

POWELL RIVER

APRIL 2021

LIVING

gathet's
quiet
fashion
revolution



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GARDEN FRESH

“At FreshCo we focus on fresh. Giving my customers the **freshest produce** at the best price is my #1 priority,” says store owner Steve Wadsworth. “We always try to promote BC & Canadian products when available as well as source locally and from the Island when possible. Shortly we will be expanding our fresh organic offering!”

“The **outdoor gardening center** will be extensive and exciting this year. We have teamed up with a grower from the Island (Hilltop Greenhouses) and Cinnabar Valley farms for soil, also from the Island. Customers are loving the value and selection. This is in addition to our steady offering of fresh cut flowers and assorted potted products at fantastic prices. Check us out daily as products roll in!”

INTERNATIONAL FLAVOURS

FreshCo is a Canadian company but it is known for its international food assortment. Our customers are noticing favorites from their homelands and there are so many new things to try. At FreshCo you can look for these flavors to spice up your cooking:

- | | |
|-------------|-------------|
| South Asian | Portuguese |
| East Asian | Italian |
| Filipino | Latin |
| European | Mexican |
| Greek | West Indian |

“We have a wide range of products and our customers are loving it. Many of the customers are stopping us in the aisles and thanking us for what we are doing. I think it is well balanced and we have tried to represent the broad demographic of Powell River. It has been so well received,” says store owner Steve Wadsworth.

MAKING A DIFFERENCE

Something new this year is that FreshCo has eliminated the use of **plastic bags** at our checkouts. We now have free boxes for customers, plastic totes with handles, and environmentally friendly bag options. “I am proud that our company made the first step in doing this and so far the change has been easy to adapt to for everyone. If customers need a hand, our cashiers are very attentive to the customers’ needs!”

“**Customer service** is the name of the game and one of the biggest compliments I hear from customers is how great the service is. Our Team is a diverse group and includes many returning Safeway employees and a fantastic group of newcomers as well.” Steve says he has employed over 20 high school students working at FreshCo – for many their first job. “I am very happy with the Team we have here and what we have accomplished over the year.”

Steve also invites his customers to check out his local **Facebook page**. It is a great way to be kept updated with new offerings and weekly specials. “Sometimes we get an extremely good deal and blow it out. Social media is a great way for my customers to see the specials and new items,” says Steve. You can view the weekly flyer from the page and be kept updated on what’s going on at the store.



Steve Wadsworth – Store Owner

STEVE’S 3 GUARANTEES

Double Fresh Guarantee: If you’re not completely satisfied with the freshness of our produce, we’ll give you your money back, plus replace it!

In Stock Guarantee: If we run out of an advertised item, we’ll give you a raincheck *and* 10% off.

Lowest Price Guarantee: The lowest price is always at FreshCo. We’ll beat any competitor’s advertised price.

LOWEST PRICE

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IN-STOCK

*“Thanks Powell River!
It has been a whirlwind year, and we’re looking forward to an exciting spring and summer.
Thanks for your business and support.”*

**LOWEST PRICE
GUARANTEED**

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PRICE MATCH
ON STAPLES.
WE BEAT
PRICES ON STAPLES.”**

Steve Wadsworth, Store Owner



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“Lowest Price Guaranteed” and “automatically match” means we price match any brick and mortar major supermarket competitor within the store’s geographical trade area. Excludes online pricing and pricing errors. See flyer for further details. “automatically match” applies to sugar, milk, bread, butter, eggs, banana only.

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ON THE COVER:

Artist Annie Robinson dyes fabric at Tidal Art Centre, pouring paints made from marigolds. Annie is one of the locals behind a natural dyes garden that's being planned and planted this year (see Page 9), part of qathet's quiet fashion revolution.
Photo by Joshua deGroot.



Here we are. Radical.

In late March, a vast container ship lodged itself sideways in the Suez Canal. Hundreds of other ships backed up in both directions, halting the transport of fuel, food and more through this critical passage. At press time, no end was in sight. Bulldozers and tugboats, looking like tub toys next to the vast ship, couldn't budge the hulking thing. Like COVID-19, yet another random event is jamming global capitalism.

Meanwhile here in qathet, we're unjamming ourselves, making way for a return to a more local, more green civilization. In this issue, I'm so pleased to highlight some of these efforts for Earth Month.

They include our cover story—a fashion revolution that includes fiber arts, thrift stores, volunteers, crafters, fashionistas, and locally-owned retail clothing stores (Page 9).

Local fishers and anglers, together with Tla'amin Nation and our MP Rachel Blaney, are working hard to ensure that Salish Sea seafood—spot prawns, chinook salmon and herring—feeds us and our ocean's food chain (Page 6).

Localism is about more than being green, though. It's also about health, culture and language.

See stories about local heroes working to manage chronic pain (Page 29) and the seven people running for the three School Board Trustee positions. This is the body that ensures local schools reflect local values and issues. (Page 46).

Right on deadline, the staff here had a debate about how to refer to people who live in qathet. Surely not 'qathetonians,' or some other English-Tla'amin portmanteau.

Tla'amin language coordinator Sonya Harry put forward "qat^ət qaymix^w" which would mean "people of working together." It's pronounced qat-thet qay-mixw. Phonetically, that's roughly, "Ka-thet kay-mewh." You can find Sonya's perfect pronunciation on the PRL Facebook page this month.

Jamming global capitalism and its ecological and social costs doesn't always take a shipping catastrophe. Here, a handful of radicals putting their ideas into action are making a vast, container ship sized difference.

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PRL

“

Local people should be able to eat their own seafood.

- *Shane Reid, Page 8.*

”

FEBRUARY'S CONTRIBUTORS



JOSHUA DEGROOT is an artist and educator living in Townsite with his partner Annie Robinson and their daughter. Check out his work, @joshuadegrootfinearts on Instagram. *See Joshua's image of his partner on the cover of the mag.*



KELLI GALLAXY is a mom, holistic coach, lover of nature and candle maker. She's also an imagineer envisioning evolutionary consciousness and ecological symbiosis. *See Kelli's image of the herring spawn on Page 6-7.*



SONYA HARRY is half-Tla'amin and half-Tahltan. She grew up in Powell River and has worked with the Tla'amin Nation as the language coordinator since December 2019. *See Sonya's new Column, Word of the Month, on Page 43.*



RYK TATARYN says it has been "awesome to bring the beauty of Powell River to the eyes of others." Ryk is a certified local drone pilot selling footage and photography. *See Ryk's drone photo of the herring spawn, on Page 6.*



SHAUNALEE YATES is a fibre artist, whose passion for sewing began with doll clothes, then moved on to weaving and felting. She describes herself as a fibre activist. *See Shaunalee's story, Slow Down, Fashionistas, on Page 9.*

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W Making Waves



Seafood has fed qathet for millennia. This spring, locals are fighting to make sure spot prawns, herring and chinook will feed us for millennia more.



This spring, 27-year-old Ryn Tataryn flew his Mavic Air Drone over the herring spawn at Lang Bay, close to where he lives. Usually, he films snowboarders and skateboarders. But he got a hot tip from a family member that the waters were milky, turquoise and full of eggs, a natural event best seen from the sky.

“I was like, woah!” said Ryk, on seeing his drone footage.

Photographs like Ryk’s are critical to giving us all the “woah!” factor over the life in the Salish Sea, and our relationship to it, both as eaters, and protectors. Although seafood is an obvious piece of the local food movement, most of our commercial catch is exported; plus, the rules governing our personal and com-

munity seafood harvests are determined far away, in Ottawa.

Locals are fighting for that authentic relationship this spring, to protect the chinook, spot prawns and herring as vital parts of qathet’s diet and culture, now and forever.

Spot Prawns

Back in the 1980s, spot prawns weren’t worth much. They were a way to keep fishing boats busy in between other seasons, recalls Shane Reid, who owns Double Odds Fishing. Now, they’re a high-value export crop; about 90 percent of them are sold overseas, largely in Asia, Shane reports.

CAUGHT UP: Far left: Local DFO officer Matthew Conley’s photo of the herring run at Atrevida Road in mid-March. Top, Lily Carlos, 12, with a chinook. Middle: Kelli Galaxy’s family out to observe the herring. Far left, Ryk Tataryn’s stunning drone image of the herring spawn at Lang Bay (see more of Ryk’s remarkable images and footage is for sale on his Loft Gang business Facebook page, [facebook.com/OGDWC](https://www.facebook.com/OGDWC)). Below, frozen-at-sea prawns by Double Odds Fishing; Double Odds’ owner Shane Reid; and below, Powell River Outdoors owner Sam Sansalone in a video he made in 2019, advocating for better recreational access to chinook.





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for the most up to date information.

You may have bought fresh or frozen spot prawns or side-stripe shrimp out of his Westview garage. Fresh prawns are available only during the commercial season, roughly six weeks in May and early June. Shane and others freeze spot prawns at sea and store them in freezers at home, to be able to sell them to locals throughout the year. But in March, the Department of Fisheries and Oceans announced a new ruling banning the practice, for fear that it allowed fishermen to hide under-size prawns.

"If I can't freeze at sea, all the product I catch will be exported," explained Shane. "I don't think it's fair. They're right outside here. Local people should be able to eat their own seafood, and a lot of people can't catch their own."

Commercial prawner Ivan Askgaard says the ban prevents harvesters from diversifying their own products and makes them more dependent on big-business processors. He says it's both a local employment and food security issue.

Later in the month, after blowback from fishermen and the restaurant industry, DFO announced it would not enforce the ruling this year, but it has not gone away.

Powell River Outdoors owner Sam Sansalone argues that DFO's problem is that it has "too many suits, not enough boots." That is, because it doesn't employ enough local inspectors to monitor and enforce the prawn fishery, the federal department will issue edicts from afar, such as this one, undermining entire industries.

Chinook

Sam is taking a risk this year; he has ordered all his store's stock for the Chinook salmon season, hoping that DFO will make a fishing-friendly decision for the 2021 season, which they'll announce sometime soon.

For the past few years, recreational salmon fishing – a key piece of the diet of many local families, and of the business for tourism operators – has been curtailed by DFO's requirement that anglers release, or (for part of the season) retain just one fish. DFO asserts the rule protects dwindling salmon stocks that are key to the survival of the orca. Sam insists (and says DFO data agrees) that the upper Fraser chinook – which are threatened – don't come near qathet. Reports from local anglers (and his own observations from his boat) are that local chinook stocks are booming.

"People get wind of closures and they

make other plans," said Sam. "They'll stop coming to BC."

Sam, along with MP Rachel Blaney, is asking that anglers be allowed to keep local salmon – fish that have been spawned by organizations such as the Powell River Salmon Society.

"There has never been a time where the ability of individuals to provide for their own food security in a safe manner has been more relevant or necessary," Rachel said in a statement. "From the Tyee Club in Campbell River to the guides and tackle shops from Powell River to Port Hardy, to parents and grandparents teaching kids how to catch a meal, the public fishery is such an important part of life on the coast."



Pacific Herring

Just before Ryk and others were snapping photos of the herring spawn, DFO announced the commercial herring fishery opening.

Overfishing caused the stocks to collapse by the mid-1980s. It wasn't until 2018 that the spawn returned in any quantity to qathet.

This year, DFO allowed a harvest of 16,330 tonnes (a 20 per cent harvest rate), in the Strait of Georgia, as DFO defines the ocean outside our front door. That's enough to fill three Goodyear Blimps. Or, in more practical terms, enough for all 20,000 qathet residents to completely stuff their stomachs with herring every day for 15 months.

Chinook eat herring, and orca eat both herring and chinook. The little fish are a critical part of a healthy ocean.

For the past five years, several First Nations including Tla'amin have slammed the decision to open the herring fishery at all. This year, Tla'amin Hegus John Hackett told APTN that the Nation will protect the herring roe if anyone tries to harvest them out of local waters. Last year at this time, Tla'amin's newspaper, *Neh'Motl* ran a cover story about the return of the herring.

"Back in the day ... the herring was bountiful for all our members," it reads.

T'išosəm, the name of Tla'amin's main village, translates to "milky white waters from herring spawn."

In an email from DFO's communication branch, the department claims it consults with First Nations regularly.

It also says that the primary market for BC's herring is Japan, China and the US. **RL** | pieta@prliving.ca



UPCYCLED: designer/models Miel Creasey, Anne Leaman and Diana Starr at the last eCouture Fashion Show in April 2019.

Slow down, fashionistas

gathet's green, upcycled fashion movement flies in the face of the global scramble for factory-made, semi-disposable swag.

As a community, though, we still throw out mountains of garbage garb.

BY SHAUNALEE YATES

Fast Fashion is the second-biggest industrial polluter in the world, next to the oil industry. Its badges of disgrace range from the extensive use of chemical pesticides, extreme volumes of water usage and pollutants that are funneled into global waterways, to the vast carbon imprint from the toxic manufacturing environments; to the human-cost of slave labour and atrocious working conditions; and to the globally overwhelming mounds of discarded non-compostable, non-recyclable clothing that are growing by unprecedented volume, daily.

Each of us contribute to this by our unyielding consumer demand for cheap, accessible clothing to keep us trendy and fashionable, 52 weeks of the year. And when we are tired of our choice, we throw it away or pass it along to charity, a thrift store or a friend. We perpetuate the cycle of a disposable society and North

America's consumer fashion habits are amongst the worst in the world.

gathet contributes to this by 12,000 pounds of discarded textile waste, monthly. Let's Talk Trash gathered this stat in 2017 from each of the collection depots in gathet: churches, thrift stores, drop boxes and recycle depots.

While local thrift stores do a superb job of sorting and recycling clothing, bikes, appliances, furniture and more, they can't be the only solution to our society's fast fashion habit.

For example, at the MCC thrift shop, manager Mary McKenzie reports that her team of 80 volunteers sends just over 21,000 pounds of goods to the dump each year (see more about local thrift stores' efforts on Page 18).



"This is after we do metal, plastic, electronic, book and clothing recycling," said Mary. "This gives you a better idea of how the community needs to also get on board with reuse / recycle / repurpose. Thrift stores can not be the only ones responsible to deal with the effects of environment and climate change damage.

"Each individual needs to look at their habits and their long term effects on our environment."

That's our goal at Eunoia Fibre Studio & Gallery. We are a group of dedicated fibre and fashion activists that operate out of the Townsite Market.

Partners Diana Roxburgh, Wendy Drummond and I, Shaunalee Yates, have a story to share as to how this unnerving local statistic (and many more since)



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To celebrate Earth Month (and every month thereafter) we have switched to using Organic Flour for our in-house baking!



Rachel Blaney, MP

4697 Marine Ave
604 489 2286
Rachel.Blaney@parl.bc.ca

YOUR POWELL RIVER REPRESENTATIVES

Nicholas Simons, MLA

#109 - 4675 Marine Ave
604 485 1249
Nicholas.Simons.MLA@leg.bc.ca



NEW LIFE: At Eunoia in Townsite Market, fabrics and other materials are transformed into remarkable new products. Top left, these “can can” earrings are made from Corona beer cans, by Kirsten Miller. Top centre, the bunnies are made from upcycled mohair wool sweaters, by Shaunalee Yates. Top right, linen chemises from vintage linen tablecloths with insets by Wendy Drummond. Hand-painted chanterelles on an upscaled linen men’s shirt by Diana Roxburgh, and thread for the DIY crowd.

rattled our reality and motivated us to embrace art, advocacy and activism in the slow cloth and slow clothes movement.

Ordinarily, April is when models and designers hit the runway for Qathet’s premiere slow fashion consciousness-raising event: the eCouture Fashion Show. But of course, due to COVID, packing into Dwight Hall isn’t possible this year.

But raising our consciousness? That’s still on.

Where it all began

In 2015, the first eCouture Wearable Art Fashion Show was held in conjunction with Earth Week and included 15 local artists and drew an audience of about 90 to the Rodmay Hotel. The focus of this show was earth-friendly fashion that embraced the use of naturally-grown, naturally-dyed and printed fibres, locally-produced fibre and re-visioned, re-combined,

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Natural dyes garden coming to Powell River

Everyone is becoming more aware of where things—food, clothing, toilet paper—come from and artists are no different: What is actually in this paint? How far did it travel to get to me?

Just East of Main and 6th Ave in Vancouver, the Means of Production [MOP] Garden has been growing raw materials for artists since 2002. Today, EarthHand Gleaners is very active in the community leading workshops, conducting community projects and hosting annual artist residencies. EarthHand is the non-profit society that now runs the garden activities in collaboration with the Vancouver Park Board.

The seeds for a similar project in Powell River are all here and will be sown this spring in the form of a small pilot dyer’s garden in collaboration with Powell River Hospital Garden.

Watch out for monthly Dye Plant Walks with Amber Friedman, where you can have a chance to learn more about dye plants and see what they look like in a garden setting and in various stages of growth. As the garden matures,



FLOWER POWER: Dried marigold makes a rich golden hue on fabric. Local artist Annie Robinson made and painted with it at Tidal Art Centre in 2020. Photo by Annie Robinson.

she plans to offer some Hapa-Zome workshops, a Japanese technique that transfers the natural pigments from leaves & flowers onto fabric or paper creating a botanical image.

Local artist Annie Robinson is studying art therapy and will be working with participants in her clinical practicum teaching ink-making and natural dyeing using materials from the garden and nearby forest.

Vancouver artist Edward Fu-Chen Juan, who completed a residency at Tidal Art Centre this past fall, plans to return to Powell River this spring and (COVID willing) coordinate a foraged ink and print-making workshop with the dyer’s garden. He also has many plants from his own personal dyer’s garden to donate!

What other art materials could/should we grow here? Come check out this pilot project throughout the year and bring your ideas and energy for next year!

- Karen Skadsheim



OLD SKILLS, NEW GENERATIONS: Workshops at VIU's Fibre Space, and at Eunoia



"Each individual needs to look at their habits and their long term effects on our environment."

- Mary McKenzie, MCC thrift store manager

repurposed and upcycled fashion, and for the fun-at-heart, artrageous wearables.

The show was coincidentally held on the second anniversary of the Rana Plaza Garment Factory collapse in Dhaka, Bangladesh, April 24, 2013. Considered to be one of the deadliest garment factory accidents in history, the death toll was 1,130 seamstresses, cutters and more, with another 2,500 injured. The awareness of how our fashion consumer habits had contributed to this disaster sunk in.

Subsequent eCouture Fashion Shows took on a deeper purpose. The annual fashion show added an educational component through film screenings, community discussions, maker workshops and clothing swaps. The True Cost, one of the films (available at the Library) shown multiple times over three years, helped to "roll back the cover on the untold story" behind the impact of our consumer habits.

At every screening there was shock and frustration from 'having no idea' of the role they played in contributing to the problem, followed by 'if I had only known', 'if I only knew how to do it differently', 'if I could learn the skills' and 'how can I do it differently.'

Fueled by the community's interest and passion for change, the eCouture Wearable Art Fashion Show presented annually during April's Earth Month from

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APRIL 2021

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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Fits to a T • REPREVE Jag Jeans are a new environmental denim that are made from recycled plastic bottles! This is just one of the many ways that designers are being inventive to be more green with their fabrics. Recycling fabrics to produce new designs is becoming the norm in fashion. Come check out some of these labels at Fits to a T Fashions.



Armitage Men's Wear • Vancouver-based Native Shoes is a leader in green, innovative footwear. The company is closing in on its 'Remix' goal of 100 percent lifecycle managing all of its shoes by 2023; currently, you can recycle your Natives for free. All Natives are vegan, and create about 300 percent less carbon emissions than a leather shoe. –PW

2015 to 2019 and helped put the 'fashion issue' front and centre – giving accessibility, voice and a showcase to all that can be done differently. The last three shows (2017-2019) were held at Dwight Hall and included more than 30 local artists and artisans showcasing their work and sharing their voices.

Every show offered the participating artists the chance to 'showcase' and 'market' their work and patrons of the Fashion Show anticipated the chance to purchase unique, one of kind, sustainable, and environmentally aware fashion pieces. And each year, we were asked 'where can I see, learn and purchase more?'

Upcycling takes off

Recognizing the need, Fibre Space – a community drop-in space for learning about all things fibre, was 'created' through a joint partnership with VIU Powell River and School District 47. It was a free, open to all, community space that operated for five years where you could learn everything from sewing a button on to repurposing clothing, including weaving, spinning, mending, felting, knitting and sewing. COVID forced it to close, and it's currently looking for a new home and will reopen when it's safe to do so.

Run by volunteers, maintained and outfitted by those who use it, Fibre Space is truly a testament to the intent to do things differently by those who became 'informed'.

A part of who we are

After many, many months of planning, plotting, building, waiting, nerve wracking false starts, and yes, stitching, sewing, dyeing, weaving and gathering, Eunoia Fibre Studio & Gallery at the Townsite Public Market opened its doors in December 2018.

Partners, Diana, Wendy and myself, all 'conspirators' in promoting the local art, advocacy and activist fibre movement; now oversee the showcasing of 18 artists who represent the vision and values of the gallery.

