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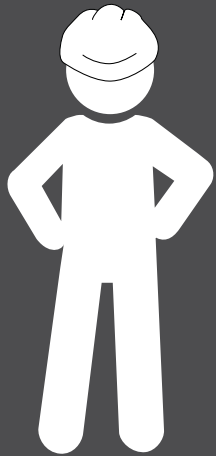
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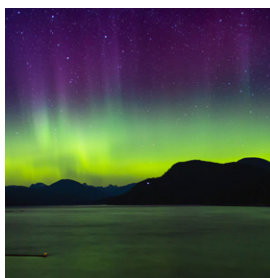
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ON THE COVER:

Doris Guevara-Isert's stunning photo of the Northern Lights over Mowat Bay on April 16. This summer offers a myriad of celestial events that will be visible to the naked eye... including potentially more Auroras. See pages 6 through 8 to make a plan!



Good people doing good things

As I proof-read this month's *Powell River Living* and our annual agricultural magazine, *Home Grown*, I was blown away by the content. The small but committed team here at the magazine and the talented locals who share their work are the reason why this is such a rich publication.

Doris Guevara-Isert and Carl Anderson's photos (on the cover and beginning on Page 6) show us a side of Powell River that many of us sleep through; the Aurora Borealis on April 16 and other late-night photos captured by local astrophotographers.

My favourite story begins on Page 19. Written by PRL editor Pieta Woolley (and yes there are many written by her in this issue) is about a much-loved member of our community – postie Doug Love – on the eve of his retirement.

This story is, in my opinion, a must-read, because it is SO Powell River and because of that, it is SO *Powell River Living*! It's at the heart of this amazing community and at the heart of this magazine with its quintessential Powell River message: People doing good things because they care.

Powell River, like the rest of Canada, is diverse. So, when we began brainstorming at the office about doing a story on smudging (see story Page 10), our vision quickly expanded to include energy work practiced by those with Coast Salish, Gaelic, Catholic and Chinese origins.

Our series on chronic pain con-



PUBLISHER'S MESSAGE

ISABELLE SOUTHCOTT

tinues with a look at the link between chronic pain and the overdose crisis (Page 22).

From honouring our mothers to preserving wild trout to a ray of hope for The Patricia Theatre's future, this issue delivers. But before you sit down with the magazine in hand or online, be warned: get comfortable and give yourself the luxury of time, because you're in for a long and hopefully interesting read!

Isabelle Southcott



Publisher & Managing Editor
Isabelle Southcott
isabelle@prliving.ca



Associate Publisher & Sales Manager
Sean Percy
sean@prliving.ca



Editor & Graphics
Pieta Woolley
pieta@prliving.ca



Sales & Marketing
Suzi Wiebe
suzi@prliving.ca



Accounts Receivable
Alena Devlin
office@prliving.ca



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7053E Glacier Street, Powell River, BC V8A 5J7
Tel 604-485-0003

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“

I'm really looking forward to not freezing.

- Carl Anderson, Page 7.

”

MAY'S CONTRIBUTORS



CARL ANDERSON is a Biomedical Engineering Technologist and enthusiast photographer. Born and raised in qathet, Carl enjoys sharing images of our amazing surroundings. *See Carl's photos of the night sky on pages 6 & 7.*



DORIS GUEVARA-ISERT worked as an engineer in Costa Rica many years before moving to Powell River. She is from Nicaragua. She loves creating art and photography. *See Doris' photos on the cover and Page 7 & 8.*



ABBY FRANCIS attends Grade 12 at Brooks. She is planning to go into photography and journalism after graduation, as she loves to write and has been doing photography for the past four years. *See Abby's story about smudging, on Page 11.*



CATNIP is a multidisciplinary artist born in the qathet region. He has spent his career painting murals all over the town putting on art shows, and generally stimulating the arts in the area. *See Catnip's cycling freedom image on Page 42.*



SHELBY QUINN was born here, raised in the backcountry and taught to appreciate what we have. After spending several years away, she will always call Powell River home. *See Shelbie's story about cleaning messy campsites, on Page 49.*

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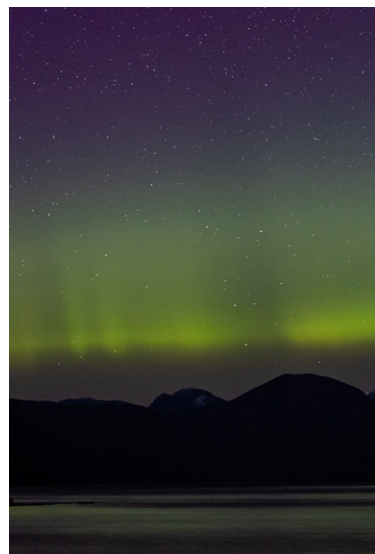
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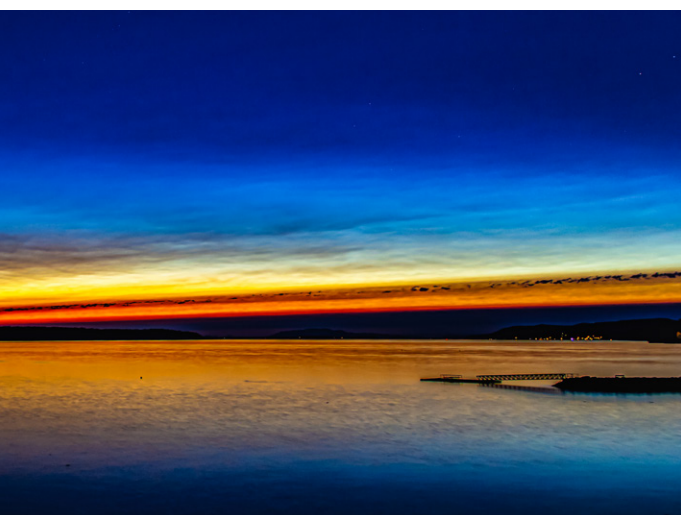
ABOVE: "Western Lights," Carl Anderson's image of Powell River lights reflecting off clouds, and a billion stars, photographed from the Airplane Park.

TOP THREE, RIGHT: Carl's images of the Aurora Borealis over Mowat Bay April 16.

BOTTOM FAR RIGHT: Doris Guevara-Isert's image of Noctilucent clouds

RIGHT: The comet NEOWISE over qathet in summer 2020, as photographed by Doris. Watch for newly-discovered Comet Leonard as it passes in December 2021.





More auroras coming here... maybe “Geeky” squad captures rare vibrant Northern Lights

BY PIETA WOOLLEY

At 8:30pm on April 16, Doris Guevara-Isert’s phone binged. Her app, Aurora Borealis Forecast and Alerts, showed a minor solar storm on the way, and that it may be strong enough to be visible in qathet.

Doris and her group of fellow night sky photographers started messaging each other; they’d been burned before by alerts like these. Seeing an aurora here is very rare. Since moving from Costa Rica in 2013, the industrial engineer has seen them twice – both three years ago. Auroras are normally visible much further North, or South.

Plus, the coastal rainforest has its own unique impediments. Here, when a solar storm results in a KP index of 6 or greater, enough activity to see the lights, it’s often overcast. When skies are clear, Doris said, invariably the KP index is low.

However, qathet’s most distinct advantage is the lack of light pollution. True dark.

Soon after that “bing,” group member Carl Anderson sent a photo of some very faint green lights over Mowat Bay.

“Then everyone went crazy,” said Doris.

The astrophotography group, which includes regulars Carl, Rhondda Schreurs, Jennifer Salisbury, Curt Tweedle and others, met at the beach at 10pm. The pulsating lights brightened.

“We were all screaming and shouting. We are really geeky. We laugh at ourselves so much.”

After Doris saw the lights three years ago, she invested in a couple of wide-angle astrophotography lenses for her Canon 60D. Since then, she shot last summer’s visit by the NEOWISE comet, noctilucent clouds, the annual meteor showers, the Milky Way, and more. This was her first aurora.

“I got home at midnight. I was just vibrating.”

Not bad for a Friday night in COVID-closed qathet. In fact, Doris and her buddies have a full summer of socially-distanced, outdoor events planned (see next page). For Doris, it’s a chance to leave her home and pursue an otherworldly passion; she has been homeschooling her kids since last March, protecting a child and her husband who are immuno-compromised. (Sometimes she brings her kids, aged 13 and 6. They often fall asleep in the car before anything is visible.)

For anyone who’s feeling trapped by the newest health orders, or like the days are stretching into the horizon with no fun to look forward to, simply looking up may be a cure.

During the day, you can find Carl Anderson fixing the electronic patient care devices at the hospital – the ventilators, dialysis machines, monitors and more. He and his family have, like the rest of us, been socially-isolating for over a year. So when the auroras brightened local skies mid-April, they lit him up, too.

“We don’t get them often,” said Carl, a biomedical engineering technologist. “It’s so rare that we get them as intense as what we saw on Friday. Most of the time what we see is very faint vertical bands. I posted my pictures on Facebook, and other people got really excited. The next night, the aurora didn’t show up. So I felt embarrassed – like I’ve promised someone something. They don’t always show up.”

Carl admits that photographing celestial events, especially in the winter, is a lot of standing still behind a tripod in the middle of the night, freezing.

But, sometimes the best images are not apex events. On April 12 at the Airplane Park in Grief Point, he snapped an image he calls “Western Lights,” a tongue-in-cheek reference to the Northern lights. Over Texada, he had planned to shoot the Milky Way, which becomes more visible through the summer.

“It hadn’t been clear in weeks,” he said. “We also hoped to take pictures of Orion and the phosphorescence, which was not out. I was not very successful with that. But I took this interesting long exposure image – it’s 10 three-second exposures combined to give you this effect (far left). You’re seeing the light being reflected from the city behind us in the clouds. They were ruining my photo until I played with them.”

The group usually meets twice a week to shoot, but much more often if there’s a comet or meteor shower. Carl advises that the best way to learn astrophotography is to just go out and do it. Digital cameras mean there’s no limit to the number of frames you can shoot (though he does say the group knows it’s time to go home when the camera cards are full, or the batteries have died.) Google, YouTube and apps all offer vast amounts of advice.

This summer, Doris, Carl and the rest of the “geeky” group are looking forward to the Milky Way brightening, the Perseid meteor shower in August, and noctilucent clouds – 50-mile-high, rippling, blue phenomenon of space dust meeting the earth’s warm moist air – which appear in summer after sunset.

“I’m really looking forward to not freezing,” says Carl.

RL | pieta@prliving.ca



Six celestial events to chase this year

MILKY ABOVE, MILKY BELOW: Where the milky white herring spawn and the Milky Way Galaxy meet.

Photo by Doris Guevara-Isert

BY DORIS GUEVARA-ISERT

Milky Way Season

When: The core (the brightest part of the MW) is visible in our northern hemisphere from March to October. The best time is summer when it stays visible longer during the night. There are free apps like Stellarium or Starwalk, that can tell you the time the core rises on the horizon and where to look for it.

Where: Anywhere dark or with low light pollution, and a clear view that is SW-oriented in town. I like Grief Point or Beach Gardens. We are very lucky in Powell River to have places relatively close to town that are Class 2 on the Bortle Scale, like Duck Lake, or Class 1 like Savary Island and Stillwater. This is a scale to measure light pollution, the lower the number, the darker the skies, which is ideal for stargazing.

Blood Moon Eclipse

When: Wednesday, May 26. The full moon will drift through the earth's shadow, and appear red. It will also appear bigger than normal, as it's the moon's perigee—the closest the moon will get to Earth this month.

Aurora Borealis

The sun is coming out of a very quiet period of solar activity that lasted 11 years and is promising stronger auroras.

When: They are directly dependent on solar activity (solar flares and geomagnetic storms). In our middle latitudes, they are hard to see with the naked eye. The best chance to see them is when we have clear skies and a G2 or G3 storm is hitting the earth. Free apps can alert you when this is to happen.

Where: Find a clear views North, and dark skies, such as Mowat Bay.

Meteor Showers

When: There are many during the year. The most significant are the Perseids on August 11-12 (Visible NE at pre-dawn) and the Geminid on December 13-14 (Visible NE all night).

NLC Clouds Season

This is one of my favorite phenomena to chase. Noctilucent clouds are the highest clouds in our atmosphere and very rare to spot. They shine by reflecting the sun's light when the temperatures on the Mesosphere are extremely cold. The first time I saw them was in Cambell River. Only visible from 50 to 70 degrees Latitude and when the sun is between 6-16 degrees below the horizon (after sunset/before sunrise).

When: May through August.

Where: Anywhere SW to NW oriented, such as the Seawalk or Mowat Bay.

Comet Leonard

This is a newly discovered comet and is promising to be the brightest of 2021.

When: Its closest approach will be December 12, 2021. It may be visible to the naked eye before sunrise, during December, below the Ursa Major Constellation. **PL**



See more images:

Carl Anderson • seaforestphotography.myportfolio.com

Doris Guevara • Doris Guevara Photography @dorismguevara on Instagram

Emergency Preparedness Week

May 2 to 8, 2021

Am I prepared?

Emergency Preparedness Week happens every year across Canada during the first full week of May.

This week, be sure to take time to discuss the importance of emergency preparedness with family and neighbours, understand the hazards that exist where you live and make a plan.

Visit qathet.ca to access personal and community preparedness resources including templates to get started. Be sure to get a copy of your *Community Evacuation Guide*.



NEW COMMUNITY NOTIFICATION SYSTEM

The qathet Regional District is implementing a new Community Notification System. During an emergency event, the system can share important public safety messages by phone, email or text message. To help our community stay aware and be prepared, we encourage all residents to register for regional community notifications.



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Whether you're buying a house, staving off illness, or embarking on a new pursuit, you may be tempted to smudge, brush, moxa, sain or burn sacred incense.

If it's not your ancestry's practice, though, what can you do to make sure you're not appropriating someone else's culture?

Smoke out that energy

Why I'm thinking about smudging

BY ISABELLE SOUTHCOTT

When I knew I'd soon be moving back to the Southcott family home on Cranberry Lake I began to research smudging.

I've never smudged a house before but I've spoken with others who have and was fascinated by what they had to say. Some people smudge routinely to clear negative energy or to create a shift; others do it whenever they move into a new home. Other reasons include bringing a new life into the home, at the beginning or end of a relationship or if there has been any trauma in the home. And some, like me, do it when there's been a death in the home.

My ex-husband passed away in the home I'm moving back into. Many years earlier, his father passed away there, too. I wanted to offer up some sort of thanks and bless the energy of the two departed souls but I wasn't sure how to go about it. It was because of this that I felt compelled to learn more about changing the energy before I moved back into the home I'd lived in many years ago.

Some energy shifting ceremonies involve the burning of sweet grass or sage and wafting the smoke around the room while you pray.

I didn't feel comfortable doing this on my own so I began talking to people

about what I was planning.

One friend suggested placing salt in each corner of the room to draw out the old energy. Another said rice is meant to draw any old energy from the home's interior to the exterior. A traditional feng shui blessing uses rice and calls for sprinkling rice on the outer perimeter of the home starting outside the front door.

A quick search on the internet suggested using incense or essential oils – such as lavender, eucalyptus, sage or mint. Eucalyptus is said to provide relief for anyone going through grief-related challenges.

There's also the Coast Salish tradition of brushing with cedar that I've been fortunate enough to have participated in over the years.

Because my late ex-husband was part Irish, I was drawn to the Gaelic art of saining that Juliette Jarvis, a local bean feasa (wise woman) and owner of 3Fold Balance, speaks about in her story on Page 13. She agreed to do a saining ceremony at the Cranberry Lake home before I move back in. Saining is derived from the Irish and Scottish word saen, which means to charm, to protect, to activate and recharge.

When moving into this home with so much complicated history, a "recharge" would be very welcome.



ergy

Whose smudging is it, anyways?

BY ABBY FRANCIS

Before writing this article, I was not quite sure what smudging was. Prior to this, I knew a bit about my culture, but never really thought about it too much, as my whole life has been very dedicated to school, grades and things like that. I grew up off the nation, too, which also played a big role.

After all of the research, as well as interviews with a few of the elders who live on the nation, I have learned not only what smudging is, but the cultural aspects it has on the people who practice it, as well as a deep interest in my First Nation culture that I did not really have before. I found interviewing the elders a great honour and appreciated all of the information they shared.

After learning, interviewing, and researching I found my First Nation culture very interesting, I am eager at trying to learn more about my native background.

My questions sparked deep conversations that I will carry with me for a

lifetime, and I am happy that I get to share what I learned with the rest of Powell River.

Bobby and Elizabeth Blaney:
smudging is appropriation.

Their cultural names are Chegajimixw and Hays Qaymixw. When I asked if it is okay for non-First Nations people to buy sage and smudge their homes, Bobby and Elizabeth explained that, “At the beginning, non-First Nations peoples were not allowed to use any kind of ancestral stuff.”

They said that if non-First Nations were using ancestral things, the chief would go and warn them not to use it, although nothing more than a warning was given to prevent that.

Is it okay for First Nations not living on the Prairies to smudge? Bobby stated: “The Creator is everywhere. The spirit. Wherever you go, our ancestors were allowed to smudge.” He continues to say, “When you are lonesome,



BRUSHERS NOT SMUDGERS: Tla’amin members Bobby and Elizabeth Blaney explain coastal traditions.
Photo by Abby Francis

you smudge. When you go hunting, you smudge.”

I asked if with the newer times, if they thought smudging has become more of a universal practice now, or if it is just cultural appropriation.

“Well yes, it’s always going to be cultural appropriation. It will never change. Unless society changes, which they are doing right now, but they are turning us into white people, which we don’t want to be,” Bobby laughs.

“We want to save our culture, our traditions, our language, you know? And that is never going to change. We’ve got to save it.”

Elizabeth and Bobby also say that here on the West Coast, smudging was brought and transformed into using cedar trees rather than sage.

John Louie: as long as it's done with respect, it's shared.

Elder John Louie, traditional name Yaxhum, practices smudging and even does ceremonies for others. When I asked him about it being okay for non-First Nations to smudge their homes as well as non-Prairie inhabitant natives, John says, “You can respect it. The way I was told is, in Tla’amin here, our people use cedar and it is called ‘brushing’. And the people from another town use fir. People can use different things, even though we are all one.”

He continues to say that smudging is a way of cleansing, and that there are many different ways one can do that. He gave an example of people going to a river each day to have a spiritual bath, having that mean the same thing as you are cleansing spiritually, and that it does not matter how it is done, it is for the purpose of cleansing.

“When people ask me to do smudging for them, I tell them well, I can do it, but, I do it out of respect for the people that use the sage and the sweetgrass,” John explained.

He uses his feather to do the work when he uses sage, and that there are many different types of sage that are plentiful in other places, being why it is used there, also being why we use cedar here. John goes on to talk about what happens when he does that work, that it is important that there are always four aspects of life, and in order to do the work, you have to remember and respect all four to gain the strength of the Creator to help with the cleansing.

