving as they are, dogs do not dress themselves. Our two top winners have equally-stylish owners. Left, ready for a night at the opera, Reggie belongs to Afterglow owner Holly Barnes. Right, stepping out in full vestements, is Oscar, Assumption School principal Angela DeVita's pup.

BEST SPORTS TEAM

- #1. Kings Hockey
- #2. Villa Soccer
- #3. Brooks' teams

BEST HOLIDAY LIGHTS DISPLAY

- #1. Spick & Sons truck
- #2. Brett & Jillian Vizzutti
- #3. Santa Train (PR Forestry Heritage Society)

Staff notes: If people take to Christmas decorating this year as much as we took to gardening, this town will be visible from space come December.

BEST REASON TO MOVE HERE

- #1. Nature / Ocean / Sunsets
- #2. Community
- #3. Affordability

Best answers: No COVID-19 • I left my heart in Powell River • It's not Vancouver • TELUS high speed internet • Ice cream truck

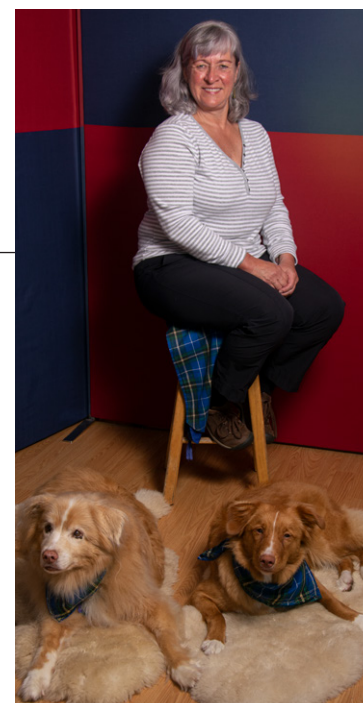
BEST REASON TO STAY AWAY

- #1. Ferries
- #2. COVID-19 (we don't want it)
- #3. The gossip n' drama

Best answers: Red necks • Ex-girlfriends • Smugness • Taxes • Gas prices • Lack of rentals • No hustle and bustle • No public garbage cans • Facebook • Quads

MOST POWELL RIVER PERSON OF THE YEAR

- #1. Isabelle Southcott
- #2. Dan Devita
- #3. Sandra Tonn



MOST POWELL RIVER PERSON OF THE YEAR "COMES FROM AWAY"

I thought you'd have to be born here, or at least have grown up here and spent your summers Up the Lake and know about places like Barney's Bar but it turns out a "come from away" person like me can be considered the **Most Powell River Person of the Year!**

I moved to Powell River from Nova Scotia in 1993 to work for the old *Powell River News* and, as a reporter, I had my finger on everything from provincial court to municipal council and all features in between.

Like many who make the move, I planned to stay a year or so, but life, as it does, got in the way and I'm still here. I raised two fine sons, made friends, volunteered, started *Powell River Living* magazine, launched Powell River Women in Business and a Toastmasters club, was a member of Rotary, fell in love (again), and became part of a wonderful community. As you can see from the photo above, I'm also a little nuts about my two Nova Scotia Duck Tolling Retrievers.

Maybe you don't have to be a lifer to win this category. Maybe, you just need to care about this community and be an active participant in all that truly is Powell River.

Thanks for the votes!

– PRL publisher Isabelle Southcott

Yes, We're Open!

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Never simply style

Ask any extreme hair-grower, and there's a story behind the mane.

#1. George Doubt

Long white hair and beard

City Councilor • Retired union leader

This is an honour particularly in an area that seems to be a prime beard growing zone. The long story of my beard began at Lac Le Jeune lodge (near Kamloops; then very remote) where I had a summer job taking care of the rental fishing boats.

One of the young women there thought I should shave more often and volunteered for the job.

It did not go well and because of the damage to my face I didn't shave again for a long time.

When September came and it was time to return to Grade 10, my growing beard became a big issue for the principal and teachers at the high school. I stood my ground for my rights, I had heard someone in Eastern Canada was doing the same.

That was a time of rigid dress and appearance codes in high schools and this was something new. I remember the math teacher refusing to allow me in her class room. At one of our meetings she said the only way she would allow it would be if I got As on every report card. That was not easy but I did it.

I did shave it off the year I graduated because the Parks Department insisted. They were offering a good union job that would pay enough over the summer to cover my tuition and board for a year at BCIT. My best friend didn't recognize me after the shave. The beard came back to stay that September. Yes, more meetings with the administration, this time at an institute where male students wore a tie everyday, all day.

At a job interview with BC Tel later, they asked if I would shave to get the job. That time I stood my ground and said no. I was an employee there for 40 years.

Would I shave and get a haircut to get elected? I guess you know the answer to that.

My spouse, my children and my grandchildren have never seen me without the facial hair. When I retired Lesley said it was time to stop trimming it short and let it grow. So here we are today.

BEST BEARDS: Clockwise from left: Doug Schuetze, George Doubt and Robbie Holmgren.



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BEST HAIR OR BEARD

#1 George Doubt

#2 Big Robbie / Jenna Brownlee

#3 Doug Schuetze

#2. Robbie Holmgren

Black beard

Owner, Taco the Town Zunga Food Truck

Originally I started growing it when a friend and I went to see ZZ Top. We bought suits and went to the concert.

I was going to shave it off at one point. I had long hair

and a beard. My son convinced me not to, so I just cut off my curls.

The beard seems to be a part of me now. I think I spend more time on it than most women do on their hair. Lots of brushing and coconut oil and regular trimming.

Mike at Westview Barber has worked on my beard for the last four years but now with COVID he's not allowed to trim it.

#2. Jenna Brownlee - Best Hair

Owner, Ironhill Farms and Brownlee Photography

I've always been one to experiment with my hair. Different colours and styles. I found my vibrant magenta

red many years ago and stuck with it. I've been told it's as spicy as my personality... the dreadlocks came in 2017 and I'll never look back! With running a farm, two businesses, and having a toddler, I love how simple and easy my hair is with dreads. Plus, they're fun!

#3. Doug Schuetze

Short white hair, long beard

Owner, Cruzcaster Custom Guitars

Why do I have a beard? It grows naturally. I can't stop it. The question is, why do men not have beards? I guess most people would ask why I have a "long" beard.

I've had a short beard since I was in my twenties and shaved it off once for a few months. But several years ago I thought it would be good for once in my life to let it grow a bit.

After about a month of not trimming it my wife asked me if I was growing it long. I told her that I just want-

ed to go for a year and see what happened. She wasn't completely in favor of it but after many years together we've got a pretty solid marriage so I thought we could handle it.

Going into the second year she mentioned that I had said it would be for one year. I clarified that by stating that it would be a minimum of one year but not limited to that.

We have had a few "discussions" about it through these last few years but next year is our 50th and I think we'll make it.

Would I shave it off? Nah. Too much work. 



Testing is now available in Powell River for anyone with any COVID-19 symptoms.

SYMPTOMS INCLUDE:

Cough • Fever • Difficulty breathing • Sneezing • Runny nose • Sore throat • Fatigue • Chills

- Call your family doctor or nurse practitioner for a virtual assessment.
- If you do not have a primary care provider and would like one
 - Call (604) 485-6261 (family doctor), (604) 485-2430 (nurse practitioner) or 604-485-9213 (nurse practitioner & youth-focused doctor)
 - call (604) 485-5501 for a virtual appointment at the **walk-in clinic**.
 - The nurse practitioner at the Tla'amin Health Centre is accepting all **First Nations people** in the region (call (604) 483-3009).
 - **Texada residents**, please call (604) 486-1525.
- Alternatively, call 8-1-1- or use the online symptom checker at BCCDC <https://bc.thrive.health/>.
- If your symptoms are more serious, go to the Emergency Room directly. Call ahead (604) 485-3211 and go to the ambulance bay for your assessment.



A message from Powell River physicians

 **FACILITY ENGAGEMENT**
An SSC Initiative
POWELL RIVER GENERAL HOSPITAL

 **Powell River**
Division of Family Practice
A GPSC Initiative

Powell River's #1 Best Butcher

five years in a row



Store now open to
6 customers at a time

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summer cook-outs here

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and nitrate-free options)

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Delectable sauces and rubs

Locally-grown produce

Treats to share

.....
Thanks,
Powell River!



4741 Marine Avenue

604.485-4838

GOOD FOOD

BEST FISH & CHIPS

- #1. Boardwalk Restaurant
- #2. Skeeter Jack's Outback Shack
- #3. Modern Peasant / Wildwood Pub

Staff notes: We have two new contenders this year: Modern Peasant and Wildwood Pub.

BEST PIZZA

- #1. Paparazzi Pizza
- #2. Wildwood Public House
- #3. Granada Restaurant & Pizza

Staff notes: Paparazzi remains the king of the slice (we recommend The Ralphie). However Wildwood's artisan pies have taken a big bite this year (we recommend the Prima Vera).

BEST LOCAL SEAFOOD

- #1. Laughing Oyster Seafood Buffet
- #2. Fresh Spot Prawns
- #3. Fish Tacos at Costa Del Sol

BEST TAKE-OUT

- #1. Thaidal Zone Restaurant
- #2. That Chicken Place
- #3. Iguanas Mexican Restaurant

BEST BUFFET

- #1. Laughing Oyster
- #2. Royal Zayka
- #3. Dragon House

Staff notes: WorkSafe BC has put the lid on buffets due to COVID-19. It's sensible, but tragic.

BEST RESTAURANT FOR A QUIET CONVERSATION

- #1. Minato Sushi
- #2. Seaside Bistro
- #3. Little Hut Curry

BEST VEG-FRIENDLY RESTAURANT

- #1. Little Hut Curry
- #2. River City Coffee
- #3. Coastal Cookery

BEST COFFEE SCENE

- #1. River City Coffee
- #2. Base Camp Coffee/Food/Art
- #3. 32 Lakes

Staff notes: This category is up for re-evaluation in "the new normal." A coffee scene usually involves lingering, talking, mingling, canoodling and other now-banned close-quarters activities. What will a COVID-era coffee scene look like?

BEST COFFEE TO DRINK

- #1. River City Coffee
- #2. Starbucks
- #3. Base Camp Coffee/Food/Art / 32 Lakes

BEST KID-FRIENDLY

- #1. Wildwood Pub
- #2. Julie's Airport Café
- #3. That Chicken Place

Staff notes: We love that a pub has topped this list. So Euro!

BEST PATIO

- #1. Seaside Bistro
- #2. Costa Del Sol Latin Cuisine
- #3. Shinglemill Pub & Bistro

BEST SERVER

- #1. Mohinder Singh: Little Hut Curry
- #2. Dean Thorsell – Coastal Cookery
- #3. Lisa Ward – Boardwalk Restaurant

BEST MEAL UNDER \$10

- #1. Taco the Town food truck
- #2. A&W
- #3. Quality Foods upstairs

Staff notes: Quite a few responses were cynical, as though a meal under \$10 was unheard of here. As if! Maybe we're just cheap, but we can think of dozens of top-notch affordable meals from Saltery Bay to Lund.

BEST FREE FOOD

- #1. Blackberries
- #2. Oysters
- #3. Relatives' houses

Best answers: Readers also voted for Powell River's outstanding free meal programs: the Powell River Action Society Food Bank; Community Resource Centre; Salvation Army: Assumption Soup Lunch; 7th Day Adventists; United Church Spaghetti and much more.

BEST COCKTAIL

- #1. Coastal Cookery River City Breeze
- #2. Costa Del Sol Rumbo
- #3. Shinglemill Caesar



TOP TAKE OUT: Thaidal Zone owner Hankin Koong with head chef Diana Riam, chef Sasina "Pak" Shemming, and servers Nanthida Sutnoi and Riley Robinson. The hard-working crew were already take-out experts before the pandemic.

BEST BRUNCH

- #1. Magpie's Diner
- #2. Julie's Airport Cafe
- #3. Edie Rae's Cafe

Staff notes: Magpie's has held this top title for five years running. But Julie's came close to knocking off the giant.

BEST BURGER

- #1. Coastal Cookery
- #2. Strikers Bar & Grill
- #3. A&W

Staff notes: You can't actually compare these burgers. They're all so different. It's like asking your favourite colour, or weather.

BEST SALAD

- #1. Coastal Cookery Backwoods Greens
- #2. Quality Foods custom salads
- #3. River City Coffee's RCC Salad

Staff notes: Another victim of COVID-19, QF's huge \$7.99 custom salads are sorely missed.

BEST ICE CREAM

- #1. Putters Mini Golf
- #2. Sassy Mack's Ice Cream
- #3. Wild Scoop Ice Cream

Staff notes: So, so different. If you're craving Tiger or Rocky Road, you can't beat Putters. But if you're looking for adventure, head to Sassy or the Scoop.

BEST DESSERT

- #1. Costa Del Sol's Key Lime Pie
- #2. Skeeter Jack's cheesecake
- #3. Just Soul Food bars

Staff notes: Thousands of voters over five years can't be wrong. They keep voting for these desserts for a reason.

BEST APPY

- #1. Nachitos, Costa Del Sol
- #2. Buttermilk Chicken Bites, Coastal Cookery
- #3. Wings, Strikers

Staff notes: Next year we'll include a category just for wings.



TownsiteMarket.com

Art
Gifts
Clothes
Grocery
Kids
Housewares
Jewelry
Beauty
Climbing
Treats



We're
back
and
better
than
ever

Townsite Public Market is open.
Stores' hours vary from daily
to by appointment.

Please be patient as we make
your shopping experience as safe
as possible. Check the individual
stores' Facebook pages and
websites for hours and days.



COMING SOON



Turadh
fine art





ALL DAY, EVERY DAY: Brothers Ken and Young Park (above) take a pause from the morning rush behind the counter at Townsite Grocery. Young and his wife Lisa Jung have owned the Ash Avenue shop for the past eight years, keeping the doors open from early morning til evening. During January's snow storm (right), the store was extra busy serving customers who couldn't leave the neighbourhood: international students, seniors, kids, dog owners... everyone.



BEST CONVENIENCE STORE

- #1. Townsite Grocery
- #2. Pacific Point
- #3. Tla'amin Convenience / Lang Bay Store

Staff notes: Remember that snow storm mid-January that trapped us all in our homes and neighbourhoods? That's when our corner stores revealed themselves as the essential outposts they are, keeping us stocked in milk, sushi, Kit-Kats, Friskies, tonic water and hope (lottery tickets.) So too have they emerged during COVID-19: uncrowded; friendly; well-stocked. Truly, these stores and their owners are the BEST. Apocalypse? No problem. Nuclear winter? Local convenience stores will remain a cozy corner.

COAST LOVE

LOVE WHERE YOU LIVE

Explore your backyard and support local businesses.
Find inspiration at sunshinecoastcanada.com/coastlove

We're all visitors on the traditional territories of the Tlaámin, Klahoose, shishálh, and Squamish nations. While exploring the Sunshine Coast, please remember to be safe, responsible, and respectful.

Sunshine Coast
TOURISM

BEST LOCAL BEER

- #1. Zunga
- #2. Perfect Storm
- #3. Foggy Flight Home / Suncoast

BEST PREPARED FOOD AT THE FARMERS MARKET

- #1. Cottage Creek baking
- #2. Mama Rania's hummus
- #3. Bannock (various makers)

BEST FARM FRESH PRODUCE AT THE FARMERS MARKETS

- #1. Terra Nostra
- #2. Andtabaka / Morrison's (Farmer John's)
- #3. Paradise Valley Produce

BEST PRICE ON GROCERIES

- #1. Save On Foods
- #2. Mitchell Brothers
- #3. Quality Foods

Staff notes: Since this contest began in March, the grocery scene has morphed once again. The enormous growth of food deliv-

ery and CSAs this year was unexpected, though fortuitously timed. And FreshCo's opening in June has thrown another twist.

BEST GROCERY STORE PRODUCE

- #1. Save On Foods
- #2. Mitchell Brothers
- #3. Townsite Fruit & Veg

BEST BUTCHER

- #1. Chopping Block
- #2. Mitchell Brothers
- #3. Pacific Point

Staff notes: Congratulations, Chopping Block! Five years at the top.

BEST BAKERY

- #1. Hearth & Grain
- #2. Cottage Creek
- #3. Nancy's Bakery

BEST LIQUOR STORE

- #1. Capone's
- #2. Duke's
- #3. BC Liquor Store



comfy

OOPS!

We might have jumped on the comfy clothes bandwagon! Come check out all our new 'super soft but still appropriate to wear day to day' clothing! Tie dye sets and more!

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preparing for the future today

41

The qathet Regional District operates 41 services

Every service is accounted for separately using a dedicated service fund. The fund identifies the full cost of providing the service. Each service has its own group of participating jurisdictions. Participants in one service are not permitted to be subsidized by participants of other services.

In other words, "You pay for what you get."

The qRD adopted its operations and capital budget, plus its five-year running budget, on March 30, 2020.

The 2020-2024 Financial Plan can be found on our website at: www.qathet.ca/about/finance/financial-plan/

Capital Projects in the Works

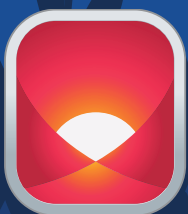
Klah Ah Men Lund Gazebo Upgrades • Covered Gathering Structure at Shelter Point Park
Marine Avenue Landfill Closure & Resource Recovery Centre • Lund Sewer Outfall Renewal
Satellite Fire Hall in Lund • Lasqueti Island Landfill Closure • Haywire Bay Playground Equipment
Haywire Bay Septic System Upgrades & Sani-Dump Station • Texada Community Hall New Flooring
Myrtle Pond Water Sampling Stations Upgrades • Craig Park Disc Golf Signage & Tee Boxes

Results of 2019

The Audited Financial Statements and Statement of Financial Information will be presented at the July Finance Committee Meeting.

