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ON THE COVER:

PRL Associate Publisher Sean Percy photographed this wolf eel on the deck of the YOGN 82, which was sunk near Willingdon Beach three years ago this month.



Breathe again

Just before we went to press for this issue, Premier John Horgan announced a four-stage “return to normal” rolling out across this summer. Our masks will be coming off. We can plan meals with friends and family again. Weddings, funerals and other celebrations will be back on. We can travel, and our people can come see us here, in beautiful qathet. Yes, it’s gradual. Of course, the return to normal depends on infection rates staying low. But we can breathe again.



EDITOR'S MESSAGE

PIETA WOOLLEY

This issue is full of both the silver lining and hot mess stories of COVID – even as the virus leaves us, its impact will be with us for a long time.

Silver linings include more time to pursue passion projects, and closer relationships with other humans and animals. These stories include the exquisite underwater photographs by Sean Percy and Bill McKinnon (Cover and Page 6); the men finding Sasquatch footprints near Inland Lake (Page 11), and the dozens of adorable photos of dogs at work lo-

cals sent in for PRL’s contest (Page 24).

Hot mess stories include the rental crisis (Page 32), which has been exacerbated by the sky-high real estate prices thanks in part to COVID. The price of lumber, too, marks this time. Publisher Isabelle Southcott kicks off her excellent series about mad markets on Page 29.

Normally, our summer would be chok-a-blok with plans by now, but—thanks to COVID—rules have been hard to predict. On Page 48, check out the Summer Planner with daycamps, sports, art, events and more. By next month, much more will be happening.

We’re already looking forward to bringing you July’s issue. Not only is it the annual Best of Powell River issue, but it will showcase a qathet booming back to life. We can’t wait.



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“

Our lifestyle choice is uncommon in Western society because we have been taught that leaving your parents and owning your own home is the pinnacle of achievement, and a sign of maturity and independence.

~ Eric Outram, **Page 30.**

”

JUNE'S CONTRIBUTORS



TIFFANY ADAM is part owner and operator of Cadam Construction, mother of four fabulous kids, and aspires to BBQ without burning things. **See Tiffany's story about multigenerational living on Page 30.**



LESLEY ARMSTRONG'S life has become much more horsey since three-year-old Scout joined her family last fall. **See Lesley's story, The Most Handsome Canadian, on Page 21.**



LIZ BRACH and **GERRY BRACH** are long-time residents of Wildwood. When they are not tending their hazelnut orchard, you can find Liz riding her bicycle and Gerry on the golf course. **See Liz and Gerry's story about Useni Mgeni, on Page 15.**



ABBY FRANCIS attends Grade 12 at Brooks. Planning to go into photography and journalism, she has been doing photography for the past four years and writing for PRL for the past year. **See Abby's story about education, on Page 17.**



BILL MCKINNON is a commercial diver, technical diver and underwater photographer from BC who has called Powell River home since 2004. **See Bill's underwater photos on Pages 6 to 9.**

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Three
years
aboard the

sunken YOGN

BY SEAN PERCY

“What did you see down there?” It’s the question every diver gets asked, as they stagger out of the water. Laden with 80 pounds of gear, most divers don’t stop to list all they saw. Those that do, often see their listeners eyes glaze over as they start listing off species of nudibranchs, rockfish and anemones. Or maybe that just happens to the really nerdy divers like me...

In any case, when I was asked that question after my most recent dive, it reminded me of how little landlubbers get to see of what our oceans contain. When I mention the YOGN 82, the ship which most gathet residents haven’t seen since it was sunk off Willingdon Beach in 2018, people invariably ask “Is there anything growing on it yet?” The answer is an

unqualified, “Lots.” So I asked local diving charter operator and photographer extraordinaire Bill McKinnon if I could join him on a couple of dives on the YOGN so we could show people exactly what’s growing on the cement ship turned artificial reef.

Our dives did not disappoint. Most of the wreck is covered in some sort of life or another. Calcareous tube worms cover most of the surfaces. Thousands of anemones compete for space. Urchins crawl everywhere, along with a variety of sea stars and brittle stars. Large schools of perch flow over the upper decks. Clusters of eggs were guarded by male lingcod and cabezon. Rockfish, sculpins, gunnels and gobies hide in every corner of the ship.

Elsewhere, grumpy-looking wolf eels (see the cover of this issue) have found homes in nooks and cran-

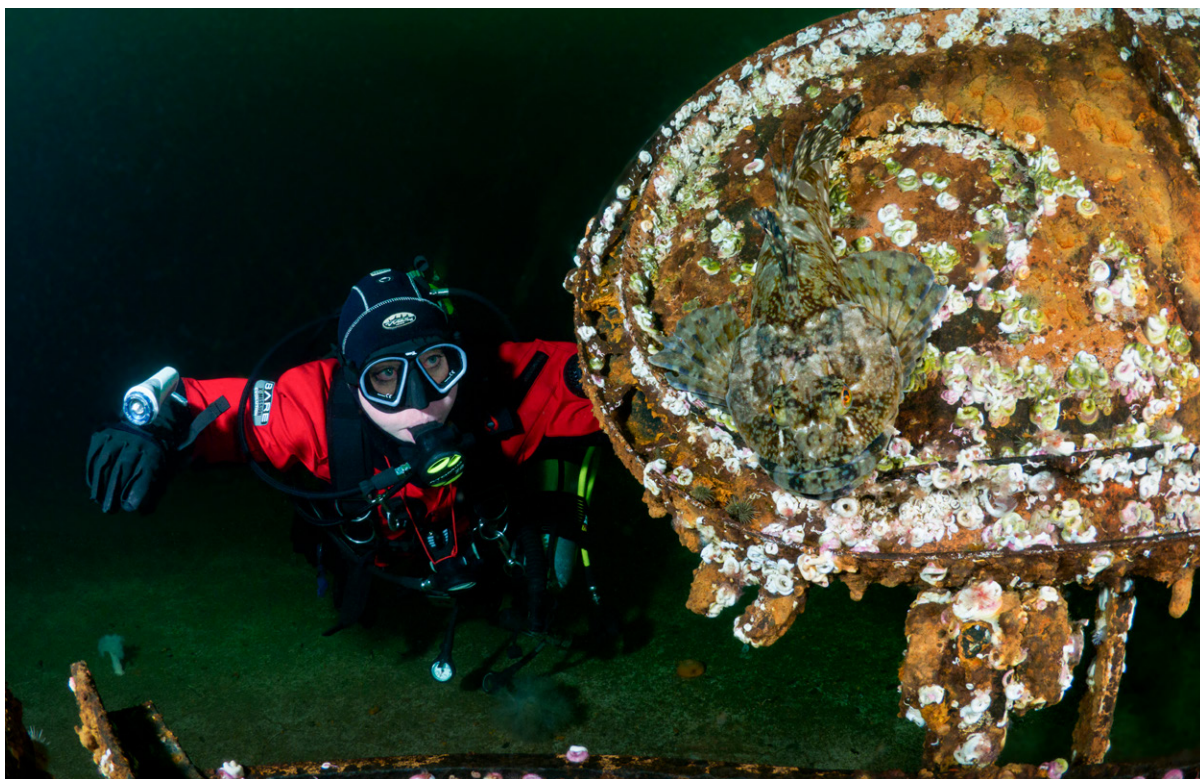


Photo by Sean Percy

Photo by W.L. McKinnon


EMERALD EYES: A cabezon (left) keeps an eye on photographer Bill McKinnon, who also captured Helen Whitaker sneaking up on another well-camouflaged cabezon (above). The YOGN was sunk on June 23, 2018.




Photo by Sean Percy



Photo by Sean Percy

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Photo by W.L. McKinnon



Photo by W.L. McKinnon

nies. At the bow of the vessel, a copper rockfish shares the hawse-hole with a sunstar. I'm delighted to see the large orange sea star, because they have been among the species most devastated by sea star wasting syndrome. A single star is far from a recovery, but it makes me happy to see one that isn't melting from the mysterious disease.

