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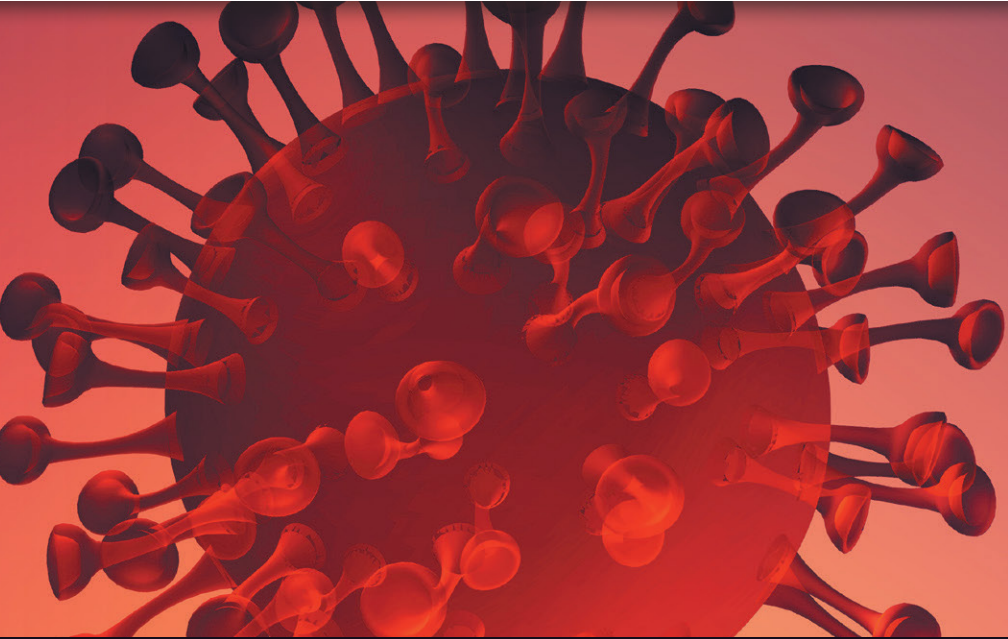


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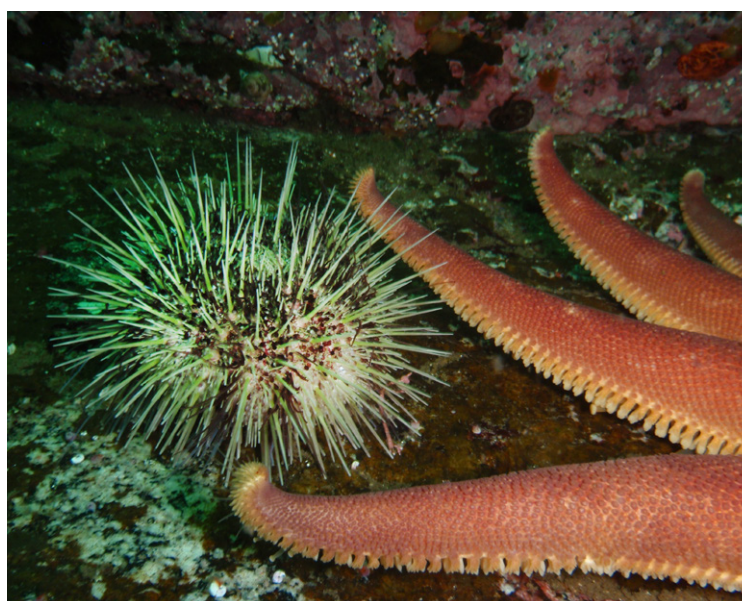
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Death star

“Run, little urchin, run!”

Those were the thoughts going through my mind when I took this photo near Mermaid Cove. The Morning Sunstar (*Solaster dawsoni*) coming in from the right has the nickname “Death Star” because it is a voracious, fast-moving (for a sea star) predator that eats not only green urchins (*Strongylocentrotus droebachiensis*), but also most species of sea stars. It will even cannibalize smaller members of its own species.

In retrospect, however, I’m rooting for the sea star. Sea Star Wasting Syndrome was hard on Morning Sunstars, and their sea star prey. However, fewer sea stars has meant more urchins, so as Morning Star populations slowly recover, they should have lots to snack on. **PRL** – Sean Percy



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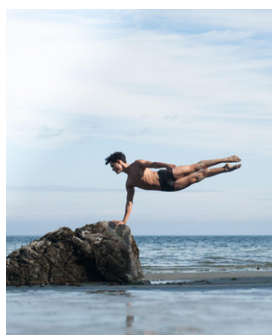
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ON THE COVER:

Cameron Fraser-Monroe films a solo in Courtenay (you could see Powell River if not for the fog, he says). The Tla’amin dancer’s work will illustrate an Unveil Studios series about the spiritual and scientific origins of the universe, called *The Breath of Life*.
~ Photo by Graeme Ellis

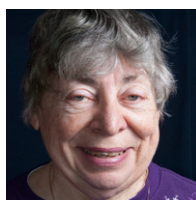


CONTRIBUTORS



DREW BLANEY was born and raised in Tla’amin to parents Darin and Gail Blaney. Drew has always been active in his culture since he was a young baby, and has grown with it his entire life. Recently, Drew was hired to be Tla’amin’s Culture & Heritage Manager, a job he had worked towards his entire life. Emote!

JULIE JENKINS is a community builder, occasional writer and currently Director of Community Engagement and Resource Development Powell River & District United Way. Born and raised on Vancouver Island, Julie has worked in and around the non-profit sector leading community engagement and strategic initiatives. Mother of two, she couldn’t be happier to be raising her two young boys in Cranberry.



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

CLAUDIA MEDINA is a local filmmaker, educator, mom, and community member. Proud of her Mexican/Italian heritage, she loves to share stories of her family’s cultures rooted in old traditions and a deep connection to nature and cycles of time. She looks forward to helping create another community “ofrenda” honouring our deceased loved ones.



We acknowledge the financial support of the Government of Canada



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IN THIS ISSUE

You can do a lot of good with a soft heart and an empty schedule

“How are you coping with COVID?”

“Fine I guess... but I don’t want to *do* anything.”

How many times have I had this conversation this fall? A million? Sometimes it’s me who’s asking. And sometimes it’s me who’s answering. All the activities that greased the wheels of my busy-ness in the past have dried up, it seems. Who knew that going out for dinner, seeing shows, chatting in the halls after school, or my volunteer gigs were so critical to keeping me moving, physically and mentally?

Who knew that without them, I’m a puddle. Like Frozen’s Olaf, I like warm hugs. That’s the extent of my brain activity right now.

This issue of *Powell River Living* offers no cure for the eight-month COVID doldrums. Instead, it’s a 56-page story about how this whole community is coping, as we head into the holiday season. Some of it’s inspiring, some reflective, and some frightening.

PRL publisher Isabelle Southcott does a beautiful job

articulating what’s been lost in her Ode to the Old Normal (Page 54.) For anyone who feels uneasy now and can’t put their feelings into words, this is a great place to start.

Local businesses, from clothing shops to couriers, have been slammed with COVID’s challenges since March. On Page 20, read about how the dramatic rise in online shopping is impacting our community – and how you can help local retailers stay afloat.

This is, of course, the annual “Helping Issue.” The first section of the magazine profiles how many agencies have stepped up to solve COVID’s social impacts, including the mounting overdose crisis, seniors isolation, and more. Throughout this section are many ways that you can make a real difference in this community as a volunteer or a donor, and they’re easy. In fact, you can stay in your home and in your doldrums, and still change lives for the better – always good for your soul.

Our cover story – Cameron Fraser-Monroe’s entry into Canada’s professional ballet world – is an inspiring

glimpse into how hard artists are working to connect with audiences, even as the pandemic has emptied theatres across the world. That’s true here too; the events section (Page 43) is small. But it is full of artists and organizers who are working around COVID’s restrictions.

Not everyone is wallowing at this time. Tla’amin Nation’s new Hegus, John Steven Hackett, hit the ground running in October. Meet him on Page 39, and learn how you can support the Nation’s fight for a healthy ocean.

What does November hold, as the US heads to the polls, and the second wave washes over us here in BC, and around the world?

Probably a better question is “How do we hold on to what is dear to us, as all of this unfolds?”

Our wisdom this month: Shop local. Give generously. Call your elders. Do your work. Wrap your bubble in the warmest hugs. And let yourself be a puddle.

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BY JULIE JENKINS

In Gene Jamieson's garage, nearly every available surface holds a stack of single-use foil take-out pans. The walls are lined with deep freezers, each carefully organized and full to the brim. A makeshift front desk, complete with a cheerful green tablecloth, holds a stack of self-printed brochures, the cover reading, "Meals Made 4 U By a Genie."

Take a look inside the brochure, and you'll find a forty-item menu of home-cooked frozen meals for a special clientele: seniors and anyone over 50.

"We started back in 2017, when there was already plenty of need in our community," says Gene, an 81-year-old retired travel agent and full-time volunteer. She quickly sanitizes surfaces as we chat — a safe two meters apart — in her garage turned frozen-meal headquarters.

"Now with COVID-19, I'm cooking close to 700 meals a month."

Gene's frozen meal service is just one of several senior-led initiatives affiliated with the Senior Citizens Association of BC Branch #49, a local organization that promotes physical, social and mental wellbeing for the region's aging demographic.

Nearly one-in-three of us is a senior here in Powell River, Tla'amin, and the qathet Regional District. With many living alone and on fixed incomes, adequate nutrition is a real concern.

When the pandemic hit, increased isolation and financial stress for seniors caused the seniors association to get busy.

"We had to suspend most of our social programs because we couldn't guarantee safe distancing," said Ron Woznow, Vice-President, noting that only the small Tai Chi and stretching classes were able to adapt.

"But our major concern was and still is isolation. Seniors were staying home more, shopping less, missing their meals and prescription refills. We knew we needed to help."

In May, the association took it on with \$30,000 in funding from the federal government's New Horizons for Seniors program.

In March, the Prime Minister announced \$9M additional funding through New Horizons to United Way Centraide Canada to support vulnerable seniors at risk due to the COVID-19 crisis.

Here in Powell River, Powell River & District United Way worked with First Credit Union to help the seniors association develop a plan. The funding is supporting increased outreach and education about elder abuse, which is a higher risk with seniors being isolated due to COVID-19, as well as local food security initiatives like Gene's frozen meals.

"Their support meant we were able to lower the overall cost of frozen meals and provide coupons for seniors



NO SENIOR SHOULD BE HUNGRY: Gene Jamieson cooks at-cost meals for seniors as a volunteer, out of her home. Under COVID, she's producing 700 meals a month, and has a grant to provide many of those meals for free.

HELP THE SENIORS YOU KNOW — AND THE SENIORS YOU DON'T

Learn more about the Senior Citizens Association of BC Branch #49 and Gene's frozen meal program at www.powellriverseniors.ca.

To make a donation towards COVID-19 supports for seniors in Powell River, Tla'amin, and the qathet RD, visit Powell River & District United Way's website at unitedwayofpowellriver.ca.

The New Horizons grant also allowed PRA to increase the awareness of senior abuse during the pandemic.

A rack card was mailed to every home in Powell River informing individuals of the forms of seniors abuse (financial, physical, sexual, psychological) and the local and regional numbers to contact to report abuse, neglect and self-neglect.

A tri-fold wallet size card was designed to provide seniors with easy access to local support agencies if they were being abused.

These will be available for seniors at medical and law offices, financial institutions and the seniors association.

on a low income," said Jamieson, emphasizing that her meals are available to any senior who needs support with cooking, not just those who can't afford it.

Financial need is certainly a factor, especially during the pandemic explained Elisa Renick, coordinator of Powell River Assist (PRA). It's a Community Response Network whose members are community organizations.

"With the high rates of seniors poverty and isolation in the qathet Regional District, providing food to those in need can be difficult at the best of times" said Elisa.

"With COVID-19, that task just got harder. The cost of food is increasing almost four times more rapidly than the price of other durable goods. Also, the local agencies that ran free food programs for seniors are no longer able to deliver these programs due to the pandemic."

Working with local agencies such as Vancouver Coastal Health, Inclusion Powell River, Better at Home, Powell River Food Bank, Texada Island Food Bank and Tla'amin Health, Renick and the Senior Citizens Association quickly identified 74 local seniors struggling with food access in the face of COVID-19. In response, they're providing grocery gift cards as well as vouchers for Gene's frozen meals.



Seniors Helping Seniors

Offering food, advocacy and social connections, local agencies are working together to get our elders through the pandemic.

“Our major concern was and still is isolation. Seniors were staying home more, shopping less, missing their meals and prescription refills. We knew we needed to help!”

– Ron Woznow

“As you can imagine, the COVID-19 pandemic has been a difficult time for the Elders in the community,” said Doreen Hopkins, Elders Coordinator for Tla’amin Health. “A lot of support was needed for Elders who are disabled or who live alone or have medical needs or require transportation.”

When a true lockdown became necessary for Tla’amin Nation in September, Hopkins stepped up to safely deliver frozen meals to several Tla’amin Elders who were sheltering in place, helping alongside the tremendous efforts by the Nation.

Still, despite the impact they’re having, Elisa is concerned about the ongoing un-met need. “One of our affiliates gave out more than half of the cards in just a few

PRL’s annual Helping Issue

Each November, PRL publishes a magazine that highlights holiday fundraising appeals, and other ways to help the people in our community. This year is a little different because so many annual events have been cancelled or altered due to COVID, and the need is greater than normal because jobs are scarce and isolation is so widespread.

This year’s Helping stories are:

- Seniors helping Seniors *Page 6*
- Charities during COVID *Page 9*
- The overdose epidemic *Page 15*
- Housing Update *Page 17*
- Shop Local *Page 20*

STILL MOVING: Tai Chi – the socially-distanced version – is one of the few programs still available to seniors in Powell River. It’s run by the Senior Citizens Association.



“The cost of food is increasing almost four times more rapidly than the price of other durable goods. Also, the local agencies that ran free food programs for seniors are no longer able to deliver these programs due to the pandemic.”

– Elisa Renick

days,” said Elisa. “They’re only giving one per person, but they’ve told us there are some who could use more.”

In response, Powell River & District United Way has identified support for seniors as a key fundraising priority for their annual fall campaign, which this year will focus on local COVID-19 response. The charity, which has operated in the Powell River region for 44 years, is confident that the community will come through.

“If there’s one thing we know about our community here,” said United Way President, Charlene Reinisch, “it’s that they always come through to support those in need.”

If the recent COVID-19 response is any indicator, it appears Charlene may be right.

“It’s been nothing short of inspiring to watch the Senior Citizens Association and PRA and the rest of the stakeholders work so collaboratively on tackling emerging needs for seniors during COVID-19,” said Caitlin Bryant, First Credit Union’s Community Relations Specialist. Caitlin stepped up to help administer the New Horizons funding with Powell River & District United Way.

“Their work has truly demonstrated the namesake of this region. After all, the name ‘qathet’, gifted by the Elders of the Tla’amin Nation, means ‘working together.’ In times of crisis, that’s exactly what we saw here.”

Ron and Elisa from Powell River Assist couldn’t agree more.

As for Gene Jamieson, she’ll keep cooking meals for her fellow seniors as long as they’re needed and funding allows. “Why wouldn’t I?” she said. “It gives me a reason to get up in the morning.” [PRL](#)



Volunteers needed

Won't you be a neighbour?

Twice-monthly grocery shopping. A friendly phone call once in a while.

It doesn’t seem like much, but for seniors isolated by the pandemic or for other reasons, these are crucial lifelines to the outside world. They’re delivered by volunteers through the Better at Home program. Volunteers like you, perhaps.

Each week since the pandemic began, two or three new seniors have joined the program, referred by doctors or neighbours who know they’re alone. Usually, most seniors stay active by going to classes, clubs, out for lunch, to church and elsewhere; since March, nearly all of these amenities have been closed. Even grocery shopping was once a social task; now, for seniors, it’s dangerous to go or linger.

In the past seven months, Better at Home has grown from supporting about 145 seniors to nearly 200. The 30 current volunteers are stretched beyond their capacity.

Now, Better at Home is seeking at least 15 volunteers to deliver groceries and make phone calls. You must be at least 19 and willing to go through a criminal record check. Currently, most volunteers are seniors themselves – but any adult is an asset.

“Many seniors have no family or friends in town. To have a friendly voice checking in on them every couple of days is so welcome,” said Stacy Morgan, Better at Home manager. “At intake, I ask them, ‘who do I contact if there’s an emergency?’ Many say they have no one in town. It’s heartbreaking.”

Volunteers, she said, get as much out of their inter-



THANKS FOR THE CALL: Rudy VanderMaeden is one of the nearly 200 seniors supported by the Better at Home program. Legally blind and immune compromised, he can’t get out as he usually does due to COVID. Volunteers grocery shop for him and keep in touch by phone.

actions with the seniors as the seniors do – a feel-good circle.

Better at Home is funded by the Province of BC, administered by the United Way, and delivered locally through inclusion Powell River. [PRL](#)

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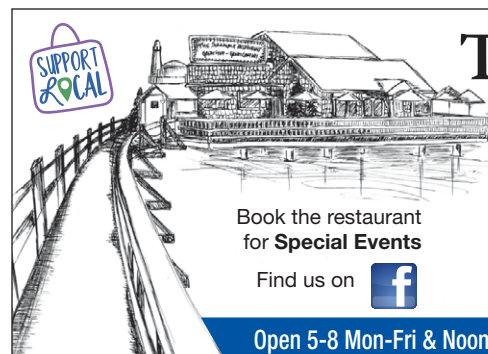
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The Greatest Gifts

COVID-19 has cancelled or altered many of Powell River's most important holiday charitable events. These are critical fundraisers – particularly during 2020's economic and social crisis. If you can, please give generously during this uniquely tough year.

Christmas Cheer Committee

How it helps: Raising donations for this year's "hamper program."

How it will be different this year: No hampers due to COVID, but providing gift cards to families.

How to participate: Visit the shopping centre on Saturday, Nov 14 and bring an unwrapped toy or cash donation. See Page 42 for more.

Other info: Applications to become a recipient family are available at the mall administration office.

Salvation Army

Christmas Kettle Campaign

How it helps: By providing food and necessities to the community.

What's different this year: As usual, we will have kettles and volunteers stationed around town accepting financial donations. This year, COVID protocols are in place, including mask-wearing, distancing and wiping down the kettles. Also new this year is the level of need: we have more clients and the need is greater.

How to participate: We are current-

ly recruiting volunteers to stand with our kettles starting November 16. The shifts are two hours long. Please visit salvationarmypr.ca to sign up, or email karie@salvationarmypr.ca or call her at 604-485-6067. And, make a donation at the kettles!

Knights of Columbus Raffle

How it helps: Over the past 57 years, the Knights have donated thousands of dollars towards bursaries, Christmas Cheer fund, inclusion Powell River, and other charitable organizations. Presently we support only Powell River charities.

How it will be different this year: No booth at the mall, no truck to raffle. All cash prizes instead: top prize \$100,000, second prize \$50,000 and many more as well. Tickets are still only \$3 each.

How to participate: Go to KofCDraw.net/C5417. If you are uncomfortable making purchases online or do not own a computer you can contact Don Bourcier at 604-413-1153 for more details.

Selfie Christmas Photo Booth

How it helps: For our customers it's an



YES PETS, NO SANTA: Mother Nature's annual pet photos with Santa – a fundraiser for the Food Bank – is a little different this year. With an outdoor selfie station, you can keep the family photo and charitable tradition going thanks to the creativity of the organizers. Here, the McSween family gets their snap with Santa Donna Blower in 2019.

annual tradition to get their pet and family pictures taken with Santa at Mother Nature. This is a way to keep the family tradition going until next year when we can do it together again! The funds we raise this year will go to the Powell River Food Bank as we know many families and employers have had their income impacted due to.... you know what :)

How it will be different this year: For the past six years Santa photos would be taken inside the store with our amazing Santa! The weekend event was ran not only by our staff but an amazing group of many volunteers that registered your family, collected donations, and ensured

there was always hot chocolate and cookies for everyone. This year, due to social distancing protocols, the event is more DIY, and outside in the nursery.

How to participate: This year the beautifully decorated Christmas Photo Booth will be set up outside in the nursery. Families and their pets can enter through the side gate entrance into the Nursery anytime from November 21st – December 23rd Tuesday-Saturday 9:30-5:30, place their phone/camera on the selfie stand and take their own picture. We'd love to see the pictures so for customers who are posting on IG/FB, we're asking to be tagged. If you don't do social media you

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Our fundraising events were cancelled this year due to COVID-19, reducing our events income by up to 95 percent. The money raised is used to ensure that our horses receive the best possible care. Our expenses have increased due to the pandemic requirements, and the cost for feed, feeders, farrier, and veterinary services.