Approximately 80 percent of the garments are repurposed quality textiles and garments. Wherever there is new fabric used they are natural fibres.

For those who are wishing to be hands on in the making of their own creations, classes will resume as soon as it is COVID-safe to do so. In the meantime, we are happy to mentor anyone with questions about their own fibre projects at the shop.

Furthering the environmental and social goals of the eCouture Fashion Show and Fibre Space, Eunoia offers a new narrative and relationship with your fashion choices.

We strongly advocate "Buy Better, Buy Less, Make it Last" in hopes that qathet's shocking claim to '12,000 lbs of discarded textiles monthly' will one day instead be reused, repurposed, and dramatically reduced.

RL

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Our super-green thrifting scene

In April, we celebrate both Earth Day and Volunteer Month. It's a perfect time to showcase Qathet's environmental heroes: the volunteers receiving, sorting, repairing, and selling clothes and more at our downtown thrift stores.

Qathet's thrifting scene—at stores, online, and at yard sales—is perhaps our most significant collective re-use project. On its own, thrifting won't solve climate change. But the values behind the thrifting movement are the keys to our survival.

Health Care Auxiliary

Carol Skorey, Membership Chair and Advertising Chair

How many volunteers do you have?

Carol • We currently have 254 members, some are not returning since COVID-19 but we are also getting some new members.

About how many volunteer hours go into your work each month?

Carol • In 2018-2019 we had 58,329 volunteer hours but in 2020 due to being closed so much we dropped to 35,139! Things are really picking up now, though, so it will be interesting to see how it goes.



How much clothing gets donated to your store?

Carol • Powell River is very generous with clothing donations, what we can't sell goes to a company called Cann Amm and we receive a cheque from them according to weight. In 2020 we kept 95,076 pounds out of landfill.

How much gets tossed as garbage?

Carol • Very little goes into the garbage as we recycle almost all of these items: clothing, purses, shoes, belts, hats and linens. Jewellery is remade into saleable pieces.

Apart from recycling, what good does your store do?

Carol • Our Economy shop donates every penny earned after expenses and it stays in Powell River and goes to health-related areas such as the Hospital, Evergreen ECU and Willingdon Creek, also Danielle's Helping Hands Fund, Therapeutic Riding, Paddling for Life, Mental Health Daycare Unit, free TV and earbuds for the patients, Youth Volunteers Programme, and Texada Island Health Unit. We supply oncology bags and supplies, COVID relief food hampers to Tla'amin Nation, and much more. The list is long and does change from year to year depending on need. The bulk of the money goes to the Hospital ECU and Willingdon Creek. In 2020, even with all the closures and reduced hours, we were able to donate \$273,975.75 to these various areas!

Anything else you'd like to add?

Carol • One big problem we have is that there is nowhere to recycle books or magazines here anymore. We are hoping that our community or province comes up with a solution to keep these items out of the landfill.



VALUED VOLUNTEERS: More than 250 locals volunteer at the Health Care Auxiliary thrift store on Alberni. Here are five of them, clockwise from top left: Jude Kersey is steaming the sweater. Wendy Price and Leah Kulcheski are running the jewellery counter. Harry Bey sorts electronics. And Vicki McClennon is sorting clothes.

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PUMPED FOR YOUR DONATIONS: MCC volunteers Angelique Veerman, Peter Laframboise, Lee Guay, Dietmar Peters and Erika Rapp, along with staffer Richard Lang, are just a few of the 70-person team that sort thousands of kilograms of donations each week.

MCC Thrift Store

Mary McKenzie, store manager

How many volunteers do you have?

Mary • We have approximately 70 volunteers on rotation.

How many volunteer hours a month?

Mary • Together they do approximately 800+ hours per month. Some months more, if there are events.

How did the pandemic change what you do?

Mary • We lost 20 volunteers to the pandemic; probably half will be permanent.

The pandemic brought a higher in-flux of donations, due to everyone home and wanting to downsize and minimize!

It also affected us in that we were closed for two months and are still not fully operational. We are open only five days a week, six hours a day. Originally we were six days, eight hours a day.

How much gets tossed as garbage?

Mary • Approximately 75-100 kilograms, twice a week. This works out to 9,600 kg per year. This is after we do metal, plastic, electronic, book and clothing recycling.

Most of our donations are saleable, yet we are often left with unsaleable items. These are represented by unwashed clothing, incomplete and broken appliances, toys and housewares – many items long past their “expiry date.”

Apart from recycling, what good does your store do?

Mary • 10 percent of net is donated to LIFT. We support clients from STRIVE and inclusion Powell River with opportunities for weekly volunteer hours which then provides them with a government stipend. We do a work experience program with Brooks School, offering weekly opportunities to gain experience in a structured environment so students can gain confidence in applying for jobs.

We have a bike program, where community bikes are repurposed, reused, and renewed.

Volunteers make shopping bags out of unsaleable t-shirts. We supply hundreds of coats, hats, scarves and gloves for the Coldest Night of the Year campaign.

For Powell River Search and Rescue, we supply sleeping bags, blankets, etc for their rescues.

We have supported two Syrian families in the last two years with full provisions to set up their homes through Hands Across the Waters.

Many believe all MCC does is send monies overseas. We are a peace, development and emergency relief organization. But we also support local communities. We are always willing to supply furniture, household items and clothing to help locals get a step up as they move out of homelessness.

We have local schools that need help with school supplies, books and games. We are always a willing YES to anyone who needs help.

Salvation Army Thrift Store

Major Rosanne Fraser

How many volunteers do you have?

Rosanne • We have 12 volunteers, and together they work about 300 hours a month

How did the pandemic change what you do?

Rosanne • At first the whole store was closed, so we had no volunteers working. When we reopened, we only allowed 15 shoppers at a time, and we brought the volunteers back in slowly. Plus we added the usual measures: hand sanitizer, etc.

How much gets tossed as garbage?

Rosanne • We get about 10 large garbage bags a day, so about 30 a week over the three days we're open for donations.

The quality of the donations really determines the

amount of garbage we throw out, but it's usually about 1,600 pounds of clothes every month.

Apart from recycling, what good does your store do?

Rosanne • All Salvation Army donations stay local. All money is used for helping local people in need. We also provide vouchers for clothing, bedding and household items. We issue them at the church and the recipient can use the voucher in our store. We have donated items to families who have lost their belongings due to fire. Before COVID, people were able to come in and relax in the upper area of the store, and purchase a coffee or a cold drink.

We appreciate the hours and hard work our volunteers put in to our store each week. They are a great asset to our team. **PL**





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SONYA HARRY

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timux™

Phonetic spelling:

tim-uxw

English word:

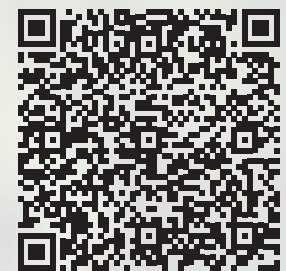
Medicine

Speaker:

Leslie Adams

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My virtual life

BY ISABELLE SOUTHCOTT

In the last 13 months, much of our life has moved online. With everything from birthday parties to doctor's appointments to film festivals to AGMs to funerals, weddings and church services being held on Zoom, it can be hard to remember how we lived before the virus hit.

If we're not checking our phone to follow the latest adventures of Doug the Pug (top dog social media influencer with more than 13 million followers and his own YouTube channel), we're probably sneaking a peak to see what our neighbour cooked for dinner last night or e-transferring our kids more money so they can order something from A&W on their app.

When COVID-19 first shut down in-person events (and much more), the ecological impact was immediate. Not flying and driving places is certainly good for the planet. Global carbon dioxide emissions dropped by 6.4 percent in 2020—the first drop in decades (though the drop didn't last, and wasn't enough to prevent a dangerous global temperature rise of at least 1.5 degrees, according to research presented in *Nature*.)

Missing out on in-person events is hard on the soul, though. When you attend an event virtually you forgo the opportunity for in-person communication. One of the benefits of going to church or attending a live event is the fellowship enjoyed afterwards. In the case of church, it's over a cup of coffee and a sweet. At an event, it's more likely to be during intermission over a beer or glass of wine.

We all need human contact. Hugs, body language, the warmth of another human—remember what that feels like? The way we interact with others is an important skill we learn in real time.

In case you missed out on just how much of our life has shifted online, *Powell River Living* has put together a photo essay of what's happened during the last year.

| isabelle@prliving.ca



Working out

Karina Inkster's fitness and nutrition business has been 100% online since 2017, so her work life during COVID hasn't changed much.

"I host the *No-B.S. Vegan* podcast, write books and magazine articles, and my team and I work with clients worldwide," says the Vegan Fitness and Nutrition Coach.

"During the pandemic, we've been focusing on creating new ways for our clients and audiences to connect with others and access information on healthy plant-based living: free at-home workouts streamed live on social media, a "Team Chat" for all our clients to communicate with each other, and a free three-day online plant-based fitness summit bringing together 6 industry professionals."

Outside of work, Karina's social life now takes place primarily on Zoom.

"From cooking classes and coffee dates, to games nights and workouts (here you see my assistant coach Zoe Peled joining me for a workout), online interactions don't replace in-person ones, but I'm definitely grateful for video-chat technology over the past year," she says.

"Online interactions don't replace in-person ones, but I'm definitely grateful for video-chat technology over the past year."

- Karina Inkster



PRISMA on the Couch

P RISMA was one of qathet's first usually-live events to reinvent itself online—and 50,000 people showed up!

On weekdays from June 15 to 26, 2020, the Pacific Region International Summer Music Association (PRISMA) presented a nightly variety hour featuring pre-recorded orchestral and chamber music performances, engaging interviews, educational content, historical highlights, behind-the-scenes memories, as well as brand new studio segments and masterclasses. Dubbed PRISMA on the Couch (a cheeky nod to their flagship community event, PRISMA on the Beach) it aired live worldwide on Facebook and YouTube, and on the Shaw Spotlight channel in qathet and beyond. It was not only one of the first, but also one of the largest and farthest-reaching pandemic-era events to emerge from qathet to date.

Hosted by Arthur Arnold (PRISMA co-founder and artistic director), Misty Oakes (operations director) and Andy Rice (marketing and multimedia director), this livestream series filled the two-week spot PRISMA's annual festival and music academy would have occupied had the COVID-19 pandemic not grounded flights and reshaped public events indefinitely. This revised digital edition offered a new and exciting challenge for PRISMA's staff and contractors and created a unique chapter in the

organization's history book, bringing much-needed music and entertainment (free of charge) to anyone who chose to tune in. It also provided a place to honour PRISMA's loyal sponsors, pivot funding from several granting agencies (particularly Creative BC and the BC Arts Council, whose steadfast support made the project possible), and offer valuable training to dozens of student musicians through online sessions with PRISMA's international guest artists.

PRISMA on the Couch succeeded in its mission to reach people all over the world – drawing online viewers not just from British Columbia and Canada but from USA, Mexico, Lithuania, Finland, the Netherlands, and even as far away as South Korea and Moscow, too!

On Facebook and YouTube, where 10 broadcasts hit the airwaves between June 15 and 26, PRISMA collected 584+ comments, 837+ reactions (thumbs up, hearts, hugs, etc.) and 80+ shares – numbers that are all still climbing upward to this day.

The series also enjoyed a four-month run on cable television, with episodes airing nearly 600 times in total on Shaw Spotlight (Channel 4) across various parts of the province including Vancouver Island (Campbell River, Comox, Courtenay, Cumberland), the Sunshine Coast (qathet, Gibsons, Sechelt), and the Sea-to-Sky Corridor (Squamish, Whistler, Lillooet).

Seed traders and craft fairs

Kevin Wilson has spent most of his working life in, around, on and even under computers so when COVID hit you would have thought he should have been able to move everything he did onto the computer, right away, right? Nope.

In Jan 2020 he decided to move away from computer work and begun to close down his web hosting business.

"I canceled the last two Urban Homesteading School classes in March 2020. The last thing I wanted to do was make videos instead of hold in-person classes. Besides, it wouldn't be for long..." or so he thought.

By the summer it was obvious that it would be "for long," so he made the Online Craft Fair (prcraftfairs.com)

to give him and other crafters an alternative to the in-person craft fairs they couldn't have. Sales for vendors were wildly variable, ranging from 0 to nearly \$1,000, but many vendors built websites or pages for online sales which will serve them well in the long run, that they wouldn't have built otherwise.

With this spring looking as though it will be just as crazy for gardeners as last year, Kevin launched a Seed Traders group on Facebook @seedtraderspr.

"Seeds and plants are selling out everywhere," said Kevin. Kevin is also posting gardening tutorial videos on Facebook and YouTube (uhspr.ca/youtube), and now he's having an online plant sale! (fiddlersfarm.com)

Online writing group at the Library

The Powell River Public Library transitioned most of their programs to the virtual realm during lockdown and were especially impressed by the participants in the Seniors' Memoir Writing groups, supported by Seniors Program Coordinator Sandra Tonn, who persevered and adjusted to Zoom.

It was a big technology leap for some members, and a credit to them for venturing into the unknown realm of online gatherings. A virtual launch video and downloads of their digital anthology, *Treasures* can be found at prpl.ca/explore/memoirs/

The Library's Adult Program Coordinator, Mark Merlino provided on-going tech support to help people stay connected and gain confidence using Zoom.



Virtual gymnastics competition

Powell River Gymnastics and Circus Competitive Team athletes who participated in the Christy Fraser Memorial Invitational virtual competition last month qualified for the BC Championships, which will also be held virtually, at the end of April.

Paulo Pena and Trystinna Bailey, the Competitive Coaching Team, said that the event gave the athletes a goal and motivation to continue training in a challenging time.

"Like many local sports and activities, we were closed for an extended period of time and gymnastics requires constant training to excel. I was proud of the energy and perseverance demonstrated by the team," said Pena.

Leading up to the competition, COVID-19 protocols and a reduction in coach's spotting had everyone

training in a different way. The format of the competition was uncommon too. Competing virtually was new for everyone.

Normally, competitions take place in front of an audience, but because of COVID, they couldn't.

Local athletes shone at the event, which featured gymnasts from all across the province.

Elise English won the Christy Fraser Memorial Award – an award given to an athlete who demonstrates the same attributes Christy had shown before she passed away at a young age, in 1992. Christy was a special person, always cheerful, friendly, and kind to those around her, most of all her fellow gymnasts. "Elise has incredible team spirit and always has a grin on her face, it was an honor to put her name forth," says Pena.

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A virtual wedding

It took a lot of planning but Felisa and Jim Scriver got married virtually on March 7.

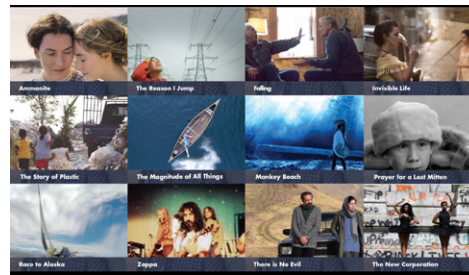
They also prayed lots to Jehovah and listened to many suggestions provided by others, they say.

“We didn’t do it by ourselves – we

have the brothers’ and sisters’ combined efforts together.”

Because of the COVID restrictions, they could allow only 10 people at the ceremony and the dinner.

“We used Zoom, and those who logged into the Zoom later were able to



PRFF 2021 by the numbers:

212 – Number of streams for *Ammunite* – most watched film

205 – Total number of pass holders

35 – Percentage of Viewers from outside Powell River

31 – Number of local businesses supporting PRFF

5 – Number of Film Philosopher Cafés with filmmakers in attendance

1 – The number one film selected by the audience was *The Race to Alaska*

Virtual film festival

The 2021 edition of the Powell River Film Festival (PRFF) went online for the first time.

Rather than a scheduled timeline of cinematic explorations that lured you to the theatre, there was a grid of choices that made their way onto screens in your home, said Gary Shilling, Executive Director of the Powell River Film Festival.

“People across BC watched films on their TVs, laptops, tablets, and phones. Twelve films were online for 12 days, and over the course of PRFF, there were more than 1,600 virtual screenings.”

see the wedding and get together from their own private home. No one who wanted to see it was left out.”

It may not have been a traditional wedding in the usual sense but all the differences made it an extra special event for family and friends. Even

those who live out of town or out of the country were able to be part of it. One of the special surprises was Marilyn playing the accordion with her brother singing and playing the guitar from Ottawa, and Felisa’s niece singing from the Philippines.

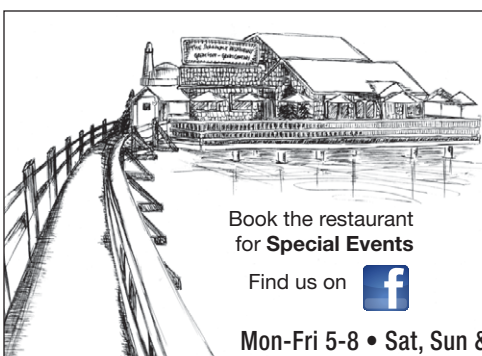
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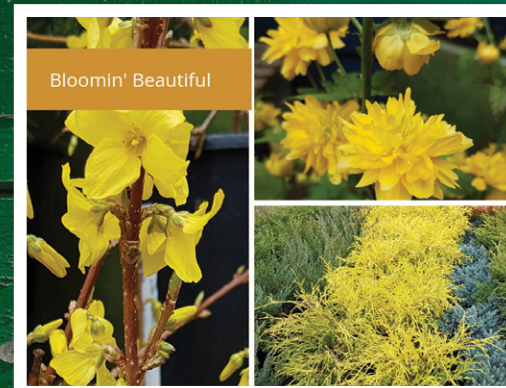
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A virtual funeral

When public health orders placed province-wide
restrictions on gatherings including funerals
limiting them to 10 people including the officiant,
those left behind had two options.

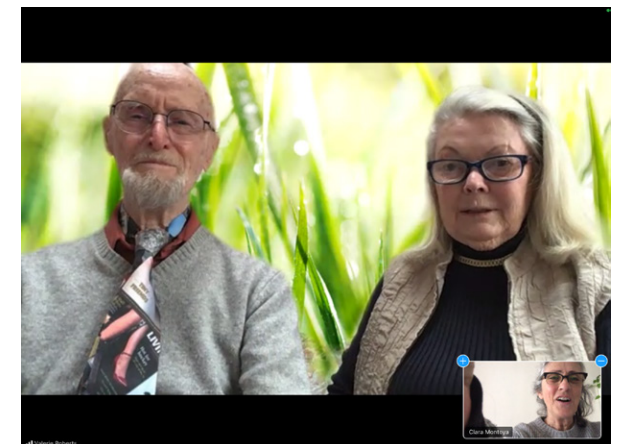
- They could postpone celebrations of life and funerals until a later date.
- They could proceed with a virtual funeral or celebration with up to 10 people all safely distanced.

Pat Gisle, owner of Stubberfields Funeral Home, says Stubberfields has been livestreaming funerals from their chapel since the pandemic began. While many funeral homes that livestream have a stationary camera set up at the back of their chapel that only focuses on the front, Pat wanted more cameras to tell the story so he hired Peter Harvey and Sea Panda Productions.

"Peter uses multiple cameras and multiple angles so it's not just a static view from the back of the chapel up to the front," said Pat.

The videos are livestreamed and also available to view through the Stubberfields website at a later date. Some families have used Zoom for their funerals and even graveside services.

Although Pat had been looking at implementing virtual funerals prior to the COVID pandemic, the pandemic gave him the final push he needed to do it.



Learn Spanish

Colombian-born Clara Montoya has been speaking Spanish all her life and teaching since she moved to Germany in 1973. Her stable of passionate students carried on with their lessons during the COVID pandemic, but instead of in-person learning, Clara moved her practice online. One couple, the Tibbles, 92-year-old John and 80-year-old Val, always look forward to their weekly Spanish lessons with Clara. For them, it is pure joy and something they don't want to miss. "They are always keen and present," says Clara. "Don Juan and Doña Val are true examples of following one's passion at any age. They are among my sweetieheart students."

Here this couple are virtually connected with Clara who is in her qathet classroom while Zooming with them in Victoria for their weekly Spanish lesson.

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Buy and sell a house online

When the pandemic first hit and travel and gathering restrictions were put in place, the provincial real estate association recommended a curtailment of in-person showings and a move towards virtual showings.

Open houses were shut down immediately and nationwide there was a push for more virtual experiences in real estate.

Realtors began having more and more Zoom calls and Facetime meetings with clients, said Neil Frost, President of the Powell River Sunshine Coast Real Estate Board. "And 3D virtual tours (either "live" online, or pre-recorded tours) became more common."