4 pm • July 15

View meeting webcast live at qathet.ca



qathet
REGIONAL DISTRICT

202 - 4675 Marine Avenue
Powell River, BC V8A 2L2
604-485-2260 • qathet.ca
administration@qathet.ca

Working
Together

RAD RETAIL

BEST GAS STATION - SERVICE

- #1. Vanderkemp's
- #2. Top of the Hill
- #3. Chevron

BEST GAS STATION - PRICE

- #1. Top of the Hill
- #2. Tla'amin Convenience Store
- #3. "None of them"

BEST GIFTS

- #1. Paperworks Gift Gallery
- #2. The Nutcracker
- #3. Pollen Sweaters

BEST GARDENING STORE

- #1. Mother Nature
- #2. Springtime Garden Centre
- #3. Canadian Tire

BEST MEN'S CLOTHING

- #1. Armitage
- #2. Mark's Work Warehouse
- #3. West Coast Thick

BEST WOMEN'S CLOTHING

- #1. The Knack
- #2. Fits to a T Fashions
- #3. Sublime Fashions & Accessories

BEST REALTOR

- #1. Val Griffiths
- #2. Neil Frost
- #3. Josh Statham

BEST FINANCIAL INSTITUTION

- #1. First Credit Union
 - #2. RBC / Scotiabank
 - #3. BMO
- Best answer: BOM: Bank of Mom

BEST INSURANCE

- #1. Underwriters
- #2. Westview Agencies
- #3. Cooperators

BEST DOG GROOMER

- #1. Doggone Grooming
- #2. D'tails Grooming Spaw
- #3. Shaggy-Dawg Dog Grooming

BEST RETAIL SALESPERSON

- #1. Krystal at Sublime
- #2. Ron at Armitage
- #3. Donna at Mother Nature

BEST BIG-BOX STORE

- #1. Canadian Tire
- #2. Staples
- #3. Wal-Mart

BEST SPORTING / OUTDOORS STORE

- #1. Powell River Outdoors
- #2. Taws
- #3. Marine Traders

BEST THING YOU'VE FOUND AT A GARAGE SALE

Best Answers: \$500 video game • Three brass and glass Arabic-style lanterns • A collectible Star Wars figure in mint condition • A small Japanese Natsuki • An almost 100-year-old square Griswold 'Colonial Breakfast Skillet' for \$10-value \$120+ but priceless because they just don't make them like that anymore. • Oak bed frame • Brand new baseball • Cranberry Pottery • Hutterite marriage chest • Mid century modern danish teak credenza • Your mom

BEST THRIFT STORE

- #1. Hospital Auxiliary
- #2. MCC
- #3. Salvation Army

BEST NON-FOOD BOOTH AT THE FARMER'S MARKET

- #1. Huber Ink
- #2. Sweet Earth Soaps
- #3. Julia's Flowers

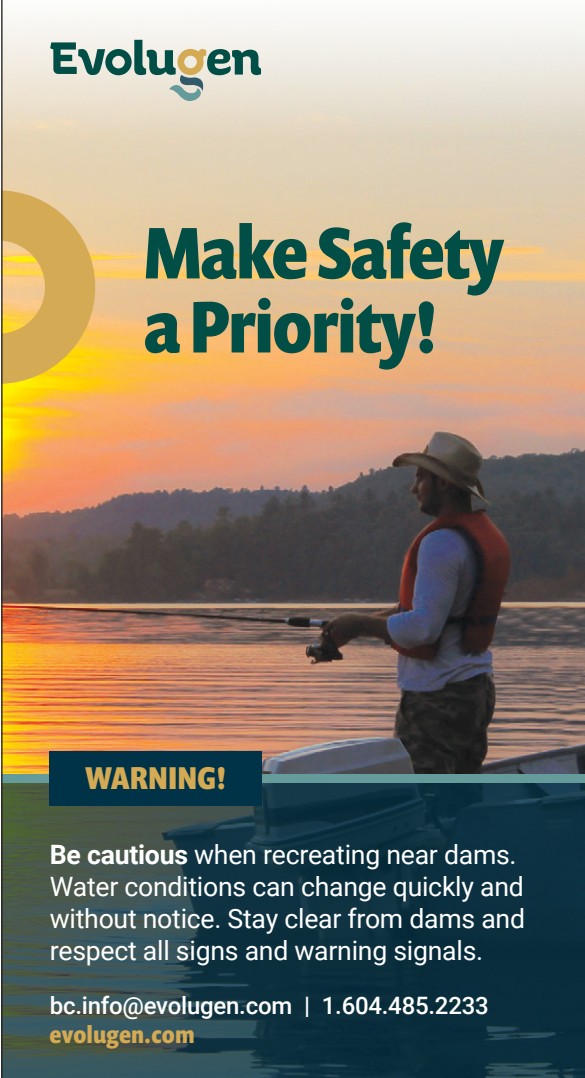
BEST MARIJUANA OR VAPE STORE

- #1. Smoke on the Water
- #2. Grassroots (now closed)
- #3. Homegrown / my own / local growers



THANK YOU POWELL RIVER FOR ALL YOUR SUPPORT!
WE LOVE OUR COMMUNITY!

PRO THICK



Evolugen

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WARNING!

Be cautious when recreating near dams. Water conditions can change quickly and without notice. Stay clear from dams and respect all signs and warning signals.

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Thank you Powell River!



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CARE & HEALTH

BEST GP OR NP

1. Dr. Charles Van Zyl
2. Dr. Henriette Strydom
3. Dr. Pieter Rousseau

BEST HAIR GURU

1. Sarah Shindel – Afterglow
2. Holly Barnes – Afterglow
3. Stephanie Conte – nuEssence

BEST DENTIST

1. Dr. Jamie Smillie
2. Dr. Ash Varma
3. Dr. Ken Needham

BEST SPA

1. Beyond Bliss
2. nuEssence
3. Frankie's Place

BEST PHARMACY

1. Shoppers Drug Mart
2. Rexall
3. Safeway (now FreshCo)

BEST ESTHETICIAN

1. Shari MacDonald – Beyond Bliss
2. Melissa Fraser – nuEssence
3. Jordyn Roberts – Image 1 / Hannah Adams – Below the Brow

BEST HAIR SALON

1. Afterglow
2. Image 1
3. Studio 101 / nuEssence

save on foods
KITCHEN

FAMILY MEAL DEALS

MONDAY NIGHT
crispy chicken
9 piece crispy chicken &
1 Resers salad (1.25 kg)
\$16⁹⁹



FRIDAY NIGHT
pot pie & caesar
1 family chicken pot
pie (9 inch) & 1 family
caesar salad
\$19⁹⁹



TUESDAY NIGHT
lasagna & caesar
1 family lasagna & 1
family caesar salad
\$19⁹⁹



SATURDAY NIGHT
turkey roast
1 whole cooked
turkey breast
\$13⁹⁹



WEDNESDAY NIGHT
chicken combo meal
1 rotisserie chicken
2 Resers salads (4.54g)
1 King's Hawaiian
Dinner Buns (pack of 4)
\$12⁹⁹



SUNDAY NIGHT
ham roast
1 whole cooked maple
ham roast
\$9⁹⁹



HAPPY HOUR

READY-TO-COOK
EASY MEAL SPECIALS
TUESDAY TO FRIDAY
FROM 3 TO 6 PM
SEE STORE FOR DETAILS

THURSDAY NIGHT
pizza
choose any two
14-inch pizzas
Get both for **\$14**



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Teaching is sharing: Memoirs and Qi Gong

BY SANDRA TONN

I teach memoir writing for seniors through the Powell River Public Library. My teaching philosophy is part of my life philosophy. I believe every person, especially seniors who have so much life experience, have unique and valuable stories to share and that when they are encouraged to share them, everyone benefits.

I also teach qigong (pronounced chee-kung). Qi is life force energy. Gong means work. So, in short, qigong is energy work, and since we and everything around us is energy, it is a powerful and effective practice. Qigong includes flowing movements matched with awareness and breath, Qi yoga, meditation, and self-acupressure.

My teaching philosophy is rooted in my life philosophy, which is rooted in nature—including ancient practice based on the Dao (the way of nature and the five elements), and the modern science of quantum physics (the nature of energy within and without).

With as much heart as possible, I share what I'm practicing and learning in my

BEST TEACHER / COACH / INSTRUCTOR

Sandra Tonn

"Sandra has inspired hundreds of seniors to love writing memoirs. An exciting exploration with purpose!" - *Bev Falconer*

Dean Thorsell

Frank Clayton / Brittany Service

life. When students thank me, I tell them: "I couldn't do it without you." I feel so grateful to teach, not only because it allows a meaningful connection with and ways to assist others, but also because it requires commitment and authenticity in my own practice and life. I don't share anything I haven't fully experienced and embodied myself first—for months or even years.

Simplicity, fun, and accessibility are also part of my philosophy, but always with space and possibility for cultivating deeply powerful change and self-healing. [PR](#)

BEST YOGA

- #1. Coast Fitness
- #2. Elements Movement
- #3. Terri Cramb

Best answer: Jelly Edwards (We think they meant Kelly...)

BEST MASSAGE THERAPIST

- #1. Dan Keane
- #2. Claire MacDonald
- #3. Stephen Glover

BEST WORK-OUT

- #1. Coast Fitness
- #2. PowTown CrossFit
- #3. Hiking / Dynamike

BEST SPIRITUAL LEADER

- #1. Sam and Katie Alescio
- #2. Father Patrick Teeporten
- #3. Nature

BEST SPIRITUAL EXPERIENCE

- #1. Nature
- #2. Living Water Foursquare
- #3. Meditation

SUMMER ART Happenings

Myths, Magic and Imagination Summer Art Camps

July 13-17 • July 20-24 • July 27-31
August 3-7 • August 10-14

What the Plus (+) Exhibition

June 20-July 25

Theyday (discussion / Q&A)
July 17

Intertidal and Art Under Lockdown

MAS Virtual Group Art Shows
at www.artpowellriver.com

Welcome to Here Youth Walk Project

July 23 • August 13

The Art Centre Public Art Gallery

theartcentrepr.ca

WorkBC Centre

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E: workbc@liftcommunityservices.org

f WorkBC Powell River

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

THE GREAT OUTDOORS

BEST BEACH

- #1. Mahoods
- #2. Donkersley
- #3. Palm Beach

BEST PLACE FOR A BEACH FIRE

- #1. The Hulks
- #2. Gibson's Beach
- #3. Donkersley

Best answer: "Beach fires are banned. I wish people would stop lighting them in front of my place. I phone the fire department regularly because of fire hazard."

BEST PARK

- #1. Willingdon Beach
- #2. Sunset Park
- #3. Inland Lake Provincial Park

Staff notes: Interestingly, very few people voted for Willingdon as "best beach," but here it is, far-out-and-away "best park."

BEST PLACE TO RUN

- #1. Timberlane Track
- #2. Penticton Trails
- #3. Inland Lake

Best answers: From the fridge to the couch • Seen too many people with blown-out knees... walking is much more pleasurable.

BEST HIKE WITH KIDS

- #1. Valentine Mountain
- #2. Trinket Trail
- #3. Willingdon Trail

BEST HIKE FOR A SWEAT

- #1. Scout Mountain
- #2. Tin Hat Mountain
- #3. Valentine Mountain

BEST MOUNTAIN BIKE TRAIL

- #1. Bob's Your Uncle
- #2. Penticton Trails
- #3. Suicide Creek

BEST DOG PARK / AREA

- #1. Henderson Park (Townsite)
- #2. Westview Dog Park
- #3. Duck Lake Trails

BEST PUBLIC GARDEN

- #1. Sycamore Commons
- #2. Dwight Hall
- #3. Triangle Gardens

BEST PLACE FOR SWIMMING

- #1. Powell Lake
- #2. Mowat Bay
- #3. Palm Beach

BEST HOTEL

- #1. Old Courthouse Inn
- #2. Bliss Suites
- #3. Town Centre / Beach Gardens

BEST PLACE TO PARK AN RV

- #1. Willingdon Beach
- #2. Haywire Bay
- #3. Kent's Beach



NOT 184 KILOMETRES LIKE SOME TRAILS WE KNOW: Lauren Davis hiked a pleasant couple of clicks to Kelly Falls from Duck Lake Road. *Photo by Isabelle Southcott*

BEST PLACE TO PITCH A TENT

- #1. Haywire Bay
- #2. Shelter Point
- #3. Dinner Rock

BEST ZUNGA

- #1. Powell Lake Rainbow Area
- #2. Recreation Complex pool
- #3. Mowat Bay

BEST SCUBA SPOT

- #1. Mermaid Cove (Saltery Bay)
- #2. The sunken Hulk
- #3. Iron Mines, Lund

BEST HIKING HUT

- #1. Tin Hat
- #2. Emma Lake
- #3. Fairview Bay

BEST FISHING SPOT

- #1. It's a secret
- #2. Coho Point
- #3. Lois Lake

BEST PLACE TO ENJOY THE RAIN

Best answers: At home in front of the fire • Cabin deck • Coffee shop • Deep in the woods • Love watching my plants soak it up & thrive • My solarium • Somewhere I can puddle jump • Under the live roof stage at Palm Beach **R/L**

Thanks for voting Vanderkemp as Powell River's #1 Service Station!



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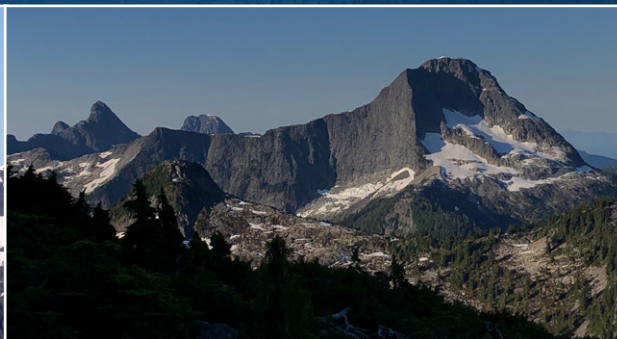


You've seen these mountains from the ferry to Comox, but what do they look like from the **OTHER SIDE?**

JASON ADDY takes us on a tour of Powell River's mountains.



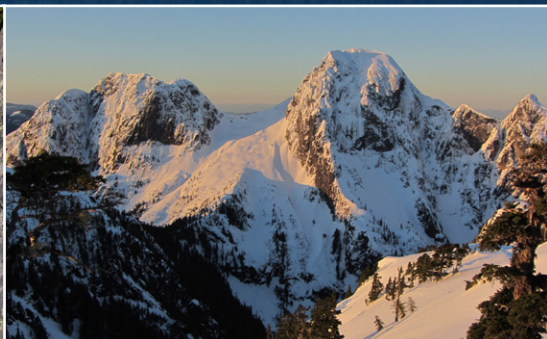
North face of Slide Mountain
(2105 metres)



North face of Mount Baldy
(2005 metres)



Jerry Philips on Beartooth Mountain (1903 metres)



North side of the Rainbow Range
(1839 metres)

You could live in Powell River your whole life and never know about the amazing alpine terrain in the mountains just north of town.

Even when you are on the ferry, and can see past the kilometers of rolling foothills to where mountain silhouettes rise above the forests, you still don't get the full sense of what is waiting for you, just beyond.

Sixteen years ago, as my friend and I biked through Powell River, on our way back to Vancouver, he asked if I would ever consider moving here. It was my first time visiting, and as we cycled south to Saltery Bay, I flatly replied that I would never live in a town with so few mountains. I had been living in Vancouver for ten years at the time and spent all my spare time mountaineering in the areas north and east of the city.

Fast forward five years, and I was looking for a job in Powell River to help

make the mortgage payments on a house that I had just bought in Stillwater. When we'd started to look for somewhere to buy land, my wife smartly bought me the "Powell River Recreation Map," with all the unseen mountains on it. I already owned the Climbing and Hiking in Southwestern BC guidebook, which featured a few Powell River mountains, and the two guides together were just enough for me to agree to try out Powell River – for five years.

In 2009, there were only five mountains in Powell River that I was interested in climbing. That's it. My expectations were set low based on the small amount written about the local peaks. But, it wasn't long before I realized how incredible the mountains north of town are. The lack of press for these peaks is of course a result of very few people living near them, and fewer still putting in the effort to explore them. It's also because, for the most part, they remain invisible to anyone in town.

Today, ten years into our five-year experiment of "trying out Powell River," I am hooked. I have spent numerous weekends following abandoned logging roads to clear cuts, hiking through steep forests, and scrambling high into the al-

pine to stand on top of one of the many local peaks.

I have climbed just 27 of these peaks, but each one has many facets. For instance, I have climbed Beartooth Mountain by three different routes over seven trips, in all kinds of conditions. In fact, I have spent close to two weeks of my life climbing, or failing to climb, Beartooth. And there are so many more peaks to get to.

Now I am writing a guidebook to these mountains. We are overdue for some updated and deeper information about the country north of Powell River. It will cover the region from town northward – everything between Jarvis Inlet and Toba Inlet – and include close to 150 peaks, ranging from minor bumps on alpine ridges to mountains with sheer 1000m north-facing walls. I plan to have it available in the spring of 2021. [PR](#)



STRONGMAN: Chad Lavoie scales Mount Baldy at 2005 metres.

Photo by Jason Addy

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INDUSTRY

Made in Powell River

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- #1. Pollen Sweaters
- #2. West Coast Thick
- #3. Paper / Beer

BEST COMMERCIAL AQUACULTURE

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- #3. Jimmy Jack Charters

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- #1. First Credit Union
- #2. Steve Brooks

BEST CONSTRUCTION-RELATED TRADESPERSON

- #1. Troy Marshall
- #2. Ken Jantz
- #3. Chad Rueblitz

BEST MECHANIC

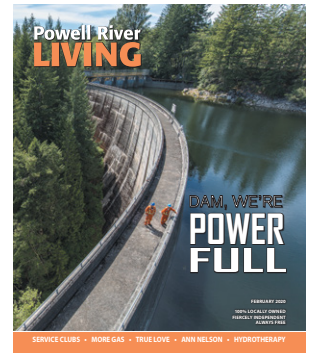
- #1. El's Auto Tech
- #2. Dox Auto Tech
- #3. City Motors / Big O Tires 

Starting in March 2019, *Powell River Living* magazine ran a 15-month series profiling big things that are made in Powell River. We did it in part because it seems like a lot of really excellent manufacturing is happening under all of our noses, without most of us know-

ing much about it. Sure enough, a very low percentage of voters answered the Best of PR question, "Best Item Made in Powell River."