We have resumed our program and are pleased to provide some sense of normalcy for our volunteers, staff and riders in these unusual times.

You can continue to support PRTRA by visiting our website at prtherapeuticriding.com to make a donation or by calling 604-485-0177 Mon-Thurs for more information.

Thank you for helping us keep our horses happy and healthy so we can continue to provide our valuable service to the community.

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"Rebecca does not use words to communicate, but her pleasure is obvious from her smiles and laughter when she rides Liam. Due to the nature of her disability, Rebecca can often seem "lost" and disconnected from what is happening around her. When she is riding Liam she is calm, very focused and aware. She has become such a confident rider now that she often looks around, appearing to take in the beauty of the trees along the trail... What a gift to be able to have this experience in my daughter's life."

Sincerely, Maria



Proud to support the Powell River Therapeutic Riding Association

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can email us your picture. If you do tag or send us your picture you will earn an entry to win one of three Mother Nature Gift Certificates valued at \$100, \$50 and \$50, which will be drawn December 19. We are also asking families to pop into the store to make a cash donation to the Powell River Food Bank which will also earn them another entry into the draw. Throughout this time frame there will be random fun prizes to be won. Mother Nature will be matching all funds donated up to a maximum of \$2,000. This is a great opportunity for the community to help donate \$4,000 to our Powell River Food Bank!

Cranberry Children's Centre Campaign

How it helps: Directly supports key maintenance needs at the Cranberry Children's Centre, which supports over 300 families in our community each year.

How it will be different this year: This is a first-time fundraiser for us!

How to participate: Our campaign officially launches on December 1st! Attend one of our upcoming events, or sponsor a can of paint or stack of roof shingles via our online donation page. More details coming via our website at www.inclusionpr.ca

Art from the Attic

How it helps: This event helps fund ongoing hospice support. The Powell River Hospice Society provides essential end of life support, care, and resources for fami-

lies and friends in our community.

A portion of the funds will be directed to the Sunshine Gogos Grandmothers to Grandmothers Campaign (Stephen Lewis Foundation), to support families impacted by the AIDS pandemic in Africa.

How it will be different this year: Our Gala and Auction, scheduled for mid-April, was postponed. We then experienced a second setback when nearly one-third of the collected art was stolen from our storage facility. We are designing a new safe event which we hope to launch in the spring or summer of 2021.

How to participate: We are still collecting art works for our sale. Contact Malerie Meeker at 604-483-6413, or email artfromtheattic2020@gmail.com

Other info: We want to thank all our donors who have been so supportive throughout the development phase of Art from the Attic, including graciously accepting the loss of so many pieces due to the theft. We appreciate you!

Kings Hockey Raffle & Lottery

How it helps: Proceeds pay expenses such as team travel, equipment, facility rentals and staff wages.

How it will be different this year: With only 50 fans at games, and no auction (a \$40,000 fundraiser), the team will be reliant on 50-50 game day raffles (online) and the big Dream Lottery, where the 50-50 can grow to \$105,000. Draw is Feb 16.

How to participate: Buy tickets at powellriverkings.com



The Powell River Action Society Food Bank is serving about 20 percent more locals, due to the pandemic—many of the 610 households containing children and seniors. Several seasonal events that support its work are either cancelled or altered.

“I am very worried that we’re going to fall short of what we need to feed people,” said manager Savanna Dee, noting that donations were down by about a third last Christmas. “With the end of CERB, we will have more people coming in. Don’t let your neighbour go hungry.”

If you or someone you know needs help this holiday, go see Savannah from 10 til 2 pm Tuesdays through Thursdays at the Food Bank behind Ecosentials. Intake has been streamlined due to COVID-19.



GENEROUS FOLK: Left, Melissa Tookey at the Food bank with some of the recovered foods from the Loop program at Save On Foods. Above, PR Macs owner Corey Matsumoto donating refurbished computers for children.

Stuff the Trailer

How it helps: The event, run by 95.7 Coast FM, FreshCo and City Transfer, fills the Powell River Food Bank Action Society’s shelves, and raises money.

How it will be different this year: Never has the Powell River Food Bank needed your help more. The pandemic has created a greater need for social services, and the Food Bank has definitely seen an increase in demand. This year we introduce the Corporate Pallet Challenge in order to reach the necessary goals to keep the Food Bank shelves stocked up throughout the winter and even spring! The Corporate Pallet Challenge invites Powell River businesses to buy a 1,000 lb pallet of food for the food bank by making a \$500 donation per pallet. Businesses are welcome to buy as many pallets as they like, and they will receive a receipt for any donations for tax purposes!

How to participate: For individuals and households, Shop at FreshCo, and choose a \$5 or a \$10 bag of groceries to stuff into the trailer. Businesses, local organizations, and even private donors are challenged to step up and accept our invitation to purchase a 1,000-pound pallet of household necessities such as flour and toilet paper at a cost of \$500 per pallet. Contact Vicky 95.7 Coast FM (vicky@vistaradio.ca) to purchase your pallet today and let’s fill up the Food Bank and help those in need this Christmas and beyond!

Drive-by Lights in Paradise Valley Park

How it helps: Donations for families are needed more than ever this year.

How it will be different this year: The popular Santa Train can’t operate this year. Instead, the Forestry Heritage Society is decorating the park and inviting families to drive past our thousands of lights. Donations collected will go to the Salvation Army.

How to participate: Drive to the Farmers Market entrance (4365 McLeod Road) between 6 and 8 pm on Dec 11 or 12 and we’ll route you past the lights. Bring a gift of unwrapped toys, non-perishable food or cash. These gifts will be collected through your car window and distributed to deserving community members.

Brooks Students for Change Holiday Help Fundraiser

How it helps: It provides student leadership and service learning and invites the school and wider community to help support others during the holidays.

What’s different this year: Usually, this fundraiser is The Jingle Jog. Due to COVID-19 and for safety reasons we have decided to try another December event. At press time, we were still in the planning stages.

How to participate: Follow Brooks Students for Change on Instagram (@brooksstudents4change), and watch for more in the December edition of PRL.

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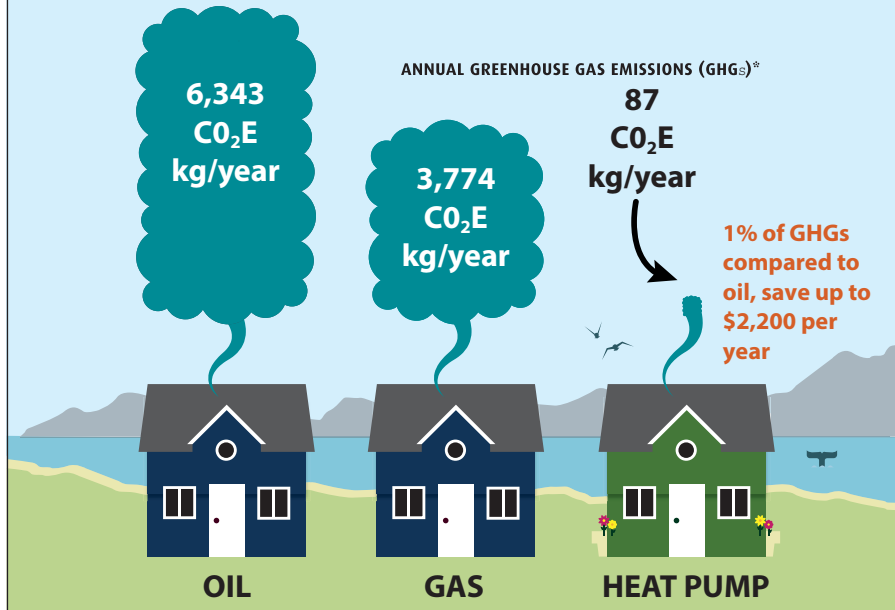
In response to the COVID-19 pandemic, select rebates are doubled for a limited time to support the restart of B.C.'s economy and help homeowners save energy.

It is a perfect time to upgrade to a clean electric heat pump for your home!

Registration is required. Register for a promo code by December 31, 2020. Once received, your unique promo code can be used to apply for the Double the Rebate offer. You will not be required to implement your upgrade so it's a good idea to get the promo code even if you are not completely sure you are upgrading!

Upgrades must be complete and invoiced by March 31, 2021.

Visit betterhomesbc.ca/rebates/double-the-rebate or call a BetterHomesBC Energy Coach at 1-844-881-9790 for more information.



HOME FOR THE HOLIDAYS: The Powell River Orphaned Wildlife Society (PROWLS) has rescued 438 animals so far this year, including quite a few beautiful birds that people rarely see, such as red crossbills, evening grosbeaks, an olive-sided flycatcher – plus a young trumpeter swan that had flown from the Arctic! The great grey owl, above, adorns PROWLS' fundraising calendar (see below). The society is moving ahead in its efforts to find a permanent facility, and is looking for new members.

Photo by Michelle Pennell

Great Grocery Raffle

How it helps: Supports local Rotary projects and community donations.

What's different this year: We have gone online this year through a company called Raffle Nexus. Go to greatgroceryraffle.ca to order tickets online. Rotarians have their own unique selling URL and some paper tickets are available. Clients can phone one of the agents and buy tickets over the phone or go to Crazy Quilt Cottage with cash. We are hoping to set up a booth in grocery stores but can't confirm this yet.

Powell River Orphaned Wildlife Society calendar sales

How it helps: PROWLS is a charitable society. So far this year we've made over 400 rescues and counting. Funding is needed to feed all of the different species, medication for pain and antibiotics.

How to participate: Calendars can be purchased at Springtime Nursery, Paperworks or call 604-483-9787. Minimum donation of \$20 per calendar. All photographs in the calendar represent species that have passed through PROWLS' door and were taken by Powell River wildlife photographer Michelle Pennell.

Kiwanis Book Sales and Auctions

How it helps: The money raised until the end of December is going to our Adopt a Family through the Christmas Cheer Committee.

How it will be different this year: You have to book a time to shop.

How to participate: Book a half-hour slot to shop by appointment, by calling 604-483-1440. Also, watch for online auctioning of some items, such as a human-sized Santa Claus.

United Way #LocalLove in a Global Crisis

How it helps: Annual fundraiser for local programs and services that benefit kids, reduce poverty, and build stronger, healthier communities in Powell River and across the qathet Region.

How it will be different this year: COVID-19 has hit vulnerable people the hardest. So we're focusing support on local programs for those seniors, families and individuals. Donations provide help for seniors, basic needs, and support for community services.

How to participate: Make an online donation at unitedwayofpowellriver.ca, or watch for our annual one-pager distributed in the *Powell River Peak* this fall. Businesses wishing to donate or start a campaign in their workplace can contact admin@unitedwayofpowellriver.ca.

Giving Tuesday Drive for Hygiene Products & PPE

How it helps: Help stock the Hygiene Cupboard Project. All people should have access to basic personal hygiene supplies.

How it will be different this year: In addition to our regular hygiene drive, we will be collecting masks and PPE to distribute to individuals in need and local front-line service providers.

How to participate: Keep your eye out for collection bags at a variety of businesses in December. A small donation from you makes a big difference to someone else. Accepted items include: new, unopened toothbrushes, deodorant or antiperspirant, shaving cream, tampons or pads, shampoo, conditioner, masks and hand sanitizer. Visit unitedwayofpowellriver.ca or follow us on Facebook @prunitedway to learn more.

For centuries, soldiers have come home from wars with Traumatic Brain Injuries. They suffer. So do their families.

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THANK YOU TO OUR VOLUNTEERS

Advisory Committees

Have you ever sought out extra help to complete a complex project? Think of when you have to do a home renovation and you need the varied expertise of several tradespeople, from electricians, to plumbers to landscapers. These experts can assist you by offering their skills in order to provide you with a better product than you could achieve on your own.

Advisory committees act much like tradespeople. These committees provide information and advice to the Regional Board to assist with its governance and decision-making. Advisory Committees provide strategic advice and assistance with regional and sub-regional service provision. They also have a role in reviewing significant proposed changes to services and providing constructive critique with a goal of balanced service delivery. Advisory committees are comprised of dedicated local volunteers who generously offer their expertise in order to assist the qathet Regional District in creating a more inclusive, thriving community.

Advisory committees ensure our community has a voice at the Regional Board table.

We would like to extend our thanks to the many volunteers who generously contribute their time to our community and to qathet Regional District services.

Malaspina, Northside,
Savary Island and
Lasqueti Island Volunteer
Fire Departments

Agricultural Advisory
Committee

Savary Island Marine
Advisory Committee

Texada Island Airport
Advisory Committee

Texada Island
Community Heritage
Commission

Texada Island Recreation
Commission

Solid Waste Management
Plan Review Advisory
Committee

Lasqueti Island Solid Waste
Management Advisory
Committee

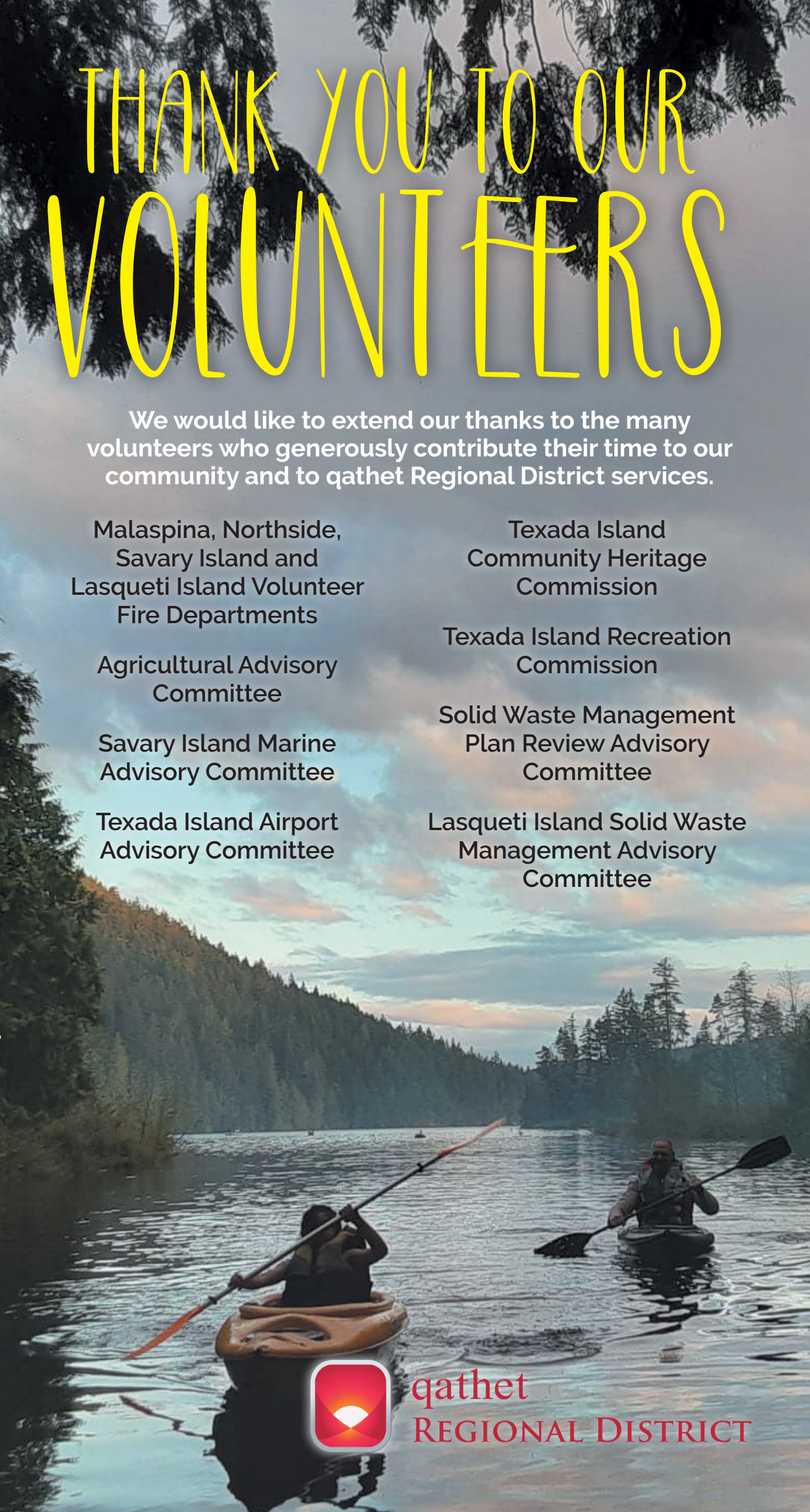
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LATE NIGHT SHOPPING

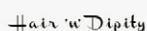
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- Toys
- Music & Art Classes
- Beauty
- ...and so much more!



townsitemarket.com

Powell River Therapeutic Riding Association

How it Helps: To ensure that our horses receive the best possible care.

How it will be different this year: Our fundraising events were cancelled this year due to COVID 19. Our expenses have increased due to the pandemic requirements and the cost for feed, feeders, farrier and veterinary services. We have resumed our program and are pleased to provide some sense of normalcy for our volunteers, staff and riders in these unusual times.

How to participate: You can continue to support PR-TRA by visiting prtherapeuticriding.com to make a donation or by calling 604-485-0177 Mon-Thurs for more information.

November

How it Helps: Raises funds and awareness for men's health, especially mental health and suicide prevention, prostate cancer and testicular cancer research and prevention.

How it will be different this year: The Powell River and Area Emergency Services Group will still be taking part in the cause through pledges and donations. Our focus this year will be to spread awareness and promote active living within the community. Members will be setting personal goals for physical activity while collecting pledges.

How to participate: You can participate in raising awareness of men's health by growing a moustache, if that's your thing. For donations and updates you can go to our Facebook page: PR & Area Emergency Services November 2020.



THE MUSCLE & BRAUN BRIGADE CELEBRATES MOVEMBER:

Okay, not really. The Muscle & Braun Brigade was Powell River's first fire department, formed in 1911 – a full 94 years before Movember (see above) was first celebrated in Canada. But check out the 'stache on the firefighter in the centre! His chevron style is an inspiration even in 2020. What is your Movember facial hair goal? For more about Powell River's earliest firefighters, see Page 36.

Awareness campaigns

Restorative Justice Week

How it helps: Restorative Justice Week aims to raise awareness of Restorative Justice approaches to crime. This national event runs annually in the third week of November. This year, RJ Week will be November 15th-22nd.

How it will be different this year: This year, qathet Community Justice (qCJ), our local RJ Program, will be raising awareness online. We will be posting one infographic per day from Nov 16-20 on the Lift Community Services Facebook Page @liftcommunityservices

How to participate: Check out the Lift Community Services Facebook Page Monday-Friday of RJ Week to learn about the principles of Restorative Justice and how qCJ implements them in our community. Get in touch with qCJ@liftcommunityservices.org if you want to learn more!

16 Days of Activism Against Gender-Based Violence

How it helps: This campaign raises awareness and sends a message of support and hope for people struggling with domestic violence.