At first, people wondered if in-person viewings would become a thing of the past, how sellers would be able to sell their home and how buyers would be able to make informed decisions, but as real estate is an essential service, it was acknowledged that in-person showings

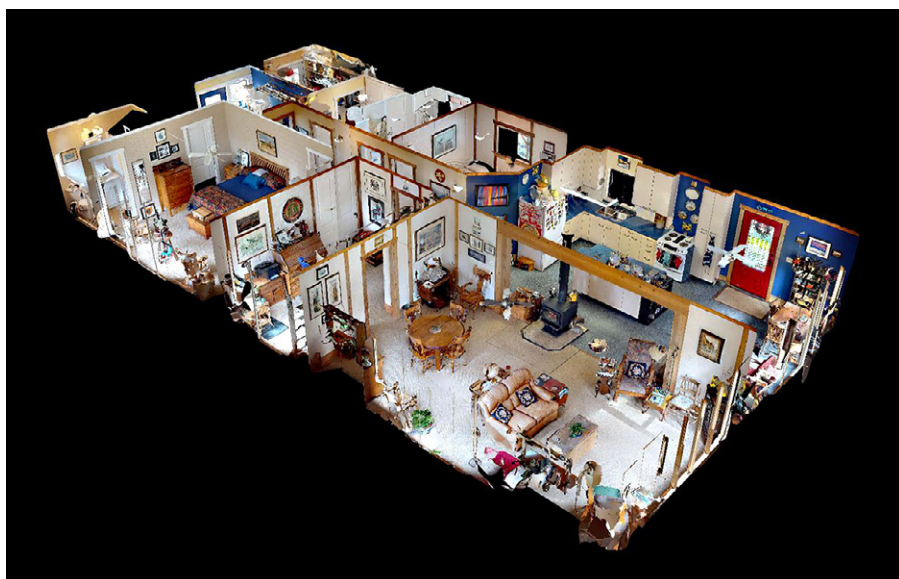
and inspections would be permitted for serious, qualified buyers.

The intent was to use the virtual tours to qualify that buyers had serious interest before booking an in-person showing.

"Many realtors are providing a 3D walkthrough tour of the homes they list, or some sort of extensive visual tour. Many realtors are offering to provide custom "walk through" videos for clients to decide if they want to have an in-person showing, or in some cases, if the buyer wishes to make an offer on the property without viewing the home in person," said Neil.

In qathet, the tours are now more servicing the out-of-town clients who are deciding on whether to make a trip up or make an offer.

"Most serious buyers since the start of the pandemic have started with the virtual tour or went with an in-person showing from the start."



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Virtual learning for teachers, too!

It's not just students learning online this year. Teachers and School District 47 employees are, too. The Professional Development Building Community District Day was held virtually using Zoom and an event platform called Pheedloop.

"The virtual conference provided teachers, administrators, and support staff an opportunity to reconnect, network, and grow professionally as a community, even at a distance from one another," said Vanessa Coray, Professional Development Coordinator. With a keynote from award-winning Canadian writer, Carl Honore, about building students' resilience and emotional intelligence as a way to help students

thrive and improve, 19 workshops, 17 speakers, and a virtual platform with gamification features, it was an engaging day of learning for everyone.

Participants could gather points by participating in workshops, answering educational trivia questions, and creating videos in FlipGrid of themselves talking about education this school year.

With topics ranging from technology tools and social media use to computational thinking and young writers, there was something for everyone.

Using technology to learn, create, and collaborate was a great way for District staff to connect and improve their skills. **RL**

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Hello good

When it's time to let a well-loved house go

BY ISABELLE SOUTHCOTT

Outside, a late winter storm gathers strength as sheets of freezing rain pound down upon the pavement outside my Townsite home. The wind howls as it races along Maple Avenue, rattling windows, scattering piles of wet leaves and anything else in its path.

Inside, it's warm and safe and dry. I curl up in my favourite chair, my cuddly black and red plaid blanket on my lap – a Christmas present from my oldest son – and a steaming cup of tea on the table beside me. Boots stretches lazily on the sofa. In the warm glow of the electric fireplace Jigs sleeps soundly at my feet.

I love my old house. I love its beautiful fir floors, its high ceilings, its charm, its grace, and its warmth.

Built in 1927, this home has been my safe harbour from the storms of life. Soon, I'll leave it behind.

I was on my own with two boys when I first bought this home back in 2010. It was a difficult time in my life; I'd just been through a traumatic divorce, the recession had ended the year prior and my fledgling magazine was struggling. I was struggling. But the house was my refuge.

It was the perfect home when my boys were going to Brooks. I remember coming home at noon some

o and dbye

days and finding Alex cooking lunch for six of his closest friends. They alternated between Kraft Dinner and grilled cheese sandwiches in the spacious, vintage kitchen, or out on the deck. My kids and their friends were always there. It was a launching pad, a crash pad. It was our pad.

The three-stories gave my teenage boys privacy with their bedrooms, bathroom and TV room on a separate floor. I could enjoy my own space decorated with my favourite antique Nova Scotia pine furniture, and listen to music and TV shows that I liked.

Plus, the neighbourhood was ideal. A few blocks from Brooks and the tennis courts. A short walk to the Patricia Theatre, the Townsite Market, Townsite Brewery. Three minutes away from a maze of fabulous dog walking/hiking trails and the ocean. There's a reason why Townsite won 'best neighbourhood' so many times.

I also have the best neighbours. Who else has a neighbour who bakes bread for them every week?

My heart warms as I think of the old cherry tree in the backyard and how it will soon cheerfully an-

So many hellos and goodbyes

The last year's buying and selling frenzy continued into February. That month, qathet had:

40 local sellers. 5 out of town sellers.

20 local buyers. 23 out of town buyers.

32 buyers for principal residence.

\$510,575 average selling price, up nearly \$150,000 from a year before.

37 new listings in February, compared to 57 a year before (it's tight out there!)

\$139,900 - lowest price for a qathet property with a home on it at press time

\$2,998,000 - highest price for a qathet property with a home on it at press time



MEMORIES FROM A TRUE HOME: When you live in a three-floor Townsite Grande Dame, you can load it full of relatives and pets

Top, Christmas 2017 was celebrated with international student Sam Runbei Cheng, Grandma Sylvia Peebles, Dwain Davis, and Alex and Matthew Southcott – plus the late family dog Hunter.

Middle, Matthew tends the garden, and “pretend grandchildren” Dana and Tesla Brown, now preteens, bounce on the backyard trampoline.

Left, the family celebrates Cinco de Mayo in May 2020.

Life changes, though. Children grow up, your desire to do house and yard work diminishes. What you need and want in a house changes, too.



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announce the arrival of warmer weather with its delicate cloud of pink blossoms. Will I be there to see it this year? Probably not. By then I most likely will have moved and someone else will enjoy it.

I remember how my clothes smell when they are sun-dried on the clothesline and the fabulous vegetables we grow each year in our garden.

My kids grew up in this house. We put down roots here. We made memories.

But my kids are grown now. We don't need a five-bedroom home for two people. At least that's what my head tells me. My heart tells me otherwise.

Letting go is hard. It's even harder when you have to let go of something you love, something that has served you well.

It's time to say goodbye to 5553 Maple Avenue with its lavender-lined walkway and covered front porch. It's time this grand old dame found a new family to shelter and love her. And it's time for us to move back to Cranberry Lake.

Letting go is sad, but it is also happy. For when you let go of one thing, you make room for another. I'm excited about the next chapter and feel blessed to move back to the family property. I'm excited about the prospect of caring for chickens again, having room for a bigger garden to tend and a smaller house

"My kids grew up in this house. We put down roots here. We made memories.

But my kids are grown now. We don't need a five-bedroom home for two people."

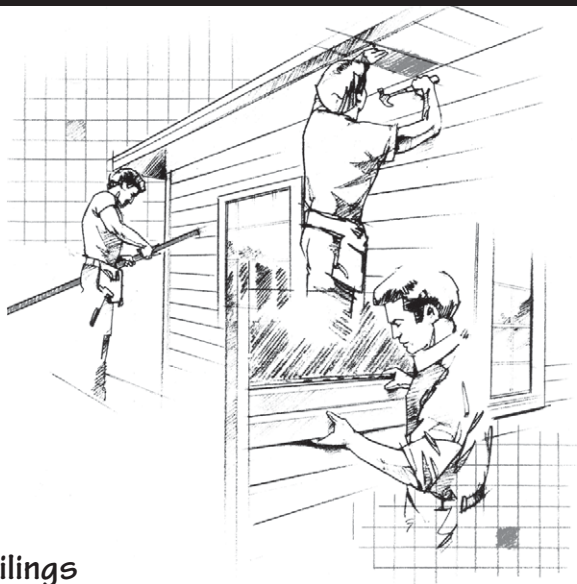
to clean.

And although I'm giving up an ocean view, I'm getting a view of the lake in exchange. My adult sons will still eat in my kitchen. I hope they bring their friends. And I'm looking forward to many more cozy evenings with Jigs and Boots and tea and a good book.

Houses change. But as long as I'm making new memories with those I love, home will always be home. **RL**
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Homes are the new paper

Mill is no longer the catalyst
for local real estate values

BY PIETA WOOLLEY

For more than 100 years, the Powell River Paper Mill has lured workers here from all over the world, with the promise of well-paid, stable work and home ownership: immigrants from starving countries after World War I and II, Canadians and Americans during the tough years of the Depression. Because of the mill – and the surging international demand for newsprint – qathet was buffered from the 20th century’s worst global economic shocks.

Those global shocks are catching up with us. For the past 11 months, Powell River’s paper mill has been largely silent, curtailed by the company that owns it, Paper Excellence. Of the eight mills the manufacturer owns in Canada, four were paused in the past year: Mackenzie, Crofton, Northern Pulp in Nova Scotia, and Powell River.

In early March, the company announced that our mill would start up again in May, but with a reduced workforce: of the 360 jobs – which paid an average of \$75,000 a year, more than double the median income here – 160 are not yet being called back.

In the mill’s 110-year history, 200 jobs is the lowest number it has ever offered. At the same time, demand for

housing here is surging, at record-setting prices. In other words, what would normally be a significant economic shock to this town is masked because *real estate is the new mill* – the centre of this region’s economic vitality. For those thinking about selling, this is your time.

“I guess it’s a bit of good news and a bit of bad news,” said Neil Frost, the president of the Powell River Sunshine Coast Real Estate Board, who has been selling homes here since the market meltdown of 2008.

“In general there are 200 good paying jobs that are not leaving this town. On the other side, lots of under-40s have come to Powell River to work for Catalyst in the last few years and have bought homes.”

In other eras, if the mill had cut its workforce by more than a third, the change would have rocked this region. But Neil doesn’t think Paper Excellence’s move will dampen the fiery demand for local homes, or cool prices. More than half of buyers are from out of town; 70 percent were, in January. Demand for homes here is becoming untethered from local jobs, as retirees and telecommuters evacuate bigger cities.

For at least eight years, BC’s real estate industry has been the province’s

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Cory is excited to reconnect and build new relationships with this wonderful community. Please don’t hesitate to give him a call to say “Hello” and welcome him back.

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most important economic driver, above mining, technology, forestry and transportation. Vice Magazine even pointed out in a 2017 headline “Real estate in BC is more important than oil to Alberta.” Even the economically-libertarian Fraser Institute issued what seemed like a warning in December 2020, about the lack of relationship between industry and incomes and real estate in this province.

“The province’s heavy reliance on residential housing as its driver of economic growth has made for an industrially unbalanced growth dynamic,” wrote resident scholar Steve Globerman.

“Hence, any future downturn in the residential housing sector would have a particularly marked adverse effect on the BC economy. Furthermore, the fact that capital investment in productivity-enhancing assets such as machinery and equipment and intellectual property in the province lagged behind such investment in the rest of Canada, on average, suggests that the competitiveness of non-real-estate-related industries in British Columbia will be at a growing disadvantage compared to other parts of the country in the years ahead.”

In other words, BC is hooked on real



THE OLD DEAL : There was a relationship between local workers, such as these sawmill employees after WWII, and these Maple Avenue homes.

Photos courtesy of the Powell River Historical Museum & Archives

estate. That’s still a relatively new dynamic here in qathet.

Part of the answer, of course, is attracting more and higher-paying industries here, to balance the economy and ensure that local wages can buy local homes.



Neil is troubled that people working in the biggest industry locally, the service sector, can no longer afford to buy here. But he also notes that many of the first-time homebuyers he sees are able to save that five percent down-payment. On a modest home of \$300,000 for example, that down-payment is \$15,000.

He also notes that high home prices mean there hasn’t been a foreclosure in qathet in a long time. If someone gets into trouble with their mortgage payments, they can just sell. He doesn’t see strong home prices here letting up anytime soon – no matter what the mill does.

“If demand never drops in Vancouver or Squamish, it will never let up here,” Neil said. “The demand here is sky-high, and inventory is so low. We probably do need more land released [by the City and Regional District] to build sub-divisions.

“If I had an extra 100 homes here right now, I could sell them.” **PL**

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Millennials take to the Market

BY PIETA WOOLLEY

In February, Royal LePage released a survey about Millennials and home ownership. That is, Canadians aged 25 to 35. Eye-rolling stereotypes about this group would make it seem as though home-ownership is impossible for them (avocado toast instead of savings), or unappetizing to them (backpacking Asia instead of working in a stable job).

However, *real* social trends are indeed inducting Millennials into the housing market.

Many younger people work in jobs without pensions, which makes it smart to own a home as an asset—a situation clearly not lost on them. As the Boomers inherit money from their War Generation parents, downpayments may be gifted to Millennials, easing the transition to ownership.

Here's what the Royal LePage survey found:

- Nearly half of this group currently own their own home
- One quarter of these homeowners have purchased a property since the onset of the COVID-19 pandemic
- 68 percent of non-homeowners aged 25 to 35 intend to purchase a home within five years
- 72 percent of this cohort feels confident in their short-term financial outlook
- 40 percent of this cohort saw their savings grow since mid-March
- 47 per cent said they would choose small towns over cities.

Here at *Powell River Living*, we do hear about Millennial-aged adults buying their own homes (such as Connor Ford, who was on the cover of last month's issue.) But we're also hearing about our friends and acquaintances in this age group who are losing their rentals this spring, as their landlords are planning to sell.

Many of these young people don't have downpayments, but do have children, and rentals seem to be even more scarce than they were this past fall. We're also aware that incomes for this age group are low, with 75 percent of families bringing home a median of \$55,430 or less, before tax.

No doubt most of this group would prefer to own rather than rent. In early March, the president of CMHC stepped down. Evan Siddall has been in the job since 2014, and his departure may be good for new homebuyers. This is the federal body that insures most mortgages and helps set policy for downpayments and other home-related banking rules. Even the *New York Times* paid attention to Evan Siddall's departure.

"Many of those in the business disliked his agency's tightening of the qualifying rules for the mortgage insurance it sells to banks for lending to heavily indebted home buyers," wrote *NYT's* Ian Austen.

"Last year...Mr. Siddall said that he had a duty to warn young Canadians about the financial perils that a drop in house prices, an increase in interest rates and increasing personal debt levels could bring."

The new president of CMHC is Romy Bowers, hard-



ly a housing advocate (she worked in risk management with Bank of Montreal). She's been handed Siddall's goal of "housing affordability for all," within nine years. It was set in 2017, at the time that the National Housing Strategy was announced: a 10-year, \$40-billion plan to expand and sustain the supply of affordable housing in Canada.

With the squeeze on rentals here this spring, good news in any form can't come soon enough. Come on Romy: we're counting on you. **PL**

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Pain

is more than a pain. It's our "unspoken epidemic."

BY PIETA WOOLLEY

Last July, Susan Siden leaned over one of her clients, helping her change into a new night-dress. It was a task she had done hundreds of times since she started working in home care six years before.

That was the last time Susan could bend like that. Her client, who suffers from dementia, jerked away from her, jarring Susan's back. A sharp, stabbing pain shot through it. Her doctor immediately put her on leave from work.

Afterwards, Susan recalled a much more serious back injury more than 35 years earlier. When she was 21, she bent down to water a young cow on her family's farm. The 400-pounder jumped on her back.

"I was screaming in pain. I saw my father-in-law running through the field to rescue me," she remembers. "But being young, I didn't go to the doctor. I just shook it off. Now that I'm older it's come back to bite me."

Nine months after she jarred her back at work, Su-



LOVES OF HER LIFE: Susan Siden is a life-long horse rider, but since her workplace back injury nine months ago, she can't hit the trails. Her partner Qwastānayā (L. Maynard Harry), pictured just before the accident, above, helps her get through her days.

Chronic pain affects one in five of us; it's connected to the opioid epidemic and plenty of suicide deaths; it's notoriously difficult to treat; and until very recently, the effects of chronic pain on individuals and our society have been largely ignored.

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“The big industries that have driven this province economically have been on the backs of people who have sacrificed their bodies for these industries. Show me a faller that doesn’t have both bad knees and arthritic hands.”

- Dr. David May



LIKE DANTE’S INFERNO: That’s how Dr. David May describes the hot, loud, physical environment at the mill when he first toured it 30 years ago. Above, the #7 boiler crew in 1947.

Photo courtesy of the Powell River Historical Museum & Archives

san is still off work. Her medical EI ran out. She has been denied long-term disability payments. So she’s living off of savings, and sharing expenses with her partner, Qwastānayā (L. Maynard Harry). Sometimes, her back has a dull ache, or burning feeling. Sometimes, the pain is so sharp Maynard has to help her out of bed. The pain never goes away. Returning to work in home care is uncertain, she says.

“It’s hard not to get depressed,” she explains, noting that she’s tried a laundry-list of treatments to heal and manage her symptoms, from physiotherapy, to glucose injections, acupuncture, Tiger Balm, CBD oil, meditation, Naproxine (a prescription anti-inflammatory), and simply going for walks. Some of it helps, but the pain remains, and, even beyond the loss of her work, it has changed her life dramatically.

“I never realized how exhausting pain can be. I love horses, and I’ve ridden them for years. I can’t do that anymore. It feels like part of me is missing. Horses are one of my big passions in life.”

Susan isn’t struggling alone, of course. With that seemingly-small workplace incident, she joined the thousands of qathet qaymix (see editor’s message on Page 4) living with chronic pain. Among adults, about one in five lives with chronic pain. Health workplace injuries like Susan’s, workplace injuries in the resource sector and in construction, sports injuries, fibromyalgia, Multiple Sclerosis, arthritis, diabetes and endometriosis are among some of the most common causes. Those who work in trades, veterans and seniors have much higher rates of pain than one in five of course.

The epidemic hasn’t had the attention it deserves until quite recently. What triggered the new interest? In 2016, new Canadian medical guidelines for prescribing opioids for pain meant that many Canadians – especially trades and construction workers – lost a tool to manage pain. That reduced access to legal pain relievers coincided with the dramatic rise in non-prescription opioid use, overdoses, and overdose deaths.

Even before that, one of BC’s star medical advocates had turned her eye to chronic pain, and was poised

to muscle in. Maria Hudspith grew up in the Cowichan Valley in the 1970s when it was a thriving forestry centre. There, she witnessed the harsh impact of pain on former loggers. That stayed in her mind as she started her career helping BC’s health agencies communicate about many progressive movements, from HIV education in the mid-80s, to queer health in the

1990s, and the early days of harm reduction at the turn of the millennium. By 2010, she was the executive director of the newly-formed Pain BC, which is now the largest pain organization in the world – just in time to speak out during the opioid crisis.

“Pain is an issue no one really saw as a problem,” says Maria on the phone from her office in Vancouver. “But it’s at the root of so many things: addiction, economic deprivation, suicide and more.”

Maria notes that about half of those who have died from overdoses in BC are known to have been living with pain. With the reduction in opioid prescriptions, she says, other resources must be put in place: physiotherapy, hydrotherapy, gentle movement classes, occupational therapy, psychological support, chiropractic services, massage therapy and more (most of which are not covered by regular MSP).

“The strategy that was relied on for a long time was opioids. Now they’ve been removed from the tool box without other things being put back in.”

Change is finally coming, and it’s coming quickly, she notes. After striking a three-year pain task force in 2018 – which Maria co-chairs – federal Health Minister Patty Hajdu has asked for a set of recommendations to combat Canada’s pain epidemic this spring. In the past several months, Patty has also hosted two ministerial round tables on substance use and the trades, attended by representatives from Canada’s largest construction and trades unions, and released the latest in a series of reports coming from the task force: *Working together to better understand, prevent and, manage chronic pain: What We Heard*.

Closer to home, Maria says that qathet is where some of Canada’s most innovative pain work is being piloted, thanks in large part to Dr. David May. David



vid works with Pain BC to help develop training and protocols for rural physicians to manage pain.

Furthermore, in part, chronic pain is difficult to treat because it's experienced differently by everyone. What is a dull ache to one person may be life-ruining for another. Cutting-edge research shows that trauma causes the brain to change in ways that make pain more acute. For example, he says, PTSD from war, childhood sexual abuse, depression and other mental illnesses, and the stress of living with poverty all change the way the brain perceives pain, so much that it can upend people's lives.

"I don't want to overstate this," he says. "Of course many people with chronic pain were not abused by their parents. But when I work with a population of people with chronic pain, it's worth my time screening for trauma.... If you are constantly on watch, and those fight-flight reflexes are in overdrive, is it surprising that you might be disabled by pain?"