So, here it is again. All of the items we profiled in what we affectionately called Made in Powell River:

1. Pollen Sweaters
2. Lois Lumber cedar products
3. Lowell Morris' Pet Portraits
4. Aero Designs helicopter baskets
5. Camille Allen's dolls
6. Modern Windows
7. K-Lumet



8. Powell River Living magazine
9. Valley Building's trusses
10. Luthier Laura Wallace
11. Townsite Market's makers
12. Brookfield Power
13. Townsite Brewing
14. Artist Autumn Skye Morrison
15. Masks and PPE



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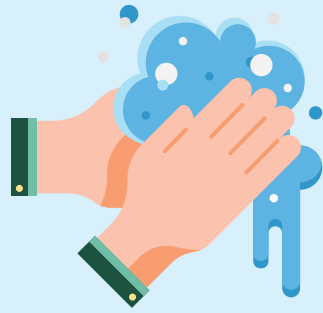
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PLAYGROUND SAFETY

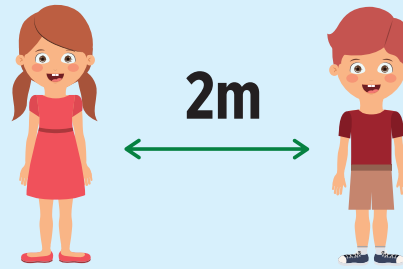
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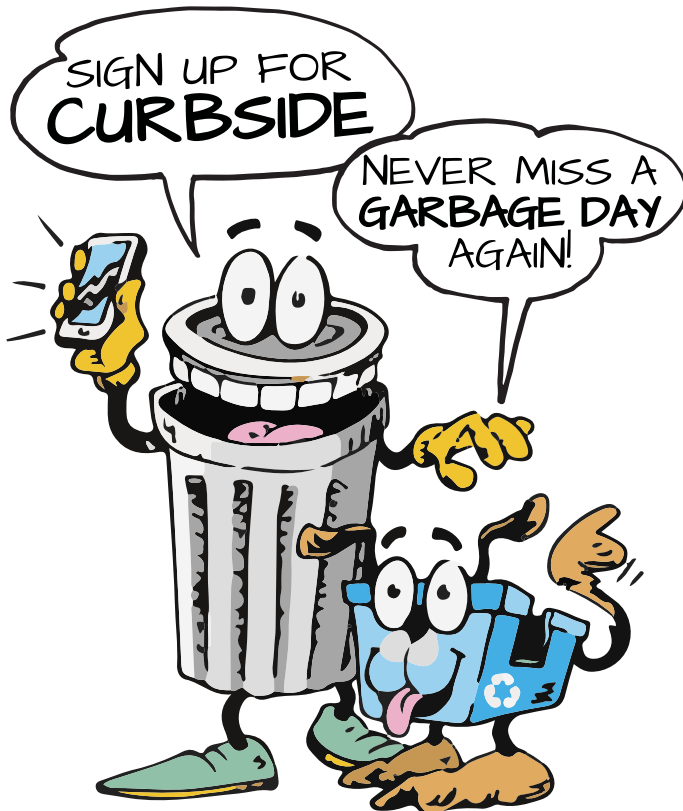
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COVID-19 NEED TO KNOW

City news and updates regarding the pandemic can be found at:

powellriver.ca

Should Powell River change its name to tisk^{wat}? Hegus Clint Williams weighs in.

BY PIETA WOOLLEY | pieta@prliving.ca

Symbols of colonialism, violence and white supremacy were in the spotlight in mid-June as George Floyd, Black Lives Matter and the police shooting of Chantel Moore inspired an impatient movement for change.

“We Should Consider Changing the Name of British Columbia: Let the discussion, and your suggestions for a new name, begin.” So titled is a mid-June article in the online magazine, *The Tyee*. That’s about the same time that protesters spray painted Vancouver’s ‘Gassy Jack’ Deighton Statue red, and a petition circulated asking for its removal.

Here in Powell River, a Facebook post suggesting Powell River be re-named Tisk^{wat} – after the largest Tla’amin settlement in what, since the removal of the village by British Columbia, has been called Townsite – attracted more than 500 heated comments. Some were enthusiastically for the change. Others, passionately against it.

June was an angry month.

The broader conversations about decolonizing place names were also angry, both in person and online.

One local leader isn’t joining the fray demanding change: Hegus Clint Williams. For more than a decade, he explained, the folks working on treaty casually discussed the potential for changing Powell River’s name to a Tla’amin place name, but ultimately, they moved on to other things. He followed the June conversation closely on Facebook. He’s interested, but this fight isn’t his alone, he said.

“I can’t say we wouldn’t like that. It would be such a huge acknowledgment. If people are truly wanting to reconcile with the Tla’amin people we are willing to listen and work together with them,” he said. “I saw the Facebook comments, that we need to think about the good that Israel Powell did for us Indians. Well, he had a key role in the development of residential schools. That’s why some of our people don’t care for that name.”

But he’s not interested in fighting for a name change as the leader of the Nation. That’s non-Tla’amin people’s work, if they’re interested, he said. It’s been done here once already, and well.

The Powell River Regional District approached Tla’amin Nation just after leadership signed the treaty, with the pro-

20 >

BE
Tisk^{wat}

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of Powell River

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AS CHOSEN BY THE READERS OF POWELL RIVER LIVING



EST

Wat

“It would be such a huge acknowledgment... Israel Powell had a key role in the development of residential schools. That’s why some of our people don’t care for that name.”

– Hegus Clint Williams

posal for a name change. Hegus worked with the elders, and they gifted the word “qathet” to the local governing body.

“We told them ‘We’re not going to try to talk you into this,’” Hegus recalls. “We won’t defend it in public. We knew that we’d see conflict about it like we’re seeing now on Swap and Shop. We appreciated the gesture, but we weren’t going to try to justify it. Patrick [Brabazon] and his crew did a great job making it happen. It was very rewarding to watch that. We had our doubts it was going to happen. It was a good feeling to see it acknowledged and received. That was not an ev-

ery day thing.”

Overall, Hegus said, he was heartened by what he read in June on Facebook about the potential for Tiskʷat.

“Some non-indigenous people do seem sincere in their desire to practice reconciliation. Some have genuine empathy for the survivors of residential schools.”

“I always like to believe that the good outweighs the bad in most situations. Especially with the people in the Powell River or Tiskʷat area.”

“There’s nothing wrong with having a discussion. That’s all this is,” he said. [PR](#)

SAY MY 400 NAMES: The years-long Tla’amin place names project was coordinated by Betty Wilson in partnership with the Powell River Museum, with more than 30 others. The team documented place names from throughout Tla’amin Traditional Territory, recording elders saying the names. The interactive map is currently available in full at powellriver.ca/pages/photo-history-of-powell-river. It was funded by the Government of Canada.

WHO WAS DR. ISRAEL WOOD POWELL?

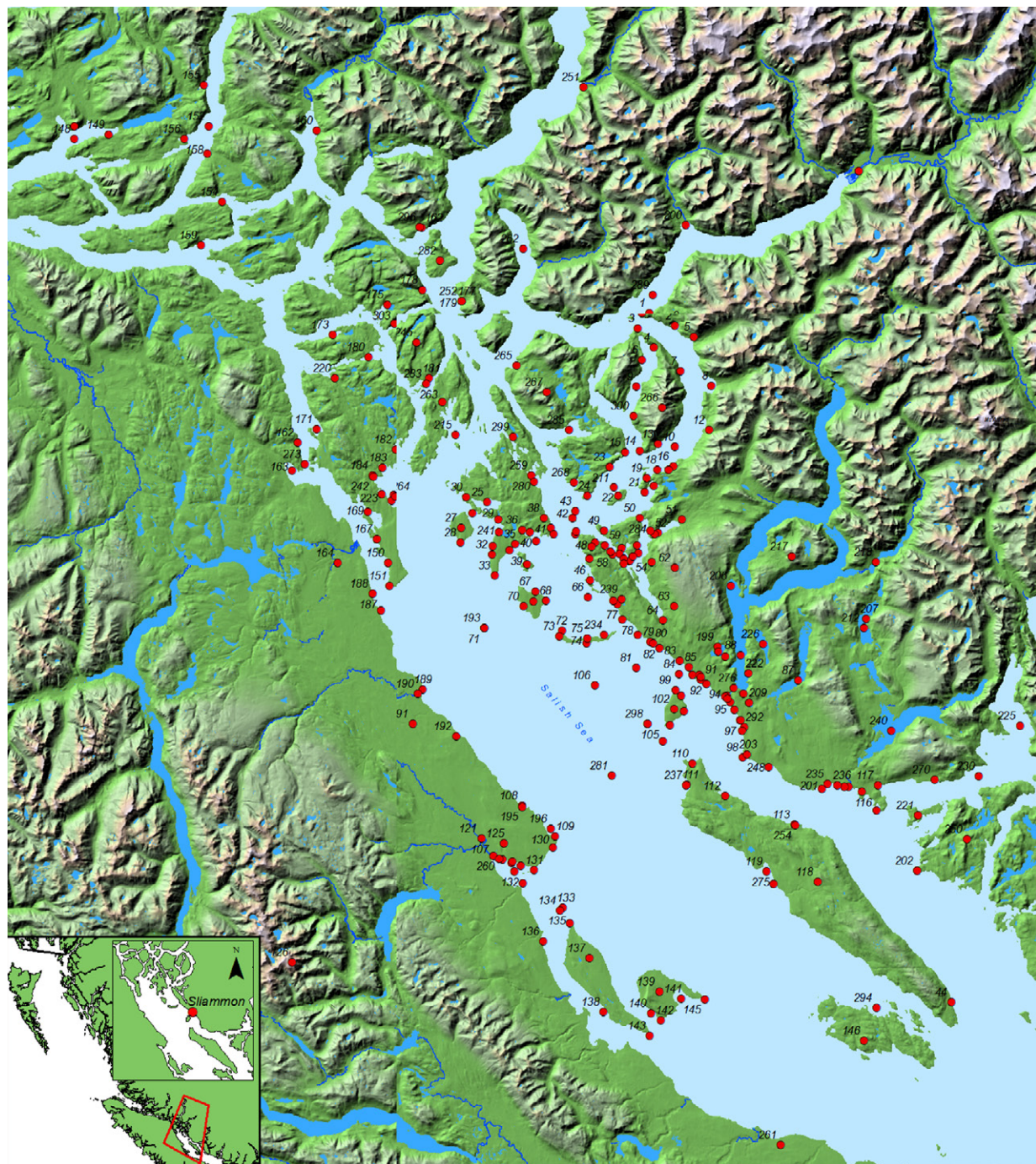
- A medical doctor from Ontario and resident of Victoria
- An MLA who urged BC to join with Canada instead of the USA
- The first Chancellor of UBC
- The first President of the British Columbia Medical Council
- Organizer and doctor to Victoria’s first militia
- First Grand Master of the Grand Lodge of British Columbia: Freemasons
- BC’s Superintendent of Education 1867 to 1869
- BC’s Superintendent of Indian Affairs 1871 to 1888
- Of BC’s 30 residential schools, five opened under Dr. Powell’s time as Superintendent of Indian Affairs: the Greenville Mission Boys’ Boarding School (1877); the Thomas Crosby Indian Residential Schools (1879 boys & girls); the Kitimaat Indian Residential School (1883) and the Methodist Coqualeetza Institute (1886).
- Six more residential schools opened within a few years of his term as Superintendent.
- He turned down offers to be BC’s Lieutenant Governor and a Canadian Senator
- In 1881 he sailed past what’s now Powell River in a ship named *The Rocket*; he saw a lake and a river from aboard the ship, and the government of BC named both “Powell” in his honour.

A FEW OF THE PLACE NAMES

Some are descriptive, others delightful.

- #15 kʷuḵos / Roscoe Bay “Narrow face”
- #22 xaḵaji / Mink Island “Bog cranberries”
- #40 taytayčəθot / Three Islets “Caught in the act of intercourse”
- #95 tiskʷat (Tees’kwat) “Big river”
- #142 toḵlayten/ Maude reef “Laying around place”
- #295 pəoḵtxʷ / Robertson Lake “Raven’s home”

Courtesy of the Powell River Historical Museum and Archives and Tla’amin Nation



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andemic pregnancy

BY LANA PARRA

I became pregnant in October last year and now that I'm nearing the end of my pregnancy, I wonder if we would have still decided to invite a little one into our family and the world if we had known that a pandemic would emerge. When my mind takes me to this line of thinking, a Martin Luther quote provides solace:

"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."

This quote speaks of a hopefulness that is not easy to have – the kind of hope that has seemingly little to fuel it, but it lives and thrives anyway – like a dandelion growing through the crack of a sidewalk.

I see a hope that refuses to give way to despair. And that is the main theme of my experience during this pregnancy – a hopefulness about the way life goes on despite the intimation of havoc.

Hope is in fact what brought my partner and I to Powell River: hope for a sustainable future ecologically, socially, financially, and spiritually.

We both felt crushed by the unsustainable pace of city-living and felt drawn towards living in a smaller town within a cohousing community. I had experienced activism burnout that left me with the resolve to find more sustainable ways of living closer the land.

Moving to Powell River helped us slow down, breathe, make meaningful connections to people and places, and connect to the cohousing community we had been dreaming of: Hearthstone Village.

Experiencing pregnancy during these strange times within the context of a cohousing community has reinforced the hope and resiliency that community-living offers.

The organic web of gratitude and

"The movements of our baby within my womb are yet another promise of this life force that keeps the world going when everything in our society seems to have stopped."

reciprocity that makes up the fabric of our community is solid and allows us to catch each other through times of difficulty. There is an ease we can all relax into knowing that our interdependency is greater than any of our individual independence.

While friends of mine from the city have reached out to me with concern about us being alone or isolated during the birth and fourth trimester, I know that we'll have the support that new parents need to survive the transition into parenthood thanks to this cohousing community.

I am so grateful for this resource in our lives and feel privileged to find myself here. They say it takes a village to raise a child, but I believe a village is needed for so much more.

We are bearing witness to the way it takes a village to weather the storm of a pandemic.

Living closer to the land, I can't help but see signs of hope surrounding me. The plants and animals around us offer a reminder that nature continues to follow the ebbs and flows of cyclical life.

And I can't help but feel like the movements of our baby within my womb are yet another promise of this life force that keeps the world going when everything in our society seems to have stopped. **RL**

SPACE TO FEEL SECURE: Urban friends of Lana Parra's worried about whether she would be isolated or alone during the pandemic; she's the opposite, she writes, thanks to her community at Hearthstone Village and her connection to the land.

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Sorry, Wrong Number

The Townsite Actors Guild presents the radio drama *Sorry, Wrong Number* on Community Radio. Starring Stephanie Miller, Barb Oliver, Nicole Narbonne and Jeremy Buhay. Premieres June 27, but will be broadcast on additional dates in July.

July 4 at 8 pm and July 7 at 7 pm on CJMP 90.1FM



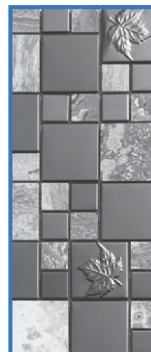
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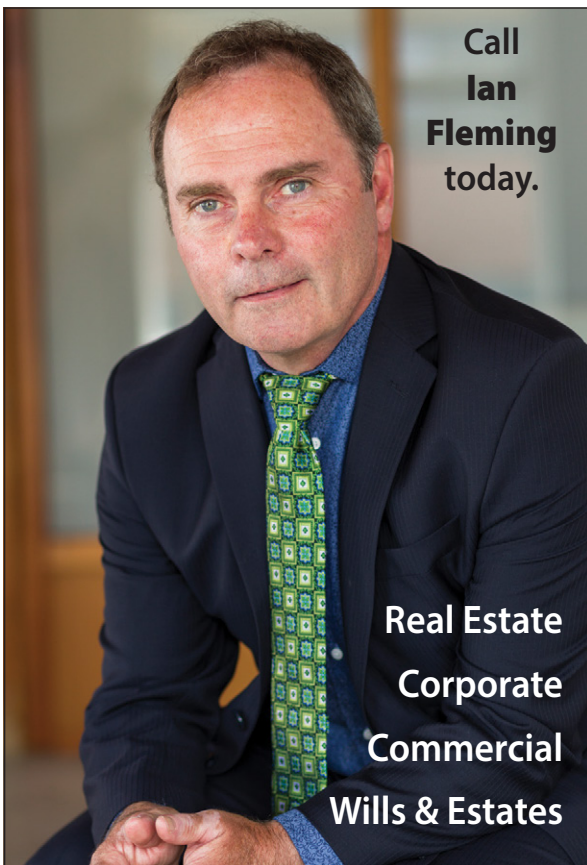
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Glyphosate in local forests

How much has been sprayed here over the last five years, and where?

BY PIETA WOOLLEY | pieta@prliving.ca

You'd think this would be easy.

Starting at the beginning of June, I've tried to find out what pesticides and herbicides are regularly used in forestry operations here on the Upper Sunshine Coast. Over the last five years, specifically, what has been used, where, and in what volumes?

Why? In last month's issue of *PRL*, we ran a story about the group Pesticide-Free Powell River – that they're raising the alarm that Western Forest Products has filed a report stating that it is planning to spray glyphosate in Tree Farm License 39 – much of which is adjacent to Powell River. For the last several years, groups in BC and elsewhere have lobbied against the use of this common herbicide, as it has possible links to cancer. This story is a follow-up to that one. As Ezra Carroll says in his Letter to the Editor on Page 42, glyphosate spraying isn't new here.

What I found is, the 'what, where, how much' information isn't at anyone's fingertips.

"To gather that information would take a tremendous amount of time and resources. Up to a month I'm told," a spokesperson for the federal Ministry of Environment and Climate Change Strategy wrote to me in an email. "It may be easier for you to file an FOI request. Although depending again on time and resources there could be costs associated with it."

Western Forest Products is the region's biggest licensee. So I asked the company's communications officer, Babita Khunkhun, those same 'what, where and how much' questions. She wrote back: "We have selectively applied two Health Canada approved herbicides, Triclopyr and Glyphosate. Glyphosate was used to treat an invasive plant (Japanese knotweed). In the past five years, these herbicides have been applied selectively to less than one per cent of the total landbase we manage in TFL 39 Block 1."