“This is where people tend to mix up spirituality and religion. What I’m talking about is spirituality. The best way I can describe it is like when I went to residential school. They told me I had to kneel down and pray to a god.”

“The difference with the First Nations is we call them a ‘creator’.” There are four aspects of life just as there are people, and each of those people believe in something, it is just that everyone knows that Creator



SMUDGING AS RECONCILIATION: Learning about First Nations spiritual traditions helps non-Tla’amin and Tla’amin people understand each other, says John Louie.

Photo by Abby Francis

by a different name.

“That is why I say, you respect all the others, and how they do it.”

Smudging is a way of cleansing, just as you would clean a house if you had guests coming over. When doing the work John says it is important to remember that, and you think about that when you pray, to gather the strength to cleanse someone.

“I can’t do it, the Creator is working through me, you ask the four aspects of life to help you be able to do that.” John says. “When I do it on people, I ask them to always face the east. Always the east, because that is the beginning of the morning. But it is also the beginning of life. You have them face east because you want the person to face new beginnings.”

He says you would then ask the Creator; he does this in his language, and begin brushing them, first with the mind then eyes, ears, mouth, to the rest of the body, he says he does this about four times.

Then he finishes with brushing over the heart.

“You carry a lot of things here; I want you to open your heart to the Creator.” John explained that because of the residential schools, he did not want to be associated with religion.

“But after I started to learn about our culture and stuff like that, I don’t think like that anymore. I look at that as somebody who did something to me, not the Creator, or God as some people understand.”

He also said that when he was younger, he talked to his father and grandfather, and they explained to him that when non-natives came to their land, they didn’t know who they were, that they were ignorant of them. “Well, we were ignorant of them too. And somehow we have got to come together again,” John

Curious about smudging?

Several stores in qathet carry products that can be used for smudging and shifting energy.



Tla’amin Convenience Store at 5245 Highway 101 North has a wide variety of products used for smudging including feathers and abalone shells. As well they stock cedar, sage and sweet grass smudge sticks which are perfect for calming the mind and washing away the woes and worries of the day.

Kelly’s Health Store on Marine Avenue carries white sage and lavender smudge sticks, abalone shells, small white sage and abalone shell kits, braided sweetgrass, and turkey feathers to move the smoke around and palo santo incense sticks which are sometimes used for smudging.

Studio Curious on Marine Avenue sells prairie sage bundles in different varieties. Some plain, some with roses, some with rosemary and eucalyptus, or cinnamon. All Studio Curious sage bundles support Canadian Métis entrepreneurs who grow, harvest and ceremoniously bundle everything by hand. Studio Curious also sells ethically-sourced palo santo.

states. “So, when you are asking about smudging, that is what you are trying to do, to come together again.”

Smudging is done to cleanse, whether that be people or a home. And when doing that, John says you have to do the best you can and respect that. He also said that when non-First Nations peoples are doing smudging, he can respect them, as long as they respect the culture.

Finally, I asked the last two questions, on cultural appropriation and the universal practice of smudging. John struggles, but responded with this:

“That’s difficult even with our own peoples because of the places we have come from. There is a church in our community. There is a real clash of, what I call, the old people becoming very religious, and the old people who say you can pray anywhere, that the Creator gave you all this land, you don’t have to in one particular building. You have to respect everything and everyone. Everyone has a prayer inside, and no one can tell you what that is.”

John finishes with this: “It is all about respect, you respect the sage and sweet grass it is for cleansing, to heal. The Creator gave us the sage for that, it also makes a great tea, too.” **RL**



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Connect with your ancestry's sacred smoke

BY JULIETTE JARVIS

Many cultures, religions, and spiritual faiths around the world have rich traditions with use of sacred smoke for similar purposes.

The nuances of smoke rituals vary in beautiful ways, and provide us with an opportunity to look into our own cultural heritages while stepping into closer relationship with the lands on which we live.

Many of us have known this practice as “smudging” and associate it with First Nations’ cultures, but for those of us with family lineages of other origins who are looking to cultivate our own practice, it is more appropriate to rediscover and reclaim traditions that have been lost or forgotten to us.

The name we call it, the herbs we use, the methods of procedure, are all potent discoveries. Use of sacred smoke can be found in East Asian Buddhist ceremonies, Japanese Shinto, Indigenous



GAELIC BLESSING: Juliette Jarvis’ life mission is rediscovering and reviving her own ancestry’s spiritual traditions, and relationship to the earth. Here, she is saining.

practices of North and South Americas, Chinese Taoism, Ancestor worship, Roman and Liberal Catholic services, Early Judaism, Christian worship, Hindu traditions, Paganism, Celtic traditions, Egyptian traditions... chances are high we all have deep roots to draw from.

My ancestry is both Irish and Scottish, and so I use the term “saining” in reference to this type of work. Common reasons to perform sacred smoke rituals may be as a way of prayer, blessing, or as an act of devotion.

To clear, cleanse, or purify the energy of a person, place, or object. They may be enacted as a healing aid, to become present and grounded, as an offering, or as a means to create sacred space.

Some will use it as a way of invoking or calling in aid from spiritual allies and the medicines of the herbs, elements, and tools used.

In some traditions, a clay, brass or other metal dish is used to hold the herbs, wood, or coals to burn resin. Here on the coast, a shell is common. Hands, feathers, boughs, or fans may be used to direct the smoke or a crucible may be used to swing through a space.

Unless sage or palo santo is given to me as a gift, I choose to burn herbs and woods native to the lands my people come from, or those growing on the land I live on. Wild rose, rosemary, cedar, and juniper are some favourites.

Many traditions teach an awareness that each of the elements are coming together in these rituals. Water represented by the shell or the vapour. Fire of course to burn. Air feeds the fire. Earth is brought in by the herbs, woods, or resins of the land. The smoke can also be attributed to either Air or Spirit.

An often overlooked aspect of smoke rituals is our relationship with these allies of nature.

Making an effort to grow our own herbs or eco-mindfully harvesting from the lands that we live on, not only stems commercial over-harvesting but increases an intimate knowing of whom we are asking for support from. It’s all about trusting our relationship. When conducting a smoke ceremony, we are not actually cleansing anyone of anything. We aren’t doing the work. Our allies from the natural world are. But it is up to us to establish the relationship with these helping friends, it is up to us to trust they are capable and willing to do the work or carry the prayers we humbly ask them. It’s a bit like asking a favour of a talented and compassionate friend.

Getting personal and familiar with the essence of each helper in our toolkit shifts our practice away from performance and into reverence. **P.L.**

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Incense in Catholic ritual

BY FR. PATRICK TEEPORTEN

“May my prayer be set before you like incense, my uplifted hands like the evening offering.”

These words taken from Psalm 141:2 remind us that incense has been used in religious service for millennia. The Old Testament abounds with references to the use of incense in worship. And of course, many Christian Churches continue this practice.

The final book of the New Testament, the book of Revelation, describes the incense offering in heaven: “And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel’s hand”. (King James Bible, Revelation 8:4)

I had to stifle my laughter when editor Pieta Woolley requested some words of wisdom about incense. I have a love/hate relationship with this stuff.

I am allergy ridden. Other Church attendees with breathing issues (a group that is growing) will sit at the furthest pew from the burning incense.

The Church which I serve is one of those “ceremonial” ones in which rituals are beloved and treasured. My brothers and sisters in other Christian Churches enjoy calling us the “bells and smells” people. We incense users regard their criticism as benevolent, and charming.

Incense is aromatic gum that has been dried, and is chosen for its particular fragrance. There is a huge number of fragrances/choices available. There are even “non choke” varieties.

The burning of incense was always intended, and will ever remain, as a direct worship of God himself. In ancient times there was an aspect of the cleansing with its use.

There is something about entering a



Church with a lingering scent of a fragrant incense, perhaps combined with the aroma of beeswax candles, that stirs the heart. Orthodox, so called “high” Anglicans, and Catholics get religious just inhaling such scents. We are, of course, body-soul beings, and all the senses may contribute in our worship.

In the Catholic faith we incense the body at a funeral, since it was the temple of God on earth. At the end of the funeral liturgy, the priest incenses the body, and this still happens in COVID times. COVID funerals are very small, usually nine persons plus the celebrant.

Incense is used for the feast day celebrations that we might call “whoppers.” You know what I mean: the biggies like Christmas, Easter, major feast day celebrations throughout the calendar year.

As incense pertains to God, Catholics use it in their devotions for the holy communion. We will end a time of “adoration” as we call it, where people have prayed before the consecrated host, with incense. Much to my chagrin, I’m stuck with this stuff. But I’m sure God loves it, as we have heard in the book of Revelation, it does represent the people’s prayers. **PL**

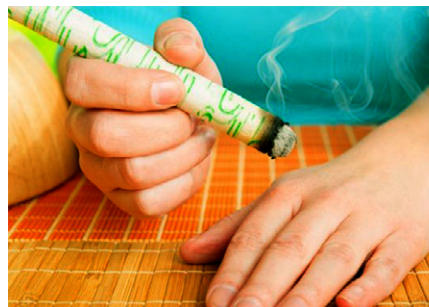
Moxa in Traditional Chinese Medicine

BY DR. CATHERINE CAMERON

Moxibustion is a form of therapy that burns dried plant material called “moxa” on or very near the surface of the skin when treating certain acupuncture points or meridians. The intention is to warm and invigorate the flow of Qi (energy) in the body and dispel certain pathogenic (disease-causing) influences.

Moxa is made of dried Chinese mugwort (*Artemisia argyi* or *A. vulgaris*), in the same family as sage (which is used in smudging). Although modern TCM (Traditional Chinese Medicine since

the 1950s when all spiritual practices were purged) does not refer to moxa in terms of purification, the TCM of 1000 years ago was awash with the influences of spirits and dark energies as the causes of disease. These spirits and energies were referred to as ghosts, demons, and dragons and had to be cleansed from the body for a return to good physical health and wellness. Moxibustion was so key to ancient treatments that it was the other half of acupuncture. Where you had one you definitely used the other, acupuncture to open the door to send it out and the other to strengthen and purify so it



could not return.

In a modern setting, it is difficult to use moxa in a medical clinic because people have allergic reactions to both smudges, and moxa, and it does smell like burning weeds. We use a special

lamp now which is called a TDP lamp which uses infrared energy to activate a mineral imbued metal plate to radiate an energy signature that is a reasonable substitute for moxa but without the smell and smoke.

In current practice, moxa is used to warm the channels and disperse the influence of Cold. At home, I have a moxa hut in the back yard where I treat myself with the yin of moxibustion to balance the yang of acupuncture. I find it relaxing and deeply effective, both warming and invigorating. It works very well on arthritis, chronic cough, IBS, and much, much more. **PL**

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ʔAYʔAJUΘƏM WORD OF THE MONTH

SONYA HARRY

They guide us, they love us

Celebrating Mother's Day



HAPPY DAYS: Sonya Harry shares images of some of the loving, knowledgeable mothers in her life. Clockwise from top left: Grandmother Fanny Woods • Grandmother Molly Harry • Aunts Helen Francis & Joyce Hackett • Sister Kimberly Hackett • and in the group photo, Mom Caroline Woods, with Aunts Mary Louie, Janice Harry, Dolly Galligos, and Flora Harry.

ʔayʔajuθəm word:
tan

English translation
mother

Phonetic spelling
tahn

In a sentence:
həhaw ʔišnomot tət⁰ tan
My mother is kind

Speakers:

Randy Timothy Sr. and Elsie Paul

The important role mothers have has never changed; they're here to guide us, to love their children, and pass on their knowledge. A mother's love can come from aunts, grandmothers, and great-grandmothers.



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A Thought For The Day

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PLAY ALL DAY: The Sunshine Coast Health Centre opened Powell River's first workplace childcare centre in April, primarily serving the children of employees.

Businesses should build daycares, says major local employer who did just that

BY PIETA WOOLLEY

When Melanie Jordan was a young working mom, her daughter went to daycare. That was decades ago, when childcare was relatively cheap, open long hours, and widely available.

Now, as the owner of one of the biggest employers, the Sunshine Coast Treatment Centre, she witnesses how daycare struggles are hobbling her child-raising-aged staff's ability to work without worrying. Daycare is, of course, no longer cheap, and finding an available space for the hours you work can be a years-long challenge.

So Melanie just created an onsite daycare.

It opened April 12.

It's free for the children of all employees.

"It's in the interest of companies to have great daycare," advocates Melanie, who encourages all businesses who have some extra room to open one – it's easy and not as onerous financially as you'd think, she claims. "Why did I ever think that I – as an employer – didn't have a role in daycare? Daycare exists so that people can come and work at my business."

The key is having room. Some businesses simply don't, she acknowledges. But many businesses do. Provincial

subsidies are available, and the administration isn't too arduous, she says.

Apart from the immediate benefits, on-site childcare also eliminates extra commuting. Parents can eat lunch with their children. And, they can hear them playing on the equipment outside.

Eight babies and preschoolers are currently in SCHC's daycare. Soon, a second floor will be added, bringing the total number of spots to 20. Spots will be available to the wider community if they're available, including on holidays and weekends.

"COVID has affected childcare provision here just like everywhere else," Melanie says, noting that data shows many

Canadian women just never returned to the workforce after March 2020. "Some of my staff used up all of their holidays, everything they had when daycares wouldn't take them... so we do have a dog in this fight. I've changed my mind about daycare. At one time I thought it was a lot to ask of businesses. But now I think, 'Whatever it takes.'"

Melanie also pointed out that the community's support of health care workers this year—such as hearts in windows and banging pots and pans—are nice gestures. But health care workers desperately need childcare at hours and prices that work for them. What a Mother's Day gift that would be.

PIETA WOOLLEY | pieta@prliving.ca

Salmon and humans both hatching spawn

BY SHAUNA ANDREWS

Watch Me Hatch! SalmonEducation.org is an online educational initiative that has become a key resource for classrooms, brought to you by the Powell River Salmon Society. At the PRSS, we believe that sharing the joy and knowledge of our hatchery process is a fun and interactive way to involve our community in a variety of ways, at any age.

Focussing on assorted grades and levels of understanding, the PRSS has begun live-streaming through our educational channel, salmoneducation.org. With a selection of links, resources, and videos, streaming is undertaken within the hatchery to educate classrooms through an online setting—an important platform to provide during the quickly-changing needs of the world.

Our emphasis and effort for our program is to draw attention to the eco-system of salmon, including salmon life stages, Pacific salmon characteristics,

their life cycles, and the salmon's habitat in fresh and salt water. In addition to providing information for children, we provide teacher resource material and quizzes to gauge class participation and encouragement.

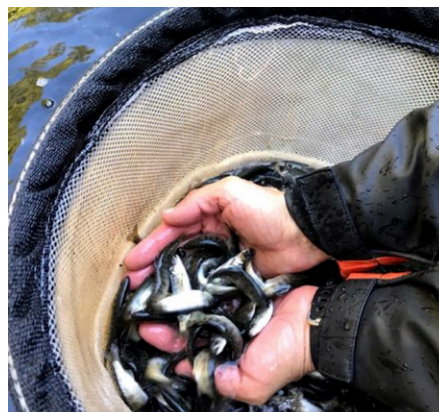
Some of our volunteers dedicate time not only by involving themselves with our educational projects, but also as directors on our board – this includes Emily St. Godard and Daniela Fernandez, who are both greatly invested in our program. They themselves have experience in incubation and are expecting to “hatch” their own babies soon. Their energy and focus is deeply appreciated by the PRSS as they continue to provide life and energy to our organization, even through their own incubation process.

The PRSS is fortunate to have a committed and steadfast core of volunteers to help within all facets of our many programs; they are a key component to any charity that should never be taken for granted. **PL**



MOTHER'S DAY: Powell River Salmon Society volunteers Emily St. Godard and Daniela Fernandez are expecting small fry of their own (top). Fry and eggs, incubated by the Society. You can watch this year's young hatch online at salmoneducation.org.

Photos by Shane Dobler



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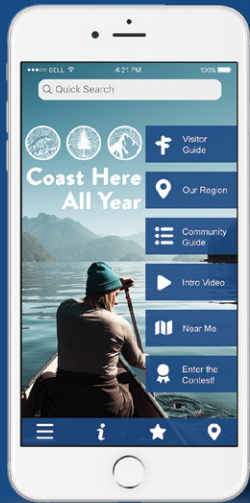
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EVERY DAY IS MOTHER'S DAY: Jean and Steven Brach have worked shoulder-to-shoulder at Paperworks for 37 years.

Marine Avenue's mother-son team

BY ISABELLE SOUTHCOTT

Most mothers complain that they don't get to spend enough time with their grown-up sons.

Not Jean Brach.

Jean is luckier than many as she has been working with her youngest son Steven at Paperworks Gift Gallery on Marine Avenue for 37 years!

These days Steve is the boss and Jean works for her son, but it wasn't always that way. A few years after Jean opened the store in 1983, her husband was diagnosed with Guillain Barre syndrome and was hospitalized in Vancouver. "Mom went to Vancouver for six months to look after Dad," Steve explained. "I was at Langara College and came back to Powell River to run the store and never left."

He was 21 years old.

When Jean first opened Paperworks they sold original and limited edition prints and a few art cards. "We expanded because people kept coming in asking us for T-shirts," said Steve. "They wanted Powell River shirts," added Jean.

Then, and now, the Brachs have done their best to keep customers coming

back. "We have tried to change with the times and be flexible with our product lines," says Jean. She remembers when Beanie babies were all the rage and Paperworks carried them. "People would call from England looking for them."

Jean and Steve work well together. "I like working with him because he is very calming. He is messy but that doesn't matter because I clean up after him!" says Jean.

And, to top it all off, Steve is a good storyteller. "He tells me the most interesting stories about hunting, fishing and golf every day. And he's so kind; if he wasn't my son, I'd still want him to be my friend."

Mother and son have fun working together. "We don't agree on everything every day but some days we do," said Jean. "We always manage to work it out,"

Steve adds.

When it comes to gift wrapping, Steve is da bomb! "At one time Steve didn't have a clue how to gift wrap anything, but now he's the main gift wrapper at the store," says Jean.

For the last 20 years, the mother/son duo have depended on Pat Pryor.

"I have to work with two older women," Steve says.

"We've been a fantastic team for over 37 years," says Jean. "It's been an amazing run."

RL isabelle@prliving.ca





Mr. Love's Neighbourhood

Like Mr. Rogers or Mr. Hooper the grocer from Sesame Street, Postal Carrier Doug Love has revealed how important friendly, consistent faces are to building communities: especially when they express themselves with so much heart.

BY PIETA WOOLLEY

Doug Love delivered the mail in Grief Point for six years, and he has the scars to prove it. Literally. His left forearm bears a white ring from when a German Shepherd clamped on mid-route.

In April, he retired after 16 years with Canada Post. It was the end of a long career here in Powell River, which included owning a Chevron station, selling vacuum cleaners, and owning a convenience store and a taxi.