A pair of sea lions buzz by, curious about the bubbles created by these awkward visitors. But I'm too slow to change my focus from the tiny eggs I've been photographing to capture the big pinnipeds.

I run out of air long before I run out of subjects to photograph.

Bill says that while the wreck itself is not the most interesting structure in the collection of BC's artificial reefs, the amount of life growing on it is remarkable.

Gary Lambeth, owner of Salish Sea Dive, takes divers to the YOGN regularly. He says the speed with which the hulk has been colonized since its June 23, 2018 sinking never ceases to impress him. He says that's partially because the concrete is porous, making it easy for plants and animals to attach.

"The transformation is amazing," said Gary. "The growth is way better than steel ships. It is almost fully covered with white tube worms. I've seen multiple octopi and wolf eels on it. There's so much life. Stuff has moved right in."

Gary is excited about the number of baby fish he's seeing on the warship-turned-fish-nursery.

"I've seen more juvenile rockfish there than I have seen anywhere else," Gary said.

There has been talk of making the wreck off-limits to fishing, but no rules have been put in place yet. Whether or not that happens, the artificial reef will continue to provide refuge to hundreds of species for centuries to come.

PL | sean@prliving.ca



Photo by Sean Percy



Photo by Salish Sea Dive

ARTIFICIAL LIFE: Opposite top left, a cluster of cabezon eggs with ever-present calcareous tubeworms, their feathery crowns filtering the current for food. Opposite bottom, a California sea cucumber grazes the deck. Opposite right, a wolf eel has found a home in the rudder at the stern of the YOGN. Top left, Sean Percy photographs a cluster of cabezon eggs. Middle left, a quillback rockfish plays hide and seek with photographer W.L. Bill McKinnon. Left, thousands of shiner perch school around the upper structure. Above, anemones, tube worms and urchins grow on a stanchion.

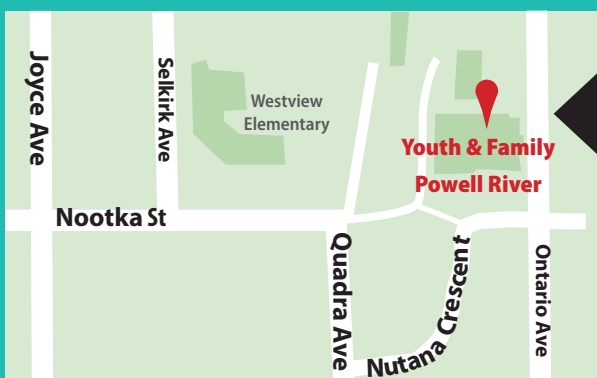


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Powell River Child, Youth and Family Services Society (PRCYFSS) remains the official name of the organization, but we know that's a mouthful, so we're now operating as Youth and Family Powell River. Our website now has the easier name, and our emails will now be @youthandfamily.ca

We still provide programs and support services for young people from birth to 19 years of age, and their families.

We remain a non-profit society and a registered charity. We operate under the governance of a volunteer Board of Directors representing a cross-section of the Powell River community.



Don't believe in Sasquatch?

Then YOU explain these footprints spotted near Inland Lake in May, by a trio of life-long hunters.

gathet's no-nonsense

quatchers

BY PIETA WOOLLEY

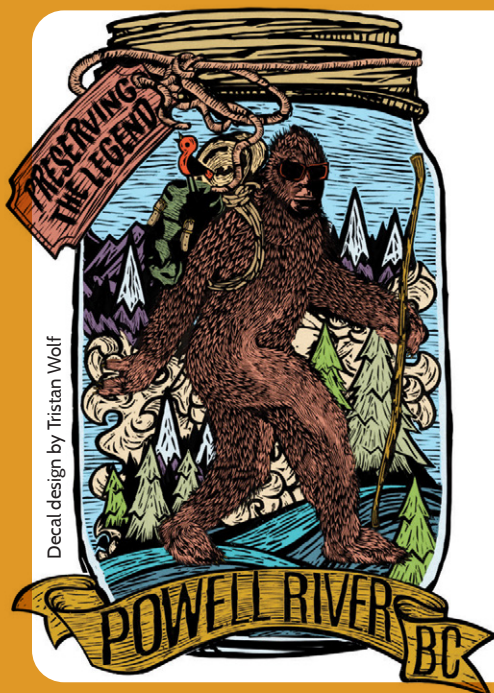
At a bear's lumbering pace, we're driving along a logging road near Inland Lake in mid-May. Rick Crozier is at the wheel; his head hangs out the driver's side, scanning for disturbances in the sand at the side of the road. Soon, he halts the car.

Sure enough, there's a print. What is it?

"Black bear," he says, pointing to the claw imprints above the wide pads. "But what's this?"

Rick, a retired real estate agent from Alberta, first found prints he couldn't explain when he was out shooting with friends this spring. Raised in rural Ontario, the life-long bow hunter can tell a deer print from an elk print, a grizzly from a black bear print, and a cougar print from a lynx with a glance.

These prints couldn't be explained. The huge daddy prints. The big momma prints. The scuffling child prints. Not bear, not human. No claws. On predictable trails from the forest across the road, up the ditches,



Sasquatch Daze

Friday and Saturday June 4 & 5 at Townsite Public Market

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Kids! Drop in to Discover Creative Arts to paint your own Sasquatch footprint

See "real" Sasquatch fur (hair? fibre?) at the Knitters Nest

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Hair 'n' Dipity



into the clear cuts and to the forest beyond.

Rick's question, "What's this?" is a set of prints. They look like Sasquatch feet—wide in the ball, distinct toes, and heading from the road into the clear cut and forest beyond. Some are clearer than others, just like the bear and deer prints nearby.

"Wow, look at the size of these," said Rick, pointing to the tracks. "That's gotta be a 500-pound momma."

Sasquatch sightings are not uncommon in the qathet region. Two years ago, artist Jacques Le Breton hoped to make a documentary about local encounters. He was drawn here by a famous Pacific Northwest story, which happened in Toba Inlet in 1924; a logger was kidnapped by a family of Sasquatches, and they kept him for a week until he escaped. Of course, without proof, believers were few.

In 2018 and 2019, dozens of people contacted Jacques with their own stories of sightings, smellings and encounters, but none were willing to speak about them on camera, for fear that their peers would think

SASQUATCH DAYS

When: Friday and Saturday June 4 & 5

What: Paint Sasquatch footprints at Creative Arts; eat a Sasquatch cookie or buy a Sasquatch t-shirt at Base Camp; see Sasquatch fur at Knitter's Nest; and learn more about Rick Crozier's Sasquatch endeavours.

Where: Townsite Market

they're crazy (See the story starting on Page 6 of the January 2019 issue of PRL at prliving.ca). Similarly, Rick and his hunting friends Raymond Lust and Richard Langois have all had Sasquatch encounters throughout their lives. The retirees are shy about telling their stories, though, for exactly that reason: because too often people think they're nuts, or just confused.

At some point, hopefully, there will be enough evidence for everyone with a story to come out of the



SIGNS OF THE SQUATCH:

Left page, top • Rick Crozier finds disturbances in the sand at the side of logging roads near Inland Lake.

Left bottom left • With a lighter for scale, a print in situ showing clear toe prints. The markings are clearest after a good rain.

Left bottom middle • Rick's plaster casts of a momma and a daddy print, both in excess of 14 inches long and six inches wide.

Left bottom right • The author's foot next to a print (after the cast was taken). Hairy toes notwithstanding, not a Sasquatch foot.

This page, top left • A gift of cormorant feathers left in Rick Crozier's yard in Cranberry.

Top right • A broken tree trunk near a path frequented by these footprint-making beings.

Left • Rick's first footprint cast (the sixth "toe" is a stone). It was on display at Powell River Outdoors in May.