How it will be different this year: There will be no in-person event this year due to COVID-19. Look for our displays at Townsite Mall, the Town Centre Mall, and the Library between November 21 through December 6. These dates recognize the 16 days of Activism against Gender Based Violence, the Purple Lights campaign to

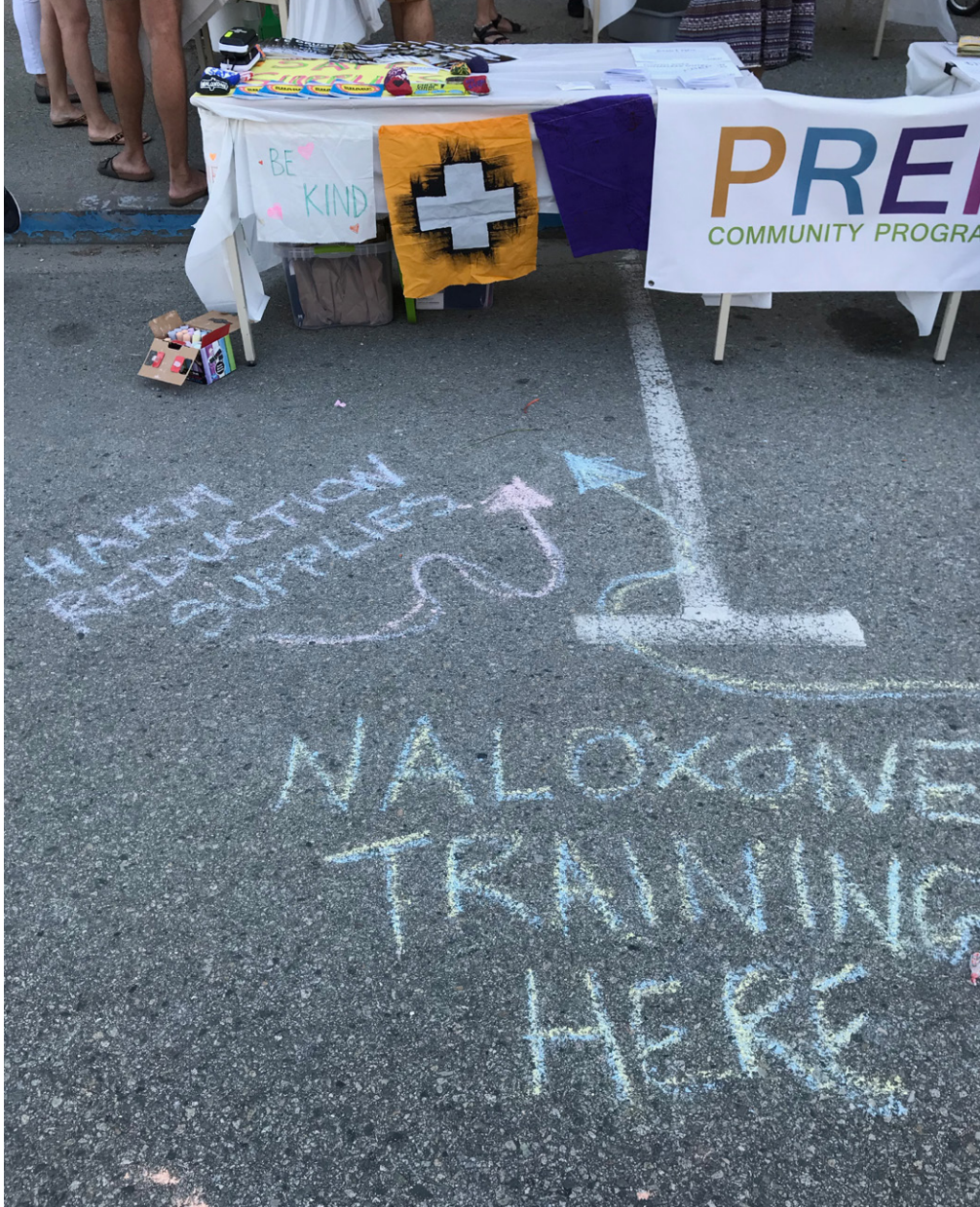
end domestic violence, and Canada's National Day of Remembrance and Action on Violence against Women on December 6 which is also our ninth annual Shoe Memorial (see below).



How to participate:

- Wear purple
- Wear a purple ribbon
- Display purple lights in your business or at your home
- Look for our displays in the community
- Pick up a book mark at the library
- Don't be a bystander
- Visit our Facebook page @ Powell River • Victim Services
- Ensure everyone in your own family feels safe, respected, and supported

Other info: Gender based violence has significantly increased during COVID-19. We are witnessing a pandemic within a pandemic. Please help us fight to end the violence. Love doesn't hurt!



LIVING THROUGH THE CRISIS: Several agencies in Powell River are helping locals survive the overdose crisis through harm reduction. Above, a stand run by PREP trains locals to use Naloxone, which blocks the effects of opioids and can save lives. At right, a history of the opioid crisis in Powell River.

Overdoses are killing four times as many of us as COVID-19 is

BY THE POWELL RIVER PHYSICIANS
COVID-19 STEERING GROUP

We must be ever-vigilant regarding public health concerns posed by COVID-19. However, with the recent focus on the pandemic, some attention has been diverted from another health crisis we are navigating right now – namely, the opioid crisis.

According to the British Columbia Coroners Service, between March and September 2020, more than 1,000 British Columbians

died from drug toxicities, over 80 percent of which included Fentanyl or its analogues. In comparison, the total number of COVID-related deaths in this province to date is 253. Many victims of the opioid crisis are young. They are our children, brothers and sisters, parents, husbands and wives, co-workers, and friends.

The pandemic has also added layers of complication to the opioid crisis. With border restrictions, the street drug supply has changed and become increasingly poisonous. Additionally, people who use drugs are receiv-

A LOCAL TIMELINE

OPIOID CRISIS

In the face of the pandemic some attention has been diverted from the **opioid crisis** we are also facing. These are some highlights of key work being done in this area:

● 2002

Sunshine Coast Treatment Services is established in Powell River. To this day the centre continues to be a key player in the community's opioid crisis response, offering the **OAT (Opiate Agonist Therapy)** program.

● 2016

British Columbia declares a **public health crisis** due to the unprecedented number of overdose deaths related to Fentanyl and Fentanyl-like drugs.

● APRIL 2017

Powell River Mental Health and Addiction Services expands to include the **Intensive Case Management Team (ICMT)**.

● DECEMBER 2017

Statistics revealed that, within the Vancouver Coastal Health district, the **overdose death rate** in Powell River is second only to Vancouver.

● FEBRUARY 2018

A Community Action Team (CAT) is established (expanding the pre-existing Harm Reduction working group) and through their dedicated work Powell River develops the **first rural Overdose Prevention Site (OPS)** in the Vancouver Coastal Health region.

● JANUARY 2019

Substance Users Society Teaching Advocacy Instead of Neglect (**SUSTAIN**) is formed by the local drug-using population and the **Street Degree Program** is developed to provide education, support and advocacy for people in Powell River who use drugs.

● JULY 2019

The **Overdose Outreach Team** service is established to work with the ICMT to provide support to people who have experienced an opiate overdose. Front line medical staff are trained to better engage and support drug treatment, including opioid replacement therapy.

● SEPTEMBER 2020

A **Harm Reduction Working Group** is formed in Tla'amin after a COVID cluster necessitates a community quarantine.

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ST. JOHNS BUILDING RESCUES AGAIN: If you've driven by Townsite recently, you may have noticed the mural that is skillfully being created by talented local craftsmen and craftswomen Catnip, Andy Gerlach, and Rhys Galligos. With a grant from Lift Community Services, Recovery Day Powell River has organized a "Celebration of Recovery" mural which we will announce the completion of hopefully before the weather turns too cold. Other projects currently in the works at the former St. John Ambulance building are a private gym, residential spaces for Miklat treatment graduates, and a meeting hall.

ing conflicting messages about social distancing versus the need to use safely with others present. Because the drugs may be unpredictably potent there may be need for someone to provide life support if the user becomes unconscious and stops breathing.

Some may say, "why not just stop using drugs?" But it's not so simple. Addiction is an acquired brain disease in which the reward center of the brain becomes damaged. Repeated use of addictive drugs, particularly during the formative years of adolescence, may delay or even prevent healthy adult brain development. "Logical" thinking is overwhelmed by cravings and a desperate need to use drugs. This often creates a state of distress when the addicted person wants to stop using drugs but is unable to. Addiction is sometimes described as an emotional location where people "live at the corner of isolation and shame."

The drugs on today's street are powerfully addictive, particularly Fentanyl and Methamphetamine. These drugs are inexpensive to manufacture, easy to distribute, and the profit-to-cost margin is very high. Blame and stigma often drive people away from disclosing addictions or seeking support and treatment.

In the past several years much has happened in response to the opioid crisis in Powell River. After B.C. declared a public health crisis in 2016, Powell River Mental Health and Addiction Services expanded to include an Intensive Case Management Team (ICMT). This team provides outreach services for people who have a substance-use disorder and need support accessing health-care services because of barriers including homelessness, mental and physical disease, and problems within the criminal justice system.

Peer outreach positions were created to expand and mobilize harm-reduction services, including distribution of clean drug-using materials to reduce the risks associated with the sharing of infected drug paraphernalia, and properly discarding used supplies. Naloxone (opiate antidote) kits were distributed to those most in need. Using with a friend or family member close by who can respond in the event of an overdose, was highly encouraged.

Several services and resources have been put in place in the past few years to help reduce stigma and enable people who suffer with substance-use disorders to maintain good physical and mental health. Ultimately, the goal is to encourage people to seek treatment, which may include a combination of medications and psycho-social supports.

"Ultimately, the goal is to encourage people to seek treatment... We cannot force anyone to seek help, but we can offer support with kindness and understanding."

HARM REDUCTION & RECOVERY IN POWELL RIVER

During the pandemic some services have necessarily been reduced, while others have increased

Services that are currently available include:

The Overdose Prevention Site is operating at the Community Resource Centre from 4-8 pm every day

SUSTAIN continues to provide outreach services to people in need

The Alano Club (big room in the back) is open and peer support meetings are held regularly


The Intensive Case Management Team and/or Overdose Outreach Team are accessible seven days a week and are supported by physicians and pharmacists to offer and provide treatment

Miklat house provides supportive recovery in a residential setting for men with severe Substance Use Disorder and is now accepting clients

Sunshine Coast Treatment Services (SCTS) is open Tuesday – Thursday for people with Opiate Use Disorder who are ready for treatment with Opiate Agonist Therapy, specifically Suboxone and Methadone

Family doctors/nurse practitioners may be able to prescribe Suboxone, or can refer patients as needed

For more information, please contact Powell River Mental Health and Addiction Services/OOT at 604-223-0413, Harm Reduction Services at 604-223-7761 or SCTS at 604-485-7983.

Dealing with the opioid crisis remains a priority in health care, but even more needs to be done. The pandemic has highlighted some of the gaps that remain, making this work even more critical. While our health-care system continues to adjust and adapt to deal with this ongoing crisis, it is important that we are all informed about how to seek support for ourselves or those close to us with addiction issues. We cannot force anyone to seek help, but we can offer support with kindness and understanding. 

Red hot market needs a cool-headed housing solution

BY PIETA WOOLLEY | pieta@prliving.ca

Usually, booming real estate is good news for cities. It means they're doing something right, and new residents mean new jobs, new money and new energy to a community. But even inside local government and industry this fall, Powell River's too-hot-to-handle market is alerting professionals that we have, perhaps, too much of a good thing.

"Two people working minimum wage jobs used to be able to afford a decent home here," said Neil Frost, the president of the Powell River Sunshine Coast Real Estate Board. "Now they can't. They're struggling to make rent, forget about buying a fixer-upper."

Neil grew up in Powell River, and has been selling real estate here since 2007. This year marks the region's highest ever residential values, with the average home selling for \$440,011 in September – the record-setting month. That's due largely to COVID dynamics: out-of-towners who can now work from home looking for a lifestyle change, and locals looking for more space. Plus, until September, very few homes were listed compared to the demand for them, which drove prices up to unprecedented levels.

"There definitely needs to be more things done, because homes here have become unaffordable to so many people," said Neil. "That whole entry-level priced



PART OF THE FIX: The 76 units of seniors rental housing at Coastal Breeze are nearing completion on Joyce Avenue. After a high in 2019, new residential development permits have waned.

THE BOOMING GROUNDS

- In September, BC set new records for real estate, with the average residential price at \$803,210 – up 15 percent from 2019.
- Powell River's median selling price in September was \$440,011. That represents a \$103,000 increase over 2019, and the biggest jump in the province by far.
- The market is hot. In September 2019, 25 residential units sold here. This September, 56 units sold.
- Construction is also hot. Between 2015 and 2019, the total construction value in Powell River more than quadrupled, from \$9 million to \$42 million.
- Between 2015 and 2019, 172 single family homes and 233 multi-family units (such as apartments) were built here, for a total of 405 new housing units.
- At the end of September 2020, 26 single family homes and 42 multi-family homes had been started so far this year.

\$100,000 to \$150,000 home is just gone. We really need more housing, and much more affordable housing."

Two years ago, *PRL's* Helping Issue was dedicated to housing. At that time, about 600 new units were in the

pipeline to be built, including some affordable housing. Some have manifested, such as the 43 units in the BC-funded Rapid Response to Homelessness supported housing building on Joyce, and the near-completion Coastal Breeze senior complex (see above).

But since then, the price of homes and rentals has increased exponentially, crushing the hopes of many folks who had hoped to buy here (see next page). Because prices are high and homes are selling, some renters have been displaced by sales, making Powell River's housing situation considerably worse than it was in 2018, according to Neil.

At City Hall, these dynamics haven't gone unnoticed. In an interview with Powell River's Director of Planning Services Thomas Knight and Manager of Planning Services Jason Gow, both expressed that it is, perhaps, time for local governments to step into housing with more gusto – a responsibility that has historically been provincial and federal – not municipal.

"It's great that there's an interest in Powell River, but this has been very hurtful for those trying to get in the market here," said Thomas. He described the recent affordable housing builds as putting "a very small dent" in the housing challenge here.

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Top 10 ways to squeeze the most out of your COVID-era Powell River shopping experience:

1. Shop local online

Many of your favourite Powell River independent retailers and franchises are newly offering online shopping with delivery or pick-up. Cozy up to your computer!

2. Shop local home services

Whether it's fresh new decor, a long-needed repair, or a renovation, Powell River experts can make your home a tranquil retreat this winter.

3. Shop local neighbourhoods

Make a date with a friend in your bubble, and head out for a walk and a shopping date to explore the food and stores from Lund to South of Town, and everything in between.

4. Shop local food and drinks

Try a new grocery store, market, liquor store, take-out meal or even dine-in. Change up your routine - you'll be surprised what's here!

5. Shop local events

Turn to PRL's calendar this season for special shopping events over the holidays - both in person and online.

6. Shop local charity

Consider donating locally this holiday season. Help solve Powell River's challenges to the environment, food security, animal safety and much more.

7. Shop local financial

Invest, insure, borrow, and bank here in Powell River. Local experts offer a global outlook to help you get the most out of your money.

8. Shop local knowledge

Take a class, or offer one as a gift! Even during COVID, you can, in Powell River in person or online, learn to dance or make art, get fit, take continuing education classes, upgrade your credentials, and much more.

9. Shop local health

Now is the time to boost your immunity and care for your body and mental health. Local experts offer supplements, body work, fitness classes and psychotherapy.

10. Shop local pop-ups

It's the holidays! Watch for special pop-up shops in store-fronts and online. We may be missing craft fair season this year, but Powell River makers are still producing their world-class goods.

The "Support Local" campaign is a project of **Women in Business**, supported by:



This space provided by Powell River Living.



We missed the market

BY DELYTH HARPER

I find the current housing market changes so disheartening, as a family who moved here because we could imagine affording a house a few years down the road.

I never predicted housing would rise like it suddenly has.

We lived in Victoria before the housing cost rise and rental shortage and lived through what happened there, then lived in Nelson that saw a surge in housing and yet another rental shortage, my hometown of Revelstoke is even worse, and now we moved to what was supposed to be an affordable community only to experience the same thing. It makes

the dream of owning a house seem impossible when it was attainable before.

We've never felt a sense of security living in a rental; I'm aware things could happen with rentals and we could easily be out. I'm over this - seeing rental shortages and prices increase, and the cost of housing soaring.

We're two working class people who both went to university (like we were "supposed" to) and owning a house feels like such a far-fetched dream as of now. We tried to do everything right to ensure financial and job security for our family, the only thing we did wrong was not being born ten years earlier before this happened all over BC.

So far, the planning department has largely stuck to traditional measures encouraging affordable housing: zoning smaller lots, working with senior levels of government to secure funding for nonprofit housing, expanding secondary suites and carriage houses, encouraging multifamily developments, and providing land in-kind to affordable projects.

But clearly, it's not enough. The private sector has built very few rental suites in the past two decades, and little new construction is selling at under \$300,000 per unit.

Jason added, "Who is going to pick up the torch? Some larger cities take a lead role in housing, and become the developer, and start to own and rent buildings to create more market rental and affordable housing. It's a big jump though. I'm not sure Council is up for that. That's a conversation I'm sure we'll have."

Powell River is currently conducting a Housing Needs Assessment, which

will become a housing strategy soon. It's at that point, Jason said, that the City can begin to have more clear conversations about its potentially bigger role in affordable housing.

Another challenge is the cost of new construction, Jason explained. His department has expected carriage houses - tiny homes built in backyards - to take some pressure off the rental market. Instead, they found that at \$300 a square foot, they were cost-prohibitive to build for rental. Fewer than 10 carriage house permits have been issued in the past three years. When they were built, they often housed family of the main house.

Going forward, Thomas said he's concerned that, after five juggernaut years, residential development applications have slowed down (though commercial building remains strong).

As of the end of September, just 68 new units had been proposed this year, in comparison to 173 in 2019. [PRL](#)

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Let's fill up the food bank and help those in need
this Christmas and beyond!

Shop

like your town

BY ISABELLE SOUTHCOTT
isabelle@prliving.ca

We changed the way we shop the day the COVID-19 pandemic shut down communities. As we hunkered down, hiding from a virus we knew little about, we drew out our credit cards and opened Google; some for the first time.

Gone were the days of strolling up and down the aisles of grocery stores in whatever direction we felt like and stopping for chats in the produce section with someone we hadn't seen in ages. We donned masks, sanitized our hands, kept our distance and went about our in-person shopping as quickly and efficiently as possible. Leisurely browsing became a thing of the past.

Online shopping has doubled during the pandemic, says Statistics Canada. The pandemic accelerated the shift towards a more digital world. Has it triggered changes in our online shopping behaviour that could become entrenched?

Head to any local recycling depot in the past few months, for example, and in the cardboard bins, you'll find piles of collapsed Amazon and Hello Fresh boxes.

According to Shopify, a Canadian multinational e-commerce company, some new buying habits are here to stay: "53 percent of North American buyers said that the pandemic has changed the way they will shop going forward."

Is there room for both?

Can a small community like Powell River survive this historic shift in consumer purchasing behaviour? Is there room and opportunity for both local businesses and out of town online shopping to coexist?

Kim Miller, manager of the Powell River Chamber of Commerce, is concerned about what's happening on the home front. There's always been some out of town shopping but that increased with online shopping and again, when the pandemic was declared. "I don't like what is happening to small businesses that can't compete with Amazon and Wayfair," she said.

"Yes we've seen an increase in online shopping; we've all seen local couriers working around the clock. There are more delivery trucks and vans on the road than ever before."

And although some may find it easier to shop this way, not everyone does. "There are still many who want the personal touch you can only find at a bricks and mortar store," says Kim. "There are many seniors who do not use online shopping at all."

Kim says her office receives calls every day from locals looking for the best place to buy an item they need or the best contractor to do a job.

"I hear terrible stories of people who can't get their money back for a faulty

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Online shopping has doubled since March. Local retailers and restaurants are fighting hard to survive and thrive through COVID-19 and beyond.

Over the next two months – the holidays – they'll know whether Powell River shoppers have their backs.

depends on it

"I don't like what is happening to small businesses that can't compete with Amazon and Wayfair."

– Kim Miller

product bought online or out of town."

"We lose customer service (when shopping online). We lose talking to a business owner about the product and when something breaks it's not as easy as just going back to the local store and dealing with it."

Kim says the biggest threat posed by out of town and online shopping is that it means local businesses will have fewer and fewer customers until one day, they will just shut down. "This means no employees and local residents will lose their jobs."

She's seen an uptick in the number of local online social media sites where people are promoting their products and services. "There is now major competition online to get people buying online," she said noting that there are even "parties," online to get people buying. "You can order a local product, go pick it up on

someone's doorstep, pay by e-transfer or leave cash in their mailbox."

It's hard to know what the future will bring but one thing Kim does know is that Powell River needs to find a happy, healthy balance between local shopping, online shopping and local online shopping if we want local businesses to be here in the future.

Pandemic forces changes

Before the pandemic, some stores, such as Fits to a T, a women's clothing store on Marine Avenue, didn't have a website. But owner Tanya Close says the pandemic forced her to create an online store. "I'm not good with technology," says the stylish entrepreneur, "I was scared of technology but I could see how this could benefit my customers."

Many women don't like shopping online for clothes. "They like to come in and try things on," said Tanya. "If you go online you don't know where clothes are coming from and the sizing can be so different."

For instance, a woman who wears a medium in Canada might order a medium online and when it arrives, it will be a small or extra small. "People know our brands and that our sizes are more standardized," said Tanya.

BOUNCING BACK: Fits to a T owner Tanya Close has worked hard and fast during COVID to support shoppers' local needs with technology: an online shop and more.



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Still, with many businesses shut down in COVID's early days (including Fits to a T) Tanya knew she had to figure out a new way of doing business. In addition to setting up more personal shopping appointments, Tanya used the time the store was closed (March to May) to dive into the online world.

"This may be my lifetime achievement," she says of Fits to a T's online shop which is powered by Shopify, a Canadian business that is the world's biggest e-commerce platform. Through Shopify, businesses can create a website and use Shopify's shopping cart to sell, ship and manage their products. Tanya says the online store doesn't display everything her bricks and mortar store carries and says it's more of a tool so clients can see what's new.

In the spirit of being local, Tanya uses her friends and clients as models on her website and social media accounts. "My clients like it when they recognize the models I'm using!"

Although creating an online store was necessary, it was a challenge and time consuming. Still, Tanya says she's glad she did it. "I had a focus and I was driven," she says. "Fashion is seasonal, so you have to move product



NOT THE COMPLAINTS DEPARTMENT: Chamber of Commerce manager Kim Miller hears horror stories about faulty, non-returnable items bought out of town.

