

Powell River LIVING



**HEALTH
AND WELLNESS
MAGAZINE
FREE INSIDE!**

TLA'AMIN'S TREMENDOUS TEAM



OCTOBER 2020
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2020 IS WHEN WE RESCUE HALLOWEEN • A GOOD DEATH • LONELY ONLINE EDUCATION

The future
is uncertain, yes, but
living like there's no tomorrow
isn't great financial planning.

BY COLIN WHITE, PORTFOLIO MANAGER,
WHITE LEBLANC WEALTH PLANNERS/
HOLLISWEALTH

Fall is typically a time of change but this year, although the kids are back in school, we still have COVID.

So, what can we do about the current COVID situation? It goes without saying that we need to listen to the health experts and do our part to protect ourselves and our communities. Being kind to those around us who are dealing with their own anxieties and personal situations will go a long way to getting us through the next few months. But what has this pandemic taught us about our situation? What can or have we learned? What can we do with that information to make better decisions for the future?

One of the big lessons we've been reminded of is that the future is uncertain. Precise plans over long-term time horizons are fragile, sort of like a boat made of marshmallows. There were smart people who, over the last number of years, looked into the future and foresaw an aging population with more leisure time on their hands as well as an emerging middle class in Asian economies and projected that travel, vacation resorts, cruise lines and other associated industries would make a good investment. They believed these sectors should grow faster than the overall economy. The facts they used to make that projection were largely accurate, their mistake was projecting this into the future in a straight line; even Warren Buffett ended up selling out of his airline stock after the pandemic. (For the record he will not be losing his house or suffering any kind of personal financial hardship over the loss of this investment.)

Some will take from this a philosophy that you should live for today, having no expectations of tomorrow.

The weakness of this plan is that scientists have told us that the first person to live to 150 has already been born. If this happens to be you, you have a long time left



on this rock. If you spend all your money now you will certainly live to regret it.

What everyone needs to do is take a deep breath and reflect for a moment. Without all the hyperbole, have the events of the last few months changed your priorities? This is a deeply personal exercise and there are no right answers. But even though there are no right answers, you can use recent events to inform your plans. COVID has taught us that any plan we set needs to be flexible, and that extreme confidence opens you up to extreme consequences. Don't make the mistake of discounting the idea that you may have much more time ahead of you than you think and, if you do, you will undoubtedly still have lifestyle expectations.

With regards to the markets, expect short-term volatility. There will be big winners and big losers – sometimes at the same time. We have confidence that the global economy will heal, and over longer time horizons stock markets follow the economy. The economy has overcome world wars, geopolitical strife, commodity booms and busts, global financial crises and more over the last hundred plus years. Right now, we are seeing people buying real estate outside of major centers, tech-

nology companies are observing an increase in the use of things like video conferencing, home renovations are surging...it's difficult to find a pedal bike! While people are not travelling or eating out as much, they continue to live their lives. They're spending money on things now that they didn't before, and they are also saving money for when things get back to normal. Not for a second does this negate the huge human toll these disruptions have caused; there are many tough stories out there about small businesses and individuals who have been financially wiped out by this pandemic. While those stories are real, they are not the whole story.

Keep your long-term money invested long-term, and your short-term money invested short-term and, while nothing is promised in this life, you have the best chance of being as fine as you can be. In the immortal words of Clint Eastwood, if you want a guarantee, buy a toaster.

This information has been prepared by Colin White who is a Portfolio Manager for HollisWealth. Opinions expressed in this article are those of the Portfolio Manager only and do not necessarily reflect those of HollisWealth.*

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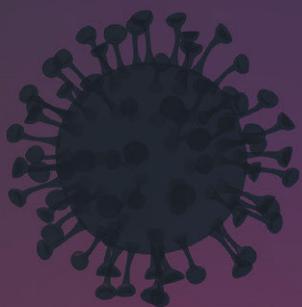


**Sometimes you have
to rock the boat to get
where you want to be.**

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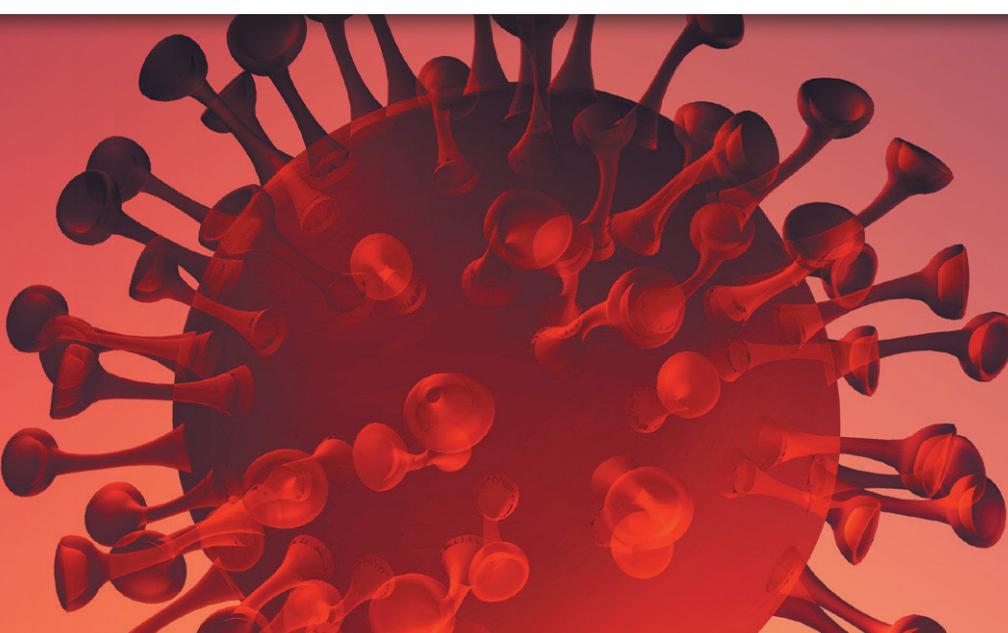
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Snail fish

It's a big, scary ocean for a little fish.

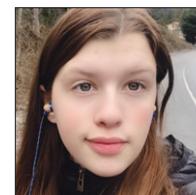
While swimming along the mostly feature-less sand flats on the north side of Harwood Island, there's not much shelter to be found. This small copper rockfish (*Sebastes caurinus*) found a little protection from the current in the lee of the old shell of a Lewis's Moon Snail (*Euspira lewisii*).

When I shone the light of my camera on the little rockfish, it comically tried to hide inside the snail shell, but had long outgrown its protection. **RRL**

– Sean Percy



LESLEY ARMSTRONG earned a Master's of Education in Environmental Education in her 50s because she noticed what is now labelled "nature deficit disorder." She took students out into the bush so they could hike, look at and listen to wildlife, become aware of ecology and draw their impressions together. Retired from teaching, she continues learning about and drawing and ,now, photographing wildlife. Being on the board of PROWLs, and being able to photograph all the injured wildlife, keeps her in awe of the beauty and precariousness of life. She's also a volunteer with Therapeutic Riding..



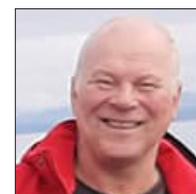
ALLY BOYD lives in Cranberry with her siblings and parents. She is involved in many groups and events throughout Powell River and always loves an opportunity to volunteer. This year she is involved in 22 Red Knight Squadron Royal Canadian Air Cadets, president of Rotaract, a highland dancer, facilitator of Earlyact at Henderson Elementary, as well as a member of the Powell River Youth Council. She is currently attending (remotely) Memorial University in Newfoundland.

JACQUELINE HUDDLESTON is a retired chef pursuing her interest in food preservation and small animal husbandry. As founding members of Hearthstone Village, Jacqueline and husband Mark developed the co-op. Jacqueline continues working towards their shared vision of a socially rich community, living sustainably while supporting and caring for each other.

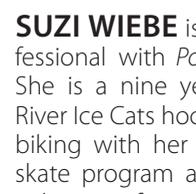


MORGAN PÉPIN is a fourth-year Journalism and Human Rights student at Carleton University in Ottawa, and is staying in Powell River with her parents while classes continue online. When she's not working in the meat department at Mitchell Brothers, she enjoys hiking, fishing, and camping.

ALEX SUTCLIFFE was born and raised in Australia, with Mexican ancestry on his mother's side. He moved to Canada in 2013, settling in Tla'amin with his beautiful wife Jolene. Alex has a background in IT and works as the IT Coordinator for the Tla'amin Nation. He is passionate about using technology to contribute to cultural revitalization. A proud father of two, Alex also enjoys fishing, hiking and being in nature!



STAN WESTBY was City Manager for the City of Powell River for 15 years. He had a lengthy career in civic service in Abbotsford, Delta, Powell River, Whitehorse and Saskatchewan. While doing municipal work Stan also gave over 20 years in service to minor hockey in Semiahmoo and Powell River. Upon returning home to Powell River, Stan has devoted his life to family, health and fitness.



SUZI WIEBE is a sales and marketing professional with *Powell River Living* magazine. She is a nine year-member of the Powell River Ice Cats hockey team, enjoys mountain biking with her family, teaches a learn-to-skate program at the Recreation Complex, volunteers for many local organizations and recently took up road riding.

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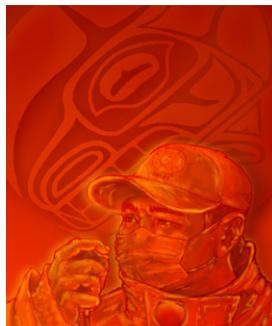
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ON THE COVER:

Tla'amin Nation's Incident Commander and Tla'amin Fire Chief Erik Blaney, as immortalized in paint by Powell River artist Catnip. A similar photo of Erik posted on the Tla'amin Nation Facebook page "made me think about all those real life superheroes keeping us safe with their powerful actions of service," said Catnip. That's what inspired this piece.





IN THIS ISSUE

Change, in weather and in life, for good or for bad, is inevitable



October has always been my favourite month. Growing up in the Maritimes, I looked forward to the fall colours— the deep shades of red, the warm yellows and the cheerful oranges of the leaves seem to say it's time to focus inwards and prepare for a change. While we

don't have the same vibrant autumn colours here on the West Coast, October is still a month of change as we put away the last of summer and get ready for the colder weather just around the corner. Like the seasons, this issue of *Powell River Living*, is all about change and how it impacts our lives. We look at it in times of crisis, how it impacts a festival, politics, and finally, death.

We start with a salute to the Tla'amin Nation for their exemplary handling of the COVID-19 crisis. Not only did our friends and neighbours show commendable leadership and inspired teamwork but they also excelled at communicating. When the pandemic hit the Nation, they changed their operations overnight. Immortal-

ized on our cover is Tla'amin Fire Chief Erik Blaney, by Powell River artist Catnip who wanted to recognize the heroic actions of all the Tla'amin people. Our coverage of Tla'amin continues on Page 10 where Alex Sutcliffe shares his community's response to this crisis in words and photos.

For most of us, the colour orange and pumpkins go hand in hand with October. We look at the future of Halloween in the time of COVID-19 by exploring the history and possibly the future of the tradition of trick or treating beginning on Page 6. Pumpkin patches offer an outdoors socially distanced opportunity for families to create memories and while there are different opinions on whether trick or treating is a good idea during a pandemic, there are other ways to celebrate Halloween without going door to door.

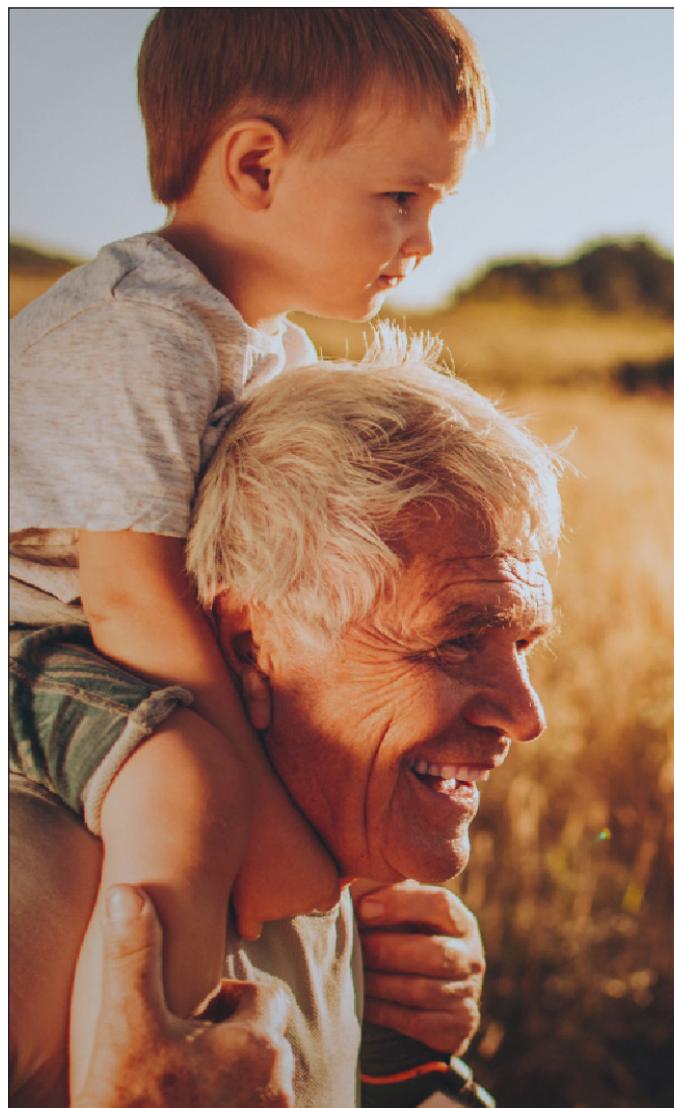
Last year *Powell River Living* introduced pumpkin people to the Townsite. At the time, we didn't know just how important a socially-distanced festival would become. This year, we're hoping this festive event will spread to include the entire community. We have prizes

and fame for those who create and enter their pumpkin people – let us know at contest@prliving.ca!

There will be more change (or not) when the results of two elections that take place this month, come in. Tla'amin's election is on October 17, and the provincial election is on October 24. The US Presidential election takes place shortly afterwards on November 3. Our world will be forever changed by the outcome of these elections which is why, if you are able to vote, it is important that you exercise that right and do so.

Our lives are all about change from beginning to end. On Page 38, Jacqueline Huddlestone, shares with us a lovingly written and beautiful story about her husband's transition from this world to the next with a medically assisted death. We all grow older every minute and as we do, we change. Some of that change is good, some of it is not but change, as we all know, is inevitable. **RL**

ISABELLE SOUTHCOTT | isabelle@prliving.ca



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BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

If someone suggested we launch a new holiday involving kids going door to door asking complete strangers for candy, chances are pretty good it wouldn't fly.

It definitely wouldn't fly this year given that there's a global pandemic.

The scope of Halloween celebrations have grown in the last thirty-odd years. But each October, as the fun mounts for many, so do feelings of dread for others. COVID-19's cold water on the holiday is just what's needed to rethink it.

For example, for as long as I can remember, Halloween has been celebrated on October 31 with kids of every age dressed up in costume to amass chocolate bars, chips, lollipops, rockets, toffee, and candy corn. Most parents are horrified at what their kids bring home and many throw it out when their offspring aren't looking.

After all, who really needs an entire pillowcase stuffed full of chips and chocolate? Environmentally, the waste is a disaster, given that the cacao has been container-shipped across the world, and the plastic will likely sit in landfills for eons.

The people who are spending their hard earned money on mountains of tooth-rotting candy are right to wonder why they're supporting the junk food industry. Isn't there something better to get behind, such as the local food bank or the SPCA – or research into finding a cure or vaccine for COVID-19?

When I was a kid, we used to carry a little cardboard box around with us and people would put coins in that box for UNICEF. We'd also get candy, but at least we were also collecting for someone other than ourselves that night.

We've all bought in to Halloween's current model, though, it seems. Canadians spend about \$1 billion a year on Halloween, an amount that doubled between 2004 and 2014, making the holiday the second-most successful behind Christmas. A 2014 survey shows that 68 per cent of Canadians celebrate Halloween and 33 per cent of adults attend a Halloween party. Canadians spend more per capita (\$70) on costumes, candy and decorations than Americans.

Every year, I spend about \$100 on candy (we live on Maple Avenue in the Townsite and get 350 to 400 trick or treaters). I wonder if we would be better off donating that money to someone or some group that needs the money for real food?

As an alternative to today's bloated blow-out, a simpler celebration can bring more joy.

The first record of children dressing up in disguise on Halloween in Canada that I could find took place in Vancouver in 1898. The first notation of trick or treat in North America was in the *Lethbridge Herald* on November 4, 1927 in reference to festivities that took place in the Blackie, Alberta area. It spoke of "youthful tormentors," who moved wagon wheels, gates, wagons and barrels about and demanded treats.

Kids have been trick-or-treating for as long as most

SWEET GONE SO

At over \$1 billion a year, Halloween has been wasteful, environmental disaster. Is it time



"For this year's unusual COVID-restricted celebrations, we're thrilled that so many event organizers have stepped up with alternative, safe, genuinely fun celebrations."

of us can remember. I did it, my kids did it and you probably did too. But with the age of COVID-19 upon us, Halloween as we know it might not survive. And that might not be a bad thing, because it gives us time to look at Halloween through a brand-new lens and figure out if this is really something we want to continue doing or if maybe, it's time to change direction.

Like you, I love the fact that kids have fun at Hal-



PUMPKIN PEOPLE: This PRL-sponsored event and contest asks you to build pumpkin people in your yard at the end of October, for your neighbours' enjoyment and the chance to win prizes (see next page). Above is last year's winner Bill Hopkins' creation: the team from City Motors. Right, PRL's Alena Devlin with the Kings pumpkin.

loween, but do they need to collect so much candy to enjoy it?

For this year's unusual COVID-restricted celebrations, we're thrilled that so many event organizers have stepped up with alternative, safe, genuinely fun celebrations. The pumpkin patches are kicking off the season in early October (see next page). Many neighbourhoods are organizing their own socially-distanced events. The Town Centre Mall, the Library and The Art Centre Public Gallery are all working to make the holiday magical and meaningful.

Powell River Living magazine is hosting our second Pumpkin People festival, and we hope you participate either by building figures in your yard, or viewing them with your loved ones in late October. [PRL](#)

TRICK OR TREAT

come a frightfully
to bite it in the neck?



To Trick or Treat, or not to Trick or Treat? That is the question.

At press time, BC's Chief Medical health Officer Dr. Bonnie Henry had indicated that she will be suggesting COVID protocols to keep everyone safe this October 31 – while allowing for Trick or Treating.

Those protocols have not been announced yet. But as Powell River struggles with its first substantial number of coronavirus cases, individuals and neighbourhoods will have to consider their own safety in this place.

Powell River Living threw the question out on Facebook and via email, to see how locals are feeling about the October 31 tradition. Here's what they had to say:

Was looking forward to this, but

My husband and I were both born on Halloween and have always talked about how fun it will be to spend our birthday dressing up with our kids and going door to door. As much as I'd love to do it this year for our son's first Halloween, I would rather stick to the very few houses within my bubble and settle in at home for the night as a family.

– Tyanna Wasylowich

More meaning, fewer treats

As an individual, I intend to offer quality candy to my kids and let them dress up for school.

As a collective, my hope is that people will decorate their front yard more than ever so we can take a walk and appreciate it.