But of course, WFP isn't the only forestry business here. There's also Thichum Forest Products, private wood lots, BC Timber Sales, the Powell River Commu-

3 THINGS TO KNOW FROM THE "2017 SURVEY OF PESTICIDE USE IN BC"

1. Glyphosate use is pretty common in BC

Forestry operations sprayed an area the size of about two entire Texada Islands with glyphosate in 2017, throughout BC – about 28,000 kilograms. The report doesn't break these numbers down regionally or by company. Most of it, though, is used in silviculture – tree planting and growing.

2. Other industries use much more pesticide than forestry does

Aquaculture is at the top for pesticide use by volume – mostly because hydrogen peroxide is used to fight sea lice. Next highest pesticide users are mosquito suppression; the landscape sector; the fumigation sector; then forestry, followed by industrial vegetation control; wood pole preservation; invasive fish management and finally the structural sector. Agriculture is not included in this report.

3. Forestry uses about half the glyphosate that's sprayed in the province

Forestry used 28,000 kg of the herbicide in 2017. Next was industrial vegetation control, at about 18,000 kg. Then landscaping, at 8,300 kg.

The report does note that numbers vary greatly between years. You can read it here: bit.ly/311HXAJ.

nity Forest, Island Timberlands, and more. So it would be most helpful to get summarized, regulatory information about exactly what, where and how much has been applied here. Alas. Not this month.

But what is at government's fingertips is a 2017 "Survey of Pesticide Use in BC" report sent to me by the provincial Ministry of Environment and Climate Change Strategy (see sidebar, above). The province's Ministry of the Environment – which collects this data annually – has been issuing these reports irregularly since 1991; this is the latest version.

We did it!

BC starts investigating Powell River fuel prices

BY PIETA WOOLLEY | pieta@priiving.ca

Since October of 2019, I've reported on the Powell River fight for fair gas prices each month. In June, we got the first real piece of good news since then.

The BC Utilities Commission confirmed it will be using the new *Fuel Prices Transparency Act* to investigate why Powell River's gas prices are so much higher than other communities – and why prices here spent so much time not varying in 2019. It's exactly what locals asked for in the petition we sent to the Province in early March.

In fact, the Commission has set up a website so you can track information as it comes in: gaspricesbc.ca.

Last month, MP Rachel Blaney reported that federally, the Minister responsible did not do what Powell River asked on the petition – to ask the Competition Bureau to investigate.

"We're pleased to see, that unlike the federal government, our provincial NDP

government is taking this seriously with the *Fuel Price Transparency Act* and the recent announcement on the expanded inquiry by the BCUC," said Rachel. "Consumers in Powell River and on the North Island in particular deserve to know why they're paying so much more than in other communities for their gas."

Here is what MLA Nicholas Simons had to say:

Why has this process been important?

MLA Nicholas Simons • I remember complaining about gas prices when I was in opposition, and it was raised on numerous occasions. But the previous government simply put their hands up and said they had no power to do anything. We've shown the public that some governments actually do respond to community concerns.

Is this what you were hoping for?

MLA Nicholas Simons • Well, we're on the way toward getting what we are looking for, and that is transparency and



ROAD TRIP: MLA Nicholas Simons, pictured here outside the Shell station on Joyce, has been hammering on the minister responsible for the BC Utilities Commission for more than a year, asking for answers. Now, it looks like they'll be forthcoming. Great job, Nick!

how the price of gas is set. Ultimately of course, we're not asking for the lowest price, we just want fairness.

About how long should we patiently wait for information to start rolling in?

MLA Nicholas Simons • I'm hoping we get some answers by the end of the year, but if anyone is going to be impatient it's me.

What should we know about the other communities being investigated?

MLA Nicholas Simons • I don't know much about the issues other communities raised with the Utilities Commission, but clearly they were concerned about their prices, even though they were usually considerably lower than ours in Powell River and on the Lower Coast. [PRL](#)

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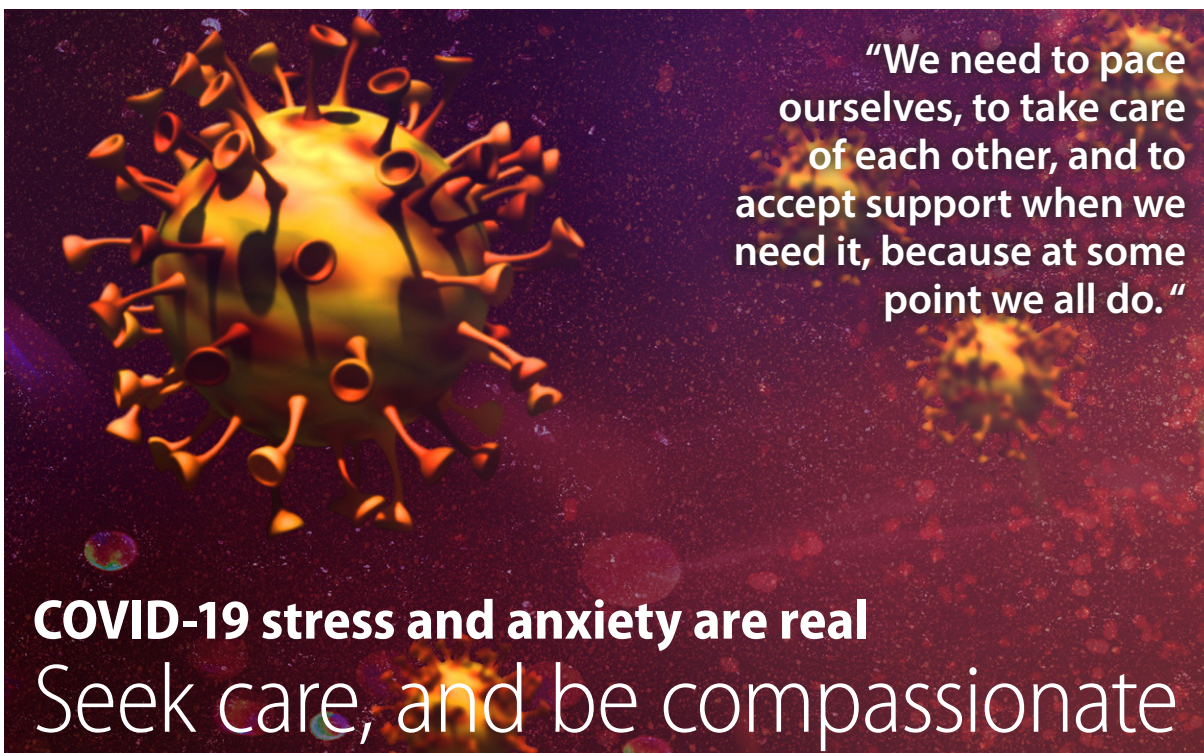
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“We need to pace ourselves, to take care of each other, and to accept support when we need it, because at some point we all do.”

COVID-19 stress and anxiety are real
Seek care, and be compassionate

BY THE POWELL RIVER PHYSICIANS COVID-19 STEERING COMMITTEE

We all know a lot more about COVID-19 now than we did three months ago, but so much is still unknown. It is hard to know how to feel and respond in the face of such uncertainty.

Many of us have reacted to these new circumstances variably with fear, helplessness, denial, anger, or even suspicion. The pandemic is putting a strain on all of us, though certainly some have been affected more than others. This strain may be emotional, physical, social, or financial. Or all of the these.

Health professionals in our community and region are reporting an increase of mental health cases being seen in hospital. In the general population, anxiety and depression levels have also been reported as being above normal. We believe that this is due, at least in part, to concerns about COVID-19 combined with a reduction in usual resources and social supports.

While most of us understand the necessity of the public health measures, there is no question there are harms due to these restrictions as well. According to Dr. Bonnie Henry, re-opening is a “balancing act.” We are each trying to find the balance point between the risks and benefits of increasing connections, without sacrificing the success we’ve had so far in limiting the spread of this virus.

Despite all the stressors and negative emotions many of us are experiencing, we have seen so many local examples of kindness, compassion, and thoughtful actions towards each other. Individuals and organizations in our community are looking out for each other and stepping up when able.

Whether it be maintaining a thoughtful Facebook page with helpful COVID-19 information (thanks Jo-

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In addition to seeking emotional support from friends and family, there are many resources that may be of help. Just like you can get help for physical symptoms, you can call 811, or call your Nurse Practitioner (NP) or Family Physician (FP) office to discuss social or emotional difficulties.

While telephone or video visits are used first, every NP and FP office in our region (including Texada, Tla’amin, and Powell River) continues to offer face-to-face visits for those who need it.

In addition to excellent private counsellors in town, free support can be reached directly through Mental Health and Addictions Services at our hospital (604-485-3300).

Additionally, Child and Youth Mental Health has telephone ‘drop-in’ intake appointments on Tuesdays (604-485-0603).

There are also many other local and provincial mental health sites accessible online and by phone.

The Powell River Division of Family Practice has an excellent mental health resource summary (www.divisionsbc.ca/powell-river).

MindHealthBC.ca has many links to resources for adults.

KeltyMentalHealth.ca and FoundryBC.ca are dedicated to children, youth and parents seeking support and information.

seph McLean!), or finding ways to keep local businesses running, or checking in with isolated friends or neighbours, or delivering food to those without, so many have offered much of themselves these past few months.

While there appears to have been very little COVID-19 activity in Powell River to date (as of June), we know that the pandemic is still far from over and things can change quickly. We need to pace ourselves, to take care of each other, and to accept support when we need it, because at some point we all do.

While these are emotionally challenging times for individuals and families, there are supports to be found. Powell River and qathet Region continues to demonstrate resilience and cohesiveness. Truly, we are in this together.

Be smart, be safe, and be kind. **PR**



Farm to fork in the Valley

Even online and socially-distanced, local Culinary Arts students are digging in to fresh, local ingredients.

Hunter Baillie is a Vancouver Island University / School District 47 Culinary Arts certificate student. For his final project for the second level of the dual credit professional cook program, he created a dish using a lamb shank from the Chopping Block, ingredients for rice pilaf and chose two seasonal vegetables from the gardens at Paradise Valley Produce.

Chef instructor Avi Sternberg said students moved to a full-time online delivery model of the program after Spring Break and it's worked out well (in the fall, the program will be 75 percent in-person and 25 percent online). For the weekly recipe assignment, Avi distributes ingredient bundles. Students then prepare the recipe which they learn beforehand.

Can you share a moment when you realized cooking was important to you?

Hunter • All the men in my family were great cooks. Grandpa makes the best food ever. We moved a lot growing up. My father always made food from anything in the fridge...always important to know how to cook and care for yourself. My grandfather makes the most delicious borscht and sweet potato pie.

What did you learn about cooking a lamb shank?

Hunter • It is such a tender part of the lamb if you cook it for long enough. I am not the biggest fan of lamb in general, it has a different taste to pork and beef. I prefer lamb chops over shanks.

What's the difference in taste between local versus supermarket vegetables?

Hunter • Local vegetables are so sweet, fresh and vibrant. The colors shine and flavors stand out much more. It was so cool to walk down the vegetable beds, pick my own vegetable and then cook

with them. The purple daikon shaved thinly on the mandolin was a great idea, crunchy, sweet and a fantastic garnish.

What do you want to do after you finish the professional cook program?

Hunter • I want to experience all the stations in the kitchen and eventually move into a management role. It is important to understand everyone's responsibility and experience in order to be a good leader in the kitchen.

What parts of working in a kitchen connect with you the most?

Hunter • Connecting with the people at work makes the work enjoyable. The communication during a rush, the compliments from the customers feel great, especially when things are busy and hectic in the kitchen. I learned through this position that it is important to always stay busy and focused. This role teaches me the importance of being responsible.

What is your favorite dish to cook?

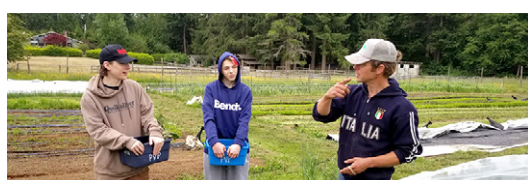
Hunter • I have always liked cheesy rice. When I tried risotto for the first time, it was mind blowing. I would like to get better at making risotto.

What are three things that changed in your life after COVID-19 came about?

Hunter • Classes at school were cancelled and moved online and I was laid off and re-hired just recently. I was unemployed for the first time ever so I applied for EI, and became more independent through the whole process. I've always hung out at home, so my social life didn't change much.

Any benefits to learning online?

Hunter • It was hard to transition to the online learning form. It was important to see that all my classmates still cared and stuck with it until the end.



VIBRANT VEGGIES: VIU / SD47 Culinary Arts student Hunter Baillie (above) cooks weekly "assignment" meals, sometimes with local vegetables such as the chard he harvested himself from Paradise Valley Produce (left) – and Chopping Block meat. On the next page, try his final project recipe for lemon-garlic rainbow chard, with chef instructor Avi Sternberg's recipes for Moroccan braised lamb shank and harissa.

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FINAL EXAM: VIU / SD47 Culinary Arts certificate student Hunter Bailey 's last project (see former page) included a lamb shank from Chopping Block and a pile of veggies from Paradise Valley Produce.

HARISSA

Makes 1 cup. Or use the powdered version from Ecosentials.

- | | |
|--|---|
| 1 ancho chili (20g) | 1 teaspoon (4g) ground caraway |
| 4 guajillo chilies (30g) | 1 tablespoon paprika |
| 5 dried Kashmiri red chilies (12g) | 1/4 cup (45g) extra-virgin olive oil |
| 4 arbol chilies (3g) | 2 tablespoons (30g) distilled white vinegar |
| 2 1/2 teaspoons (10g) ground coriander | |

Set up a rimmed baking sheet with a wire rack. Put on disposable gloves before handling the dried chilies. Using kitchen shears, and working over the wire rack, cut the stems from the chilies and cut them into strips. Shake the sheet tray to separate the seeds from the chilies and discard.

In a spice grinder working in batches, blend the dried chilies to a fine powder. In a dry sauté pan, toast the chili powder, coriander, and caraway over medium heat until fragrant. You can stop here and use the harissa in this dry form as a seasoning blend.

To make the harissa paste, add 1 cup (240ml) water to the sauté pan and simmer until the paste is thick, about 10 minutes. Remove from heat. Finish the harissa paste by mixing in the olive oil, vinegar, and salt. The harissa is best the next day and keeps in the refrigerator for a month. Serve alongside bread, stews and couscous dishes, use as a rub, or add it to wings.

MOROCCAN BRAISED LAMB SHANK

4 portions

- | | |
|---|--|
| 1/4 cup extra-virgin olive oil | 1/4 teaspoon ground allspice |
| 4 meaty lamb shanks
(about 1 lb. each) | 1/4 teaspoon freshly grated nutmeg |
| 1 large onion, finely chopped | 2 tablespoons tomato paste |
| 2 carrots, finely chopped | 2 teaspoons Ecosentials harissa powder |
| 2 large garlic cloves, minced | 1 cup dry red wine |
| 1 teaspoon ground cumin | One 28-ounce can whole peeled tomatoes,
drained and coarsely chopped |
| 1/2 teaspoon ground coriander | 1 cup chicken or vegetable stock. (Water can
be used here if stock not available) |
| 1/2 teaspoon ground cinnamon | Salt and ground black pepper |

Lamb shank: Preheat the oven to 300° F. In a large enameled cast-iron casserole, heat 2 tablespoons of the olive oil. Generously season the shanks with salt and pepper. Place them in the casserole, and sear over moderately high heat until browned all over, about 5 minutes per side. Transfer to a plate.

Heat the remaining 2 tablespoons of oil in the same casserole. Add the chopped onion, carrots and garlic and cook over moderate heat, stirring, until lightly browned, about 5 minutes. Add the Harissa powder, cumin, coriander, cinnamon, allspice and nutmeg and cook until fragrant, about 1 minute.

Add the tomato paste, and cook over medium heat, stirring, until lightly browned and caramelized, about 2 minutes. Stir in the red wine and reduce until wine becomes the consistency of syrup, about 4 minutes.

Add the tomatoes and 1 cup of the chicken stock to the casserole. Season with salt and pepper and bring to a simmer. Nestle the lamb shanks in the liquid. Cover tightly with aluminum foil or a lid and braise in the oven for about 3 hours, spooning the sauce over the top occasionally, until the meat pulls easily from the bone. Transfer the shanks to a platter and cover with foil.

Serve lamb shanks with roasted, grilled or sautéed vegetables.


LEMON-GARLIC RAINBOW CHARD

4 portions

- | | |
|--|---|
| 4 tablespoons unsalted butter | Juice and zest of 1/4 lemon |
| 2 garlic cloves, thinly sliced | 1 teaspoon lemon juice |
| 1 lb. rainbow Chard, thick woody stems removed and cut into 2-inch lengths, leaves cut into 2-inch ribbons | 1/4 teaspoon granulated sugar |
| | Salt & freshly ground black pepper to taste |

In a large sauté pan, melt butter on medium-low heat. Add the garlic and sweat (gently sauté) until translucent, about 1 minute.

Add the chard leaves, allowing the leaves to wilt slightly before adding more. Season the chard with salt and pepper and cook, stirring, until the leaves are softened but retain some bite and most of the liquid has evaporated, about 3 minutes.

Transfer the chard leaves to a bowl. Wipe out the pot. Add the remaining tablespoons of butter to the sauté pan. Add the chard ribs and cook over moderately high heat, stirring occasionally, until crisp-tender, about 5 minutes. Stir in the wilted chard leaves and season with lemon juice, salt, sugar and pepper. Arrange on plate with braised lamb shank and garnish with lemon zest. 



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A swell sign of the times

Less than a year after Craig McCahon opened Designer Signs on Glacier Street, the COVID-19 pandemic began and a state of emergency was declared in BC. While many businesses were ordered to close, others were allowed to stay open providing they could adapt to the orders of the Provincial Health Officer.

As Craig is both the owner and only employee at Designer Signs, he was able to make the necessary changes that enabled him to keep his doors open while protecting the health and safety of his clients.