Confessions of a terrible,

Five disastrous international online shopping moments by PRL editor *Pieta Woolley*

First let me say, in my defense, that the vast, vast majority of what I buy is local. I'm sure that's true for all of us. My romaine, laundry soap, jeans, gas, firewood, pencil crayons, and garlic bulbs all come from right here in Powell River. Most anything I need, I buy it here. Or, I make a serious effort before I look out of town.

But for the things I don't need? I often find the dazzling 24-hour international virtual marketplace impossible to look away from. It's all just so... cool-looking. And so cheap.

Man, I keep getting burned though. Here are some bad ones:

The embroidered cowgirl shirt

Retailer: unknown

Sin: Stupidity

Total loss: About \$60

I am a total sucker for embroidery. So when I saw, for \$40 on my Facebook feed, the most sumptuous-looking fitted cotton Mexican-style cowgirl shirt, featuring gobs of embroidered red and orange roses covering the sleeves, front and back, I had to have it. Was it a risk? Yes. It was posted on one of those shifting-name, too-good-to-be-true clothing emporiums based in Main-

land China. At \$40, it was a risk I was willing to take. Maybe it would be fabulous.

I ordered two: one in white for myself, and one in blue for my mom. Weeks later, the package was at my door. Out slipped two tent-like garments made of itchy polyester. In place of the embroidery were several grim, printed, unidentifiable flowers. Like, here. Here are your 'roses,' you dummy.

I called the customer service number. The rep offered to return a third of the cost of the shirts, and did so. Defeated, I swore to never order online ever again. The sad shirts lingered around my closet for a while, a reminder of my online sins, then went to the thrift shop.

The lemon dress

Retailer: H&M

Sin: Procrastination, laziness

Total loss: About \$55

Cute! Lemons were in this past summer, and here was a breezy fitted sundress from H&M. I am a big fan of H&M, and normally I'd shop there in person, but not during pandemic. So I ordered it in what I presumed to be my size, along with several other items. Nothing fit quite right (but I regrettably kept and wore most of it).

H&M has a great return policy for stuff ordered online: just pop it in a shipping bag, use the pre-paid label they include with your shipment, and as long as they receive it less than 30 days after it was delivered to you, full refund.

So I put the dress in a bag with the label on it. And,

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and you have to be able to pay for it because the second product comes in the store, I own it.”

Twenty-six years ago Jeff Bezos founded Amazon, the world's biggest online sales platform. Today, he is the world's richest man. Many people have a love/hate relationship with Amazon. They see money leaving town and leaving nothing in its wake, however some things are available online that aren't available locally.

Some argue that online shopping is more convenient and safer – particularly during a pandemic. It allows immune-compromised people to get what they need without venturing out amongst the germs.

Still, many are worried that Amazon and online shopping in general will kill our community's economy.

Restaurants have been hit hard by COVID restrictions. Meanwhile, the grocery industry and home-delivered meal kits such as Hello Fresh are booming. Cindy Temple, CEO of the Davic Group said the COVID pandemic has impacted the Shinglemill in more ways than one.

“Not only has our customer base dropped dramatically, our need for COVID cleaning supplies, throw-away napkins, etc. have hit us on the back-end.”

In addition, a minimum wage increase in June and increases in the cost of food hit the service industry with a double whammy. “We had no choice but to reduce staff once summer season dropped off.”

The government's COVID relief fund – CERB – made it difficult to staff the restaurant during summer. “Some summer staff didn't want to earn more than \$1,000 a month because the relief plan allowed that the \$2,000 they got paid would not be reduced if they only earned an additional \$1,000,” said Cindy. “It was frustrating, but I completely understand their reasoning.”

Take-out orders at Shinglemill increased a bit, but not enough to justify the cost of “Skip the Dishes” or some such delivery app's software costs. Restricted seating and crowd control means they haven't been able to do their popular wing night as it brings in too many people.

Cindy says the Shinglemill's “big beautiful deck” has been a blessing and they have reignited their deck heaters, which they hope will carry them through the chilly days of fall.

“Christmas parties will be tricky, if at all,” she says noting that normally they're getting booked up right now – but that isn't happening this year.

Local couriers booming

Peregrine Express, a Vancouver Island based company, has the Canada Post contract to deliver to Powell River. Their staff deliver parcels from Amazon, Shopify, individuals and mom and pop operations to homes in Powell River.

Owner Aaron Kazeil said the volume of deliveries from April to June was close to what they'd expect at Christmas – about a 50 per cent spike. When restrictions loosened, that changed but still, nationally volume is up about 20 per cent over what it had been pre-COVID.

“We've only been in Powell River about a year,” said Aaron when asked to compare the Powell River volume from last year to this. “Canada Post doesn't do big freight, for the most part it's residential.”

What will happen with online shopping and the volume of freight to be delivered in the next few months is unknown.

“What will happen when CERB runs out, if we get a third wave?” With so many people out of work it's hard to make projections for the future.

We've all seen the small white vans sporting the Alo-

horrible, no-good, very-bad consumer



NOT LIKE THAT: The infamous peacock dress.

predictably, I never got around to mailing it. So, it's still lingering in my basement, far past the returnable date.

The leather boots and shoes and the peacock dress

Retailer: Unknown

Sin: Cheapness

Total loss: About \$150

This was perhaps my top terrible shopping moment ever. Like, I should know better. Obviously this was too good to be true. A groovy pair of Doc Martin-like brown leather boots lined with a pink floral fabric, a funky pair

of futuristic Mary Janes, and a pretty black dress for the holidays, festooned with an elegant peacock print.

Needless to say, the shoes were not leather, but rather a glorified cardboard. The dress did not close completely in the front... and not because it was too small. Three buttons and a limp cord belt weren't gonna do it.

The dress I still have (see left), a testament to money wasted in online vanity scams. The shoes I sold to a friend. I'm surprised we're still friends. I'm sorry.

The waterproof phone

Retailer: Ali Express

Sin: Naivety

Total loss: About \$175

Everything was great about this Blackview phone. Super price, camera, speed, sensitivity, and weight. But it was advertised as waterproof. I took it swimming at the Texada quarry a few summers back. Indeed, it was not waterproof, and died. I shoulda known.

The 'Harry Potter' banner

Retailer: Wish

Sin: Miserliness

Total loss: About \$2

This was not a great loss financially, but just a giant disappointment. My son identifies as “Ravenclaw.” This was a blue banner with the Ravenclaw crest on it. How can you go wrong?

The tiny plastic banner arrived with big creases in it, and of course couldn't be ironed because it would

melt. It also looked dark and cheap – the opposite of the pride a young man should feel in his intellectually-driven Hogwarts house. Right to the garbage. Alas.

We all know the true costs of this bad online behaviour. They're mostly invisible, borne by the environment and climate, and overseas factory workers. Even when internet shopping works out for me – like the \$1.75 Ali Express acrylic earrings featuring a UFO beaming up a cow – it's not like I feel great about it. At least, the great feeling of wearing skookum earrings has a dark, smog-like cloud over it.

Yet, have I learned my lesson, since the mistakes above? Do I only shop local now? No. Late at night, I still patrol Old Navy and Zara and Ali Express and Indigo and the too-good-to-be-true websites with the industriousness of Santa Claus' elves. It's my addiction to the promise of cheap goods. My vanity. Excitement over snake oil. My naivety. Stupidity. Callousness. A fool and her money are soon parted.

I did not order the drool-worthy puffin-themed, woolen fair isle sweater I saw last month on the internet for just \$39. Not for any ethical or lessons-learned reason. But because between when I saw it for the first time, and went looking for it later, the sweater and company disappeared.

They are getting smarter, these companies, and slowly, slowly, perhaps I will smarten up too. Hopefully before I destroy more of the planet, and my bank account. **PRL**

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PACKAGED RIGHT: Alopex is a local delivery company with 26 Powell River employees, and growing.

pex logo as they dart and dash across town dropping off packages. While writing this story, an Alopex representative walked into the *Powell River Living* office to deliver a backup drive for my computer I'd ordered from Apple last week.

Alopex is a growing Powell River based contract courier formed in 2011 by Shawn and Sherill Bateham. They started in Powell River with three vans; today they have more than 30 trucks across British Columbia. Alopex held the Canada Post contract prior to Peregrine. Today the company holds contracts with UPS, Fed Ex Ground and Fed Ex Express.

The COVID-19 pandemic has been a huge boost to the courier business. "According to our projections we've jumped about four years in our estimated volumes," said Shawn.

During an online meeting with managers from Cranbrook, Kelowna, Powell River, and Castlegar, all agreed that residential deliveries have been leading the pack while commercial deliveries were down. "Our residential volumes have probably doubled," said Kelly Easton, manager of the Cranbrook office.

Many deliveries are to people who had never shopped online before the pandemic. "They were pleased that we delivered to the outer areas," Kelly said.

Nick Cowie, who manages the Castlegar region, said many people, like his mom, who'd been scared to shop online, discovered it wasn't as terrifying as they'd thought it would be. In areas such as the West Kootenays where there are no big box stores, online shopping has been very convenient. In other areas, people who live across the street from big box stores are choosing to order online in order to avoid shopping in person, he said.

This is the best thing that has ever happened to the courier industry, says Shawn. With a 40 per cent increase in volume, before Christmas – a courier's peak volume season – couriers like Alopex are growing.

When asked about the impact of online shopping on local shopping, Nick pointed out that his area, which includes Nelson, a community considered seriously local, employs 29 people as couriers – and that these are local people doing local jobs.

Today Alopex has 20 couriers in the Cranbrook region; 27 in the Kelowna/Kamloops region; 29 in the Castlegar region (where they're also building a warehouse) plus 20 people working in the Powell River office as well as another three full time employees (working from home due to situations relating to the pandemic) plus three casuals. This Powell River-based courier company also plans to open mini depots and provide point to point shipping in 2021.

Not all online shopping is out of town shopping. Some local stores offer curbside pickup for those who want to shop online and pickup in town. Locally, stores including Mark's Work Wearhouse, Canadian Tire, Save On Foods, Quality Foods, Townsite Fruit and Veg,

Shop Locally Made & Grown

BY QATHET'S LET'S TALK TRASH TEAM

As we enter the season of socially accepted over-spending and consuming, we can ease our footprint and conscience with a few shopping parameters. While supporting locally run businesses is good for the local economy, adding another filter to our shopping ethos guidelines is also good for the earth. Local doesn't necessarily mean sustainable. Keep this in mind as you seek to tick items off your holiday shopping list: look for items that are reused, upcycled, made of natural materials, and grown or produced locally.

You could even skip shopping altogether, saving your wallet any bruising and infusing your gifts with care. Songs, personalized gift certificates for house chores, or a dinner hosted for friends are heart warming ways to shower friends and family with appreciation.

If time is not on your side, then opt to shop at craft fairs (as offered during this atypical era of social distancing) or local stores offering consciously made fair. Stores like Eunoia Fibre Studio & Gallery in Townsite Market cater to this type of shopping, hosting upcycled, locally made, and even hand dyed textiles.

Happy locally made and grown shopping! And remember that your presence is the best present!

and a number of other shops offer online shopping with curbside pickup.

According to the economic consultant company McKinsey, 17 per cent of Canadians surveyed at the start of May had ordered curbside pickup for the first time during the pandemic while 10 per cent had tried out grocery delivery for the first time.

Doubtlessly, COVID-19 has been a scary time for many local businesses, especially as the holidays approach – a crucial time for many retailers' and restaurants' bottom lines.

Will Powell River shoppers spend their money with local stores this season? Or, will we see a vastly different retail economy emerge from the pandemic, with fewer restaurants, stores and salespeople, and more delivery drivers?

Local business leader Tanya at Fits to a T says she is grateful for the support her business has received from Powell River.

"I'm really proud of our community and how all the businesses have adapted and how Powell River has adapted. People have gone out of their way to support small businesses. The concept of support local, shop local has been fabulous and I hope that continues throughout the Christmas season." **RL**

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A few very good reasons to shop local

BY ISABELLE SOUTHCOTT
isabelle@prliving.ca

Try it before you buy it.

You can't try on a bra or bathing suit online. Think you're a B? Oops, the girls are squished because you gained a few pounds and now you're a C. What will you do with that bra you can't return? Better shop at Intimate Secrets or Simply Bronze next time.

Customer service

Having trouble with your photo copier? Good thing you bought your photo copier from Westview Office Equipment because Cris Pavel and his daughter Romina can fix it. If you're not handy, it's a good idea to buy a service contract so if you have a problem, you don't have to put up the closed sign on your business while waiting for someone from an off-shore call centre to get back to you.

Get it today

You can't get a new fridge or new washing machine online in a matter of hours but you can get one locally.

Did your washing machine give up the ghost in the middle of a load? Did your 20-year-old fridge die on Friday night? Go to RONA when it opens Saturday morning and have your new fridge home, plugged in and a cold one chilling within hours. That beats waiting for Amazon.

Experts to the rescue

Some things you just can't do yourself. Like a full body massage or a chiropractic adjustment. Luckily, Powell River has excellent practitioners to choose from.

No DIY errors

It's hard to pluck your own eyebrows when you can't see without your reading glasses. If you've ever dyed your hair orange by mistake, you know that there are some things best left to the experts at a beauty salon. Powell River beauty experts will be happy to help with your perms, foils and gel nails.

They give back

Bricks and mortar financial institutions like First Credit Union are more than just a business. They're a part of our community. They employ people, provide services and give back. Although

online banking only services such as Tangerine might waive monthly fees, you can't do wire transfers, there's no branch service (tellers) and limited foreign currency service. Besides, they don't support Powell River minor hockey or baseball teams – and they're nowhere to be seen when our community is raising money to help someone with their expenses when they are fighting cancer.

Local jobs

When you buy from local businesses, you support the people who live and work in your community. Shop local, be local.

When Sun Life (my extended health provider through the Canadian Federation of Independent Business) changed their preferred pharmacy network to Express Scripts Canada "to help keep drug costs low," I felt another nail hammered in the shop local movement.

Even though using Express Scripts is optional, Sun Life's letter says those who do not make the switch may find an increase in out-of-pocket expenses. It's a catch 22. You don't want locals who work in local pharmacies to have their hours cut or lose their jobs because your health care insurer has aligned itself with an out-of-town pharmacy, *but* you don't want to pay more out of pocket.

Shop local, be local

Think before you shop out-of-town online. Can you get the same product in Powell River? If you prefer to shop online, ask yourself: Can you buy what you want online from a Powell River business? What you choose to do today will impact the future of Powell River.

The same business that sponsors your child's sports team that is owned by the man who lives two blocks over is a local business – not an out of town business. Without your support, your child's sports team wouldn't be able to buy new hockey jerseys.

When you spend your money in your home community you support the community you live in. You conserve energy and resources and your dollars go towards creating and sustaining local jobs.

So stop and think about exactly where you're spending and sending your money when you shop. **PRL**



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This logo is part of a campaign spearheaded by Powell River Women In Business and supported by the Chamber of Commerce to urge locals to support local business. We asked some of our advertisers if we could include this logo on their ads to give it a higher profile this month. In exchange, we said, we would donate \$10 for each ad to local charity – the Food Bank and Christmas Cheer. No one said no, so Powell River Living is donating more than \$200 to those causes.

Please help us **Communicate** with you more effectively



Are you a Facebook person? Do you read every word of every email? Or do you need your information presented on a piece of paper, so you can post it on your family's central noticeboard?

Each person's preferred communication method is different. But what unifies us all in 2020 is the vast amount of information coming into our homes from every possible venue - phone, computer, mail, handouts, social media and more. It's easy for important messages to get lost. Information wasn't as overwhelming a decade ago.

In the School District 47 2019-2023 Strategic Plan, overhauling the way we engage students, parents, staff, and community stakeholders is front and centre. We want to make sure each one of these groups is getting the information they need and is invited to engage with the District, so we can do the best job we can at our core goal: helping each student reach their potential.

To do so, the School District hired a communications expert this spring. Vanessa Bjerreskov has been studying local classrooms, schools and the District's current communications practices, looking elsewhere for best practices, and will be surveying stakeholders this month (see right). Soon, she will report to the School Board on her findings and the District will move forward with a plan.

"There's communication. And then there's effective communication. That's what I want to help the District improve," explained Vanessa, who has worked in this area for 20 years across BC and Alberta, including for unions, nonprofits, businesses, and governments.

"I know how important communicating is to success."

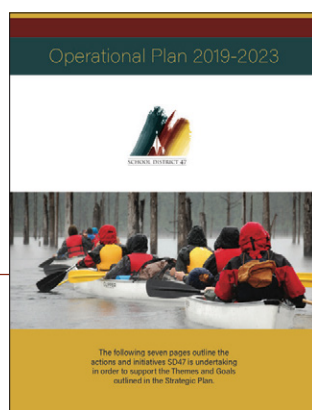
To help her build a plan for effective communications, she is asking three questions.

First, what information is vital to communicate? For example, what do parents and caregivers most need to know about their children's classroom and school?

Second, How is that information best delivered? By social media? By in-person or Zoom meetings?

And third, how often do stakeholders want to hear from teachers, principals, administrators and the Board?

Improving communication was identified



Communication: In the SD47 Strategic Plan

Theme: Engagement and Connections

Goal 1: Improve communication and engagement strategies to adapt to the varying needs of our community.

as a focus area for Trustees at the Community Forum on Education in the Spring of 2019, according to the Board Chair, Aaron Reid. With COVID-19 closing in-person schooling in March, and drastically changing classrooms this year, communicating with all stakeholders has never been more critical, she said.

"We're wondering what immediate things we can do to communicate directly with people over a longer period of time," said Steve Hopkins, Secretary Treasurer. This may include how to prepare for further COVID-19 disturbances, or other disruptions. "Though the Board and administration feel we communicate and attempt to engage our stakeholders regularly, we don't have a lot of data to support that it's effective."

From e-portfolios to concerns discussed on social media to Orange and Pink Shirt Days, communication and engagement is a critical part of what a modern School District must do.

Vanessa said she is already inspired by what she has learned so far.

"I see the potential," she said. "The School District plays a central role in the lives of young people, in how we move forward and how we build Powell River. As a community, we all have an interest in our schools. How we engage and communicate matters."

Parents • Guardians • Family Members *of current SD47 students*

A quick survey for each stakeholder group will be posted for you to fill out in November 2020.

Find them at:
www.sd47.bc.ca

*We welcome additional thoughts and comments, too!
Please email info@sd47.bc.ca*

Powell River Community Members

You also have a stake in education here, as employers, neighbours and citizens. A quick community survey will be posted for you to fill out in November 2020.

Find it at:
www.sd47.bc.ca

*We welcome additional thoughts and comments, too!
Please email info@sd47.bc.ca.*

Note: Students and Staff are also stakeholder groups and are currently being surveyed directly by the communications consultant.



SCHOOL DISTRICT 47

Want to learn more?

Contact us.
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www.sd47.bc.ca



1918 War ends Pandemic begins

Pa and Mrs. Buttery's three-bed isolation unit in Cranberry known as the "pest house."

BY BARBARA LAMBERT

It was a surreal world as everyone working in the mill, on the docks, and the few people who were picking up groceries at the Sing Lee store in the Powell River Co. Townsite wore masks.

The order to wear protective masks came from Powell River's Medical Officer Dr. Andrew Henderson.

The second wave of the Spanish flu pandemic arrived in October 1918 at the pulp and paper town of Powell River, a community of approximately 1,500 residents.

Vancouver newspapers had reported the devastating Spanish flu earlier in the year, however Powell River residents were not immediately concerned. The general



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Why get the flu shot? The reasons are all around you.

Now more than ever, getting the flu shot is an important step to protect yourself and those around you. Get the flu shot at a clinic near you! vch.ca/flu

2020 Powell River Clinics

Everyone is welcome to these drop-in clinics:

Evangel Pentecostal Church 5139 Manson Avenue	All clinics at this location will be drop-in 12:30-3:30 pm Thursday, November 5 Thursday, November 12 Thursday, November 19 Thursday, November 26 Thursday, December 3	To maintain physical distancing measures, we will see people alphabetically by last name at grouped times: <i>A-H • 12:30 pm – 1:30 pm</i> <i>I-P • 1:30 pm – 2:30 pm</i> <i>Q-Z • 2:30 pm – 3:30 pm</i>
Texada Elementary Van Anda	Monday, November 9 10:00 am – 1:30 pm	Drop-in clinic.

The clinics listed below are for families with **infants and children under 17**. They are available by **appointment only** via powellriverpublichealth.janeapp.com or scan the code:



Powell River Community Health - 3rd Floor 5000 Joyce Avenue *Access via main hospital entrance ONLY*	Friday, October 23 • 3:00 pm – 6:00 pm Friday, November 6 • 3:00 pm – 6:00 pm Friday, November 20 • 3:00 pm – 6:00 pm Friday, December 11 • 3:00 pm – 6:00 pm
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Remember to wear short sleeves and bring your BC Care Card.