As a teacher, I am putting forward the celebration of the Day of the Dead. We are hoping to build a duo of skeletons – human sized puppets for a performance that we would film and edit. Our hope is to be on time but the good thing is that Day of the Dead is November 1!

I sincerely hope that we could all put a bit more time into dealing with and understanding death in our society during this break of money-making holidays.

– Maxime Paquette

You decide

Don't go if you're not comfortable.

– Monica Peckford

Well-considered permission

As someone who struggles with anxiety, I'm constantly prone to overthinking everything – that's normal for me. However, even I feel like maybe everyone is overthinking our lives a little too much with the addition of COVID-19. With a little thought and planning and a lot of courtesy and respect, I don't see why trick or treating wouldn't be fine this year. If people didn't go together in large groups, if people maybe kept their doors open and watched for trick or treaters so they don't have to ring doorbells or knock on doors – or set up a lawn chair at the end of your driveway and hand them out that way. Candy can be quarantined for a couple of days or wiped down if that's a fear and those who are really worried can just turn off the lights and not participate.

Brainstorming even further and thinking people could use those golf ball retrievers or something similar to plop a treat into an open bag from a distance. While childhood feels like it'll never end when you're a kid, adults know that the time is brief and fleeting and we don't get do-overs on those years. I think it's important to be creatively careful rather than just cancelling everything out of fear.

– Aaron Lewis Reid



NOT THIS YEAR, BATMAN: Both of Cody Wasylowich's parents were born on Halloween, so it's kind of a big deal in his house. But the whole family is skipping door-to-door this year.

Photo by Tyanna Wasylowich

Community care

Both COVID-19's changing local landscape and the weather makes Halloween tremendously difficult to plan. But as of now, people in our neighbourhood are planning to set up tables at the end of driveways and hand out candy with gloves and masks. Candy can be quarantined for three days and safely consumed. We need some normality in our lives and the kids enjoy it!

– Nancy Kreisler

A projectile solution

Heck yeah, and send your treat out by catapult!

– David Roberts

Masks are made for this

Masks are commonly known for Halloween, and it's outside. Those poor kids, they need a treat. Onwards Halloween!

– Patsy Evans

Time for change

I would be okay with a change honestly. I love Halloween and I mean LOVE (more than Xmas!); the colours, the creativity, the decorating, the costumes. I say rein it in, "Bring it on home!"

This year I am thrilled to plan a backyard Halloween gathering with those families in our social bubble. Who needs candy? This is going to be even better!

I envision making twisted tunnels out of long branches draped with lights, mason jars with candles, pumpkins and hay bales, homemade fall treats, hot apple cider, personalized apple bobbing pails, lots of fun decorations, laughter and of course creative costumes!

Kids don't need to go door to door, they simply need a day that is spent having fun, a day that mom and dad put aside their stress and worries to focus on their littles, to decorate together, to dress up, to build memories.

I believe we are all capable of doing just that with the people closest to us instead of knocking on strangers' doors and filling buckets with sugar filled treats.

– Sabrina Upton

Pumpkin Patches

Windfall Farm Pumpkin Fest 2020

Sunday, October 4, 1 to 4 pm
Wildwood at 5760 Taku Street
Follow the Pumpkin People!
Call or text 604-414-9879 or email
windfallfarm@shaw.ca to book your time.

We love pumpkins here at the farm and decided to carry on with a mini fest this season. We have a variety of pumpkins – all sizes – even ghostly ones! To keep this a safe time for all, we will be booking 1/2-hour time slots. Wear your masks – the spookier the better! Stay two meters apart from other pumpkin hunters!

Pumpkin farm theme photo ops will be available. All pumpkins by donation. Let's have a little pumpkin fun this year then get ready for a big pumpkin party blow-out in October 2021!

Family Farm B&B

Saturday, October 3, and Sunday, October 11,
2590 Oxford Road. Tickets at familyfarmbnb.com

Guided farm tours: holding chicks, seeing pigs and cows, petting goats, and culminating in an apple cider press demonstration and sample. At the end of the tour, guests will be able to hunt for and purchase pumpkins



PRETTY PUMPKINS: Because they're outdoors, pumpkin patches are an easy way to socially-distance, such as this display at Windfall Farm. Bonus: stay in the patch til the moon rises, and you may meet The Great Pumpkin.

from the patch. There will be roadside purchase available as well, but pumpkin patch picking will be reserved for those with a tour ticket purchased on the website or Facebook. One-hour tours are \$8 per adult \$4 per child over 2 (2 and under is free) and \$20 for a family of four.

Paradise Valley Equestrian Centre

3930 Padgett Road • 604-578-8870 or Facebook

While this new facility was going to host a full-scale pumpkin patch, COVID forced it to roll that back for this year. The centre does have nearly 1,000 pumpkins

for sale, and is hold a drive-through event, where visitors can pick their pumpkin from a display in the arena, and visit the horses.

Blueberry Commons

Farm Gate sales Mondays to Fridays, noon-5 pm
6619 King Avenue • on Facebook and
blueberrycommonsfarmcooperative.com

The Wildwood farm cooperative says it has plenty of big pumpkins that Powell Riverites can come and pick throughout October. [PRL](#)

FALL ACTIVE LIVING

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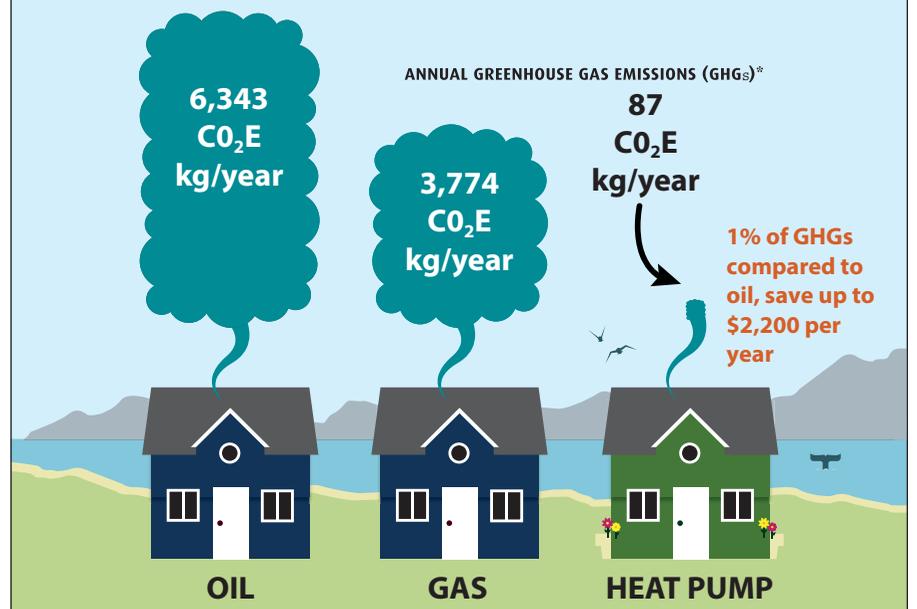
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Halloween 2020: What is on, aside from maybe Trick or Treating

The second annual Powtown Pumpkin People yard art event

Powell River Living
End of October

Last year, *Powell River Living* magazine launched the Powtown Pumpkin People festival. Last year it was restricted to the Townsite. This year we're inviting the whole area! We considered pausing it this year due to the COVID pandemic, but decided not to. After all, Pumpkin People is a perfect event to hold during a pandemic! How many other events, held at a variety of outdoor locations, feature something you can look at from a safe distance? Families can squish into their vehicles and drive around the community looking at Pumpkin People. How cool is that?

Please join us this October and create your own Pumpkin Person. Once it's built, put it on your front lawn for all the world to see during the final few days of the month. If you live in an area where bears are an issue, wait til the night of October 31 to put it out or use a plastic pumpkin head for your creation. To be entered in the Powtown Pumpkin People contest, email your name and address to contest@prliving.ca before 4pm on October 30, so our esteemed judges can come have a look at your creation.

Cats vs. Dogs vs. Halloween Activity Package

Powell River Public Library
October 28 to 31

Pick up a take-out bag of mask-making supplies and Halloween treats and meet up via Zoom on October 31 at 11 am for some virtual cat and dog mask construction. What will you be? Count Catula? Professor Doggenstein?! Make a mask and represent your side of the cats vs. dogs debate with some team trivia, action games, and collaborative spooky stories.

Advance registration is required and closes October 19. Pickup will be available during library open hours October 28-30. A link to the Zoom meet-up will be emailed to you the day before the event.

For more information, contact Children's Services Coordinator Sonia Zagwyn szagwyn@prpl.ca. To register, please respond with your phone number, email, and the name of the child you are registering.

Witch's Kitchen

Powell River Town Centre
Later October

A scavenger hunt for Halloween objects hidden in the window displays. Prizes and more!



BE LIKE THE BUTCHER: Build a pumpkin person in your yard. Yes, there are prizes!

Memento Mori

The Art Centre Public Gallery
November 1 to 20

Memento Mori is a community response and collaborative expression of creative masks, digital projection, music and an ofrenda installation to honour grief and loss. The events are being offered with support from BC Arts Council and Powell River Council for Arts and Culture along with participation and sponsorship from multiple community organizations and artists. The activities have been held in the Cranberry cemetery for the past few years.

This year, the event will be hosted at The Art Centre Public Gallery as well as online due to the COVID pandemic. Artists, Sophia Sanford, Leslie Sutherland, Claudia Medina, Pieta Woolley, Megan Dulcie Dill as well as the Brain Injury Society members and contributing artists are collectively engaging the community into conversations around living well, dying well and transitions between life and death. Events will be online for the community to participate in digitally and safely during COVID.

"It's important this festival has been happening in our community and we're really happy to host these events in 2020," said Karen Kamon, PRCAC president. The ofrenda, installation and mask exhibition will launch on November 1 between noon and 5 pm with COVID protocols in place at the gallery. The exhibition and events will run until November 20 and Tuesdays, Thursdays and Saturdays from 12-5 and online at: theartcentrepr.ca.

Pumpkin collecting for animal feed

Let's Talk Trash

November 2, 9 am to 4:30 pm at the
Town Centre Depot behind RONA

Recycle your pumpkins here! PRL

HALLOWEEN EVENTS THAT ARE NOT HAPPENING THIS YEAR:

H3 Henderson Haunted House
Haunted Forest and Carnival at James Thomson
Forestry Heritage Society Hallowe'en Train
Living Water Candy Carnival
Northside Fire Department Bonfire at Craig Park
Town Centre Mall Trick or Treat

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Tla'a Stro

BY ALEX SUTCLIFFE

I honestly never thought we'd see COVID-19 in the region, maybe a case or two. Yet here we are with (at press time) 36 active cases in our tight knit community!

What happened? We had just suffered a loss in our community and family and friends had come together to say good bye at an outdoor service. People were spread out, trying to do the right thing yet it still managed to find its way here into the village.

Upon confirmation that there was indeed a case in the community, the Tla'amin Nation executive council and the administration responded immediately, taking aggressive action by issuing a local state of emergency. This empowered the Tla'amin Nation government to take extraordinary steps and enact policies designed to ensure the protection of its citizens. That same day the order was issued for Tla'amin residents to shelter in place for the next 72 hours to slow the spread of the virus and allow time to complete contact tracing and figure out the next steps. Shelter-in-Place was to protect not only Tla'amin members but the City of Powell River residents



mmmin ong

as well, recognizing that there are positive COVID-19 cases not only in Tla'amin.

At the start of this, most of us in lockdown were in a state of shock: 'Okay, this is real and it's here. What do we do?' While most of us battled with anxiety, our elected officials and upper management were already starting to formulate a response. Through back-to-back meetings they started to identify individuals within the community that weren't exposed and began to organize efforts on the ground to contain the spread and keep people comfortable.

Our own first responders lead the charge with Fire Chief Erik Blaney as the Incident Commander on the ground, rotating alongside Courtney Harrop. Both of these individuals really stepped up right as things were taking off. I watched both of them running on very little sleep, especially in that first week, as they tirelessly helped to coordinate the response on the ground.

The community was sealed off, with logs blocking all the roads in and out of the community, except for Sliammon Road where a checkpoint was setup to restrict traffic in and out of the community. We had two people manning the checkpoint around the clock. At the same time, we've had teams of two working together in the Guardian Watchmen role, working under our enforcement officers, encouraging people to follow the rules and policies put in place. All these men and women have been working round the clock, many doing 12-hour shifts! They are all amazing, strong Tla'amin members



When a potentially-disasterous outbreak of COVID-19 appeared on Tla'amin Lands in September, the Nation's leadership and members faced the situation head-on.

Transparency. Swift communications. On-the-ground health, food and security. And a self-mandated lock-down order.

This has been a master-class in crisis control.

Here, Tla'amin's IT coordinator Alex Sutcliffe shows us how it was done.



ON DUTY, 24 HOURS A DAY: Clockwise from bottom left, Janice Ashton and Shaya Harry from the home and community care team (HCC); Tla'amin health nurses Jodie Foster and Katie Scoular; Tla'amin Health's Sandra Tom, Associate Health Director and Marlane Christensen, the Nation's interim Health Director; Trina Mattice and Vangie Francis from HCC; Katherine Kolby from VCH; Courtney Harrop, Incident Command and Operations with EOC, rotating with Erik Blaney; Guardian Watchmen such as Johnson Adams, Chad Galligos and Arnie Courtney were on the checkpoints 24 hours a day; Frank Luaifoa, Guardian Watchman; garbage duty by Shawn Louie and Craig Galligos isn't the most glamorous, but an absolutely necessary part of crisis control; Frank Wilson and Laurie Benner, checkpoint personnel.

Photos by Davis McKenzie, Steve Gallagher, and Alex Sutcliffe

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2020

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FOOD SECURITY: Andrea Paul and Serena Barnes (front) work the Tla’amin Nation food bank, ensuring that everyone in lock down is eating properly. “My heart is overflowing with pride for our Tla’amin members coming together so strongly and proudly for our Nation and our people,” said Community Wellness Coordinator Brandi Marriott. *Photo by Alex Sutcliffe* that care about the wellbeing of the community.

Communications ramped up with Steve Gallagher and Davis McKenzie behind that wheel; they did a great job. It was very important in that first week to keep our members informed and keep everyone connected with regular updates. There was a lot of information flowing from the government and administration on the steps being taken to try to tackle this: changes to services, how to obtain food and basic goods, information from various health agencies. At the same time we began to post photos of people working on the ground as a window into what was happening around the community. I think this really helped to uplift everyone and reinforce the sense of pride within the community, seeing fellow community members stepping up into these roles.

Carmen Galligos pulled long days managing the emergency phone and answering questions.

Right away the Government and Administration were openly transparent about everything taking place. As Hegus Clint Williams said, “We wanted the community to have all the information so that we can all take the steps to protect our community and our neighbors.” Many organizations in the region have praised the open transparency displayed by the Nation. A large part of mounting the response required having access to up-to-date, accurate information. In that regard the community ramped up testing, encouraging anyone with any symptoms to get tested. After multiple rounds of drive-through testing, the Nation had more of an idea of the scale of the community transmission, keeping the shelter-in-place order active for close to two weeks to flatten the curve.

Over the last two weeks, the Nation’s Food Bank went into high gear, headed by community wellness coordinator Brandi Marriott. At the beginning they were pulling 12-hour days. Brandi and her amazing team of workers and drivers supported the community ensuring food security, shopping, assembling care packages and contactless delivery of essential items to those requesting, elders and those isolating.

“I am grateful to be working with an amazing team on the front lines and those behind the scenes to bring provisions to our community members. My heart is overflowing with pride for our Tla’amin members coming together so strongly and proudly for our Nation and

our people,” adds Brandi.

During the shelter-in-place order, those who developed symptoms continued to self-isolate. The severity of the cases has varied with some people having mild cases, and a couple others requiring hospitalization. Tla’amin Health has been doing a great job on the front lines continuing to support the needs of the community and those in isolation. Our incredible nursing team and our amazing home and community care team have been preparing for and training for this since March!

We’ve also had a lot of support from the broader community coming in. Volunteers such as Phil Russell and Rikki Freeman ran supplies and medication into the community multiple times daily for people. Rikki was also feeding the checkpoint personnel, dropping off coffee and baked goods almost daily! We’ve had donations coming in from so many people, sometimes food for the frontline workers and other times donations for the foodbank and general medical supplies, including masks. I remember seeing the owner of the Tim Horton’s at one point, and another lady from town who said, “My heart goes out to you guys.” All of us here in the community would like to offer a huge thank you for all the support; every little gesture goes a long way to keeping spirits soaring!

I can’t imagine the stress the legislators and our management team, Rod Allan, Steve Hunter, Richard Gage and Cathy Galligos would have been feeling in the first few days of this outbreak, but they have done a fantastic job mounting the response. They figured it out pretty quickly and worked tirelessly behind the scenes to put all the pieces in place to really effectively deal with this situation. Hands raised to everybody working to help contain this and to everyone in Tla’amin for being so patient and resilient and #TlaaminStrong!

We’re not out of the woods yet. We are still in a State of Emergency. Although the shelter-in-place order has been lifted, the checkpoint and curfew remains in effect to help flatten the curve. Non-Tla’amin residents are not allowed access into our community, as an extra precaution to help flatten the curve so we can get back to the new normal.

The responsibility now falls on every single person to do the right thing and ensure you are wearing a mask, sanitizing and isolating if you are feeling unwell. Thanks everyone. **RRL**

Every day is PJ day

Online Post-Secondary in the Age of COVID-19

BY MORGAN PÉPIN

BEEP. BEEP. BEEP. Groaning, I blindly swipe at my phone to silence the alarm. When I check the time, 5 am glares at me from the screen. I consider ignoring the next alarm and going back to sleep. But then I remember. It's 8 am in Ottawa. I have class in 30 minutes.

Like most post-secondary students this year, I am settling into the routine of online education. With the onset of COVID-19 in March, post-secondary institutions across Canada emptied their classrooms and forced students, like me, to learn virtually.

That means I sit in front of my computer while my professor talks at me and the rest of the students from the screen. Some lectures are pre-recorded and we can watch them at anytime on our own. Others are live like my 5:30 am Monday class. We are all expected to show up on screen looking like we're ready to learn.

Over the summer many schools announced their

REALITY BITES: Chloe Elzer is an animation student at Algonquin College in Ottawa. Her parents have set aside a room in the basement as a workspace, where she can attend class, do assignments, and practice her design skills.

Photo editing by Chloe Elzer



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“It’s not ideal, but I’m going to make it work because I have to.”

- *Lauren Davis*

decision to keep classes virtual for the fall semester.

Despite the occasional early mornings, online learning does have its benefits.

“I get to be here with my parents,” says Chloe Elzer, a Powell River local. She is studying animation at Algonquin College in Ottawa. Chloe is happy to be home in Powell River, where she says she hasn’t been able to spend much time since starting college.

For students like Chloe and myself, living at home while studying has lifted a significant financial burden. I don’t have to worry about paying rent or buying food, instead focusing all my money on tuition (of course, the option to live at home is not available to all students.)

With no travelling to and from class, online learning has freed up some precious time in a student’s busy schedule. No more long bus rides or valuable minutes spent sitting in traffic is a simple but significant benefit.

“You have more time to relax and read. Before you had to start your day earlier than it actually started,” says Lauren Davis, a Bachelor of Arts student at Thompson Rivers University. Lauren is staying in Powell River while finishing her degree.

Virtual learning also allows students to set the pace of their studies. A three-hour lecture can now be watched in chunks, instead of all at once – a welcome relief to anyone who struggles to sit still.