Below left: Sasquatch, Kraken, Werewolf and Ogopogo: a set of stamps issued by Canada Post in 1990.

Below: Whether fact or myth, Sasquatch is a huge draw. Snag this sticker at the Tourism Powell River Visitors Centre on Joyce Ave.



crypto-closet. That would be good for the humans with these secrets. But maybe not so good for Sasquatches.

"If you look for them you'll never find them," said Rick. Footprints, however are another story. After every rain in May, he went looking for them. "My tail has been wagging for a week!" **PL** | pieta@prliving.ca

PHOTO: @MILESARBOUR

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Grade 12

Merging interests, goals, and opportunities

This year, one Brooks student was thinking about becoming a nurse. So she registered in a medical terminology course at North Island College to kick-start her post-secondary, and make sure it was really for her. She finished the course this year – for free, through Brooks – even more excited about her transition to a career in the medical field.

Another Brooks student wants to become a vet. She's planning to take the NIC vet tech program while in senior high, and graduate well on her way to working in her field.

These are just two examples of the latest “pathways to graduation” that School District 47 students can choose – an innovative, personalized program that is making the transitions from high school to success in post-secondary and careers much smoother. This year, “microcredentialling” at NIC joined the other hands-on programs at Brooks: dual-credit trades programs such as culinary arts and carpentry through VIU; dual-credit academic programs that allow students to complete up to their entire first year of university before graduation; the Youth Work in Trades Program, that recognizes apprenticeships towards graduation; Coast Mountain Academy, which allows students to develop their outdoors leadership abilities and get certified in several adventure tourism skills; the Powell River Digital Film School, which puts students into a hands-on immersion in one of BC's biggest industries, and many more.

“We're looking to build opportunities for students to discover things they're passionate about before the Grade 12 level,” said Tanya Larkin, Brooks Secondary School's

Vice Principal & School District 47's Trades and Transitions Coordinator. “Even in grades 8 and 9, we're enhancing micro exposures to careers, and hands-on learning in classrooms. In Grade 10, they move into the grad program with even more opportunities to focus on areas they think they may be passionate about, so that by the time they're in Grade 12, they can commit to a path.”

The change is a response to how much the world has shifted over the past few decades. Tanya, for example, graduated from high school in the 1990s. At that time, jobs were scarce, she recalled. The only reasonable-sounding route for an ambitious Gen Xer was a long program at university in the hope that a job would materialize.

In comparison, the future for this year's graduating class is much brighter and much more immediate, explained Tanya.

“We want to be advocates for them – to help them realize their opportunities,” she said. “We're here to help them with both curriculum and acquiring life skills.”

Brooks Principal Bill Rounis noted that the pandemic helped to speed up the connection between colleges, universities, and high schools, as everyone became much more comfortable with – and dependent on – online learning this year. At Brooks, for example, this year's senior students could take a university-level computer science class taught online by a VIU professor and supported in class by a high school teacher.

“We're just getting rolling on this, and we're building on our successes. It's getting bigger and better,” said Bill, noting that students have a lot of flexibility in the grad program now, especially in their Grade 12 year. Opportunities like these help students personalize their options.

Student Profiles

Meet two students who have tackled post-secondary while still in high school - for free

Cayce Hollingsworth, 19

What you plan to do after graduation

Now that I just graduated from a recognized health care assistant program through Brooks' dual-credit program, I plan to work full time for a year in long term care at Willingdon Creek Village. Then proceed to university for four more years to get my Bachelor of Science in Nursing.

Why you chose your particular stream

I chose to take a dual credit program because it's an opportunity I couldn't pass up. At first I was iffy about staying another year and not going right into a nursing program, but I'm so glad I did. It definitely set me up for the future and facilitated me with a job right after graduation. A job I love! As well as it provided me with the experience and hands on skills I needed in order to clarify my choice of furthering my education into nursing.

Best course you've taken this year

My health care assistant course is the only course I've taken this year, and is by far



the best course I've taken throughout my whole secondary education.

Advice you'd give younger students

My advice for the younger grades is to definitely take advantage of the dual credit programs. It will definitely set you up for the future.

Maria Kondra, 18

What you plan to do after graduation

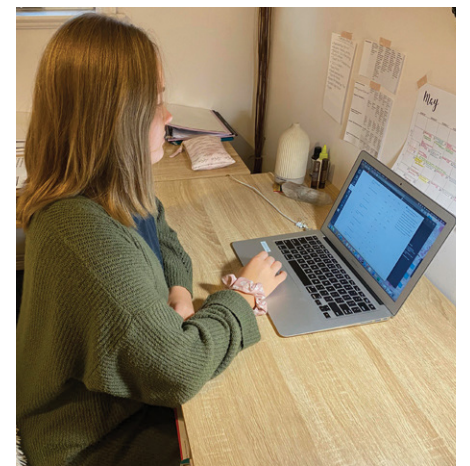
After graduation I plan on attending the University of Saskatchewan to obtain a Bachelor of Arts in Psychology.

Why you chose your particular stream

When COVID hit I was spending a lot of time at home thinking about my future. After a lot of researching I decided that psychology is what I would like to pursue. I have always had an interest in human behaviour and would love to have the opportunity to help others. I also really like the wide range of career opportunities I will have after getting my degree.

Best course you've taken this year

This year I had the opportunity to start my university education early. I took an online English course through VIU and I am so thankful I did. The experience was amazing



and I feel much more confident entering full time studies in the fall.

Advice you'd give younger students

Don't sweat the small stuff. A bad mark on an assignment or test does not define you. As long as you know you did your best that is all that matters.



SCHOOL DISTRICT 47

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Future architect

wins one of the biggest scholarships in local history

BY LIZ AND GERRY BRACH

In 2018 Useni Mgeni left Africa on a journey to a far-away and unknown destination: Powell River, British Columbia.

How would he and his four siblings be received? What opportunities would he have of fulfilling his dream to attend university? What would life be like? So much was unknown.

Upon his arrival, he and his family were welcomed by members of Hands Across the Water Refugee Sponsorship Group. One of the first questions the children asked was, "When can we start school?"

Within two days of his arrival, Useni was attending classes at

Brooks Secondary. Even though English was not his first language it was not long before Useni was thriving at school.

"One of Useni's first involvements in Powell River was through soccer," remembers Brooks' athletic director Tony Rice. "He was








a member of the highly successful Powell River Panthers youth team and the Brooks Thunderbirds school team. His efforts and infectious positive out-

look gave him a great platform to build solid relationships with teammates, peers, and coaches. It has been very rewarding to see Useni and his family and the entire community embrace the opportunities that have come about."

In June, three years after his arrival in Canada, Useni will graduate and his prospects look very bright. He has been working



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A PANTHER AND A THUNDERBIRD: Useni Mgeni has been a valuable member of soccer teams at his school and through the PRYSA. He has also shown “academic readiness, resilience, grit, empathy and creativity,” which is why he won the Beedie.

part-time for the last two years to earn money for his post-secondary education. This past winter he applied for several scholarships and in mid-May he received “the call” informing him that he had won a scholarship valued at \$40,000!

The Beedie Luminaries Scholarship is a unique program comprised of social-profit leaders who believe that levelling the playing field in education can change the world. It certainly will change Useni’s world! Until he had received the news, Useni thought that he would have to delay his education and work a year to help pay for his first year of studies.

Not only will this award make attending university this fall possible, but the award also comes with added benefits including access to Beedie Luminaries events, student support, peer support groups, mentors, and summer paid internship opportunities.

To qualify for this scholarship, Useni had to provide letters of support from teachers and community members. The scholarship is aimed at helping BC students who are facing financial adversity and who also show academic readiness, resilience, grit, empathy, and creativity.

One of his teachers, Kim Leech wrote of Useni: “He is a fantastic student! He always comes to class with

Five things to know about the SD47 Class of 2021

Brooks Secondary School principal Bill Rounis shares how unique this year’s class is. More than just facing challenges, they grasped their opportunities, too.