What concerned you most about your business as the COVID-19 pandemic began?

Craig • Whether we would be able to remain open, and, if we did close, for how long.

What opportunities did you see?

Craig • We saw an opportunity to help businesses with social distancing signage and decals. I also looked at what other services the business could easily up-skill to provide to the public. We are now going to be supplying window tinting into houses, for example.

What have you been doing that you haven't done before the pandemic?

Craig • Our service delivery changed to being more hands off. We asked our clients to pay by e-transfer and to maintain a safe distance by having a pickup area outside our shop.

Have your customers responded to the changes you've made?

Craig • Yes, definitely and responsibly so. Clients are happy we are still doing business and are able to provide them with everything they need – including advice and suggestions on COVID signage.

Which pandemic-response government programs have been helpful to you?

Craig • Not a lot, being self-employed our business did not meet the threshold for any assistance. However, the Powell River Covid-19 Facebook page run by Joseph McLean has been outstanding and responsive.

Have you received any help, support or inspiration?

Craig • Yes, we had the great fortune of having support

from a good friend Ken Stewart, who has volunteered his time to help us out. Ken is a mill worker but was laid off during the pandemic. He has come in and assisted with overflow of work, while learning a new skill himself. I now have a trained person who I can rely on to assist in the future.

How has the pandemic impacted your customers?

Craig • Depending on their business, some have gotten busier while others have gone quiet. We have more business now than ever before, so we are fortunate. One direct result of the pandemic is that we've been busy making social distancing decals and signs for many local businesses. And because people can't travel, they are spending more money at local businesses that have been able to remain open.

Because we remained open, we have been discovered by a whole new clientele. We are seeing well-established businesses reinvesting in themselves (renovating, looking at new product lines and so on). For those who had to close their businesses, they are returning to work after having a decent break feeling refreshed and inspired with lots of new ideas.

How has it impacted you and/or your staff?

Craig • I'm exhausted! I've been working 12-hour days, six days a week.

How has it impacted you and your family?

Craig • My wife and I have enjoyed having time together and have used the time to get many projects done. My parents have suffered from the isolation, and the struggle with the change from everyday life.

If you could go back to January, what advice would you give yourself?

Craig • Preparation is nine-tenths! Be more mindful and aware. This snuck up on us much faster than anyone ever expected.

What changes will you retain into the future?

Craig • The expansion of our business and hopefully more staff.

What's surprised you most during this time?

Craig • How busy we got. Fortunately we carry a lot of



12 HOUR DAYS: Business is booming for Ken Stewart and Designer Signs owner Craig McCahon.

stock, which saved us. And were still able to get more stock quickly. We were also surprised and grateful that there was very little COVID-19 activity in Powell River. Our community has coped very well and people have been very resourceful. A prime example was Modern Windows making a variety of sneeze guards.

What are you looking forward to most about getting back to normal?

Craig • Seriously...isn't this the new normal?

If you know of a business we could include in this column that has pivoted during the COVID-19 pandemic by thinking outside the box, please email your suggestions to isabelle@prliving.ca [PR](https://www.prl.ca)





Powell Riverites are resilient people. COVID-19 was unprecedented. Whatever plans you had for your business need to be revised, but where to start?

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Steller's Jay

Six stories about chicks

Near Cranberry Lake this **STELLER'S JAY** nestling fell to the ground, confused and helpless. Its quick intelligence and playfulness kept us vigilant as we worked to raise it without allowing it to bond with us. Wild it still was when we released it close to its accidental plummet. Flying up high, once it heard an adult Jay call, it was gone.

Two tiny nestling **VIREOS** were found on the trails near Sunset Park, cold and very hungry, peeping loudly for parents who never came. They are small insectivores. With the cool wet weather so far this summer, parents have been struggling to find enough insects for their hungry chicks. These nestlings were delighted to be rescued, kept warm and fed.

The very small **YELLOW-RUMPED WARBLER** arrived when it was just a few days old, found on the Switchback Trail in Wildwood. Known as a UFO the first two weeks it was with us, we were able to identify it when its tail finally started to grow in. Slow to mature, it eats its weight in mealworms every day.

ROBIN nestlings are probably our most numerous patients. After the initial trauma of falling from the nest, these lovelies are cheerful and so co-operative, endlessly eager to be fed. They grow up very quickly and are usually gone in 2-3 weeks, having learned to fly proficiently and forage for insects in that brief time. They are our favourite babies!

This **HOUSE SPARROW** nestling came to us straight from the nest where it had managed to get nylon thread tightly wrapped around one leg. With its circulation cut off, the leg had to be amputated. The youngster quickly adapted and kept up with the robins and starlings that shared its flight cage. It was strong and ready when it took its freedom.

Three black **CROWS**, each fallen from the same nest by the wastewater treatment plant, came to us separately over a period of five days. Loud, lively and hungry, they were quickly called The Three Amigos. Once they were flying, we got them quickly back to their parents and two other siblings. The reunion was joyous!

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Vireo



Yellow-Rumped Warbler



Robin



House Sparrow



Crows

ROOM FOR ALL

Nests can't always protect baby birds; PROWLs offers a second chance

BY JOANNA DUNBAR

Babies the world over are at risk. Being essentially helpless and needing care, this truth applies to almost all species including birds, and particularly in spring.

From falling or being crowded out of the nest as the nestlings get bigger to being snatched out of the nest by a bigger bird—keen to find food for his own nestlings, but often dropping this snatchling because it is squirming so—baby birds are totally vulnerable to almost everything. The other main villains are cats, dogs and raccoons as well as moving vehicles and pedestrians, reflective window panes, and bad weather.

A cold wet spring is hard on everyone, delaying nesting and hindering keeping all warm and fed. At PROWLs the winter lull is brief and orphaned robins, hummingbirds, starlings, warblers, song sparrows, etc. etc. soon begin to arrive.

Finding a downed bird, concerned humans phone PROWLs president Merrilee Prior's hot line (604-483-9787) and she quickly comes to the rescue. Within her recently-rearranged home with the hospital now in the spacious and brightly lit downstairs, the cages quickly fill up. From tiny to big there is room

"From falling or being crowded out of the nest as the nestlings get bigger, to being snatched out of the nest by a bigger bird, baby birds are totally vulnerable to almost everything."

for all. From simply too young to survive on their own to being seriously wounded, the words "let's give it a chance" are often spoken.

Rehabilitation is an involved and detailed process depending on the nature of the bird and the severity of the injury. PROWLs—Powell River Orphaned Wildlife Society—is a member of the Wildlife Rehabilitators Network of BC and also unique among rescue facilities in many ways.

Merrilee's commitment to the survival of the individual, the Birdie Rescue Taxi, the release of the bird either back where it was found (to its family's great delight) or in its natural habitat are just some of the ways. **PRL**

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BLAST FROM THE PAST



CANADA AT THE BAT: Until 1928, locals gathered to celebrate Canada Day at the baseball field behind the Rodmay Hotel (above, in 1926), in Townsite / Tisk^{at}. Sack races kept things hopping (right, 1924).

photos courtesy of the Townsite Heritage Society.

Another era's Dominion Day

BY JOËLLE SÉVIGNY AND PIETA WOOLLEY

For many Canadians, July 1st has historically been a day of celebration. It commemorated the formation of Canada as a Dominion in 1867, so it was called “Dominion Day.” In the eighties, the holiday was renamed “Canada Day” since the word ‘dominion’ was found to be an unappealing holdover from the British colonial era.

That wasn't the last political change, of course.

Nowadays, celebrating the holiday is fraught. That's due to a truer historical acknowledgment of what the colonial ‘dominion’ has cost First Nations, the treatment of some immigrants and refugees (such as those who arrived on the *Komagata Maru*, and those who came under the Chinese Head Tax), and others – especially since Canada's tense 150th in 2017.

How should we honour an entity that has been and remains at once violent and exclusionary, but is also a place of safe refuge, hope and opportunity, and, sometimes, is an international beacon for good government?

Here's how Powell River used to mark July 1. Official

celebrations included a wide array of events, dating back over 100 years. The celebrations first took place at the old baseball field beside the Rodmay Hotel, then changed in 1928 to Willingdon Beach. The Riverside Oval also hosted a number of track and field events over the years.

It is said that on Dominion Day every road led to Willingdon Beach. The children sports began at 11 in the morning and no kid wanted to be late. The day was enjoyed by people of all ages but especially the children who “consumed prodigious quantities of hot dogs, ice cream and pop, astonishing onlookers and alarming fond parents with their apparently inexhaustible stamina” (July 1928 *Digester*).

Prizes were awarded for different age categories for egg and spoon, wheelbarrow and sack races. In 1925, first place in a two-minute blinded boxing match would get you the fine prize of \$5. Contestants could also try their skills in hurdles, high jump, shot put and more.

In the adult sports, much amusement was brought by the biggest rivalry: the tug of war contest between the old paper machine crew and the crew on the shiny new paper machine. There were also baseball and football

games, as well as dancing in Central Hall in the evening.

The crowning of the much-anticipated Paper Queen Contest for young women also happened during Dominion Day (it later became Miss Sulphur Gulch and then Miss Powell River). It wasn't until 1974 that organizers first crowned a Miss Powell River from Tla'am Nation: Jeanette Paul.

This event even attracted visitors from out of town; The *Princess Mary* ran a special sailing from Vancouver Island to arrive in Powell River in time for the events.

In the end, surplus money fundraised was distributed among various local clubs and associations.

How should locals acknowledge Canada Day now? We're off the hook from figuring that out this year, as official celebrations were canceled due to COVID-19. But we won't be excused forever. How might the history of Townsite, Tisk^{at}, and the rest of this region shape how we acknowledge Canada Day on July 1, 2021?

Blast from the Past is a monthly historical column written by the Townsite Heritage Society's coordinator Joëlle Sévigny. The THS tells the history of Townsite from 1907 onward. [PR](#)





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Language Matters

This article is a project of qathet Community Justice's Diversity, Equity, and Inclusion committee. qCJ@liftcommunityservices.org

British Columbia is in the midst of two pandemics. Tragically, we saw our highest ever number of opioid deaths in the month of May: 170 in a single month. That's 93 per cent higher than last year at this time (88), and 44 per cent higher than April (118).

With strong leadership from Dr. Bonnie Henry and a communal commitment to abide by the rules and guidelines, we've so far kept the coronavirus under control, with 169 deaths since the beginning of BC's crisis in March. Nevertheless, she keeps reminding us to "be calm, be kind, be safe."

Be kind.

That seems easy enough. Of course we're kind. Who wakes up in the morning and thinks, I'm going to be mean today? We assume that we're kind, and we go about our day. We engage in pleasant small talk, we may compliment someone, we join conversations.

But if we aren't mindful of our language, our well-intentioned words can actually be offensive and, yes, racist. Let's explore some examples.

Suppose you're stuck in a queue at the supermarket, and you don't recognize the person in line next to you. She smiles, you smile, and you find yourself asking, "Where are you from?"

Innocent small talk, right? Not really: it's a loaded question. Right off the bat, it assumes the person isn't from here. (Do you really know all 20,000+ people who live here?) Perhaps the person replies that they're from Victoria, and you may find this a satisfactory answer.

However, if they are visibly a person of colour, please don't follow this up with something like, "But where are you really from?" Instead, consider your intention behind your words.

At this point in our example, it seems as if your true intention is to remind this person that they don't belong here. If this person truly is new to our community, they will be well aware of that fact, and certainly don't need you to underscore it.

If you're honestly interested in their heritage—perhaps you've travelled a lot, or have a genuine reason

for your curiosity—you could ask what their heritage is. However, that sort of inquiry would typically come once the two of you have become a little more familiar. Strangers in a grocery line-up are not likely to reach that level of acquaintance.

Suppose you're chatting with a friend of a friend at a get-together. You realize you have lots in common and are enjoying getting to know them. They mention being Tla'amin, which surprises you, so you respond by saying, "Wow, you don't look native."

What exactly is your intention with this comment? At this point in our example, it seems as if you have a stereotypical image of what an Indigenous person should look like. How exactly is this supposed to make your new friend feel?

If you're truly surprised, a great response could be, "Wow, there's so much I don't know about Tla'amin heritage." And then you have a perfect opportunity to not only get to know this person better, but to learn more about Tla'amin tradition and culture.


Suppose you're chatting in a group on Facebook about a crime. You point out that the perpetrator is most likely a drug user, and it's a shame that they don't just get a job like the rest of us. The problem with this statement is that you are assuming that every substance user is a criminal, and further implying that their way of life is a personal failing.

This applies to drug use as well. The reality is that people from affluence and wealth overdose all the time. It does not discriminate between the employed and the unemployed.

The stigma we put on substance users does two horrible things: it causes the user to use alone (which is a recipe for disaster), and it prevents the families of overdose victims from feeling able to admit the cause of death (perpetuating the myth that overdoses only happen to 'other' people).

It might be a simple comment, an intended compliment, or perhaps a "fact" that you don't have quite right.

Be mindful of the words you choose, because they are a direct reflection upon your own character. And they could cause a world of hurt to those who hear them.

Now more than ever, we need to take Dr. Henry's famous quote to heart. 



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Diversity, Equity, and Inclusion (DEI)

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**Want to
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Giant Himalayan Lily 15 feet tall, 20 fragrant blooms

Once in a while something extraordinary occurs in the garden that whispers to you how wonderful life on earth is. It was 20 years ago when I first was lucky enough to see a bulbous perennial plant called *Cardiocrinum giganteum* in bloom in all its glory.

Ever since then I have dreamed of seeing one in bloom again. The plant, also known as giant Himalayan lily, is native to south central Asia. From the lily family, it grows tall with large fleshy heart-shaped leaves.



A growing concern

BY JONATHAN VAN WILTENBURG | jonathan_vw@yahoo.com

Although principally grown for the flowers, the emerald green hosta-like leaves are spectacular in their own right, brightening up a dappled shady garden effortlessly.

From a seed *Cardiocrinum* takes five to seven years to bloom. In its blooming year, it will reach heights of seven to 15 feet tall. Then sometime before summer solstice, it will produce a dazzling show of 20 or so fragrant ivory and purple trumpet shaped blooms. The blooms smell of spicy lilies with hints of cinnamon.

After showcasing the stunning blooms, large, bulbous, equally handsome seed pods are produced. Following that, the bulb withers and dies, hopefully leaving behind a few bulbets to grow on for another four or five years, until they reach flowering maturity.

It truly is a spectacular plant.

This year amongst the chaos of COVID-19, the *Cardiocrinum* in the garden decided this was the year to bloom. It is seven feet tall, a bit on the smaller side, which allowed our noses to get closer to the blooms.

It was wonderful to watch it grow in the spring as it seemed to grow right before our eyes.

So often in our busy lives we plan for the present. But once in a while we should think well into the future and plan something that will bring us joy and anticipation in years to come. For me this plant symbolizes good things to come.

Cardiocrinum giganteum

The giant Himalayan lily is a tall columnar shaped bulbous perennial with large heart shaped leaves. It grows for four or five years without flowering and then finally produces a spectacular show of 20 or so fragrant ivory and purple trumpet shaped blooms. The blooms smell of lilies with a hint of cinnamon. In the year of flowering, *Cardiocrinum* can reach heights of 7-15 feet. After flowering and seed production the bulb dies.

Cultivation

The Giant Himalayan lily prefers a rich, fertile and well-drained location in sheltered partial shade. It can-

July's Top Priorities in the Garden

- 1. Winter garden alert.** The first week of July is the last time to seed up many of your winter garden plants. Most of the brassica family (cauli, broccoli, cabbage, Brussels etc) need ample time to bulk up before they provide a good crop. If you can't get the seed in the first week of July its no big deal, just pop down to your local nursery and pick up some plants that have been started earlier.
- 2. Take soft wood cuttings.** So many plants can be propagated at this time, but to name a few... lavender, rosemary, bay laurel, clematis, olive, mock orange, grape, spirea, heather, ironwood, blueberry, daphne, rose, dogwood, honeysuckle, hazelnut.
- 3. Summer prune** your fruit trees (plums, apples, cherries, pears etc). Remove the suckers that are growing upward that do not bear fruit. This will slow down the suckering cycle and provide air movement into the centre of the tree.
- 4. Watering.** Remember to water deeply. Always stick your finger in the soil and check your work. To conserve water, avoid watering in the heat of the day.
- 5. Stop watering your garlic,** in preparation for harvesting. As the garlic begins to die back remove from the soil, cure, then store in a cool, dry, dark place.
- 6. Deadhead** (removing spent blooms) your annuals, perennials, and shrubs. This should encourage new flowers or advantageous growth.
- Remember to **feed all container** plantings monthly. Use a general-purpose fertilizer. Water-soluble is an excellent option as you can water and feed all at once.
- 8. Watch for pests** and disease. Be on the alert for powdery mildew, blackspot, tomato blight, aphids, carrot root fly, cabbage white moth, and onion maggot.
- 9. Train/tie up the tomatoes** continuously, keep removing the suckers growing in the crotches.

not be waterlogged or the bulbs will rot. It will not tolerate hot sites or drying out. Feed and mulch regularly.

Propagation


It is usually propagated from offset bulbets left by a mother stock. Once the mother stalk dies, dig up the offset bulbs that are attached to the dying mother plant. Plant these out on their own. These will take four or five years to flower.

Alternatively sow seeds in shallow bulb trays and apply bottom heat. This will take up to seven years to flower.

Pests and disease

Can be susceptible to slug damage. [PXL](#)

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I MADE THE MOVE

Travellers tuck in to Townsite

Nick Bodie, originally from the North Shore of Vancouver, and Lisa Cotton, originally from Montreal, met at a Pearl Jam concert in London, England, where both had been living for many years.

After a year of globetrotting en route back to Canada, visiting 15 countries along the way, they ended up in East Van, later settling in rural upper Squamish, north of Brackendale, which they called home for five years, before making the move to Powell River.

Why did you choose to move here?

Nick & Lisa • We knew we wanted to live by the ocean, as we enjoy boating and fishing and love being out on the water. We wanted to find a family friendly place to start a business, away from the hustle bustle of Vancouver and the Sea-to-Sky corridor. We wanted a town where we could make new friends and feel at home. Powell River seemed to have it all.