“I feel like I have more time to myself and more time to do stuff at my own pace. It doesn’t feel as overwhelming,” Catherine Chinn says. Catherine is studying Early Childhood Education at Vancouver Island University in Nanaimo. Catherine is from Powell River, but elected to stay in Nanaimo so she can do her practicum.

“I like being able to play the lecture at double-speed. If there’s anything I didn’t understand I can slow it down and re-watch it,” says Tim Wriglesworth, an electrical engineering student at the University of British Columbia. Tim says he likes being able to do quizzes and small assignments when he wants during the week, instead of at a scheduled class time.

Even for those of us with synchronous classes (meaning, the class meets online at a specified time for lecture), the virtual environment leaves students free to get comfortable as they see fit.

“Now I can have the audio playing and just wiggle around my house,” says Nicole Tomasic. Nicole is in her second year of law school at Dalhousie University in Halifax. She describes herself as “mostly introverted and a homebody” and likes being able to stay at home while in class.

Chloe remarks that she can now fold her laundry during the break, instead of sitting around waiting for class to start again. I can get up and make myself a fresh cup of tea or grab a snack, something I couldn’t do in previous years.

Although I’ve never gone so far as to wear pajamas to lecture (a common occurrence for many students even before COVID), I am glad I can create a cozy, comfortable space to attend class. This is a welcome change from the squeaky plastic chairs in some of the lecture halls at Carleton University.

The Vancouver Island University campus in Powell River has had to make many adjustments to its programs. Rita Alton, the Interim Campus Administrator of the Powell River VIU campus, describes how classes



STAY FOCUSED: Students like Catherine Chinn are navigating the strange world of online education. Catherine takes notes by hand to help her focus on her studies.

TIPS FOR SURVIVING ONLINE POST-SECONDARY SCHOOL

Get dressed

Have a designated work area

Keep snacks on-hand

Hydrate

Silence your phone

Take notes

Get up and move around

Put ALL your assignments on one calendar

Establish a schedule

Be mindful of time differences

Use discussion forums, even just to read classmates’ questions

have been split in half and meet twice a week to accommodate physical distancing measures. The university has protocols to ensure the hands-on classes can still happen.

“We have seen a decline in enrollments, especially international enrollments,” says Rita. “We are committed to delivering high-quality programs. The instructors and everyone involved have worked really hard to ensure that we’re able to do that,” says Rita.

Online post-secondary has not been all smooth sailing, of course. Upsetting a decades old system and an established style of education is bound to have its challenges. For most students past their first year of university, online learning is unfamiliar. I spent three years developing a strategy of learning and study that worked for me, only to change it all in the final year of my degree.

Chloe admits that it’s a big adjustment.

Lauren notes that “it’s hard because it’s just so easy to lay in bed, which is not very motivating”. She says if she doesn’t stick to the schedule she’s made, it would be very easy to fall behind.

An important element of many classes – and the post-secondary experience as a whole – is class discussion and interaction. Unfortunately, online learning does not always allow that to happen, says Catherine. “I miss seeing all my classmates.”

Nicole, too, notes that law classes rely on lively debate – much easier to provoke in person.

“Zoom is not conducive to online discussion and debate,” she says.

Online learning is especially difficult for programs with a hands-on component. Electrical engineering student Tim, who is currently in a co-op placement at

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BEFORE COVID-19: Nicole Tomasic (third from the right) is attending law school at Dalhousie University. Before COVID-19, many of her classes involved group work. Here she participates in her first group activity as part of fall orientation last year.

APPRECIATING PROFESSORS

Students are not the only ones adjusting to this new style of learning. Professors and instructors have spent the whole summer preparing to deliver their classes online – a totally different platform than most are used to.

“I feel for the professors,” says Nicole, “because there’s a lot to manage on their end.”

“The teachers are working their butts off. They really pulled through,” Chloe adds. She says her professors have been very accommodating, even giving her extensions on assignments because of the time difference.

UBC’s Radio Science Lab, works mostly from home.

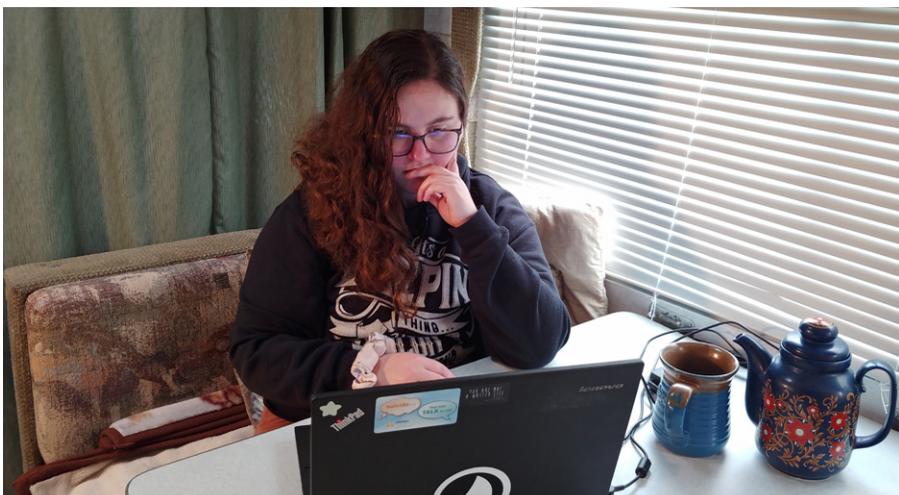
“I moved back to Powell River for the summer and worked from home,” said Tim. “I took some lab equipment with me

to keep doing my work, but it was not an adequate replacement of the state-of-the-art equipment at UBC. A lot of my decision to choose to work at the lab was to get access to resources I wouldn’t have elsewhere, so moving to a work-from-home format was not something I liked. Now, in September, we are doing a millimeter-wave measurement campaign on UBC’s campus with Rogers and Ericsson, so I am back in Vancouver. We are still working from home when we are not out in the field.”

Thankfully, he will still graduate as planned.

Although most schools have not made any official announcements about the second semester yet, it seems likely that the whole 2020-2021 academic year will be online.

“It’s not ideal, but I’m going to make it work because I have to,” says Lauren. A sentiment shared by myself and many students across Canada. **RL**



LONELY LECTURES: Article author Morgan Pépin, alone, with her laptop.



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City wins climate leadership award

The City of Powell River has won a prestigious award for climate leadership in Corporate Operations for our overall corporate climate action strategy and Climate Action in a Small Coastal Town.

“We all share in this recognition,” said Mayor Dave Formosa. “It might be the City’s name on the plaque, but our citizens made it possible with their support for what we’re doing as a city. I’d also like to acknowledge the incredible work by the dedicated volunteers who sit on the Climate Change Mitigation and Adaptation Committee. For a small coastal city, we’re big on climate action and cost savings.”

The award, presented by the Community Energy Association, recognizes Powell River’s achievements in 2019 and the City continues its progressive actions in 2020 toward greater sustainability and significant reductions in greenhouse gas emissions and energy costs.

“We are honoured to be recognized for our climate actions at the provincial level,” said Sustainability Planner, Ana Lukyanova. “These initiatives are reducing both our greenhouse gas emissions and utility costs, and there are many opportunities for us to do more moving forward. We invite all



residents to share their thoughts with us on what climate action they would like to see.”

To have your say in Powell River’s sustainability and climate change discussion, visit the City’s public engagement site, Participate Powell River at participatepr.ca.

The Community Energy Association awards were announced by the Minister of Environment and Climate Change Strategy, George

Heyman, on Wednesday, September 23, as part of the Union of BC Municipalities Convention in Victoria.

The Climate Energy and Action Awards are sponsored by the Community Energy Association in partnership with the Province of British Columbia, Union of BC Municipalities, BC Hydro, FortisBC, and Real Estate Foundation of BC.

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Parks and Trails Master Plan Phase 3 Survey

Thank you everyone for participating in this process so far. We now have a **draft Parks and Trails Master Plan** to share with you.

Complete our short survey at participatepr.ca by Sunday, October 11, 2020. Results will be used to finalize the plan.

Take the survey now!





Spouses & sports offer support

NO HAIR DAYS: In the midst of chemotherapy, you can either rock a toque, as Suzi Wiebe did on the left, or show off your shine, like Stan Westby did, on the right.

Breast cancer is not what he was expecting

BY STAN WESTBY

Three-and-a-half years ago, I received the shock of my life. I was a fit 59-year-old man playing hockey and going to the gym. I found two small lumps in my breast and told my doctor about it. He said he was sure it was fine, but sent me for a precautionary ultrasound.

From there it was like Ground Hog Day. "I don't like what I'm seeing but I'm sure that it is fine." This was the response I received at the mammogram clinic, the breast cancer clinic and the biopsy clinic.

Finally at the biopsy clinic I received resolution.

Walking into the clinic was an odd sensation, the Saskatchewan Hospital has a beautiful facility decorated in bright decor and light positive-themed colours, primarily peach and pink. The entire area is devoted to breast cancer. The waiting room was very large, filled with women, either alone or in pairs. My wife and I were the only couple and we received many smiles. "Look at that lovely husband supporting his wife," is what they all seemed to be saying.

When we were placed in a clinic room my wife

"That was when we started to develop a much needed sense of humour about it all."

and I speculated that the worst thing that would happen would be that they would remove the lump and we'd be told it was benign.

The female physician walked in and a dire chill descended on us. "There is no beating around the bush - it's cancer." Once you hear those words you can't register any more. My mind played out the worst scenarios and they were not friendly with a happy ending. The next day I received a phone call and surgery was scheduled for six days later. One month to diagnosis and one week to arrange surgery. Remarkable.

The two most difficult parts of the process were the biopsy of the breast and the needle to insert the dye into the breast before the operation. My wife watched both procedures with intense interest. I cringed.

I had a full mastectomy on the right side. The surgeon

Within the last few years, Powell River locals and hockey players Stan Westby and Suzi Wiebe were diagnosed with breast cancer. Both went through a harrowing diagnosis, onerous medical treatment, and recovery; both survived.

For October's Breast Cancer Awareness month, they're sharing their very personal stories for the first time.

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The BC Thanksgiving Food Drive was a big success! Thanks to our sponsors and the generous community:

8,165 pounds of non-perishable food for the Powell River Food Bank and the Salvation Army and Seventh Day Adventist Food Banks

\$550 in cash donations

Thanks to all those who donated this year, to our sponsors **RONA Building Supply, Quality Foods, 95.7 Coast FM,** and to our **55 volunteers!**



We visited 4600 addresses. Thanks for your generosity!



A special thanks to the trucks and drivers from RONA, Salvation Army and the Food Bank



WINNING: Stan Westby is back to health, hockey and happiness.

advised that one of the four lymph nodes had cancer. Not great news, but not so bad. He said the next step was chemotherapy “where we would blast the hell out of the remaining cancer cells.” Interesting fellow this surgeon. But he did give me reassurance that I could live with cancer—my first glimmer of positivity since receiving my diagnosis.

After a month of recovery from the surgery I started chemotherapy. I began with the insertion of a shunt from my arm into my heart. This is how the chemo would be administered. A large dose of steroids was prescribed for the days before the treatment. This created a lovely chipmunk face which was further enhanced by the loss of my hair. That was when we started to develop a much needed sense of humour about it all.

The humour would be needed as we moved forward. Chemo was hard. Many advances have been made and every cancer treatment is different. My experience is that although much has been done to minimize the nausea, there is still the discomfort of the drugs circulating through my body. I thought that I would be able to watch TV and read but I couldn't. The only relief was when my wife read to me. This continued for almost five months through six treatments.

After the shunt was removed and my body had recovered, we decided to start our journey back home. We started with Penticton where we had family. My wife packed and organized the move. I was very weak, tired and listless. We arranged an Air B&B in Kelowna and started radiation therapy at the Kelowna Cancer Therapy. My introduction to the clinic was from a young volunteer who had “F**K cancer” tattooed on his arm. Interesting. Very pleasant and helpful young man. It reminded me of the surgeon who

MALE BREAST CANCER: A RARE DISEASE

Male breast cancer is rare, accounting for less than one per cent of the estimated 26,000 cases of breast cancer diagnosed annually in Canada. In 2019, approximately 220 men were expected to be diagnosed with the disease, and of those an estimated 60 men will eventually die from it.

Male breast cancer often presents as a lump or thickening in the breast which may be ignored by a man who is not aware that he can get breast cancer.

Research shows that men are more likely to delay seeking treatment, which results in a higher stage of disease at the time of diagnosis and often a higher mortality rate.

The BC Cancer Foundation says there's a stigma surrounding male breast cancer and it's important for men to watch for signs of the disease.

suggested I get a tattoo where my breast used to be. Instead I got my mom's name. Seemed more appropriate for my lifestyle.

For me the radiation treatment was the easiest part of the whole process. Show up five times a week for four weeks and have a short painless radiation. It burned a bit but no more than a sunburn. I felt extremely awkward when I left the clinic after my last treatment. After being with these clinicians for a month they simply said “See ya” and off I went. I expected to be told I was in remission. Naïveté, I guess, on my part.

On the way back to Powell River, I was driving when I received a phone call on my Bluetooth. It was the head of the cancer clinic at Kelowna. We had a great talk and she told me about the follow up care that they had arranged with a local cancer specialist, a local physician, four followup treatments a year, and drug therapy for 10 years. All in Powell River.

I felt so fortunate. I was so glad that I continued talking and driving until Lions Bay. I had never before missed the Horseshoe Bay turnoff in 20 years of driving to Powell River.

Since I have returned I have been very open and frank about my cancer. Don't be afraid to talk to your doctor, check your body and have regular check-ups. That goes for men and women. I also found the facilities and staff for cancer were top notch in Saskatchewan and BC. This is part of the legacy of the Terry Fox Foundation and I urge everyone to support this group any way that you can.

Lastly, I found that cancer is a multi-faceted disease. Everyone is different, every treatment is unique and that with new treatments and research more and more people are living with cancer. And that is good.

Mask wearing can prevent the spread of COVID-19

Please wear a mask in public settings when physical distancing (staying 2 metres apart) is not possible for an extended period of time.

TIPS FOR USING A FACE MASK



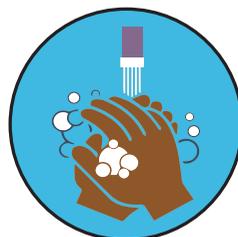
Keep your nose and mouth covered.



Wash cloth masks regularly; throw away disposable masks when dirty or damaged.



Avoid touching your mask.



Wash your hands before putting your mask on **AND** before taking it off.

October is
Breast Cancer Awareness Month

A baseball saved my life

BY SUZI WIEBE | suzi@prliving.ca

Call it my old and slow moment. I've always played baseball; I played it growing up, so I consider myself a ball player. However, on that day, at that moment, I missed a grounder that came up unexpectedly. I didn't get my glove up in time to catch it and it hit me in the chest.

I was bruised in more ways than one. Along with my pride, the impact of the ball left a bruise and a bump on my chest. Over time the bruise faded but the bump remained, so I made a doctor's appointment.

Eight weeks had passed since the baseball hit my chest and the bump was now a lump that had been touched, squished, scanned, biopsied and then on June 14, 2017, diagnosed as breast cancer.

Who do you tell, not tell? Do you tell the world?

Twenty-four hours had passed since that life-altering moment. I tried to work; I even drove to see one of my clients but I couldn't go into the business for fear I would start crying so I went home.

I had so many questions and no answers. I cried a lot.

I called my husband Rod at work and asked him to come home. I wandered through the house, thinking too

As word spread, I was getting all kinds of great messages and it became apparent I couldn't keep answering with long explanations, so my cancer was given an identity: "Maintaining Rock Star Status."

much, worrying too much and when Rod came through the door, we cried together. I tried to watch TV but the show was sad, and the music was sad, so I just went to bed.

It rained the next day; it seemed appropriate. I caught myself holding my breath, I wasn't sure why. I had so many things to think about, so many questions and no answers. When Rod came home to check on me, I said we needed to talk to someone.

I texted Sneeta Takhar, a local oncologist, who also happens to be my friend and hockey teammate. She met us for coffee and we talked. I was so glad she



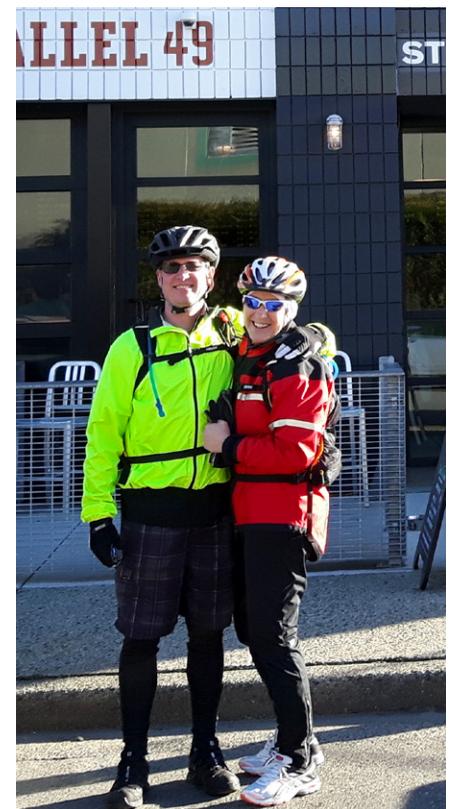
TOQUE NIGHT AT THE ARENA: Suzi Wiebe's team, the Ice Cats, wore toques in support of her, when her hair fell out. Right, husband Rob Wiebe, the RCMP Staff Sergeant, rode in Cops for Cancer on behalf of his wife.

was my friend. Little did I know that she was about to become MY oncologist, too.

The journey begins

Rod and I decided to tell just a few people: our kids, family, some extended family, colleagues, and a few friends. It was hard, but there was also this huge sense of relief once our people knew and didn't run to the hills. Our people were amazing!

As word spread, I began getting all kinds of great messages and it became apparent I couldn't keep answering with long explanations, so my cancer was given an identity: "Maintaining Rock Star Status." It even evolved into having its own emoji, the smiley face wear-



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ing sunglasses, sometimes with a guitar. When I was out and about people would ask, "How's the Rock Star?" Moments like these always made me smile.

The cancer plan

Right breast lumpectomy, 16 weeks of chemotherapy; a second marginal surgery (precautionary); four weeks of radiation to be done in Vancouver.

Sounds like all kinds of fun! I got this, I'm a Rock Star!

My plan

I can sit on the couch, or I can play outside.

I am going to play outside, and my people said they would help me.

I promise myself I will get up every day, shower, get dressed, and if that is all I do that day, that is okay.

I will go to work. Just because you have cancer does not mean you need to stop living. I have a family who needs me. Cancer was not going to decide my future!

I had plans with my daughter Aubrey to run the 5 kilometre Foam-Fest in Nanaimo before my first surgery. This was Aubrey's 25th birthday present – she prefers making memories over getting stuff. Our shirts said: "Don't Ring the Bell!" - don't give up.

I played slow-pitch; I kayaked with friends, I mountain biked, Thirsty Thursdays at Townsite Brewing, you know... all the normal stuff.

Chemotherapy

My first day of chemo was September 12th, 2017. I was told I would not be allowed to teach my learn to skate classes. My doctor said the little kids are too germly. "Walking petri dishes," was the term I believe she used. I did convince my doctor, who is also the goalie on our hockey team, to let me play hockey on Sundays, but I had to promise I would



CELEBRATION: Insist on feeling your best and doing your best, even when you're at your worst. That was Suzi Wiebe's lesson that helped her get through breast cancer.

not use team water bottles or shower at the rink. I agreed. I was also told that I would likely not be playing after my second chemo treatment as I would be too tired. I played every single Sunday from September to December, 16 weeks, except for one when I just didn't feel great that day!