1. **190 students are graduating** this June! About 150 of those will graduate from Brooks, and the rest from the PIE (distributed learning) program, and other venues.
2. **More than half of this year’s grads took dual-credit programs:** 63 in trades and 38 university-level academics.
3. **This is the first group to spend an entire year at school during a pandemic.** The format of their year changed to a quarter system: two classes in each of four semesters, “where the volume and intensity of each course they are taking is the highest it has ever been.” A 10:30 am start time relieved some of the pressure this new system introduced.
4. **They’re hard workers.** At almost every grocery store, or work site here in town, Bill saw more students working than ever. This group is hard working, flexible, and able to step up when called upon to help in our community, he said.
5. **This year, graduation required a “capstone project.”** Some of Bill’s favourites include a window into their career path, finding solutions to make a difference in our community, and most of all showing their readiness for next steps after school.

GRAD EVENTS JUNE 2021

Due to COVID-19 restrictions, this is another lower-key year for grad gatherings. Help this year’s class celebrate by cheering on the parade.

Grad Ceremonies: June 28, Max Cameron Theatre

Grad Parade: June 26. Watch for the route on the Brooks Grad 2021 Committee Facebook page and posted around town in early June.

a cheery smile and an upbeat demeanor. Useni is an extremely hard worker who never fails to help others and is always ready to learn.”

Useni came to Canada not knowing what the future would hold for him. Here in Powell River, he found friends, a home, and people who genuinely care for him and his family. He found people who were willing to support him in becoming the person he was meant to be.

Another of his teachers, Suzanne Burbidge said, “Useni is a very special member of two families: Brooks and, of course, his own... probably his work, church, and sport ‘families’ in Powell River claim him as their own, too. We are all so proud of him. He is truly a ‘renaissance man,’ as he is smart, athletic, kind, and humble. His scholarship win has been a revitalizing tonic to months of pandemic news.”

There is an African proverb, “It takes a village to raise a child.” Useni is thankful that Powell River is his village. “I just can’t explain how grateful I am to everyone. This should really help me to pursue my dream of becoming a civil engineer or architect.”

Useni is such a well deserving person and we wish him all the best as he embarks on his next journey in September. **RL**



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POISED IN PINK: Abby Francis in her grad gown, versus Abby Francis in her Kindergarten gown.

What my education has meant to me

After 13 years from Kindergarten to Grade 12, Brooks 2021 grad, Tla'amin member and PRL intern **Abby Francis** pauses to reflect, before she leaps ahead.

Thinking back to Kindergarten, I do not remember as much as I wish I could. Most of the memories I have from the earlier days of my education are quite fuzzy. Although, there are the few moments that have really stuck out compared to others.

These moments are the ones that have allowed me to become very devoted to schooling, as well as taking opportunities to learn as much as possible. From Edgehill Elementary to Brooks Secondary, these events are not only important to me memory-wise, most of them have helped shape me into who I am today.

My first "memory" is in Kindergarten. Some of the friends I made in my Kindergarten class, I still talk to and am still friends with to this day. Which

is part of why I will always remember Edgehill as being a caring place with kind people. I remember most of my time in Kindergarten was spent either painting or putting together this one butterfly puzzle.

I have always hated puzzles; however, I absolutely loved that one because it was a puzzle layered on top of itself showing every stage of a butterfly's lifecycle.

Every time the class got free-time, I would ditch all of the other kids to go to the painting station, bringing home a painting probably everyday. I loved it.

Another moment that has stuck with me throughout my schooling is from my Grade 3 class. I was always one of the shy kids, however, throughout



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“I will always remember Edgehill as being a caring place with kind people.”

elementary school I had a big group of friends that stayed relatively the same until we inevitably split apart in high school. Which, funny enough, I am not that shy anymore, and have a bit of a smaller group with closer friends.

At the end of each school year at Edgehill, an award was given out to an intermediate, a Grade 7 student, as well as a primary Grade 3 student. These awards were for the student that best showed the school’s ‘Code of Honour’, which was: “We take care of Ourselves; We take care of Others; We take care of Our Place.” In Grade 3, I won this award. I had no clue I was going to receive it; therefore, it was quite a surprise, and the teacher wrote the nicest speech that will stay with me forever.

This is a very fond memory. To top it off, I remember when I went back to the classroom, my best friend at the time had gotten the whole class to applaud me once more. I am pretty sure that made me cry, which is something I rarely do.

One last memory that has stood out throughout my years of school, the one that has had the biggest effect on me wanting to continue on with my education after I graduate, I would have to say is not really a memory, but a class.

This would be Photography 10, 11, 12, 12 again (yes, I did take this class twice), and the Independent Photography Study I took during this school year. I say photography because of the impact it has left on me.

Before Grade 11, I had wanted to be a veterinarian. I took all of the harder classes that were needed for vet schooling. The subject I struggled with the most was math. Due to this struggle, I had realized that vet school would not be the right match for me.

At this time I had also fallen in love with photography. I was taking pictures just about every day, going for walks to see what I could capture in nature. It was very relaxing, and the moments it has given me with wildlife encounters consistently remind me of why I love photography so much.

I decided I wanted to be a photographer, and so changed my course selections in Grade 12 from being science/math based to Photo/Social Studies based, which I enjoy much more. I also discovered my love of writing in English 12, again changing my mind to further my educational life with journalism as well as photography.

Education has always been something important to me, I have always taken it very seriously and have tried my best in every course. Over the years school has given me both good and bad memories, some of stress while others fun.

These experiences have allowed me to grow and change as a person. From Edgehill to Brooks I have made and lost a number of friends, and looking into my future of university, I am sure that this will happen again.

I cannot wait to see what I can learn from it. However, despite all of these memories, I really strongly feel my overall positive opinions on education would not be the way they are, if not for the teachers that have taught me along the way.

And for that, I really have to thank them. **PL**

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Tough Brooks grad scores hot summer job

Brooklyn Vanderkemp is the first woman to win the coveted spot on the Powell River Fire Base's Junior Fire Crew

BY GREGORY BLAIS

Beginning in 2016, The Powell River Fire Base piloted the provincially-driven Junior Fire Crew Member program to provide employment opportunities for high school students.

Every year, in the fall, we visit Brooks Secondary School and present an outlook of the program and the application process.

During training week on Spring Break, 10 students learn about fireline safety, suppression techniques and tactics, helicopter awareness, and wilderness navigation. Each student must participate in daily rigorous fitness challenges and testing and by the end, they are interviewed with a series of technical and behavioural questions that reflect on their recently acquired knowledge. A decision is then rendered on one successful applicant.

This year, that is Brooklyn Vanderkemp.

"Being an outdoorsy, athletic and determined individual, I was intrigued and jumped on the opportunity," she recalls. "During training the crew put us through different fitness tests, an online course, and an interview. We hiked up Scout Mountain carrying pulaskis, jerrycans, hoses, and backpacks, sprinted on the field pulling charged hoses, and lapped the Timberlane track hauling forty-five-pound packs. It was empowering knowing you are capable of putting your body through tough challenges like these.

"It's hard physically and mentally, but so rewarding in the best ways possible. I thoroughly enjoyed the



FACE YOUR FOES, WILDFIRES: From the left: Peter Milner, Mackenzie Guild and Brooklyn Vanderkemp. Right, Brooklyn, an athlete, competes in track and field for Brooks. Photo by Gregory Blais

physical aspect of the training week. Even if I didn't receive a job offer, the training week would have been worth it to gain the education and training. I am incredibly excited to work with the crew this summer with all the challenges, fun experiences, and hard work that come with the job.

Four out of the five successful Junior Fire Crew Members from Powell River have pursued careers with the BC Wildfire Service from the Sunshine Coast to Fort Saint John. Mackenzie Guild, a former Brooks High School student, has begun his second season as a full-time auxiliary firefighter on Powell River's Coast India Initial Attack

crew. James Southcott who was our first Jr. (2016) since continued a career with BCWS and is starting his second year with the Parattack program.