Brains can be retrained to perceive pain differently, David says. But it's a lot less straight-forward than prescribing an opioid, or doing a nerve block.

"It's quite boring, really. It's a lot of mindfulness, yoga, gradual exercise on a regular basis without overdoing it. People think it's quite flaky. I have three [patients who are] loggers doing yoga right now. I start them with relaxation breathing that allows them to get up in the morning and get food on the table, for example. Then we add exercises. Then yoga. It's about learning to catch those emotional and physical feelings in your body before they overwhelm you. Being aware, and not letting them dominate you. People who do mindfulness well, their brain changes in PET scans."

He also notes that chronic pain is often both physical and political. When there's a community with higher-than-average rates of chronic pain, such as ours, look for poverty, age and resource sector workers.

"The big industries that have driven this province economically have been on the backs of people who have sacrificed their bodies for these industries," David says.

"Show me a faller that doesn't have both bad knees and arthritic hands. Thirty years ago when I first came to this community, I took a tour of the mill. It was like

PRL series on pain: what's coming

April: qathet's pain scene: an introduction to an "unspoken epidemic."

May: Opioids, alcohol and cannabis: the chronic pain behind our addictions and overdose crisis

June: Pain left untreated: the medical services we need back



KICKING PAIN'S BUTT:

Above, Pain BC executive director Maria Hudspith grew up in the Cowichan Valley, and understands the prevalence of pain in resource communities. Left, Dr. David May, an anesthetist / physician, believes chronic pain must be mostly treated locally.

is both a family physician and an anesthetist – a pain specialist doctor "that has a lot of technical abilities for sticking long needles into people," he half-jokes, noting that the "sexy part of pain is nerve blocks." Ever had an epidural? That's a small part of what he's talking about. Acute pain, such as having a baby, is relatively easy to treat, David says. Chronic pain, which he calls "an unspoken epidemic," is much harder.

In part, that's because small towns are notoriously under-resourced in health care, he says. Yes, BC has a handful of top-notch pain management centres (he trained in one of them). But they have three-year wait lists. Because such a large percentage of the population lives with chronic pain, he argues, it must be mostly managed locally by family physicians. So Da-

Dante's Inferno. It was really hot and loud and a lot of the work was still really physical. In those days at least, these were high-paid jobs and people had the support and resources to manage some of their pain a little more.... Now, people are still having to work in heavy industries, but they're often no longer supported with dedicated, well-paying jobs."

David is also hopeful now that chronic pain is finally attracting both attention and government money. With so much at stake for so many people, more resources can't come soon enough. Chronic pain shouldn't be undermining the lives of so many people.

Indeed, Susan is gratified that chronic pain is finally getting the attention it deserves. Her own mother was disabled by arthritis by the time she was 60, and lived in pain in a wheelchair until she died at 79. That's not what anyone would want for someone they love, or for themselves.

If you don't live with pain yourself, though, it can be hard to have sympathy for someones who does.

"You can't always see it," Susan says, admitting that before, she didn't fully understand or empathize with the pain that some of her home care clients felt.

"Often you can't tell what a person is feeling inside, especially with our COVID masks on. You don't want to walk around with the pain look on your face. Some days are good, and some days I can hardly move. Why? I don't know. I think people just need to be a little kinder and more aware of things. Having chronic pain has given me a different perspective. I really get it now." **PL | pieta@prliving.ca**

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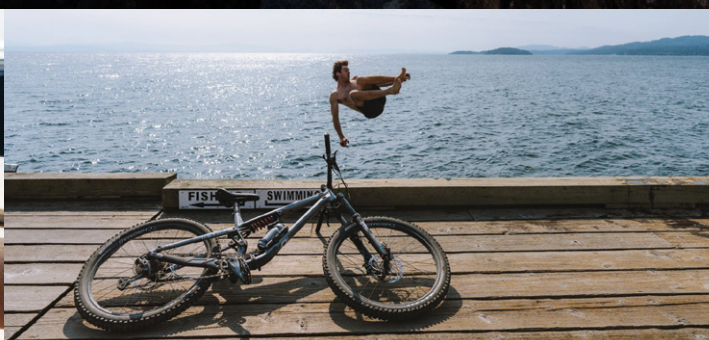
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Sunshine Coast
TOURISM

One of my favourite spring tasks is planting and designing beautiful container plantings for the season.

I love how they start off sparse and by the end of the season are bursting with colour and texture.

When done right, container plantings can soften the entry of your home, liven up a dark corner of the patio, or create a mini food garden where you get full sun. Whatever the purpose container planting is a must for every garden.

It is fun and easy, and can be one of the best ways to start gardening too.

Choosing Your Pots

Choose pots that are lightweight. I like the lightweight pots that are made of metal or fibreglass, as they still look attractive, and also seem to get more beautiful with time.

Ceramic pots of course are beautiful, but are just so heavy. And once planted up with soil and specimens, they can be almost impossible to move.

One valuable trick is to find a plain black plastic pot that fits perfectly into your ceramic pot and use it as a liner. You may need to have a few blocks to prop it up so it sits correctly. This will allow you a way to lift the planted portion and the ceramic pot separately. This does require a bit of an extra step, but when it comes time to move your plants, your back will be very thankful.

Secondly, avoid pots that narrow or taper at the lip. Although very pleasing to the eye, they can be very troublesome if you ever have to get the plant out of the pot.

This is because as the plants grow, the roots ball becomes larger than the opening of the pot. I have had to break pots in this scenario, as it was the only way to save the plants growing inside the pot. If you just can't bear to be without a pot with a tapered lip, then using a black plastic pot as a liner is a must!

Thirdly, buy big pots. Plants can outgrow their pots very quickly, so if you can afford it, it is always better to buy big pots. For example, if you plant a tomato in a five-gallon pot, it will max out its root capacity by early August, and you will have to water it every day or sometime twice a day.

Personally, unless it is succulents, I don't plant anything for summer growing in pots smaller than a 10-gallon pot. If the pots are too small it just gets to be too much work to keep things happy and healthy.

Choosing Your Plants

It really boils down to personal taste. Some people prefer hot colours of red orange and pink, while others prefer the cooler side with blues, purple and greens.



Well contained, well-drained



A GROWING CONCERN

JONATHAN VAN WILTENBURG

If I am needing inspiration, I usually go online and have a look at some pictures of potted up containers that I like and that will work for my conditions. And remember plant selection is not limited to just summer annuals. You can virtually grow anything in pots, including food plants, perennials, shrubs, and even small trees.

As long as particular plant choices are given the conditions and ongoing maintenance they need, your plants should thrive nicely.

Planting

Choose a well-draining potting mix that is specifically designed for container growing. Ideally you want a medium that holds water, but also is very free draining. The free draining part is really important, most plants cannot tolerate being super wet most of the time. If you're unsure, ask at the garden center for a potting mix that is specifically designed for container growing.

Tip: If you have a lot of containers to plant up, it is also much more economical to buy the 3.8 cubic foot bale of potting mix, rather than the smaller bags.

Do not put any crushed pots, Styrofoam chunks, or gravel in the bottom of the pot for drainage purposes. This does not work and actually creates less usable

space for the plants to take up nutrients, and grow.

If you're worried about drainage issues, you are much better off to drill some extra holes in the bottom of the pot. I like to have at least three holes in the bottom of my pots. If a plant really needs free-draining conditions I will drill more.

When filling your pots, do not fill it right up to the brim. Keep your soil level at least three inches down from lip. This will make watering your plants much easier, as it will allow enough water to sit nicely in the pot so it can work its way down into the roots. Too much soil in the pot and your water will just spill over the side of the pot.

Maintenance and Care

It is crucial to remember that plants growing in pots do not have the capacity to gather nutrients and moisture the way they would if they were planted in the ground. So it is imperative that you feed and water your plants regularly.

For container grown plants, I would recommend a well balanced water soluble fertilizer. This will allow you to water and feed your plants at the same time. In the growing season, aim to feed your containers once per month.

The watering schedule will depend on the size of pot, species of plant, location and the weather. Remember to water deeply.

Just because you see the water running out the bottom doesn't always mean you have given them enough water. Always dip your fingers in and check the soil with your fingers and see if the water penetrated deep into the root zone.

Sometimes, and especially if you have let a pot get really dry, you may need to water the pot more than once to get the water deep into the roots. If the potted plants are in smaller pots, I will sometimes submerge the entire pot into a big bucket or wheelbarrow full of fertilizer solution. This works really well, and guarantees water is getting deep into the root zone.

As your plants grow they will undoubtedly fill the pot with roots. If you are growing perennials, shrubs, or trees, every spring check that the root zone is not over crowded. Start by pushing a finger into the root zone. If you are unable to get your finger in easily, it is time to slide the plant out of its pot and have a look at the root zone.

If the roots are very visible and have travelled around and around the pot (a term we call 'root bound'), it is time to do some root pruning, and move your plant up a size into a larger pot.

The best way I have found to prune roots is to use a serrated blade. I use old bread knives.

Whatever the tool, take off no more than a third of the root zone at a time. Replant and water your plant in its new home. **RL**

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Horseshoe Valley's heritage



BLAST FROM THE PAST

JOËLLE SÉVIGNY

There are quite a few weekend warriors out here in qathet, heading up Goat Main on a Saturday morning for an epic outdoor adventure—or maybe just a casual ride to enjoy the scenery! Whatever the reason, many of us find ourselves driving on the logging roads at one point or another.

As we drive by Lois Lake, there's little evidence remaining now that there was a whole homesteading community out there. The Eagle River Watershed, known as the Horseshoe Valley, was the site of approximately 20 lots, acquired through pre-emption and Crown grants, where many pacifist individuals sustained themselves through gardening and hunting.

One well-known character, Golden Stanley, lived on one of these home-

steads built in the wilderness, as a young boy with his family from 1916 to 1923. They settled on their lot of 265 acres, after Walt Stanley, his uncle, went up there in 1912 to trap beavers on Wolf River (now known as Freda Creek) and convinced them to come join him.

Most homesteaders worked from dawn until dark getting their daily bread. Every home had gardens, and some extended for acres.

They grew potatoes, cabbage, turnip, beans, peas, cauliflower, cucumbers, which were then turned into pickles, raspberries and so on. One settler, Mr. Duke, once grew a turnip that weighed 32 pounds!

To keep the bugs away, chemical fertilizers were frowned upon in the

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Early hunting homesteaders

valley; instead, they spread large quantities of alder leaves on the ground and dug them in.

In the summers, they would also gather blackberries and huckleberries. No one in the valley ate beef. Deer meat, grouse and trout were the only source of protein.

At the time, Brooks, Scanlon and O'Brien had a railroad running from Stillwater, up Eagle (Lois) River, and so the settlers would sometimes ride the trains and bring back supplies from town (flour, sugar, yeast, oats), or got their mail carried for them.

Towards the end of the settlement, the Powell River Company bought out all the homesteads in preparation for the construction of the dam at the head of Lois Lake. After the cofferdam was constructed in 1931, parts of the Valley were flooded.

The Stanleys were given around \$5,000 to 8,000 for their land.

According to Golden Stanley's memoirs, some of the best farmland in the region lies beneath the conifer trees of the Horseshoe Valley.

RL | jysevigny@powellrivermuseum.ca



MY DEER HOME: Top left: Tony Lake, Horseshoe Valley, showing Jim Boaks' house. Bottom left: Sarah and Golden Stanley on Brooks, Scanlon and O'Brien Railroad track at approximately 8 3/4 mile Post in Horseshoe Valley 1918. Bottom middle: Golden Stanley at homestead in Horseshoe Valley in Stillwater 1922. Top right: Stanley family at the house at Horseshoe Valley. Includes Sarah and Golden Stanley, Winnie and Harry Jones and Joseph Hennan. Christmas Day, 1921. Right: Golden Stanley with tame fawn. 1918.

Photos courtesy of the Powell River Historical Museum & Archives

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Powell River Living's Sixth annual Best of Powell River

A little off: in 2021, that describes so many Best of Powell River categories from the last five years, thanks to you-know-what. Best place to watch live music? We wish. Best buffet? Can you even imagine anymore?

So instead of pretending nothing has changed, PRL is taking the opportunity to highlight the best of the new normal.

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

Advice for Visitors

We anticipate that by summer, crowds of vaccinated seniors and house hunters will descend on qathet, ready to see something amazing. We could be wrong; maybe travel will still be banned. But pretend travel is coming back. What advice do you have?

Best neighbourhood

Best attraction

Best hotel or B&B

Best beach

Best hike (under an hour)

Best place to paddle

Best gallery

Best souvenir

Best realtor

Best campsite

Best reason to move here

Best reason to stay away

NEW! Enter Your Photos

For these categories, please send the image to pieta@prliving.ca, and include a few sentences about the photo.

Best fish you've caught

Best yard art or decoration

Best home-made food

Best Pet

Best marriage, partnership or friendship

Most Powell River Person of the Year

Coronavirus

Best thing to do while isolating

Best thing to do with your bubble

Best mask-maker or mask-seller

Best theory about why the virus has been so minimal in qathet

Best crisis response by an individual or agency

Best way to enhance your mental health

Best marriage or family counselling

Best local resource for at-home learning

Virtual Life

Best local Facebook page for a reasonable conversation

Best local Facebook page for outrageous debate

Best Facebooker or Instagrammer

Best local website

Best Instagram or Facebook photographer

Best thing you've found on Swap n' Shop

Best local online class or workshop

Best virtual event or festival

Best local online worship service

Resilient Edition



Best of Powell River Contest

21

ST

ell River

Food: Groceries

Best grocery delivery

Safest in-store grocery experience

Best produce

Best butcher

Best bakery item (store and item)

Best dessert (store and item)

Best convenience store

Best liquor store

Best Community Supported Agriculture box (CSA)

Best farm gate

Best booth at the Farmers Markets

Food: Restaurants

Best take-out

Most affordable take-out

Best coffee: drip

Best coffee: espresso bar

Best pizza

Best fish & chips

Best salad

Best burger

Best appetizer

Best cocktail

Best dessert

Best vegetarian or vegan

Best restaurant for a birthday / anniversary splurge

Best kid-friendly restaurant

Best dine-in COVID innovation

Retail & Service

Best gas station

Best gardening store

Best clothing

Best thrift store: drop-off experience

Best thrift store: shopping experience

Best financial institution

Best insurance

Best mechanic

Best sports and outdoors store

Best massage clinic

Best pharmacy

Best marijuana or vape

Best salon

Best work-out

Best yoga

How to Enter:

Write in your answers – serious and humorous – for your chance to win groovy prizes including a Pollen Sweater. Note: One entry per person. You must answer at least 15 categories. Last day to enter: May 30, 2021

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Who are you?

Name

Email

Phone number





& congratulations...

More than 40 writers answered the challenge and submitted entries to the third annual **Quick Writing Contest**, AKA 'The Quickie.'

Writers were given three hours to write on the theme of "Food" and submit their work in two categories, Short (200 words or less) and Long (500-1,000 words).

Judges then read all the entries and picked winners in each of the categories.

The winners are:

Adult Long: 1st Rita Rasmussen; 2nd Anna Byrne
 Teen Long: 1st Abigail Fitzgibbon; 2nd Ethan Hull
 Adult Short: 1st Helen Evans; 2nd Kim Lewadny
 Teen Short: 1st Sariah Hull; 2nd Téa Nordman

Winning entries are published on the following pages.

Thanks to all the entrants, to our judges (Karl Siegler, Pat Buckna, and Gwen Enquist) and to the sponsors:



Additional prizes from:



PRL's and the Library's third annual

Quickie

How could one get married

BY HELEN EVANS

How could one get married without a wedding cake?

It was wartime and food was scarce and rationed. Bunty and her family had cut back on their meager meals, but there was no way they could save the coupons to buy all the necessary ingredients.

"What can we do?" Bunty sobbed. "We can't postpone the wedding. Gordon's arranged a three-day pass from the army, the church and the reception hall are booked, invitations have been sent out, I've borrowed the dress, and

all the family have promised to make sandwiches."

There was a tremendous sense of community during the war, and like the Good Samaritan, neighbours helped one another whenever possible.

And so it was with the wedding. One by one they knocked on Mrs. Mitchell's door and handed in their most prized possessions—food stamps.

"I just can't believe they would do this for me," Bunty exclaimed. "There's enough to buy all we need for the cake."

And so the cake was made. There would be a real wedding after all.



Helen Evans is a retired teacher who came to Powell River in 1966. Her inspiration for writing came from her granny, a wonderful storyteller with an amazing memory, something Helen has inherited. She's grateful for all the help and encouragement she received from Sandra Tonn and her memoir writers' group.

Life is no lemon

BY SARIAH HULL

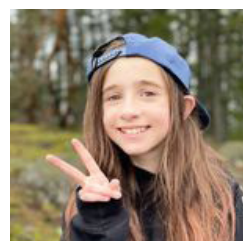
Two years ago, I had the opportunity to travel to Italy with my grandparents and my elder brother. Once there, I had the chance to experience so many different types of food.

Every day, after finishing the day's tour and a filling dinner, I'd be sure to make room for dessert, and my favourite quickly became gelato. The first time I tried this wonderful ice cream, it was

mind-blowing! With so many choices, I had a hard time deciding. Even my Papa became upset by the end of the 15 minutes.

Finally, I chose the lemon; it was creamy, balanced between sweet and sour, and a yummy frozen treat that I will not forget.

Of all the experiences I had, it's this treat that makes me want to go back for more.



Sariah Hull, age 12, is a Grade 7 student and ambassador at James Thompson Elementary School. Her hobbies include drawing and designing clothing. Above all, she loves performing for her community and family through song and dance and cannot wait for the chance to be on the stage once again.

kie

writing contest winners

They wrote about food

Congratulations to the many writers who entered The Quickie writing contest.

This year's competition saw more than 40 entries in both the adult and teen competitions with writers vying for cash prizes and gift certificates donated by The Convenient Chef, Subway, A & W and Fresh Co.

Writers had three hours to write either a long or short story (or both) connected to the theme of food. In addition to judging entries, Karl Siegler, Gwen Enquist and Pat Buckna also offered entrants the opportunity to have their work critiqued.

The annual writing contest is organized by The Powell River Public Library and *Powell River Living* magazine.

Now You're Cooking (North of 60)

BY RITA RASMUSSEN

We were exploring for gold near Courageous Lake in the North West Territories, a couple of hundred miles north east of Yellowknife. I was cook for a crew of ten people including four geology students from UBC. Birthdays were always a big event in our fly-in tent camp and I worked hard to produce a great dinner and an even better birthday cake for whoever was celebrating.

The students also liked to initiate theme parties every once in a while. It was a toss-up between a toga party and a pirate theme for the upcoming student birthday. The pirates won and the next morning at 7am the crew flew out in the helicopter for field work. I remained in camp intent on food and cake preparation.

I had been up since 5am and had quickly baked two large chocolate cakes and set them to cool, before I prepared breakfast. Then I cleverly hid the cakes from sight in my little stores tent; waving the scent of chocolate away with a dish towel. Once everyone had left camp I brought my epicurean training to the fore. I cut the slabs of cake into the shapes I had patterned out to produce an authentic, double decked pirate ship.

I whipped up a nice sticky seven minute icing to cement the hull, decks and aft cabin together. Smarties became port holes and candles jammed into the sides

were cannons. Straws were driven into the decks to support three sets of decorated paper sails.

It was a masterpiece; big and beautiful. It weighed quite a bit. I cut two cardboard boxes in half and carefully put the cake inside, fully covered and protected. Then I hid it in my storage tent again. No bears around.

Everyone flew in at the end of the day, cleaned up and arrived in the cook tent. The students were wearing excellent pirate gear. They had eye patches, bandannas around their heads and little pirate swords made of cardboard.

What do pirates eat? I had decided on a dinner of steak, stuffed baked potatoes, and mushroom gravy—the works. There was also a meatless spinach lasagne for the one vegetarian in camp. As dinner ended I snuck outside the cook tent to get the piece de resistance; and awkwardly carried the huge cake in its box back to our plywood table. The birthday boy removed the cardboard cover, and everyone was suitably impressed by the wondrous pirate ship cake within.

We lit sparklers and sang Happy Birthday. I lit the candle cannons with a match. We were all laughing and cheering. Then the three sets of paper sails burst into flames from the candles. Large pieces of charred paper started flying around and falling onto the icing. It was a big chocolate ship with big sails—now it was a big fire on the table.

The helicopter pilot dumped a glass of water on the

flames. A geologist threw more water on it. The fire was out before I had time to grab the fire extinguisher. Soggy charred paper coated the whole soggy cake. It looked horrible, a ship wreck, a disaster.

The students were really impressed. No one had ever had a birthday cake like it. They loved it and we all had a piece. They thanked me profusely and said it was the very best birthday cake they had ever had, including the best fireworks. We were all grinning and laughing like fools.