I learned quickly that chemo makes it hard to get oxygen to those big muscles, but I adapted. I skated a little less and passed a little more. My Ice Cats hockey team was awesome with lots of laughs on and off the ice. They just let me come and play. When my hair fell out and I had to wear a toque to help keep my helmet on, my team organized a toque night at the Hap Parker arena. They all wore toques on the ice, too. My daughter would haul my hockey bag up the stairs to my locker when it just became too heavy.

December 19th was my final chemo treatment. Rocked it!

Radiation

Radiation in Vancouver was next. Five days a week from March 5 to the 29th. I requested to have my radiation in the morning as it took less than half an hour start to finish. In fact, most

days I was done before Rod even parked the truck. That gave us the rest of the day to go and do something fun.

We found a nice place to stay, an Air B&B just off Commercial Drive, about 15 minutes from the hospital, one block from amazing restaurants and close to things to do.

We took our mountain bikes and did a portion of the BC Ale trail; we went to a Canucks game; and a movie in the afternoon (seriously when was the last time you went to a movie in the afternoon?) We bought a 30-day punch card at a nearby gym. We had dinners with family, shopped, walked and I learned to nap. I was in Vancouver for a month and I took full advantage of it.

Recovery

I learned a lot on this journey.

This was hard on my family. They hid their feelings to protect me. I learned that it was important to be gentle with them when I was struggling. I apologized a few times for taking out my frustrations on them. Good thing they love me.

I also learned that people are not nice to you just because you have cancer. They are nice to you because they like you and

This was hard on my family. They hid their feelings to protect me. I learned that it was important to be gentle with them when I was struggling. I apologized a few times for taking out my frustrations on them. Good thing they love me.

because they care.

Let them ask: "How are you doing?" and give them a sincere answer even though you've answered that question 100 times that day. Thank them, hug them!

If people offer to come and sit with you during chemo treatments, say yes. It helps them as much as it helps you.

Don't stop working; tasks are good. The folks I work with had my back on my good days and my not so good days.

When my hair started to fall out, I gathered my friends together and went to the salon. We drank the aptly named wine, Skulls & Oops, and I had my hair cut short.

Wear mascara every day.

Eat stuff that makes you feel good, but always try to eat good stuff!

Love the color pink! Consider it a part of your journey. Your people will identify with it and gift it to you, so love it!

Remember that toques are your friend. I was given many and I wore them all.

None of this is easy and I could not have done any of it without surrounding myself with good people. So go, get off the couch and go and play outside. **PR**



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Confused? That's because local gas prices are not explained by the new gaspricesbc.ca website... yet

BY PIETA WOOLLEY | pieta@prliving.ca

The light purple stripe on the chart above is what we're interested in. That shows the retail margin of Powell River's gas prices - how much gas stations charge customers. At press time, the gaspricesbc.ca website was reporting that the retail margin here is 24 cents a litre - much higher than the eight cents a litre the fuel think tank Kent Group says is average for Canadian gas stations.

As anyone who has been following this story knows, there's something wrong with this chart. Indeed, a spokesperson for the gaspricesbc.ca confirmed to *Powell River Living* that these calculations do not take into account how much it costs to ship gas here, transport it on the ground in Richmond, and store it. All of those costs are represented in the purple stripe - which makes it look like gas stations are gouging us with 24 cents a litre, instead of that 24 cents being spread among several gas-handling companies.

Gas stations are probably not gouging us. But, Powell River drivers would like to know how much we are being charged for each step in that process - which is why we've been banging on the provincial government's door for so long.

The information is coming, according to Kristine

Dashboard 3 - Margin View

Components such as retail price, taxes, refining price and the price of crude oil all affect the average price of fuel in BC. Hover over the graph to see a definition of each component that makes up the cost of fuel. You can change cities, date, and fuel types for more information.



Retail Margin: The BC government has defined Retail Margin as, "the difference between the amount a retailer pays for gasoline and diesel and the amount the retailer charges its customers for gasoline and diesel, excluding taxes".

NOT THAT HELPFUL: The BC Utilities Commission's gaspricesbc.ca website will start publishing results of its investigations sometime over the next year. The above is just based on available public information.

Bienert, the BCUC's executive director of compliance, energy supply and mandatory reliability standards. She explained that available public data was put on the website this spring. This summer, website staff have been collecting comments on that data from individuals, including some from Powell River. In November, they'll start the actual investigation of how much each business is getting from gas - unless interrupted by a different mandate if another party wins the October 24 election - and they'll report that on the website as it becomes available.

"Based on the feedback we have received through our website, we understand that residents of Powell River and other cities in BC, would like the BCUC to do a deeper investigation into what is causing price differences in their cities," said Bienert. "We are hopeful that some of the information individuals are seeking will become clear through the publishing of further data as well as future BCUC analysis and reports. In addition, we look forward to hearing more from the public throughout the remainder of this data collection project, as well as the Retail Pilot."

October 2020 marks one year since *Powell River Liv-*

ing magazine published its first article investigating local gas prices. Since then, we've published many more, co-hosted a Town Hall with our MP Rachel Blaney and MLA Nicholas Simons, sent petitions to Ottawa and Victoria asking for political action, and kept a keen eye on what the BC Utilities Commission (BCUC) is up to.

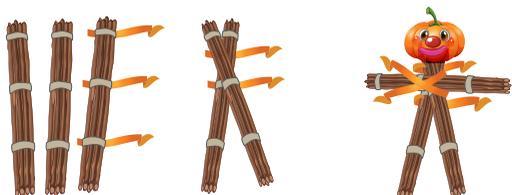
The limits of reasonable local action on gas prices have been reached. At this point, we're looking to the BCUC, which has been investigating the higher price for fuel in BC since early 2019. Why, in other words, have gas prices here been up to 30 cents per litre higher than in neighbouring communities?

At the same time, the BCUC is continuing its work investigating why gas prices BC-wide are so much higher than they are elsewhere in Canada. At the end of the agency's investigation in summer 2019, the BCUC couldn't explain the last 13 cent per litre discrepancy between gas prices here and elsewhere in Canada.

The good news is, since this BCUC work and citizen work began last year, local gas prices dipped from where they were stuck for so long at \$1.59.9 per litre, and are now much closer to our neighbouring communities' prices. [PRL](#)

Build a pumpkin person

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



Enter it in the contest

Let us know where your pumpkin people are so our judges can visit, and you might win great prizes! Email contest@prliving.ca before 4 pm on Oct. 30

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COMMUNITY RESPONSE FUND

Over \$148,000 already awarded to local not-for-profits in the community:

Previous recipients include:

- The Canadian Council of the Blind (\$750)
- Inclusion Powell River (\$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 & PR Community Services Association (\$25,000)
- Powell River Community Radio Society (\$1,000)
- Malaspina Art Society (\$4,000)
- Bike Lund, Lund Community Society (\$5,000)
- Lift Community Services (\$12,000)
- Powell River Model Community Project (\$10,000)
- Texada Food Bank (\$1,000)
- Lift Community Food Box (\$10,000)
- Lift Community Family Place (\$12,000)
- Texada Seniors Housing Society (\$3,000)
- ORCA Bus (\$13,000)
- Powell River Assist & Senior Citizens Association Branch #49 (\$10,465)

This round's recipients:

- **Powell River Brain Injury Society (\$3,000)** – Support the purchasing of food needed for a new weekly meal program that supplies regular, safe and healthy food access and shares nutritional information with clients during COVID-19.
- **Powell River Salmon Society (\$3,000)** – Support the development of interactive, online Pacific Salmon educational programs aimed at engaging and educating students (including immune-compromised students) in the qathet region during COVID-19.

Next funding intake deadline is Friday, October 30th at 5 PM



Funded in part by the Government of Canada



Visit prcommunityfoundation.com/community-response-fund for more information or to apply or donate.

What do people do during a pandemic?

They boat

Fraser Martyniuk and Claudia Bich moved here three years ago from Vancouver. After coming up to visit Fraser's parents, they recognized the high quality of lifestyle, lower cost of real estate and work opportunities within the marine community that Powell River had to offer. Claudia, a rough layout artist and animator, decided that she could commute.

Fraser found work here with a local charter company before opening his own business, Pacific Spirit Marine, in Westview two years ago.

Pacific Spirit Marine provides a wide range of marine services to the Powell River boating community, including repairs, installations, yacht management services and instruction. Fraser has over 20 years of experience in the marine industry. "My grandfather was a Japanese boat builder in Steveston," he said. Fraser discovered he had "salt in his blood" at the age of 16 and began working in the charter business. He taught sailing and then began working with a company that did high end marine installations all the while honing his skills.

"Powell River is a boating community that doesn't know it is a boating community," said Fraser. "There are almost 500 boats in the water at any given time. We have fully packed marinas but barely enough services to compliment the

industry."

Claudia is currently employed by Sony Pictures Imageworks. This company is based out of Los Angeles but most of the production takes place in Vancouver. She tried to work from home for the longest time but the animation industry in Vancouver wasn't ready...until there was a pandemic.

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

Fraser • My first concern was for the safety of the community. At the time, very little was known about the virus and there was a good chance that our economy as we know it was coming to a grinding halt. I was worried for the community as a whole, then for myself as I was starting to wonder what steps would be required to ensure the survival of my business, especially from a supply and demand perspective.

Claudia • I thought they might lay us off or want us to keep working from the office.

What opportunities did you see?

Fraser • Once things became a bit more stabilized, it became obvious that with nowhere to travel during the summer, boating was going to have to fill in the gaps for vacation options. I work closely with a local charter company and when I noticed their charters were still



A DIFFERENT TACK: Fraser Martyniuk has been very busy servicing the marine community in Powell River and beyond since the beginning of the COVID-19 pandemic. His partner Claudia Bich, a Vancouver-based animator, now lives in Powell River full-time thanks to new company policies that make working from home possible.

allowed to go ahead, it became obvious that the industry was going to see a bit of a rise as opposed to the predicted downturn.

Claudia • Finally being able to work from home!

What have you been doing that you haven't done before the pandemic? Have your customers responded to the changes you've made?

Fraser • Obviously, the safety measures are one thing that are new to all of us, I typically have to make sure my clients stay off the vessel while I work on it, and sanitizing a worksite is a little unusual, otherwise it is mostly business as usual.

Claudia • As an employee, the only difference has been working from my own home office and not having the same contact with coworkers and my team, but the workflow has been the same with the silver lining of not having to commute any more other than from the bed to the kitchen to the office!

Which pandemic-response government programs have been helpful to you? What do you wish was provided?

Fraser • I haven't been using any government programs as of yet, but I am eternally grateful that there are programs available to help us through these tough times.

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Claudia • I am lucky enough to have not needed any government help.

Have you received any help, support or inspiration?

Fraser • I have been receiving plenty of support from family and my wonderful girlfriend Claudia, the community of Powell River has also been a massive source of support, whether it be for the business or even just a resilient community spirit that constantly surprises me. Having previously lived in Vancouver, the connection I get with neighbours, clients and local businesses in Powell River is unlike anywhere I have ever lived.

Claudia • I received help from my extended family in Powell River, mostly to deal with the big emotional changes related to this weird moment in our history.

How has the pandemic impacted your customers?

Fraser • Back in March I noticed a large exodus of the snowbirds from the US as Canada was closing its borders, and I would say a lot of those clients had to return early. I typically provide a lot of those clients' yacht management services while they're gone over the winter, so there's a few of the clients that are sticking around this year instead of heading to warmer climates. There has also been a boost in demand to perform spring maintenance services for clients, so those that are coming from further afield can hop on their boat, without having to prepare too much before their trip. Everything from oil changes to picking up groceries has been on the list.

Claudia • As an artist employed by a big studio, I don't have direct customers, but the client we are working for doesn't seem to have been affected by the pandemic. The movie that I am working on didn't suffer any financial cuts and the entertainment industry is still going strong and helping people not get too bored in their homes.

How has it impacted your staff?

Fraser • I was initially planning on hiring an employee this year, but due to COVID and the uncertainty with the boating industry, I decided against that at the last minute.

Claudia • We all started to have different interactions with each other as a team and we probably got closer even at a distance.

How has it impacted your family?

Fraser • Visiting my parents, who also live in Powell River, has been hard. We've made up for it by having outdoor distanced gatherings, but there's certainly nothing like getting a warm hug from a family member to lift your spirits. Bring back the hugs!

Claudia • I am a layout artist and animator. For the last three years I have

travelled to Vancouver to work. I'd stay in Vancouver and come home to Powell River on the weekends, every two weeks. I've been trying to find an agreement with the different studios I have worked for to let me try working remotely, since Powell River has fast enough internet service for my work needs but the industry wasn't quite ready yet. Then the pandemic happened and the companies had to make the quick choice to completely change their work platforms and comfort zone. The amazing IT and systems departments worked hard during long hours to arrange for thousands of artists to work safely from home.

My own family lives in Italy so it was hard and it's still hard to think that we don't know when it will be safe to go visit them. Although it was an adjustment, I can still see my family here.

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

Fraser • Buy Zoom stock. Haha!

Claudia • Never hold off on a hug you want to give someone as you never know when you will be able to do it again.

What changes do you think you'll retain into the future?

Fraser • Spending as many of my dollars in the community as I can. The community here has really banded together to try and support the local businesses in these tough times, and it's evident that it works. Supporting local businesses over the large corporations makes all the difference in a small town like this. It might be more expensive, but those dollars stay in the community.

Claudia • I hope I can still work remotely.

What's surprised you most during this time?

Fraser • Just how lucky we are to live in such a beautiful place. With all that's happening around the world, the community spirit in Powell River is still second to none, the proximity to nature allows us to escape and have a little quiet time to calm the brain.

Claudia • How much people came close to each other to support and help, within Sony and in the community of Powell River.

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

Fraser • Travel. Claudia is Italian and as her parents get older, we like to go back and visit as often as we can. Indulging in a little food and wine while we're there is nice, too.

Claudia • I think there's no normal in life, but I sure hope that we learned how important human touch and relationships are and how important the environment is and that if we want to, we can change and adapt to make things better. 

Even COVID can't dampen Texada's warm welcome

Meghan and Fraser Clark and their sons Callum, 9, and Lochlann, 7, are Ontario natives who moved to the West Coast last fall. Meghan works remotely in marketing for an Ontario university and Fraser is a journeyman utility arborist. As a family, they enjoy spending time outside hiking, sailing, and camping all year long.

Why did you choose Texada Island?

Meghan • In the fall of 2019, we sold all our belongings in Ontario with the intention of living long-term on a sailboat and travelling. We settled at Port Sidney Marina but unfortunately, the pandemic caused us to pivot. After spending three months quarantined together on a 44' sailboat, we began looking for property where our boys could run around while we worked. Fraser grew up in Northern Ontario and the Powell River/Texada Island area felt similar with the added benefits of mountains and the sea. After making a few calls to learn about Texada, we came to visit when local travel was permitted in BC and officially moved here a month later. We loved the island and the numerous opportunities for outdoor activities. The small island school is a bonus.

When? Where from?

Meghan • July 2020, Sidney BC

What surprised you about Texada once you moved here?

Meghan • It maybe wasn't surprising but we really appreciated how friendly and welcoming everyone is. From our first breakfast at Mary Mary's Café, when the owner told us she and her husband lived upstairs and were always home if we ever needed anything, I knew it was a good place.

Where is your favourite place in Texada

Meghan • I don't think we've been here long enough to have a favourite place. We still have a lot of exploring to do. Although our sons are really intrigued by the old mine tunnels near our property.

How did you first hear about Texada?

Meghan • It's truly ridiculous but it was honestly realtor.ca while looking for property. My mom went to high school in Comox and has a funny story about her school basketball team getting stuck in Powell River when a truck drove part way off the ferry ramp, but it wasn't a place we really knew anything about.

What aspect of your previous community do you think would benefit Texada?

Meghan • Our boys really miss the skatepark in Sidney.



WELL, NOT EVERYONE IS BOATING THROUGH THE PANDEMIC: Fraser, Callum, Lochlann, and Meghan were planning to live on a boat, but quarantining as a family in that tiny space wasn't working. So now they happily live on Texada Island.

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

Meghan • I think meeting new people is often challenging, but especially right now with limitations on social gatherings. I also work remotely, and internet and cell phone service are a real challenge. I actually worked out of our truck in the library parking lot for a week or two when we first moved here, because there was a delay getting our home internet hooked up and cell service is so bad!

If you were in charge of Texada what would you do?

Meghan • I would love to see that direct ferry to Comox start up again, but I know there are people who are working hard to make that happen. Improving internet service would also be a priority. As the world shifts to working online, there is a

lot of opportunity to bring young people to the community.

What are Texada's best assets?

Meghan • We love the outdoors, so I have to say all the ways to enjoy nature. It's also a very special place where people are generally free to do as they wish with limited oversight.

What is your greatest extravagance?

Meghan • Heritage breed baby chicks. They are very pretty and when Netflix won't stream, they are also entertaining.

Which talent or superpower would you most like to have?

Meghan • I think teaching requires real talent and is also possibly a superpower. I really hope we do not have to go back to homeschooling any time soon. **PRL**

Know someone we should feature in I Made the Move? Contact Isabelle at publisher@prliving.ca

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BLAST FROM THE PAST

Stormy seas sink passenger ship

BY JOËLLE SÉVIGNY

Late in the evening of October 11, 1947, Al Alsgard, publisher of the *Powell River Town Crier*, was advised that the passenger vessel, *MV Gulf Stream*, had struck and foundered on Dinner Rock.

His 12-year-old son, Stewart, recalls the flurry of his Dad creating an Extra Edition of the *Crier* and a report to the *Vancouver Daily Province* together with on-site photos of the incident, as well as contacting MovieTone News.

Stewart and his friends Bobby Hamerton and Jack MacIntosh, were tasked with distributing the extra edition on the streets of Powell River. Shortly thereafter, the Patricia Theatre ran the movie report, and the news was soon international.

The *Gulf Stream* was a 145-foot steel-



STILL IN THE WATERY DEPTHS: Three children and two women died when the *MV Gulf Stream* struck Dinner Rock one stormy fall evening in 1947. The vessel remains at the bottom of the ocean.

Photos courtesy of the Powell River Historical Museum and Archives.

hulled passenger vessel that had just unloaded at Westview and was now heading for Lund, carrying 15 passengers. However, it never reached its last destination.

During the stormy evening, around

8:20 pm, the ship struck Dinner Rock at full speed. The scene was traumatic; mere moments after the crash, the cold-water starting rushing in and the lights went out. Five lives were lost: three chil-

dren and two women were trapped and drowned in their staterooms.

The rescue was quick, at 10:40 pm, the survivors were landing at the Powell River dock, brought there by the fishpacker *Betty L*, who was close by and saw flashing lights off Dinner Rock. News of the disastrous event was all over the province within days.

Today, the abandoned ship sits at 160 feet underwater just off Dinner Rock, where scuba divers can explore the wreck and the various forms of sea life that now occupy the ship. If you are kayaking, you can also visit the memorial located at the top of Dinner Rock.

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. **RL**

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The Great BC Shake Out

Earthquake drill October 15 at 10:15 am

Register at shakeoutbc.ca, then at 10:15 am, practice your drop, cover, and hold on. Take time before or after to check your disaster kit, and think how an earthquake might affect you. Because who knows what else 2020 will throw at us?