When?

Nick & Lisa • We did many trips over to Powell River in 2019 while searching out business opportunities and preparing for the move. We 'landed' at a beachfront cabin near Stillwater for our first week on the Upper Sunshine Coast and then moved into our permanent home, north of town, in September 2019.

What surprised you?

Nick & Lisa • We have been very taken by how close knit and supportive the local business community is.

What made you decide to move here?

Nick • We've been making trips up to Powell River each year since 2014. During these trips we were always so impressed with the friendliness and quirkiness of so

many of the people.

Lisa • In the summer of 2018, we were camping over the Logger Sports weekend and there was such a great vibe. It was on this trip we agreed it was definitely time to do everything necessary to find a way to move here.

Where is your favourite place here?

Nick & Lisa • We often wander down to our local beach at the end of a long day to enjoy the beautiful view out to Harwood and Texada Islands. Most of the time we have the beach to ourselves, which has made social distancing a breeze.

How did you hear about Powell River?

Nick • Growing up on the North Shore, I often heard the name Powell River, but didn't really know much about it other than it was a logging town up the coast, with great fishing!

Lisa • Not a native of BC, I became somewhat fascinated with the many islands and small coastal communities of this province after spending a month travelling around Vancouver Island and over to Haida Gwaii in 2012. Powell River seemed like the perfect starting point to continue our explorations.

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

Nick & Lisa • We have two young children and started a family business when we purchased the Convenient Chef in Townsite, so it's been pretty full on juggling the kids, work and leisure time. But we seem to be finding that balance.

What would make this a nicer community?

Nick & Lisa • This town has such excellent community engagement. The arts and culture scene is vibrant. We'd love to see more festivals throughout the year.



THE RIGHT BALANCE: Nick Bodie and Lisa Cotton are the proud new owners of The Convenient Chef. Together with their daughters aged 1 and 3, they're making family life meld with business responsibilities and the lure of the outdoors.

What aspect of your previous community would benefit Powell River?

Nick & Lisa • We do wish for easier access, to not just the Lower Mainland but getting out to the rest of the province and country.

If you were mayor, what would you do?

Nick & Lisa • Lower commercial property taxes. We pay privately for waste removal, we do our own recycling and pay separately for municipal water, so we're not sure why our taxes are so high.

What are Powell River's best assets?

Nick & Lisa • The sun, the sea, the lakes and the mountains.

What is your greatest extravagance?


Nick • I treated myself to a brand new

dual fuel Coleman BBQ recently. I couldn't resist the 50 per cent off price tag, at Canadian Tire of course.

Lisa • Buying our building and business in Townsite. It's been a huge challenge, but we're establishing a loyal customer base and we're fortunate to have such great employees.

Which superpower would you most like?

Nick • Flight; it would be pretty amazing to levitate, then zoom over Harwood, Savary, Cortes and the many islands, bays, inlets and sounds, taking in all the natural beauty of this magnificent region.

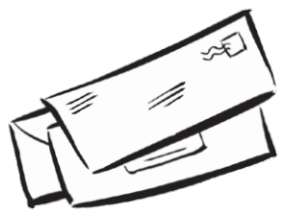
If you know of someone we should feature in "I Made the Move," please email isabelle@prliving.ca 

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

MAILBAG

'Whitewashing' of local history

Dear Powell River Living,

I am disturbed by your historical column in June's issue of *Powell River Living*. It tells a whitewashed story of a past that does not include the story of indigenous people and I think we need to put an end to whitewashing our local history. The article titled "Our salty, sporty, scenic lake" comes across as a puff-piece promoting the area; it does not come across as history. At this very juncture in history we are being called to action to end racism which means ending white supremacy.

This article written by Joëlle Sévigny promotes white supremacy by depicting white people as superior and the only ones in existence at the time of the Rainbow Lodge. Sevigny writes: "Fast forward to the early 1900s, Powell Lake was now a natural fishing ground for sportsmen [read white men] as well as a scenic playground."

It was at the turn of the century that the settler community (white people) forced out the Tla'amin people from their village Tisk'at along the shores of the rich and bountiful river now known as "Powell River." That's what was happening in the early 1900s with horrific consequences. When we turn a blind eye to the real history of our town, we encourage white supremacy.

We paint a picture that puts white people at the top, enjoying their leisure time as they dam a river, and perform cultural genocide. It is no different than describing Tiananmen Square on June 4th, 1989 as a picture perfect day whereby families gathered to picnic.

As a call to action, I would like to see *Powell River Living* magazine and the Townsite Heritage Society create a policy around racism and white supremacy. That way future articles about "our history" would HAVE to take into consideration the true history of this beautiful and sacred place.

I spent eight years of my elementary and high school education in Townsite in the 90s and in these institutions of learning, not once was I made aware that I was studying the history of the world (Tiananmen Square Massacre among them) on the village site of the Tla'amin people. I did not learn this until the Idle No More movement became part of public discourse in the 2010s.

For 7,500 years or more that village existed, and in just 120 years it has nearly been erased from our memory.

It is not lost on me that *Powell River Living* is not a hard-hitting news source. But if you want to publish a column on history, you have a responsibility for the accurate and complete telling of that history. By all



means publish an article about Rainbow Lodge that existed for the pleasure of white settlers, but do not call it history.

Yours sincerely,

Leni Goggins (settler and self-described local)

Glyphosate spraying not new here

Hi Isabelle,

I was just reading your latest magazine and was very disappointed by the misleading headline about glyphosate. "Western Forest Products plans to spray controversial herbicide glyphosate."

This is very bad journalism! Just a little research and you will find they have been doing this for years. Even in Pieta's article the WFP spokesperson admitted to spraying it. Go for a drive up most logging roads and you will see dead deciduous trees everywhere from spraying. Would you please clarify this to the general public. Thanks for your time.

Cheers,
Ezra Carroll

Editor's note: Please see our follow-up article on Page 30, where I tried to get specific answers to the question of how much spraying, and of what, has happened on the Upper Sunshine Coast over the last five years - PW.

Vinegar an alternative for glyphosate, and coronavirus disinfectant

Hello Pieta,

After reading your article in the June magazine about WFP's use of Monsanto's glyphosate on our forests, I would like to take action against its use.

Also I would like to bring to your attention, a natural-occurring substance that would be a great alternative.

It is called Vinegar, white and/or pickling with five to seven per cent acetic acid which can be diluted down to one per cent acetic acid with water and still be highly

effective against invasive plant life, fungi, bacteria and viruses and is a great alternative to chlorine and anti-bacterial soaps which are hazards to marine life.

Vinegar is an effective disinfectant against any natural and man-made virus like coronas [naturally abundant in dogs] and COVID-19.

Vinegar is mostly diluted acetic acid, often produced by fermentation and subsequent oxidation of ethanol.

Due to its burning effects, using vinegar in the garden has been touted as a cure all for a number of garden afflictions, most notably weed control.

I agree with you that we no longer need to pollute our air, land and water with man made poisons.

If you have suggestions on how I can help safe guard our environment against this relentless attack on our well being, please let me know.

Sincerely,
Ian McDonald

No detox at Grace House

Dear Isabelle,

In response to "What's Powell River's Detox Situation?" on Page 28 of the June 2020 edition of *Powell River Living Magazine*, I would like to make a clarification.

As stated in the article, "detox is usually a medically supported time when they stop using, and let the substance leave their system." Grace House has not in the past, nor do we now provide this service. Our Transition House Support staff do not have the medical training to support women through a physical withdrawal process. What we have had, and what we do offer now, is a supportive team of staff who can provide a safe and calm environment for women who are medically "cleared" and willing to respite from their daily lives and who want to explore their relationship with alcohol, drugs or other substances of misuse.

Our Supportive Recovery Program is a self-referred, client-driven, abstinence-based, two-week minimum program. Often our clients will conclude and return home, apply for and/or attend treatment, while some may even return to substance use or misuse.

Grace House meets women where they are at. We believe each client has their own path to navigate, and with reprieve and support, will determine their next course of action. We offer this time-out in a communal residential setting for them to do just that in a safe way.

Thank you for providing an excellent article on Miklat House.

Sincerely,
Ann Kurtz
Executive Director

Powell River & Region Transition House Society


Good job, PRL

Dear Isabelle,

This issue [June 2020] is probably one of the best curated I've seen. Excellent.

Martin Williams

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Tla'amin goes to the polls this fall

Tla'amin Nation has called an election for September 19, 2020, in accordance with the Tla'amin Nation Election Law. Eligible voters will be electing the Office of Hegus (one position), and the Legislative Assembly (eight positions) for the ensuing term of the Legislature.

Due to the COVID-19 pandemic, the Tla'amin Nation will be monitoring the situation with respect to ensuring safety protocols and best practices will be in place when conducting the nomination meeting, all candidates meeting and polling events. Additional information and instructions may become available in advance of these meetings providing more details.

The certified voters list was posted in June at the Tla'amin Governance House; it's also available online at onefeather.ca/nations/tlaamin and directly from electoral officer Nicole Hajash at nicole@onefeather.ca or 250-384-8200. Changes to this list must be communicated directly to the electoral officer.

All eligible voters will have the opportunity to vote in this election either in person at a designated poll, by mail or electronically.

A nomination meeting notice will be posted in July with information and corresponding document available online at onefeather.ca/nations/tlaamin and the Tla'amin Nation website at tlaamination.com

Ferry schedules change

The much-loved North Island Princess made her final sailing on the Texada Island-Powell River route on June 9. The valiant BC Ferries vessel, which was officially retired after more than 60 years of service, was replaced with the hybrid-electric Island Discovery.

The Island Discovery has the capacity to carry 47 vehicles and up to 392 passengers.

Last month, face masks became mandatory on BC Ferries routes longer than 30 minutes.

Passengers are asked to confirm if they have a face mask and are willing to wear it when necessary (ie: when physical distancing of two metres is not possible). If a passenger says no or fails to answer they will be unable to travel, according to a BC Ferries press release. Passengers must bring their own masks as BC Ferries is not supplying them. The ferries will continue screening all customers for COVID-19 symptoms.

Upstairs downstairs

Powell River City Council moved into their new council chambers last month.

The move took them from the upstairs

council chambers they'd occupied for years, to the ground level of City Hall, space previously occupied by the Powell River Public Library.

The first meeting in the new and larger chambers was held on June 11. The space is wheelchair accessible and there are offices where councillors can meet with their constituents.

Community care for COVID-19 impacts

The Powell River Community Response Fund is accepting applications for its second round of funding between July 3 and 24.

Last month, \$61,973 was awarded to seven different projects. The fund is available for local not-for-profits serving vulnerable populations.

Applications for funding are available at prcommunityfoundation.com/community-response-fund. Individuals and organizations who would like to support this fund can also do so.

The Powell River Community Response Fund was established to provide essential relief to organizations providing frontline services to those disproportionately impacted by COVID-19. The partnership is led by Powell River and 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.

The first round of funding was awarded to:

- Canadian Council of the Blind, Powell River Chapter (\$750) – Purchasing and distributing audio books and machines for people who are legally blind
- inclusion Powell River (\$1,000) – Laptops so clients can participate in virtual services
- Powell River Brain Injury Society (\$2,500) – To purchasing Good Food Boxes (*nemoſəm ʔełtənstome* – We Will Feed You) for clients
- Powell River Farmers' Market (\$5,000) – For operating costs to keep the market running
- Powell River Miklat Recovery House Society (\$10,000) – Operating costs to provide therapy to those living with substance use disorder
- Powell River Community Services Association (\$17,723) – Building staff capacity for people who need support for government emergency benefits
- The Source Club Society (\$25,000) – Operating costs to prepare and deliver meals to adults with mental illness.



Bear researcher looking for your insight

The rustling of berry bushes and clangs of garbage bins spell trouble for residents of the Sunshine Coast as summer arrives.

With black bears' re-emergence comes concerns about conflict and consequences for people and bears in the region. In the last decade, reported conflict with black bears in Powell River and Lund has been on the rise.

New research beginning this summer in the region seeks to answer questions about why and where conflict between humans and black bears occurs and seeks local opportunities to transform conflict into coexistence.

Lauren Eckert is a PhD student at the University of Victoria (supervised by Dr. Chris Darimont) beginning a two year research project; she will begin with online surveys open to all adult community members to understand how people are impacted

by black bears, their beliefs/opinions regarding bears, and more. Eventually (when it is safe) Lauren will establish wildlife cameras to learn more about local bears.

Fill in the online survey here: surveyMonkey.ca/r/PRLBears

Lauren is looking for your insight via her survey, and for residents who are interested in hosting wildlife camera traps on their properties. The survey will take approximately 10-25 minutes, is completely anonymous, and all who participate will be offered an opportunity to win one of two \$100 Amazon Gift Cards.

If you are interested in learning more about this project, or engaging in surveys or having a wildlife camera trap placed on your property, contact Lauren at laureneckertresearch@gmail.com

– Lauren Eckert

Need help re-boosting your business?

A free online business resiliency course is available to help Powell River business owners and entrepreneurs impacted by issues related to the COVID-19 pandemic.

Resilient Powell River will help people move forward through the rest of 2020 and into the future, said Scott Randolph, Director of Properties, Development and Communications for the City of Powell River.

"We felt it was important to bring these tools to business leaders and entrepreneurs in our community," said Scott. "The landscape for many businesses has changed and continues to change because of COVID-19 and those changes can be overwhelming."

Course modules include how to assess the current state and opportunities; creating a clear action plan and


tangible tools and resources to implement that plan.

This program is free to all businesses in Powell River and the qathet Regional District. Business owners can join anytime and have access to it until June 2021. The program includes local support through Coastline Colab, Powell River's new coworking space and business incubator.

Coastline's new program coordinator Jessie MacDonald will be available to help people get set up and answer any questions.

Resilient Powell River has been made available by Coastline Colab, Community Futures, First Credit Union, and the City of Powell River in partnership with Spring Activator.

For more information about the program please visit <https://bit.ly/resilientpr>.

For more information about Coastline Colab, visit coastlinecolab.ca or email jessie@coastlinecolab.ca. 

Familiar faces in new places at Townsite society

There's a new president and a new coordinator at **Townsite Heritage Society**. After serving as president of Townsite Heritage Society for 20 years, **Rebecca Tejkl** recently stepped down, passing the baton onto long-time vice president and board member **Ann Nelson**. As well, **Joëlle Sévigny** is now the society's new coordinator, taking over from **Linda Nailor**. Joëlle recently completed a graduate diploma in heritage resource management and is developing a program for bringing heritage appreciation and education to school students. She also writes the monthly Blast from the Past column for *Powell River Living*. Tourism Powell River's executive director **Tracey Ellis** has assumed the position of vice president for Townsite Heritage.

Appliance business launches amid COVID

After 17 years in appliance repair, with the past few years focused on heating and air conditioning, **Jeff Tucker** is going out on his own with **Tucker Repair**, a business focused on appliance and HVAC repair. Before moving to Powell River almost five years ago, Jeff worked mostly in appliance repair, including stints for Sears and Bosch. While he was working for heating companies here, word got out that he was an appliance tech, and the calls started coming. Even during the COVID-19 shutdown, friends of friends were tracking him down to fix a washer or fridge. So beginning in May, he launched his own company. "I'm just trying to keep stuff out of the landfill. A lot of times it's just something simple." While the bulk of business is usually major appliances such as refrigerators, washing machines or dishwashers, he also repairs smaller items such as KitchenAid stand mixers or Dyson vacuums. You can learn more at TuckerRepair.ca or contact Jeff at TuckerRepairServices@gmail.com or 604-414-9904.

Seamstress moves

Vlatka Sewing owned by **Vlatka Fisli** has moved to Unit 6-7520 Nootka Street. Vlatka provides custom alterations and clothing repairs and the business is open between 10 am to 4 pm, Tuesday to Thursday. However, Vlatka asks that you phone first for an appointment at 604-489-3306.



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Royal Zayka in Chef's hands

The head chef is now the owner/operator at Royal Zayka. After working as a partner for over a year with local restaurateurs **TJ and Kami Bains**, chef **Juspal Rana** has completed the purchase of the Royal Zayka Indian Cuisine restaurant in the Townsite.

Fuel station returns to Black Point

Sunshine Coast Fuels has opened a cardlock gas station at Black Point. No sign-up is required, but your first use with your credit card will walk you through a short, one-time training session and assign you a PIN that you need to remember. Regular gas, regular diesel and marked diesel and gas (for marine, farm, lawnmowers, and off-road use) will all be available 24 hours a day. To purchase dyed fuels, you will need to have a Sunshine Coast Fuels cardlock card, which will give you access to both the Black Point and Bowness Avenue cardlocks. You can apply for a card at sunshinecoastfuels.ca or call the office 604-485-4188. Or, Sunshine Coast Fuels employees will be on site from 7 am to 5 pm until September 15 for on-site setup and training.

"There hasn't been fuel at Black Point for 14 years. A lot of our customers work out that way and live out that way, so it's more convenient for them to have it there," said Sunshine Coast Fuels owner **Curt Hollinshead**. Curt said he already had the tanks, so leasing space from **Black Point Services** was a fairly inexpensive way to offer fuel south of town.

Bookkeeping opens new doors

Our Copper Door is a new bookkeeping business launched by **Cindy Newport**, an experienced bookkeeper who recently worked for Lund Hotel and Great Balls of Wool, but decided to start her own operation and train her daughter, **Samantha Mailhot**, in the business. Our Copper Door offers full-service bookkeeping including payroll, tax remittance, payables and receivables, and year-end preparation. Contact Cindy and Samantha at ourcopperdoor@gmail.com or 604-487-1777.

Third generation plumber expands

Kyle Johnson learned his trade in his father's business, DJ's Plumbing. Tony took that business over from his father Dennis. But Kyle, a Red Seal journeyman plumber and gasfitter, is now stepping out on his own. Last month he launched **Johnson-Son Contracting**. Kyle is focusing on plumbing, but also has skills as a crane operator, Class 1 truck driver and excavator operator.