"I'm a firm believer in when it's time to go, you go," he said. "If you're great for 15 years and terrible for your last two, it's the last two they'll remember."

That's good advice, coming from this distinctly non-terrible guy. Because he just gave a master class in how to leave a job.

For five days a week, in rain or shine, Doug walked his 15-kilometre route, serving over 400 homes. He's chatted with about 90 percent of the people, he estimates. Sure, he was bitten a few times, but as he says, "accidents happen." That's the exception.

Instead, what he most remembers are his relationships: waving at the preschoolers at Busy Bee Daycare, for example, and them enthusiastically waving back, as though he's a celebrity. Once they made him a book filled with their drawings of him. "I like the mailman because he's silly," said one. "This is the mailman making funny faces," said another. "I like the mailman and he likes us."

"With COVID, I knew I wasn't going to be able to communicate with people personally and tell them I was leaving," he said. "Knocking on doors right now is not appreciated, which is something I would have done if circumstances were different. But I had to do something to say goodbye."

So, he wrote a letter and delivered it to everyone. It was printed on a single-sided letter page, folded in three, in type nearly too small to read with the naked eye, he had so much to say (see next page).

His last day of work, he donned a colourful polka-dot hat and large matching-bow tie, and headed out with his deliveries. Ear-

LAST WEEK: Doug Love delivers the mail to Danyelle Draginda. *Photo by Isabelle Southcott*

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lier in the week, he dropped off his letter of good-bye, stating that his last day would be April 16. It included a postcard of a local sunset (as in, what he was riding in to.)

The love flowed right back at him.

Shiny helium balloons, lawn signs, Facebook posts, cars halting traffic to chat with the departing mailman, people shouting from their windows and across streets – this is just a little sample of the reaction he and his letter attracted.

Plus, one of his customers sent the letter to *Powell River Living*. To Doug's utter embarrassment, we couldn't ignore it.

"I'm overwhelmed by the reception it has received," he said.

In 2015, Canada Post launched a plan to eliminate most door-to-door mail delivery, in favour of hub mailboxes – essentially removing the postal carrier as a neighbourhood staple. The outcry was swift. Canadians recognized the inherent value of a friendly face visiting seniors, families, and others on a daily basis.

As much as Doug is a fine character, he was also part of a network of fine characters across Canada, doing their work in neighbourhoods in friendly ways that make life infinitely better – especially during the isolation of COVID. They include convenience store cashiers, grocery clerks, baristas and bartenders, home care workers, and many more.

Doug's fine character will continue to exist for many of us in person, but also online: he is an administrator of the local-history Facebook group "You know you grew up in Powell River if..."

PL | pieta@prliving.ca

"A short message of appreciation and goodbye from your mailman"

The letter from Postal Carrier Doug Love to the people of his route

Thank you for taking the time to read my messages of goodbye. As they say, all good things must come to an end and it is now time for my good thing to indeed come to an end. I will be retiring on April 16th, but I wanted to make sure to try and say goodbye before I left. I was unsure if I would be able to personally speak to each and every one of you, so I thought I had better drop you all a note in case I miss you. Hopefully you take a look at it before it hits the recycle bucket, LOL. It's been a wonderful six years and a bit that I have been out your way delivering you stuff. Whether it was the odd parcel, catalogue, letter or flyer, I have enjoyed every minute of it and it is hard to say goodbye. But as the years click by, the walking distance each day and the sometimes nasty weather, is starting to take its toll on me. I am still healthy and not in need of any major physical repairs, LOL, so I figure I had better jump now instead of waiting until something does break down. It's been a really hard decision to make, but one that I feel needs to be made while the option to do so is still mine.

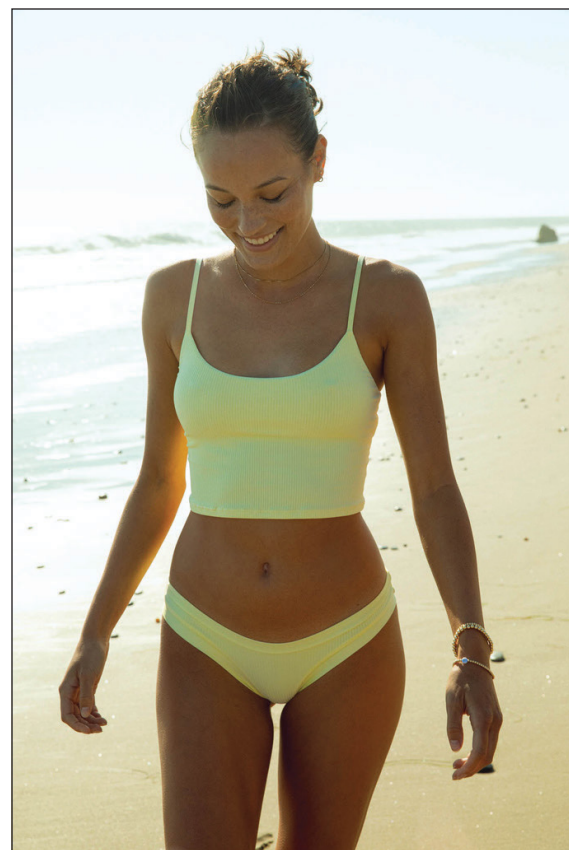
To the residents that may have recently moved into this neighborhood...Congratulations, you made the best choice ever! This is a great area that you have

picked. If I was looking for a new family home this would be the place I would look. The next time you are coming or going from home and happen to pass one of your new neighbours, be sure to wave and smile. Although you may not know them, I do and they are really nice people. Hopefully one day you will get to find that out for yourself. Feel free to say, "Doug said to say hi to anyone at anytime," if you like as a conversation starter.

To the residents that are long timers in the area, I am envious of your wisdom in choosing such a great place to live. It is great out this way, well done. Best kept secret in town. The homes and yards are beautifully kept and show it. You certainly know what a great area it is and it is because of you all that it is so.

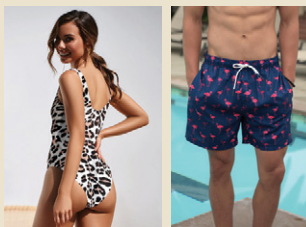
I'd like to share a few of the many, many great memories that I will be taking with me when I go. As my space is limited, I can't share them all, but there are plenty that is for sure.

I begin walking each morning down Joyce Avenue and just a few houses in, I pass by the Busy Bee Day-care where numerous little heads pop up in the big window with arms and hands waving frantically and the cutest smiles ever. Starting my day off with that



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kind of warmth and friendliness was wonderful. How could a person not have a great day with that beginning?

There is a friendly dog along the way that gets picked up to go to “doggie daycare,” often and if my timing is right, I can see his head resting on the inside window ledge beside the door waiting for his doggie play pals to pick him up. Keeping watch and waiting for his friends. It’s a beautiful sight.

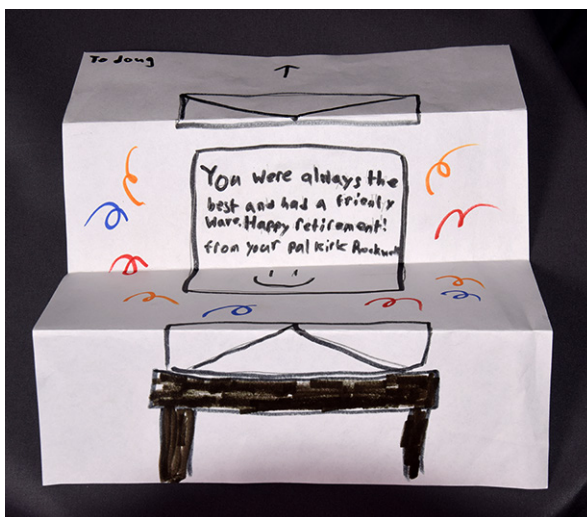
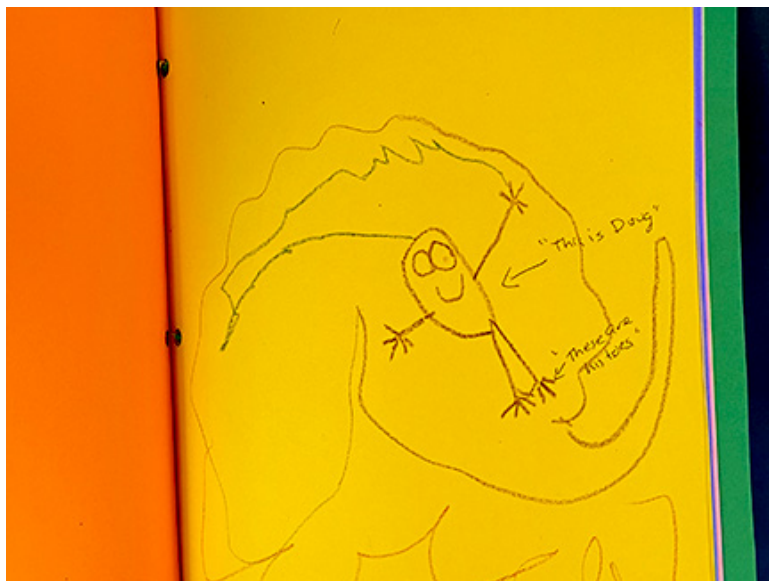
Finding the odd little note of encouragement attached to the mailbox on the nasty weather days was wonderful. As was the many heart cut-outs pasted to the boxes with the COVID safety concerns.

The little fellow who opened the door one day last spring and said to me (from a distance) ...”You are our favourite community services essential worker,” almost brought tears to my eyes as I was almost certain he wasn’t old enough to know what he said, but it sure was heart-warming at such an unknown time in all our lives.

When the hockey bus tragedy happened in Saskatchewan a couple years back many people had hockey sticks at their doors as signs of compassion, there was one house that really stood out. On the boulevard, under the trees in the front yard was a collection of hockey pucks that would have been placed randomly there as a makeshift memorial to the team. It was a peaceful, emotionally mesmerizing sight of care and it hit hard.

The car drivers that would honk or wave, the people that would wind down their windows and yell as they drove by, everything was so appreciated. People stopping on the street with maybe some cookies for me or calling me at home or on Facebook if I was away for too long a time to make sure I was fine. Offers of a cold drink during the hot summer. It all meant so much.

Thank you to the little girl whose parents told me,



LOVE LETTERS: From children on Doug Love’s postal route, to their carrier.

“we were shopping and she said she wanted to get something for the mailman and she had her own money,” and left me some candies in the mailbox, it was a wonderful gesture of kindness and made that day extra special.

I so looked forward to seeing various people waving through their window or chatting with someone on a regular basis each time I came by and when all of a sudden, they were gone, it hurt. I missed them,

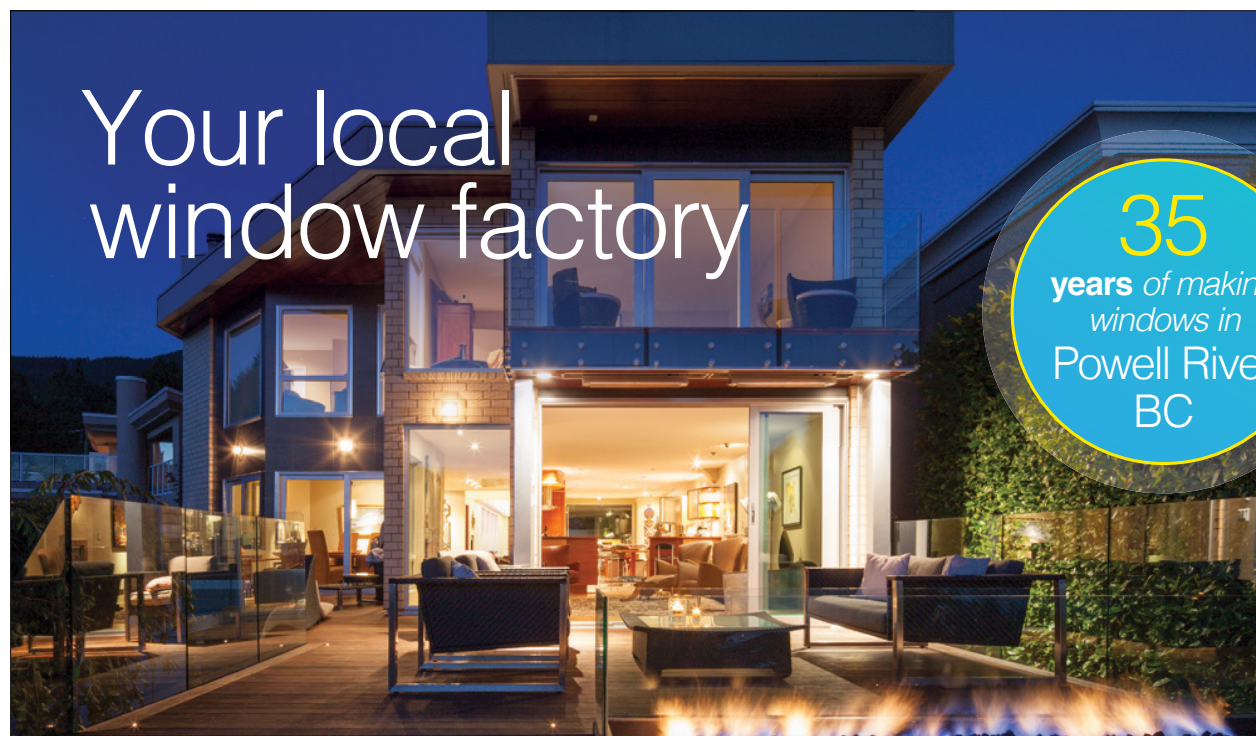
a lot. Some I barely knew, but their kindness and warm hearts showed through in their smiles. Their time was up and they left us, but the memories of their warmth and kindness will always remain with me. The thought of them still brightened my days long after they were gone, I hope they knew that.

There was a teen with some challenges, and his care worker, whom I would sometimes see at the bus stop each day in the summer about four years ago. I would stop and chat with them for a few moments each day that I was lucky enough to time it before the bus came. I learned a lot from those two. A lot about life, people and especially about caring for others. They were a wonderful team and I was so very fortunate to have had that experience meeting them. The love and compassion they shared was inspiring to watch. I am a better person because of them and I thank them both for that.

There were so many little shortcuts here and there that people were so kind to point out to me or share with me that saved me many miles over the years. They made such a huge difference in the number of steps that I had to take each day that I can’t begin to express my gratitude for them. There are so many and I thank you so very much for them.

The laughs we shared while discussing various issues was fun. Whether it was local history, bad drivers, bad parking habits, shopping in town, shopping out of town, too many bills and not enough cheques in the mail, it was all great. It really brightened the day as I carried on my way. And now as my time out your way comes to an end, I will do as they do in all the good old western movies, I’ll ride off into the sunset, LOL...stay safe, look after each other and I hope to see you all around town somewhere one day. Thank you so very much, it was a great time.

- Doug
PL



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BY PIETA WOOLLEY

There's no question for Scott Hodgins about why he's not a daily user of opioids.

It's his fierce wife, Erin.

Several of the friends and acquaintances he grew up with in Powell River use these drugs – prescription or not – to help them manage pain. Some use them far beyond when their medical pain ceased. He is grateful he's not one of them.

Back in August of 2014, Scott hunched over a trailer tire to change it, when he felt something in his back “pop.” The cement truck driver and dad of four kept moving, but new pain rolled over him for the next month. Sharp, shooting pain, like sciatica, but more extreme. Within weeks, he had to give up his treasured role as an Auxiliary Firefighter with the Powell River Fire Department.

“By the time I saw a neurosurgeon in the middle of November, I was flat on my back,” he recalled. “I could not function.”

“[My wife Erin] pushed me aside the day we went back to the doctor and said, ‘We need to get him off these meds. He’s being a jerk and we’re raising a family.’”

- Scott Hodgins

What followed over the next few years will be familiar to many people who have tried to fight their way out of pain: that first injury was made worse by many more.

While recovering from his surgery, he fell. Then, he needed a second surgery.

That's when he was prescribed morphine, a common medical opioid pain-blocker, so he could still be present and human for his loved ones as he recovered.

“I just felt numb,” said Scott. “But to Erin, it turned me into a complete asshole. She pushed me aside the day we went back to the doctor and said, ‘We need to get him off these meds. He’s being a jerk and we’re

REASONS TO STRUGGLE THROUGH: After one of Scott Hodgins' many surgeries to fix his back pain, he's visited in the hospital by his two youngest sons: Mitchell and Spencer.

Pain?

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Opioid overdoses in qathet

Overdose-related calls to BC Emergency Services in Powell River:

2019: 66

2020: 106

Overdose deaths in the Powell River Local Health Area:

2019: 6

2020: 12

Could chronic pain explain part of qathet's opioid and overdose crisis?

Part II in PRL's series on chronic pain.

raising a family.' So we tried out a few meds before we found the right one – the one that made me able to walk around feeling pain-free – although it didn't do anything to actually resolve the pain.”

Eventually, alongside physiotherapy and many more interventions, the drugs helped. Nearly two years later, Scott gave up his walking canes, he was starting to go back to the gym.

That's when he was in a terrible car collision on Wildwood Hill.

qathet's opioid crisis

In 2020, BC Emergency Services received 106 calls from qathet for overdoses – many of them fentanyl-related. Campbell River had 249 calls; Courtenay 206 and Sechelt 87. It's no secret that this region, like most of Canada, is struggling through the worst years of an epidemic of opioid use.

In the past, opioids were prescribed only for terminal patients and used medically in surgical anesthesia. However, in 1996, Health Canada approved the opioid oxycodone to treat a broad spectrum of pain.

By 2012, overdoses and dependencies caused enough concern that OxyContin was pulled from the market. People could no longer get their prescriptions. Within a year, police made their first big bust of street fentanyl.

In 2016, the BC College of Physicians and Surgeons released new guidelines to curb the over-prescription of opioids. Since then, the federal and provincial governments have introduced various strategies to deal with the immediate crisis: making the anti-overdose drug naloxone widely available; approving safe injection or overdose prevention sites; providing some safe supply in BC and Ontario, and others.

Usually, the conversation about street drugs is about addiction. Sometimes, it's about emotional trauma. But there's a growing number of voices pointing to another factor to explain at least some of the prevalence of chronic, pervasive opioid overuse: chronic pain.

For the past decade, Maria Hudspith, the executive director of Pain BC – one of the world's largest pain organizations – has been listening to people like Scott who are living with pain, and lobbying government to pay more attention to pain as a factor in the overdose crisis.

“The BC Coroner Service reports that half of those who die from overdoses in BC sought treatment for pain in the year before they died,” she said.

“There have been so many unintended consequences when there was that big push away from

opioid prescriptions,” said Maria, noting that the federal task-force on pain that she co-chairs is wrapping up this spring, and will bring several concrete recommendations to Ottawa for managing pain as one way out of the opioid crisis.