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Emergency Preparedness Month: Earthquakes, Fires, Pandemics... and probably more

A whole lotta shakin' is gonna go on

Every October, Canadians are encouraged to participate in the annual Great ShakeOut Earthquake Drill. Held on the third Thursday of October, the ShakeOut International Day of Action will take place at 10:15 am on Thursday, October 15. At this time, people everywhere are asked to practice how to Drop, Cover, and Hold on.

The drill is as follows:

Drop where you are, onto your hands and knees;

Cover your head and neck with one arm and hand, as you crawl for shelter under a nearby table or desk;

Hold on to your shelter with one hand until the shaking stops (remain on your knees and covering your head and neck with your other arm and hand).

Researching earthquakes in countries like Canada, shows that homes with our styles of construction, especially when built or retrofitted according to modern codes, have the ability to fare rather well in earthquakes, though damage to foundations, non-structural elements like plumbing, electrical, and unsecured furnishings is not uncommon. Evacuations are relatively rare following earthquakes as there may not be a better place to evacuate to within close proximity and roads, bridges, etc. may be damaged. So planning to be able to stay home, or at least on your property, in the hours and days following an earthquake is a good option.

Because of this, *Powell River Living* magazine wanted to find out what unusual items locals keep in their earthquake kits so we asked:

What's the craziest, most unusual item in your earthquake kit?

John Wick

Owner of Wick's Fire Safety



A box of assorted chocolate, like Pot of Gold, because after an earthquake every day is different, and just like the chocolates you don't know what you will get. Besides, my wife Karen loves chocolates!

Trish Greenwood

Coordinator/Public Educator
Powell River Fire Rescue



A cat carrier with a bag of Temp-tations (cat treats) inside. Yes, the commercials are true, shake the bag and Lu, the fire cat, will run through walls to get them!

For me – my homemade slippers. My feet are always cold and I can't live without this small luxury item.

Ryan Thoms,

Manager of Emergency Services,
qathet Regional District

zy – I don't think this is crazy but my family teases me frequently about what I stock in the "emergency cupboard" so it's become a running joke at our place.

Though I bust them all the time tucking into the cupboard to swipe a can of chili beans for lunch (but this is good as it rotates the supplies and I'm constantly restocking). [PRL](#)

I keep a separate and special stash, dubbed the "emergency cupboard" filled with simple but long lasting foods.

I especially like stocking various kinds of beans and chili – they can be warmed on the stove (if there's power) but also on the barbecue or even a camping stove or campfire.

You asked for something cra-



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1. Register at www.shakeoutbc.ca
Join millions worldwide who will do the drill this October! Even during the pandemic we can practice earthquake preparedness.

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

3. On October 15 at 10:15am - drop, cover and hold on
Look around and imagine what would happen in a major earthquake. What would fall? What would be damaged? What steps can be taken to make your environment safer?

Prepare for the big one

in-person or online

The qathet Regional Emergency Preparedness Service invites you to participate in the Great BC Shake Out on **October 15, 10:15 am.**

Shake Out Considerations for COVID-19

- Will your drill be at **home, work, or school?**
- Follow COVID-19 **health and safety guidelines.**
- Choose your own **date** (or **multiple dates**).

Join Us October 15 ShakeOutBC.ca



What to do during an earthquake:



www.qathet.ca
604-485-2260

Don't put it off: check your smoke detectors and fire extinguishers

When was the last time you checked your fire extinguisher? Better yet, do you even have a fire extinguisher in your home?

With more people working from home due to the pandemic, it's important that you have proper equipment and that it has been serviced recently.

October 4 to 10 is Fire Prevention Week in Canada. At this time, it is a good idea to do an inventory of your smoke detectors, carbon monoxide detectors and fire extinguishers and look at other possible fire hazards in your home, workplace and recreation vehicle (RV).

Just as smoke detectors and carbon monoxide detectors need to be checked annually and batteries replaced (if battery operated), fire extinguishers also need to be checked and recharged regularly.

A five-pound fire extinguisher is suitable for your home however a 10-pound commercial extinguisher (or more) is required for the workplace. Commercial

extinguishers must be serviced every year, says John Wick, owner of Wick's Fire Safety and it is a good idea to service your home extinguishers every few years.

Most RVs come with a small disposable extinguisher so it is a good idea to upgrade to a larger rechargeable extinguisher. As well, John recommends that homeowners have a fire extinguisher on every floor of their home. "If your fire extinguisher is upstairs and you have a fire break out by your woodstove in the basement, you could be in trouble," he says.

Maintain your extinguisher by hydrostatically testing it regularly.

Every six years, stored pressure fire extinguishers that require a 12-year hydrostatic test must be emptied and subjected to an internal examination by a trained technician. Non-rechargeable extinguishers are required to be removed from service 12 years from the date of manufacture.

Dry chemical extinguishers manufactured before October 1984 must be disposed of at the next maintenance period or hydrostatic test.

If you maintain your smoke detectors and fire extinguishers, you have a better chance of saving your home should a fire break out. [PRL](#)



Answer the call

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- Be a community role model
- Learn lifesaving skills
- Protect our citizens in times of crisis

The **Malaspina and Northside Volunteer Fire Departments** are made up of dedicated, professional and compassionate men and women who are committed to serving and protecting our rural communities. Our team members practice regularly and are provided with all the training they need to respond to a broad range of emergency situations.



For more information or to join one of our teams:

Contact the qathet Regional District office at 604 485-2260 or check out our website at www.qathet.ca

Be ready for an EMERGENCY

Community Evacuation Guides Available Now

- PREPARE NOW
- KNOW WHAT TO DO
- KEEP INFORMED

The qathet Regional Emergency Program has developed eight community evacuation guides as a result of the communities' input at our Community Evacuation Planning meetings held in spring and summer of 2019.

These guides will help you prepare your own household emergency plan.

Community evacuation guides will be available at the qathet Regional District, Tla'amin Nation and City of Powell River offices, as well as online at qathet.ca. Guides have also been distributed to various

businesses and organizations throughout the region.

The Regional Emergency Program would like to thank first responders, community members and staff for their input. In the event of an emergency, all residents and organizations are critical public safety partners including individuals, frontline responders, businesses, volunteer groups and governments. Everyone's preparedness is essential.

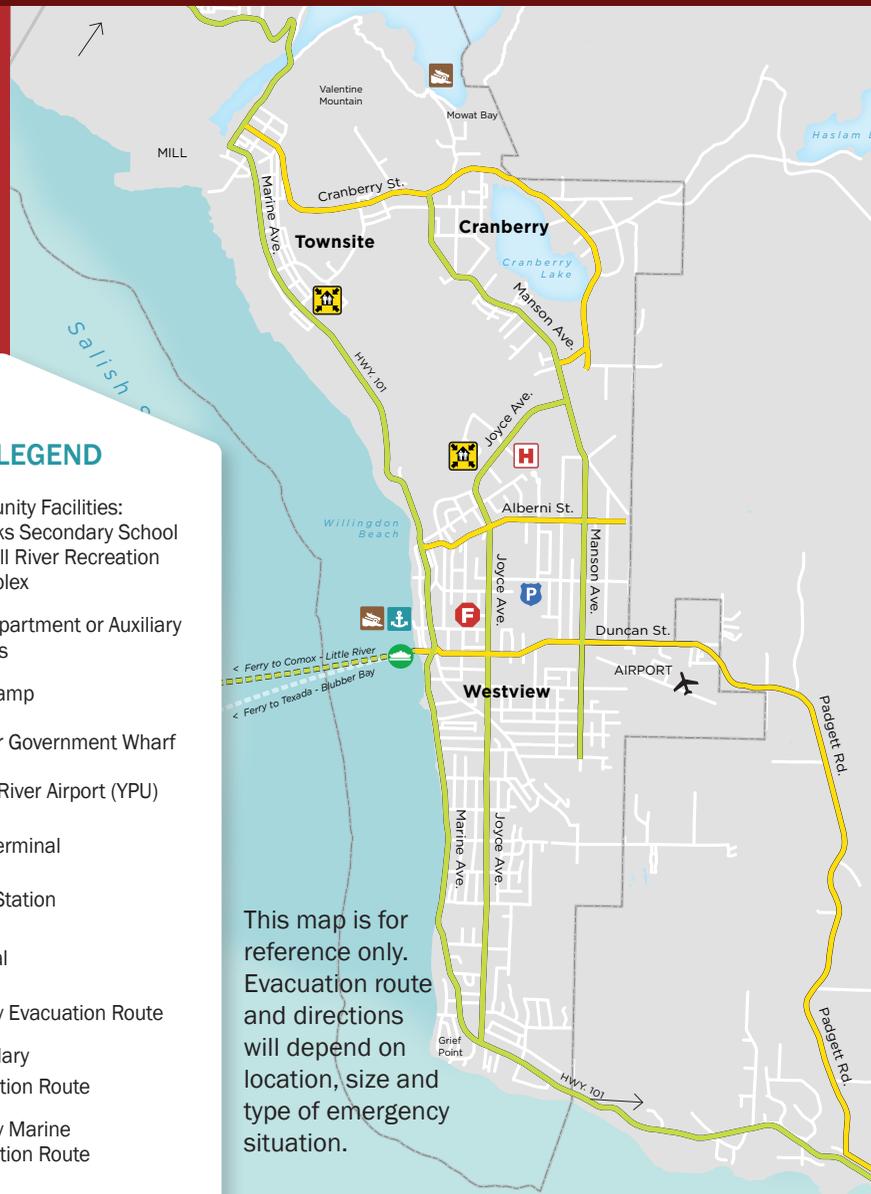
For more information on the qathet Regional Emergency Program please contact 604-485-2260 or email emergency@qathet.ca.

Choose your plan!

Find all eight Community Evacuation guides at qathet.ca

MAP LEGEND

-  Community Facilities:
 - Brooks Secondary School
 - Powell River Recreation Complex
-  Fire Department or Auxiliary Stations
-  Boat Ramp
-  Dock or Government Wharf
-  Powell River Airport (YPU)
-  Ferry Terminal
-  Police Station
-  Hospital
-  Primary Evacuation Route
-  Secondary Evacuation Route
- Primary Marine Evacuation Route



This map is for reference only. Evacuation route and directions will depend on location, size and type of emergency situation.

Working Together



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COMMON COVID-19 SYMPTOMS

Some people have no symptoms from COVID-19, but most do. 90% of people have more than one symptom.



FEVER



COUGH



FATIGUE



SHORTNESS OF BREATH



MUSCLE PAIN



LACK OF APPETITE

OTHER POSSIBLE SYMPTOMS

- LOSS OF SMELL OR TASTE
- NAUSEA
- VOMITING
- DIARRHEA
- ABDOMINAL PAIN
- HEADACHE
- CONFUSION
- RASHES
- RUNNY NOSE

Only three percent of those with COVID-19 symptoms get tested

Let's fix that

BY THE POWELL RIVER PHYSICIANS
 COVID-19 STEERING GROUP

COVID-19 has made its presence known in the Powell River Region in the past month. As a result, testing for the virus has become a matter of intense public interest.

It's important that the public has accurate information about the details, says family physician Dr. Danielle Marentette.

"We want to make sure that people have the information they need to protect themselves and their families."

Who should get tested?

You've got a bit of a cough, and you're feeling more tired than usual. Then you start to develop a fever and some muscle pain. Should you be thinking about getting tested for COVID-19?

"If you are experiencing any of the symptoms of COVID-19, you should make an appointment for a test," says Danielle. "We don't want people to hesitate to get tested if they are feeling sick. This is critical for isolating cases in the community quickly."

Common COVID-19 symptoms include fever, cough, fatigue, shortness of breath, muscle pain, and lack of appetite. Other possible symptoms are loss of smell or taste, nausea, vomiting, diarrhea, abdominal pain, headache, confusion, rashes and runny nose. If you have any these symptoms, even mild ones, you are eligible for testing.

New! Saliva testing now available for children

COVID testing is done via nasal swab that can be uncomfortable, though most people don't find it painful.

"We now have access to saliva testing – a gargle and spit test — that is easier for kids," Danielle says. If you are bringing a K-12 child in for testing, inquire about

this option with your health care provider.

Do we have the testing capacity we need in Powell River?

"We are so fortunate to have many care providers stepping up and working overtime to provide excellent access to testing for our regional community," Danielle says.

Throughout September the medical community in Powell River has been adapting to meet the needs of community testing. They are working to provide even more options moving forward so people can be tested outside the Emergency Department at the hospital.

There are currently several places where you can get tested for COVID-19:

- Visit powellrivermedicalclinic.ca/covid-19 (preferred) or call 604-485-3573 to book an appointment for the drive-through testing clinic.
- Call your family doctor or nurse practitioner.
- Emergency Department (for those who require additional assessment). Please call ahead 604-485-3211.

Stay tuned for additional testing options (see resources below).

What happens after you get tested?

After testing, people are required to return home and avoid contact with others while waiting for test results. This takes 24-48 hours. To learn how to get your test results directly, visit powellrivermedicalclinic.ca/covid-19.

If you test positive, Public Health will contact you to provide advice on the steps you should take. They will also help determine who your "close" contacts are, and these people will be notified and required to isolate for 14 days. Exposure risk depends on a variety of factors, including duration, location, proximity, and type of contact. Only close contacts are required to isolate. All others are recommended to self-monitor and get tested if they develop symptoms.

For further questions about testing, visit the Powell River Division of Family Practices website divisionsbc.ca/powell-river and Facebook and Instagram pages (@prdivisionoffamilypractice). **PRL**

New SCT record

Years of prep for 27 hours of rough running

Thirty-two year old Nick Duff shattered the previous record for running the Sunshine Coast Trail (SCT) in August.

Here's what he did and how he did it.

When did you start?

Nick • I started my run in the dark at Sarah Point under the Welcome to the Sunshine Coast Trail sign at 5 am sharp on August 29, 2020. My good friend and crew member Scott Maguire was there to send me off.

When did you finish it? Where?

Nick • I finished in 27 hours and 20 minutes, running up to the Sunshine Coast Trail sign in Saltery Bay the next day at 8:20am on the button. My crew and pacers Scott Maguire, Katherine Short and Powell River local Phil Brunet were all there to witness.

What was your time?

Nick • My time was 27 hours and 20 minutes, the new Fastest Known Time (FKT).

What was the previous record?

Nick • 28:55 from a year prior, held by Christophe Le Saux.

Is this your first time running the SCT?

Nick • This was my first time completing the SCT in its entirety.

How did you hear about it? Have you run it before?

Nick • I had been out a few times over the last few years to run a couple small sections of the trail, including the Marathon Shuffle course, knowing that one day I wanted to make an attempt to run it in one shot. I ran the Marathon Shuffle race last year - although it wasn't my day, it's a great local event.

This year when I knew I was going to make the attempt, in preparation I came out to the Upper Coast multiple

times to run sections of the trail.

Knowing most everyone who has tried to do it this fast gets lost, I knew that trail recognition was important. Over the course of a couple weeks I ran the entire trail, in parts. One weekend in particular I came out and ran the last 42km. The next day I woke up and ran from the Shingle Mill pub at km 50 all the way to Elk Lake hut at km 109, where I slept in a bivy sack (glorified garbage bag) on the wooden floor. It was so uncomfortable I woke up at 5am the next day and ran the next 30 km out to Lois Lake where Karin Cummings picked me up and helped me get back to my truck.

Where are you from?

Nick • I'm from the Lower Mainland originally. I spent a bit of time growing up on the coast. My wife and I now live in Tuwanek, a small community in behind Sechelt.

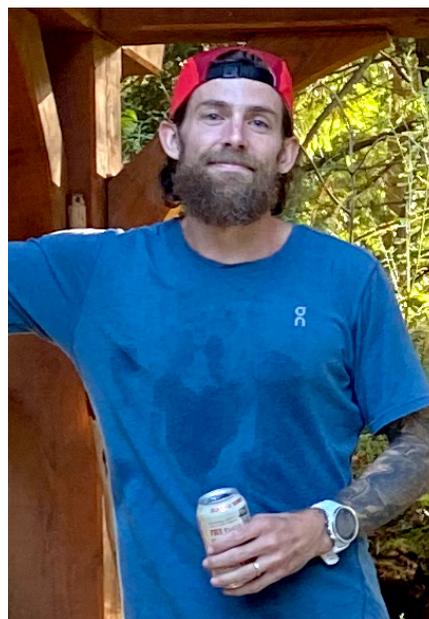
How does the SCT trail compare challenge wise to others for you?

Nick • I've spent the last few years being fully committed to running farther and faster, and that's what I plan to keep doing. The Sunshine Coast Trail was my biggest challenge yet. It was my first big solo project like this and also the first time I've run 100 miles. I really enjoyed the logistical preparation in this and am looking forward to more of these adventures.

Best part about this run for you?

Worst part?

Nick • It's hard to pick a singular "best part." Finishing 100 miles for the first time was the best. Experiencing the Sunshine Coast Trail from one end to the other in one go was the best. Pushing myself mentally and physically past



"I do it because I love it. I love pushing myself. I know I can do it and I love proving to myself that I can. When you're out there and it's just you in your own mind fighting through the struggle, it's up to you and no one else."

– Nick Duff

the point of no return and then going even father was the best. Some of the lows were extremely low and I believe that the value in pushing through those is the best. I guess I'd have to say getting through it and being able to experience that with my friends was probably the best. When I finished I felt the weight lift right off my shoulders.

Who supported you?

Nick • Scott Maguire and Katherine Short were my crew who were there for me at every aid station as well as some sections of pacing; this really wouldn't have happened without them. Phil Brunet, Kat Drew and Jeremy Drosdeck came out for a surprise couple kms around km 27. Phil later paced me for 45km through the night from km132 to the end at km178. Phil also helped me in deciding exactly how the trail should be



SLEEPLESS ON THE SCT: The Lower Coast's Nick Duff set a new record: the full trail in 27 hours and 20 minutes.

run aesthetically for the purpose of FKT. Karin Cummings helped me many times in the preparations – with information about the trail and where to not get lost, things others had tried before, and even helping me get in and out of inaccessible sections. She's a good friend and has been a big help.

Why do you do ultra-long distance running?

Nick • I do it because I love it. I love pushing myself. I know I can do it and I love proving to myself that I can. When you're out there and it's just you in your own mind fighting through the struggle, it's up to you and no one else. You decide if today is your day. I like that, not to mention it takes you to beautiful places. I feel like the trail and this experience has changed me for the better. We need to protect places like this while we still can.

Steve Prefontaine once said, "To give anything less than your best, is to sacrifice the gift." [PRL](#)



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Sitka soothes Relieving anxiety during COVID-19

BY LESLEY ARMSTRONG

Paying it forward, one student at a time, and the queen of calm. That's Sitka.

It's good that she's calm because she's big and she's tall, and it's a long way from the saddle to the ground. Being a horse with one eye, this demonstrates an extraordinarily confident brain. After all, horses fall under the category of "prey," and have highly developed visual and flight powers.

A normal horse with full sight out of both eyes, has only two small blind spots. One is a three-foot cone shape directly in



WHERE THE ONE-EYED HORSE IS QUEEN: Bears, new riders, brazen young geldings: none is a match for Sitka's signature level of equine Zen.

front between both eyes, and the other is a straight line from the back of the centre of the head to just behind the tail.

Sitka had to have her left eye surgically removed after an incident with a stick when she was just under a year old.