Seeing these Powell River locals thrive in our organization and across the province makes us proud and motivates us to continue improving the program. As with everything, we were forced to adapt during the ongoing pandemic. Downsizing the schedule and prioritizing field activities over in-class learning meant we could keep the program alive, but it also helped us find innovative activities to convey our training material in a more engaging and hands on way.



Although the program has evolved over the years, it has always strived to stay true to its original intent, offer thrilling job opportunities to graduating students, opportunities that can translate into a career path and a great way to afford post secondary education while helping the beautiful province of British Columbia.

It's an opportunity that Brooklyn plans to take full advantage of.

"Next year I am attending UBC for engineering and I am planning to get my masters and PhD as well," she said. "I hope to be firefighting during the summers when I get back from university. In the future I really want to be a part of the parattack crew, which are firefighters who parachute from "jumpships" (fixed-winged aircrafts) to fight wildfires that are in hard to reach locations."

Gregory Blais is the Sunshine Coast Fire Zone Succession Crew Leader for the BC Wildfire Service. **RL**



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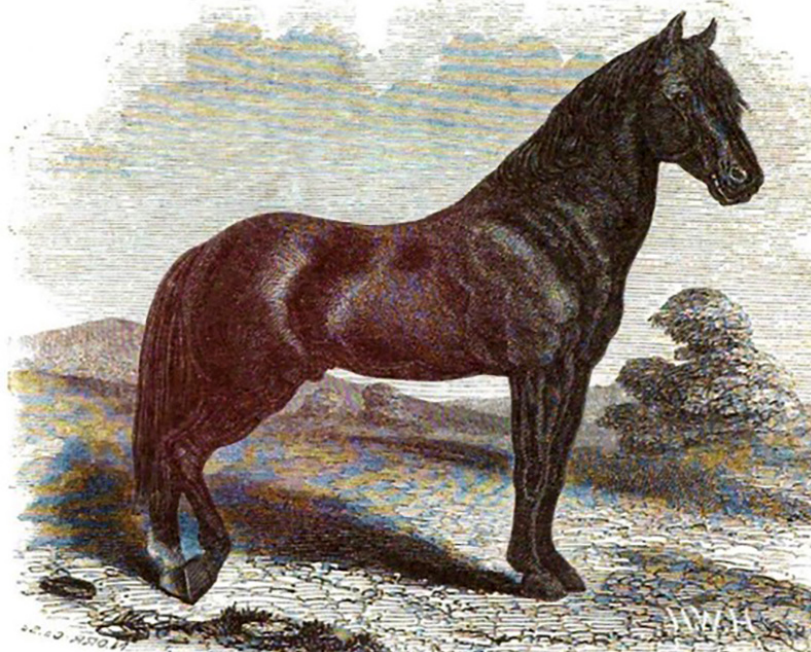
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BY LESLEY ARMSTRONG

Canada has a national police force, a national flag, a national bird, and a national anthem but did you know that Canada also has a national horse?

The Canadian horse is the Jingle Bell Horse found in traditional Christmas card scenes - the blue black-coloured horses dashing through the snow pulling a one horse open sleigh. Also known as the “Little Iron Horse” or the “Horse of Steel,” The Canadian is powerful, resilient, intelligent, and full of stamina. Known for their thick, wavy manes and tails, and expressive dark eyes, they are the stuff legends are made of.

While our national horse, The Canadian, was declared a Canadian animal symbol by the Parliamentary Act in 2002, the breed descended from three shiploads of mares and stallions that were a gift from King Louis XIV of France almost 400 years ago.

They were transported from France to

New France to log, clear, plough, and harvest the land, transport goods and people, pack out trappers’ furs on precarious wilderness trails, and ensure families arrived on time for Sunday church services.

While most are a blue-black in colour, there are exceptions, such as qathet’s Mary-Lou Ashton’s three-year-

old chestnut filly, Foxy.

Canadians are a short-backed, muscular, compact horse with dense bones and hooves, and an ability to survive and even thrive on

qathet has a surprisingly high concentration of these beautiful and increasingly rare horses.

The most handsome Canadian

little nourishment. When the Americans got wind of the “Little Iron Horse,” they purchased over 30,000 for their Civil War Cavalry to ride into battle.

Known for their versatility, Canadians herd cattle, work on farms, compete in the show ring in dressage, show jumping and driving, participate in endurance races and are trail riding companions.

For 18 years, Queen Elizabeth rode the Canadian mare, Burmese, side saddle in Trooping The Colour and other official Royal ceremonies. She remained seated while six blank gun shots were fired at her in 1981 because Burmese did not exhibit typical horse “fright and flight” behaviour in the midst of thousands of spectators.

Closer to home, while Zazy, the Canadian, did not make it up the coast to Powell River, the teenage mare did transport the late local Barbara Kingscote, when she was 20, from Quebec to BC.

The pair left Mascouche to ride 4,000 miles west in June of 1949, and arrived at Chilliwack a little over a year later. *Ride The Rising Wind*,



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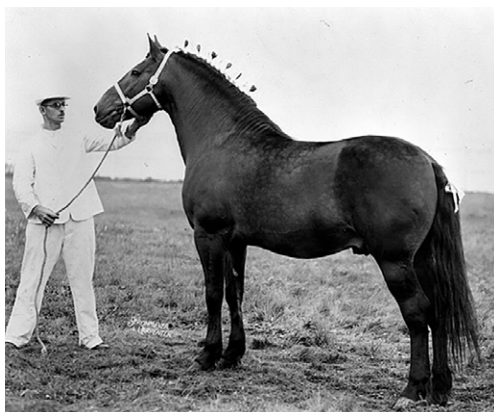
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HORSES, OF COURSE: Top left, Phoebe Kingscote astride Billy at Donkersley Beach. Top right, one of the Canadians at Tanglewood gets some love from a visitor. Centre, Cherry and her foal Foxy, owned by Mary-Lou Ashton. Right, Tom, a notable Canadian stallion in 1945. *Bibliothèque et archives nationales du Québec.*

“Noodle is magic. He has super-powers and knows stuff about healing children. He is so even-tempered and gentle and friendly...plus he’s just a big goof.”

- Carolyn Braun

Barbara Kingscote’s memoir of her journey, is available at the Powell River Public Library, and is a fascinating and often hair-raising tale of a journey across a raw and wild Canadian road network.

Barbara’s daughter Phoebe, who owns Tanglewood Farms, has owned and bred Canadians for over 20 years and currently has three purebred Canadians, and two Canadian crosses, although there have been as many as fifteen purebred Canadians at Tanglewood.

At the age of 30, Billy, (aka Grandpa) is the oldest. Hisola and Lipombo, ages 19 and 21, remain fit, muscled and powerful looking ambassadors for the breed. Phoebe and her herd take clients out into the forest trails off Duck Lake Road. It is a wonderful experience to ride one of her sure-footed and confident Canadians.

Seven other Canadian horses (including another two born at Tanglewood) call qathet home – remarkable that ten Canadians in all live in the qRD when it’s believed that there are only 5,000 in Canada.

There are rising concerns that there aren’t enough Canadian breeding mares to maintain the breed. This is not the first time the breed has faced mortality.

By 1880, because of growing exports to the US, the Canadians were nearly extinct, and only 400 remained. Again, after World War II and the advent of mechanization, their numbers dropped dramatically.