“It was not thought through. Now we have legalized cannabis, and many have turned to it. They're freaked about about managing their pain with street opioids, so they're using cannabis, but if they work in trades it puts them at greater risk of losing their job because of drug testing. If you take opioids for pain, you can use on the weekend and it'll be out of your system by Monday morning. Cannabis stays with you much longer.”

Drug-free versus pain-free

In Cranberry, Miklat Recovery House serves men who want to stop using drugs and alcohol. Addictions counselor Nina Peers estimates that 30 to 40 percent of their clients use opioids because of pain. The pain usually starts, she explained, with workplace injuries, car crashes, injuries from attempted suicides, assaults and more.

“Many of our clients haven't seen a doctor in years,” said Nina, explaining that helping them catch up with untreated medical problems is a core part of recovery at Miklat. “We provide safe, alternative ways to manage pain, but we also acknowledge that some severe pain can't be managed without narcotics.”

Pain is inevitable, Suffering is optional...



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EXERCISE, MINDFULNESS AND SOMETIMES OPIOIDS: At Powell River's Miklat Recovery House, about a third of clients have pain-related addictions to opioids. The centre connects them to doctors to address the roots of their pain, and find appropriate medication to manage it.

Miklat's clinical director, Fraser Ross, said some of the non-drug therapies they use for addressing pain include mindfulness, meditation, massage, yoga, Tai Chi, moderate exercise and stress management. The approach is non-judgmental, of course. No one goes into an addiction lightheartedly.

"Our clients often state that addiction... has destroyed their lives, and it seems hopeless," he said. "Pain is unbearable so relief is sought by whatever means is available. Over-prescription is a main culprit in pain management everywhere which often leads to a substance use disorder."

South of town, at the Sunshine Coast Treatment Centre, executive director Melanie Jordan is concerned that addiction is the focus of the opioid conversation. There's addiction: that can be treated, she

said. And there's pain: that must be treated, and opioids are a key tool to do so. Taking them away from people who physically depend on them has been cruel, and it's what has resulted in the overdose crisis.

For example, when her elderly aunt was dying of cancer, the family had to fight with her palliative care providers to get her enough medication to numb her pain. Staff accused her cousin, Melanie said, of "turning her aunt into an addict."

She imagines that, if her clearly-terminal aunt has to work that hard for adequate pain medicine from doctors, those who are suffering from less-obvious sources of pain must have an even more difficult time convincing the system to prescribe for them.

Most of us take opioids at some point in our lives, Melanie explained, and do not get addicted. Tylenol

"...half of those who die from overdoses in BC sought treatment for pain in the year before they died."

- Maria Hudspith, Pain BC

3s, for example, after knee surgery. They contain the opioid Codeine.

Casual users of opioids gave them up when they became harder to get from doctors back in 2016, Melanie said. Her clients, many of whom are leaders in business and government, are overwhelmingly alcoholics rather than addicted-opioid users.

"The ones using street drugs these days are likely addicted and not able to just start and stop because of the withdrawal pain," she said. "These are people who are really struggling with addictions. As Dr. Bruce Alexander says, only one or two percent of people experience euphoria with opioids. Most of us don't even like them. The rest of us get sweaty and feel like throwing up."

Finding balance

In qathet, Dr. David May has the unenviable position of walking the line between serving a high-pain population (forestry and mill workers and the elderly), in a town with one of the highest per-capita overdose rates in BC, which in turn is the Canadian province hardest hit by the opioid crisis. As both a GP and an anesthetist, he has spent the past 30 years helping to develop protocols and resources for pain management in rural areas, in collaboration with Pain BC and other agencies.

"We're still reaping the fiasco from OxyContin," he said. "It became evident 15 years ago that another approach was needed."

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As a physician, he tries to find that balance every day. He does prescribe opioids. He screens for trauma (see the first part of this series in the April issue). And he pays attention to the depressed incomes and terrible housing that many of his patients live with – especially those who are experiencing addictions.

“A lack of money means a lack of support,” he said. “Is it surprising that people living in poverty are turning to opioids for relief?”

In other words, the oxycodone fiasco bears some of the blame for the overdose crisis, David said, but it’s far more complex than that. As Provincial Health Officer Dr. Bonnie Henry wrote in her 2019 paper *Stopping the Harm: Decriminalization of People who use Drugs in BC*, overdoses are overwhelmingly the result of societal challenges, rather than just pain.

Opioids, like alcohol or cannabis, are helpful in managing short-term, acute pain, David said. But they don’t help patients resolve their pain in the long term. For that, he said, he helps patients design exercise programs, learn mindfulness, and find a way of living with pain that allows them to live their lives.

Living life with pain

For Scott, that’s ultimately what kept him away from long-term opioid use, he believes. He has too much to do—a full life to live.



PERFECTLY IMPERFECT: Scott, Erin, Mitchell and Spencer Hodgins will be living with Scott’s chronic pain forever. But he’s fighting for the right medicines and therapies to keep him functional for the people he loves.

Before the car accident, he had two surgeries – after one of which he was prescribed hydromorphone (Dilaudid). Six weeks later, his doctor took him off the meds.

“I was by no means dangerously addicted, but I was addicted,” he recalled.

With Erin’s help, he ditched the drugs forever.

So, Scott has been living with pain for eight years, and knows he’ll live with it for the rest of his life. He also lives with his wife, his four kids, and has an extended family and friend network that he loves.

PRL series on pain:

April: Was our introduction to the “unspoken epidemic” in qathet.

May: This issue looks at how chronic pain is behind our addictions and overdose crisis.

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

The cooking, cleaning, childcare, socializing and other things you do when you value the people in your life meant that he had to find alternate solutions – CBD oil, swimming – and just living with chronic, terrible pain.

“I joke that I eat pain for breakfast. I just grin and bear it,” he said. “I have to keep busy and keep moving. It’s when I stand still, sit down or lay down that my body seizes up and the nerve pain takes over.”

“It’s hard to see what this does to my family and friends, what they have to deal with as repercussions of it. I never wanted to take meds, though. So many people do and get caught up in it. I can see how easy it is to get addicted.

“If I didn’t have Erin and the kids when I was taking opioids, I might have gotten worse. Just realizing that my life is so damn valuable. That I have something to live for. And the biggest thing to live for is myself.”

PRL | pieta@prliving.ca

Meet the VK Team



Vanessa Coray, B.Ed, B.Comm
Co-Owner
Corporate & Employee
Well-Being Assessments
& Consulting



Kara Fogwell, MA, RCC, RSW
Co-Owner
Clinical Counselling
Behaviour Assessment
Group Therapy & more...



Tarra Tipton, BSW
Individual and Corporate
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Angela Voht, BA
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Wild trout in rocky waters

A change in Provincial regulations could preserve some of the last truly wild fish stocks on the coast.

BY PIETA WOOLLEY

Does anyone love wild fish more than Pat "Patches" Demeester? For at least 300 days this year, he plans to be out in his wading pants, catching cutthroats. They're a meal, sure. But they're also a mystery to Patches. Their strength. Their smarts. And, they're survivors.

In the fly-fishing community, qathet is revered as one of the few places left in BC with a substantial wild fish population – that is, fish that have not been hatched or stocked by humans, but exist, without intervention, in nature. He's been fighting to keep it that way since 1996.

Now he's asking BC's Ministry of the Environment to align qathet's three watersheds with the same rule as Lois Lake: no killing wild fish over 16 inches.

"Lang Creek used to be famous for the wild trout it held," he said. "This is the worst year it's been in my career. Why? We were greatly affected by the hot summer four years ago, by the forest fires since then, there's all kinds of reasons the steelhead and cutthroat are disappearing. We dammed both major rivers... I hope my legacy when I'm gone will be protecting wild fish."

Patches' first campaign 10 years ago was to force West Coast Fish Culture to mark their fish, so anglers in Lois Lake could tell whether a rainbow trout was wild or an escaped farmed fish – to avoid killing mature wild fish. That was successful, and while he's still concerned about the damage the escaped fish have done, he recognizes that they've also reduced the fishing pressure on wild stock.

FRESHWATER STRESS: Patches Demeester releases a wild coastal cutthroat in Lang Creek. *Photo by Ian Ricketson.* Bottom left, an escaped farm rainbow trout caught in Lois River *Photo by Jeremy Williams/River Voices Productions.* Bottom middle, Patches ties his own flies; here's a giant stone fly from Silver Creek and a fly he tied to represent it. Bottom right, up close and personal with a wild cutthroat trout – a species Patches is intent on protecting. *Photos by Patches Demeester.*

"That's the fishery I promote to people who are starting off," he said, noting there's often as many as 12 boats with lines in the water, or anglers casting from shore, at Lois. Licensed anglers can retain up to four marked (they're missing their adipose fin) rainbow trout a day. But they must use barbless hooks and release any larger wild trout or char.

"It takes the pressure off the wild fish."

His second campaign, which was also successful, asked for no-kill protection of trout in streams north of Jervis Inlet.

"Before that you could kill a trout of any size here in moving waters. You could kill a giant female trout, but not a stocked coho."

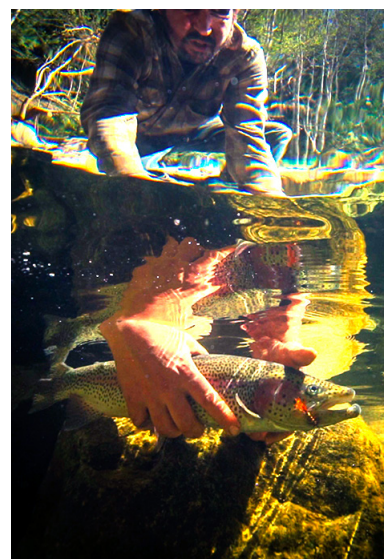
This time, he said, he hopes a change doesn't take five years. He might not have that long. The fish might not last that long, either, given the pressures of many more lines in the water here than in decades past, both locals and tourists, alongside environmental change.

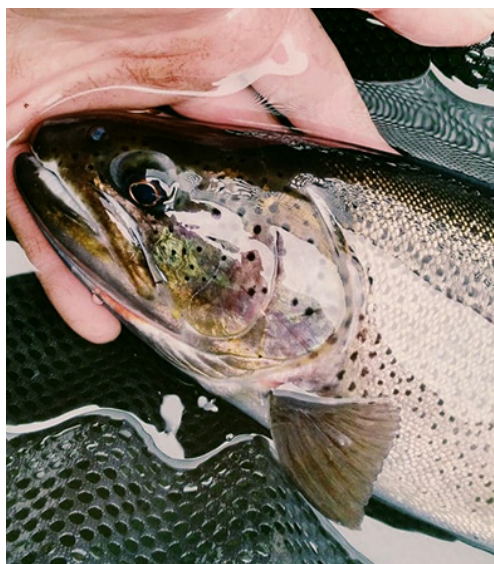
The advocate has terminal pancreatic cancer. It's in remission. But he knows his time is limited. His projects need to be on-point.

"We can't do [environmental management] the way we have in the past where no one talks about it," he said.

"Just because we've had a healthy ecosystem here before doesn't mean we're not on a poor trajectory. We should be doing everything we can to preserve our wild fish. To see what has evolved over thousands of years to be what it is: that should be the number one priority of government."

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Training

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This notice is from the Powell River Outdoor Recreation Users Group (ORUG)

AdventureSmart



Get informed & go outdoors!

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

ver Contest



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

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

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WHAT'S UP

COVID Update

As new B.C. restrictions prohibit non-essential travel between three regions in the province until May 25, this month's prescription is to stay in your own community as much as possible, follow Public Health guidelines, and keep your bubble small.

There are currently two streams for vaccination in B.C. Everyone 18 and older can now register for a vaccination with the government at getvaccinated.gov.bc.ca. Registering for a vaccine is not the same as booking the appointment to get your shot. Once registered you will receive a confirmation code. You must then wait for an email, text or call to let you know you are eligible and can book your vaccine appointment using your code.

In May British Columbians aged 60 and older who have registered to be vaccinated against COVID-19 will be receiving invitations from the province to book their shots.

In addition, anyone born in 1981 or earlier is now eligible to receive an AstraZeneca vaccine via a community pharmacy. However, the demand for this vaccine exceeded the supply in late April and supply may be slow throughout May.

Please be patient as we wait for more vaccines to be made available locally. Travelling out of town to get vaccinated is discouraged. Find current information and resources at prcomplexclinic.com/vaccines/.

- Powell River Division of Family Practice

Local docs take a stand on improving health outcomes for Indigenous people

In February of this year the Powell River Division of Family Practice (PRDoFP) endorsed a Declaration of Commitment to advancing cultural humility and safety within health services in our community.

The declaration is a result of conversations that started more than two years ago, when organizations such as Doctors of BC began making commitments to improving cultural safety and humility in health care.

In December 2020 the conversation advanced when a report called *In Plain Sight: Addressing Indigenous-specific Racism and Discrimination in B.C. Health Care* provided clear evidence that Indigenous people are disadvantaged in our health care system.

"This disadvantage is compounded by systemic and widespread racism



THE MEANING OF 'QATHET': Dr. David May and Hegus John Hackett - on behalf of the Powell River Division of Family Practice and Tla'amin Nation - are working together to improve health outcomes for Indigenous people.

that results in poor health outcomes," says PRDoFP Chair Dr. David May. "As an organization whose mission is to create opportunities for its members to improve patient care, we believe that PRDoFP and its members should be part of the solution to Indigenous-specific racism in our community."

PRDoFP's goal is to meaningfully engage with its members (local doctors and nurse practitioners) and the community with the purpose of making progress on this journey.

In February the PRDoFP board invited Hegus John Hackett and Losa Luai-foa to a meeting, where the board had an opportunity to convey their openness to learning, repairing and healing from injustices of the past. "At the same time we declared our commitment to better health outcomes for Indigenous people," May says.

This Declaration is a starting point to building a much better relationship with Indigenous people accessing health care in Powell River, says Hegus John Hackett. "The Division of Family Practice has done a great job of framing up a model of reciprocal accountability supported by respectful engagement, and a willingness to lead positive change - change that is long overdue. The goal for all of us has to be a health-care system and experience that is culturally safe because everyone within the system has taken the time and opportunity to become more culturally aware. It is only through honesty and awareness that racism and discrimination within the healthcare system in this district is diminished and, hopefully, eliminated."

After the meeting, the organization formulated a Declaration of Commitment to Cultural Humility and Safety, which will be used as a guiding document to support staff and members of

PRDoFP in improving health outcomes for Indigenous people in our community moving forward. This document can be viewed at PRDoFP's website, divisionsbc.ca/powell-river.

- Powell River Division of Family Practice

Youth CAN!

Although the pandemic has changed the way Volunteer Powell River's Youth CAN program does things, they are alive and well.

"We have been holding planning sessions and most events online since the start of the pandemic last year," said Jayde Bazinet, Volunteer Powell River Youth Engagement Worker. "We've had some socially distanced beach and garbage clean ups and we've been preparing frozen meals for seniors at the Cranberry Seniors Centre."

Youth CAN is a project that connects volunteer centres across Vancouver Island and here in qathet for youth between the ages of 15-29. Now in its third year, the goal of the project is for youth to plan, host, attend, and take on leadership roles in events and activities for volunteering, learning, and community connection.

Whether it is trivia nights, talent shows, book and film discussion groups, banking, introduction to the trades, first aid, or virtual art nights, there is a need for free and inclusive youth programming in the qathet region.

"We provide the opportunity to make a difference, to connect with causes that inspire compassion, to care for one's peers, and the support needed to achieve at school and in the workplace," said Jayde.

The list of opportunities is long and broad as this is a youth-led initiative. We are planning a Dungeons and Dragons class, and hope to do some fruit

picking this summer, said Jayde.

For more information, find Volunteer Powell River's Youth CAN on Facebook at VPR's Youth Steering Committee or on Instagram @volunteerpowellriver or visit their website at www.yscpr.com

Big win for local digital film students!

Powell River Digital Film school students have won the Toronto Film Channel Award for best Canadian student film for a short film titled: "Alone Together."

The film was directed by Max Chihasson, and it follows the story of a teenager who was left home for the weekend. In search of someone to play games with, he finds a new friend in an unexpected place.

The film was shot, edited and completed by a group of local students from the Powell River Digital Film school, with some acting help from instructor Tony Papa, and appearances by Jim Palm and Astra Balogh.

The students include Annabel Geujon, Lucas Wyka, and Isaac Percy.

The film is available to view on the Powell River Digital Film School's Vimeo page. It's short, and worth a watch!

WIB awards go online

The Outstanding Women in Business Awards will be held virtually this year.

These awards recognize women who have truly excelled, not only in their professional lives but also as leaders and role models in our community, says WIB President Jennifer Konopelski.

"Powell River Women in Business won't let COVID-19 defeat us! We will hold our annual awards virtually," said Jennifer. "You can attend the awards from the comfort of your own home and dress to impress or for comfort!"

Tune in on Wednesday, June 16 at 7 pm for the live-streaming event. "We will be hand delivering the winners awards that evening, along with some awesome door prizes for our viewers," said Vice President Stefanie Pletscher.

And this year's virtual awards are absolutely free to attend!

Door prizes are still needed for this year's awards. If you would like to contribute a door prize, please contact Christine Konopelski at 604-413-0903 or Christine.konopelski@outlook.com before June 12th.

Contact Jennifer at 604-223-7732 or thenutcrackermarket@gmail.com, or Stefanie at 250-204-5446 or Stefanie@thecraftymedic.com for more information, and check back in *Powell River Living* next month for instructions on how to "attend." **PL**



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

MAIL BAG

Patricia may make it after all, thanks to you!

Dear Powell River Living,

Thank you for your story on the Patricia Theatre in the April edition of PRL. The response from the community has been tremendous! Over the past three weeks the Film Society had more than 300 online donations – we’ve also received a number of very generous large personal cheques – all told, more than \$90,000 of tax-deductible donations have been received.

The crisis of the April 30 deadline has been averted, and the First Credit Union has made a short-term renewal of the mortgage. We have extended our agreement with the Patricia Entertainment Company, and now have until August 15 to complete the purchase of the theatre.

We’ve received funds from people who have never even been to the theatre, but support independent cinemas such as ours. The folks at the Rio Theatre in Vancouver have championed our cause to their community, and they’ve been a great source of helpful guidance and donors.

As I write this letter, we are anxiously awaiting word from Powell River’s Community Forest on our grant application for assistance in acquiring the historic Patricia Theatre. We strongly believe that the theatre is a community asset that is worthy of their support. Without this support the transition of ownership to the society will be much more difficult.

Readers can visit prfilmfestival.ca and select Patricia Theatre Forever to learn more about how to help us with our cause. The theatre is an important gathering place for the community, and I will celebrate our return to a venue that’s as old as the city itself.

Gary Shilling
executive director
Powell River Film Society

Books get reincarnated

Dear Powell River Living,

I am responding about the article in the April issue of the *PR Living* – “Our super green thrifting scene.”

Carol Skorey comments that “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.”