Visit immunizebc.ca for more information and a list of all locations where you can get a flu shot. Flu information line: 604-485-3239



attitude was, "it could not happen here!" The flu in Powell River began with a few people being sick, and then it spread quickly throughout the town. When employees at the mill started becoming sick, part of the mill then eventually the entire mill was closed down for a period of time.

Dock workers continued to work during the mill shutdown, including Tom Lambert, my father-in-law, who handled a team of horses which moved rolls of paper to the dockside. After the first death from the flu, the town went into lockdown. All social gatherings were banned.

Dr. Henderson and his medical staff had prior experience in looking after the town in an epidemic: the typhoid epidemic of 1912. During this epidemic the 11 bed St. Luke's hospital had quickly filled up, and additional buildings had to be requisitioned to take care of a total of 37 patients. The typhoid epidemic lasted three months, and 35 patients survived due to their excellent medical care.

As in the typhoid epidemic, the beds in the hospital quickly filled up with patients when the Spanish flu hit Powell River. Additional beds were made available on the second and upper floors of the Avenue Lodge, and in three houses



ANOTHER UNUSUAL TIME:

Like Dr. Bonnie Henry a century later, Dr. Henderson, above middle, advised masks to get Powell River through the Spanish Flu epidemic of 1918-20. "Powell River was so severely hit by the flu and subsequent lack of workers that production in local paper mills was curtailed, resulting in a serious shortage of newsprint and reducing the thickness of Vancouver's daily newspapers," according to The Lake Country Museum. *Photos courtesy of the Powell River Museum & Archives.*

used as company offices. Soon there were reports of residents throughout the town who were sick in their own homes.

It was the milkman who played an important part notifying doctors of the sick people he discovered on his rounds.

Mr. Haddad, who lived in the Ocean View apartments, was the first person to leave a note for the milkman asking for help.

The milkman and all delivery men

"A sadness prevailed in the crowd due to the deaths in the community: nine from the Spanish flu epidemic, and 12 on the Western Front."

were then advised to be on the look out for other notes, and to report to the hospital any household that did not respond to a knock at the door.

As the flu quickly spread throughout the town, a soup kitchen was established to feed households who were too sick to care for themselves.

At 11 am on November 11, 1918 Jack Short, a foreman for the Powell River Co. answered the company phone. After a brief call he turned to his men and called out, "THE WAR'S OVER!"

The mill whistle let out a blast. This was the signal everyone was waiting for. The war was finally over. Mill workers downed tools and walked off the job for the rest of the day.

The same evening a subdued crowd, which included Tom Lambert, his wife Gertrude and four-year-old Stuart, met at the ball field to hear the Mill Manager speak. Many residents were just recovering from the devastating effects of the Spanish flu. A sadness prevailed in the crowd due to the deaths in the community: nine from the Spanish flu epidemic, and twelve on the Western Front.

Suddenly flares brought colour to the dark sky, and lightened the mood of those present: it was the *Santa Maria* steamship, of the All - Red line, docking overnight at the company wharf, and celebrating the end of the war.

The Powell River Co. Townsite survived the 1918 flu pandemic due to the leadership of its medical officer, Dr. Henderson, and the dedication of the medical staff and volunteers.

A direct result of the pandemic was the building of the Pest (Pestilence) hospital, a three bed isolation ward in a small white, wooden framed building, surrounded by a high wire fence, in the Powell River Co. orchard - an area known today as the Veteran's village, in Cranberry. Its purpose was to isolate patients with infectious diseases.

One patient at the Pest hospital was memorable: Gus Schuler, a young man who had been exposed to scarlet fever, broke all the rules and invited friends in to play cards. The visitors were eventually caught "red handed" by Dr. Charles Marlatt, and they were ordered to join Gus in isolation. The young men wiled away their time in the Pest hospital playing cards, and shooting apples in the orchard with a .22 rifle! **PRL**

75 years since the end of WWII

A milestone Remembrance Day, but COVID restricts ceremonies



POWELL RIVER'S OWN: This region sent many young men and women to active duty in the Second World War. Left, Private Ron Baker died fighting in Europe. Middle, Sergeant Norman Hill married an English woman while stationed overseas. And Joan Tomlinson went overseas with the RCAF.

Photos courtesy of the Powell River Museum & Archives.

See "A Record of Service" at powellrivermuseum.ca for many more photos and stories.

This year's Remembrance Day service and the annual poppy campaign will be much different than in the past as a result of the COVID-19 pandemic, says Karen Crashley, Poppy Secretary for the Royal Canadian Legion, Branch 164.

Although small trays of poppies and tins were delivered to local businesses last month to kick off the campaign, members and veterans won't be in businesses to carry poppies as they have in the past, said Karen. And they won't be visiting schools this year although students are still encouraged to participate in the Legion's poster/literary contest.

Another change is that services will not be held at Willingdon Creek Village, Extended Care or Kiwanis Manor on November 11.

Save On Food's breakfast and lunch has been cancelled and the bus the City usually provides to take veterans to the Townsite for Remembrance Day services has been cancelled as the parade and

services at Dwight Hall have all been cancelled.

"We will be conducting a solemn service at the Cenotaph at 11 am on November 11 to commemorate the 75th anniversary of the end of World War II and all the veterans who sacrificed so much," said Karen. In accordance with BC Health guidelines, in order to maintain a minimal number of people and allow for physical distancing, this service will be by invitation only. There will be a limited number of wreaths, which will be preplaced at the Cenotaph. This program will be as it has always been with the Last Post, two minutes of silence, lament, rouse, the act of remembrance, and prayer.

A special block will be placed on the Cenotaph (as in the past years) for people to deposit a poppy (after the ceremony) as a remembrance of those who have served our country and community, she said. [PR](#)



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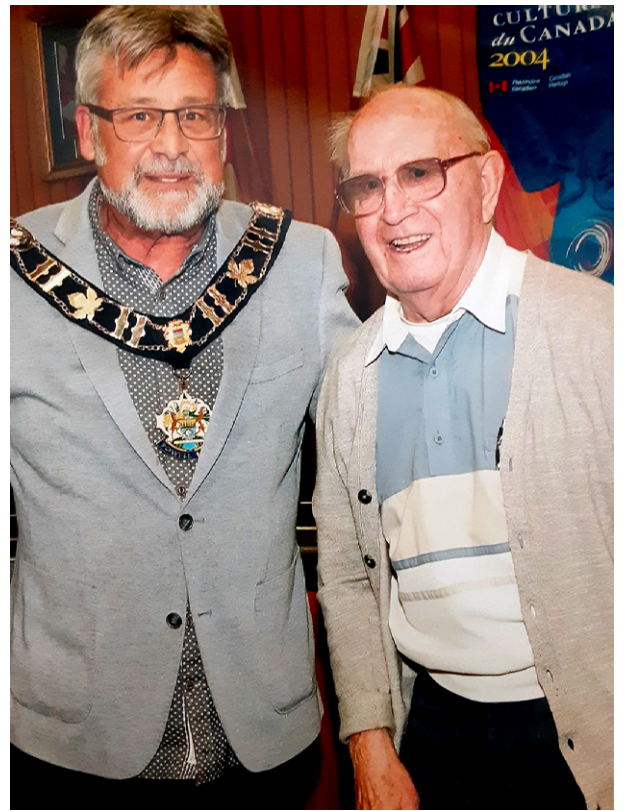
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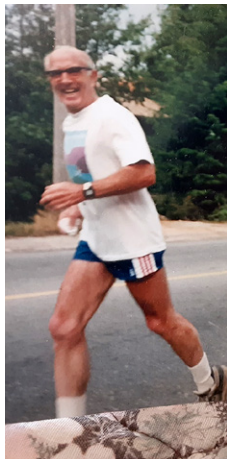
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100 YEARS: Left, Roger Taylor in his youth, as one of Powell River's first lifeguards and swim instructors. Above, On his 99th birthday, celebrating in City Council chambers with Mayor Dave Formosa. Below, a life-long runner, training for the Boston Marathon, and his medal for completing the race at 69 (he ran it three times; the last at 77). Bottom far left, his wife and companion on his many adventures, graduating from nursing school. Bottom middle: with his war-time basketball team; a health condition kept him out of the military. Bottom: teaching swimming and water safety to new generations. Opposite page top: as an alpinist, Roger has climbed most local mountains. Opposite page bottom, in a canoe he hand-crafted, with his son.





Live Long & Prosper

One of Powell River's most active citizens turns 100 this month: Roger Taylor.

As a centenarian, he joins the world's second-fastest-growing demographic: those over 100 (the 60-64s are in top place). Canada has just over 10,000 of them. Most are women. Among today's super-seniors, just one in 20 women and one in 300 men reach 100.

How did he do it? Maybe luck. Maybe his life-long athleticism. But most likely, it has something to do with his extraordinary pursuit of life's core meaning-builders: service, community, family, and fun.

Roger was born in England November

20, 1920, and moved to Townsite at age two, where he was raised with his siblings by his single mother. He grew up in the water – the beginning of his athletic life. By 20, he had earned the first lifeguarding credential in town, and was teaching children to swim at a time before most communities had formal lessons.

After learning carpentry at the mill, he co-founded the "Bloody Old Men's Brigade," or BOMB Squad, helping to build hundreds of kilometres of trail and at least 100 bridges over several decades, well in to his 90s. He also ran more than 25 marathons, and climbed most mountains in this region.

Happy birthday, Roger!



BC Writers Series: Meet Monique Gray Smith!

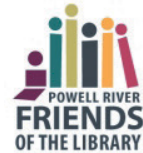
The 2020 BC Writers Series continues with award-winning author and speaker, Monique Gray Smith. Her books are used to share wisdom, knowledge, hope, and the important teaching that love is medicine. She will read and discuss her book *Tilly and the Crazy Eights*, and answer your questions.

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

Friday, November 20th • 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.



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CREATIVE CHUMS: Jolene Gussman and Sophia Jones go fursuiting on the Willingdon beach pier. With the small group, a DIY-vibe, recycled materials and an end product that's both friendly and socially-distanced-designed, fursuiting might be the most COVID-safe activity ever.



Statement fur

Twelve-year-old Jolene Gussman of Powell River and Sophia Jones, 11, of Richmond made people smile and had fun wearing their fur suits to Willingdon Beach on Thanksgiving weekend.

Jolene loves creating fur people. So much in fact that she and her friend Sophia hope to one day start a career making fur suits.

"I go to Henderson Elementary School and Sophia goes to McKay Elementary School. I'm in Grade 7 going into Brooks," says Jolene.

Jolene first got into *fursuiting*, as she calls it, when she was scrolling on the internet.

"I saw these cool costumes, and I was like, Wow! I want one of those."

She talked to her parents about it and did some research on them. "When we saw the price, I lost all hope in getting one. I begged my parents but the lowest price we saw on Etsy.com was around \$100 or more."

"I'm just a kid and where would I get this kind of money from?" said Jolene.

"I looked every day to try and find a price I could afford but nothing popped up. Soon I had an idea to make

my own. I went to Walmart and got myself upholstery foam but I didn't end up using it because I had no idea where to even start. Then a year later I looked up on YouTube 'How to make a fursuit head.' I watched a lot of tutorials and kind of understood what I had to do."

This was around Halloween, said Jolene. "I went to Walmart and bought a cheap maskimal unicorn (a wearable animal head) and took it apart completely. I used the foam I bought from Walmart a while back and converted the unicorn maskimal into a sellable, good looking, fursuit! I was super proud of myself, even though it took around a month. Now I've gotten faster, and better at making them. Sophia and I hand out our business cards when we go fursuiting to try and give people a new exciting thing of Powell River. We say hi to people and they take pictures of us and love to interact with us!"

Jolene has been making fursuits for almost two years. She's made three canines, two dragons, and one cyclops/wolf. When Sophia visits Powell River, the two of them put on their outfits and go fursuiting. But only during the cooler months as it is very hot inside a fur suit! **PRL**



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Rolling with COVID's changes at River City

We are River City Coffee Roasters, Bakery and Eatery at Crossroads Village. RCC has operated since 1994 as Powell River's first coffee roasting company.

We are a busy eatery with an extensive menu.

All of our beans are imported fair trade and organic from all over the world. The owners of River City Coffee are Kelly and Ivan Sketchley who run the business with their children Lauren and Conor. In normal times we would have a team of 15 people but with reduced hours we now have a team of 10 lovely humans.

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

Kelly • If we could operate safely throughout the pandemic. If we would be able to stay open or if we would have to close for health and safety. Having our family get sick, if that were to happen we wouldn't be able to open for business.

What opportunities did you see?

Kelly • Reduce our hours to be able to properly serve our community with our same high standard of goods. Build our phone in orders, and build social media following. We brainstormed to re-think our operations and make things safer and more efficient.

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

Kelly • We prioritize phone-ahead orders and encourage pre-payment. We've

slowed down our service. In previous times we had multiple people being served at our front counter at the same time. Whereas now we have a single order taker, a socially distanced indoor line to keep our customers dry and warm through the fall and winter months. Which is a big change of pace but luckily our customers have been nothing but supportive and understanding.

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

Kelly • We feel as though the government jumped on this and overall has done a good job. Some further guidelines and quicker turn around for programs such as the wage subsidy would have been helpful for all small businesses. Clear and concise guidelines for all types of business would have been great.

Have you received help or support?

Kelly • We have felt a lot of support online and in-person over these last months, the countless gifts, bouquets of flowers, handmade ornaments, homemade goodies and chocolates, tequila and some lovely handwritten cards from many of our customers. We definitely feel as though Powell River through many acts of kindness has inspired us to keep moving through these crazy times in the restaurant business.

How has it impacted your customers?

Kelly • RCC has always been a social hub.



QUICK CHANGES: At the beginning of the pandemic, River City served folks outside. Now, they're back to an indoor socially-distanced format, including some dine-in.

Now our customers' bubbles are small, gatherings are small and not much conversing with those not in your bubble. We miss hearing the hustle and bustle of the full 60-seat restaurant. We are open for dine-in but at half-capacity.

How has it impacted your staff?

Kelly • We all wear PPE now, face shields and masks. We have amazing staff that rolled with the punches.

How has it impacted your family?

Kelly • We are a family owned and operated business, and the support of our family has made a very challenging situation a little easier!

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

Kelly • Buy stocks in plexiglass, haha! In all seriousness: "Stay calm and stay strong; everything will be okay and don't forget to still have some fun! Trust your instincts about your business and keep moving forward each day."

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

Kelly • Prepayment and phone orders. Our change to compostables.

What's surprised you most?

Kelly • Less surprised than we are grateful but our community had risen to the occasion and supported us and made us feel appreciated for being here and not closing one day due to COVID. We believe very much in our community and damn is it a lovely one!

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

Kelly • Hugs, handshakes, face-to-face conversations, opening our bubble to our friends, margaritas in Mexico, travel, smiling faces out from behind masks, great / long conversations with our customers as the mask + plexiglass + mask doesn't allow for much casual conversation, as its hard to hear through all of that! **RL**

THE EXCITEMENT IS BUILDING!

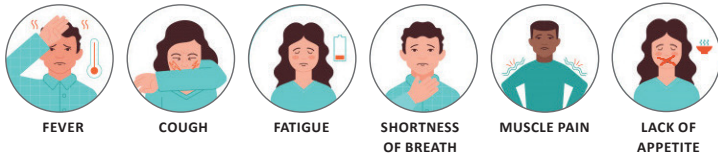
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COMMON COVID-19 SYMPTOMS



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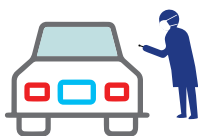
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A message from
Powell River physicians



THE SKY'S THE LIMIT: Top, Cameron Fraser-Monroe is on the far left, with his Atlantic Ballet Theatre of Canada peers. Top right, with dancer Brooke Thomas (photo by David Cooper.) Above left, as an aspirant with the Royal Winnipeg Ballet – the company with Canada's most substantial and longest work collaborating to tell Indigenous stories. Above right, headshot (by Denis Duquette). Above, dancing a solo in October on the beach in Courtenay, for an Unveil Studios film series called *The Breath of Life*, exploring the origins of the universe.

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- **Feather Point Designs, OPENING SOON** (featherpointdesigns.com)
- **Castaways Art, OPENING SOON** (facebook.com/castawayinpowellriver)
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Ballet needs Tla'amin's Cameron Fraser-Monroe

BY PIETA WOOLLEY | pieta@prliving.ca

This is a rough time to start a career in ballet.

In June, Cameron Fraser-Monroe joined Atlantic Ballet Theatre—his first professional ballet company. After years of training for the stage, he found himself dancing in front of video cameras this summer, on the company CEO's property, next to the beach in Moncton. Like most other arts groups in Canada and beyond, Atlantic Ballet was pivoting—or pirouetting—to tell relevant stories and stay in the black while social distancing protocols made theatre impossible. So performances went online.

This may be a rough time to start a career in ballet, but for Cameron, it's anything but quiet. *PRL* caught up with the 21-year-old Tla'amin member in October when he was in Lund, visiting his extended Adams family on a quick break from filming and rehearsals (see left). He was staying with his father, the pre-eminent actor and medical administrator Dr. Evan Adams, in a wing of his house, distancing with masks, before heading back to New Brunswick.

"My dad inspired me to pursue a career in dance" Cameron said. "He was an actor for 12 years before he became a doctor. Quite a few people will cut you down for wanting a career in the arts, or discourage you. He always encouraged me."

"Still, I don't tell people who my dad is. It's better for me to get my foot in the door first."

Cameron has more than a foot in the door.

He is currently the only First Nations ballet dancer with a professional company in Canada.

The adventure started when he was three years old; he tried a Ukrainian dance class in Kelowna—and loved it. At seven, he started grass dancing—a Northern Plains-style dance known for its colourful costumes and feathered headdresses. At 11, he added hoop dancing, and by 15, he was invited to join the Royal Winnipeg Ballet as a student, and stayed as an aspirant. All the while excelling in academics—like his father.

"I was very lucky to try whatever my heart desired," he said. "My two moms were supportive of sports, violin, and dancing. Eventually, the others fell away, and there was just more and more dance."

Ballet, he said, attracts him because it's challenging. "It's technical," he said. "You see what other dancers can do and you know it's possible—you just have to keep at it."


Cameron is breaking new ground by just being who he is, where he is. His seven peer dancers at Atlantic Ballet are multi-ethnic, coming from Kyrgyzstan, France, England, Spain, and cities and small towns across Canada. As a First Nations dancer, he said, he brings a sense of storytelling to his work—an Indigenous value that is at the heart of ballet.

In fact, as an aspirant at the Royal Winnipeg Ballet, he choreographed a Tla'amin story for seven dancers—a contemporary piece—telling why Raven's feathers

are black and how there came to be light in the sky.

For 50 years, non-Indigenous ballet companies have been hungry to tell stories in collaboration with First Nations people. For example, Ballet Victoria replaced the racist "Indians" dance in *Peter Pan* with Esquimalt Nation drummers and dancers in its 2003-4 season. In 2018, Atlantic Ballet worked with the Mi'kmaq-Wolastoqey Centre at the University of New Brunswick to produce *Ghosts of Violence*, part of a campaign to raise awareness about domestic abuse. In 2016, Royal Winnipeg Ballet created *Going Home Star*, a ballet for the Truth and Reconciliation Commission (though there were no Indigenous ballet dancers on stage). Even as far back as 1971, the Manitoba Indian Brotherhood commissioned the Royal Winnipeg Ballet to adapt George Ryga's watershed play, *The Ecstasy of Rita Joe*.

But so far, few Indigenous Canadians have chosen ballet as a career (though he points out that McKeely Borger is from Saskatchewan Metis Nation, and dances with Ballet Kelowna. Graham Kotowish is also Saskatchewan Metis, and dances with Northern Ballet in Leeds, England.) In other words, the Canadian ballet world is desperate for Indigenous dancers and choreographers who can bring authenticity and their own being to the stage. For Cameron, opportunities are endless—even without live audiences, even under COVID.

"I'd like to tell other young First Nations dancers that there's space for you. Whatever you want to pursue. I'd encourage them to do that." 



BLAST FROM THE PAST

99 years of fire trucks, fires and volunteers

BY JOËLLE SÉVIGNY

With a new firehall in the planning for Westview, I thought this would be the perfect time to look back at some of our early firehall history here in Powell River.

Firefighting and fire prevention were at first, all-volunteer efforts. After the Company store went up in flames in 1911, a brigade named “The Muscle and Brawn Brigade” was formed – because back in the day, the hose reels were pulled by firemen’s pure will and strength, although they did use a horse eventually.

J. T Gately, formed this first official brigade which was later led by George Clapp. Their offices were located at the planer mill and their equipment consisted of hose reels placed strategically around the Townsite. Townsite homeowners used to take advantage of this nifty arrangement by using the hoses to water their gardens!