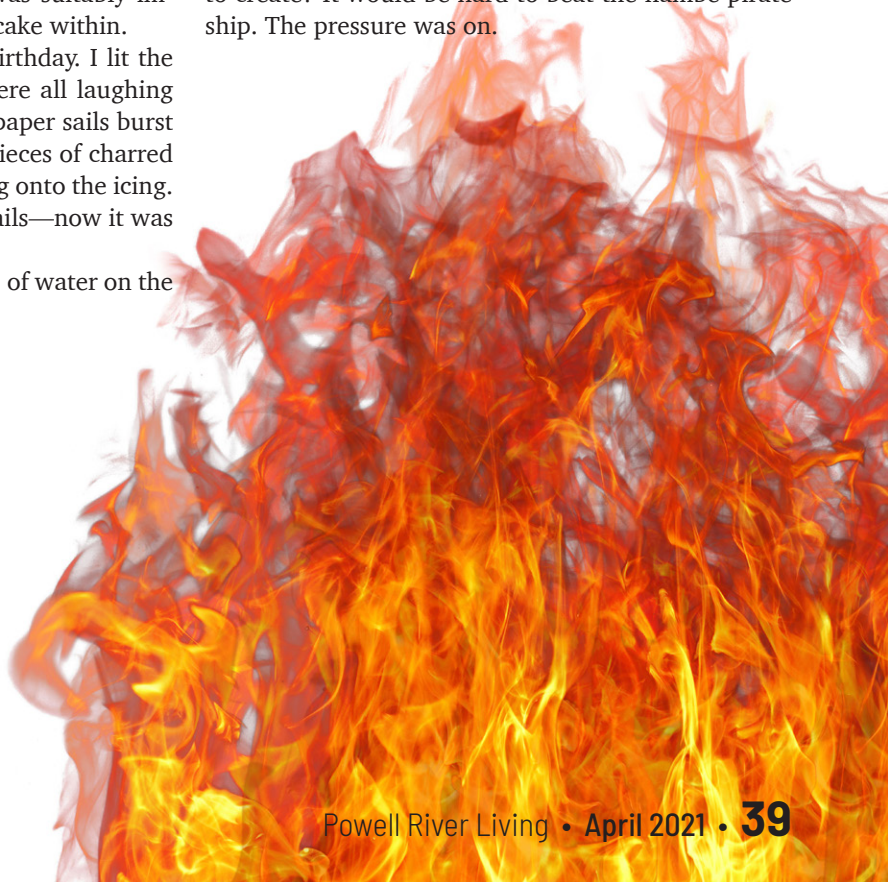
The next day I started to look through my small collection of cookbooks—*The Joy of Cooking*, *The New York Times Natural Foods Cookbook*, and *Larousse Gastronomique*, all of them spine bound with duct tape to hold them together.

There was one last birthday party of the field season coming up in a couple of weeks. I knew it would have to be – **the toga party**. I now had a culinary reputation to uphold. What to cook, what to bake, what to create? It would be hard to beat the flambé pirate ship. The pressure was on.

Rita has been writing for seven years with a wonderful group that originated with the Powell River Public Library's Memoir Writing for Seniors Program.

She is currently expanding her writing process through creative non fiction and poetry. Her most recent project in collage art poetry was included in the New Zealand online exhibition ART>70 that ran through January and February 2021.

"Right now I am enjoying the Friday Write Together group led by local writer Megan Cole. It is so much fun for all of us, writing fast from the prompts Megan supplies. Good training for the Quickie Writing Contest."





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A Break

BY ABIGAIL FITZGIBBON

A break, a break is what everyone on this earth is in need of at some point in their life. Though at six on a grey Saturday morning stood Alexios, a break not in sight until Monday. He was a skinny boy, who has always looked fragile to the touch. Sandy blond hair blew into his face from the light wind coming from a fan set off behind the counter. He wasn't all too sure why it was there considering it was still winter; although the snow had long been forgotten, the winds were still choppy and bitter against skin. Half of his face stayed hidden behind a light blue medical mask, and hazel brown eyes behind grey glasses. It had been almost two months since he started work here. Though the smell of grease and other unknown substances would make him feel sick to the stomach, he wasn't leaving any time soon, it was good enough pay for what he was saving up for.

With a sigh, having glanced at the clock, he stood up from where he had been sitting behind the front counter, dreading the time for families to flow through the door.

Taking a breath, he slowly took out the workplace key and unlocked the big glass door, switching the sign up in the window to read open. He wanted to go home. To be doing anything other than opening the restaurant himself.

It was a small restaurant, one locally owned which only made it more of an attraction for tourists. No one who worked there ever truly understood why it was so popular, the food wasn't even all that good. Either too greasy and or too plain. But it was hard to complain. It was a job and they were getting paid.

Having seen no cars waiting out in the parking lot, Alex let a smile creep along his face as he walked back towards the counter to gather some things to further get ready.

He was upset over the fact the new kid coming to work hadn't shown up, maybe they had ditched. Which didn't seem all that bad of an idea. Though now he had to do all the work himself for the time being.

Washing down a larger table near the back of the room where paintings hung on the wall, he began to hum to himself, preparing himself for the first groups of people to arrive. Once the bell above the door did ring he sighed, slowly turning around as if hoping it was only a strong wind. There stood a younger girl, probably around 17. She wore a brown t-shirt tucked into black jeans, her hair long and a light copper colour. She walked over towards where the counter stood, panting slightly as if she had been running.

Alexios walked over, washing cloth in hand as he watched the girl make her way behind the counter,

crouching down to where the brown aprons stayed in small boxes.

Placing the damp cloth onto the tabletop he brushed off his shirt with one last sigh. "I'm guessing you're the new worker, correct?"

The girl let out a sharp breath of surprise, quickly standing up just avoiding hitting the top of her head on the table. "Oh uh, yes. That's me," she laughed, placing the apron over her head, and wrapping the strings around her waist to tie.

She had light freckles which seemed to cover most of her skin. Her eyes were a beautiful green colour as well. With a grin after finishing the struggle to tie the strings she looked towards the other once again. "I'm so sorry I'm late, really I am. My mum took my car so I had to ride my bike. And I live pretty far away from here so it was a long ride if I'm honest. I won't be late again I promise, or I hope." She spoke fast, the words slipping off her tongue smoothly and with no problem.

Alex nodded, for the most part confused as he walked behind the counter to grab a name tag. "Here, take this. Write your name on it with pen or chalk or anything you can find really," he mumbled, soon walking back to the table he had been cleaning. "Got it!" She nodded, beginning a search for something to write with.

A few hours had gone by, people had been coming in now, taking up the seats and filling the small building up with chatter. Alex now stayed behind at the counter, taking the pay for people as they left and telling them where to sit. Though he found himself observing the way the new girl would act for the most part. He had learned her name was Aubrey awhile back after catching a glimpse of her name tag, the words written out in a blue pen which must have died near the end.

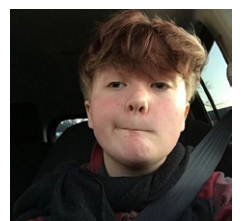
She was full of energy, placing plates of food out on tables for family after family with a hop in her step. She would never stay still, never sat down. She would talk with people, ask questions about simple things. She seemed to never look bored. Near the end of the day, when the last groups of people were coming in she had started to calm down. It was amazing, honestly. It was a much different sight than when anyone else was at work here.

With a chuckle Alex came out from where he had been sitting, walking towards where Aubrey stood chatting away with an older man about his grandchildren. Tapping her shoulder she spun around with a grin.

"We're closing soon. Wanna switch spots until then?" he asked, tilting his head slightly to the side while crossing his arms.

This year is going to be interesting. **PL**

Abigail Fitzgibbon, 12, is in Grade 7 at Westview Elementary. She enjoys drawing, writing and playing music (preferably guitar). "As I grow older I hope to improve and continue writing more professionally," she says.



Whistlerites feeling much younger here

John Oliver and Michele Bush were known as the foodies when they lived in Whistler. John worked as a server at The Rimrock Café for over 30 years and Michele, a self-taught Asian cuisine enthusiast, catered in-house Asian dinners.

After almost 40 years of living in Whistler, they, along with their geriatric pug Basil moved to Powell River when everything locked down due to the COVID pandemic.

No stranger to qathet, Michele remembers strolling down Marine Avenue every summer when her family sailed here in the 1970s and stopped by to visit her cousin Norm Bush, a manager at the mill.

Why did we move here?

Michele • We lived in Whistler for 38 years, but for the last 20 have been coming through Powell River in the summers to run our B&B on Savary. After almost 40 years (yikes) in the restaurant business we've opened our own restaurant-Johnny Wonton and the Spring Roll Lady on Marine Ave - crazily in the middle of COVID. (Double yikes!) We actually bought a house here 14 years ago, so it was time to move in! Whistler was also getting too frantic for us. And Savary being a mere 30-minute trip rather than an eight to 10 hour ordeal is fabulous!

What surprised you once you moved?

Michele • How gorgeous and close everything is! We were always racing in and out for island shopping trips so we never had a chance to get to know it. And also how friendly



AKA JOHNNY WONTON AND THE SPRING ROLL LADY: John Oliver and Michele Bush are feeding local cravings from Marine Avenue. The pair bought a house here 14 years ago.

everyone is. And we were pleasantly surprised by garbage pickup! And an ice cream truck! Whistler doesn't have that.

What made you decide to move here?

Michele • COVID sped that up, but we were planning the restaurant anyway. Housing in Whistler is even more hard to find than here. I cooked in-house Chinese dinners in houses where there were 16 people crammed into a house, four to a bedroom at \$1,000 each. We figured it was time to move into our own darn house!

Where is your favourite place in qathet?

Michele • Any of the beaches, Dinner Rock and especially any beach with barking sea lions. And of course any sunny patio with a good cocktail list.

What would make this a nicer community?

Michele • We haven't experienced a lot of social events because of COVID, which would make it even better, but we'll have to wait. Hard to say.

What aspect of your previous community would benefit Powell River?

Michele • A ski hill! Also a no-traffic pedestrian zone similar to Whistler Village with shops, restaurants and a few green spaces on Marine Avenue maybe....

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

Michele • Apart from the COVID challenges, none really. We miss our friends, of course, but we have a feeling lots of them are planning to move here. (Since lots of them have already and the rest are tired of shovelling snow.)

What would you do if you were mayor?

Michele • Whistler also had a great program for locals housing that enabled people that lived in the community to rent or buy affordable housing as long as you lived and worked there. More of that would be great.

What are qathet's best assets?

Michele • Having lived in Whistler for so long with a very transient, young population it's nice to meet people that have lived and worked here all their lives. We've met so many people in the restaurant with great historical stories. It's also nice to not feel as old as we did in Whistler! The population is definitely more 'normal' here.

What is your greatest extravagance?

Michele • We wish that our greatest extravagance would be buying fresh crab here. But buying halibut fresh off a boat was up there. But really, does anyone have any fresh crab they can sell us? :)

Which talent or superpower?

Michele • We'd both like to read minds so we know how many wontons and spring rolls we have to make everyday!

*Know someone we should feature in I Made the Move? Email isabelle@prliving.ca **RL***

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Still glowing

Holly Barnes launched AfterGlow Hair Lounge in 2011 as a one-chair salon out of the back of Simply Bronze, the tanning studio.

This year, Holly and her team are celebrating ten years in business from their expanded location at 7075 Alberni Street.

They've grown over the years and today five stylists, including Holly, plus one esthetician, work at the popular salon.

AfterGlow won runner up for Aboriginal Business of the Year in 2020 at the Powell River Chamber of Commerce's business awards and Holly won runner up for Entrepreneur of the Year in 2015.

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

Holly • How it was going to affect my employees, I just wanted to keep them and their families safe, so we actually voluntarily closed one week before the order.

What opportunities did you see?

Holly • Retail delivery became part of my daily routine, I was so thankful for support from the community. I had been toying with the thought of opening an online store, and now we have one! Some good definitely came out of quarantine!

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

Holly • I have been focusing on streamlining our education schedule and our daily systems. COVID forced me to have a good hard look at how we do things, and where we could make improvements.

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

Holly • They are excited about the changes in online accessibility, and the fact that we have been taking the health and safety of our guests very seriously.

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

Holly • Most recently we've applied for the Launch Online grant program which provides funding to BC businesses to create an online shop, fabulous timing eh?

What do you wish was provided?

Holly • I wish that the government could have provided us with PPE upon our re-opening from quarantine. That would have been extremely helpful.

Have you received any help, support or inspiration?

Holly • The best inspiration has been from some of the business coaches/accounts



MISSING WEDDING SEASON: AfterGlow owner Holly Barnes is celebrating 10 years in business this year... and what a year it's been.

I follow on Instagram. It made me realize that a lot of businesses had a lot more to lose than I did and it made me so thankful to own a very small business.

How has the pandemic impacted your customers?

Holly • Aside from the obvious (everyone's COVID hair), it has made our guests embrace patience. Waiting three to four months to see your favourite stylist isn't ideal, but we certainly appreciate it!

How has it impacted your staff?

Holly • It has forced us to re-imagine every aspect of our daily systems, so it continues to test our endurance. The enhanced cleaning can make for a long day!

How has it impacted you and your family?

Holly • I haven't seen most of my family since quarantine began, so that has been difficult. My boyfriend Shane and stepson

Jesse have been so patient with my long hours and helped a lot with our reopening.

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

Holly • Take it day by day, and don't stress about the things you have no control over!

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

Holly • The enhanced cleaning measures, and the online store.

What's surprised you most during this time?

Holly • How much I've embraced staying home, usually I'm more of an extrovert!

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

Holly • Personally, traveling. Professionally, wedding season, it's my favourite part of my job! **RL**

NOTICE OF AGM

FIRST CREDIT UNION Annual General Meeting MAY 6, 2021

*Please register for the **virtual AGM** at firstcu.ca registration is required.

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Can you invest in a socially responsible way? Yes.

Should you? It's probably a matter of degrees.

BY COLIN WHITE, PORTFOLIO MANAGER,
WHITE LEBLANC WEALTH PLANNERS/
iA PRIVATE WEALTH

The words 'Ethical' and 'Investing' can be tough to put in the same sentence. We just did. In order to be more ethical or environmentally sensitive in the investment world, you have to be willing to prioritize social and environmental goals over financial reward – at least in the short-term. The reality is concessions like that can lead to weaker relative investment outcomes.

On the extreme fringes of ethical investing, there are opportunities to place money with companies that have excellent Environmental, Social and Governance (ESG) credentials and absolutely no investment value. Unfortunately, many incredibly well-intentioned people have lost money this way.

There is certainly an argument to be made that companies and investments that prioritize ESG principles are better positioned for long-term financial success. However, whenever there is a genuine business case, regular investment portfolios will also quickly invest in those companies. That means that the ESG universe is smaller than the overall investment world because it *excludes* investment opportunities while all of the

strongest ESG ideas can be used by any investor, regardless of their personal values.

Some investors are willing to compromise financial goals to accomplish ESG goals, but it's a matter of degree. For example, on one end of the spectrum, donating to a cause can be an excellent way to support what you believe in, but that action provides no investment value.

Our goal was to find a balance. We wanted to find a solution that allows clients to accomplish their financial goals and still support the ESG movement.

That solution was elusive until recently.

The maturation of ESG offerings has gradually made it possible to offer a truly diversified investment portfolio that also genuinely supports ESG investing in a meaningful way. We have watched mutual fund providers, Exchange Traded Fund providers, and the alternative investment space with interest for years. We've researched and interviewed all of the top contenders in this space to ensure the offerings are now solid enough and diverse enough to offer investment value.

We've put together portfolios with four different risk profiles, designed to meet various client goals. Each portfolio is diversified by geography, asset class and style, the same as our regular portfolios. Each receives the same level of due diligence and monitoring as our regular portfolios.

If you come to us for financial advice, we need to provide advice that includes candid discussions around your expectation of risk and reward. We recognize that making ethical choices is a deeply personal journey. No solution will satisfy all points of view, but it should (and can) allow an additional amount of exposure to investments that have more sensitivity to ESG issues without abandoning your financial goals.

Our challenge becomes managing expectations. What should you expect if you move to an ESG offering? The truth is that, statistically, you should expect a weak-

er investment outcome if you invest in a smaller universe. A difference of even 1% in annual compounded return can add up over the long haul. You may have times when your account is down while others are up. You may have times when your account is down more than a traditional portfolio.

We also want to avoid the idea that you're not a good person if you *don't* invest in an ESG portfolio. Humanity is trying to get on the same page, working to be better; companies are being rewarded by the markets when they behave in an environmentally sensitive and sustainable way. You really don't have to invest in pure evil to make a return in the market.

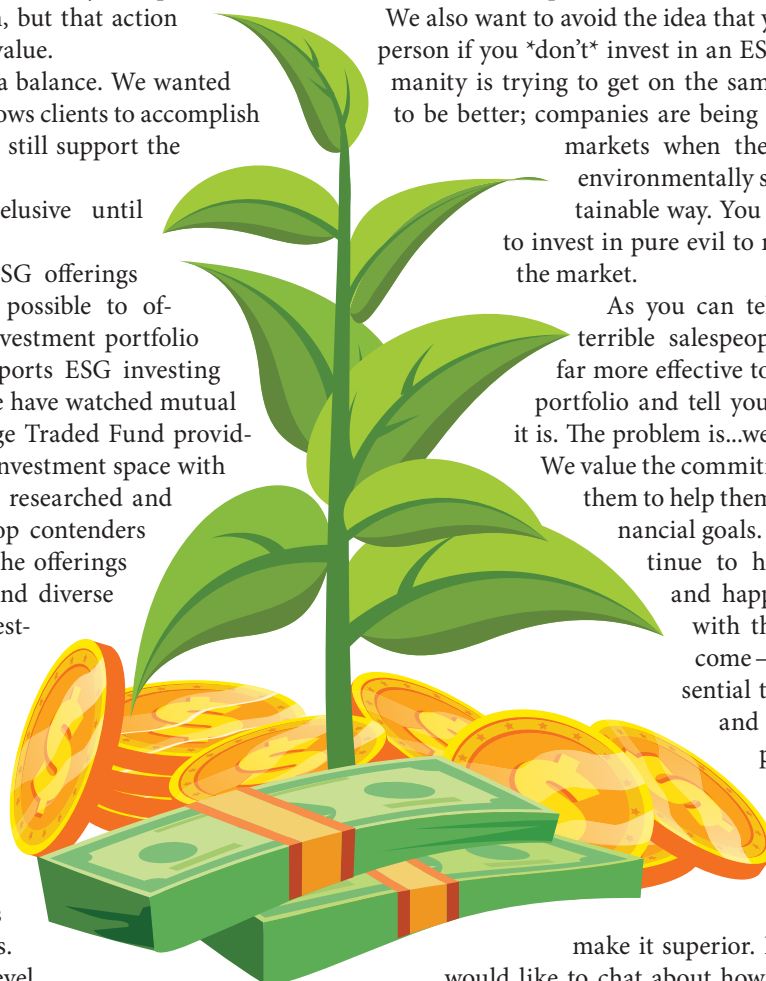
As you can tell by now, we're terrible salespeople. It would be far more effective to put out an ESG portfolio and tell you how wonderful it is. The problem is...we like our clients. We value the commitment we made to them to help them achieve their financial goals. We want to continue to have comfortable and happy conversations with them for years to come – so we feel it's essential to be transparent and nuanced in our position.

Investing is not evil. Putting an ESG label on something does not make it superior. Reach out if you would like to chat about how this kind of investing may or may not be right for you..

This information has been prepared by White LeBlanc Wealth Planners who is Portfolio Manager for iA Private Wealth and does not necessarily reflect the opinion of iA Private Wealth. The information contained in this article comes from sources we believe reliable, but we cannot guarantee its accuracy or reliability. The opinions expressed are based on an analysis and interpretation dating from the date of publication and are subject to change without notice. Furthermore, they do not constitute an offer or solicitation to buy or sell any of the securities mentioned. The information contained herein may not apply to all types of investors.

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~ Advertising feature



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

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tion and qathet Regional District. Volunteers support clients wherever they are – in their homes, in hospital or in long-term care.

“This year we have had to curtail our client volunteer services as a result of COVID-19,” said Kim. “Although we were not able to do our usual visits to palliative care clients on the 4th floor of the hospital, our volunteers have been able to maintain client support through phone calls, distanced outdoor meetings and a variety of other creative methods.”

Powell River Hospice Society, a community-based registered non-profit organization, offers social, emotional and spiritual support to individuals at the end of their life, through compassion, respect and care, aimed at quality of living and a good death. Volunteers also support family and friends in bereavement. For more info please visit rphospice.org

“What I have seen is a huge rise in my son’s development,” said Jenny, a parent of a OneLight participant.

“He’s remembering a lot more, problem-solving a lot more,” she said. The fact that this is successful shows that it’s being done right. It’s a really big forward movement and I hope they can expand it and give more people purpose.”

30 new homes announced at Blueberry Commons

It’s no secret that there is a dire need for housing in Powell River. Blueberry Commons Cooperative aims to address this need by building 30 energy efficient, green built units at the end of King Avenue in Wildwood. After several years of meeting, planning and organizing, our proposal is now before Council for consideration.