Kyle says when he bought his first house and did a beginning-to-end renovation, he enjoyed the variety of work. Now you can hire Johnson-Son Contracting if you want a complete bathroom renovation, and he can take care of all the details right down to the final trim. Because he has a long history of service plumbing, he's also available to replace a hot water tank or repair a leak. You can reach Johnson-Son Contracting at 604-578-0127 or email kyle.t.johnson@hotmail.com.

U-Brew buys Squatter's Creek

Squatter's Creek Wines & Designs is no more. The wine-making company is winding up after being purchased by **Jeremy and Susanna East of Westview U-Vin U-Brew**. Wines that were underway at Squatter's Creek will be completed there to avoid moving the wines while they're fermenting. The final day there is July 10. New batches can be started at Westview U-Vin U-Brew. Jeremy says he was pleased to be able to help **Kelly Munday**, who had been facing some health challenges, transition out of the business while ensuring her customers were cared for. He has been re-arranging shelving to accommodate the equipment coming from Squatter's Creek. While the RJS wines will no longer be available, the **Winexpert** brand has styles to match most, if not all, of the former company's wines. Contact Westview U-Vin at 604-485-0345 or westviewubrew@yahoo.ca, visit westviewu-vin-u-brew.ca, or stop by 7030 Glacier Street.

FreshCo now open

The opening of **FreshCo** in the old Safeway location at Joyce and Barnet has been an "overwhelming success," according to owner/operator **Steve Wadsworth**. With about 120 employees, and 80 per cent of them new to the store, the opening has been a learning curve for staff. But the 24 employees who remained from the old Safeway, including three department heads, have shown excellent leadership to make it all work, he says. The space is about 25 per cent smaller, but the store doesn't feel smaller, Steve says, partly because of the spacious aisles and clutter-free layout. While the store may not have the same variety of choices in each category (you won't find quite as many brands of mustard as in Safeway), it has a wider selection of products, including a substantial international section offering foods not found elsewhere in town. "We really want to plant our flag in produce," says Steve of the fresh fruit and vegetable department, adding that he hopes to work with local producers. The store has eight tills and no self checkouts. FreshCo's parent company Sobeys is looking for a partner to rent the remaining 12,000 square feet in the building.

Social distancing wrap-up

Members of **Powell River Women in Business** held a "bring your own everything" year-end wrap in **Elaine Steiger's** spacious garden on June 19. Although disappointed that they had to cancel the Women of the Year business awards this year, they've made the best of it by holding weekly Zoom meetings and socials so members can remain connected. **RL**



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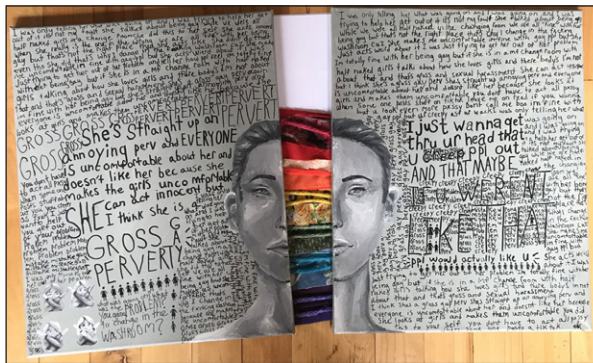
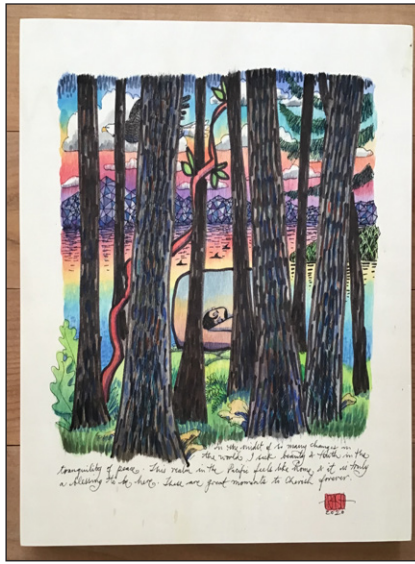
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Art is back with What the +

At The Art Centre Public Gallery above the Library, this group exhibition by queer and queer-allied local artists has been curated by rabideye (AKA Giovanni Spezzacatena). See it in person noon til 5pm, Tuesdays, Thursdays and Saturdays til July 25. Works in the show include:

- Far left: Kevin Wilson and Alfred Bolster, 'Beyond the Rainbow'
- Left: Angelica Hamilton: 'Geode' (Angelica is our youngest participant at 12 years old!)
- Above left: Prashant Miranda, 'Pacific Home'
- Also: Pride flags

July

5 things you can do in Phase 3

The provincial health officer has announced the start of the next phase of BC's restart plan. Here's how you can live your best Phase 3 life:

- 1. Feel slightly less guilty about those trips to Costco**
You're still not shopping locally, but at least now you don't have to pretend the Island's big boxes are "essential" destinations. Want to better your karma? Now you can invite folks from elsewhere to stay with you and shop here.
- 2. Write "Back to School" on your calendar - in pencil**
If all goes well, Phase 3 could mean a full-time return to school come September. Buy yourself a bottle of Prosecco and book the day off. It's been a long five-and-a-half months.
- 3. Put new sheets on your guest bed**
According to an old report, more than 40 percent of overnight tourists to this region are here visiting friends and family. With travel restrictions opening up, the grandchildren are coming for ya - and your kids are probably running away.
- 4. Flaunt your fashionable mask**
Now that you've had time to acquire something beyond the basics - and you're used to wearing it, and know it's the right thing to do - now is the time to strut your stuff. (Bonus: Masks make your nose look smaller in pictures. See Page 4 for proof.)
- 5. Turn on, tune in, drop out**
With the initial COVID-19 panic and confusion abating, a Phase 3 summer is a perfect moment to disconnect from Facebook, turn off the news, and reflect on the people and places that really matter to you.

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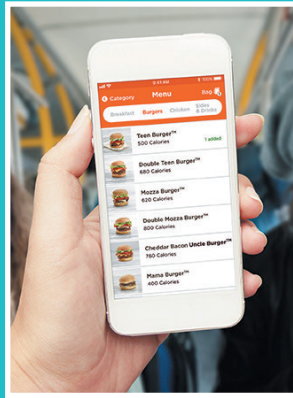


Nicholas Simons, MLA
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Big July Dates

Weekends through July

Powell River Farmers Market

Saturday mornings from 10:30 to 12:30; Sundays 12:30 to 2:30pm. See ad on Page 38.

Ongoing

Intertidal and Art Under Lockdown

MAS Virtual Group Art Shows at www.artpowellriver.com

Thursday, July 2

Residential property taxes due

July 3 & 24

Community Response Fund grant intakes

See ad on Page 55.

July 4 and 7

Sorry, Wrong Number

A radio drama presented by Townsite Actors Guild. July 4 at 8pm and July 7 at 7pm, on CJMP 90.1FM.

July 13 to August 14

Myths, Magic and Imagination

Weekly Summer Art Camps. See ad on Page 21.

July 15

Results of 2019 presented

4pm, 4675 Marine. qathet Regional District presentation at the Finance Committee. Webcast live at qathet.ca

July 17

TheyDay

Join andrea bennett for a discussion about the "in-between spaces of queerness, such as the plus of LGBTQ+." See brief, below.

June 20-July 25

What the Plus (+) Exhibition

At The Art Centre public gallery above the Library. Gallery hours: Tuesday, Thursday and Saturday 12pm-5pm

July 23 & August 13

Welcome to Here Youth Walk Project

See artpowellriver.com

What does the "+" stand for?

Theyday will be a short talk and discussion, led by writer, editor, and illustrator andrea bennett, about the in-between spaces of queerness, such as the plus of LGBTQ+. Audience members are invited to send discussion questions and comments ahead of the event, and Nola Poirier will lead a Q&A at the end of the talk. Friday, July 17, at 7pm. Send your questions and comments to whattheplusart@gmail.com, or leave them here in the gallery.

Here's a list of topics that the Theyday talk will cover:

- Cheesy they/them puns!
- Non-binary identity
- What the + in LGBTQ+ stands for
- What possibilities the + offers
- What possibilities "queer" offers
- Umbrella terms as spaces of comfort
- What non-queer people can learn from the spaces queer people have opened up

And here's an example question that will be posed:

Can you name a specific way that society has not made space for you as a queer, or LGBTQ2SI+ person? How have you made space for yourself?

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EXPLORE Powell River

BY JOCK MCLAUGHLIN, PRESIDENT, TOURISM POWELL RIVER

Always cognizant that we share this amazing coastal region with our Tla'amin Nation hosts, it is with great enthusiasm that I pen my thoughts to you on how we privileged residents might tackle this summer season whilst coping with all the COVID 19 restrictions.

In this edition of the *Powell River Living* magazine, we, the directors and staff of Tourism Powell River, are pleased to be able to share our insights and expertise into the various adventures and opportunities, more frequently shared with outside tourists, that are now available, right here on our doorstep.

This summer, whilst restrictions on travel are in place, we'd encourage everyone to explore close to home – discovering all the beauty that Powell River and the qathet Regional District has to offer.

Following the strict guidelines set down by the Provincial Government, our Visitor Information Centre (VIC) will be open and offering service levels



higher than ever before for locals.

It will be a different year but I'm sure by studying and following the suggestions that the VIC staff have contributed below, we will not only get to know things close to home better, but we'll appreciate just what it is that North American and World travellers find so compelling when they visit our coast.

They, just like me, often come for the visit and sometimes end up returning, again like me, to stay permanently. Once here, we often don't realize or remember just how much beauty surrounds us. So please get out and explore and enjoy this summer-safe "staycation" at home. Your Visitor Centre and community, with all that there is to offer, awaits.

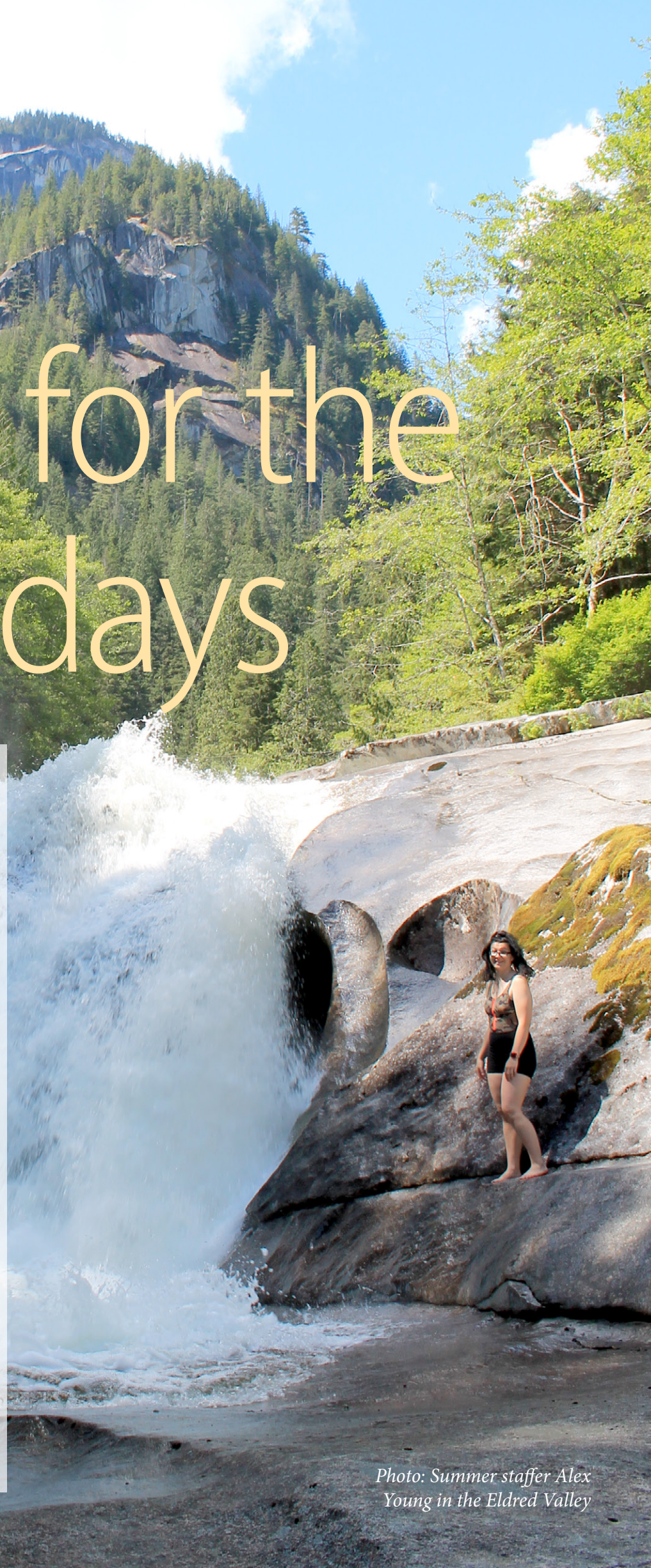


Photo: Summer staffer Alex Young in the Eldred Valley



TOURISM POWELL RIVER SUMMER STAFFER ALEX YOUNG: “My favourite place in Powell River does not pertain to one specific location, but is on the water with my paddle board. During a calm sunny day, I take my board to various locations on the lake or the ocean, and enjoy exploring nature from a new, water’s edge perspective.”

Alex Recommends: The Eldred Valley

BY ALEX YOUNG

The Eldred River is located in the backcountry of Powell River, at mile 35 of Goat Lake Main forest service road. At mile 35, you arrive at the parking lot of the campground where a two-minute walk past the firewood, down a simple trail, leads to the official campground, known as climber’s camp.

The camp here has several spots for tenting as it’s quite flat in its greenness, and from here a beautiful trail leads to the river full of lush green forest and mossy beds that feel like a fantasy world.

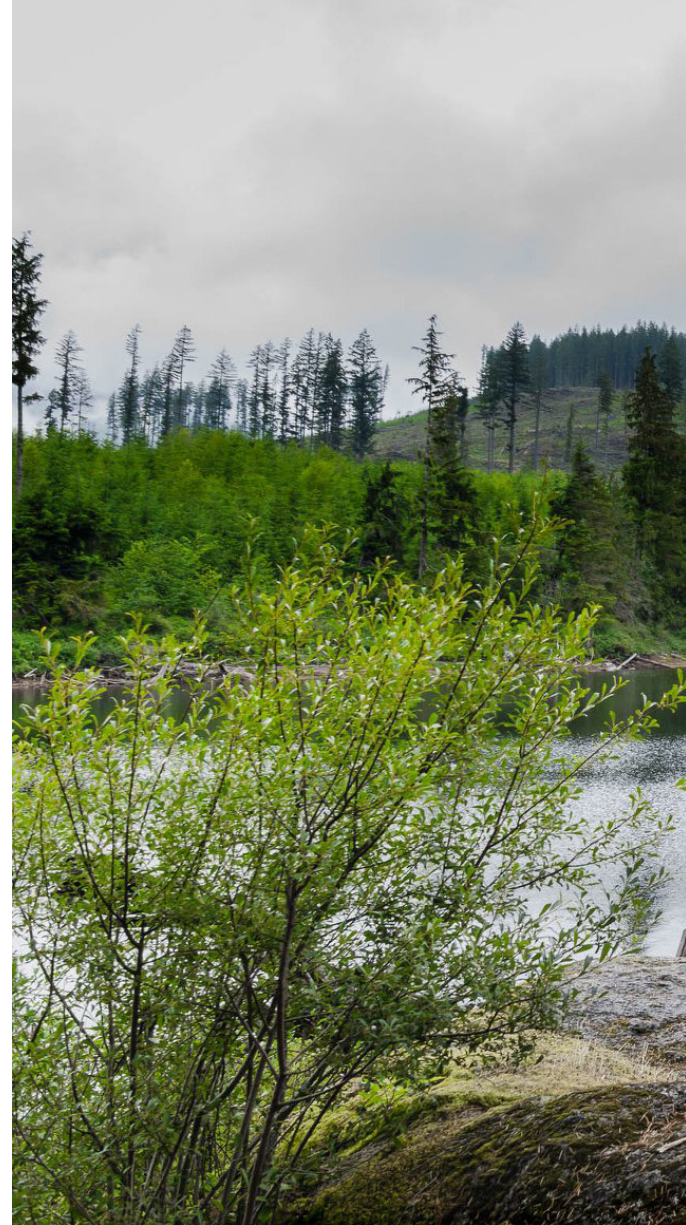
After a five-minute walk along this trail, you will find yourself at a fork, leading either to the right to the river, or left back up the trail to the forest service road. Going left up the fork, keep your eyes to the forest on the right, as you will see an old red truck which has now been taken over by green moss.

Going right at the fork of the trail however, will lead you to the river. This river is truly an incredible sight to see whether the water level is high or low. Strong river currents have smoothed out the rock and here you can truly sense the pure power of the river current.



WHAT A RUSH: The Eldred Valley, pictured here, and on the previous page.

In the late summer months, you can swim and use the natural water slides that have been carved out. The water may be cold all year round, but the beauty that is the Eldred River is sure to warm your heart.



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Plan your COVID-19 Staycation

For inspiration, maps and more, drop in to the Tourism Powell River office on Joyce, or visit us at tourism-powellriver.ca



TOURISM POWELL RIVER SUMMER STAFFER MELANIE ANAKA: "My favourite place in Powell River is in the back country along the Sunshine Coast Trail: Elephant Lake. I love the beautiful view of the lake from the shore. This road is 4x4 access as clearance is needed to get over the cross ditches."

Melanie Recommends: East Lake

BY MELANIE ANAKA

When looking for a dog friendly adventure, East Lake provides a short, accessible walk with an enjoyable swim for your furry friend at the end. The start of the trail is located off the Duck Lake Forest service road. Coming from the highway, take the first right turn after the pole line, parking at a yellow gate. The first part of the path is wide and flat, once you see the trail that leads into the forest, soon here is a sign that directs you toward the lake. Once on the trail it's a mixed forest full of trees, flowers and berries for the bears. Being bear aware on this trail is extremely important as they have been seen throughout this area in the past. Once at the lake there is a dock for swimming. Careful, there is quite the drop off from the shore otherwise! By the lake there is a seating area made up of logs. When looking at the water you'll notice that the bottom of the lake can't be seen and that the water is a tea brown colour. This is because there are tannins from decaying wood and peat which tints the water brown. Around the lake Labrador tea plants can be found in abundance. You may want to bring a water toy for your dog because there are not a lot of throwing sticks to be found. On the way back, try the alternate trail, which connects back to the flat part of the trail.