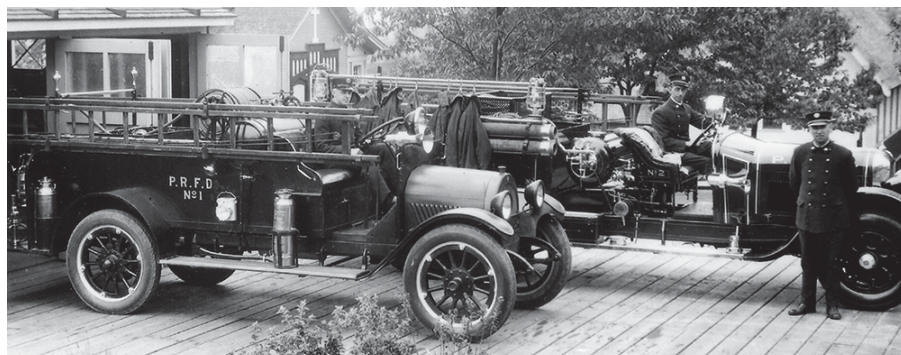
In 1913, fire chief George Clapp happily moved his family into the brand-new, first ever firehall at 261 Maple (now Sycamore).

“We were all dolled up in our Sunday best.... when we came out of that little disturbance, we looked like coal miners!”

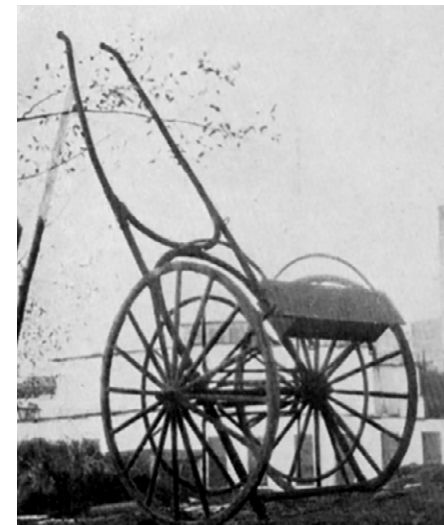
more). And under fire chief Dave Gardiner’s command, in 1921, Powell River received its first ever fire truck which replaced the well-used hose-reel cart.

George Clapp remembers the worst fire, in a 1930 Digester, where over 100 men saved the Townsite from burning: “the fire that broke out on July 1, 1914... someone had a brain wave and started sending up fire balloons. These landed in the bush back of the bowling green and the trouble started.

“When the alarm sounded, we were all dolled up in our Sunday best...when we came out of that little disturbance, we looked like coal miners, and O! our Sunday suits!”



FIRE TECHNOLOGY’S COME A LONG WAY: Right, Powell River’s first “fire truck” was pulled by a running human through the streets of Townsite. Above, the trucks at Firehall #1, where St. David’s & St. Paul’s Anglican church now stands. The hall was built in 1913, but this photo was taken in 1935. Top, volunteer firefighters Alex McLaren, Bob Bridge, Neil Clark, John Fishleigh and Stan Davies in their sharp uniforms. *Photos courtesy of the Townsite Heritage Society.*



This was before the time of calling 9-1-1 and when a fire broke out, a whistle would go off at the mill since the only phones were in the manager’s homes.

Eventually, each community in the area got their own Fire Department started, which reduced travel time to a minimum; Westview and Cranberry both organized in 1938, and Wildwood in 1943.

So, whenever you walk by St. David’s and St. Paul’s Anglican Church in the

Townsite today, you can imagine the first Firehall just above it!

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



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JAMMIN WITH TLA'AMIN

Smokehouses at tik'ukt long gone, but t'isosəm is smokin' this fall

BY DREW BLANEY

For thousands of years, the Tla'amin people have gathered during the month of October to catch and smoke the salmon that would spawn up the rivers and creeks in our territory.

Fish smoking, or drying, was a way of preserving the fish for the long winter months where food was harder to come by. The Tla'amin people were masters at this task, and the old people speak of smoke houses that could smoke over 300 fish in a single go.

Of course, the fish situation was much better than it is today. There was always plenty to go around to each family.

There are also stories of our old village site of tisk'at, known also as Powell River. This was a major salmon spawning river, and one of utmost importance to the Tla'amin people. The salmon run on this river was so large that the old people would say you could walk across the river on the backs of the salmon because there were so many.

Another name some of the old people remember tisk'at being referred to is tik'ukt (Tiy-kuukt) which translates to 'The fish are struggling to get up the river'. This was due to the large falls that once flooded in to the Salish Sea where the current dam is now located.

For thousands of years, this too was an important spot to gather during the month of October. Smokehouses would have lined the river bank, and the smell of smoke would have filled the air.

If you drive through the village of t'isosəm over the next couple of weeks, you might be able to see this age-old custom in action. [R.L.](#)

SALMON SEASON: Jeannie "Cheeneh" Dominick (Pielie) barbecues fish in 1954. Tla'amin people have always caught and preserved salmon in the early fall. Stocks are not what they once were. *Photo courtesy of the Powell River Museum and Archives.*



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Salvation Army Kettle Campaign

Can you stand with a kettle for a two-hour shift? Volunteers are needed. COVID protocols are in place, including mask-wearing, distancing and wiping down the kettles. Visit salvationarmypr.ca to sign up, or email karie@salvationarmypr.ca or call her at 604-485-6067. The need is greater than ever. If you can't volunteer, please make a donation at the kettles.

Starts November 16

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



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Local author wins national book award

Powell River's CV (Cindy) Gauthier won the national Whistler Independent Book Award for best fiction with her book, *Charlee LeBeau & The Gambler's Promise*, last month.

Before turning to writing Cindy spent three decades as a secondary school educator in Vancouver. *Charlee LeBeau & The Gambler's Promise* is the first book of her young adult historical trilogy that takes readers on a journey from California to the Salish Sea.

Cindy spends her time in Richmond and Okeover Inlet. Finalist judge Gail Anderson-Dargatz had this to say about Cindy's novel: "This is a rollicking adventure of the wild west, packed with tall tales of treasure and romance, tragedy, and the dark deeds of villains. But this is also a deeper story about a young woman struggling with loss and finding, in her grief, the ability to not only cope, but to forge her own identity and independence, even in the face of cruel societal norms that force her to hide who she really is. C.V. Gauthier is clearly a talented writer."

The other two fiction finalists were R.E. Donald for *Yellowhead Blues* and Jennifer Rouse Barbeau for *Dying Hour*.

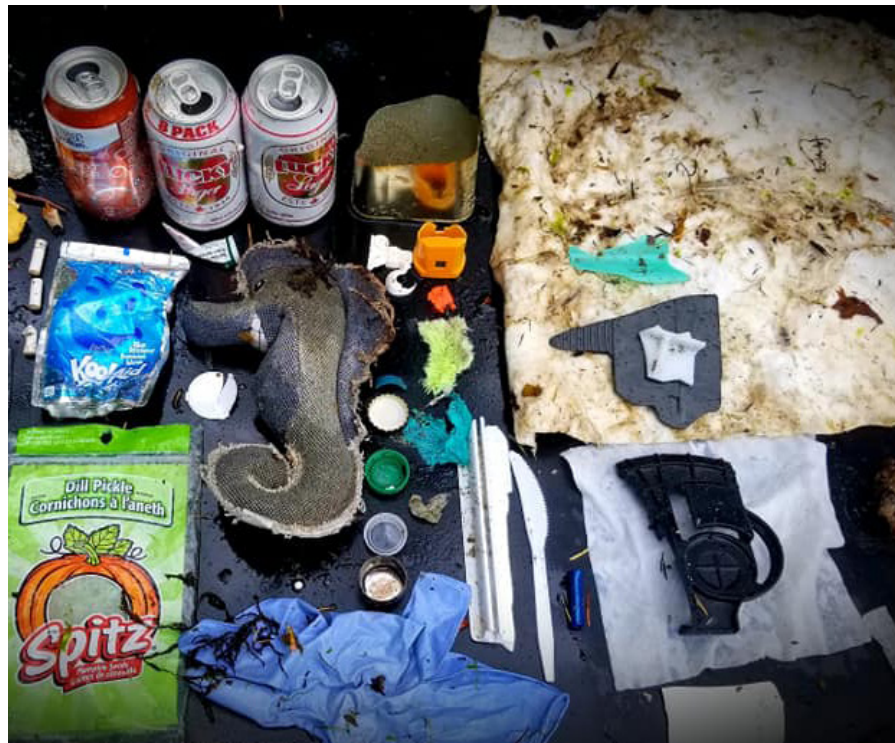
Powell River's Anna Byrne was a finalist at the awards in the non-fiction category, with her book *Seven Year Summer*. Vancouver's Laesa Faith Kim won the category for *Can't Breathe*, her memoir of her medically complex daughter's journey toward life.

Westview has its own ratepayers society

The Westview Ratepayers Society will collaborate on opportunities and concerns facing Westview residents, property owners and business owners and operators.

The society will enhance the quality of life in Westview by coordinating a "neighbours helping neighbours" group, promoting bus shelters, road maintenance and other infrastructure needs and providing information to the City.

For more info or to join, visit westviewratespayerssociety.com.



DID SOMEONE SAY OCEAN PLASTICS?: PRL's Return to Reverence columnist Juliette Woods collects and photographs the garbage she finds washed up at Lang Bay and other local beaches. Now she has somewhere to take it. *Photo by Juliette Woods*

First oceans plastic depot now open in Powell River

Powell River is home to BC's first ocean plastic depot at Augusta Recyclers.

The depot, which opened October 26, accepts materials collected from ocean cleanup efforts and legacy equipment from the marine sector.

The goal is to reduce the amount of plastic taken to the landfill and reduce plastic pollution in the ocean.

The Ocean Plastic Depot will provide a designated location for these materials to be properly contained, with select items then recycled.

This infrastructure and ocean plastic diversion program is the result of a partnership with the Ocean Legacy Foundation, qathet Regional District, and Augusta Recyclers, with funding from the Department of Fisheries and Oceans.

Abby McLennan, a spokesperson for qathet Regional District's Let's Talk Trash team, said the district is committed to its shoreline cleanup initiative.

Testing, testing

Vancouver Coastal Health, in partnership with the Powell River Division of Family Practice, is now offering additional testing at a drive-by testing clinic on the upper level of the Powell River Recreation Complex.

Testing is available by appointment only daily from 8:30 am to 11:30 am.

If you need a detailed assessment, call your family doctor or nurse practitioner, or go to a hospital emergency department.

You can make an appointment online by calling 604-485-2028 between 8:30 am and 12 pm.

Please get tested if you have any of the following symptoms:

- Fever / chills
- New onset or worsening cough
- New onset or worsening fatigue
- Sore throat / hoarse voice
- Pink eye
- Loss of appetite/difficulty swallowing
- Headache
- Nausea, vomiting, diarrhea or abdominal pain

- Loss of taste or smell
- Runny nose, sneezing, or nasal congestion
- Shortness of breath

Local businesses can win \$10,000

You could win \$10,000 by participating in the Resilient Powell River Build Back Better Challenge.

The challenge, launched by Spring Activator, a global incubator and accelerator that empowers entrepreneurs and entrepreneur ecosystem organizations, aims to help entrepreneurs and business owners in BC invest in growth initiatives.

The challenge is designed to equip businesses with new skills to thrive through the completion of a free online learning Business Resilience Program. Resilient Powell River has partnered with Spring Activator to offer the Build Back Better Challenge to Powell River and area businesses.

To participate in this challenge, join the Business Resilience Program, create a business plan to grow that addresses at least one UN sustainable development goal and submit your plan for a chance to win the \$10,000 award.

The deadline to enrol is November 30; the deadline to submit your business plan is January 15, 2021.

For more information contact Jessie at Coastline Colab at jessie@coastlinecolab.ca

Investing in salmon stock

Two Powell River salmon projects are the recipients of grants totalling \$56,900 through the Pacific Salmon Foundation's (PSF) Community Salmon Program.

The Powell River Salmon Society's Lang Creek facility's stock enhancement project was awarded \$40,100 for its education and outreach programs, and its stock enhancement project which captures, incubates, rears and releases 850,000 Chinook, 500,000 Chum and 300,000 Coho for commercial, recreational and Indigenous fisheries.

The Tla'amin Nation Salmon Hatchery received \$16,800 for equipment upgrades that will see the existing wooden raceway, and catwalks replaced along with stop logs, and juvenile pond screens. PRL

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Meet the Hegus

With a strong background in forestry and politics and a heap of Tla'amin pride, John Steven Hackett steps into a challenging new role.

On October 17—nearly a month later than expected due to a COVID-19 outbreak—Tla'amin Nation went to the polls to elect a new Hegus and Legislative Assembly. The new Legislators are: Erik Blaney, Gloria Francis, Dillon Johnson, Larry Louie, Losa Luaifoa, Brandon Peters, Lori Wilson, and Tyrone Wilson. Here, the new Hegus, John Hackett, brings us up to speed on who he is, and where the Nation is at.

Where were you when the results came in? Describe what happened when you found out you are the new Hegus.

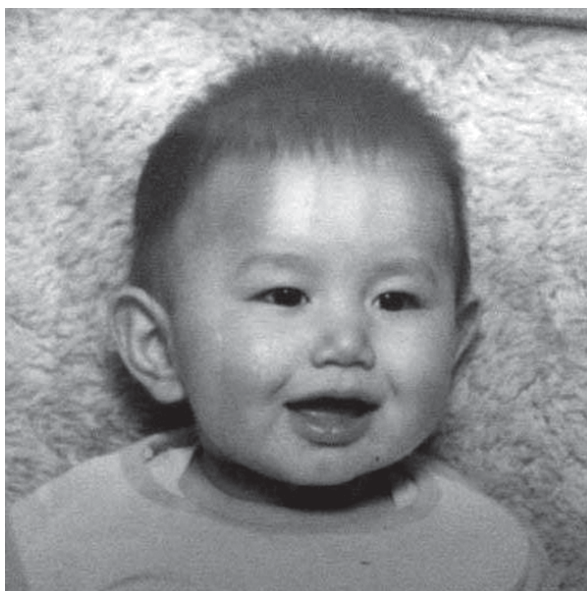
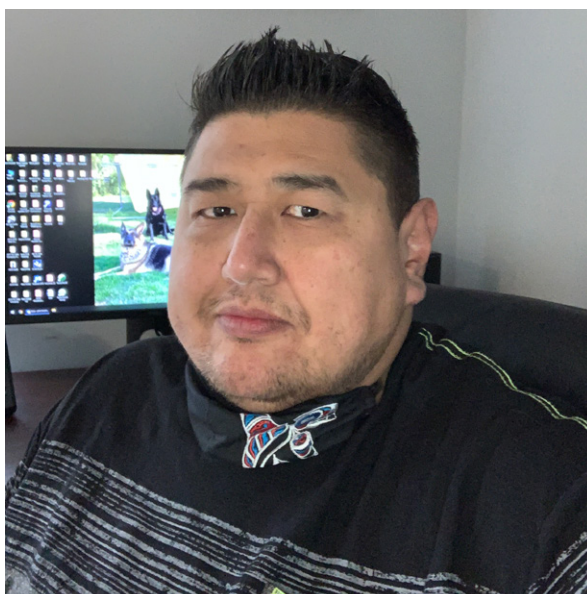
Hegus • I was at my in-laws home in Vancouver. My wife and I went to visit a few days before the election to step back from the buildup that comes with such an important election for our Tla'amin Nation. Remember, we had just overcome community lockdown to flatten and extinguish COVID-19 from our Nation. I needed to switch the focus to what means the most to me in this world, my wife Jessica.

Watching the count, I kept hearing a pattern of names as they were being called. I could hear my name popping up frequently, again, and, again.... Of course I was starting to smile, but soon was overtaken by emotion of happiness.

The first person I thanked was my father, because he raised me as a single father along with my grandparents, stood behind me throughout school, and helped pay my way to college where I earned a Technical Diploma in Natural Resource Technology at Nicola Valley institute of Technology.

How did your work in forestry prepare you for this new role?

Hegus • When I started as the Forestry Coordinator, we just had a small woodlot. I worked closely with council



FOUR FACES OF HEGUS JOHN HACKETT: The Legislator (top left) John has been on Tla'amin council since 2006. The Forestry Boss (top right) John has helmed and grown Thichum Forest Products for 15 years. Generational leader (bottom left) Politics runs in John's blood. The Family Man (bottom right) John married Jessica in 2017.

acquiring additional Provincial tenures such as a Forest License to Cut volume and an area-based Community Forest which is roughly 6,000 hectares.

One year later, in 2006, I started serving my community on Council. I can't believe how time flies.

I bring 14 years of experience with me. Bottom line: college education opened many opportunities for me. I encourage everyone to chase their goals. Education was definitely my foundation.

Tell us a bit about your family. Who are they, and how do they support you?

Hegus • My grandparents are from Bute Inlet. My Grandfather was Chief for one term there, at Church House. After he served his term he had planned to take his young family to Sechelt, but ended up finding a job at the local

“The first person I thanked was my father, because he raised me as a single father along with my grandparents, stood behind me throughout school, and helped pay my way to college.”

mill in Powell River, where he worked at the booming grounds for 32 years. My father followed his footsteps and was employed at the mill for 30-plus years.

My father raised me along with my grandparents since I was 10 months old. My Grandpa couldn't stay out of politics. He was elected to Council for many terms in the

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We are working alongside of our neighboring Nations with our fight against fish farms; they are affecting our live stocks, with sea lice, breeding in our river systems, out-competing native stocks out of their habitat.

– Hegus John Hackett

late 80's and 90's. As a young boy, my Papa would be thinking out loud and chatting politics with me, even though I had no clue what was going on. Not only chief and council talks, but federal and provincial stuff too. Dinner talk around the dinner table was my Papa complaining about Brian Mulroney and Bill Vander Zalm. Looking back, I think my Papa was molding a little politician out of me... that is one of a million stories.

What are your three biggest goals as Hegus?

Hegus • Working together as one, Unity, and Positivity

What will hosting the Canoe Journey 2021 do for Tla'amin? How can the rest of the region pitch in?

Hegus • With COVID restrictions and the threat the virus brings, we need to make a risk assessment to move forward. Unfortunately Nanaimo had to cancel for the 2020 Canoe Journey.

Canada may have a federal election coming up soon. What federal issues should Powell River voters keep in mind, to support Tla'amin Nation?

Hegus • We are working alongside of our neighboring Nations with our fight against fish farms; they are affecting our live stocks, with sea lice, breeding in our river systems, out competing native stocks out of their habitat. The Feds need to allocate more funds to allocate towards stream habitat restoration, and do more stock inventories.

The Nation seems to be going through a rocky time right now. What will put it on a stable track?

Hegus • It feels like the whole world is going through a rocky time to say the least in 2020. I believe this new elected leadership will point us in the right direction. It's a very diverse group. I mentioned to our Nation during our first meeting that we form a circle with no sides, because we are here to represent everyone equally and fairly.

How has COVID impacted you so far? What did you learn from the recent wave of it?

Hegus • It was very challenging times. We had a few positive cases, including some elders. It was a hard decision, but our leadership put a lockdown order in our community to flatten the curve, and banish COVID from our Nation. We had support packages delivered to our Nation's members, a hot-line available for any type of emergency. We also had an Emergency Team that met daily to brief leadership to react instantly to on-the-ground issues.

What makes you proud to be Tla'amin?

Hegus • I am proud to be Tla'amin because our Coast Salish ways and teachings are second to none. We are rich in resources that surround us all year round, that are driven by each season. Each season we have tasks to do to get by life, as we hunt and gather, and preserve our food. There is a science behind it all that has been passed down to us through generations. I am honored and proud to be born and raised in Tla'amin. **PL**

Selfies for the Food Bank



On November 12, our Sunroom will be magically transformed into your

Christmas Destination

Santa says, "Safety First!" Our popular annual Christmas Photos this year will be taking place in our **Selfie Christmas Photo Booth*** in our Nursery! The booth will be beautifully decorated along with a spot for you to safely place your phone/camera to take your family photo.

Post your pic and tag us on Instagram and/or Facebook to earn a ballot to win one of three Mother Nature gift certificates (\$100 • \$50 • \$50). Stop into the store and make a cash donation to the Powell River Food Bank as Mother Nature will be matching funds up to a maximum of \$2,000.

The booth opens November 21 and draw is December 19th. As always pets are welcome!

* Real Santa not included this year.



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COVID fast-tracks small-town plans

The pandemic prompted a sooner-than-expected exodus from the city for Uwe Helm, Julie Jenkins and their two kids Theodor (age 4) and Asa (18 months). The young family hoped to move to Powell River eventually, but their plans were fast-tracked when remote work became 'normal' this spring.