Polling Powell River’s Canadian owners about why they are so devoted to their Canadians, the responses range from:

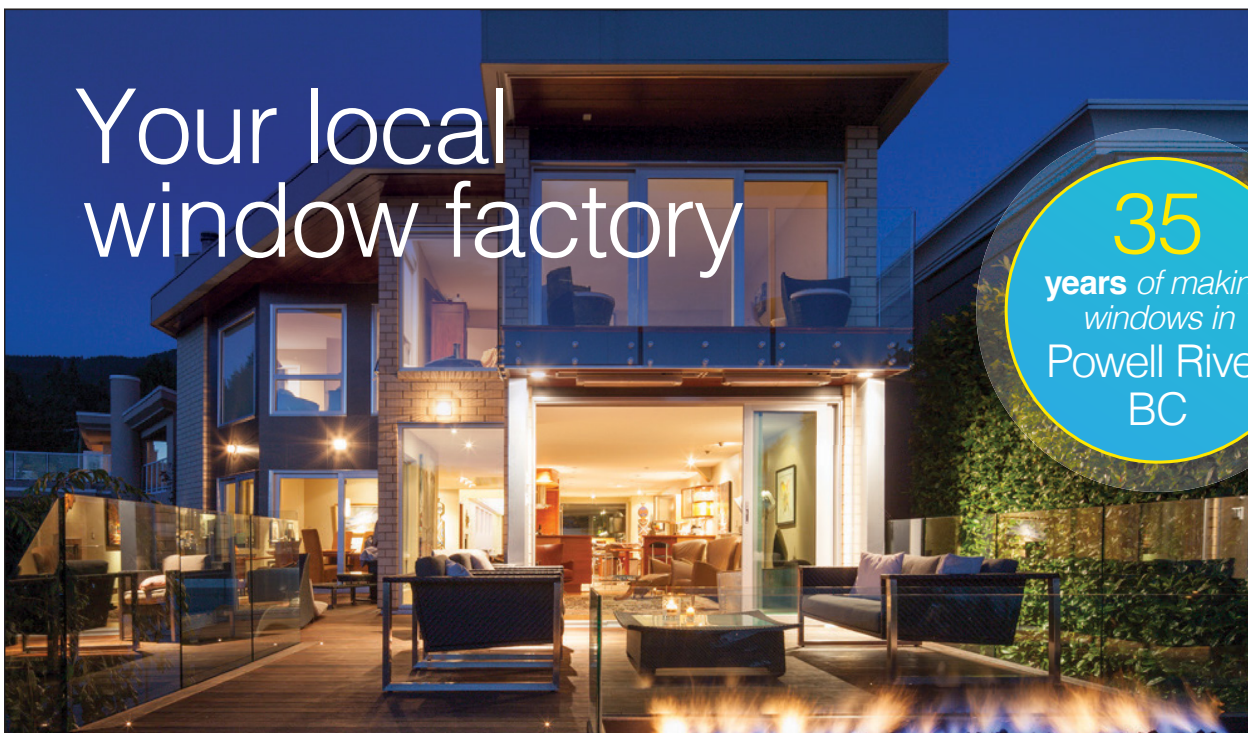
“Sebastian is solid and straightforward. If I ask him to do something, he does it every time,” said owner Roxanne Boese.

Alice Bourassa said, “Molson has so much personality. He wasn’t always easy but he has become a reliable partner and does whatever I ask of him.”

Phoebe Kingscote said, “Although Hisola is in her twenties, she is the Queen Bee in the herd, plus amazingly she has five different gaits. Billy loves crowds and parades. I wasn’t looking for him. He found me. And Lipombo is super calm and gentle with children out on the trails.”

Tricia Johanson said, “Perry is the best horse we’ve had... level headed... you can leave her for months and go for a ride, and she’s the same...”

“Noodle is magic,” said Carolyn Braun. “He has super-powers and knows stuff about healing children.”



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A HORSE, BUT NOT OF COURSE : Top, a 21st century horse skull. Bottom, the skull of the extinct *Haringtonhippus Francisci*, which is probably not closely related to the equid horse family.

Are horses indigenous to Canada?

Yes... and no. There were three horse-like species that thrived in the Americas, but all went extinct at the end of the last ice age, about 12,000 years ago. The *Haringtonhippus Francisci*, or New World Stilt Legged Horse, lived in Western North America from Mexico to Yukon.

Horses were re-introduced to the Americas by Christopher Columbus and early Spanish Conquistadors by the early 1500s. They were swiftly adopted by many First Nations.

The Canadian is descended from French workhorses brought to what's now Quebec about 400 years ago.

He is so even-tempered and gentle and friendly towards children, plus he's just a big goof."

Rosy Temple said, "I was told Empress was outgoing and friendly, and she is. I am looking forward to her having a long, healthy and sound life."

Canadians are versatile athletes, and, have a reputation for being easy keepers. They are intelligent, and require owners who are consistent and fair in their approach to training and exercise.

They bond deeply with their owners, and thrive on affection and love.

That Canadian character is exemplified by Mary-Lou Ashton's remembrance of her late horse, Cherry.

"Cherry was a very quiet and gentle horse. She seemed to thrive in the attention she received from crowds at the PNE, and performed there with calm confidence during Canada's 150th celebration. I always felt very safe with her. She stole my heart." **PL**

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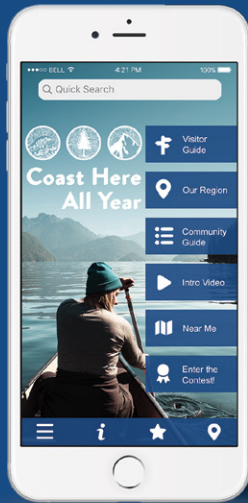
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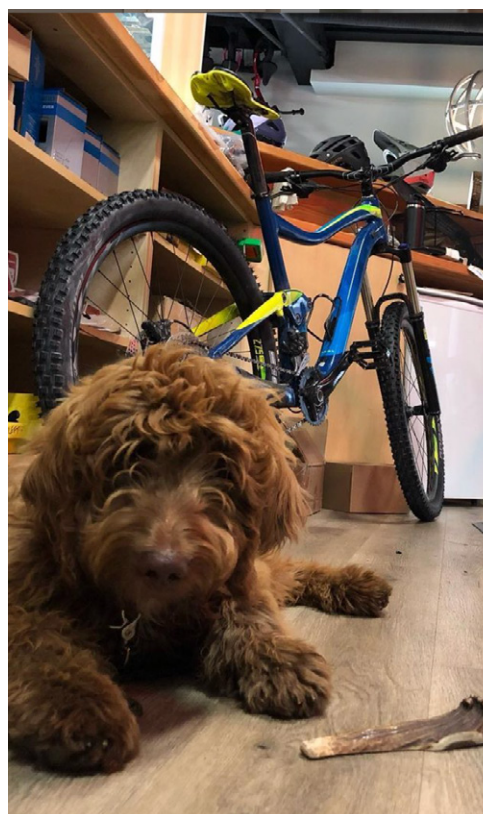
Dogs

To celebrate Take Your Dog to Work Day on June 25, this year *Powell River Living* and Mother Nature got together to put on a contest to see where our amazing canine companions work! We were thrilled that so many people take their pet to work and – as the photos show – what important roles

they play in their owners' lives.

Mother Nature donated three \$75 gift baskets of pet treats. Congratulations to all our fabulous pooches and their masters and mistresses.