Prior to COVID-19 we could recycle the books by ripping off the covers and taking the books over to Augusta. Once COVID-19 hit we could no longer do this. Augusta management explained that China was no longer accepting paper, so they were no longer taking the books. No money in paper.

They do accept shredded paper.

Magazines are recycled at Augusta, I double checked with them recently.

For books we have to rip the covers off and take them to the dump. We have two members that cut 1/4 to 1/2 inch off the spines and then the paper goes into a shredder that the club purchased. Then bags of shredded paper are taken to Augusta.

I have been in touch with the Hospital Auxiliary to let them know what we are up to. I only found out last week that their unwanted books were going to the dump.

When we get books that smell musty, they go to the dump. We are fussy about the books we do accept for sale, they need to be in good condition, no underlining, high-lighting, no missing pages or covers, no coloring or writing.

Kathy Maitland
Kiwanis Club of Powell River

Viva the clothing revolution

Hello Powell River Living,

I just wanted to say thank you for the very well presented issue around the “Fashion Revolution”. I think it provides great food for thought, and a movement towards a more sustainable perspective on clothing. So it’s very much appreciated from our end.

“Clothing is our chosen skin.”

Shaunalee Yates
for Eunoia

Awww.... Thanks.

Dear Isabelle,

Loved your piece about letting go of your house. Wishing you and your boys all the best.

Steve Short **PR**

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100 years of dial phones

The Mill installed BC's first rotaries in 1921



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BY ISABELLE SOUTHCOTT

Before rotary dial phones, making a call went like this. You'd put the cone to your ear, speak into the receiver, and tell the local switchboard operator who you would like to talk with. Then, she would connect you—often connecting through several other operators—to your call's destination.

Or, if the person was on your party line, you could crank the phone a certain number of times to alert the other person it's them you're searching for. Two rings for the Percy household, for example. Five for the Woolleys.

Rotary phones changed all that. For the first time, callers could simply dial the code of the person they're calling.

Powell River was a communications leader in British Columbia. In 1912, the Powell River Company installed crank telephones in the mill and in the homes of their department managers. At that time, a switchboard in the Company office connected 50 crank-type magneto phones.

In 1921, the Mill installed 200 dial phones. And in 1930, Powell River re-

ceived BC's very first radio telephone circuit.

That same year, the North West Telephone Company purchased the Powell River phone system. At the time Powell River had 284 dial telephones.

In 1961, North West became BC Telephone and the number of telephones in Powell River had grown to 4,000 in 50 years.

Locals relied on phones to communicate but those who operated the systems often went above and beyond. According to *Powell River: The First 50 Years*, in the 1950s, telephone operators would give people wake up calls or tell people the correct time on request!

Although the use of phones continues to climb, there's been a shift from landlines to cell phones and internet.

Thanks to the telephone, we can talk to our loved ones on the other side of the world and conduct business face-to-face (virtually) in foreign countries. Phones have reshaped our lives, personal relationships, businesses and society and it's hard to imagine what it would be like to live without one for very long. **PL**



Wife & husband's first direct distance call

Above, Mrs. Kathleen Bell-Irving on the phone, during Powell River's first direct-dialed telephone conversation with her husband Mr. Robin Bell-Irving in Vancouver, November 1930

Two hundred telephones were installed in the Townsite by the Powell River Company in 1921, the first rotary dial telephones in British Columbia. The Powell River Company's Authority for Expenditure Report for 1921 indicates the installation of the Automatic Telephone System cost \$18,977.71, a tidy sum back then.

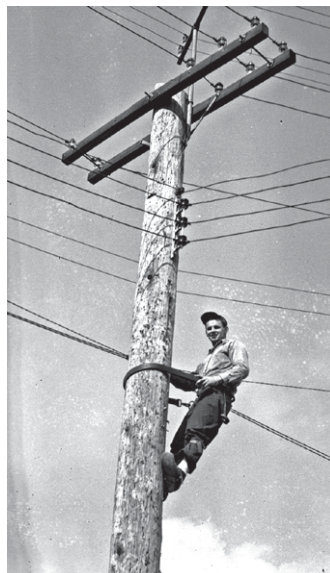
Powell River again led the way in communication when in 1930 radio-telephony was given its first practical application in Western Canada, establishing a direct communication link with Vancouver. After several months of experiments

the B.C. Telephone Company established an experimental station at the Powell River Company mill.

This new connection was established using a combination of radio waves (between Powell River and Campbell River across the Gulf of Georgia) and wire communication, using the island land wires of the B.C. Telephone Co. to Vancouver.

The radio-telephone service allowed for calls to be connected almost instantaneously with clear and distinct voice reproduction. It was also made accessible for public use for residents wishing to communicate with Vancouver or any mainland or island town.

From the Powell River Historical Museum & Archives website, under "Powell River Firsts."



POWELL RIVER SAYS "HELLO":

Top left • North West Tel operators at the Powell River switchboard, 1952.

Middle • Radio beam house on Wildwood Hill, 1952.

Middle right • Serviceman, 1952.

Far left • Powell River Telephone Office (no date).

Far left bottom • North West Tel machine room, 1952.

Bottom middle • North West Tel service truck, 1958.

Bottom right • Reproduction of the original 1921 candlestick dial phone.

Photos courtesy of the Powell River Historical Museum & Archives

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How significant were dial phones, really?

Pre-1700s • Smoke signals and drums are the first long-distance communication. Homing pigeons, semaphore, and beacons added to the mix.

1790s • First fixed semaphore systems emerge in Europe

1837 • Electric telegraph patented in the USA.

1876 • Telephone patented in America – the first are hand-crank “candlestick” styles

1901 • Radio patented in Italy

1894 • Rotary dial system first invented

1919 • Rotary dial phones first used in North America

1921 • 200 Rotary phones are installed in Powell River

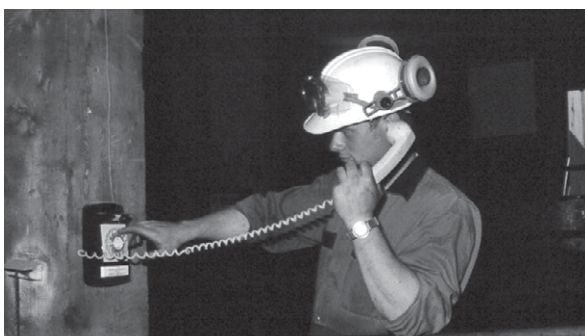
1962 • First telecommunications satellite launched into space

1963 • Touch tone phones in use, often replacing rotary phones

1972 • First computer-to-computer message sent

1973 • First mobile phone

2004 • Facebook founded. No other communications system will ever surpass this one... in Powell River, anyways.



WHAT'S YOUR NUMBER?: Top, The Powell River Company's Mr. Jack Gebbie with his curvy wall-mount. Middle, a less-groovy dial phone at the mill, 1987. Above left, touch-tones and feathered hair at the Mill in 1986. Above right, Frank O'Brien using the new phone booth on Marine Avenue in 1970.

Photos courtesy of the Powell River Historical Museum and Archives

The pleasure and pain of the dial

BY KAREN SKADSHEIM

I feel sorry for the youth of today. They will never know the human drama of trying to be the third caller to win tickets to THE concert of the century using a rotary phone. Imagine, if you will, having to use your finger to move a dial around in a circle to generate ONE SINGLE DIGIT of a phone number!

GASP Say it isn't true grammar!

Oh, it's true all right. And there were still six more digits to go! Even if you were super duper clever and dialled the

first six in anticipation of the announcement that it was time to call in, you ran a very real risk of the call timing out and it all being for naught.

Yes children, the struggle was really real. And did I get the tickets? No way, Jose.

And yet, the charm of the old rotary telephone remains. I still enjoy the heft of the handset and being able to rest it (relatively) comfortably between my ear and shoulder so I can jot a note. And let's not forget: you never have to wonder where your phone is. **RL**



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It's on!

How to help the future Kindergarteners in your life look forward to September



Above, Edgehill Kindergarten teacher Tina Crookshank reads to her class outside.

First-time Kindergarten mom Emily Janes was dreading sending her son, Cameron, to school last September. All of her ideas about what the experience would be like for him were erased - because of COVID. She had looked forward to volunteering in his classroom. She couldn't. She was hoping he'd have the chance to meet his peers before school started. He couldn't. Those touchstones were gone.

But thanks to the work of teachers, staff, and parents and caregivers, Powell River's Kindergarten classrooms have remained safe, engaging, and stimulating places for our youngest students.

"His transition into school was so beautiful," said Emily. "He's just thriving. As the months go on, we're just blown away. The school experience looks different for us, the parents, but not for him. This is his Kindergarten experience."

That's good news, heading into the second year of COVID-upended Kindergarten readiness programming. Normally at this time, September 2021's preschoolers would be attending StrongStart or preschool, going to the Ages & Stages child development event, and experiencing Ready, Set, Learn, a chance to meet their teacher and classmates, and see inside their classroom. Those experiences have been rejigged for this year (see below). More importantly, School District 47's Kindergarten teachers now have over a year of teaching with COVID guidelines behind them, and they're ready for another.

Cameron is in Tina Crookshank's class at Edgehill Elementary. Tina (Mrs. C.) has been teaching Kindergarten there for 13 years - and says this year has

been like her first year teaching all over again, as she had to restructure each lesson and each transition to adapt them for COVID health and safety measures.

"We were all anxious at the beginning of the year. It's been very challenging teaching little children in a pandemic because they don't all understand what the coronavirus is. They just want to play, learn, be loved, and make a friend," said Tina, who mentions that she misses the hugs that are normally a big part of her classroom. "Children are like magnets - they like to be together, not apart."

However, she described her year as "one I will definitely never forget."

The silver lining during COVID was how healthy the children have been, and she has been, too. They wash their hands at every transition and everyone has their own supplies in individual bins. In addition, she's spent much more time teaching outside (see above) - another positive.

Tina said the skills that future Kindergarteners can practice this spring to help them be ready for the fall include listening to an adult who is not a parent or regular caregiver - something they can practice at StrongStart Go (see below).

"Also, visit the playground at their new school. Over the summer, read to them, talk with them about all of the wonderful new things they will do in Kindergarten (Gym, Library, Music, Centres, meeting new friends), and be excited about embarking upon this new milestone"

And as for those hugs, Tina has promised this year's students that "once this is over, we're going to have the biggest group hug ever. And they're so excited."

"My Child is Starting Kindergarten" May 10 from 6:30-7:30pm via Zoom

A parent/caregiver info session on what to expect for your child entering Kindergarten. Ways to connect with your school, how to support your child's transition to Kindergarten, a question period and more. Information on how to sign up can be found on the District website.



StrongStart

Usually • Strong Start is a play-based, preschool-like program that takes place in three local schools. It's free - and drop-in.

Under COVID • Currently, the program is divided into two: StrongStart GO, which happens outdoors in parks rain or shine in collaboration with the ORCA Bus; and StrongStart DO, an online program that provides publications offering themed activities for families to enjoy each week, including arts, literacy and cooking, as well as daily posts on Instagram ([sd47strongstart](https://www.sd47strongstart.com)). Visit www.sd47.bc.ca/Programs/earlylearning/Pages for both programs.

Ages & Stages

Usually • Ages & Stages is a fun event at the Recreation Complex for 2 to 5 year olds and their caregivers, where adults can talk to the professionals about their child's development and Kindergarten readiness.

Under COVID • This event will not happen this year. Instead, visit Ages & Stages on Instagram ([agesandstagespr](https://www.instagram.com/agesandstagespr)), where you'll find introductory posts featuring the many professionals who can help your children and family here in Powell River.

Ready, Set, Learn

Usually • Ready, Set, Learn is a series of events at schools, where children entering Kindergarten are invited in the spring to visit their future classroom, and meet their teacher and their peers.

Under COVID • Future Kindergarteners and their families cannot go into schools this spring. Instead, families can visit the Kindergarten display at the Library where they can grab a resource pack. In May and June, watch for school specific outdoor events where children can meet their future classmates (if COVID protocols will allow).

Want to learn more? Contact us.
4351 Ontario Ave • 604 485-6271
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TULIPS AND WINDMILLS: Post-war, John and Marie Straathof brought the best of Holland to Westview as a nursery and florist / garden centre. *Photos courtesy of the Powell River Historical Museum & Archives and Glacier Media*

The original garden centre



BLAST FROM THE PAST

JOËLLE SÉVIGNY

May — at the Straathof's house, it's Mei, and one of the busiest times of the year.

John and Marie Straathof, originally from Hague, Holland, came to Powell River in 1952 and joined siblings that had already settled in the area. After the war, they had heard that this beautiful town on the coast of BC had land, jobs and opportunities. They left their war-torn country behind and settled on Sutherland Street in Wildwood, along with their nine children at the time. Powell River was paradise for them.

At first, John worked at the mill and after five years, he left to start his own business: a nursery. Friends thought he had gone crazy, but John was driven. He taught himself horticulture and opened Straathof Nurseries in 1957, which went on to support his family of eleven for over 12 years.

In 1959, the Straathofs leased land from Olive Devaud and moved their nursery to 4195 Westview Avenue. It became the largest nursery in town,



spreading from Huntingdon to Kamloops Street. A storefront and florist shop was even opened in 1963 at 4727 Marine Avenue called Straathoflora.

They sold everything from tulips to evergreens, shrubs, roses, fruit trees, fertilizer, and so on. John also built three greenhouses where he grew tomatoes and bedding plants. It was a year-round business; at Christmas the greenhouses became filled with cyclamen and poinsettias. Always busy, John also made his own dandelion wine and kept five beehives.

In the spring, the nursery was truly a remarkable sight: many will remember the iconic Dutch windmill towering above the brightly coloured tulip field. The Straathofs treasured their wide variety of tulip bulbs and roses from Holland; their granddaughter fondly recalls getting in trouble for running in the tulip field as a young girl.

Perhaps you will consider buying some tulips this year for Mother's Day—as Straathof Nurseries used to say: "Remember, the gift that tells Mother you love her is the most beautiful gift of all – flowers from Straathof."

Blast from the Past is written monthly by Powell River Historical Museum and Archives public engagement coordinator Joëlle Sévigny.

PS | jssevigny@powellrivermuseum.ca



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I MADE THE MOVE =

Burnaby pipeline escapees resonate with UnspOILed Coast

Originally from England and Germany respectively, Bob and Ika (Angelika) Hackett met in Kingston, Ontario, in 1977, where Bob was doing a doctorate in Political Studies, and Ika was teaching German, French and Spanish in secondary school. They moved to Burnaby in 1984, where Bob taught media, journalism and democracy at Simon Fraser University. Ika became a freelance tutor, translator and interpreter; and they raised two bilingual (German) daughters, Karina and Melanie.

Why did you choose to move here?

Bob & Ika • Our older daughter and son-in-law, Karina and Murray Inkster, moved here from Vancouver in 2018 to escape city traffic, noise and expensive housing, and quickly fell in love with Powell River. So did we, when we started to visit them. Also that year, Bob retired from SFU and we were ready for a lifestyle quieter than the hyper-developing metropolis.

When? Where from?

Bob & Ika • In 2019 we bought a condo in Powell River as a second home and moved in permanently from Burnaby this March.

What surprised you once you moved?

Bob & Ika • The range of interests, cultural activities and businesses available here for a town this size. And beachside palms!



TEACH-IN : Bob and Ika Hackett learned about Powell River over many years, then followed their family here.

What made you decide to move?

Bob & Ika • Burnaby has been a wonderful home, but unfortunately the TransMountain pipeline and tank farm expansion (TMX) is turning it into a sacrifice zone for the fossil fuel industry. COVID-19 reduced the attractiveness of staying in the city, but also made housing a seller's market. It was the right time to move.

Where is your favourite place here?

Bob & Ika • The well-maintained forest trails; the beaches; sunset views from our balcony over the Salish Sea; quiet back streets; the Seawalk where we love greeting dogs (and oh yes, their owners!).

How did you first hear about us?

Bob & Ika • We drove through many years ago on a family holiday, but honestly gave Powell River little thought until we met wonderful people, who in 2018 came down from the Sunshine Coast to help us defend Burnaby Mountain against the dangerous, unjust, unnecessary and expensive TMX

project. The local group UnspOILed Coast was an inspiration. Then we learned more about Powell River as Karina and Murray settled in.

What would make this a nicer community?

Bob & Ika • Less car traffic, especially on Marine Avenue; more bikes, pedestrians and bus passengers. Go Zunga! Less poverty and addiction – difficult issues. More sustainable forestry practices.

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

Ika • Recycling and compost pickup for condo/apartment complexes.

Bob • We appreciated Burnaby's consistent opposition to senior governments' over-investment in fossil fuel infrastructure. And Philosophers' Cafés.

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

Bob & Ika • Finding medical professionals (we've found good ones now!). Socializing

with new friends during a pandemic (hopefully over soon!).

If you were mayor, what would you do?

Bob • From what we hear, strengthen conflict-of-interest and transparency practices. Hold community roundtables with residents – including unions, businesses and First Nations – on a green path to jobs and shared prosperity.

Ika • Continue supporting eco-friendly, community-building, affordable housing and local food & green jobs initiatives, e.g. Blueberry Commons, inclusion Powell River, Sunset Homes.

What are Powell River's best assets?

Bob & Ika • Sense of community, easy access to nature, outstanding views, walkability, relative insulation from urban sprawl; less light pollution for stargazing; friendly people with a high sense of political and civic engagement; proximity to Tla'amin First Nation (we aren't related to Hegus John Hackett, but we are grateful to be living on their traditional territory); a vibrant and welcoming music scene, which we hope to join after the pandemic.

What is your greatest extravagance?

Bob and Ika • Although Ika makes most of our clothes, we splurged on great raincoats from Fits to a T. We bought two e-bikes locally. And we love Base Camp's carrot muffins!

Which talent or superpower would you most like?

Ika • To become instantly proficient on any musical instrument.

Bob • To persuade the world to confront unpleasant but urgent realities like climate disruption, and to respond effectively, collectively and ethically. **PL**

WHERE YOU BANK MAKES A DIFFERENCE

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BUSINESS NOT AS USUAL

The food biz: so many challenges, so much good will

Business partners Sarah McClean and Mike Salome own Point Group Hospitality, which includes Costa Del Sol, Coastal Cookery, and Culaccino. Restaurants have been particularly hard-hit during the pandemic, facing an ever-changing litany of new protocols.

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

Sarah • Affecting our staff jobs. I had never been in the position to lay people off before. It was horrible.

What opportunities did you see?

Sarah • To pivot. Make the best of the situation.... look through a new lens; what can we do that we have never done.

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

Sarah • We implemented new forms of technology that we had been procrastinating over for years, and when COVID hit it was like let's do it all, be the most efficient we can be and let's do it now!



THE PATIO PIVOT: At Costa Del Sol, Coastal Cookery and Culaccino (above), Mike Salome and Sarah McClean offer a chic outdoor experience, the latest in 15 months of changing COVID protocols.