BLUEBERRY FIELDS FOREVER: Plans for the Wildwood cohousing project.

One Light

A new inclusive employment pilot project is providing eligible local residents with on-the-job work experience and skills training while they earn a fair wage in a new social enterprise.

The province is providing more than \$1 million to inclusion Powell River to deliver a 72-week work experience opportunity, according to a media release. The project will also test an inclusive model of employment in the manufacturing sector.

OneLight (formerly known as K-Lumet) is a social enterprise that manufactures a fire starter that uses recycled materials diverted from the landfill. Project participants are paid for task-based industrial work, product assembly, logistics and general sales.

“Having a job can give people a sense of pride and purpose,” stated minister of social development and poverty reduction Nicholas Simons. “When our skills are put to use, we feel valued, and everyone deserves to feel valued.”

Now in its seventh month of operation, 25 people are getting work experience on the project. More than 80 per cent of workers on the project experience developmental disabilities and/or multiple barriers to employment.

Unlike most housing projects driven by for-profit developers, Blueberry is a collection of citizens coming together to realize a “co-housing” project, in which each family will have their own home and a share in common amenities such as a community hall, workshop, outdoor gathering spaces and a thriving organic farm.

Last year, our farm provided an abundance of food to people throughout the qathet region, including over \$6,000 of donated food to the Powell River Action Centre Foodbank, James Thomson Elementary School, and several other organizations.

Fostering local food security is at the heart of Blueberry’s vision—many students from Wildwood and beyond come regularly to the farm to learn food growing skills.

Blueberry Commons is working hard to find ways to ensure that our houses will be affordable, especially for first time home buyers.

We intend to remain very engaged in the Wildwood community, and to reduce any impacts such as increased traffic by car sharing, cycling, bussing, walking and other strategies.

To find out more or to get involved, please visit blueberrycommons.ca.

~Ron Berezan **RL**



We're getting hotter.

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For Powell River
School Board Trustee

Vote **Tabatha BERGGREN**

www.voteberggren.com
info@voteberggren.com



I would be honoured to continue the committed work of Trustees who served before me. As your Trustee, I will listen to your concerns and work collaboratively to ensure all kids in our district have the best school experience possible.

I will represent the interests of students, parents, educators and our community at large in the following ways:

Equity: Each child, each neighbourhood, each school deserves equal opportunity for growth and support. Our community is changing and our schools have to keep pace with the realities families face.

Open Communication: Increased engagement, transparency and accessibility of board initiatives. Let's communicate openly and work together to get things done.

Advocacy: Listening first, then advocating for students, families, teachers, and schools. I will stand up for the most vulnerable kids and families in our school system.

Cultural Education and Respect: We are a beautifully diverse community. Inclusivity and empathy must be at the core of our schools.

I respectfully acknowledge we stand on the traditional territories of the Tla'amin People.

Authorized by Tabatha Berggren | 604 787 7780

ROB HILL

for
SD47 Trustee



Responsibility to learners - as a young adult, proud papa and former student of SD47, I see the immense value of putting students first & giving them a voice. Every decision must center around and benefit students and their families.

Accountability to the public - as an engaged and community-centered individual, I will continue to build strong relationships with teachers, parents and other community stakeholders, including the Tla'amin Nation as an equal partner at the table. I will ensure the board is transparent and decisions are clearly communicated to the public.

Ensuring sound fiscal management - my career and experience on various boards involves overseeing budgets. I will ensure that I engage in balanced and critical financial decision making.

I acknowledge that all this work will be done on the traditional and treaty lands of the Tla'amin Nation who have lived here since time immemorial. I will keep this in mind when it comes to educational decision making in our shared community.

Website: www.robhillsd47.weebly.com
Email: robertnhill@hotmail.com

Authorized by Drewen Young, Financial Agent, 604-414-9915

On April 24,
vote for
Rob!



SCAN ME

Vote **RICK CRAIG** for School Trustee

I am Rick Craig and I am running for school board on April 24. I moved here to help with the grandchildren and have been involved in: seniors hockey, the PR Chorus choir, Secretary of the Westview Ratepayers Association, volunteer firefighter training with MVFD, and teaching Spanish.

What I offer:

- 40 years public education experience;
- Fundraised and managed over \$50 million for educational projects in BC, Canada and internationally;
- Masters of Education and teaching certificate;
- Executive Director of Justice Education Society of BC for 28 years;
- Developed resources for BC elementary, intermediate and secondary students - including a textbook on law and government;
- Worked with over a dozen BC First Nations communities
- Produced resources for the deaf community and people with developmental challenges;
- Was vice chair of the Legal Services Society for 4 years (\$105 million budget);
- Understand organizational development, budgets and fundraising.



I hope you will vote for me to be your SD47 trustee on April 24.

Authorized by Rick Craig 604 612 7585

VOTE **JACLYN MILLER**

for School Trustee

Jaclyn has lived in Powell River since 2004 and been actively involved in her children's PAC and the District PAC for years. Jaclyn has been President of both since 2017. She has demonstrated her commitment to having meaningful consultation with parents and bringing their essential voice to the decision-making table.



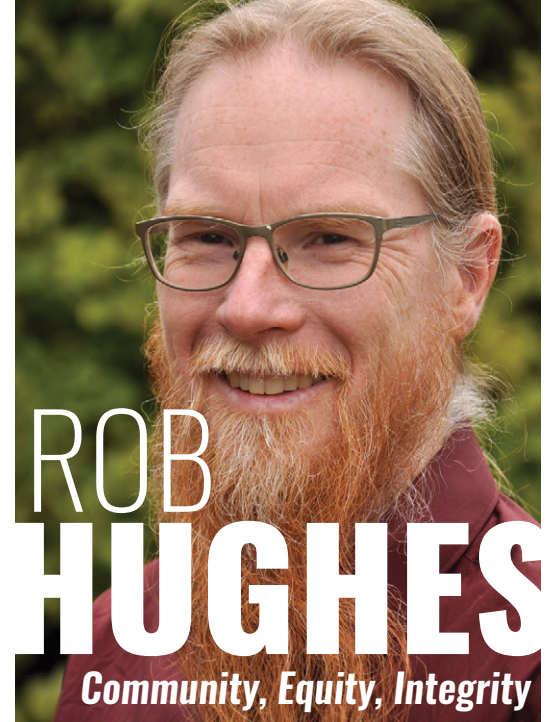
Purposeful consultation, communication and transparency from our School District is a priority. Jaclyn wants to hear from parents and community members on how we can incorporate the priorities of the community into policy.

Having been a Child Protection Social Worker for 20 years, and now supervising the Powell River office, Jaclyn has a real sense of the struggles and needs of our children. Jaclyn has the privilege to work collaboratively with many committees, including the Early Years Planning Table, Family Safety Committee, qathet Justice Committee, and many more. Increasing the focus on our children's mental health needs to be brought to the forefront of any planning moving forward. It's essential for learning!

**Vote for Jaclyn Miller on by-election day April 24
or in advance polls April 14 or 21, or by mail.**

Authorized by Jaclyn Miller, jaclynmiller222@gmail.com

FOR SCHOOL BOARD TRUSTEE



ROB HUGHES

Community, Equity, Integrity

Our children's future depends on racial, social, economic and environmental justice.

**Advance voting: April 14 and April 21
Voting Day: April 24 8:00 am – 8:00 pm**

hughes.trustee@gmail.com

Authorized by Rob Hughes | hughes.trustee@gmail.com

Three Positions Open • Seven Candidates • Vote April 24

SD47's invigorating trustee election

BY PIETA WOOLLEY

In early January, SD47 trustee Jackie Timothy passed away suddenly. Since then, trustees Aaron Reid and Russell Brewer have announced they're stepping down from the five-person elected body.

The next election wasn't scheduled until October 2022, but we're going to the polls on April 24 (or before) to elect three new trustees (seven candidates!) to serve alongside chair Dale Lawson and vice-chair Doug Skinner—until we vote again in 18 months.

What does a trustee do? Generally, according to the BC Schools Trustees Association, they “engage their communities in building and maintaining a school system that reflects local priorities, values and expectations. School trustees listen to their communities,

guide the work of their school district and set plans, policies and the annual budget.

“Reflecting the strength of local representation, boards report back to their communities on how students are doing. Boards are directly accountable to the people they serve.”

In practical terms, they meet twice a month most months as a board, and trustees can also sit on committees (First Nations Management; Labour Negotiations, etc) and be appointed to other boards as representatives of the SD47 board (District Parent Advisory Council, Social Action and Planning Advisory Council, etc.)

They're also available to hear the concerns of families and educators, formally through correspondence

to the board, and informally.

Some basic info: general voting happens Saturday, April 24, 8 am to 8 pm at Westview, James Thomson and Kelly Creek schools. Vote in advance Wednesdays April 14 or April 21, 8 am to 8 pm at the School Board Office, 4351 Ontario Ave.

You don't need to register to vote, but you do need to be a Canadian citizen and live here, and show up with two pieces of ID (find more details at sd47.bc.ca—the full election notice will be posted there.)

In a less-pandemic-ridden year, we'd be planning an all-candidates meeting for this month. Sadly, COVID makes it impossible to do in person, and at press time, we hadn't heard of any Zoom or online options.

So read on! And vote. **PL**



Vote for SERENA GILL for School Trustee

I am not a public person but I don't mind speaking for the public. I want my daughters to grow up in a strong community full of healthy kids, confident teenagers and thriving businesses. (Who doesn't want that, right?) I'm going to work at making all that happen, and I can, with your support. If you have the time, read on for more details, but if you don't, please, just get out and vote!

Here is what I would like for you when I become a Trustee:

- Solid Strong Start options and consistent health resources every year.
- More accommodating childcare including before and after school care.
- Updated bullying policies and procedures with support for those who have been bullied.
- A platform for new students to merge into their school flawlessly.
- Inclusion for all cultures and heritages to have representation within the schools.
- Opportunities for Brooks students to share their thoughts and abilities with the community.
- Better access for parents to efficiently be involved with their child's daily education.

- Increase awareness so each family knows they have a voice, they just need to vote!

My husband and I both grew up on the other side of Discovery Passage in Campbell River. We have lived in many places throughout BC and Alberta. We even returned to our childhood town to raise our two daughters. It wasn't until we made the move to Powell River five years ago that we felt like part of a community. We were welcomed into Edgehill with open arms, and right away felt like we were connected to a part of the community, which now, truly does feel like a family!

I would like to earn your vote so I can help you support the needs of the school children, independent youth, busy parents, dedicated teachers, and in turn, support the economics of our community! I am an inventive, determined person and I enjoy taking on new challenges.

If you can't find the time, or the energy, or the words, I'm on your team! Just please, get out and vote for me so I can support you, your family, and our community!

Thank you,
Serena Gill, SD 47 School Trustee Candidate
Authorized by Serena Gill | serenavi@gmail.com



VOTE

BRENDAN BEHAN

SD47 TRUSTEE • APRIL 24th

Focused on:

- The mental health and well-being of our children.
- Improving communication between parents and school district.
- Our lower than provincial average graduation rates.
- Improved academic outcomes.

Authorized by Kevin Sigouin, financial agent, 604-223-6543

COVID can't crush school sports & PE

In a typical year, Cam Miller would be spending nearly every weekend away with his teams, on Vancouver Island or the Lower Mainland. Gymnastics, swimming, rugby, soccer, and more: Cam, who is Brooks Secondary's Athletic Director, usually runs an intense extracurricular sports program.

"I feel really bad for the kids," says Cam, noting that COVID-19 has gutted what he's able to offer. "It's such an exciting part of high school. It's a team, it's travel, it's bonding time. It's just another thing that's been robbed from them during this pandemic."

Cam is underselling himself. Even under COVID's strictest measures, he hustled to provide a thriving volleyball and basketball program this winter, even without the lure of travel. This spring, the school is offering cross country, track and field, soccer and tennis. After spring break, golf, mountain biking and rugby skills will be starting up.

"We're really, really excited about things reopening again," says Cam.

In school, regular Physical Health Education classes have also changed due to COVID. For example, students in grades 10 to 12 have two-hour blocks instead of one-hour.

"You can't do the same thing for two hours, so it's been an interesting challenge to restructure how to deliver the curriculum," said Tony Rice, the PE Department Head at Brooks. "For grades 8 and 9, we've had to alter what we do to maintain social distancing, but we have an amazing turf, a big gym that we can divide, a great weight room. So we're adapting as we go. We also go outside as much as we can."

Tony says that under COVID, PE classes have been even more important for supporting students' physical, social and mental health.

"Kids have lost so much. The mental health benefits of PE is really helping students deal with the sense of loss over the last year."

If you're remembering your own experience in gym class decades ago, and questioning whether your mental health was improved by it, you should know that today's PE classes have vastly changed to include and encourage all students' athletic abilities. This happened long before COVID. In fact, Brooks was a pioneer in BC in offering fitness-based classes in senior high, geared to individual goals and starting life-long habits, back in 2006. Now all BC schools offer similar programs.

"It's not 'PE lite,' it's just a different way of reaching those same goals."

Cardio, strength, endurance: students of all athletic abilities take fitness classes. Some go on to university sports but the main goal is to set everyone up for life-long fitness.

"Remember that all the important stuff we're teaching is about team-building, setting and achieving goals, celebrating your accomplishments and feeling good about yourself and where you're at. These are things that we hope students will transfer to all parts of their life. Sports are just the excuse," says Tony.

Whether students are living with COVID or not, bonding with friends, moving their bodies, and setting goals are genuine positives for mental health. This spring, we're all looking forward to getting back to normal, on the field, and in classrooms.



Grade 12 Brooks student Brooklyn Vanderkemp smartly spent her COVID-19 year focused on individual sports rather than teams.

Brooks Secondary athlete Brooklyn Vanderkemp, 18, is in Grade 12. Her plan is to study engineering at UBC starting this September. "While my primary focus will be on academics, I hope to stay active through CrossFit workouts, running and biking," she says.

What you've missed out on, and miss most about school sports, since COVID?

Before COVID I trained track year round, played soccer, basketball and competed in cross country. When quarantine began, I started spending a considerable amount of time running the maze of trails behind my house, or road biking almost everywhere. I have also loved perfecting my Olympic weightlifting and learning handstand walking at the local Crossfit gym.

Doing most of my exercise by myself (or in a small group at the gym) I have missed the big team aspect of sports. Just recently I have gotten back into track and field and it makes me realize how much I miss training and competing with my team. There's something about being completely exhausted when doing 200m repeats or hill sprints with friends. In previous years in the spring almost every week we would be on the ferry traveling to meets. With COVID it has now turned into playful races at our practices.

It has been really frustrating and unfortunate we have missed out on our two last years of competing in high school sports, and we will never have some of these opportunities again. I have tried to stay positive in the situ-



ation while focusing on all the new experiences and the things I have been able to do.

Your advice for younger students who may not yet be involved in sports, or who got thrown off track during COVID

I hope other athletes find other ways to stay active when their sports are cancelled. This past year I have had so many opportunities to go snowshoeing, hiking and learning new sports. I was way too busy to try new things before COVID. Now I have been able to get out into Powell River's backcountry and enjoy new challenges. I have also fallen in love with new sports, that I wouldn't have had the time to try before.



SCHOOL DISTRICT 47

Want to learn more? Contact us.
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www.sd47.bc.ca

Meet the candidates for SD47 school board trustee



Brendan Behan



Tabatha Berggren



Rick Craig



Serena Gill-Manzer



Rob Hill



Rob Hughes



Jaclyn Miller

	Brendan Behan	Tabatha Berggren	Rick Craig	Serena Gill-Manzer	Rob Hill	Rob Hughes	Jaclyn Miller
Relationship with SD47	I have two children: one in Brooks and one at Westview Elementary. Current member of Westview PAC and Brooks PAC. Previous member of James Thomson PAC.	As a parent: My oldest attends Grade 1 at Henderson, and my 3- and 5-year olds will soon. As a community member: Local Métis representative for the SD47 Equity Scan.	I have recently come into this wonderful community and want to support it by using my years of experience. I love going with my grandson to Strong Start.	I have two daughters attending Edgehill school. Mackenzie is in Grade 4 and Alanna is in Kindergarten.	I graduated from Brooks in 2009. I returned home to Powell River in 2018 with my partner and three kids. My oldest attends Grade 1 at Westview Elementary	Two children at James Thompson. One in Kindergarten and one Grade 3, many family members and friends are teachers, staff and students. Facilitator for youth workshops for SD47 students.	Parent of two children currently in Grades 6 and 9. Served on Westview PAC since 2011, PAC Chair since 2017. Brooks PAC since 2019 Serving on District PAC since 2015, DPAC chair since 2017.
What unique skills or experiences do you bring to School Board?	I bring a lot of experience collaborating with different partners in the community, both institutional and individual. As a project manager I have a lot of experience working through many projects from first ideas, inception, through to completion. I bring years of expertise in change management. I have experience with detailed large budget negotiation and planning.	Accountable governance: Experienced community leader serving on several local boards and committees. Effective advocate: As a parent of a neurodiverse child, I will stand up for safe, supportive classrooms. Indigenous perspective: Local Métis Nation community member and leader.	I have a Masters of Education and over 40 years experience in public education. I have worked with more than a dozen different First Nations communities. Produced teaching resources and programs (including a school textbook on law and government). Former vice chair of the Legal Services Society I understand Board governance & budgets	My background includes business start-ups, retail marketing, and karate coaching. I have always represented people's best interests. I enjoy leading or assisting teams and individuals to achieve goals. I am thorough with compliance including restricted and regulated procedures. I have created financial forecasts.	As assistant to the local MLA, I have gained the ability to be both a skilled listener and a strong advocate for those needing help. Prior board experience – including current board member for inclusion Powell River. My educational background is in indigenous politics and disability social issues.	Child and Youth work for many years. Built an art school from the drywall to the course calendar. 10 years of local employment and social services.	I've been a Child Protection Social Worker for 20 years and was promoted to Team Leader in 2020. I sit on the Early Years Planning Table, Integrated Case Assessment Team, qathet Justice Committee, and the Family Safety Committee. The insight I have is invaluable as we build and maintain a school system that is reflective of our local priorities, values and expectations.
Why do you want to be an SD47 trustee?	I want to ensure the best opportunities and experiences are available to our community's children. I want to advocate for improved academic outcomes based upon current educational research and planning.	Students, parents and educators need someone in their corner who cares. I will listen first and work collaboratively to ensure all kids in our district have the best school experience possible.	Our schools are foundational to our democracy and our ability to provide our youth with the knowledge and the skills needed to face our big challenges, now and in the future. I want to help them to succeed in empowering our youth to be successful.	I'd like to help the families and professionals in SD47 have a voice within the Ministry of Education. As a trustee, I will be dedicated to helping prepare our students for a successful and independent future.	Our community deserves someone at the board table who represents all kids, regardless of socio-economic status or background, whether they live on Texada, in Tla'amin, in town or in the qRD.	Democracy depends on the civic engagement of average citizens and I have been encouraged to run by a number of community members that trust my integrity.	My goals are to represent our community and advocate for excellence in our public education system, to maintain a focus on student achievement and well-being and to participate in decision making that benefits the entire district.