Even more extraordinary though, Sitka is bold and fearless and sure footed on all terrain. A good brain, confident, calm and four sure footed hooves. It doesn't get much better.

Once, when striding along a trail, a bear stepped out of the trees onto the trail heading in her direction. She maintained her pace, quite prepared to share

the trail. It was her rider who thought it best to reverse direction and give the trail over to the bear.

When she spent one summer vacation on an acreage in Wildwood, it became clear that the acreage was to be shared with the frequent bear visitors coming in to sample the fruit and nut trees. When a bear decided to climb up the tree she was grazing under, no problem. She calmly grazed the grass down below, while the bear calmly grazed the fruit up above. Each to its own.

Sitka arrived at Powell River Therapeutic Riding Association 10 years ago

from Cortez Island with a companion mare, Cayenne. The two horses had been gifted by a family that had decided to work outside of Canada.

Cayenne was an older mare, but here's where it became obvious to even those who hadn't realized it—horses are sentient beings. (Definition: "able to perceive or feel things") They have feelings and distinctly different personalities from each other.

Cayenne had an emotionally strong attachment to the younger horse. In fact, if Sitka was out of her sight, she became so upset that she wasn't able to think and do her job as a therapy horse. As long as Sitka was in the ring or on the trail with her, Cayenne was a relaxed good little therapy pony. And so Sitka was always present when Cayenne was working, until the older mare passed on.

To help her recover from the loss of Cayenne (yes, horses mourn losses of other members of the herd), Liam, a draft cross-gelding was brought in to share her paddock.

Sitka, queen of calm's magic spell endured as Liam was immediately star struck, and started to follow her everywhere. He allowed her to first eat his hay, then her own, and always tried to stand beside her, even in tight stalls designed for one.

As with Cayenne, Sitka never revealed any dependence on Liam's company either. She has retained her rather aloof status, preferring her own company and, most especially, food!

Next to Desi, Sitka is often the other "go to" therapy horse at Therapeutic Riding when a new rider enters the program.

Sitka turns 23 this Fall, and has emerged from her COVID six month summer off with a shiny gold dappled coat. Her large honey-brown-eyed gaze is just the ticket for an anxious or first time student. **PRL**

HORSEBACK THERAPY ON FOR FALL

Powell River Therapeutic Riding Association plans to start up October 13 and will run until December 17.

PRTRA has a comprehensive start up safety plan following WorkSafe and the Health Authority protocols. The goal is to give its riders something normal to look forward to each week.

There may possibly be space in the program for additional riders. If you or someone you know would benefit from therapy on horseback, please phone 604-485-0177 or e-mail prtravolunteer@gmail.com.

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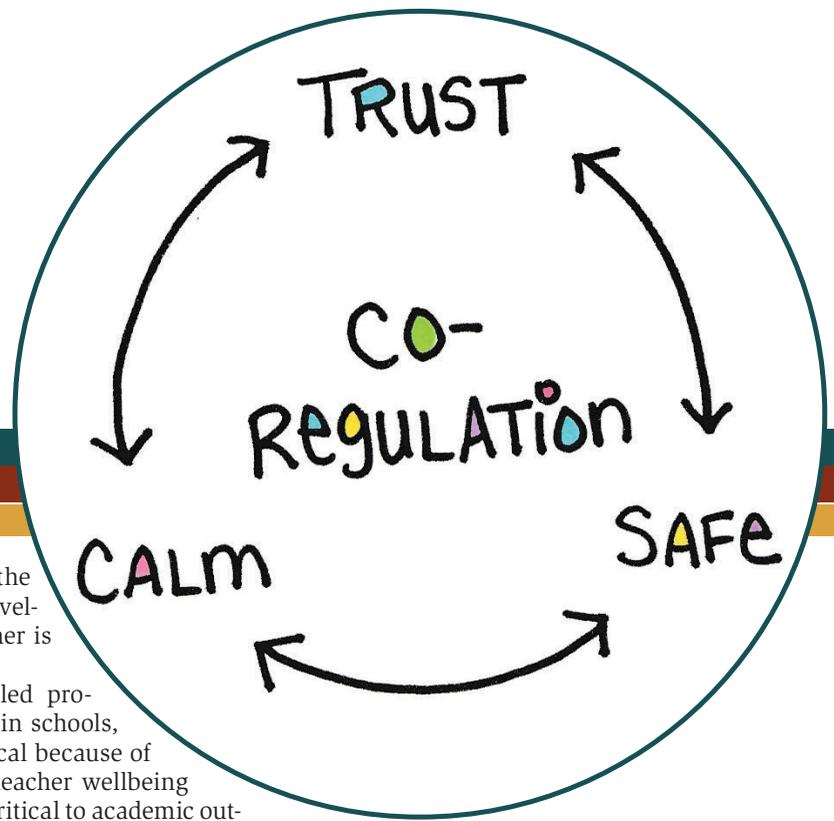
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Due to COVID-19, all appointments at this time will be by telephone, e-mail or video, except for signing of documents.

Wellbeing is a priority for SD47

Key To Success



Over the last few years, School District 47 has made a point of fostering wellbeing for students and employees. In fact, it is one of School District 47's goals in their Strategic Plan. Many initiatives and activities like staff focus groups, a learning series, and new student resources and programs have been implemented as a result. With the stress and uncertainty associated with COVID-19, and for those that have experienced trauma related to the pandemic, the commitment to social and emotional wellbeing has never been more relevant.

As part of School District 47's Restart Plan extra measures have taken place to attend to wellbeing. For students, this includes increased school counselling services and embedded social and emotional programs like Everyday Anxiety Strategies for Educators (EASE) and the use of Zones of Regulation. Tawnie Gaudreau, School District 47 Director of Student Support Services said that EASE has also been made available for use at home by parents and caregivers. "Whether at home or in the classroom promoting activities aimed at increasing the emotional health of all children can lower stress and anxiety and increase resiliency," she said.

Staff, too, need to feel supported in addressing the challenges they are faced with in their work, pandemic or not. As part of School District's ongoing exploration of staff wellbeing, a set of consultations in 2017 showed that staff wanted to focus on "improving relationships" as a common and meaningful way to improve overall wellness.

"Relationships are a powerful tool to support success and wellbeing and that goes for our relationships with our colleagues, students, and families. When people feel cared for and supported, they are able to be their best selves," said Tawnie.

Administration followed up with focus groups, a learning series about professional relationships in 2019-2020, and many more wellbeing-oriented opportunities.

Elementary Special Education Teacher Robyn Scoville jumped at the chance to learn more.

"Feeling supported in our professional relationships is especially important when there are demanding and challenging problems to solve and decisions to make," she said.

Robyn says she learned communication skills and how to work with different processes of problem solving and decision making.

"I walked away from the learning series with a better understanding of what was working and not working in my professional life, tools to manage difficult situations in a more

satisfying way and assurance in the fact that we are all learning and developing our skills and doing it together is better."

In any work environment, fulfilled professionals make a better team. But in schools, teacher wellbeing is especially critical because of their impact on students. Positive teacher wellbeing promotes student wellbeing and is critical to academic outcomes. Well-supported, growth-oriented, connected teachers can make a big difference in the lives of children and teens, academically and personally.

In 2019, the District initiated a year-long learning group for improving professional relationships. Brooks teacher Tania Hobson was a part of it.

"The goal was to provide resources for individual and collective reflection on how we communicate, relate and make decisions, and practice using them," said Tania. "I found our meetings challenging, but also illuminating. I learned to appreciate what I was doing well, and also practice new skills on my colleagues. The skills could be applied to communicating in any relationship."

Early in the pandemic, Brooks Secondary School held weekly staff meetings via ZOOM. Tania remembered that meetings had a wellness component encouraging staff to ask for help, take time for themselves and to connect with one another.

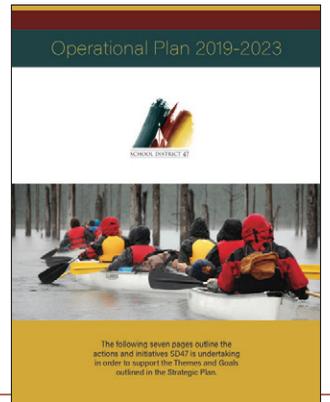
"I was impressed that our principal, Bill Rounis, made time every week to meet for lunch, via Zoom, and just chat about anything and everything," said Tania.

Brooks teacher Tony Rice ran a Virtual Ultra Marathon Challenge in May to encourage both mental and physical health.

"It started out school-based but ended up being for the entire District. The weekly reporting got us moving and kept us moving long enough for a great habit to form, plus there were participation prizes! I'm still walking most days," said Tania.

Special Education Teacher Robyn, too, said wellbeing efforts have lasting impacts. She noticed that when she practices active listening skills, many small problems can be resolved in a satisfactory way and larger problems can be potentially avoided.

Even without a pandemic thrown in, Robyn said she feels better equipped to handle those challenges by having the toolkit of strategies from the learning series.



Wellbeing:

In the SD47 Strategic Plan

Theme: Learner Success.

Goal 2: Support the mental health needs of students and employees.



SCHOOL DISTRICT 47

Want to learn more?

Contact us.

School District #47

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604 485-6271

www.sd47.bc.ca



New director at United Way

Julie Jenkins recently took on the role of Director of Community Engagement & Resource Development for **Powell River & District United Way**. "I'm filling the big shoes of our former ED Dale Lawson, albeit in a slightly different role," she said.

Julie brings diverse skills in partnership development, strategic communications, and fundraising. She was a brainchild behind The Tyee's reader funding model for journalism, and is leaving a role in UBC's Community Engagement Office, where she supports dialogue and collaboration with local non-profits.

Julie grew up in a small town on Vancouver Island and is thrilled to be raising her kids close to their Nana here in Powell River. She looks forward to supporting the United Way's 44-year legacy improving lives here in the region. To reach Julie, email her at admin@unitedwayofpowellriver.ca or call the office at 604-485-2132.

WIB winners and new exec

Powell River **Women in Business** held their annual elections last month. **Jennifer Konopelski** was chosen president. Other roles include vice-president: Stefanie Pletscher; secretary: Christine Konopelski; treasurer: Elaine Steiger; social media director: Rachel Davis; events co-ordinator: Nancy Mitchell; membership director: Lorelei Guthrie; and directors at large: Jacqueline Dawson and Brittney Chisholm.

Bursary winners for 2020 were also announced at the AGM. Brittney Chisholm of Suncoast Integrated Health received a \$500 education bursary from First Credit Union. Sarah Mazurek of Krafty-kritters got a \$300 education bursary from Women in Business. Jennifer Konopelski of the Nutcracker Market is the recipient of the \$500



BUSINESS AFFAIRS

WITH
SEAN PERCY
sean@prliving.ca

Business Development Bursary from First Credit Union and Stefanie Pletscher of The Crafty Medic received a \$300 Business Development Bursary from First Credit Union.

Clean teeth, no dentist

A unique dental service has opened as part of Suncoast Integrated Health. **Bobbie Gill** has a special license that allows her to treat clients that have not been seen by a dentist – the dental equivalent of a nurse practitioner. Prior to opening a second location in Powell River, Bobbie opened **Polished Dental Hygiene** in Vancouver in June 2019, and was teaching clinical dental hygiene at UBC for the past seven years. She worked with a dentist for ten years before starting her own practice. "My family and I wanted to make a change and relocate to a smaller city, within BC, where there would be a work-life balance. We had our son in May this year and we wanted to change our priorities," said Bobbie. She focuses on preventative dentistry as well as treating gum disease by providing regular dental hygiene appointments. Exams include blood pressure screenings, head, neck and oral cancer screenings, tartar and stain removal as well as in-office whitening. "I know everyone is quite anxious about COVID. I follow all the regulations recommended by our regulatory authorities. And I only see one per-

son at a time and I work by myself," said Bobbie. Online bookings, including extended weekday hours are available at polisheddentalhygiene.ca You can reach Bobbie online or text/call 604-780-6285. Suncoast Integrated Health is at 7061 Duncan Street.

Townsite gets (more) artistic

The Townsite Market is home to a new business that is just in time for parents trying home schooling. But **Discover Creative Arts** is much more than art classes for kids. **Lesley Sutherland**, the artistic director and owner of the business, offers music, theatre, visual arts and creative writing classes for students up to Grade 8. She also runs "Music Monkeys," an introduction to music and movement for preschoolers aged 3-4. Lesley has been composing scores for film and TV for 25 years and created the CBC Preschool TV series "See the Sea." Lesley moved here in 2018 and is the music director for the Academy's Youth Choir and artistic director of the Blackbird Creative Wellness. Contact lesleysutherland@icloud.com to sign up for a class or for more information.

New stylist here by Hair 'n' Dipity

A new hair stylist is setting up shop in the Townsite Market. **Hair 'n' Dipity** will be open by mid-October. Owner/stylist **Linda Hall** just moved to Powell River from Qualicum. She has owned salons in Qualicum Beach, Nova Scotia and Bowser. Linda will do cuts, styles and colours for men and women. She doesn't do perms because they don't go well with the smell of baking bread from next door in the Market. At press time, Linda was still waiting on telephone setup, but in the meantime you can reach her at LindaHallbc@gmail.com or stop by the salon. 

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3. Pollen Sweaters are comfortable, the opposite of every other costume you've ever worn, especially that cat suit in 2004.
4. The wool sticks in vampire teeth. Especially on the cowl neck sweaters. Good for you, maybe, but bad for vampires, and it's their night.
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Three unusual elections during this absolutely bizarre fall:

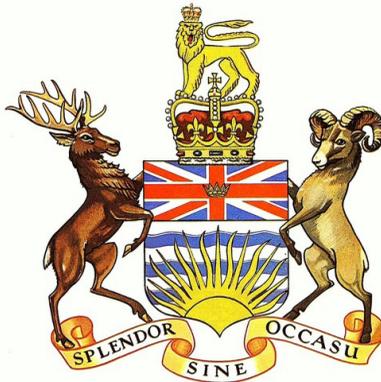


TLA'AMIN NATION ELECTION

October 17, 2020

Originally scheduled for September 19

Due to the COVID-related State of Emergency on Tla'amin Lands, the election was postponed. Hopefully by October 17, numbers of active cases will be back down.



BC PROVINCIAL ELECTION

October 24, 2020

Originally scheduled for October 16, 2021.

A year ahead of schedule, Premier John Horgan called this election last month. Why? For greater stability through the pandemic? Because of a \$10 a day childcare brouhaha? It's anyone's guess.



US PRESIDENTIAL ELECTION

November 3, 2020

Will President Donald Trump honour the results of this election? Will we get full results this night, or will they come in over weeks as mail-in ballots arrive? Will this election spark the end of the 244-year American experiment?

5 Opportunities to start your fall heavy-eating regime:

Ever heard of the COVID-20? That's how many pounds this pandemic packs on us stay-at-home, gym-averse, comfort-seeking freaks. It's only just begun, because fall and winter are typically when the food gets good, and the belly grows. Think you can make it to COVID-21?

1. Thanksgiving

Turkey, gravy, stuffing, yams with maple syrup or marshmallows, pumpkin and apple pies. And now, you can share it with just your bubble. Expect far more Oct 12 leftovers.

2. Halloween

Will kids show up at your door, or not? Better buy enough candy for them just in case. Everyone wants this Halloween to be great. But if they don't come Oct 31... more treats for you!

3. Election Season

I watch elections like some people view the Super Bowl: with good company, my eyes glued to the TV and an all-night buffet of nosh. Nov 3 may require super-snacks.

4. Pumpkin Spice Season

Love it or hate it, the nutmeg-ginger-cinnamon combo has infected coffee, cookies, cereal, and even boxed mac and cheese. Can you even say you've experienced fall without a PSL?

5. Chanterelle Season

Chanterelle's are good. Chanterelles sautéed with onion in a cream sauce are better. Chanterelles in cream sauce over pasta is heavenly. Chanterelles are prolific in the fall. -PW



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Big October Dates

To October 4

Go By Bike
Register at gobybike.ca.

Thursdays starting October 1

Author Pat Buckna interviews the Whistler Independent Book Awards Finalists
2 pm each day, Zoom. Starting with Powell River authors Anna Byrne and CV Gauthier. Register at <https://www.bcwriters.ca/event-3991347>

October 2

Cooper Lee Bombardier reading from *Pass with Care* 4 to 5 pm, online. Registration is required. To register email Megan Cole at cole@prpl.ca

Saturday, October 3

Lang Bay Community Club's Plant and Garden Sale.
Noon to 4 pm outdoors in the Lang Bay Hall Gardens. Author Barb Lambert will be there signing her newest book "Coastal Memories."

Artist Panel and Ink Extraction Demo

2 pm, The Art Centre Public Gallery. Join Edward Fu-Chen Juan online for an artist panel and ink extraction demo. There will also be space for 6 participants in person. Please register at the artcentrepr.ca

Queer Bodies/Queer Forms:

A writing workshop with queer, trans writer Cooper Lee Bombardier
12-3 pm, online. The workshop is offered by the Powell River Public Library and Lift Community Services.

Saturday, October 3, and Sun. October 11

Family Farm B&B Pumpkin Patch

By appointment. See Page 8 for more.

October 4

Windfall Farm Pumpkin Patch event
See Page 8 for more.

October 4 to 10

Fire Prevention Week
See ad on Page 30.

October 10 to 12

Thanksgiving at The Boardwalk Restaurant
See ad on Page 13.

October 11

Deadline to participate in the City's Parks & Trails study
See ad on Page 16.

Ongoing

Kiwanis Book Sale

By appointment
For more info or to book 1/2 hour spot, call 604-483-1440.

October 12

Thanksgiving Day

October 13

Thanksgiving Monday Stat

October 15

The Great BC Shake Out
Earthquake drill. See ad on Page 28.

Woo-Woo

BC Writers Series presents an online author presentation with Lindsay Wong. 7-8 pm, online. See ad on Page 38. Registration is required. To register email Megan Cole at cole@prpl.ca

October 17

Tla'amin Nation Election
Voting 8 am to 8 pm, Salish Centre. Postponed from September due to COVID-19.

Julia Zarankin presents "Field Notes from an Unintentional Birder: Memoir"
2 pm via Zoom. To Register mmerlino@prpl.ca

October 23

DIY Mushroom Cultivation
7 pm via Zoom. Vancouver mycologist Willoughby Arevalo will present his latest book on reliable low cost home-scale techniques for growing your own mushrooms.

October 24

BC Provincial Election

October 31

Halloween
See Page 6 for more.

November 1 to 20

Memento Mori
The Art Centre Public Gallery above the Library. Tuesdays, Thursdays and Saturdays noon til 5 pm. See story Page 9, and ad Page 12.

November 2

Pumpkin Composting
9 am to 4:30 pm, at the Town Centre Recycling Depot behind RONA. With Let's Talk Trash.

November 3

US Presidential Election

On YouTube

Sorry, Wrong Number
The Townsite Actors Guild has launched this radio play on youtu.be/v_cMhIQCzBs. The troupe is gearing up to do the radio play *It's a Wonderful Life* to be aired on CJMP at the end of November and through December for the holiday season. prl.ca



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BC Writers Series: Meet Lindsay Wong!