Photo by Sean Percy

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

Sarah • I have used everything that has been available. Better support for grant funding would be nice, but I am reaching... honestly we live in such a privileged country and province that enables small businesses not to collapse in the wake of this.

Have you received any help, support or inspiration?

Sarah • Watching social channels of other operators that I admire. Restaurants Canada as well as ABLE (BC's Alliance

of Beverage Licensees) and the BC Restaurant Association have been paramount through this process. Absolutely paramount.

How has the pandemic impacted your customers?

Sarah • I think mostly our guests feel frustrated for us, but they have adapted. We have been so lucky to have such great local customers that support our COVID safety plan and respect the Provincial Health Officer.

How has it impacted your staff?

Sarah • Their job is constantly changing as it always was, but it is fast now and there is no space or time to question it. Just teamwork to be the best example in our industry—all our staff want to feel proud of that. They have had to be more self sufficient, take health and safety to a whole other level.

How has it impacted you and your family?

Sarah • In the beginning last year it changed everything, two working parents trying to home school and be all the things for all the people. Once summer came we were able to get into a better routine, but it was still very hard. As of now, aside from our children knowing way too much about global pandemics and pivots in the restaurant business, it is being a kid as usual with a mask and a lot of sani!

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

Sarah • Don't think this is over...it isn't.

What changes will you retain into the future?

Sarah • Continued enhanced health and safety, be prepared for anything especially when times are good.

What's surprised you most during this time?

Sarah • How fast things can change. How long it has gone on.

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

Sarah • I don't know. I am not sure I can visualize a normal at this time, it seems that as soon as we do we are blind sided with three steps back. **RL**

WHERE YOU BANK MAKES A DIFFERENCE

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Think before you hedge

Thinking about planting a hedge this spring? Hedging can be a wonderful addition to a garden. One of the most common uses is of course to screen along property boundaries, but hedging can also be used to block noise, filter road pollution, slow wind, or to provide structure and formality to an area of the garden. Hedges of course do not always have to be highly-trimmed perfectly symmetrical evergreens. A hedge can be deciduous, informal, flowering, fruiting, or even a mix of species planted together.

Every spring I see new hedges going in all over town with varying degrees of success. So, before you set out and start digging the holes and plopping some green things in roots side down, I thought I would expose the process and give instructions to make certain you have horticultural success.

Maintenance

As with all things in life, a hedge will require significant maintenance. Personally I think this should be the number one consideration, as it has bearing on the final size and species chosen. Having a professional horticulturalist come in and do the hard work of pruning your hedge can be costly, so it is best to plan with this in mind. If you are going to do it yourself it also will require specialty tools like hedge trimmers and orchard ladders.

Some plant species like Yew for example are slower growing and require much less maintenance than a species such as Leylandii cypress which grows extremely quickly and may need multiple trims per growing season.

The taller the hedge, the more maintenance it will require. 6.5 feet is my preferred height as it is easy to maintain yet high enough to prevent snooping eyes. In my experience anything over the 6.5 feet adds an extra level of difficulty because you will be relying on large ladders to keep it trimmed up.

Plant selection

It is important to plant the right plant for the right place. You have to keep in mind all the conditions that affect the growth of plants. What is the soil like? Is it dry and poor, or wet heavy clay? Is the location shady or in full-sun? Is the site near the shore? Each condition will have a bearing on what can be grown with good success. So do your research and choose the best plant for your conditions. You can use native trees like Red cedar and Douglas-fir as hedging. However, in my experience they do not look too good over time.



A GROWING CONCERN

JONATHAN VAN WILTENBURG

Planting

Planting up a new hedge is not hard or complicated. Set out your plants with the appropriate spacing. Resist the urge to have an instant hedge and space them according to the label. Do not plant them too close! The plants will compete with one other, and you will get die back of one or more.

Next dig a hole at least twice as wide as the root ball or pot it has arrived in. Pull the pot off and tease the roots apart. It is imperative that you get the roots to grow outward and not around and around in the planting hole. Be very careful when establishing the depth of the plant.

Do not plant your specimen too deep. The spot where roots meet the stem is called the collar. The collar should always be at or slightly above ground level. I see plants planted too deep all the time, and it kills them. Once you have the tree half planted with soil, water it. Then finish adding the rest of the soil and make a slightly raised ring of soil at the base of the plant that will hold water. Water it again. If possible cover the area with a good layer of mulch, being careful not to damage the raised bit you made earlier. It will serve as the trough for future watering.

May's top priorities in the garden:

- Stay on the weeds.
- May is the month that frosty nights are behind us! It is best to plant out your beans, tomatoes, peppers, eggplant, soybeans, ground cherries, squash, melons, when the night time temperatures are consistently above 10 degrees.
- Finish deadheading all your spring bulbs. Don't cut the foliage back until it has died back and turned yellow.
- Remember to keep sowing small amounts of vegetables every three weeks or so.
- Watch out for pests on fruit trees, summer annuals, and vegetables.
- Fertilize anything that can use a boost.
- If you're an obsessive gardener like me, dead-head your rhododendrons after flowering.
- If May looks wet and cool, you may still have time to renovate your lawn.
- Begin staking and tying up your perennial border and tomatoes.
- Harvest your rhubarb and asparagus.
- Keep an eye on your roses. Look for aphids, black spot, rust and powdery mildew.
- Prune back your early spring flowering shrubs.
- Watch that greenhouse temperature. When the sun is shining, be sure your greenhouse is sufficiently ventilated. Try to keep the temperature below 30°C. Around 20°C is best.

Watering

Count on watering it for the first two summers. A lot of gardeners like using those cheap soaker hoses; I'm not a fan. They are not pressure regulated so one end always gets way more water than the further end.

Watering by hand will work nicely too, especially if time has been taken, at planting, to create tree wells for the water to sit in at planting.

Water deeply at least once a week, and even more if we have particularly dry weather. If you want the hedge to grow quickly, the monthly addition of a water-soluble fertilizer would be an addition to the watering regime.

RL | jonathan_vw@yahoo.com

Jonathan lives and gardens north of town. He feels lucky to earn a living gardening. He loves growing food for his growing belly but also enjoys finding ways to cook and preserve the food. However, he finds equal satisfaction tending the flowers as well.



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BUSINESS AFFAIRS

SEAN PERCY

Faster food

There's a new food delivery service in Powell River. **Feastify** is already working with McDonald's, A&W and Subway to deliver food to your door. The company says Dairy Queen, Coastal Cookery and Culaccino Modern Italian restaurants will be added to their service soon. When *Powell River Living* spoke with Feastify CEO **Chris Thomas**, he said the company had already contracted with eight drivers in Powell River, and he expects more to be added. He said he hopes to have 15 Powell River restaurants on the Feastify app in the next year. Chris started Feastify as a one-man show in Brandon, Manitoba, in 2018 and now has 26 employees and contracts more than 600 drivers in 78 communities from Ontario to Vancouver Island. Feastify focuses on smaller communities, around the size of Powell River, thereby avoiding competition with behemoths like Skip the Dishes or Uber Eats.

"It has been a great start for us in Powell River," said Chris. The company had more than 100 orders in the first week here.

To learn more or order, visit feastify.com or download the app.

Blizzards cause traffic backups

Dairy Queen opened its doors April 26 at the Town Centre across from Starbucks. With lineups backed up beyond RONA for the drive-through on opening day and continued long lines in the following days, Powell River residents gave a warm welcome to Blizzards and other frozen treats from the newest fast food franchise in the area.

The restaurant was originally scheduled to open in July of 2020 but that date was pushed back several times because of the pandemic, said owner Ghitish Bhalla.

The Tide is higher

Last month, **High Tide Games**, Powell River's only dedicated game store and play space - was purchased by local game publishing company **Idle Thoughts Publishing Inc.** to expand the store's capabilities and services. As part of that endeavour, the owner of High Tide Games relocated from its Marine Avenue location to the former Smoke on the Water location at 1-7030 Glacier Street, across from Lordco near Westview U-Vin U-Brew. The new location boasts nearly five times the floor space of the previous one, says owner **Morgan Roosenmaallen**. That allows for permanent gaming tables for Dungeons & Dragons, Magic: the Gathering, miniature wargaming, and other tabletop games. Miniature painting and hobby services and products are also being planned for. As part of its mission to provide a safe "third space" to Powell River's youth, High Tide Games will be reaching out to schools later this year to try to organize after-school programs for students.

Sewer deal sweet for Calgary company

The City of Powell River has selected Graham Infrastructure LP of Calgary, Alberta as the general contractor for the new Consolidated Wastewater Treatment Plant (CWWTP) in Townsite.

At a cost of \$61,016,432.65 plus GST, the contract is the largest expenditure in the City's history. The total budget for the project is \$76 million. The provincial government will pay for a third of that, the federal government picks up 40 per cent, and the remaining \$20 million will be funded by City taxpayers.

New home improvement store

Fix It Home Outlet, which opened last month on Marine Avenue next to Studio Curious, is an extension of Fix It Repair It Build It, the construction company run for the last two years by

Tim Durrant and Chrystal Gratton. The new home improvement store offers installation service and products including cabinets, countertops, closets, windows and doors, window coverings, flooring, live edge lumber, metal art, and home decor. "We provide professional installation for everything we sell," says Chrystal.

They offer handyman services, renovations, painting, pressure washing, fences and decks, and stairlifts. The outlet also supplies materials to other contractors. Call Fix It at 236-328-0241 or visit 102-4690 Marine Avenue or fixithomeoutlet.ca.

Get in on ground floor with Investors Group

Investors Group is moving on down. The four financial advisors and three staff, who formerly occupied space above the Library, have moved into 2,500 square feet of ground-floor accommodations in the new building at 101-4753 Joyce Avenue across from Royal Lepage. Senior consultant Scott Mastrodonato said the company was looking for a smaller space, and the new building offers "ground level, with great location."

Your say on 141 apartments

A plan to build a 141-unit six-storey (Powell River's tallest) apartment building near the hospital needs a zoning amendment, so residents have until May 14 to make comments in an early engagement process. If the City supports the plan by **Veyron Properties Group**, a public hearing will also be required to rezone the property from Urban Residential Low Density to a Medium Density designation.

City planning staff have recommended the change in the land use designation. Visit participatepr.ca to learn more about the project or to comment.

Business resiliency challenge

Psst...wanna chance to win \$10,000? If you're a Powell River entrepreneur you can!

Enter the launch online challenge by enrolling in Resilient Powell River's online business resiliency program and view five of the program's masterclasses, or complete the Incubation Masterclass Series and a business growth plan, (which can also be developed through Coastline Colab's upcoming Business Planning Fundamentals program www.coastlinecolab.ca), and submit the plan to Spring Activator by June 30.

Coastline Colab, Powell River's co-working space and business training centre, partnered with Vancouver-based business incubator Spring Activator to offer the \$10,000 Launch Challenge to help entrepreneurs and business owners in BC and Yukon invest in launching a new business, product, or service, or in launching an existing product or service in a new market.

"The past year has been challenging for many businesses," said Julie Froekjaer-Jensen, project lead for Coastline Colab. "Entrepreneurs need help to survive and thrive. That's why we brought Spring's business resiliency program to Powell River, and why we're pleased to be part of the Launch Challenge."

In addition to the \$10,000 grand prize, there are gold and silver prizes of digital marketing and strategy packages, and Coastline Colab will be offering a business incubation prize package exclusively for Powell River businesses, which includes a three-month membership at Coastline Colab and six coaching sessions with a professional business coach and branding expert, valued at \$2,000.

To find out more, visit bit.ly/LCPowellRiver, or contact programming@coastlinecolab.ca

More cash for canoe route

Powell River's canoe route will get a much-needed facelift this summer

In February, MLA Nicholas Simons announced the province's CERIP (Community Economic Recovery Infrastructure Program) was giving nearly \$1.4 million to local projects, including the film society and a million-dollar airport runway upgrade. The Powell Forest Canoe Route revitalization project was also awarded \$306,778.

Last week, ICET announced it is contributing \$102,000 to the project.

Hugh Prichard of Powell River Educational Services Society (PRESS), which manages maintenance of the canoe route, says his organization works in close cooperation Western Forest Products and Recreation Sites and Trails BC to maintain the many remote campsites.

The Powell Forest Canoe Route has experienced, year-over-year, an eight to 13 per cent increase in visitors during the past five years and an unprecedented surge of interest by both domestic and international travelers.

The money is to add wayfinding, storytelling interpretive signage, bear proof containers, tent platforms and covered group shelters (among others), which, it is hoped, will boost the profile of the route regionally, nationally and internationally.

PR | sean@prliving.ca

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March for murdered and missing Indigenous mothers, sisters & daughters

Red dresses are a symbol of Canada's thousands of murdered and missing Indigenous women. You may see red gowns hanging around town, and feel inspired to participate in the socially-distanced walk to commemorate the women and their families on Wednesday, May 5.

The event is being organized by Cyndi Pallen with

support from Powell River and Region Transition House Society, Tla'amin Nation, and hehewšin, in partnership with Lantzville's Tso-w-Tun Le Lum Loop Society. Walk, run or bike the loop from Townsite to Willingdon Beach and back. Call or text Cyndi at 604-223-6965 to learn more, and read the 2019 National Inquiry's final report at www.mmiwg-ffada.ca.



May in qathet

To May 29

Challenge to Choose International Women's Day show
At The Art Centre. See Page 43 for more.

Saturday, May 1

Restart of Paper Machine #11
200 Catalyst employees are back to work

May 2 to 8

Emergency Preparedness Week
Register for the new Community Notification System. See ad on Page 9.

May 2 to 9

Walk, Run & Hike for Hospice
See prhospice.org

May 3 to 16

Scott Evans show
Crucible Gallery Townsite Market. 1-5pm Thursdays-Sundays. Sculpture & Drawings

May 5

March for MMIW
See blurb, above.

May 5 to 29

Invasive Species Drop-off Month
10 to 4pm Wednesdays through Fridays, at Sunshine Disposal on Franklin. See ad on Page 2.

Thursday, May 6

First Credit Union AGM
7pm Registration required at firstcu.ca

MS Awareness Month

Mayor and Council will be proclaiming May as MS Awareness month and the MS flag will be raised May 21st to fly until May 31st

ETA Aquarids Meteor Shower

About 30 meteors per hour visible from here. Best viewing after midnight.

Saturday, May 8

Lang Bay Plant & Garden Sale
Noon til 4, Lang Bay Hall. Veggie starts, plants and more! Garden items from floral containers, wooden planters, taking orders for varieties of garlic, plant markers, bird houses, etc. COVID protocols..

May 10 to 16

National Nursing Week

Saturday, May 15

Registration starts at Inland Lake
Half the sites are still first-come-first-served all summer long.

Saltery Bay campsite opens

Registration starts May 18. Half the sites are still first-come-first-served all summer long.

May 20 to June 1

When Colours Bleed: textiles by Amber Friedman and Annie Robinson

Crucible Gallery, Townsite Market. 1-5pm Tuesdays, Wednesdays, Thursdays, Sundays 1-8 pm Fridays, Saturdays

Wednesday, May 26

Total Lunar Eclipse

Visible from here at moonset. Coincides with the full Supermoon; it will appear fuller and brighter than usual.

May 31 to June 6

GoByBike BC
See gobybikebc.ca.

Ongoing:

Mon / Wed / Sat

Kiwanis book sales

9 to noon, 4943 Kiwanis Ave. By appointment 604-483-1440. Fill a bag for \$5. Proceeds to Powell River Girl Guides.

Upcoming:

June 9

Submission deadline for the Powell River Photo Competition

There are two categories for photographers 18+ and photographers under 18. For prizes and competition rules: prpl.ca/files/2021/04/2021-Powell-River-Photo-Competition-Guidelines.pdf

June 14 to 26

PRISMA

An in-person / online hybrid

Holidays

Sunday, May 2

Pascha
Orthodox Easter.

Saturday, May 8

Laylatul Qadr
The last five nights of Ramadan. "Night of Power" when the Quran was sent down from heaven.

Sunday, May 9

Mothers' Day
Send a card. Topple the patriarchy.

Thursday, May 13

Ascension Day
Forty days after Easter, when Jesus ascended to heaven.

Eid ul Fitr

The feast ending Ramadan.

Monday, May 17

Shavuot
Jewish first fruits festival, and celebration of the gift of the Torah.

Sunday, May 23

Pentecost
The descent of the Holy Spirit on Jesus' Apostles and other followers.

Monday, May 24

Victoria Day
Queen Victoria's 202nd birthday. **RL**



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ONLINE IN MAY

May 10

My Child is Starting Kindergarten

6:30 Zoom. Info session for parents of September 2021's Kindergarteners. See ad on Page 35.

May 6 to 16

Powell River Garden Club annual plant sale

A list of available plants with description, size, and price will be emailed to garden club members on May 6 and shared online on May 8. You have until May 11 to submit your order by email. All plants are on a first come first served basis. We schedule an appointment for you to drive by and pick up your plant order at the Curling Club on Sunday, May 16. See powellrivergardenclubblog.blogspot.com for full details

May 7

From Ideas to Finished Book: A Writing Life

4pm via Zoom. Acclaimed author Jen Sookfong Lee will discuss the initial ideas for a selection of her titles, and talk about how the idea became a work-in-progress and then a finished book, with readings throughout. To register mmerlino@prpl.ca

May 15

A Journey Back to Nature

2pm, Zoom. Historian Catherine Marie Gilbert presents a pictorial talk about the history of beautiful Strathcona Provincial Park on Vancouver Island. To register mmerlino@prpl.ca

May 29

Award Winning Novelist Michael Christie

2pm via Zoom. Michael Christie will be reading from and discussing his bestselling novel Greenwood, an intergenerational saga that centres on one Canadian family and their deep linkage with trees. To register mmerlino@prpl.ca

Need A COVID Test? You can get help:

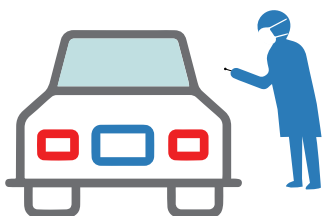
NEW LOCATION
Same website

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(except stat holidays)

EMERGENCY DEPARTMENT

- if you have severe symptoms
- if you can't wait for a DRIVE-THRU appointment



A message from
Powell River physicians



GOBYBIKE WEEK MAY 31 TO JUNE 6

Feel free

BY CATNIP

Oh bicycles... wonderful little machinations of movement. They are so freeing.

I painted this work "Still Free" during the beginning of our collective trauma, this ride some call COVID. With everyone inside, reading the news, having zoom meetings, and baking bread, I was out riding my bike.

Some days at the beginning there, the streets were actually so empty, and I wouldn't see a single soul on the Willingdon Trail. One day I strapped a large yin yang flag to the back of my bike, just to share with whoever was to

observe, that peace is still prevalent in these heavier moments. However that day, I'm sure there was no one who laid eyes on me from Townsite to Westview.