Walk, Run and Hike for Hospice
 The Hospice Hike is back! May 2-9. Join a team, pick a day, pick a time, and off you go. You can hike anywhere you like. You'll find instructions, pledge sheets and waivers at www.prhospice.org
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Rick Craig



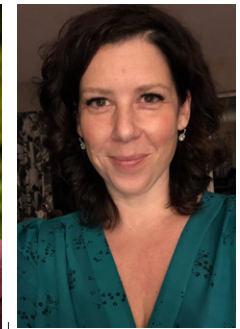
Serena Gill-Manzer



Rob Hill



Rob Hughes



Jaclyn Miller

What are the top three challenges facing SD47?	<p>Youth mental health. Academics (including literacy and numeracy) and our low local graduation rates.</p> <p>The need to improve communication between parents and the school district.</p>	<p>Equity across the district.</p> <p>Increased advocacy on behalf of both families and teachers.</p> <p>Accessible communication of board initiatives.</p>	<p>Creating opportunities for substantial community involvement so that the school board always reflects community values and interests.</p> <p>Supporting teachers and students through the COVID experience.</p> <p>Supporting experiential and outdoor learning and everyday life skills education.</p>	<p>Updating certain policies and administrative procedures.</p> <p>Increasing engagement from the community and stakeholders.</p> <p>Rapidly increasing enrollment to accommodate.</p>	<p>The ongoing COVID-19 pandemic – student mental health, teacher and family support, etc.</p> <p>Ensuring supports are in place to address diverse learners.</p> <p>Indigenous graduation rates – we must work with the Nation as equal partners. Reconciliation.</p>	<p>First Nations inclusion. High rates of poverty in our district.</p> <p>Redefining what public education might look like post-COVID.</p>	<p>Academic achievement and graduation rates.</p> <p>Mental health supports are key to the success of our learners.</p> <p>1 in 4 children and youth live in poverty in Powell River. Being able to learn requires your basic needs being met first.</p>
What are the top three successes?	<p>Creativity and innovation for unique student programs (Coast Mountain Academy, French Eco-immersion, Kelly Creek outdoor program).</p> <p>Strong community partnerships.</p> <p>Strong strategic plan built on sustainable values.</p>	<p>Continued implementation of Indigenous reconciliation initiatives.</p> <p>Inclusive classrooms and adaptive learning environments.</p> <p>The amazing dedication of parents, teachers and school staff.</p>	<p>The commitment to place based learning and outdoor education and this is something that needs to grow.</p> <p>Effectively using a collaborate model to address issues of COVID.</p> <p>A staff of committed and effective educators.</p>	<p>Supporting trade students with funding.</p> <p>Sunshine Coast Youth Council.</p> <p>Updated facilities and infrastructure.</p>	<p>Trades programs offered.</p> <p>Cross-school collaboration.</p> <p>Teachers and admins response to COVID-19 (we should celebrate them!)</p>	<p>Amazing teachers giving it their all in challenging times.</p> <p>Dynamic learning options for student success.</p> <p>Implementing Sexual Orientation and Gender Identity (SOGI) policies.</p>	<p>We offer a wide variety of programming options for a diversity of learners.</p> <p>Social planning, poverty reduction and community action are clear priorities now.</p> <p>SD47 has committed administrators, talented teachers and highly educated support staff.</p>
What else should voters know about you?	<p>Born and raised in Powell River.</p> <p>Active member of school PACs.</p> <p>Founding Director and past-President of Powell River Cycling Association.</p> <p>Actively involved with Powell River Youth Soccer Association and coach.</p> <p>Dedicated community member. Proud husband and dad.</p>	<p>I am a passionate disability advocate. In my career as Indigenous Justice Navigator, I strive for justice and equality.</p> <p>I would be honoured for the opportunity to support our students and SD47 staff on the School Board.</p>	<p>I was honoured with a Silver Eagle award (B.C. Native Women's Association) an Eagle Feather (Tsilqot'in Nation) & 4 community and Access to Justice awards.</p> <p>I also helped create the BC Parenting after Separation Program.</p>	<p>I enjoy being the president of the Edgehill PAC and connecting with the parents and students and I look forward to advocating for all the families in SD47.</p> <p>I love Powell River and the qathet region, and this is one way I can contribute to the longevity of our community.</p>	<p>I am a collaborator and problem solver.</p> <p>Is your child going through something? Struggling to navigate the system? Frustrated? If elected, email or ask me to meet!</p> <p>Find me at www.robhillsd47.weebly.com or www.facebook.com/hill4sd47</p>	<p>Community connections is a significant part of my role at Lift Community Services and in my personal life.</p> <p>I am passionate about building bridges and look forward to using those skills to strengthen public education.</p>	<p>The most essential goal of the entire team of trustees is to improve outcomes for all students as they work toward crossing the stage with dignity, purpose and options.</p> <p>RL</p>



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Existing Forest provides Natural Filtration for new Resource Recovery Centre

qathet Regional District, in collaboration with the City of Powell River, has undertaken a capital project which uses the surrounding forest to support storm water management services at the future site of the Resource Recovery Centre.

The new Marine Avenue landfill closure mound has storm water run-off which needs to be received, flow-reduced, and filtered before being distributed back into the surrounding natural water courses. As the eastern apron of the landfill closure mound project was under construction, the site experienced heavy rainfalls, sedimentation, and runoff challenges. As an interim solution, the water was pumped from catchment areas into the surrounding forest with wildland fire pumps and hoses through 35 sprinklers. In order to address this run-off in the long term, however, the qathet Regional District needed to come up with a plan.

When presented with an engineered solution, staff determined that the financial, environmental, and public relations costs were considerable with a price tag of \$850,000. The engineered solution would also cost the removal of approximately 0.5 hectares of advanced second growth forest. To understand the impacts of the engineered design, the qathet Regional District staff and a senior planner at the City of Powell River walked the site. They all agreed there had to be a better way.

The Regional District's Strategic Plan, as well as the Asset Management Policy and Strategy, set the stage for incorporating Natural Asset solutions as part of capital projects. Both the Regional District and the City were fortunate enough to have forestry professionals on staff to begin discussing what the surrounding forest may be able to provide with regard to storm water management.

A new team was developed, including a Professional Engineer/Hydrogeologist and forestry professionals with extensive coastal BC experience, to consider a Natural Asset



Above is a drawing of a proposed \$850,000 engineered solution that would have required cutting down a half hectare of trees to make a sediment bay. Instead, the December 2020 image below shows the system built, keeping the trees and using the forest to help disperse stormwater runoff. This method saved \$700,000.



solution that incorporated the surrounding forest. The team of professionals drafted an apron design that receives, filters, and disperses the storm water runoff to the surrounding advanced-second-growth forest.

The Natural Asset solution preserved green space and resulted in immediate savings to the taxpayers. The Natural Asset solution saved an estimated 0.4 hectares of second growth forest and cost the qathet Regional District approximately \$150,000, an estimated \$700,000 less than the engineered solution.

The apron construction is now complete and is currently distributing clean storm water runoff to the surrounding forest. Further heavy rains have provided a great visual real-time experience of how the apron receives, reduces velocity, filters, and disperses the storm water runoff to the forest. It's working.

Natural Assets typically require less maintenance, have the ability to adapt to changing conditions, and do not have the same asset replacement requirements as engineered infrastructure. Therefore, although it is still to be confirmed, the team is confident that long-term costs of the Natural Asset storm water solution will also be significantly less than the engineered solution.

The qathet Regional District, in collaboration with the City of Powell River, found a cost-effective and environmentally responsible solution to manage their storm water runoff at their landfill closure by using the surrounding natural environment.

For more information on the Marine Avenue Landfill Closure Project, please visit www.qathet.ca/current_project/resource-recovery-centre



qathet
REGIONAL DISTRICT

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qathet.ca

Join us in celebrating Earth Day on Thursday, April 22

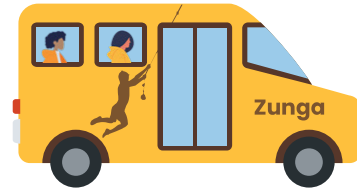
The City is proud of its award-winning climate action leadership.

We continue our progress toward greater sustainability and significant reductions in corporate and community greenhouse gas emissions and energy costs.

While we are proud of what we have accomplished, we know we need to do more. You have been instrumental in achieving these goals and we look to you for help in moving us forward with our Climate Emergency Response. Please share your ideas and input with us at participatepr.ca/climate-change

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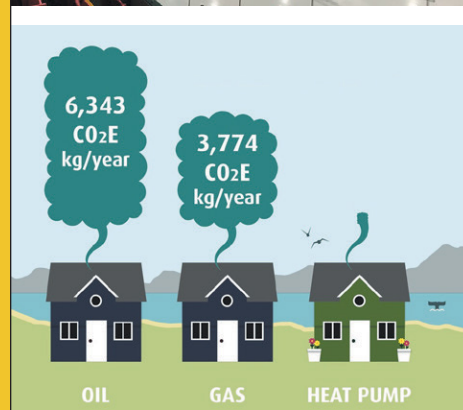


Learn more at zungabus.ca

The City of Powell River received the 2020 Community Energy Association *Climate & Energy Action Award* in the Corporate Operations category.

Our recent sustainability initiatives include:

- Recreation complex LED lighting retrofit
- Recreation complex heating system upgrade
- Zunga Bus on-demand transit pilot
- New EV charging stations (Public Works Yard, Walnut Street, Museum, and City Hall)
- BetterHomesBC heat pump rebate top-ups
- Adopting BC Energy Step Code for new construction
- Cycling infrastructure planning work with the support from the provincial Active Transportation Planning grant



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What happens after April 30?

Time's running out for The Patricia Theatre



BY ISABELLE SOUTHCOTT

The clock's ticking to save the Patricia Theatre. "We've known for the past five years that there needed to be a plan to raise the funds to purchase the Patricia Theatre," said Ann Nelson, who along with her son, Brian and The Patricia Entertainment Company, own and operate the iconic Townsite heritage building and the business.

"The mortgage on the Patricia expires on April 30 of this year and there's no option for renewal," she said.

Ann is tired. She'll be 79 this year and she's in poor health. She's on a waiting list for seniors housing and is more than ready to retire. She and the Powell River Film Society have been working on a succession plan for the Patricia to become a community asset, operat-

SINGLE SCREAM THEATRE: Like small theatres in small towns and big cities across Canada, The Patricia is in trouble. Given its immense historic and cultural significance to this community, it's worth fighting for. See the next page for how you can get involved.

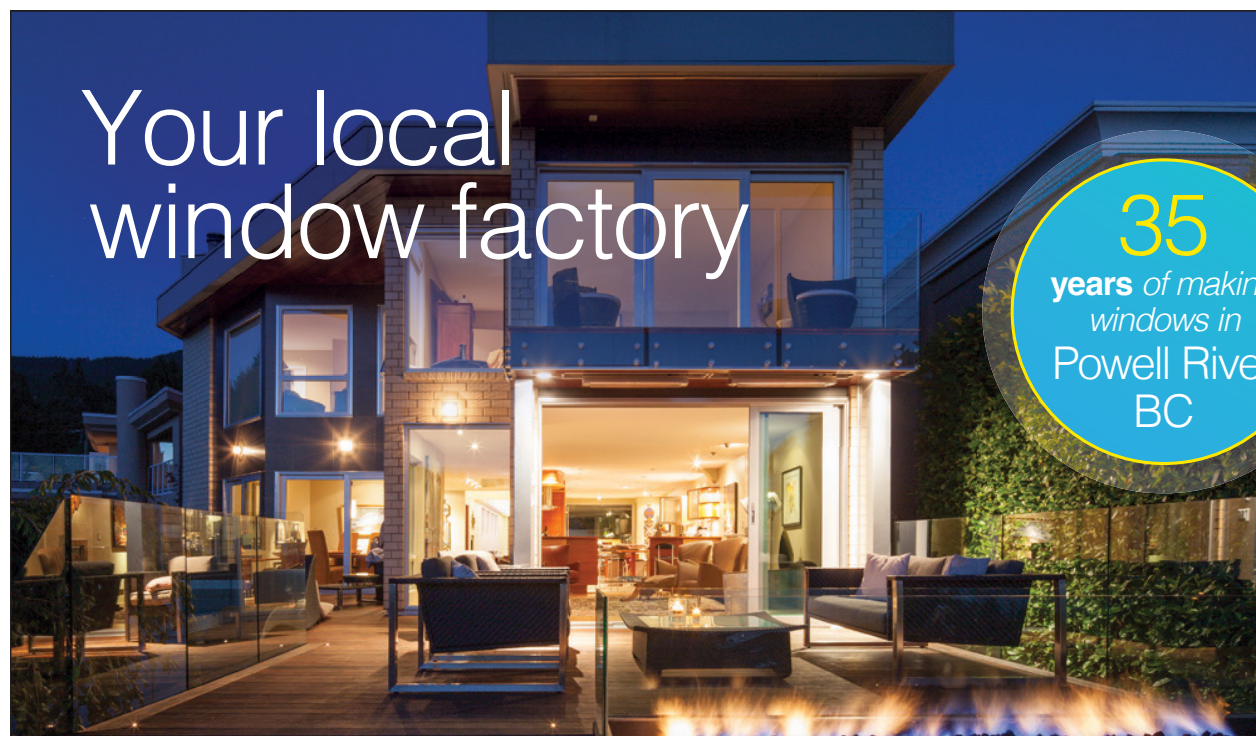
ed for the community by the community.

And the Powell River Film Society is ready to take over. There's just one small problem: they need money. \$450,000 to buy the Patricia.

"Very soon I will be in default," says Ann who has been using the money she gets from CERB and her old age pension to pay the mortgage since the theatre was forced to close on March 17 of 2020 when a provincial health emergency was declared due to the COVID pandemic. The business has been "dark,"

"We don't want people to walk by that corner and say: this is where the theatre used to be. We want to have a place to show films in Powell River and the Patricia is our last hope for that."

- Gary Shilling



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Save The Patricia

If you can help save this much-loved community asset that has become a veritable icon of the identity for the Townsite National Historic District and its renaissance, please consider making a donation to the Powell River Film Society by visiting prfilmfestival.ca and opening the tab, patriciatheatreforever.

since that time because it's in the category of high risk businesses, like event venues.

Gary Shilling, executive director of the Powell River Film Society, says the society's goal is to secure the Patricia and to do that they need to raise a lot of money.

"It's such an important landmark," he says. "If it went on the open market I expect it would sell quickly. Someone could buy it and tear it down or convert it to townhouses."

And that's something that neither Ann nor the Powell River Film Society, want to see happen.

Since taking over the operation of the Patricia in 2002 for the First Credit Union during foreclosure on the previous owner/operator, Ann and Brian have been dedicated to the preservation, restoration and sustainable operation of the theatre to ensure a future for this heritage building.

The film society has been involved in the theatre since 2007. They've had a collaborative arrangement of a non-profit community organization working with a private business that's been good for both.

With more than \$600,000 identified in need of repairs on this heritage building, the film society was pleased to learn that they'd receive \$103,000 in Heritage BC grant money for restoration and repairs. That money will be lost if the society cannot buy the Patricia.

The money the Film Society (amalgamated with



NOT READY FOR RETIREMENT: Long-time operator Ann Nelson, at 79, is ready to retire. But The Patricia is certainly not. It's been closed for all but a few private screenings since March 2020.

the Friends of the Historic Patricia Theatre Society in 2019), raised in the community for the digital film system at the Patricia nine years ago has been treated as their "down payment," on purchasing the theatre. "That investment is recognized as part of the equity the community has made the theatre," said Gary.

The preservation of this historic theatre that has been in Powell River since 1913—the first Patricia was in a tent and this, the Patricia's 'new building,' was built in 1928—is important, said Gary. "Powell River had the first medical plan, the first credit union and it has the longest continuously running theatre in all of Canada."

The history of the Patricia and the history of Powell River and the Townsite are all intricately woven together. "We don't want people to walk by that corner and say: this is where the theatre used to be," said Gary. "We want to have a place to show films in Powell River and the Patricia is our last hope for that."

Tick, tock. Tick, tock. Time's running out. Ann's 79th birthday is quickly approaching. The mortgage on the Patricia expires on April 30 and that's not far away. Renewing the mortgage and running the Patricia any longer is simply not an option open to Ann. **PL**

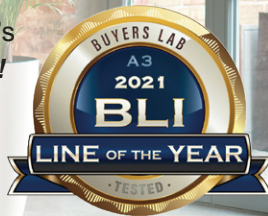


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We welcome feedback from our readers. Letters may be edited for length.

Email your comments to isabelle@prliving.ca, or mail an old-school letter in the post to PR Living, 7053E Glacier St, Powell River, BC V8A 5J7.

We just don't know how we do it every month, either

Dear Isabelle,

Great job on the last magazine! I am constantly amazed at how much good content comes out every month, I don't know how you guys do it!

- Juhli Jobi

Hi Sean,

I like the new fonts and the use of space.

The amount of content of the box with the sans serif font was easy to read possibly because of the spacing that was used between the lines and paragraphs (even with cataracts!).

It was even easier for me to read than the serif font for the main article but I

wouldn't generalize that point of view to the whole readership.

Thanks for your interesting article,
- Deirdre Follett

Dear Pieta,

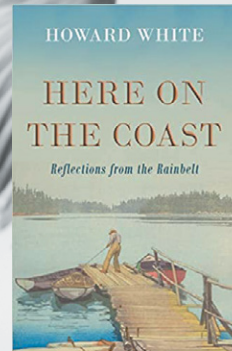
Just wanted to take a moment to say the March issue is a winner! Lots of great, insightful articles with lots of meat and little fluff.

As we start to ease into spring, this is just the thing to take some time to read during the last days of winter.

Well done all of you!

- Tracey Ellis
Executive Director
Tourism Powell River

Celebrate Coastal Living & History



Here on the Coast: Reflections from the Rainbelt

By Howard White features the comedy and natural beauty of life on the Sunshine Coast

Saturday, April 24, 2 - 3pm via Zoom

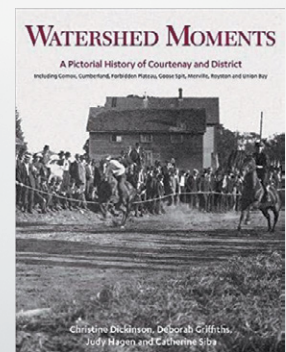
Email Mark at mmerlino@prpl.ca to register

Watershed Moments: a pictorial history of Courtenay and District

By Catherine Dickinson, et al. Showcasing rare photos from the Courtenay Museum

Saturday, April 10, 2 - 3pm via Zoom

Email Mark at: mmerlino@prpl.ca to register



info@prpl.ca 604-485-4796 prpl.ca

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In May, Powell River Living will publish the 11th annual edition of

Home Grown

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

More than a grower's or diner's guide, Home Grown also takes you behind the scenes to see who is creating food, where and why. We'll look at how you can grow your own, and share maps and instructions to help you find where to get locally-produced food.

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or Suzi at 604-344-0208 suzi@prliving.ca

DEADLINE IS APRIL 9



BUSINESS AFFAIRS

SEAN PERCY

Mill restarts

Paper Excellence plans to restart the Number 11 paper machine at Catalyst Powell River in May.

The restart reflects the recent recovery in global paper markets and Paper Excellence's long-term commitment to the Powell River facility, the company says.

The machine was curtailed in the spring of 2020 after an external malware attack and the COVID-19 pandemic simultaneously impacted the mill's paper production as well as global paper demand. Some 200 jobs will return with the startup of the paper machine. That leaves 120 employees still waiting.

"This is long-awaited good news for Powell River," said **Patrick Corriveau**, Vice President of Paper and Packaging at Paper Excellence. "We deeply appreciate the patience shown by our employees. We know the extended curtailment had a significant impact on them, their families, our business partners, and the greater community."

Paper Excellence says it is hopeful that improved global paper markets will enable it to restart the mill's second paper machine later in 2021.

Tattoo studio gets a permanent place

ETO Tattoos moved to a bigger space last month, so they can now offer an expanded range of services and more products.

Fenella Fownes (who also owns Optimist Design Co) and **Alex Prachthauser**, owners of the custom tattoo studio, moved from Vancouver in March 2020, and in July opened ETO (an acronym for "Ever the Optimist," a term Fenella's father used to refer to her and the name is in homage to his memory).

At that time, they opened at the Beach Gardens Resort. They're now at 4-7030 Glacier Street beside Gourmet Canton.

Alex is the artist wielding the needles and ink, while Fenella takes care of appointments, sales and public relations.

To find out more, visit etotattooowellriver.com or call 604-208-7890.

New Homeopath

Next door to the tattoo shop is a new-to-qathet homeopath's office. **Stephanie Marwood** is a life coach and homeopath who moved here from Ontario in January to be closer to her sister Fenella Fownes (see above). They're sharing a lease at 7030 Glacier. While Stephanie still serves many of her Ontario clients via Zoom and phone calls, she's also welcoming new local patients. "I love homeopathy and what it can do for people," said Stephanie. She offers free 15-minute consultations in person or via Zoom. You can reach Stephanie at 604-414-4707 or visit stephaniemarwood.ca

New leader for Townsite Heritage

Townsite Heritage Society's board of directors welcomes **John Keller** both to Powell River and to the position of **Coordinator at Henderson House**. John comes to the Society with a background in heritage conservation, having participated in the acquisition, restoration and preservation of several built heritage sites with The Land Conservancy of BC.

As a new resident of the Historic Townsite, John looks forward to ensuring both the Society and Historic Townsite achieve their goals and full potential. For more on the Society, visit townsiteheritagesociety.ca



MUSEUMS MANAGED: Left, Laura Love is the new executive director of the Powell River Historical Museum and Archives. Right, John Keller is the new coordinator of Henderson House.

Suncoast Scrub Shop

Mike Chisolm is starting yet another business. The owner of Hot Water Works Pressure Washing and Suncoast Signs & Designs is getting into the clothing business with **Suncoast Scrub Shop**. Mike says the shop offers high-quality health-care worker uniforms and scrubs. They will also provide custom embroidery. The shop will take up a portion of the Suncoast Signs space at 101-4400 Marine Avenue. Call 604-485-7036 for more information.

Fortitude Services

A new property maintenance company has launched in Powell River. Owner **Chris Hummel** says he's looking to grow by adding lifelong employees, who have the opportunity make more money the harder they work, through a bonus system. **Fortitude Services** does lawn mowing, landscaping, pressure washing, gutter cleaning, roof cleaning and more. "We try to take care of everything," says Hummel's right-hand man Nick Wallace, a long-time local property maintenance worker. Chris had been working a variety of other jobs when he saw the demand for property maintenance and decided to start his own business. Visit the website at pfortitude.com for more information or to submit an estimate request. Or call Chris at 604-578-0116.