To see more dogs at work, search the hashtag #MNDogsatwork on Facebook and Instagram. **PL**



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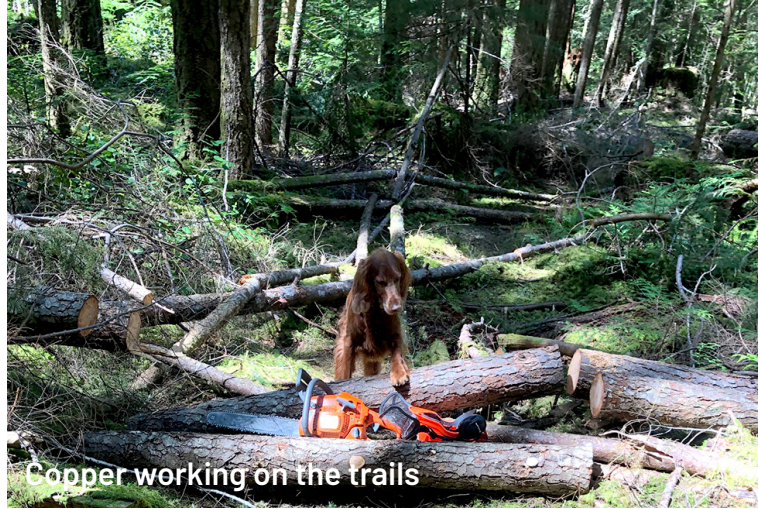
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WINNERS' CIRCLE: Winners of the baskets of doggie prizes from Mother Nature were: Murphy from Taws Bike Garage, Mabel from Fits to a T, and Tessa, who works with Pat Good as a therapy dog at Henderson School.



s at Work



Copper working on the trails



Jaxx at the Visitor Centre



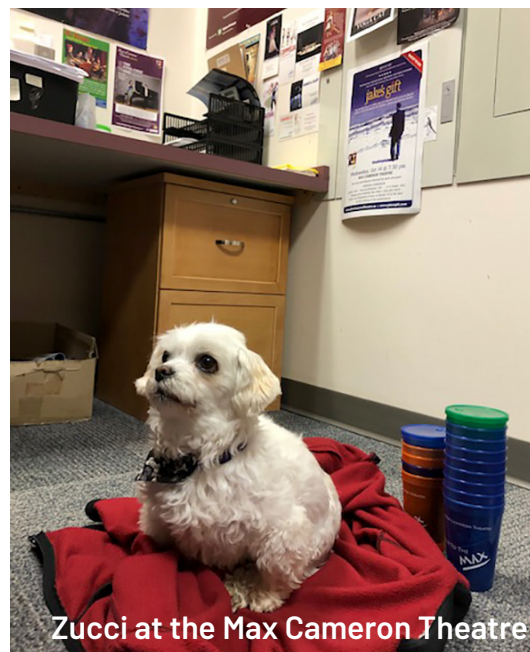
Toivoa at Aero



George with inclusion PR



Molly, homeschool inspector



Zucci at the Max Cameron Theatre



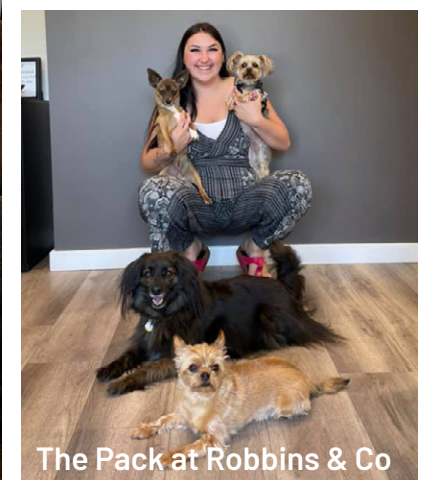
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Well-trained dogs, well-trained owners

BY ISABELLE SOUTHCOTT

My dog begins to tremble the second I turn into the Trail Riders property on Padgett Road. By the time I'm half-way down the driveway, Jigs' excited whine is nearing a crescendo and she can barely contain herself.

It's just before 5 pm on a Wednesday evening and Jigs and I are doing what we've been doing every week for the past several months: we're attending Tayler Dixon's Rally Obedience class.

Tayler, a dog trainer with Doggie Be Good, has just finished setting up a course consisting of 14 elements. I see orange cones for spirals, a sign with a U-turn; a sign for directing your dog to come to front, sit, and finish left; a down, stay and walk around dog sign and many more interesting challenges.

Rally Obedience or Rally-O as we call it, teaches you and your dog to work together as a team, instead of me just issuing commands.

"It's like dancing with your best friend," says Maggie Stern, who attends with her Nova Scotia duck tolling retriever Tory. "I love this sport as it is partly judged by your team's attitude and willingness to work together," she explains.

Like my own dog Jigs, (also a duck toller), Tory squeals with delight and anticipation all the way to class, says Maggie.

Tayler got into Rally-O when training her own dog Cedar, a three-year-old Border Collie. "It was a way to make our daily walks more interesting and enjoyable," she said. "Instead of simply walking in a straight line, you can integrate weaving, change of pace and walking on a loose leash without the dog attempting to drag you along. The natural pace of your dog is much faster than yours and in doing these tasks along the way, your dog is more attentive to you.

"A lot of the exercises at the various Rally-O stations filter through to your everyday life," she said.



WHO'S TRAINING WHOM: Above, Tayler Dixon, Rally Obedience trainer with Cedar. Top right, Ruth Dees with Kita. Right, Isabelle Southcott with Jigs.



"Your dog learns to focus through tough distractions while off leash and learns to ignore other dogs. Using your own version of various stations while walking in public helps you to maintain direction in your training and gives you goals to work towards."

Each week in class, you and your dog must navigate a course. At the stations, you perform a task with your dog. You are judged on your ability to perform each task, and owners quickly realize the truth about dog training... if something goes wrong, it is usually the owner's fault, says Tayler.

"The owner's performance on course is partly judged by the attitude of the team and their willingness to work together. As you can imagine, dogs make this both challenging and most rewarding! The key to Rally Obedience is having fun with your dog."

There are many ways to integrate Rally-O training

into your daily routines. Tayler has been known to take Cedar into pet friendly stores and spiral around cans of dog food in the corner! The result of all this training is a well-behaved dog with whom you have a very special relationship, says Tayler.

Rally Obedience is governed by a few organizations, including the Canadian Kennel Club, the Canadian Association of Rally Obedience and others in the United States. Unlike regular obedience training competitions, Rally Obedience allows any dog to compete regardless of formal registration, age, breed or disability. And if you are keen on getting titles for your dog, that is a possibility, too.

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ʔAYʔAJUΘƏM WORD OF THE MONTH

SONYA HARRY



EXTINCT DOGGOS: Above, ɫəkʷəŋən women weave blankets from the fur of the Salish Woolly Dog, in this 1856 painting by Paul Kane (part of the Royal Ontario Museum collection). Left, two First Nations girls hold a Salish Woolly dog circa 1895-1897 (photo by James O. Booen, Chilliwack.) The dogs, common in the Salish Sea area for at least 4,000 years, were extinct by about 1900.



We don't know the specific areas these Coast Salish Woolly dogs came from, but we know that the blankets made from their fur were a high status symbol. The blankets were used in ceremonies ranging from acknowledgment of chiefs, marriage ceremonies, and gifted during celebrations and potlatches.

ʔayʔajjuθəm word:

čeno

English translation

Dog

Phonetic spelling

che-no P.L



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"Fluffballs"

find a new family

BY MERILEE PRIOR

The call in the late afternoon was one of controlled panic: two day-old goslings had been found running along a road past Lund.

A bear had spooked the parents and the goslings scattered. The two on the road were picked up: would we take them?

After confirming there was no chance to find the adults again, the babies came to PROWLs. Once they were settled in a cage with food and water (they would stay warm snuggling under their mother's feathers), I set about finding a foster family.

Canada geese are special: goose parents will take in orphans and raise them as their own.

This is tremendously important to the survival of the orphaned goslings in the wild. Like many birds that have strong family bonds, goslings imprint quickly, mimicking human behaviour, so they do not learn the skills necessary for their survival once released. Find-

ing a pair with goslings of similar age is their best chance.

After alerting several people to our quest, we set off in search, checking the locations we knew pairs of geese had been seen, without success. Then, in the early evening of the second day, I decided to try Mowat Bay again and struck gold! A goose and gander with five newly hatched goslings! I called our photographer, Michelle Pennell, and raced home to get the orphans.

At Mowat Bay, I took the cage with the goslings and slowly walked in the same direction the geese were swim-



ADOPTED: Two goslings separated from their family were adopted by another family of geese at Mowat Bay after being rescued by PROWLs.