The 2020 BC Writers Series continues with CBC 2019 Canada Reads finalist Lindsay Wong, author of best-selling memoir, *The Woo-Woo: How I survived ice hockey, drug-raids, demons and my crazy Chinese family.*

This virtual event is by registration. To RSVP email: cole@prpl.ca

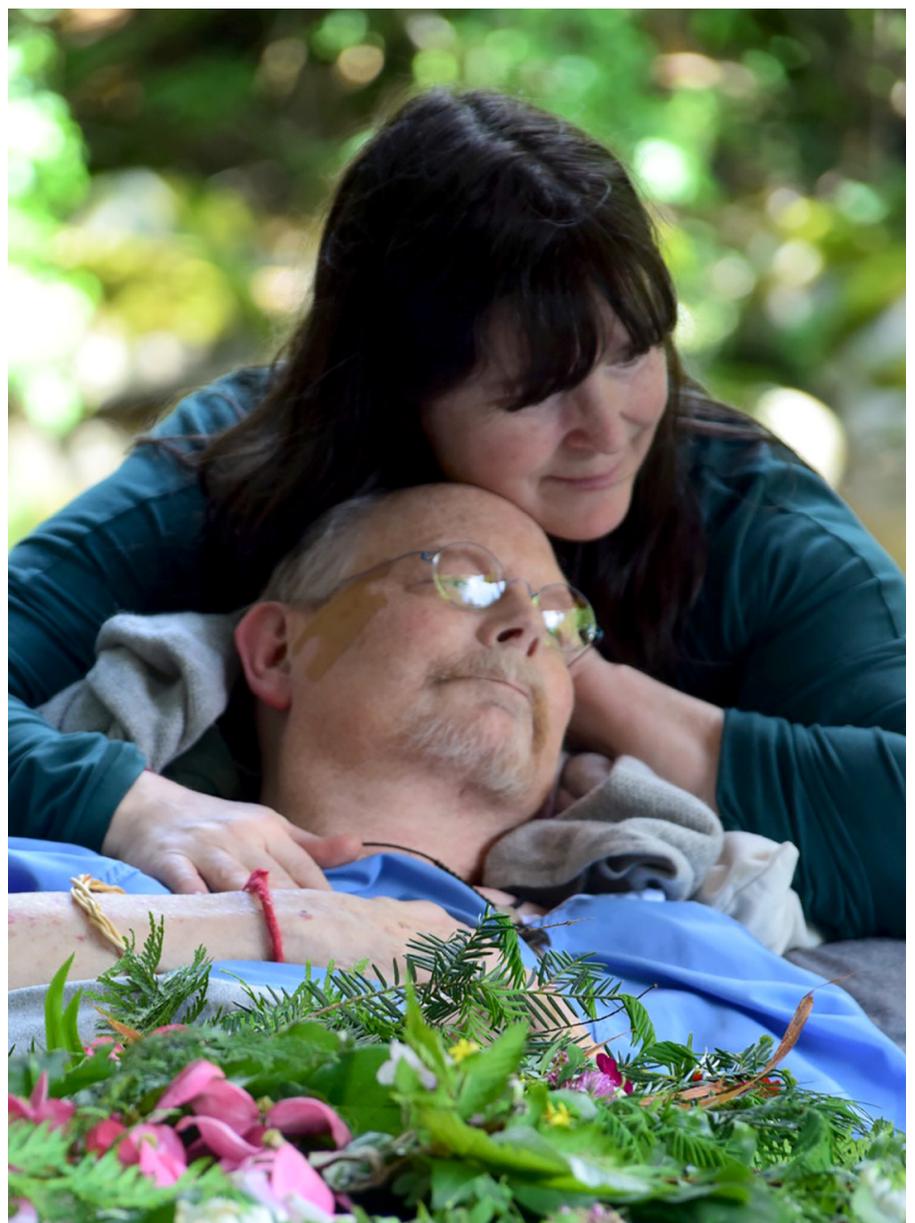
Thursday, October 15th • 7:00pm – 8:00pm via Zoom

Funded by: The Powell River Friends of the Library

Visit prpl.ca for the full list of virtual events from creative writing, mushroom cultivation, to birding.



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Hearthstone Village pioneers a joy-filled assisted death

Surrounded

BY JACQUELINE HUDDLESTON

On June 25, 2020, my husband Mark Huddleston had a medically assisted death at our cohousing cooperative, Hearthstone Village.

Mark was 66 years old and had been diagnosed with prostate cancer eight years earlier. Although he'd had a radical prostatectomy almost immediately, the cancer had metastasized to his lymph nodes. The doctors told us this was an aggressive form that despite the available treatments would greatly shorten his lifespan and for which there was no cure.

As we embarked on the road to treatment, Mark did really well; he was always hopeful and embraced all forms of medicine. Everything he tried played a role in prolonging his life although many had side effects creating new problems.

Through it all, he rarely despaired and was almost always his cheerful

self. A man with an indomitable spirit, optimistic, kind and calm. How he coped with the pain and remained so loving is hard to imagine.

I watched him slowly lose the ability to do many things he loved and without fail, he found a silver lining. He often said being grateful takes practice; the more you exercise, the stronger it becomes. We found ourselves becoming more joyful, loving and appreciative of life.

During the last month of his life, Mark underwent three hospitalizations as the cancer moved inexorably through his body. He'd always been a firm supporter of the medical assistance in dying program. Now that it was clear brain metastases were a real possibility and his time in this realm was likely less than a month, he decided to choose the time and setting of his passing.

Even if it meant saying goodbye sooner, I felt strongly that this was his deci-

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ed by love

sion and that I would support him.

We started the process: first an application called a patient request record downloaded from the gov.bc.ca website, then two assessments.

At the beginning Mark referred to MAiD as something he “wanted to have in his back pocket,” but after meeting with Dr. Jonathan Reggler, he decided to move forward and we started to plan in earnest. The next two weeks were a blur: organizing an outdoor ceremony, scheduling visits with friends who would not be coming, saying goodbye (virtually) to close ones far away, and to each other.

Those last weeks were very strange and very precious. Mark would often wake in

“Mark would often wake in the middle of the night and in that twilight state, between sleep and awareness, we’d have amazing conversations about what it might be like on the other side.”

– *Jacqueline Huddleston*

SURROUNDED BY LOVE: Top left, Mark Huddleston and his wife Jacqueline Huddleston, moments before his death. Top right, Hearthstone Village members and other friends came to be with Mark and participate in the ceremony. Middle right: Poems, readings, laughter and togetherness. Bottom right: all generations were involved.

Photos by Ryan Barfoot





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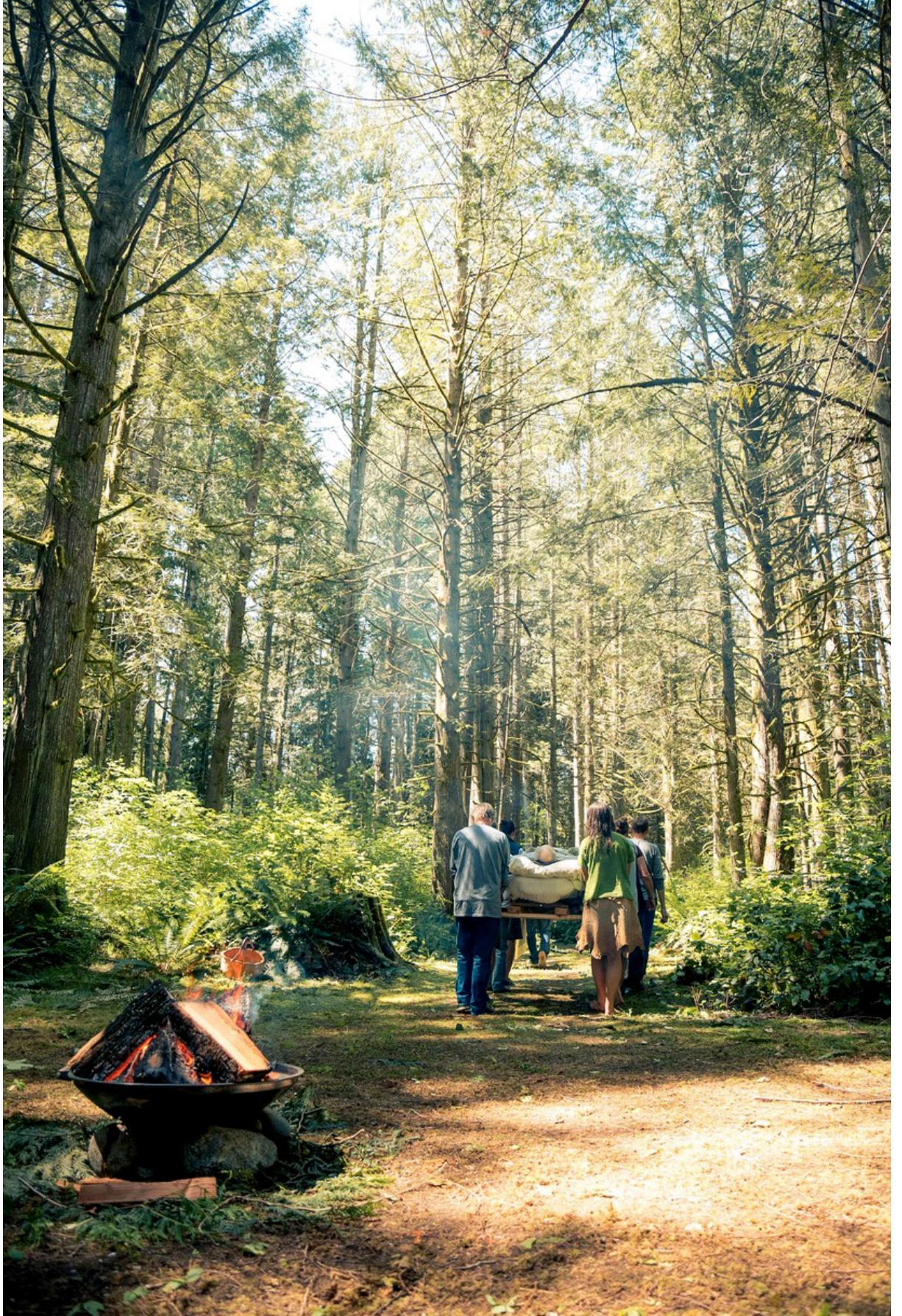
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THE END: Choice and dignity characterized Mark Huddleston's dying ceremony.

Photo by Clare Mervyn

the middle of the night and in that twilight state, between sleep and awareness, we'd have amazing conversations about what it might be like on the other side.

At 10 am on June 25, friends gathered to bid Mark a final farewell and send him on this last great adventure surrounded by love.

Arriving guests were asked to gather bundles of flower and greens to lay on Mark's lap at the ceremony. We lit a fire, smudged with sweetgrass and sage and Mark's closest friends carried him through the forest to the beach by Eagle River. We formed a great circle and one by one said goodbye in our own way. The ceremony that followed, rich in song and poetry, was filled with joy, laughter, and grief, but also with choice, dignity, and community.

By dying publicly, Mark enriched our relationship to death and as he hoped, helped heal some of our trauma. After Mark's crossing, people were encouraged to take some time for themselves and return their bundles to the land. In the weeks that followed, as I walked the trails, I felt love whenever I encountered one.

For his grace in helping Mark die peacefully and without pain, many thanks to Dr. Jonathan Reggler. To believe MAiD should be available is one thing. To show up and do the work entailed is something else altogether.

To my land partners Jenna and Jamie – my love; without you this amazing ceremony could not have taken place. To the friends who came – my gratitude for your courage bearing witness to Mark's last hours; what we shared together has created an indelible bond. 

Doc on an old growth human from Lund

Executive producer Barbara Hill joins forces with local director Theo Angell (The End of the Road/Cultural Waste Management Productions) to produce a wonderful story-filled portrait of local legend Court Cressy.

In "Court Cressy: A Retrospective of Sorts," we learn of Court's early years ho-boing around the southern states of the U.S. with paint brushes and canvases, his run-ins with the law, the draft board, Cuban revolutionaries, and the deep voodoo library of New Orleans, and the KKK grand wizard sheepskin diploma job. Court is a master story-teller and the camera lets him do his thing complimented by his own vintage films from back in the day, of logging camps, ships on the water and the visual glory where the mountains meet the sea. Boogie-woogie and jazz, Court's favourite kind of music, underscore the stories which include some hilarious anecdotes from the "hippy era." We get to visit Court's hand-built home, his sign painting studio and the numerous "Fairy Houses" he's built along his local trail. Court turns 90 this fall so anyone interested in old-growth humans and what makes them awesome will not want to miss this treasure trove of history and individuality.

"Get Thine Ass In Gear."

Copies of this DVD are available at the Powell River Public Library and the Powell River Historical Museum.

- Theo Angell

Texada shoreline clean up

A group of caring and committed individuals spent four days with the team from Ocean Legacy Foundation doing a shoreline clean up between Van Anda and Cyril Rock (the light at Blubber Bay).

In four days, we collected over 45 mega sacks full of broken styrofoam, rope, plastic and other marine debris along with loose foam, over 50 tires filled with foam, plastic bottles, and various other marine pollution. This debris was cleaned up from just a few kilometres of accessible shoreline and the beaches were just packed.



I personally cleaned this shoreline four years ago. This year, we cleaned up almost twice as much debris! Let that sink in.

A huge thank you to Jim Sepkowski and Powell River Marine Services, DiveCorps, Let's Talk Trash, Graham Cocksedge and his awesome family, Allan Davis at the Texada Boat Yard for hosting the crew, Phil Long with Augusta Recycling for facilitating the landing site for the debris, and of course the stars of the show: The Ocean Legacy Foundation who do cleanups all over the coast. Without them this work would not be possible. The team that came up and volunteered their time and energy were absolute all stars!

There is still a lot to do. The whole shore heading south is also in need of clean up. I'm really proud of the work this team has accomplished. It makes a big difference to the biodiversity of life that lives here in our Salish Sea.

~Sasha van Kessel

The Raven spreads its wings

Koosen Gonzales has been hired by Homalco's radio station, The Raven. She and another jeh jeh will be responsible for six hours of language sharing and storytelling each week and may do live broadcasts in the near future. The Raven, 100.7 FM, is owned by Western Media

Group and is the only country music station serving residents in Campbell River and the Comox Valley. "Their radio signal reaches Powell River," Koosen said.

Stay tuned, Ayajuthum speaking communities! "Mother Koos" might be on air before the end of 2020."

Mental Health First Aid

If you've taken a physical first aid course, you've learned the skills needed to help someone experiencing a sudden illness or injury. But people can also experience mental-health crises, and it is important that more Canadians know how to provide help in these situations, too.

White LeBlanc Wealth Planners is working with the Canadian Mental Health Association to put on a two day, 12-hour Mental Health First Aid Basic course at The Town Centre Hotel on October 5 and 6.

This course is intended for adults interacting with adults.

This course is free to register, but they do ask for a donation of \$35. Course participants are required to wear a mask and will be placed two to a table with a space of six feet in between each guest.

The course discusses the following mental disorders:

- Substance-related disorders
- Mood-related disorders
- Anxiety and trauma-related disorders
- Psychotic disorders

First aid skills for the following situations are learned:

- Substance overdose
- Suicidal behaviour
- Panic attack
- Acute stress reaction
- Psychotic episode

If you or anyone you know would be interested in attending this course, please go to bit.ly/3mxERg4 to register or find out more information about this course.

Young Rotarians help local homeless people with EDAS

Last year the Everybody Deserves A Smile (EDAS) Powell River project worked to package and deliver 180 hand painted gift bags to homeless community members in Powell River. We received immense support from local groups.



TOQUES FOR ALL: Christine Boyd knits for Everybody Deserves a Smile.

This project is made possible by the efforts of these groups as well as the Henderson school Earlyact club and community donations.

For our second year we are aiming for 200 bags put together by the Henderson Earlyacters with contributions from the community. Our project started in town to help expand compassion and empathy to those in need not only through the bags, but also through education. Kindergarten through grade 12 students learn about homelessness, addiction, poverty, leadership, project management and marketing, advocacy, communication, team building, collaboration, goal setting, gratitude, and compassion. We want to start conversations and spread the message that we see everyone in our community.

In the spirit of that kindness two local knitters, Verna Kazakoff and Christine Boyd, have spent countless hours on their own COVID project in support of EDAS Powell River. They have knit well over 100 hats, scarves and mittens to be placed in the gift bags. The project still needs more of these knitted items as well as socks. Any avid knitters who would like to donate may put knitted pieces in the drop box at the office door of the United Church on Crofton Street on Tuesday and Wednesday from 9am to 2pm or Thursday and Friday from 10am to 1pm.

Anyone looking for more information or wanting to make a cash donation can go to the website www.edas.ca or visit our social media on Instagram, Facebook and Twitter. On the website, please note that your donation is to be for Powell River.

If you have any questions, please don't hesitate to reach out to us through email at Fraser.doreen@gmail.com or kate.boyd@sd47.bc.ca.

- Ally Boyd



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Moths and along the

BY ISABELLE SOUTHCOTT
isabelle@prliving.ca

Last month, my hiking partner Rebecca Kirk suggested that we try the Deer Lake Hike. She'd run into Wayne Brewer, one of Powell River's prolific trail builders, who told her about all the work that had been done at the lake earlier this summer. And so, we set off early one September morning on another hiking adventure.

We hiked in with Jigs, my fearless one-year-old Nova Scotia Duck Tolling Retriever, leading the way. It was a soft, damp, fall day, not too hot and not too cold, the kind of day that's perfect for hiking. The cushiony mossy floor beneath our feet made for comfortable walking, but we were always on the lookout for bears. The jingling of Jigs' bear-bell and the bear spray that Becky carried with her, served as constant reminders that we were in bear territory.

Although this isn't a long hike (there are two options, one a bit longer and more challenging which is the one we took) there are lots of ups and downs and before long, we were both sweating.

We hiked along a well cleared and defined path through a gorgeous canopy of trees, some dripping with moss, when seemingly out of nowhere it looked like we'd walked into a snowstorm. But it wasn't, instead we'd walked into an eclipse of western hemlock looper moths. I'd never come across one before and wondered what was happening.

Because we took the long way in, it took us about 45 minutes to arrive at our destination, but we both agreed it was so worth it! Deer Lake is a pretty little lake with a freshly built boardwalk. It struck us as remarkable to come across a lake literally in the middle of nowhere that had been so well cared for. But we shouldn't have been surprised, as the many volunteers who look after local trails are amazing. A few picnic tables are scattered by the north end of the lake so you can sit and have a bit of a break – which we did.

According to master trail builder Wayne Brewer, the Deer Lake project is something that he and the late Ron "Dipper" Diprose had been trying to make happen for a couple of years. These avid

TO DEER LAKE

There are two ways to get there. The first is a bit quicker and a bit easier, the second gives you more of a workout.

Option One: 60 minutes round trip

The quick and easy way – drive up Duck Lake Road Branch One and park at Squirrel Crossing. Take the Mud Lake Trail to Ho Chi Minh Trail, continue on and you will see the new platforms and all the other great work at the north end of Deer Lake.

Option Two: 90 minutes round-trip

Enter via Mud Lake entrance (opposite Suicide Creek Trail) on Duck Lake Road Branch One. Take Mud Lake Trail to Oilcan, continue on to Ho Chi Minh Trail, and go past to straight to the north end of Deer Lake where you get a breathtaking view of the lake and amazing volunteer work awaits you.

outdoorsmen had watched the shoreline erode ever closer to the picnic tables and had wanted to fix it.

"You are no doubt aware that the lake is there, underfoot, mere inches away, with only the roots and vegetation holding it all together," said Wayne. "Dogs love to scramble in and out of the water and the lake had started to come up between two of the picnic tables so it was time to act."