It was a quiet, lovely ride—solo, somewhat dystopian, yet still so freeing. So I came home and took a giant piece of wood and painted this coded illustration to remember those very short days of peaceful apocalypse.

Glad we made it through so far, and now we ride for those that didn't. There might be a long road still to go, but here in our geographical location, if you've got two wheels, some handlebars, a frame, and a heartbeat, you just might be alright. **RL**

Studio Tour is a go!

Yes, there will be a qathet Region Studio Tour in 2021 (but not til August 28 to September 5).

Options will include:

- Virtual (online video) 'Tours' of your art/studio (Yes, there is help to have a "virtual you" captured if you want it)
- In-person showings by appointment only on dates/times artists decide between Aug 28-Sept 5
- Regular drop in/drive by (only if provincial health orders allow)

About Virtual Tours:

These are videos (Vimeo and YouTube for example) that are a wonderful platform for artists to use on social media and we feel that it is a great time to expand our skills and our online presence by moving to this media.

Registration deadline May 15. If you have any questions we can clear up, email malaspinaartsociety@gmail.com

Lorna Downie

President, Malaspina Art Society

Back to back shows

Crucible Gallery is excited to host two important shows in May featuring the work of local artists:

Scott Evans: Sculpture & Drawings
May 3–May 16

"To me, sculpture is primarily the investigation of the many qualities of materials. To play with the shapes and textures of materials, as well as their meanings and their interrelationship is endlessly fascinating to me. Just working spontaneously with a minimum of preconceived notions keeps things fresh and surprising.

When Colours Bleed: Textiles by Amber Friedman / Annie Robinson
May 20 - June 1

New works created from botanical and foraged colours. Colour connects us to the land and each other during a time when we all long for more connection. What if colours are people or emotions? How would one person's colours look, flowing out of their containers to merge and meld with another person's colours?



THROUGH BLUE-TINTED GOGGLES: Film still from "One Year is a Long Time to Sit, Fearing the Air We Breathe" by Sarah Genge - part of The Art Centre Public Gallery's International Women's Day show (see below).

International Women's Day show held over

The Art Centre's "Challenge to Choose" exhibition circumnavigates ideas around International Women's Day.

During the last few months, over 30 artists have submitted pieces to the Open Call Artist Response on themes of gender inequality and bias. The gallery component of the show will run from April 29 - May 29 at the Art Centre above the library.

Hours are Tuesdays, Thursdays, and

Saturdays noon-5pm.

Pick up a free copy of the Exhibition Zine-alogue at the gallery, which contains curatorial notes, text submissions, and a list of all participating artists.

The artist submissions include a media reel of video and audio pieces which are installed in a projection room in the gallery; a continuous loop of short pieces (5-6 minutes each). There will also be a podcast of interviews with the video artists, available for listening at the Art Centre website, Facebook, or Instagram. **RL**

- Laurance Playford-Beaudet

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<https://bit.ly/2QSwYq3>

SCAN ME



or by phone at 604-485-2004 x9

How many of these 78 nearby campgrounds have you stayed at?

We can't imagine that anyone has stayed at every local camp. But if you've stayed at most of these places, we want to hear from you! Please email pieta@prliving.ca.

Close to Town

- Inland Lake
- Haywire Bay
- Willingdon Beach
- Garnet Rock
- Y-Knot Charters & Campground
- Seabreeze Resort
- Oceanside Resort
- Rusty Gate Berry Farm
- Saltery Bay
- Dinner Rock
- Okeover Provincial Park
- Kent's Beach

Texada

- Shelter Point
- Bob's Lake
- Shingle Beach

Savary Island

- Savary Camping & Cottages

Desolation Sound

- Prideaux Haven
- Grace Harbour
- Tenedos Bay
- West Curme Island
- East Curme Island
- South Curme Island
- Feather Cove
- Sarah Point
- Bold Head

- Hare Point
- North Copeland
- Middle Copeland

Back Country

- Appleton Creek
- Beaver North
- Beaver South
- Chipmunk Peninsula
- Dodd Lake
- Eldred River
- Eldred Valley Base Camp
- Goat Lake
- Homestead Creek
- Horseshoe Lake
- Little Sliammon Lake
- Lois Point Horseman's Camp
- Ireland Lake
- Khartoum Lake
- Lewis Lake
- Little Horseshoe Creek
- Little Horseshoe North
- Lois Lake
- Lois Point
- March Lake
- Middle Point
- Nanton Ireland North
- Nanton Lake
- North Dodd Lake
- Tony Lake
- Windsor Lake



Sunshine Coast Trail huts

- Manzanita
- Rieveley's Pond
- Inland Lake West
- Anthony Island
- Confederation Lake
- Fiddlehead Landing
- Tin Hat
- Elk Lake
- Walt Hill
- Golden Stanley Hut
- Troubridge
- Troubridge Emergency Shelter
- Rainy Day Lake
- Fairview Bay

Backcountry huts

- A Branch
- E Branch
- Sentinel
- Emma Lake
- The Last Resort

RVs only

- Texada RV park
- Palm Beach Estates
- Seaside Villa Motel & RV Park
- Red Clay Oven
- SunLund by the Sea

Did we miss a few? Let us know!
Email pieta@prliving.ca. **PL**

From the Beach to the Zoom Call

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Victoria Day long weekend kicks off camping season. So scrub the mold off your trailer, pack some mini cereal boxes, and pick your 2021 destinations.

camp qathet

GOING HAYWIRE AFTER A LONG WINTER: Just a 15-minute drive from town, qathet's Haywire Bay lets kids bust out their bikes and boats.

Photo courtesy of the qathet Regional District

Haywire Bay & Shelter Point

The qathet Regional District has two campgrounds: Haywire Bay Regional Campground on Powell Lake, and Shelter Point Regional Campground on Texada Island.

What's normally offered

Haywire Bay has camping for RVs, trailers, campers and tents, 48 individual sites, as well as showers, playground, boat ramp, firewood sales and two beaches.

Shelter Point has camping for RVs, trailers, campers and tents, 52 individual sites, as well as food concession, flush toilets, sani station, showers, playground, boat ramp, firewood sales and two kilometers of beaches.

How to book

The camping rate for both parks is \$25/night, with an additional \$5 for an extra tent. The sites are first come first served, but it is recommended to call ahead to ask about vacancy. Phone numbers for both parks are on the qathet Regional

District website: www.qathet.ca/connect/qrd-contacts/

The COVID impact

COVID 19 has forced us to close our group sites, our double sites, all shared cooking areas, but our sites are far enough apart that campers can maintain social distancing within the campgrounds. See more at www.qathet.ca/wp-content/uploads/2020/05/Park-Recommendations-2020-06-01.pdf

BY PIETA WOOLLEY

You're not going to Cuba this summer. Logger Sports and Blackberry Fest are a bust. Forget about family reunions, wedding season, or that big, back to school shopping trip.

What's left?

Camping.

So much camping.

It's shocking just how many distinct sites are available to us here in qathet (see list, left). Some are privately-owned, others provided by local governments, and the rest are Provincial.

In this section, I hope you'll be inspired to consider new destinations this summer by tent, trailer or RV, and secure those sites soon. At press time, out-of-province campers can't book Provincial sites online til July 8, but there's nothing stopping out-of-town British Columbians from booking and camping here starting now (except for, you know, those health orders.)

What will
you find at the
Townsite Public Market?



- Art
- Fabric Masks
- Gifts
- Housewares
- Clothes
- Jewelry
- Groceries
- Climbing
- Bakery
- Children's Clothing
- Toys
- Coffee & Treats
- Beauty
- Music & Art Classes

...and so much more!

townsitemarket.com



SUMMER OF STAYCATIONS: At SunLund-by-the-Sea, tent camping isn't happening this summer due to COVID, but RV camping is, and the cabins are open. Like many tourism-oriented accommodations here, operators will take a financial hit due to BC's restrictions banning non-essential travel. But there's nothing (so far) preventing you from staying at owner Ann (behind plexiglass) and Ron Snow's place, and enjoying the micro-walk to Lund.

SunLund By-The-Sea RV Park & Cabins

Only two minutes by footpath to Lund Harbour, SunLund is within easy walking distance of all of Lund's attractions including the bakery, restaurants, general store, marina, pub, water taxi, boat tours, etc. A clean, quiet place to relax or a secure base for outdoor adventuring.



What's normally offered

SunLund offers 32 full-service RV sites, three cabins, clean showers, laundromat, free WiFi, gift shop, online booking/registration, and ocean access.

How to book

Rates are \$42 - \$45/site/night for two people. \$4 for each additional person. Every seventh night is free. Visit SunLund.ca for more info.

The COVID impact

SunLund's washrooms will remain closed this year due to Covid therefore RVs must be self-contained. The showers and laundry room remain open and are sanitized regularly. No tent camping. Bookings are brisk and reservations are highly recommended.

Willingdon Beach Campsite

Willingdon Beach Campsite, owned by the City of Powell River, is strategically located close to downtown. Campers can visit many of the local restaurants and businesses. The site includes a sandy beach, an accessible play structure and a pre-school play structure.

What's normally offered

There are 83 sites total for both RVs and tents. Picnic shelter with propane BBQ. There is also a washroom / shower buildings with a laundry room. The toilets are flushable. WiFi is available.

How to book

Book online at willingdonbeach.com. Per night, the fees are: Full Hookup: \$39.25; Beach Front-no electricity: \$38.50; Beach Front with electricity: \$44; Sites with electricity and water: \$31; Unserviced site: \$28.50; and Tenting: \$25.75

The COVID impact

Reservations are increasing everyday. Book early. During the pandemic campsites will be reduced to 80 percent bookings to ensure physical distancing. COVID-19 protocols in place throughout the campsite.



Rachel Blaney, MP

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

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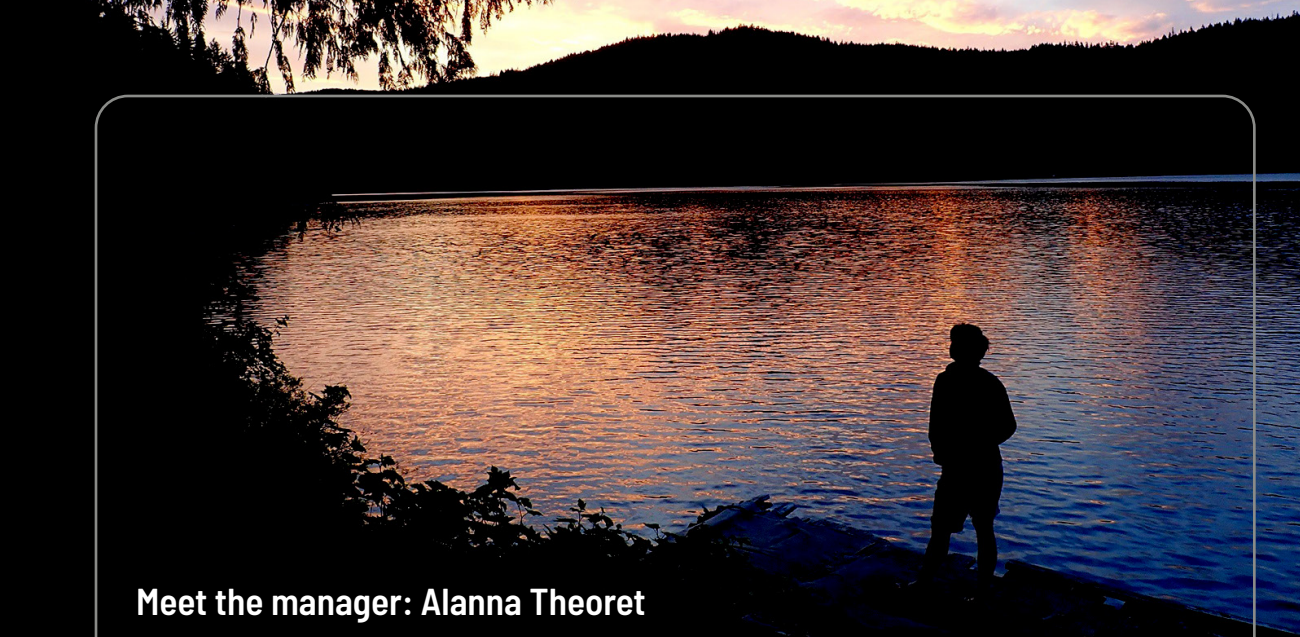
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Meet the manager: Alanna Theoret

For the past four years, Alanna Theoret has been the Recreation Manager for Inland Lake, Saltery Bay, Okeover Arm, and Desolation Sound Marine Park, through Campbell River's Wilderness Recreation Services Ltd. "I work with BC Parks and a fantastic team of locals to make sure all visitors have a safe and memorable visit to the area," she said.

The most challenging part of the job is dealing with vandalism and poachers of shellfish.

Most rewarding part of the job is getting to hang out in beautiful places with stoked people. Doing work on the Inland Lake trail is a definite highlight.

Three best pieces of camping advice: don't leave any food or other wildlife attractants lying around, minimize the amount of waste you produce, and act responsibly so that there are places for your kids and grandkids to enjoy in the future.

Best thing to cook over a campfire: potatoes wrapped in foil cooked on the coals.

Other thoughts, specifically aimed at locals: Please enjoy the Parks responsibly, especially in the off-season. When there is a lot of vandalism and damage to infrastructure, it is your tax dollars that are used to fix things.

Provincial Parks

gathet is home to several Provincial parks, including Inland Lake, Saltery Bay, Desolation Sound and Okeover. This year, because of COVID, British Columbians have first crack at reserving our own parks. Out-of-province campers can start reserving on July 8 at bcparks.ca/reserve/.

Allana Theoret manages all four of these parks (see left.) She can be reached at alanna@wildernessparks.ca.

The Province of BC is also responsible for much of our backcountry camping through Recreation Sites & Trails BC, though many of these are managed by Western Forest products.

Inland Lake Park

What's normally offered

Provincial campground is open year-round. 32 campsites total. Canoeing, cycling, fishing, hiking, hunting, pets on leash, swimming and more. Some facilities and hiking trails in the park are wheelchair-accessible. Pit toilets. Day use / picnic areas.

How to book

Vehicle Accessible Camping Fee: \$18 per party/night. The 15 front country sites are reservable May 15 to September 14, and the rest are first-come, first serve. Discover Camping Reservation System bcparks.ca/reserve/. Wilderness, backcountry or walk-in camping is allowed, but there are no facilities provided. There are three walk-in campsites on Anthony Island. \$5 per person, per night.

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Also contact Wilderness Recreation Services Ltd. alanna@wildernessparks.ca

COVID changes

This year, British Columbians have priority access to camping reservations for the entire summer season. Policy information for 2021 can be found at bcparks.ca/COVID-19/camping-2021. For those coming from out of province, reservations start July 8 for the remainder of the season.

Saltery Bay Provincial Park

A popular swimming and picnic site. Lush forests with large, old trees create a quiet setting for the campground at Mermaid Cove. At low tide, the rocky shoreline often has tidal pools with starfish, sea urchins, small fish and crabs. Scuba diving provides a close-up look at the abundant marine life and a 3-metre bronze mermaid statue. The Emerald Princess statue and wheelchair access ramp were placed in the park through efforts of local scuba enthusiasts. Mounds of seashells called "middens" indicate that this was a traditional gathering area for First Nations.

How to book

Campground open May 15 to September 15, 42 campsites, and 21 of them are reservable. \$20 per night / \$10 seniors, \$10 for second vehicle

Desolation Sound Marine Park

What's normally offered:

This Provincial park is a boater's paradise at the confluence of Malaspina Inlet and Homfray Channel.



BURN OFF THAT ENERGY: Tourism Powell River executive director Tracey Ellis hiked her three boys up to the Golden Stanley cabin.

Yachters have been enjoying the spectacular vistas and calm waters for generations. In recent years, kayakers have enjoyed exploring the islands and coves that make up the unique shoreline. Desolation Sound Marine Provincial Park has more than 60 km of shoreline, several islands, numerous small bays and snug coves. The warm waters of the park are ideal for swimming and scuba diving; the forested upland offers a shady refuge of trails and small lakes and designated campgrounds.

How to book

There are 11 designated campgrounds throughout Desolation Sound, the Copeland Islands and Malaspina Provincial Marine Parks. BC Parks' Discover Camping Backcountry Registration System bcparks.ca/registration/ allows you to purchase a backcountry permit before leaving home.

Also contact Wilderness Recreation Services Ltd. alanna@wildernessparks.ca

Okeover Provincial Park

What's normally offered

On the east side of the Malaspina Peninsula, visitors enjoy canoeing and kayaking, searching out the varied marine life and walking through the lightly-forested upland. This small campground is on the doorstep of Desolation Sound Marine Park. There are 14 vehicle/tent sites open seasonally and four small, condensed sites open all year. Part of the campsite and day-use area are situated on a traditional Sliammon First Nations archeological site. There are interpretive signs explaining the significant aspects of the site.

Wheelchair accessible pit toilets. Boat launch.

How to book

Sites are on a first-come, first-served basis. Camping is by self-registration. There is no fee in the off-season. Vehicle Accessible Camping Fee: \$18 per party / night. BC Senior's Rate (day after Labour Day to June 14 only): \$9 per senior party/night.

Recreation Sites and Trails BC

What's normally offered

Dozens of campsites with limited amenities. Most of those listed under "Back Country" are these Provincial "Recreation Sites."

How to book

Most sites are first-come, first-served. Some charge a small fee. Go to www.sitesandtrailsbc.ca **RL**



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REFRESHED: If you find a messy urban campsite like this one behind First Credit Union, call Lift Community Services for help. *Photos by Jacqui Patterson*

Former forest-dwellers clean up after today's forest-dwellers

One of the best things about living in our community is the easy access to nature, even within the city limits.

It's something that almost everyone is passionate about, which makes it incredibly upsetting when you come across an area of the forest that appears to be disrespected. Anyone with a Facebook account and Swap & Shop has read the comments and seen the photo evidence.

What often isn't shared in the media or online, is the perspective of the people who are responsible, who sometimes aren't just camping in the forest for fun. They're camping because they don't have anywhere else to go. Their furniture, belongings, groceries, garbage and recycling don't have anywhere else to go either.

Imagine the buildup, if you can't leave your garbage on the curb with

a sticker, or toss it in the building's communal dumpster, or continuously use receptacles or dumpsters in businesses or public spaces. Not without the risk of violence or legal issues.

That's why SUSTAIN (Substance User's Society Teaching Advocacy Instead of Neglect) got involved. Members wanted to restore the forest they relied on for shelter before they could move into a home. It took a few people who had lived in the camp, two hours, and one dumpster from the city to clean up the campsite. If we want to maintain the beauty of where we live, we need to collaborate.

Want to know more? Contact Community Development at Lift Community Services 604-485-2004.

- Ashley Van Zwietering, Programs Coordinator, Community Development, Lift Community Services

Crews restore thrashed campsites



STILL SMOULDERING: Shelbie Quinn and her family cleaned up this massive pallet fire at Duck Lake. Read on to find out how you can help.