Tracey Recommends: Horseshoe Lake

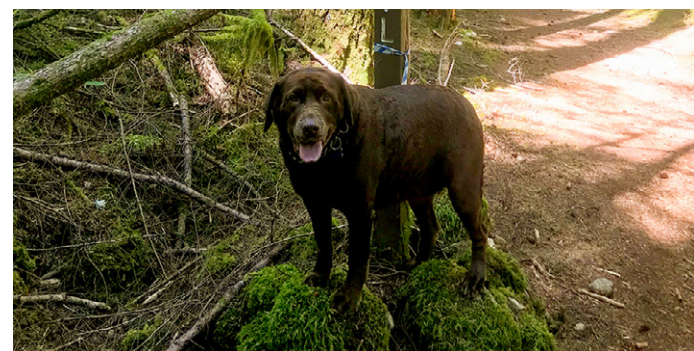
BY TRACEY ELLIS

My favourite pick is a time traveller – it's my favourite childhood fishing spot (above). Horseshoe Lake access is not well advertised so there are few visitors except via the Powell Forest Canoe

Route. Exploring this beautiful lakeside spot with my three boys brought back memories of fishing for cutthroat trout with my dad, campfires and hot dogs. The magical camping spot for the canoe adventurers offers up a bounty of huckleberries for snacking on and the perfect swimming spot off the shallow granite bluffs.



TOURISM POWELL RIVER EXECUTIVE DIRECTOR TRACEY ELLIS: The qathet region offers a variety of adventures for expanding young minds. Left, Othello and Horatio are 'fantasy fishing' at Horseshoe Creek; Gabriel (in his long-hair phase) is giving Daddy (Tristan) a few tips on photography.



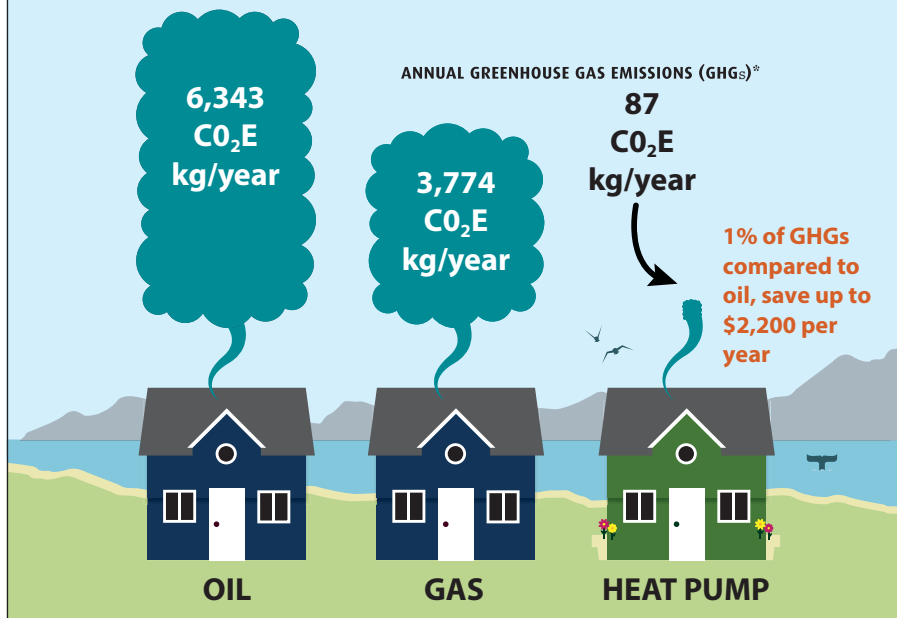
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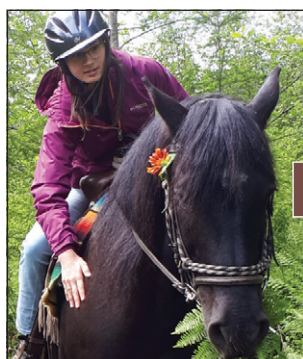
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SUCH A PRETTY REPTILE: A Northern Alligator Lizard perches on the flora of Valentine Mountain.
Photo by Emily Fahey

Explorers: soothe wasp stings

BY EMILY FAHEY

It's unmistakable. You can feel it in the air... Summer is here. Summer... and something else.

Along with the burgeoning season of fun in the sun, surely, inexorably, they're back. Those mean-spirited, striped, flying jerks – yellow jackets! ARGH! There's likely one plotting this very moment to harass you the second you step outdoors with food. Typical. And just like their appearance every year, so too is it inevitable that you, or someone close to you, will get stung – and now we arrive at my point.

There's a herb that I would like you all to know about. You've all seen it, and many of you may already know of it – plantain!

Small and nondescript, you couldn't be blamed for overlooking it – but next time you're stung by one of those little monsters, grab a sprig of this handy herb! A poultice or paste of the fresh leaves will reduce the pain – feel this natural first aid treatment start working within moments! It's remarkable how effective such a simple remedy can be.



FIRST AID KIT: English Plantain.

There are two common varieties in our region, and either will do.

You can find plantains growing commonly in fields or lawns, and along the roadside. You can also find it, of course, intruding in your garden! Plantain is a very versatile plant, offering too many uses to list here.

If you'd like to learn more, try getting started with a field guide! Check out the Powell River Visitor Centre for field guides and more. [PRL](http://prl.ca)



BROUGHT TO YOU BY: This year's Tourism Powell River staff (meet them at the Visitors' Centre), from left to right, are: Emily Fahey, Tracey Ellis, Mike Leahy, Melanie Anaka, Michael Woodrow Vader and Alex Young.

COVID-19 Kindergarden Readiness

For September 2020

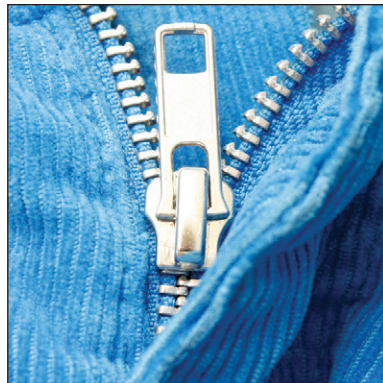
What schools are doing



What parents can do



Teach them to do up their shoes



Teach them to do up their coats



Help them look forward to starting their school career

Shoes. Buttons. Zippers. Toilets. This September's Kindergarten students will need to be extra-ready to take care of themselves independently. Teaching young learners skills like washing their hands properly, wiping their own noses, or even opening their own tricky lunch containers will go a long way to prepare them for being at school while also preventing the spread of COVID-19 and other viruses.

Wendy Adams has taught early primary for 15 of her 28 classroom years, and says teaching children these small skills this summer is the key to a smoother school entry this fall.

"It's really important they learn to be independent," Wendy said.

In addition, because of the months-long pandemic, many children have not left their parents' sides since March. Find safe ways to separate from your child even for a few hours at a time so they're confident being away, advises Wendy.

School District 47 educators are also going to great lengths to make their littlest students feel comfortable by helping prepare them and their parents for Kindergarten this fall.

Given an even stronger focus on sneezing etiquette and handwashing now, local music teachers Roy Carson, Megan Skidmore, Karin Westland and Davis Fields wrote a fun song about handwashing - see bit.ly/2YxBtqo. Wendy notes that teachers take their students to wash their hands many times a day now. Each time requires lining up patiently and doing a thorough job.

In a typical year, the Ready Set Learn and Kindergarten orientation would have been held in the spring but it was a bit different this year. Instead of special Ready Set Learn

events, the early learning readiness team worked together and created colourful bags filled with information, goodies and treats for each school to give to their students. Schools personalized the bags with 'meet the teacher' information or a 'welcome to your new school' story. Each school did something a little bit different to welcome their Kindergarten students.

Children who attended Strong Start (which began operating remotely in the spring) were told a story about the differences and similarities between Strong Start and Kindergarten. "At Strong Start you have one teacher, at Kindergarten you might have more," said SD47's Early Learning Coordinator Rita John.

The District's gradual entry which allows students to learn new routines and feel comfortable in their new surroundings over time is a bit longer this year. "It gives children time to adjust and adapt to their school in smaller groups," said Rita.

"Some parents say their child's emotions are fragile and they're worried their children will be stressed when they start school," said Rita. "We recognize this and schools are ready to welcome them." Kindergarten families are receiving resources on numeracy, literacy, social emotional learning, crafts, and family engagement. During the two-week gradual entry, teachers will be able to get to know their students and learn what help they might need.

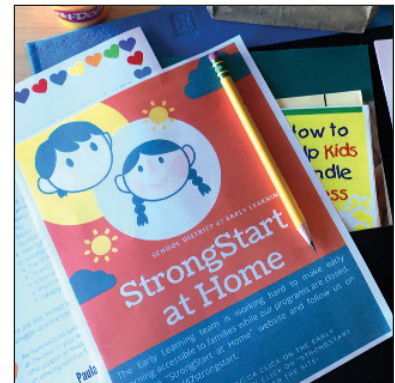
Parents can help children look forward to Kindergarten by talking about school so it sounds exciting. Saying, "I can't wait to hear about what you learn," instead of "I'm going to miss you so much when you're in school," will help generate excitement for this new and amazing experience.



Special bags for each student



Hand-washing song on YouTube



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If we are fortunate, our teachers in life, our elders, wisdom holders, and medicine people gently model to us through their daily living and ways of being, as well as through storytelling and way showing.

The natural world and the unseen realms also yield a vast plethora of simple, deep wisdoms for those with noticing eyes and ears. An aspect that has largely fallen from the awareness of many without such supports, is that of reciprocity and living in "right relationship" with the world around us.

In animistic beliefs, there is a spirit within all things; the plants in our gardens and the deer that nibble on them, the trees in the forest and the mushrooms we forage underneath, even our grandmother's favourite chair or most dependable hiking boots. Cultivating these relationships, stepping into dialogue, or simply regarding them with reverence, helps us begin to orient ourselves into right relationship. From there, reciprocity flows easily.

In many traditions, when one is harvesting or wildcrafting, there are protocols to follow that teach us this. Before we take, we introduce ourselves and our intention. We offer something of value as a gift without expectation.

If fortunate, permissions are felt/heard/received and we are welcome to gather what we need in a respectful, sustainable way.



A HUMBLE RELATIONSHIP WITH ALL THINGS: Strive to be in respectful dialogue with the objects, animals, plants and ancestors in your life.

When we sit with a teacher, facilitator, healing helper, or spiritual guide, our current society is typically set for a financial exchange. It is the wood delivery, live chicken, or warm garments of sustainability of the past – to keep lights and heat on, recover overhead expenses etc. What is sometimes lost, is a soulful gift of reverence for their medicine ways. Something that honours at a deeper level and keeps them in their practice.


For some, certain ceremonies for the community can only be done with gifted supplies. Watch what they use. What they need to continue to be of service, and include such giving as contribution to something

much greater. Earth-based and Ancestor revering beliefs often include making offerings and pouring libations as beautiful rituals of gratitude and caretaking. Hospitality is a long standing, culturally diverse, code of conduct to help instruct us and applies if it's a friend for tea or feeding the ancestors.

We give first. We give our best. The ripest fruit, most beautiful flowers.

We give because we love, and for recognizing the blessings we find living in right relationship.

"Forget not that the earth delights to feel your bare feet and the winds long to play with your hair"

– Khalil Gibran 

Why did you vote Paparazzi Pizza Powell River's best?

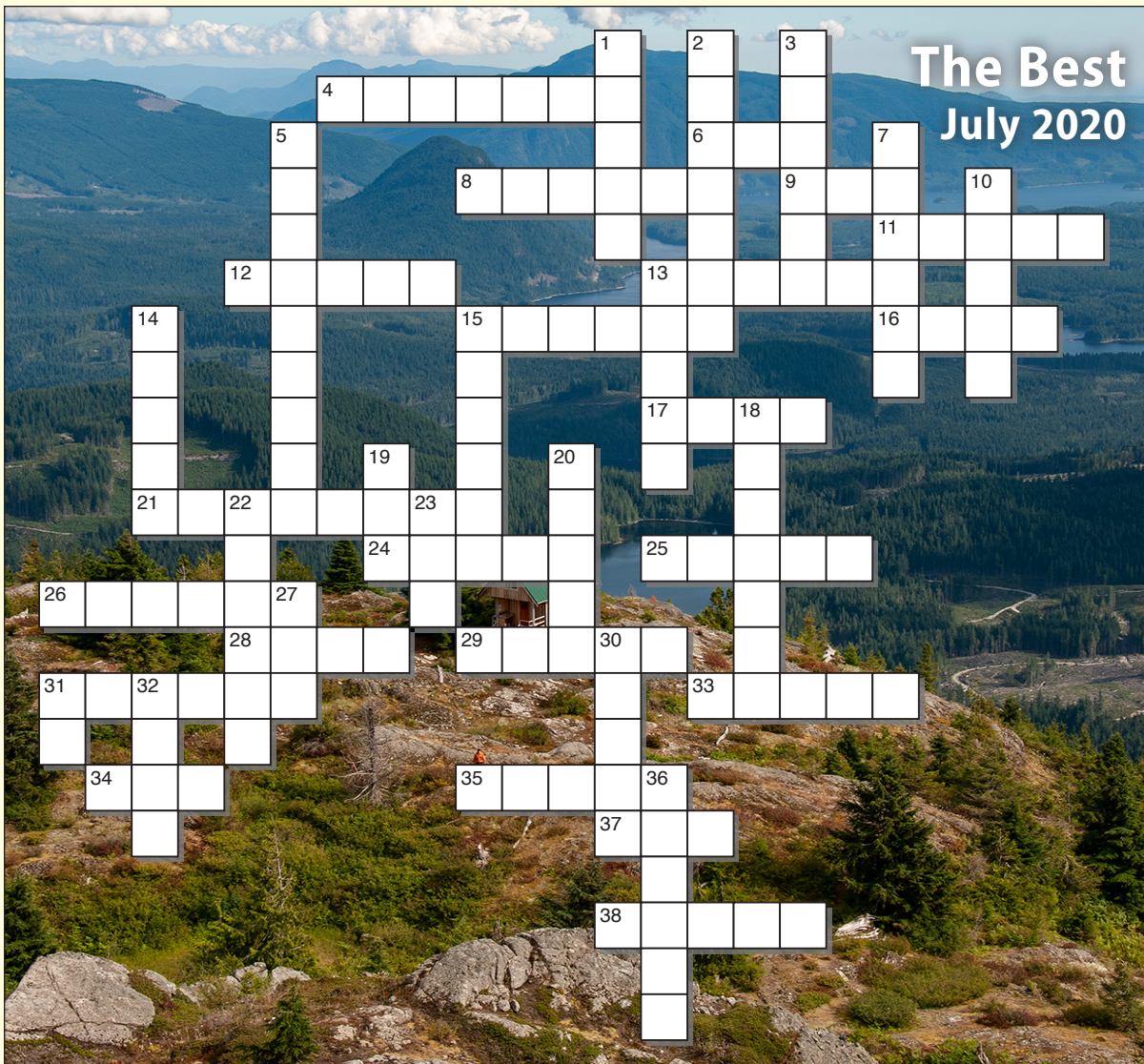
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 - Lund's baker
 - Clothing not just for thin folk
 - Baker needs grain, this and home
 - Monster beat by a mermaid
 - Flair for fashion
 - Our regional district
 - Best fest's colour
 - Second second-hand
 - Spa goes beyond
 - Best hut's chapeau (shown here)
 - No hesitation beard

- Down**
- Reason to stay away
 - Take a swing at best soft serve
 - Brunch bird
 - Pesky photographer, premier pizza
 - PR's colourful FB top dog
 - Best, and all, produce from here
 - Chopping
 - Best beer, swing
 - Best souvenir, for you or bees
 - Boat, or food, take out zone
 - Keane for a massage
 - Buffet with new royalty
 - Nature knows best
 - Black Point's new service
 - Mohinder's little place
 - Best workout, yoga
 - Grocer
 - Cheap meal is talk of town
 - Top politician

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- Colleen McClean

Solution for last month's puzzle: Home Grown

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Is there ● racism in Powell River?

Of course there is. Please share your thoughts by emailing pieta@prliving.ca by July 20. In August's PRL, we'll share your stories.

Last Word

WITH PIETA WOOLLEY
pieta@prliving.ca

The US-based George Floyd protests and Black Lives Matter movement and violent police push-back. The Anti-Asian attacks in BC stemming from COVID-19 racism. The police shooting death of Chantel Moore, the young Tla-o-qui-aht mom, and others.

June was a month of terrible, monumental events. In Powell River, some people have responded with rallies. Local institutions are evaluating their own systemic racism, intending to eradicate it. Reliably, our loudest voices have taken to Facebook.

As staff at this local magazine, we wanted to know how we can best help Powell River grapple with what's happen-

ing elsewhere, and what has happened here. So, I spoke with local leaders, and we came up with this approach: the beginning of an authentic, local conversation about racism.

Frank Clayton, who owns the Canadian Martial Arts Academy marched in the Chilliwack Black Lives Matter rally with his daughters; Tla'amin Nation Hegus Clint Williams, and others weighed in.

Everyone we spoke with hopes to promote discussion.

Please help start this conversation by writing about your own stories, thoughts, ideas and experiences of racism here in Powell River, from today, and in history. **PRL**

COMMUNITY RESPONSE FUND

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Over \$60,000 has already been awarded in the community:

- The Canadian Council of the Blind - PR Chapter (\$750)
- Inclusion Powell River Society (\$1,000)
- PR Brain Injury Society (\$2,500)
- PR Open Air Farmer's Market (\$5,000)
- PR Miklat Recovery House Society (\$10,000)
- The Source Club Society (\$25,000)
- PR Community Services Association (\$17,123)

Next funding intake deadlines are **Friday, July 3rd and 24th**



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