"We never have any trouble securing local milled cedar thanks to the generosity of our Community Forest, but the cost of a heli drop to get the lumber to the site was the problem. Then our local BC Parks Senior ranger Jen McGuinness asked me if we had any projects that could use four BC Parks summer student rangers that she was arranging to have come work here for a couple weeks, and I suggested either building a new trail or building the boardwalk at Deer Lake. Jen obtained authorization to cover the cost of hiring Matt Larocque from Oceanview Helicopters as well as using the surplus lumber from the Inland Lake project.

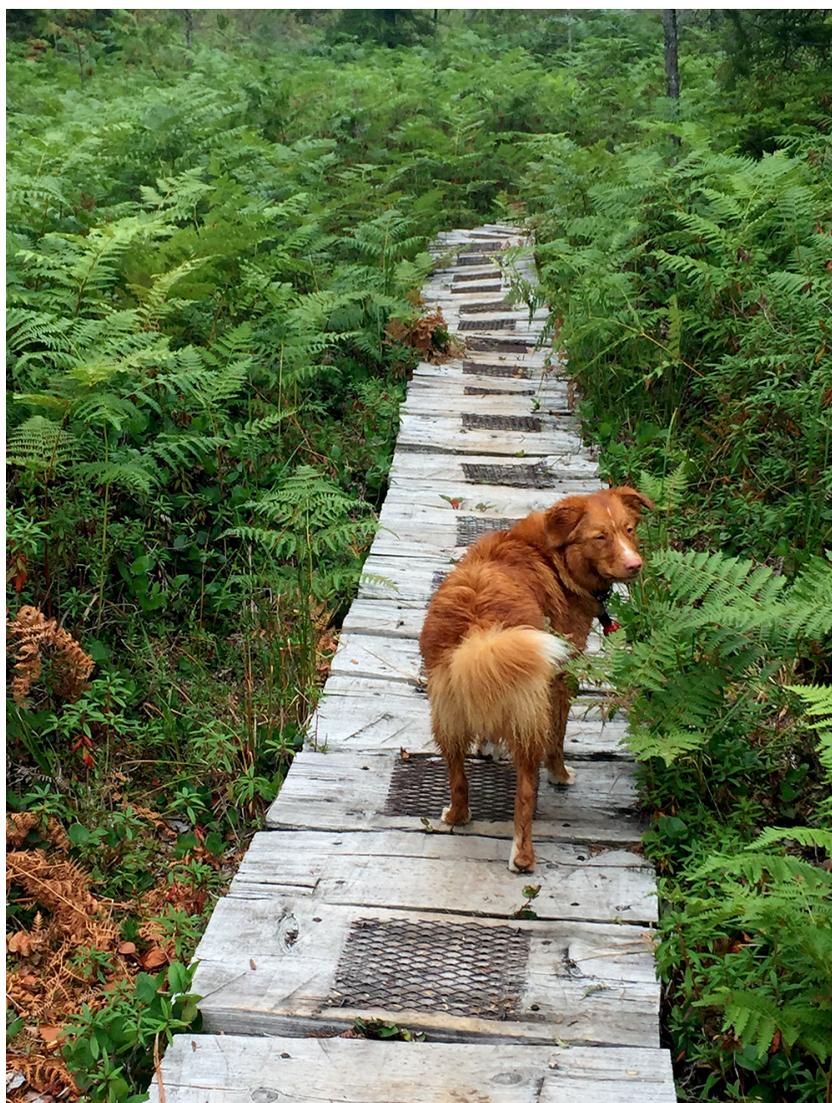
"We involved the four student rangers every step of the way, with each of them even taking a turn hooking up a sling of lumber to the longline from the helicopter. Matt was an incredibly patient and safety conscious teacher with the students and everyone enjoyed the experience.

d moss way

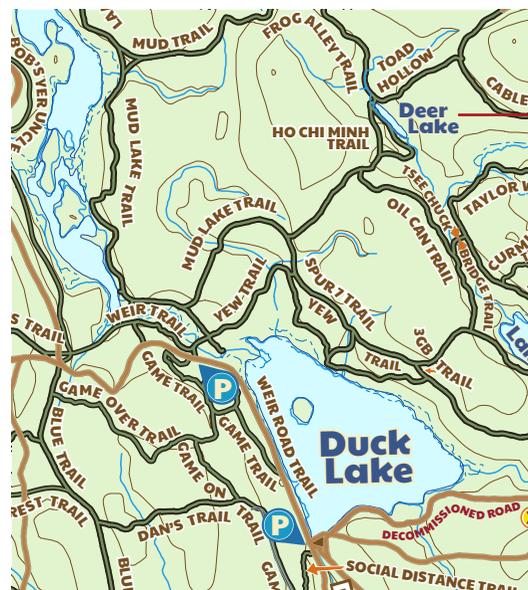
“At Deer Lake the project was supervised by myself and Chris Carnall as well as the newest member of the Chain Gang, master bridge builder Niels Voss from the BOMB Squad. We intentionally involved the students in all planning decisions as well as the hands-on construction as we wanted it to be a learning experience, which it was, as well as a whole lot of fun.”

While Jigs swam and Becky and I munched on cookies and enjoyed the view at Deer Lake, we were oblivious to most of the back story behind all the work that had been carried out. Even so, we appreciated what had been done and were grateful for the day and the fact that we were able to enjoy another walk in the woods.

According to Becky this hike ranks very high for stunning beauty, peacefulness, ease of hiking, mossy forest floor with low amounts of underbrush. “The half-way point at the end of Deer Lake is a great place to sit and enjoy a lunch or snack and marvel at the work that has been done by the trailbuilders to make this location a destination.” [PRL](#)



“It was a soft, damp, fall day, not too hot and not too cold, the kind of day that’s perfect for hiking.”



WHAT’S OLD IS NEW AGAIN: Top, Trail building volunteers and summer student rangers from BC Parks installed a new boardwalk to keep hikers from sinking into the swamp around Deer Lake. Far left, signs point to many of Powell River’s well-built hiking trails. Left, Jigs keeps her paws clean. Above, a Tourism Powell River map showing how to get to Deer Lake. It’s a quick drive from Cranberry.



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October is a month we might often hear people say, “the veil is thin” as they find an ease in connecting to the realms of spirit or sense the presence of unseen beings such as our Ancestors, Spirit Guides, our beloved Departed, the Good-People, Wee-Folk, Deities, or simply the animistic essence of the trees, stones, mushrooms, and our nature kin.

Perhaps there is a truth that the “veil” between worlds is thinner at this time of year, or perhaps it is because we tend to slow down and quiet enough to feel out and notice.

As we get closer to the end of the month we find many long standing holy days marked by festivals and ceremonies of Samhain, All Hallows’ Eve, Día de los Inocentes, and gatherings honouring Memento Mori; each in their own ways guide us in connecting to and recognizing those who dwell on “the other side” of our tangible, day-to-day, living realm.

For some of us, these ways of honouring are an annual event. For others, these are ever present practices and daily routines. Such things are easy to find information on these days; everything from feeding the Ancestors to acts warding off or confusing spirits with a Trickster inclination. What I don’t see much discussion on is the culturally diverse notion of Ancestors as being



THE VEIL IS THIN: Connect with those on the other side this month.

more than only bloodline, family lineage sourced.

Ancestors, as I know them to be, may stem from four sources. Blood, Milk, Spirit, and Land.

Ancestors of the blood are the sort we are most familiar with, the seemingly infinite branches of our family tree stretching back further than we can name. Milk ancestors may also be familiar but by a different name. These are people who have taken us “under their wing”, significantly supported us, or act as an honorary elder. For those who explore such things, one might find this relationship possibly established lifetimes ago. Spirit ancestors come to us through initiatory lineages, our established spiritual practices, perhaps our dreamtime or

an inexplicable affinity. Sometimes they are represented by an archetype or deity, but are constant and dependable helping spirit guides.

Ancestors of the land tend to be from our cultural homelands, the land we were born on, or those who we are in deep relationship with. The stones you pour libations over or come into ceremony with you, the trees you whisper prayers to, the earth that holds your tears, feeds you and supports you.

My invitation is to consider connecting with and honouring relations beyond what we might have habitually fallen into recognizing, or to feel out a new practice that rings as true for you while “the veil is thin” and perhaps every other day too. [PRL](#)

A Thought For The Day

“Service to others is the way.”



~ Bahá’í Writings

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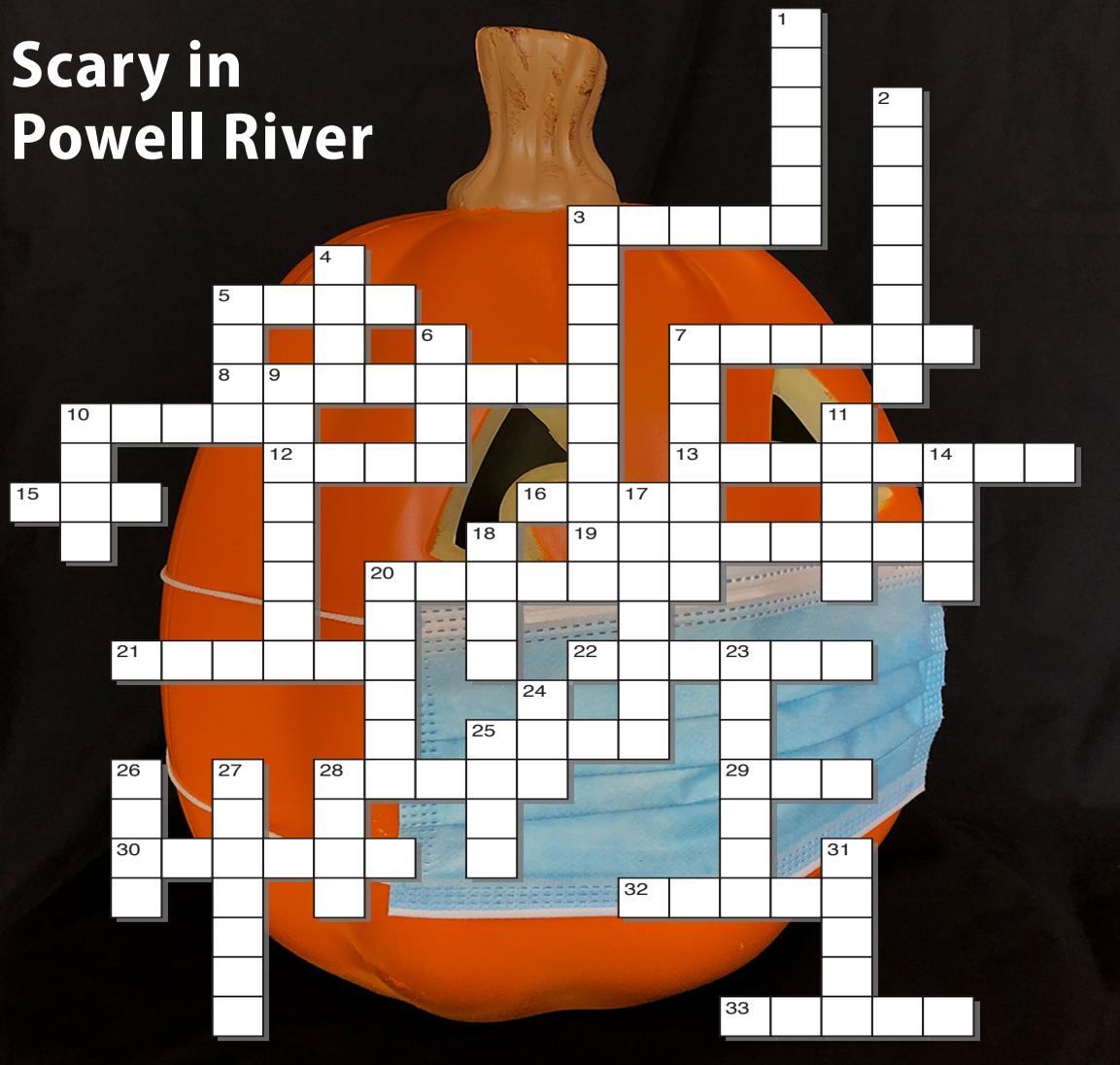
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Scary in Powell River



Across

- 3) Cemetery address, or king's hat
- 5) Memento at the cemetery
- 7) Powtown Pumpkin ___ Festival
- 8) Preparation for earthquake
- 10) Horse is no scaredy-cat
- 12) Check for COVID, school quiz
- 13) Haunted theatre
- 15) Price of this is scary in PR
- 16) Lake, when something scary goes overhead
- 19) To keep Trish's toes toasty
- 20) Old movie, or new A&W service
- 21) Batman's commissioner, or PR Ave
- 22) Suzi and Stan's diagnosis
- 25) Sky, or berry Commons
- 28) Witch's transport, Black Pt road, or invasive plant
- 29) Home school uniform
- 30) Relatives, Oxford farm
- 32) Town Centre chef
- 33) Scary, looper invaders

Down

- 1) Beware Charles ____ Avenue!
- 2) Wildwood pumpkin patch or dead trees
- 3) Judges, jail and ghosts in this hotel
- 4) Not a killer bus
- 5) For corona or Halloween
- 6) Outer orange, or for life
- 7) Halloween's favourite fruit
- 9) Do McCoy ghosts haunt this Cranberry place?
- 10) Pirates and COVID tests do this
- 11) Sad sailor's point
- 14) Be grave and add ET to this beer barrel
- 17) Scary change, City award
- 18) Lamp part, fire safety guy
- 20) Gulf Stream's rocky grave
- 23) Where pumpkins go on Nov 1
- 24) Nightmare on ____ St in Townsite
- 25) Fraser's workplace
- 26) Scary fast runner
- 27) Poison tree, or Brooks address
- 28) Suzi's didn't catch it, monsters go to it
- 31) Unbusted spirit

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Did the real Powell River stand up during Tla'amin's COVID crisis?

Last Word

BY QWASTĀNAYĀ
(L. MAYNARD HARRY)

Qwastānayā is a member of the Tla'amin Nation and Founder of Indigenous Insight. Maynard's intergovernmental work was recognized at the regional level by the City of Powell River with a 'Freedom of the Municipality' in 2008 and by the Governor-General of Canada with a Queen's Diamond Jubilee Medal in 2013.

"Racism has not been eradicated, even in a city known (to be) progressive..."

"We received an outpouring of support from our non-Indigenous population much louder than the negativity."

Although COVID-19 has been on the world stage for over ten months, it became personal for the Tla'amin Nation on September 4, 2020. To date, at least 36 Tla'amin band members have tested positive for the virus. Tla'amin's exposure to the pandemic was shocking, but the response was quick, decisive, and honourable. In addition to declaring a state of emergency, Tla'amin leadership self-imposed three consecutive 72-hour lockdowns, along with a 9 pm to 6 am curfew.

Shortly after Tla'amin voluntarily publicized its COVID-19 outbreak, two Powell River businesses were reported to be refusing Indigenous people entry into their establishments. These actions are not easily defensible considering that many Tla'amin members live off-reserve, there are non-Indigenous people that live on-reserve, and not all Indigenous people are Tla'amin. Simply put, there is no logical reasoning behind the assumption that every Indigenous person potentially encountered COVID-positive Tla'amin people by virtue of sharing a skin tone.

Reaction on social media to these incidents was swift, with the intention of making clear to these establishments that there are now consequences to discrimination. Many people, including myself, have made purposeful decisions on where our money will now be spent.

These incidents demonstrate that racism has not been eradicated, even in a city known for its progressive government-to-government relationship with the Nation whose land it occupies (Google the 2003 Community Accord if you haven't looked into that landmark testament to Powell River and Tla'amin's partnership). This is not surprising.

In 2014, the rate of homicide of Indigenous women and girls in Canada was almost 6 times higher than that of non-Indigenous women, a shocking 17% of which oc-

curred on a street, road, or highway (compared to the 1% for non-Indigenous women).

In 2016, 52.5% of children in Canadian foster care were Indigenous, even though they accounted for only 7.7% of the child population, as a result of the intentional disruption of the Indigenous family unit through tools such as residential schooling, the 60s Scoop, and the 1876 Indian Act.

From 2011 to 2016, the suicide rate of First Nations people was two times higher than the rate of non-Indigenous people. If we are talking about youth, that number jumps to 10 times higher in the case of males, and 22 times higher in the case of females. Again, studies claim that this is a result of Canada's legacy of brutality and imposed inequality.

There is nothing that can be done about the past or the fact that Canada was built on the exploitation of Indigenous peoples. There is nothing that can be done about the fact that, up until very recently, relationships and agreements between Indigenous and non-Indigenous communities have been defined by deceit, violence, and theft on the part of the colonizer. Despite our inability to turn back the clock, we can instead look to the future.

At the beginning of our COVID-19 outbreak, I witnessed a side of Powell River that I hadn't had to see for a very long time. Regardless, the City of Powell River has done more any other municipality or city in Canada that I can think of (**be proud of this!**) by way of educating itself on Tla'amin culture and creating a leadership partnership that is truly impressive. During Tla'amin's lockdown, we received an outpouring of support from our non-Indigenous population much louder than the negativity. That is the Powell River I am happy to be familiar with. [PR](#)



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20 Years of Clean

This year, [New Image Auto Detail](#) celebrates 20 years of keeping Powell River's vehicles clean. Having started at Wildwood Motors as a two-month job back in 1989, Brian Leach has been cleaning and polishing cars ever since. Brian owned and operated two detailing shops in Vancouver before moving back home. "I got a call one day from a car lot in Maple Ridge that we did their detailing for. He said Greg Moore, the Indy car racer, was in town and could we clean his car for him?" recalls Brian. "We were busy but super happy to fit him in. Which then, in turn, led to us detailing 13 of the 1996 Special Edition Indy Pace Trucks. It was fun to see 'our work' running around the course of the Vancouver Indy."

In addition to cleaning, polishing, repairing scratches and disinfecting cars, trucks, boats, RV's, airplanes and so forth, Brian often finds himself helping motorists clean up a quick spill following a visit to one of the nearby drive-thru restaurants. "They can usually drop in and we try to get them cleaned up properly before it causes bigger problems," said Brian.

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HOT STUFF

Brian knows that getting a vehicle to really shine is as much about experience as tools, but he's still excited by his latest acquisition, a "dry-vapour" extractor. By heating water to 338°F, the machine cleans, deodorizes, disinfects and kills bacteria with just steam - ideal for those with sensitivities to chemicals. And then the powerful extractor pulls out the dirt from down deep. The high temp dry vapour steam and the extractor make a powerful cleaning and disinfecting combination. Or when used in combination with cleaners or other techniques, it can remove even the toughest grime, says Brian, and it dries quickly, to get you and your shiny ride back on the road sooner.



20 FOR 20

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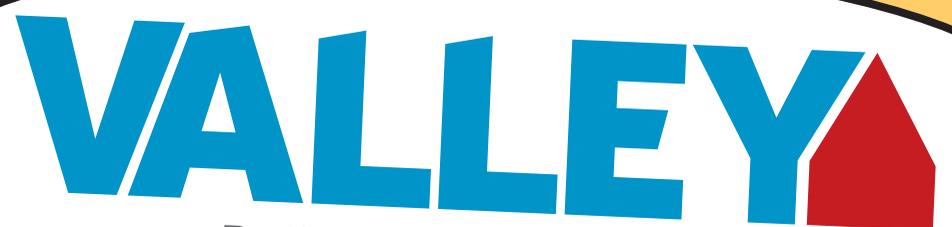
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