Six months later, Uwe is on study leave from his faculty position at BCIT, completing a MSc. in Computing Science from the comfort of their new home in Powell River. Julie, whose background is in community engagement, has found rewarding work in her field with Powell River & District United Way.

Why did you choose to move here?

Julie & Uwe • We both grew up in small towns, Julie on Vancouver Island and Uwe in Germany. We wanted the same for our kids – close to nature, freedom to explore, and community-minded values. Julie's mom, aunt and uncle live here in Powell River, so having that support system was another key factor.

When? Where from?

Julie & Uwe • From East Vancouver in April 2020.

What surprised you once you moved?

Julie & Uwe • How welcoming everyone has been. We knew Powell River is friendly but we wondered if it would be hard to find our place in such a tight-knit community. The opposite has been true. Everyone has been so supportive and we

already feel connected there.

What made you decide to move?

Julie & Uwe • In Vancouver we were commuting an hour each way, getting home late, rushing our evening, only to get up the next day and do it all over again. We didn't recognize our lives anymore and knew we needed to make a change.

Where is your favourite place here?

Julie & Uwe • The beach on a clear day, sifting for sea glass, listening to the waves crash, watching tugboats pass by. We could sit there forever.

How did you first hear about Powell River?

Julie & Uwe • My mom moved here for work in 2014. I was skeptical at first but as soon as we visited we fell in love. Now look where we are!

What would make this a nicer community?

Julie & Uwe • Safe and affordable housing, especially rental, is a real issue and the root cause of so many other struggles for people. We were shocked to see how high rents are in Powell River, and how low the supply is. It's worse than Vancouver!

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

Julie & Uwe • Where we lived in East Vancouver, streets were lively with buskers and lined with shops, restaurants, green spaces, community gardens and ameni-



NO COMMUTE: Uwe, Asa, Julie and Theodor followed Julie's mom here in April, making a planned move a little sooner than they had thought they would.

ties. It made our neighbourhood walkable and inviting for tourists and locals alike. We love to visit all the small local shops and restaurants along Marine, and in Townsite, Cranberry and Wildwood, and hope this trend continues here!

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

Julie & Uwe • We had a hard time finding licensed child care at first, which I know is a challenge for many families.

If you were mayor, what would you do?

Julie & Uwe • Really focus on revitalizing the local economy in a sustainable and equitable way. How can we attract green jobs to the region? How can we grow clean industries and support living wages for all? We need to think creatively to ensure a promising future for the next generation of Powell Riverites.

What are Powell River's best assets?

Julie & Uwe • As a small, isolated com-

munity with abundant infrastructure and talent, Powell River could be a 'living lab' for pragmatic solutions to complex issues like homelessness and poverty. We're small enough to work together, and big enough to make it happen.

What is your greatest extravagance?

Julie & Uwe • We've started buying espresso beans from 32 Lakes to step up our home-coffee game. I don't think we'll ever go back to grocery store beans, and if you buy bulk, the price is comparable. Plus it's local! Add a fresh croissant and I can't think of anything better.

Which talent or superpower would you most like to have?

Julie & Uwe • Speed reading. So much to learn, so little time!

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

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New RV park north of town

Red Clay Oven RV Park is located just six minutes north of the Tla'amin Nation, at Gifford Road. The park will feature a 3,600 foot events centre which, when complete, will be the largest open air covered events centre on the Sunshine Coast, said owner Sterling Holmes.

Logs from the property that were milled locally are being used. One wing will be for artists to hold workshops, events and arts and crafts. Another wing will house Cobb ovens, another wing of the centre will feature the media centre with a large screen for sports events and an outside kitchen. The final wing, facing west, will be the sunset wing.

The full-service RV park will encompass 3.5 acres and include good sized lots for longer term RVS. Phase one (which recently opened) includes 12 RV sites. Phase two will bring the total number of sites up to 23 full serviced sites (with water, sewer and 50 amp service).

Sterling, who moved to Powell River four years ago, has a background in construction. "I did some work for the winter Olympics in Vancouver," he told *Powell River Living*, adding that he will use some building material left from the Olympics in both the event centre and the administration building. For more info, email redclayrvpark@gmail.com or phone 778-896-9644.

Local vendors pop up

For the third year, the **Soapy Dragon** will again open in the Town Centre this holiday season. It will be open November 24th – December 24th in a larger location – the old Ardene's, with more than 30 local vendors and artisans. Find the boutique on Facebook or email soapydragonboutique@gmail.com

Just Cozy, a leggings and comfort accessories store, is a Canada-wide chain offering unique prints and generous sizing. They are open now in the mall until end of January, with an option to stay longer at the Town Centre if sales go well here. **TiberRiver** is a natural personal products and cleaning line. Local resident **Kim Bird** represents this line from Manitoba and has set up a store (next to Telus) for the season. A homemaker's dream store, **Sweet N' Sassy** has everything from glassware to crocheted products. Local resident **Shannon McLaren** and her mother are the crafters behind this initiative. It's located in the old People's location.

New union with First

First Credit Union and Union Bay Credit Union have approved a merger that will see the Union Bay Credit Union absorbed by the larger organization. Details of the merger will be finalized in early 2021.

The merged business will operate as First Credit Union. As there is no geographical overlap, the intent is that all eight branches of the combined organization will continue to operate. Guy Chartier, Board Chair of First Credit Union says the merger will help the Credit Union in "keeping pace with technology, remaining competitive, continuing to provide the best service and advice for members, and investing in our communities."

The Union Bay Credit Union was formed in 1944 and has \$100 million in assets. First Credit Union is the longest-running credit union in BC, incorporated in 1939. It has over \$500 million in credit union assets and \$160 million in wealth management assets, and serves over 12,000 members in five coastal communities.

Real life restaurant for students

Culinary Art students are ready to serve you at the **Birch Tree Cafe and Bistro** in the Ecosystems building at 6812 Alberni Street.


Avi Sternberg, Chef Instructor and Chair of the Powell River Culinary Arts program, said Birch Tree offers fresh, local, ethically-sourced food inspired and prepared by students in the dual credit partnership with Vancouver Island University and School District 47.

"The program wanted to offer students the opportunity for a real life restaurant experience," said Avi.

Open Tuesday to Friday from 11:30 am to 1:30 pm, the restaurant offers lunch, takeout and takeaway. To make a reservation call Ecosystems at 604-485-7000.

"We are vegan friendly and try to cater to all diets and pallets," said Avi.

Asian fusion food

Johnny Wonton and the Spring Roll Lady is the long but descriptive name of a new restaurant at 4593 Marine Avenue, next to TAWS. The couple behind the name, **Michèle Bush** and **John Oliver**, moved from Whistler where John worked in a restaurant and Michele visited homes with her wok and made dinners. They're no strangers to Powell River, having long had a place on Savary Island (you might remember her deep fryer in action at the Savary market). They offer fresh Asian fusion food, including the namesake spring rolls and wontons, along with crepe tacos, hot chili noodles, fried rice and more. You can reach them at 236-328-0202 or find the menu on Facebook. 

Christmas Cheer Hampers

Applications for Christmas Cheer Hampers are available at:

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

Join us **November 14** 10am-2pm at the Town Centre for a live radio fundraiser at the old Sweet Shoppe location.


Deadline to submit applications is **Saturday, December 5**. Please drop off applications in the "Red Box" outside the Town Centre Mall office. We would appreciate receiving the applications much sooner as this will assist us in helping as many families as possible. Our goal is to help all families have a bright and food-filled Christmas.

Organizations, companies, families and individuals who would like to donate funds or participate in our Adopt-A-Family program are asked to phone Pam Scullion at 604-223-3494 for further information.

Many thanks,
The Powell River & District Christmas Cheer Committee
 pr-christmas-cheer.com



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RAZZLE-DAZZLE US. PLEASE.

If you're thinking about decorating your house early and thoroughly for the holidays this year, you're not alone. And, it's not weird.

Attach your decor to a legit November holiday if you like: All-Souls Day and Day of the Dead light up cemeteries and altars the first week of November; Diwali lights the lanterns on November 14, and the Purple Lights Campaign Against Gender-Based Violence starts November 21.

But there is absolutely nothing wrong with just digging out your Christmas lights ASAP and beaming out a message of hope, beauty and connection to your whole neighbourhood this COVID-crazy month and beyond. If any Grinch complains, you can blame the Cindy-Lou Whos at PRL magazine.



5 November

ways to participate in November's rituals without leaving home:

Rainy, cold November is a tough month anyway. But with COVID-19 numbers rising and Dr. Bonnie Henry's new keep-to-your-bubble, no-parties order, the events that usually get us through fall are much diminished, but not gone. Pour yourself some hot, sweet, spicy chai and tuck in at home.

1. Remembrance Day

This year marks 75 years since the end of WWII – a significant celebration that will see near-empty, by-invitation-only cenotaph ceremonies on November 11 – without veterans. You will be able to watch services on TV or via streaming. You can also stop for the minute of silence at 11 am, and simply remember. See story on Page 29.

2. Charity Season

Without the usual fundraising events, many local and international charities are at risk this year. Instead of waiting for them to reach out to you, pull up to your computer, research who needs what, and donate online. You can use the local guide on Pages 9 to 14 in PRL.

3. Light it up

Since March, locals have decorated their homes and yards with extra effort. November offers another opportunity to spangle. Diwali is the pan-Indian festival of light – put a lantern in your window. The Purple Lights campaign recognizes gender violence. And no one will complain if you decorate for Christmas early this year.

4. Art & Culture

Normally, art shows are in full swing by now, and local stages are alive with music and theatre. You can still find local gems online. The Library is offering two author readings on Zoom. Mycelium Rising, a group show about mushrooms, is online. Find the Townsite Actors Guild radio play *Sorry Wrong Number* on YouTube.

5. Holiday shopping

Retail therapy interspersed with coffee dates is a reliable way to navigate November's woes. This year, you can get your fill of crafts online (see Page 45), and find local retailers and restaurants who will deliver (see Page 20). A computer is, of course, not the same as a bustling shop. But with enough snacks and tunes, we'll make it through. –PW PRL



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Big November Dates

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 46

To November 20

Out of the Woods, art show by Rick Giesing

Friday, noon – 8 pm, Saturday and Sunday, Noon – 5 pm. Crucible Gallery.

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

November 4 and 18

Holiday wine-making deadlines

See ad on Page 47.

Starting November 5

Flu shot clinics

See ad on Page 28

November 5 to 11

Customer Appreciation Week at Simply Bronze

See ad on Page 9.

Wednesday, November 11

Remembrance Day Stat

See story on Page 29

Nov. 12 to Dec. 5

Assumption Mini Craft Fair

Thursday through Saturday, see next page for more.

November 14

Christmas Cheer event

Visit the Town Centre Mall this day with an unwrapped toy or cash donation. For more, see Page 42.

Kings versus Cowichan Valley

1:30 pm, Hap Parker

Diwali

November 15 to 22

Restorative Justice Week

See Page 14 for more.

Starting Mid-November

Stuff the Trailer

Visit Fresh Co to donate to this local Food Bank event. See Page 20 for more.

Starting November 16

Salvation Army Kettle Campaign

See Page 9 for more.



A CLEAN CHRISTMAS: The Salvation Army's Kettle Campaign is back starting November 16, with new COVID protocols in place. Can you volunteer to take a shift? Costume not required. See Page 9.

November 20

BC Writers: Monique Gray Smith

7 to 8 pm on Zoom. Library. See ad on Page 31.

Starting November 21

Selfies Christmas Photo Booth

Visit Mother Nature with your pet for this annual tradition. See more on Page 9.

November 21 to December 6

16 Days of Activism Against Gender-Based Violence

See Page 14 for more.

Saturday, November 28

Leaping into the Dark – A Memoir

2 pm, Zoom. Local artist Sandra Ritter on how dance, painting, theatre and music have sustained her and helped her heal from an abusive childhood. For information or to Register mmerlino@prpl.ca

November 29

First Sunday in Advent

December 1

Cranberry Children's Centre Campaign launches

See Page 10 for more.

Ongoing on YouTube

Sorry, Wrong Number

The Townsite Actors Guild has launched this radio play on youtu.be/v_cMhIQcBzs. 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.

Ongoing through November

Underbrush: Mycelium Rising group show

At artpowellriver.com



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Craft fair season is dead.

Long live local crafts!

Usually, PRL offers a nice juicy page on local craft fairs in November. Last year, there were more than 20 of them selling handmade socks, soap, cookies, plants and much more. The shoulder-to-shoulder, every-woman-for-herself vibe was Powell River at its absolute best.

This year, due to COVID-19, craft fairs as we've known them have been severely cut back. And yet, they persist in person, and online.

If you're a craft fair die-hard, make sure you hit the following places:

1. In-person adapted craft fairs

So far, just Assumption Parish has confirmed they're hosting a mini craft fair, by appointment 10am to 4pm, Thursdays to Saturdays starting Nov 12 to Dec. 5. Call 604-485-4442.

The Farmers' Market normally just runs through the summer. This year, it's continuing on Sundays 12:30 to 2:30pm in the quonset hut. Food is available, but



BEAUTIFULLY CRAFTED: Craving Sweet Earth Soaps (left) or adult and child masks made by MikiBaby (above)? They'll both be at the quonset hut in Paradise Valley Exhibition Park on Sundays this season.

so are artisan goods.

Stop by the Winter Market at the Community Resource Centre Saturdays 10am til noon for local crafts and foods.

Watch prcraftfairs.com for updates!

2. Online sales

Kevin Wilson, prolific knitter and computer whiz, has created prcraftfairs.com, an excellent clearing house of craft fair information, including updates of in-person sales and online sales.

On December 3 to 11, it will also be an

online craft fair, with at least 30 vendors selling there.

The Fine Arts Association's annual Christmas fair has also moved online. From November 23 to 27, head to prfaa.square.site for elegant locally-made art and artisan goods. Pick-up will be at Timberlane.

The Healthcare Auxiliary Handcrafts online bazaar is on Facebook. Check out the quilting, knitting, crocheting and sewing. Buy online!

3. Local artisan stores

The Soapy Dragon is one of several pop-up holiday shops in Town Centre Mall that sells all locally-made goods, as do many kiosks in the mall.

Townsite Mall's stores and kiosks are also full of local art and artisan goods. And, they're open late Friday nights til 8pm all season long!

Tug-Guhm Gallery in Lund and the other local galleries are must-shops. And much more! [PRL](#)

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Art helps us all remember death

BY CLAUDIA MEDINA

Memento Mori comes from the Latin phrase “remember that you have to die” which has been traditionally expressed in artistic representations of the never ending cycle of birth and death, a cycle that connects all human and non-human life on this planet.

“I welcome you to bring your memories of departed loved ones to the ofrenda...as we remember together la vida en la muerte, y la muerte en la vida.”

This year, The Art Centre is hosting a number of events and exhibits to honour this remembrance, and invites the community to participate, create, reflect and share in our collective and personal experiences of grief, loss, and transitions between life and death.

On November 1, I will be creating a community “ofrenda” or altar, inspired by the Dia de Los Muertos tradition from Mexico. This is the fourth time I have created a public ofrenda, and each time I have been very moved by the beauty of remembrance that happens when people come to honour their deceased loved ones in community.

This year I will be setting the ofrenda up in the art centre space, alongside community masks, a choral soundscape by Lesley Sutherland, and a film projection. We will also be livestreaming a talk where I explain some of the cultural significance of the ofrenda and the elements that are included.

Last year, I was fortunate to have been able to visit my mother’s village in Mexico, which like everywhere in that country, holds elaborate feasts and ceremonies to honour the dead who are believed to be returning during those days, October

MEMENTO MORI

What: An artistic invitation to the community to participate, create, reflect and share in our collective and personal experiences of grief, loss, and transitions between life and death.

When: November 1 to 20. Gallery is open Tuesdays, Thursdays and Saturdays noon–5 pm. Show opening Sunday, Nov 1, noon–5 pm.

Where: The Art Centre Public Gallery, above the Library.

Participate: Bring flowers, photos and mementos for the ofrenda / altar. See a welcome and introduction video. Experience creative and diverse masks representing the community. Experience an installation of projected video. Listen to works of sound and music around death and grieving. Write thoughts about death on paper and leave them in a box for later burning.

31 and November 1 and 2. In addition to family and community ofrendas, bonfires are lit, people play music and dance in the streets, life-sized puppets of skeletons and otherworldly creatures lead the parades, and there is an exuberant energy of celebrating life with the dead who have come back to enjoy it with us.

On the final day, the community gathers in the cemetery, to create art out of dirt mounds, beautiful sculptures representing an aspect of that person’s life.

Last year, we decorated the graves of my grandmother, aunts and uncles, alongside hundreds of others doing the same with their families. As we were digging, decorating, and sculpting, musicians roamed around to sing to our loved ones, and we shared food, memories, and tears, and laughter.

These days are about remembrance, joy, and acknowledging our part in a cycle of death and life, shared, in community.

I welcome you to bring your memories of departed loved ones to the ofrenda, enjoy the mask art, projections, and Lesley Sutherland’s soundscapes and music, as we remember together la vida en la muerte, y la muerte en la vida. **PRL**

HONOUR YOUR ANCESTORS AND LOVED ONES:

Last year, local filmmaker Claudia Medina was in her maternal family’s hometown in Mexico for the Dia de Los Muertos celebrations. This year will be her fourth offering a public ofrenda to the community here. Find it and participate at The Art Centre Public Gallery November 1 to 20.






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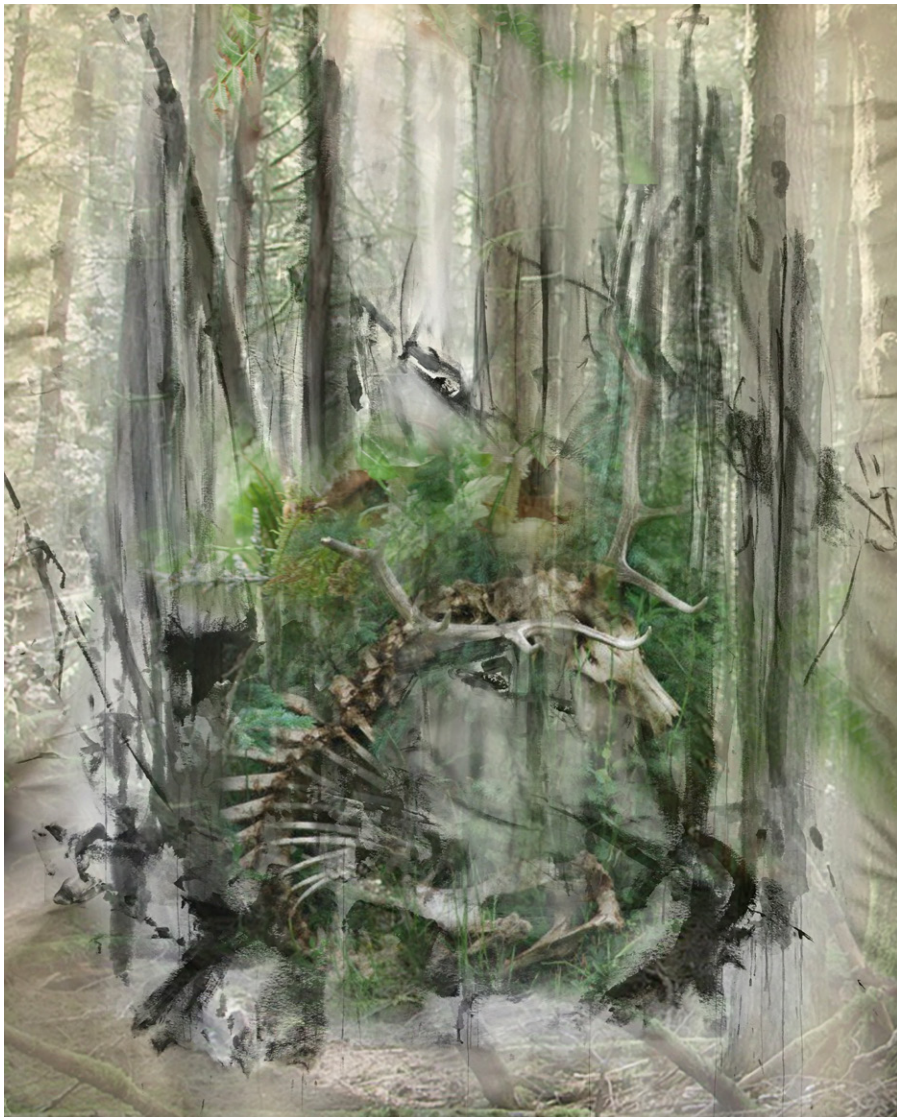
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No-nonsense paramedic knows what he saw

BY ROB SOUTHCOTT

I've never considered my experience of death usual, and I've always found great difficulty explaining that.

It goes back to when I was 16 and my brother Derek was 13. Dad died at home of cancer.