New museum boss

Expect to see a little more of the Powell River museum in the community under the leadership of the new executive director of the **Powell River Historical Museum and Archives**. **Laura Love** was the cura-

tor of the Peace River Archives and Museums for five years when she heard about the opening in Powell River. "I'm a big advocate for museums in community and I'm looking forward to promoting museum in the community and community in the museum. I'm excited to grow and improve and expand that," Laura told *Powell River Living*. She said visitors can also expect to see some new exhibits. Laura's love for history and heritage blossomed as she browsed old photo albums of Newfoundland with her grandparents. She ended up going to university in St. John's, before taking her Masters in Cultural Heritage and Museum Studies at Ulster in Belfast.

Flood prompted gutter business

"We had to live in our living room for eight months," Dustin Slade recalls. His Powell River home was flooded due to gutter neglect. It prompted him to start a new business.

A former heavy equipment operator in the oil sands and oil rig worker, Dustin moved to Powell River when he met his wife Ashleigh, a local school librarian and teacher's aide.

The husband and wife team started **DNA Gutter Cleaning Pros**. They purchased a powerful gutter cleaning vacuum and camera system so that they can do all the work from the ground.

"For us and our customers, it's peace of mind. I fell off a ladder seven years ago and shattered my heel in 25 pieces. I also witnessed my grandmother have a fall, suffered our own flood and as a roofer, have seen the damage to roofs from not doing routine gutter maintenance. We decided there had to be a better and safer way of completing the messy and tedious task of emptying out gutters. So we created a service where the customer feels total peace of mind from start to finish," said Dustin.

Reach DNA Gutter Cleaning Pros at 604-208-PROS(7767), email office@dnagutterpros.com, or visit the website at dnagutterpros.com

What's brewing in the bay?

GOCO Hospitality says it has joined **Brew Bay Village Development Corp** as co-developer of the **GOCO Retreat Brew Bay Village** project, a luxury wellness retreat and residential destination. GOCO says that because the qRD is known for its moderate climate and unparalleled natural beauty, the retreat will take advantage of the clean air, crystal clear water and native forests.

The GOCO-branded retreat will be home to the first dedicated Oriental Healing Centre in the region, situated on a south-facing oceanfront area of the site and focusing on Ayurveda, TCM and other Eastern healing modalities. **Judi Tyabji** says her Rising Tara spa (formerly at the Beach Gardens) will be located in the new development. In addition to the retreat, the destination will also feature extensive wellness real estate and a vibrant collection of community spaces for both guests and local residents to enjoy. Amenities proposed include a Marine Science Centre for education and research, an adventure centre that spans both aquatic and forest experiences, a floating restaurant featuring wellness-centric dining, an art gallery featuring Indigenous art, a local farmers market and a range of boutique and artisanal retail businesses.

RL | sean@prliving.ca

3

Day trips to shake off the cabin fever

1. Art show tour!

Start in Lund with Amber Friedman's show at Tidal (through April 12.) Hit Lumen or Still Life with Virus on your way through Townsite at Crucible.

2. Go for gardens

Pick up a seedling mid-month from the Malaspina Land Conservancy's celebration of Earth Month, and visit Lang Bay for the annual garden sale May 8.

3. Hit the trails

Missing April's Marathon Shuffle? Put that ache to good use by designing your own challenge and raising money for Hospice May 2 to 9. -PW

April in qathet

To April 12

When Colours Bleed

Amber Warhol Friedman at Tidal Art Gallery

April 1 to 10

LUMEN: lighting for strange times (group show)

Thursday, Friday, Saturday 5-9 pm, Sunday Noon-5 pm. Crucible Gallery in Townsite.

Thursday, April 1

April Fools Day

Maunday Thursday

Friday, April 2

Good Friday

Saturday, April 3

Drive Thru "I Spy" Easter Egg hunt

Living Water Foursquare Church.

Sunday, April 4

Easter & last day of Passover

Happy holidays!

Monday, April 5

Easter Monday

It's not a stat for most of us

Tuesday, April 6

School not in session

One more day

Wednesday, April 7

SD47 Schools back in session after Spring Break

Summer vacay in less than three months

Traditional Tla'amin Songs with Drew Blaney

Wed April 7, 4:30 pm via Zoom. Drew Blaney will discuss traditional Tla'amin songs, as well as the remarkable story of the rediscovery of an old archival audio recording. To register mmerlino@prpl.ca

Saturday, April 10

A Pictorial History of Courtenay and District

2 pm via Zoom. Authors Christine Dickinson and Deborah Griffiths present Watershed Moments, a beautiful pictorial history showcasing rare and never before seen local history photos from the Courtenay and District Museum. To register mmerlino@prpl.ca

April 13-16

Malaspina Land Conservancy Society fir seedling give-away for Earth Month

In honour of past Vice-President Ted Crossley. Seedlings are available for free pickup at the library service desk. For more info about seedling drop-off and pick-up contact lthorsell@yahoo.com

Monday, April 13

Ramadan Starts

Tuesday, April 14

Navigating Perimenopause

Kelly's Health Shop workshop with Lana Joy Parra. See ad on Page 20 for location and registration info.

Saturdays April 14 & 21

Advance voting for three SD47 School Board Trustees

8 am to 8 pm, at the school board office. See Page 47 for more.

April 15 - April 30

STILL LIFE WITH VIRUS, Paintings and Sculpture by Theo Angell

Thursday/Friday 3-6 Saturday/Sunday 12-4, Crucible Gallery, Townsite Market.

April 22

Earth Day

Saturday April 24

By-election for three SD47 School Board Trustees

8 am to 8 pm, at Westview, James Thompson and Kelly Creek elementary. See Page 47 for more.

Howard White presents Here on the Coast

2 pm via Zoom. Renowned writer Howard White will read from his latest book, a celebration of all the small town charms and natural beauty of living on the Sunshine Coast. To register mmerlino@prpl.ca

Friday, April 30

Taxes due

Need help? See ad on Page 8.

May 2

Orthodox Easter

May 2 - 9

Hike / Walk / Run for Hospice

See Page 44 for more.

May 6

First Credit Union AGM

See ad on Page 42 for more

May 8

Lang Bay Community Club Spring Plant & Garden Sale

Noon til 4 pm. Veggie starts, plants and so much more! Several vendors selling a variety of garden items from floral containers, wooden planters, taking orders for varieties of garlic, plant markers, bird houses, etc. Strict COVID-19 monitoring in place.

Fridays

Rallies for old growth protection and climate action

10 to noon. Outside MLA's office on Marine Ave. For up to date information follow Fridays for Future Powell River or qathet Old Growth on Facebook. See more on Page 58.


Free coffee at A&W

See ad on Page 40. **RL**



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EVENTS WHAT'S UP



Rallies for Old Growth

Each Friday from 10 am to noon, in front of MLA Nicholas Simon's office

BY MIEL CREASEY

Recently Old Growth Protection rallies have been on the rise, popping up in coastal communities from Campbell River to Victoria and here in the qathet region.

The increase in mobilization of concerned citizens has largely been due to the Fairy Creek blockade set up near Port Renfrew on Vancouver Island. Now seven months in, the Fairy Creek blockade is said to be the longest standing land-based blockade in BC history, it has successfully been blocking road building into the last intact old growth watershed leading into the San Juan River.

Local protestors/protectors have been rallying outside the Powell River MLA office weekly for the last month

as the movement gains momentum all over BC.

March 19th was the third annual Forest March BC which saw participation from 29 communities all over the province, it was the largest BC Forest March to date.

The rally here in Powell River consisted of many community members including almost two dozen students from Brooks Secondary.

Citizens have been calling on the BC NDP to enact all 14 recommendations of the New Future for Old Forests Review that was commissioned back in 2020, with particular focus on recommendation six – to immediately protect the most at-risk old growth ecosystems from logging in order to avoid irreversible biodiversity loss.



Frontline Angels -2021- Theo Angell

Still Life With Virus

Paintings and sculpture by Theo Angell at Crucible Gallery April 15 to 30

BY THEO ANGELL

Due to the COVID-19 pandemic (DttC19P) and home schooling, I began a series of paintings on glass. I wanted to create giant petri dish portraits of the virus as I imagined it would look magnified a million times.

This work is all about colour, those globular shapes and the interaction of chemicals. Others are portraits of those involved in the fight against its spread or those who have succumbed. And I ask "Is 2020 really dead?" The events and decisions reverberate on through us and into the future as we unmask and remask.

Some of my paintings happen on multiple layers of glass, creating a

3D world floating in the clear canvas. Some of them happen on giant iPhone recreations with broken screens and grievous cell damage. In each of the paintings however, beauty was attempted, politics avoided.

My previous experience in painting took place in NYC and consisted almost entirely of the painting of walls, both residential and commercial, my "minimalist" phase. And my life-long work and hobbyist as a carpenter dovetails nicely with my love for frame making.

Since moving to Canada I've begun a series of dioramas, sculptures and collages made entirely of wood, a few of which will be included in this show.

RL

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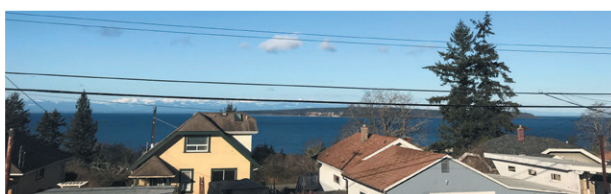
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A spacious kitchen spills out onto the back deck with a beautiful **ocean view** and a fenced garden with a glorious cherry tree and vegetable garden. Relax in the soaker tub on the main level before heading up to the large master bedroom with a walk-in closet, half bathroom and second bedroom. The third bedroom on the main floor is currently being used as a TV room and there are two more bed-

rooms downstairs along with a full bathroom, second TV room and laundry area.

Built in 1927 and lovingly maintained, this family home sits in the enviably convenient location between Hawthorne and Fir Streets. In just a couple of minutes, walk to both Henderson Elementary and Brooks Secondary



Schools. It's also a short stroll to the tennis courts, close to the Patricia Theatre, the swimming hole, Henderson Park, Townsite Brewing and the Townsite Market. Minutes away from a network of fabulous forest trails and the Hulks Beach – international home of the travelling singing sea lions. Finish your day sitting on the roomy covered front porch chatting to folks out for an evening stroll in the neighbourhood that won *Powell River Living* magazine's BEST neighbourhood award for three consecutive years.

For more information on this Townsite gem, call Valerie Griffiths at Royal LePage at 604-483-6930 or email val@griffithsproperties.com



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TAKE A BREAK

DYI: The Power of Love

Each year I invite the Return to Reverence immersion members to embark on a small but mighty experiment, and this year I'd like to invite you too. Perhaps you have read about this before, or have seen my photo documentation, but actually doing such a thing allows it to become a truth that we can know with more than only our mind, it settles right into our bones somehow as an unshakable Knowing. It also opens the door to personal epiphanies and experiences that can not be gleaned any other way.



est to see how things are doing. The aim is to keep all factors beyond being loved and ignored as similar between the two jars as possible.

Every time you open the cupboard, glance lovingly at your jar and do your very best to not think about the Ignored rice or peek at it out of curiosity. Give it

a 3 to 6 month dedication. Longer if you possibly can. Once you begin witnessing the differences between the two jars, you can begin to draw conclusions and find correlations between other life situations.

Questions such as how we regard our physical bodies, how we regard other people, how do the people we spend time with regard us, what sort of kind or harsh messages are we receiving each day through media, music, and conversation? What else have we loved or ignored? With this experiment we get to witness first hand the effects of our emotions on our surroundings. It is truly a powerful thing to behold. A side bonus is the "excuse" to simply pause in our day for feelings purely of Love.

I have an article detailing my experience with this on my www.3foldbalance.com website. I won't give the link here as I'd rather you tried this yourself, but you can seek it out if you won't be trying it. I have witnessed this experiment done by many over the years and sometimes results are unexpected. One member even continued for five years! If you are curious about what happened, or find unexpected results and would like support making sense of it, please feel welcome to email me at info@3foldbalance.com.

*Juliette Jarvis offers card readings, shamanic sessions medicine gatherings, and immersion programs online and in-person. Find her at 3FoldBalance.com and ReturnToReverence.ca **RL***



RETURN TO REVERENCE

JULIETTE JARVIS

My invitation to you is to cook up some white rice and let it cool. Then fill two well cleaned mason jars half way with rice and screw the lids on tight. Next, label one jar with the word LOVE and the other jar IGNORE.

Tuck the Ignore jar on the top shelf inside your cupboard and push it back until it's out of sight.

Keep the Love jar down with your cups or plates right in front where you will see it every time you open the cupboard door. You might feel a bit silly at first, but make it a point to spend a few moments each day holding the Love jar and actually giving it love. You might whisper kind words to it, give it a kiss, hold it to your heart.

If you are an energy worker, channel love right into the jar. Do your best not to shake the jar out of inter-

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 D N H I F F C K M K E Q P E A T D F A V H P U F H

Can you find these words from this issue?

- AFTERGLOW
- BEST
- BLUEBERRY
- CEDAR
- CHRONIC
- DYES
- EARTH
- ELECTION
- EPIDEMIC
- EUNOIA
- FASHION
- FROZEN

- FUNERAL
- GYMNASTICS
- HERRING
- HOMESTEAD
- HORSESHOE
- HOSPICE
- KINGS
- PAIN
- PATRICIA
- POTS
- POWELL
- PRAWNS
- PRISMA
- QATHET

- QUICKIE
- REALESTATE
- RECYCLING
- REVOLUTION
- SCHOOL
- SEAFOOD
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- SPAWN
- THRIFT
- TIMUXW
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- VIRTUAL
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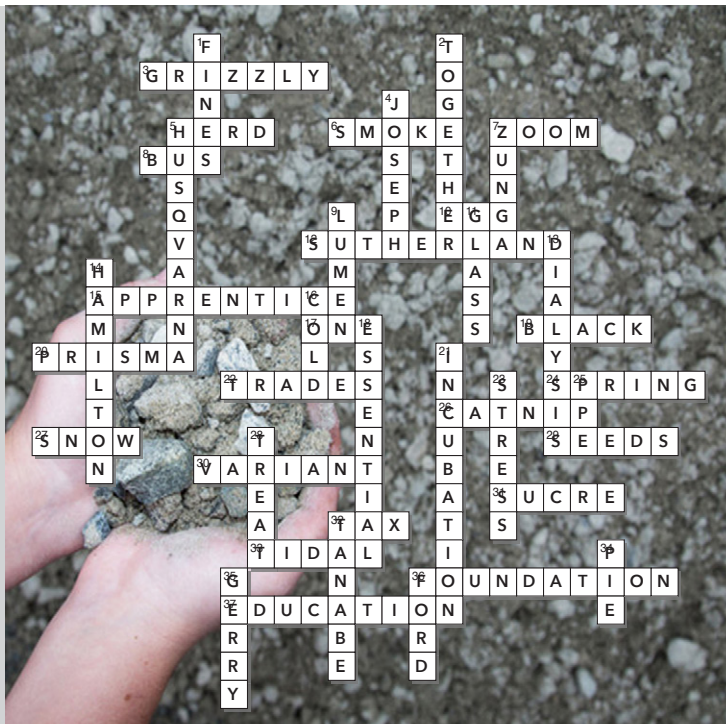

A Thought For The Day
 “Blessed is he who minglenth with all men in a spirit of utmost kindness and love.”
 ~ Bahá’í Teachings


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SOLUTION TO THE MARCH PUZZLE



What's in the box?

For the 15th time I wondered what was inside yet another box I'd just lugged out of the back room in the basement. As I unwrapped the yellowing newsprint protecting each mismatched dish, chipped figurine, wine glass, or ash tray, I paused to decide which ones were garbage and which ones were suitable to take to the second-hand store.

Boxes of clothes that hadn't been opened in 40 years. An old fur coat. *National Geographics*. Ties galore. Trunks that hadn't seen the light of day in decades. Old bee-keeping equipment, plumbing parts, electrical wires, radios, and lamps nested amongst a muddle of miscellaneous bits and bobs.

There were boxes and boxes of old jars mouldering on the shelves in the far reaches of the basement. So many that I stopped count at 23. It was easy to decide where the good ones should go. With a glut in home canning due to the pandemic, there was plenty of demand for the mason jars.

Boxes filled with vases, cooking utensils, bookends that had belonged to my children's great grandparents along with items from their late father's 1980s framing gallery required more thought. Would our children want this? Would they ever use it?

You can't keep everything, said the voice in my head. But we do.

Last winter, three of us spent six months sorting, cleaning and disposing of the contents of my children's father's home after he passed.

Going through three generations of stuff stored in every imaginable crevice is not a job for the faint of heart. Why would someone have several tables? Broken chairs? Hundreds and hundreds of books?

We saved a lot, probably more than we should have, but we also let a lot go. Good clothes, household items and bedding to the thrift shop. Furniture, lamps, and beds were given away.

I felt guilty about getting rid of perfectly good items but then I reminded myself that a lot of it would be used and appreciated by someone who needed it. I've heard stories of how families who live elsewhere come to qathet for a few days when their parents pass and end up throwing practically everything out because they don't have the time to sort through things. I was grateful we had the time, six months of time, to sort through everything, and that it hadn't all just ended up in the dump.

As I unpacked yet another box, I was reminded of a TED Talk we used for



Too much stuff



**LAST
WORD**

ISABELLE SOUTHCOTT

training purposes when I taught public speaking. In it, Graham Hill encourages people to edit their lives and argues that having less stuff leads to more happiness.

We all have unopened boxes in our lives. Some of these boxes sit for years at a time unopened in storage units. According to market research, Americans forked over \$37.5 billion in 2018 on storage, at an average cost of about

\$90 a month. The most common unit rented, 10 feet by 10 feet, is big enough to store two to four rooms' worth of furniture.

That's a lot to pay for stuff that might not get used again.

According to the Self-Storage Association site, in the USA, 65 percent of self-storage renters have a garage in their home, 47 percent have an attic, and 33 percent have a basement. When you

boil it all down, we have too much stuff.

We find it hard to say goodbye to items with which we have emotional connections. Things that remind us of the past, things that bring up memories of happy yesterdays.

When I look at my mother's old green fleece, I think of her. It doesn't matter that I will never wear that fleece but I wanted to save it when we sorted through her apartment because it reminds me of how she was when she wore it all the time.

Sometimes, when I really miss my mum, I bury my head in her fleece and I smell her perfume.

The relationship we form with our belongings is complex. It is also overwhelming.

When we don't edit our stuff as we go, we end up filling basements, sheds, attics and storage units with things we can't possibly bear to throw out or deal with.

Sorting through your own stuff is challenging; sorting through someone else's posthumously, even more so.

Swedish author Margareta Magnusson came up with a brilliant idea of how to deal with stuff while you are still alive. She coined the term "Swedish Death Cleaning" in 2017 in her book, *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter*. In it, she asks readers to consider their loved ones who must comb through their possessions after they've died, providing suggestions for making their experience as easy as possible.

Not long after we'd finished cleaning my late ex-husband's home, we began to sort through my mother's apartment. Although much smaller, I found it harder and cried as I looked at each item.

Memories connected me to stuff. Her stuff. Stuff she wouldn't need in long term care. Stuff we needed to integrate into our own stuff or dispose of.

It felt good when my oldest son took some furniture and some other items for his apartment, but it was hard to let go of other things like her favourite chair and a single tatted lace bedspread that I had no use for. Still, I was comforted by the thought that items like these would end up in a thrift store and, with luck, someone else would enjoy them.

When I realized that letting go of someone's stuff didn't mean letting go of the person, it made the cleaning of my mom's apartment and my children's father's home much easier.

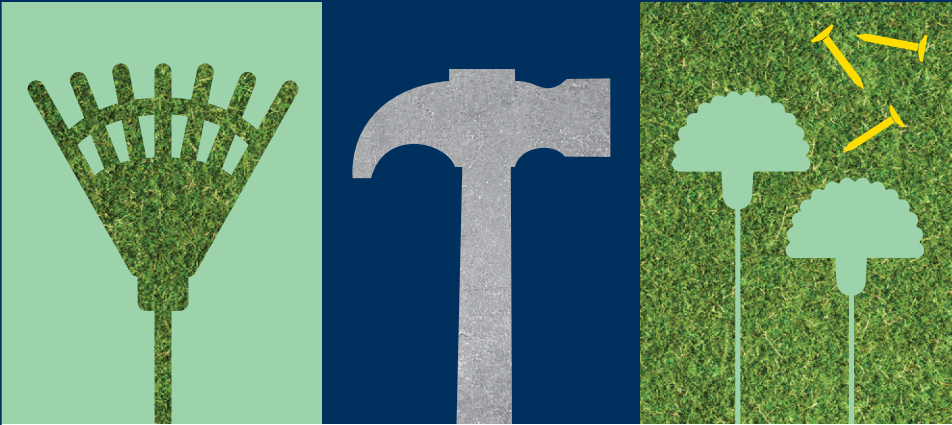
Although we might dispose of their stuff, we are not disposing of our memories of them. **PL**

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