BY SHELBY JANE QUINN

I have loved being in the back-forty for as long as I can remember. Camping, fishing, day fires at the lakes or rivers enjoying smokies or hotdogs on a freshly carved roasting stick. I think most Powell Riverites can imagine sitting by their favourite spot in the woods

doing the very same; now that I have my own little family I want to continue those valuable memories into my now five year old son. There appears to be a problem however, every campsite/lake spot we have been to this year is already covered in litter. I was always taught to leave where you are, better

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I didn't even want to let my son or the dogs out of the truck due to the amount of nails and metal laying around the "spot." I knew we had to do something.

Shelbie Quinn



ALMOST AS ENJOYABLE AS ACTUALLY CAMPING : Bennett Quinn is a core member of the clean-up crew.
Photo by Shelbie Quinn

than you found it. Apparently this mentality was not taught to everyone.

It was driving me crazy to try and ignore the piles of nails around the large fire pits people have created by burning pallets and garbage. Don't get me wrong I love a good bonfire as much as the next guy, but if I were to choose to have a large fire in a public area I have always brought a bucket and a shovel to clean up my mess.

Two weeks ago we went up to West Lake to let the dogs run and enjoy a birthday dinner for our friend, cooked on a fire in the woods. I didn't even want to let my son or the dogs out of the truck due to the amount of nails and metal laying around the "spot." I knew we had to do something.

I posted online that I wanted a magnet sweeper to safely dispose of the nails and other metal. Then, out of curiosity, I wanted to go and check out Duck Lake; it was in much worse condition, so the next day we loaded up our SUV with a couple totes, gloves, a shovel, a rake, and two magnets.

My partner, son, dog, and I spent two or three hours trying to flatten the campsite before we had filled the vehicle with scrap metal – without even

properly finishing the cleanup. I knew we couldn't do it alone. We needed more help.

I started a group on Facebook called "Powell River/qathet Friends of the forest" with hopes that members of the community feel the same way that we do. Instantly the support was amazing.

I am new to this sense of leadership, but I feel that with our beautiful village it won't be very hard.

I hope that in the future we can get more done than a few dump runs and hard labour; things such as finding donations to cover the soot covered earth and cement picnic tables, proper fire pits. Maybe a bush cam or two to catch anyone disrespecting our forest.

But for now, just a handful of the community donating their time and efforts is extremely fulfilling.

The most rewarding factor for me, is I know that my son is being raised to respect what we have. He loved using the magnets and a smaller shovel that was just his size.

"This doesn't belong here," he said to me.

We are leaving this planet for our children, and our future grandchildren. Let's leave it better than we found it. **PL**



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Cooking with Fire

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BY PIETA WOOLLEY








When the province suspended indoor dining in April, VIU Chef Instructor, Avi Sternberg, created a takeout menu based on BBQ fare. This enabled the Birch Tree Cafe to remain open until the end of the suspension, and provide students the opportunity to practice a takeout restaurant model and build a new skill set: cooking with wood. The VIU-SD47 students learn about the different properties of hard and softwoods, and learn to start and manage a fire down to its cooking embers in the back of the restaurant, across from Willingdon Beach.

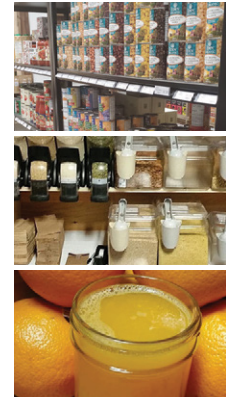
The BBQ menu includes items such as a Mediterranean Lamb Burger, A Plant-Based Burger with Pesto, A Thai-Spiced Chicken Sandwich and a Cedar Plank Grilled Salmon sandwich dressed with Bacon-Mushroom Jam. The VIU-SD47 adult and dual-credit students are working towards their Provincial Red Seal certifications (seats to train at Birch Tree Café & Bistro in the Fall 2021 for the VIU-School District 47 program are still available!).

“Cooking with wood is a craft in itself,” says Avi. “Learning to select the correct woods, start a fire and manage heat while working with natural elements as your instrument creates a heightened level of understanding how grilling works. The natural wood smoke adds amazing flavor to the food. It is a lot of fun for the students to cook outdoors and it creates a great sense of community with persons who pass by. **PR** | pieta@prliving.ca”

TAKING IT OUTSIDE: Top, VIU culinary arts students learn about the different properties of (left to right) fir, maple, birch, cherry and pine woods, among others. Middle, Cedar-plank Grilled Salmon currently featured on the Birch Tree Cafe takeout menu. Bottom, students learned about creating and cooking over embers: the most desirable fire state for food.

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TAKE A BREAK On belonging

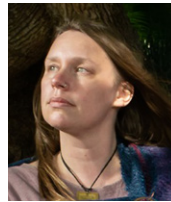
Many of us are navigating the world with some level of disconnection from our cultural heritage and the lands we live on. Traditions, stories, ways of being and relating, our languages and medicine methods may have been left behind during diasporic movement, intentionally decimated by others, or simply feel irrelevant and unrelatable.

We may find ourselves spending our days inside climate controlled buildings, paved cityscapes, surrounded by industrialized consumption, living in an unfamiliar or uncomfortable place, segregated due to illness, ailment, or personal challenge.

There may be a deep feeling of being alone or without community who understands us. It all deeply affects our sense of Belonging and can have us feeling quite separated and without a compass to orient with.

Myself, I have found diving into personal cultural rediscovery along with fostering an animistic relationship with the natural world, give me both a compass and map to traverse the landscape of the realms I walk in. But more than that, it brings also a sense of Belonging. Familiarly greeting the tree outside my window, a reverent knowing of where the Sun rises, whispering with the Moon, harvesting medicinal weeds rather than mowing, helping engage in a reciprocal dialogue and loving exchange with the lands of where I am and to more deeply know each other.

Teachings from my heritage reveal forgotten, yet somehow recognizable routes to follow, inform and inspire. How to approach or regard life experiences as the collective of my family, clan, and people once did. But again, it brings even more than that. Cultivating and reanimating by living practices that make sense to me also allow the experience of beauty in shared wisdoms and cultural cross overs that bridge into an even greater sense of Belonging.



RETURN TO REVERENCE

JULIETTE JARVIS

Finding stories from the lands of my ancestors and the ancestors of the lands I live on that highlight importance and wisdom of the same animals, learning of similar traditional recipes, and recognizing consistent patterns among widespread beliefs, invites us to savour nuances, flavours, and distinctions while fostering a feeling of Belonging in a time when it may feel otherwise elusive.

Without it, we are more easily lost in worlds of division and separation.

An orienteering toolkit to Belonging might include the four cardinal points of:

- Cultivating a reciprocal relationship with the natural world
- Searching our cultural heritage for ways that inspire us
- Spending real time quietly observing and reflecting
- Tenderly holding the complexities we find.

Gathering traditional stories and experiencing the rhythms of the seasons through all of our senses is a beautiful way to begin and you are most welcome to reach out to me through www.returntoreverence.ca for more.

*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***

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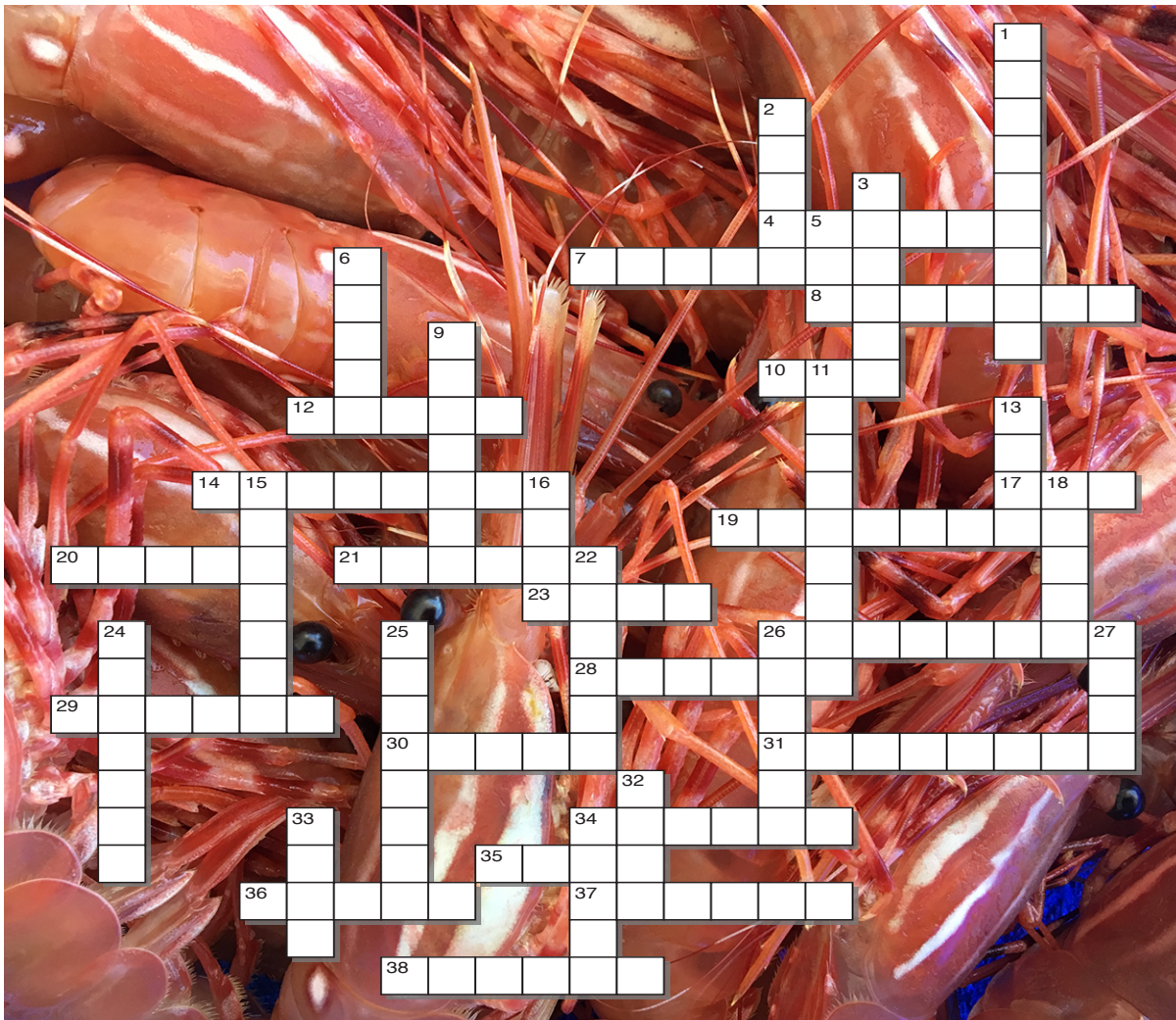
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Across

- 4) Cleanse with smoke
- 7) Maker
- 8) Butterfly or Elizabeth
- 10) Prepaid food boxes (acronym)
- 12) Salmon's Dobler or shrimp's Reid
- 14) Tarl's pals
- 17) Farm property protection (acronym)
- 19) No Doc, but farm's animals may talk
- 20) Herring spawn or Way
- 21) Feline drug, artist
- 23) Doug's customers feel it
- 26) Beautiful valley
- 28) Caught a fish, or SD47's garden learning
- 29) She knows best
- 30) Tasty-tailed crustacean
- 31) Plummer Creek farm, or Kalahari's
- 34) Place where some food grows
- 35) Place where more food grows
- 36) Swing, or bus
- 37) Pain reliever, killer
- 38) Time to plant or Garden Centre

Down

- 1) Commons fruit
- 2) Berry, fitness, shoreline
- 3) Northern lights
- 5) Ma, Mother, Mamma
- 6) Tree café on fire
- 9) Earless artists or prawn Dan
- 11) Lois rainbows
- 13) Phone action
- 15) Crazy campsite
- 16) Fertile dirt
- 18) Wildwood Dairy in '54, or with Clark
- 22) Best of PR, bee prize
- 24) Strong food co-op, or fast water
- 25) Block where you cut, or meat
- 26) Small stone beach
- 27) Cackleberries
- 32) Live outdoors
- 33) Gardeners nemesis, Doug's bandmate
- 34) Mag with lots of clues: Home _____



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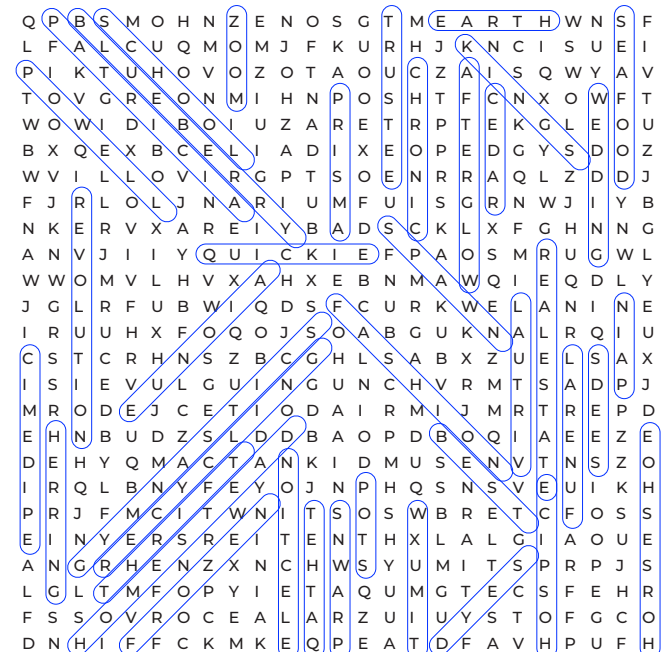
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LAST
WORD

ISABELLE SOUTHCOTT

"Who are you?"

It was March 3; I hadn't seen my mother since her 91st birthday on February 14.

My heart dropped as I choked back the tears. Mum had never *not known me* before.

They say that's how it happens. A little at a time. Minute by minute.

That's how we live and that's how we age. Nature's like that, she can be cruel and she can be kind. At least that's what my father says, and he's 92. "She chips away at us bit by bit until eventually there's not much left."

Maybe it's kinder that it happens this way. If you forget people and what your life used to be like, you might not find it as hard to spend your remaining days living in a hospital or extended care home.

The woman sitting beside me on the bed in the Comox hospital is so frail. She cries out in pain when I hug her and I ring for the nurse.

"Her neck has been bothering her," the nurse explains as she rubs liniment on a sore spot.

I tell her how today, for the very first time, my mother did not know me. How there was no spark of recognition in her eyes, how she didn't call my name when I woke her up.

"When did you last see her?" she asks.

"Just over two weeks ago," I tell her.

But my last proper visit with my mother was on December 13. That was the last time I saw her in her apartment. The building manager allowed me to have a special visit with her because the COVID restrictions had prevented me from visiting her for so long and she thought it would do her good.

Dementia comes in waves I'm told. The nurse says she might remember me the next time I visit. She asks if there have been any other episodes and I tell her "yes."

One day I moved some furniture out of her apartment that she didn't need in order to make it easier for her to get around in her walker. She became very agitated and asked me where I was taking it. Home with me, I told her. To Powell River.

I went to the kitchen to make a cup of tea and she began packing up her clothes and toiletries in her

bathroom. When I asked her what she was doing she said she was moving back to Powell River.

It was so hard to tell her that she wasn't going anywhere.

Before she was in the hospital, she lived at a seniors independent living complex in Comox. Sometimes, for no fathomable reason, Mum would go downstairs and hover around the front door. The duty manager would ask her what she was doing and she would say she was waiting for one of her children to rescue her.

My mum has lived a full and interesting life. She is withering away bit by bit. Her world has been shrinking for the last few years. She cannot venture into the outside world and participate in things; she has lived in her apartment closed off from life for some time now. She spends a lot of time living with her memories.

She's been declining quickly for a while. Too many falls. A UTI landed her in hospital in January and she's never left.

I pass Mum a Malteser candy and she smiles before popping one in her mouth. She's always loved them and fruit jellies best.

I tell her about her grandsons. She is hard of hearing and the masks make it even harder to hear so I write notes on a white board.

"Tell Isabelle I love her," she says, looking at me.

My heart breaks once again.

My mum doesn't want to be here any longer. She's told me that she wants

to die and I don't blame her. She says she is lucky to have three children who love her, but in the end, that's not enough. Just sleeping, eating, and curling up on a hospital bed hoping that a bed in long term care comes available is no way to live. She's as frail as a sparrow.

One visit a week, that's all she's allowed. That's one visit a week from one of her three children, so we take turns. So far, she still remembers my brother. I guess that is because he lives in Comox and has seen her the most.

Mum's eyes droop. "I'm so tired," she says. "I just want to sleep."

She lies back down on the hospital bed and I cover her with a blanket.

"Who am I?" I ask her before I leave.

"I'm Isabelle, your daughter and I love you Mum."

RL | isabelle@prliving.ca



SIBLINGS: Russell Tibbles, Isabelle Southcott and Francesca Dawe, with their Mother Sylvia Peebles, pre-COVID.



Book the restaurant
for **Special Events**

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The Boardwalk Restaurant in beautiful, relaxed Lund

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**Best Fish & Chips, as voted by readers of
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Dine on our
deck, or
take-out!

Zunga Bus

Zunga Bus is a new pilot on-demand transit service operated by the City of Powell River. It's open to anyone and offers fast, fun, easy travel!



11AM - 6:30PM, 7 days/week, \$2.25/ride

Payment is currently via credit card only. Cash farebox is coming soon!



Book with the Zunga Bus app or



Book by phone at 1-833-951-3869

Book instantly or as early as the day before!

Learn more at zungabus.ca



Let's make Powell River a great DOG-FRIENDLY city!

.....
Scoop the poop!

.....
Dogs are safest at the end of their leash.

.....
Dogs must be on a leash in the City of Powell River, unless in designated off-leash areas and private property.

.....
From May 1 to September 15, no dogs allowed at Willingdon Beach and Mowat Bay Park.

.....
If your pooch is loose their license is their ticket home.

Got questions? Call us!

Powell River Animal Control
604-485-8600



MAY RESIDENTIAL CURBSIDE COLLECTION

Sign up for your free curbside reminder by phone, email or text at powellriver.ca



MAY 2021						
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
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30	31					

Garbage Day: **A B C D E** Holiday: **■**

Garbage & Recycling Day: **A B C D E** "Round for Recycling"

GREASE AND OIL DO NOT BELONG IN PIPES

How to dispose of cooking oil and grease:



SCRAPE grease solids directly into trash can
POUR cooled liquid grease into sealable container
WIPE remaining grease and debris with a paper towel

DO NOT POUR GREASE DOWN THE DRAIN

Grease is the biggest cause of clogs, backups and overflows in the sewer system.

powellriver.ca



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Turn your old inefficient wood fireplace into an efficient heater with a new gas insert.

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