Derek and I were there the afternoon dad died. Mom was distracted for a while. I remember walking past his bedroom door and hearing what I now recognize as the death rattle, agonal respirations, the last breaths. I went and found my brother and we found ourselves in a wide-open sunny field. Dad was there – in a young body half his age; he was just above the ground, not actually standing on it, and he was full of light. Derek and I were just there, with him for a while, full of light, love, power.

Then mom came down the hall and we came upstairs. She told us dad had passed away. I remember feeling incredulous – she didn't know what we'd just experi-

enced. She'd been on the phone waiting for the GP to get orders for Demerol because dad was having a rough day.

My aunt came and picked us up and we went to their place in Wildwood. Derek and I went out into the orchard and talked – we agreed we wouldn't tell anyone about it. No one would understand. They'd think we were insane. But we were so full of power and joy we could barely contain it. We just wanted to run and jump...16 and 13, we had never even talked about death, but this was not normal, we knew that.

That experience at 16 essentially erased fear of death for me before I ever encountered it. Instead there was an experience of wonder, much like in a birth which I've also been so lucky to experience.

I was a paramedic for 32 years. I've seen a lot of death, never 'normal'. But more of us are admitting we're not normal, nor are our experiences. Are some of us having so much trouble with that idea, that we use drugs to assuage the pain of separation from not being able to see that "not normal" is what we all are? And some of us are dying. I weep for them, for us, for loss, for hard journeys. And I celebrate every day not being normal. **RL**

A SAMPLE OF MEMENTO MORI: Left, a detail from a painting by Megan Dulcie Dill called Earth. Above, Rob Southcott's words and others will be available in a zine on-site.

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THE *Nice* LIST

Have the people on your list been naughty or nice in 2020? If you're playing Santa, you get to decide.

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

1. Apples without the bite

High-end gifts at low-end prices. Save hundreds with like-new refurbished Apple computers at **PR Macs**. Refurbished 21.5" and 27" iMacs start as low as \$799 and can make a great upgrade to your family's go-to centre for online connection and learning without breaking the bank. PR Macs tutoring gift certificates are the perfect stocking stuffers for loved ones having difficulty getting the most out of their Apple computer, iPad or iPhone.

2. Verb is the word

Verb hair products try to bridge the gap between drug store and high-end hair care. Their intensely moisturizing shampoo is designed to gently cleanse hair, replenish moisture and provide natural UV protection. Formulated to leave hair soft, smooth and tangle-free. The matching conditioner repairs damage and is formulated to wash away clean while providing moisture and shine. Find Verb products at **Hair 'n' Dipity** in the Townsite Market.

3. Mist your mask

You can't go wrong with a gift certificate for massage, but Robin Morrison at **Powell River Massage** has another timely gift suggestion. Hydrosol Mask Spray from Enlightened Hands contains lavender, chamomile, helichrustem and meroli. Spray the inside or outside of your mask each time you enter a new place to enjoy the refreshing, calming scents.

4. Yes, you otter

These sea otters are hand carved in Brazilian soapstone by local artist and **Tug-Guhm** Gallery owner Debra Bevaart. This curious look from a sea otter would charm anyone. They're each about five inches tall. \$585 each.

5. Better beach glass

Using beach glass found on the shores of Powell River beaches, local artist Suzi Wiebe creates whimsical art, ornaments and jewelry like this selection of necklaces on 32" chains. In addition to these ambers **Found Stone Jewelry** makes them available in a variety of beach glass colours.

6. A good fog

Improve indoor air quality with probiotic mist. This refillable, rechargeable (USB) personal probiotics Mini Fogger helps fight bacteria, virus and mold. Probiotics starve allergens, resulting in cleaner air, say the pros at

All Clear Mold & Pathogen Solutions. The fogger disperses a microscopic protective layer of probiotics. All natural, biodegradable, 100% organic and non-GMO, New-Gen Biotics are the world's strongest environmental probiotics. When the mini is open it disperses probiotic mist for several seconds then automatically shuts off. Portable size is perfect for cars, keyboards and more. Includes 5 oz of New Gen Biotics (\$45 value). \$169 each.

7. Lucky you

You know them best for plants and pet food. But did you know you can also find fun gifts at **Mother Nature**, like Good Luck socks and underwear? These high-quality socks and underwear come in a variety of prints, from sharks and divers, to mushrooms, to Superman, Popeye, Cheech & Chong and KISS. Because who doesn't want Mushrooms and Cheech Marin on their... feet?

8. Go old school

Looking for a holiday card to send to friends and family wherever they may be? **The Powell River Historical Museum & Archives** has a collection of some fun and festive holiday season cards with a Powell River twist! Featuring historic images from the Powell River Company's Digester or historic images from the Museum's collections, the cards will carry with them a little Powell River spirit to your loved ones. \$5 each.

9. West Coast bling

Much like the weather, the selection of handcrafted jewellery at **Tla'amin Convenience** is always changing. The silver and bronze cast jewellery of Justine Brooks is natural, delicate and completely west coast inspired.

10. Not just shoes

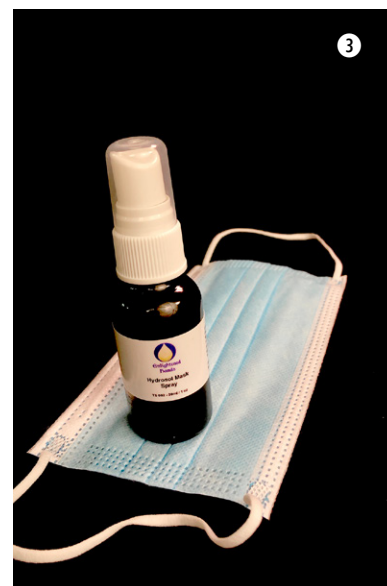
Looking for something for the hiker and traveller on your list? Though best known for shoes and shoe repair, **Pagani and Sons** also carries a selection of high-quality outdoor wear, including jackets, sweaters and shirts from companies such as Dakota Grizzly and kuhl.

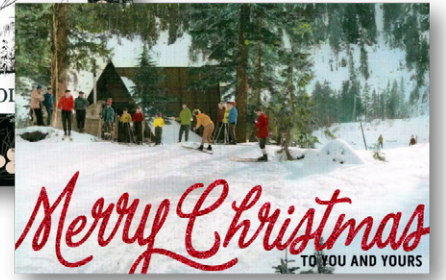
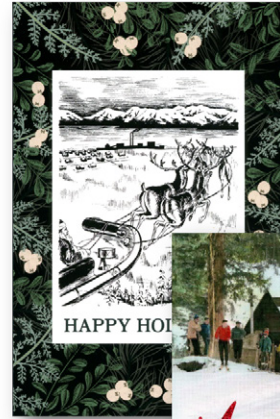
11. Not all heroes wear capes

The Volo Hero hair towel, \$50, is a top holiday gift from **Westerly Studio**. A time-saver, healthy hair savior, and an essential to your hair care routine.

12. Put the boots to winter

Lemon Jelly Ankle Boots from **Fits to a T** are approved vegan, and 100% waterproof. Try the Splash (matte black), Comfy (gloss black) or Brisa.









9



10



11



THE LIST *Naughty*

1. All dressed up

Formal in black, with a little fun! This sleeveless novelty stretch jersey has stone accents and crystal beading sheath gown, with a plunging V-neck, natural waist, fantastic lace up back and sexy front slit. From the Ellie Wilde collection available at **Perfect Fit Sewing & Alterations**.

2. On the rocks

Award-winning, mixologist-created, all-natural – without the hassle is the promise from On the Rocks Cocktails. Available at **Capone's Cellar**, these spirit-based drinks contain no preservatives. Only natural ingredients and sweetened only with cane sugar.

3. Write on

We found this Beautiful Turquoise Embossed Leather Notebook / Journal with brass hook clasp at Kelly's Health Shop. Perfect for journaling, bullet journaling, or writing down your goals and dreams!

4. Heads up

The Session helmet from TAWS is designed for all-mountain riders that demand the balance of style, protection and ventilation. The visor flips up to provide a spot for eyewear storage. \$200.

5. For a classic meal

You can't go wrong with the classics. And for generations, nobody has done classic burgers better than A&W. While a Teen Burger and Root Beer are fun date food, they're a little hard to give as gifts. But you can give the memories with a gift card, available at the drive-thru. Or go online to web.aw.ca and you can get a selection of event-specific cards like the one shown here.

6. Perfection in your pants

The Swing Shift from Vancouver underwear designer 2|UNDR caresses the skin with the finest beechwood fibre in the company's signature modal fabric. The material resists shrinkage (we assume they're talking about the material, anyway) and is less likely to fade or pill. Find them at **Armitage Men's Wear** in this taco design and many other colours.

7. For Netflix without the chill

Pollen Sweaters' women's bamboo poncho is silky and soft with beautiful drape and movement. Even cooler than cotton, the bamboo poncho is an ideal summer garment. The bamboo poncho looks great over a sundress but of course can be worn indoors during chilly times of the year (can you say Netflix couch poncho?)

8. Clamp it

For the woodworker and craftsman on your list, giving them a Bessey clamp from **Valley Building Supplies** is like giving them an extra set of hands. No ordinary clamps, these uniquely designed tools are easy to use, rugged and work in the tightest spaces.

9. Fish bites

Can't pick a favourite fish? **Boardwalk Bites** hot and crunchy mixed pieces of Salmon, Lingcod and Halibut in gluten-free batter. \$15 at the Boardwalk in Lund.

10. Garage envy

Be the Sexiest house on the Street with this garage door from **Modern Windows**.

11. Hot heads

Soft beanies make cozy gifts this holiday season. **Simply Bronze** has multiple styles and tons of color and prints from CC Beanies. Prices starting at \$30 – \$68.

12. Stick with it

Are you naughty or nice? Either way stick to it with these limited edition Duck Lake Trails vinyl decals at only \$2.99 each at **Tourism Powell River**. Collect one – collect them all – \$2 from each purchase goes to help the trail builders maintain our beautiful local trails.





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Did your Grandmother quietly look in her cup of tea and read the leaves? Were you ever given a piece of wedding cake to tuck under your pillow for dreaming of who you were destined to marry?

Or perhaps you've heard someone declare that "a man is coming to the house" after dropping a butter knife?

For many of us, divination either slides in unrecognized as a forgotten way of being or feels very far away, like a skill only people with an elusive "gift" can do, but truly, it was not long ago when divination and the reading of omens or signs was seamlessly integrated into common everyday living.

Household or natural items were the tools, not fancy or expensive occult shop finds. It was in how the apple peel falls to the floor, the physical features of your first house guest of the new year, which bird you saw in the morning. If the breakfast egg has two yolks or you cut up a red pepper for supper to find a "baby" one inside. Reading how the candle wax melts in the evening or pulling a ring off your finger to hold on a thread over a pregnant belly. Bones, stones, beans, shells were things cast onto a cloth for interpreting.

Dreams mattered and were told as stories of warning or foretelling.



WHAT DO THE STONES SAY: Learn divination and find out.

Playing cards had a double meaning, coffee grounds in the bottom of a cup gave insight... you get the idea.

When such things were so commonplace, it is easy to consider that we all have ancestors who were not only very familiar with divination, but there were also adept members with specialties. Those who are keen can draw from this knowing and accept what has been passed down the lineage, latently waiting to be picked up again.

There is often a pull or nudge toward a particular type of divinatory act to help get started, but to really know something intrinsically, nothing beats creating our own tools - and it is much easier than you might think.

The act of dropping small things to "read" was my first inclination, so I gathered small bones and stones and let them teach me to speak their language. It might feel like shuffling and choosing, then a card deck is created of drawings or photos.

Some of us see faces and symbols in ordinary items where others see none - tea leaves, clouds, or candle wax may be an endless resource of information.

Find yourself getting lost in a trance watching campfire flames? Try also a candle flame or bowl of water on inside days.

If your interest is piqued and you crave detailed, step-by-step direction, an online Divination Techniques course is available at www.3foldbalance.com. [PRL](#)



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Helping in Powell River

Across

- 4) Helps other birds, not just owls
- 7) Few under tree for poor kids
- 8) Radio station hopes to fill
- 9) You've got one in me, lots in PR
- 10) Salvation slang; ride
- 11) John Hackett's new title
- 12) Found in groceries, restaurants & gardens
- 13) Give money
- 15) Laundry holder, or grocery helper
- 19) Making life for seniors, at Home
- 21) Reason to drive by parked trains
- 22) Hockey royalty
- 23) If you're empty at one, other will fill you up
- 25) UW president
- 27) Tuesday not for taking
- 29) Helpful horses acronym
- 30) Attic art helps
- 33) Kitchen staple
- 34) Computers Corey donated

Down

- 1) Movember's starting point
- 2) Club turns on service
- 3) Foxy courier
- 5) Together way
- 6) Keeps your lip warm all month
- 9) 1918 not Spain's fault
- 11) Shortage of this basic need
- 14) Santa pics without Santa, or photographer
- 16) Military land force
- 17) Therapy astride
- 18) For tea or Salvation
- 20) Muralled building's former saint
- 21) Businesses to support
- 22) Of Columbus or not square counter
- 24) Manor, book sales, club
- 26) Donations, and Hwy 1, offer this
- 28) Volunteer meal maker
- 31) Buy flower, help veteran
- 32) Shout encouragement

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A Thought For The Day

“Know ye not why We created you all from the same dust? That no one should exalt himself over the other.”



~ Bahá'í Writings



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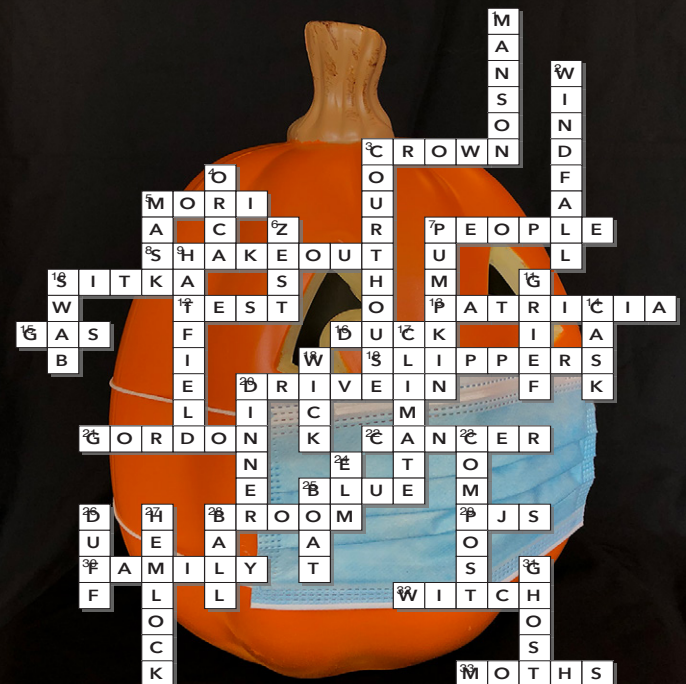
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Solution for last month's puzzle: Spooky Powell River



I miss our pre-COVID world. Sometimes when I sit on a log by my favourite beach in the Townsite, I wonder if and when this pandemic will end.

I'm sure I'm not the only one to feel this way. It's like a heavy weight has been placed on my shoulders and try as I might I can't shake it.

COVID-19 has impacted everyone's life in one way or another. Kids, young adults, middle agers and seniors, no one it seems has escaped unscathed. I'm sure that when this is all behind us, we'll learn just how deeply we've been impacted by this pandemic but for now, I'll share all the things I miss.

I miss hugs.

I miss seeing someone I haven't seen in a while and having the freedom to hug them. There's something about physical contact with another human being that nourishes my soul and standing six feet away from someone I used to hug and hang out with just doesn't do it.

I miss coffee dates.

Getting together for coffee with friends has been a staple of my social life for a very long time. Without this, I've felt like there's this big void and something very important is missing. Phone calls aren't the same and we never seem to organize visits on someone's front porch like we intend to.

I miss face-to-face real time meetings with clients and other members of my community.

Yeah, I know, we can accomplish the same thing with email and phone calls and Zoom. But can we really? Where's the opportunity for the spontaneity you get when feeding off someone's energy in the same physical space?

I miss unplanned visits in the grocery store.

Some of my best story ideas and conversations with people I don't really know happen in the aisles of the grocery store. People come up to me and say, "Are you Isabelle with *Powell River Living*?" and when I say yes, they tell me about a story or we have this amazing random conversation! That doesn't happen now because we all look the same wearing our little masks as we hurry through our shopping. Most of us want to get our errands done as quickly as possible because we're mostly suffocating beneath our masks while they ride up and irritate our eyes or fog up our glasses.

I miss celebrating.

My brother turned 55 last month. I wanted to celebrate his birthday with him and his family but given the situation, I knew it wasn't the smart thing to do

Ode to the old normal

Last Word

BY ISABELLE SOUTHCOTT | isabelle@prliving.ca

so I didn't.

I miss life going forward.

I feel for the young adults who were ready to launch their lives. Instead of going ahead, many are in a holding pattern. They're doing what they can but so many hopes and dreams have been dashed and now they're wondering what's next.

I miss collective grieving.

Don't we all? How many funerals have we missed? Celebrations of life? How many times have you wished for the opportunity to speak closely to a grieving loved one and hold their hand? Instead, people write messages on Facebook and if you're lucky, they send a card. It's not the same.

I miss swimming at the pool.

Some of my best story ideas originated as Tales from the Hot Tub! I miss how good I felt after a nice swim and hot tub at the recreation complex.

And finally, I miss my family.

I don't mean the family members I live with or those in my bubble here in Powell River; I mean the ones who are responsible for me being on this earth and my siblings. My parents are very old, ancient in fact. My 90-year-old mum lives in Comox and my 91-year-old dad and his wife live in Victoria. I used to visit my parents quite often but now I don't. I've only seen my father and his wife once since March. I've seen my mum a bit more but I wear a mask which makes communicating challenging. She's quite hard of hearing and lip reads so a mask means she can't see what I'm saying.

Although Mum has home care help in her independent living seniors building, all her extras are gone and her world has shrunk. Trips to the mall. Coffee shop visits. Lunch out. She spends her time watching television, sending the odd email and waiting. Waiting for this to be over. Waiting for one of her masked children to come visit. Waiting for home care. Waiting for someone to help her if she's fallen.

All this time waiting has made her dementia much worse.

My father is practical. He often tells me he's past his best before date and knows that sometime he will die, but he does not want to die of COVID. And I can't begin to imagine how dreadful I would feel if I was one of those asymptomatic COVID cases who passed it on to my parents and was responsible for their deaths.

But still, I miss them. I miss hugging them. I miss the visits we used to have. My biggest fear is that one or both of them will die during this pandemic and I'll have missed many months of time I'd hoped to spend with them.

Am I selfish to wish for that? Maybe. But at 90 plus, how many years does one realistically have ahead of them? Should you spend your remaining days and months isolated, insulated and protected from those you love only to die while you're waiting for it to end?

I'm reading a novel called *The Pull of the Stars* by Emma Donoghue. Set in Ireland, a country devastated by World War I and the deadly Spanish Flu pandemic of 1918, it follows Nurse Julia Powers as she works at an understaffed Dublin hospital where expectant mothers suffering with this terrible and deadly flu are quarantined together.

The novel finds light in a dark world as Julia loses women scarred by poverty and too many pregnancies to the flu, while bringing new life into the world.

This novel seemed like a timely read to me and it struck me as ironic that the author delivered the final draft of her manuscript to her publishers two days before COVID-19 was declared a pandemic. I think most of us need hope right now.

As we descend into our darkest days, those struggling with depression and other mental health issues may find it even more challenging to believe that things will get better. It's been a hard year; we've lost so much individually and collectively.

Will it get better? Are there better days ahead? I very much want to believe it will but it's hard to be optimistic when you can't see the light at the end of the tunnel. Still, I hold onto that slim sliver of hope that it will get better. I'm sure previous generations felt much like we do today, but all those years ago the sun shone and the birds sang their songs again and I believe we too will be able to sing, shine, hug and spend time with those who are important to us once again. [PR](#)





LEST WE FORGET

Due to COVID-19 safety precautions, Remembrance Day ceremonies at the Cenotaph will be by invitation only.

We encourage Powell River residents this year to make an extra effort, as individuals and families, to remember those who have made the ultimate sacrifice, and honour all of the men and women who currently serve our country.

On the 11th hour of the 11th day of the 11th month, please remember.



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Before you purchase an item, consider asking yourself, is the product and packaging reusable, recyclable or is there a better option available?

Tips for Christmas gift wrapping

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- paper wrap, brown paper or tissue paper
- reusable bags, cloth, reusable ribbons, twine
- paper tags and cards

Avoid:

- foil wrapping paper
- PVC ribbons and bows
- sticker tags



NOVEMBER 2020

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30					

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