Photos by Michelle Pennell

ming. The gander heard my little ones peeping right away and became very alert, while the goose nervously tried to keep her brood away from me. Michelle got set up and I approached as closely as possible. The gander was on the shore to warn me off, while the goose was in the water with the babies. I opened the cage and the two fluffballs sprinted down the rocky beach toward the family.

It was a chaotic introduction: the two goslings ended up on the wrong side of a log, and everyone got increasingly anxious. They found the way around, charged into the water and dove under the goose's wing, while the gander

threatened me. I backed away, the family swam a little further, then came up onto the beach to forage.

The goslings were an unruly bunch, and the father had his work cut out for him trying to keep them together. The goose stayed at the water's edge, calling nervously. After a few minutes, the gander gathered up the seven peeping goslings and took them back to his mate.

The excitement was exhausting for all, including Michelle and me. The goose gathered them under her feathers while the gander stood guard.

It was a heart-warming release to remember! **RL**

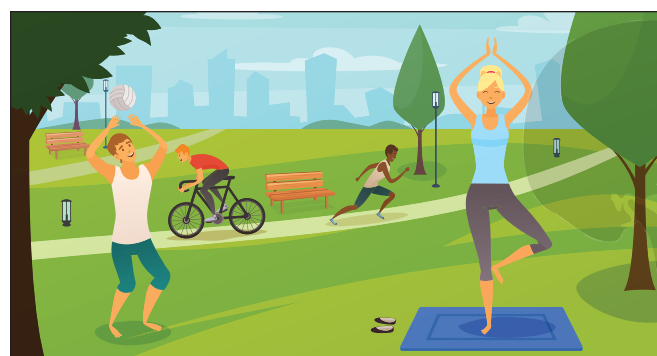
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Lumber prices have more than doubled, real estate is through the roof, produce is top-dollar, and getting that brand new vehicle can take weeks – even months. What’s going on?

The short answer is it’s the pandemic. The long answer is a bit more complicated.

We begin this **four-part series on 2021’s crazy market** by examining lumber prices and the impact they’re having here, in Powell River.

Luxe lumber

BY ISABELLE SOUTHCOTT

Thinking about building or renovating your home? Building a deck or a fence? Brace yourself; it’s going to cost a whole lot more to buy the lumber you need for that project than it would have cost a year ago.

In September 2020, Jeremy Hayward, owner of Westward Coastal Homes, quoted a client on the cost of materials to build a cedar deck. “It was going to cost \$940,” Jeremy told

Powell River Living. The client decided to wait but then asked him to requote in May.

The price came in at \$2,800.

The huge increase had one contractor joke that lumber yards should have defibrillators on site so that people who have heart attacks on hearing how much lumber costs can be resuscitated.

Despite this, people are still going ahead with building and renovation plans.

FOR WOODNESS SAKES: RONA Powell River owner Michael Allen with a supply of plywood – a super hot and difficult-to-obtain commodity. *Photo by Sean Percy*



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Like oil, gold, and coffee, lumber is a commodity with lumber futures traded at the Chicago Mercantile Exchange. It is one of the most heavily traded commodities in the world, says Michael Allen, owner of RONA Powell River. But most people don't think of lumber as a commodity and when they see how much the price has gone up since the start of the COVID-19 pandemic in March of last year, (it's at an all-time high) they get sticker shock and they're angry. "They're mad at us, at the mill, at everyone. They think we're ripping them off but we're not," says Michael.

The increase in lumber can be blamed on a few different things but ultimately it's all about supply and demand.

In early May of 2021, western spruce and fir (SPF) 2x4s were trading at US \$1,330 per 1,000 board feet. A year earlier, they traded at US \$336.

When the BC government declared a provincial state of emergency on March 17, 2020 in response to the COVID-19 pandemic, the demand for lumber plummeted. The commodity industry is supply versus demand-driven and the pandemic lockdowns of late winter/spring 2020 forced mills to close and curtail their operations. But then, people cooped up at home began renovating, building and tackling home improvement projects. Demand soared.

This was not expected and the industry was not prepared.

On top of that, there have been temporary shutdowns as workers test positive to the virus. "If a plant loses a shift or goes down for a week or two because of COVID, it's felt right down the line," says Vic Spreeuw, owner of Valley Building Supplies.

But builders and building supply stores have never been busier.

Pandemic or not, people are carrying on with their do-it-yourself home projects, repairs and renovations.

"So far, it has not deterred business," says Vic.

"I've had only a few people say they may wait (when they're told about the increase in price). I haven't had anyone actually say, 'There's no way I'm doing that,'" Vic says.

It's the same at RONA and at Lois Lumber. "It's never been busier," says Michael. Business has increased for paint sales and seasonal outdoor living, too.

Despite the price of logs going up, Mike Essex, outside sales manager at Lois Lumber, a local sawmill, has also been crazy busy. In addition to the COVID-induced spike in business, they're busy creating a hardware store in the old Goat Lake building. "We have a

line-up of people for orders – contractors and custom orders."

Specializing in cedar, Mike says, Lois Lumber's prices are fair – below what you could get at Home Depot – but like everyone else, their prices have gone up, too.

"With COVID, people are bored and they want to spend money. They are taking advantage of their time at home and doing home renovations," he says. "Everybody wants to do something even though prices are going up.

Builders, like Jeremy, who is booked until March of 2023, are fielding two or more calls a day from people looking for contractors. "We're so busy right now, we don't know what to do," he says.

Although some thought the increased price of build-



ing would slow things down, it hasn't, said Jeremy.

"Surprisingly the increased prices haven't affected us yet. We are hearing clients say, 'Wow, material is getting so expensive,' with the cost of lumber three times as much now, but they still want to go ahead. I guess my fear is that the work will stop, but so far it hasn't."

Mike said that Lois Lumber sold their kiln-dried 2x6s at \$2.80 a foot pre-pandemic, now it costs four dollars a foot. "That's an increase of 40 percent," he said.

Estimates vary on how much more it costs to build a 2,500 square foot home today than it did at the start of the pandemic from \$30,000 to \$60,000 more. The sharp rise has not stopped builders. "People are still carrying on with their building plans and projects," says Vic. And contractors need lumber to build.

How much more does lumber cost since last year?

In US dollars, per 1,000 foot, board measure (one inch thick). Courtesy of the Madison Report

	May 21, 2021	May 21, 2020	Change
Western Spruce-Pine-Fir Kiln Dried 2x4	\$1,640	\$372	Up 341 per cent
Eastern Spruce-Pine-Fir Kiln Dried 2x4	\$1,720	\$450	Up 282 per cent
Douglas-fir green 2x4	\$1,355	\$435	Up 211 per cent
Canadian Softwood Plywood 3/8"	\$1,582	\$473	Up 234 per cent

"It's unprecedented, ridiculous pricing. And there's nothing that I can do about it, I just buy it."

RONA Powell River owner Michael Allen

For some, the pandemic presented the perfect opportunity to renovate. "Disruption in your house is the biggest deterrent in renos but our (entertaining) lives stopped. All you could do

"I'm in line for two B-trains of 2x4s (72 lifts)," said Michael on May 12, "and they don't even know when they're going to ship it. If I can get my hands on a truck of 2x4s, I'll pretty much pay anything for it."

Pre-pandemic, Michael could buy a sheet of plywood for approximately \$15; today that same sheet of plywood costs \$70 to \$80 a sheet ... if he can get it. And other building material, such as drywall, has gone up in price and now there's a shortage. Cedar fencing panels have increased 300 per cent and are almost impossible to get, he adds.

"It's unprecedented, ridiculous pricing," says Michael "and there's nothing that I can do about it, I just buy it."

Added to the mix is the fact that businesses have all faced staffing shortages and say it's not easy to find people to work right now.

"I used to get stacks of resumes," says Mike, recalling that when he recently advertised for a cashier and a yard position at Lois Lumber he was surprised with how few applicants he had. "I got six for the cashier position and six for the yard," he said, adding that he recently increased wages.

Vic says he's facing the same situation at Valley. "The demand for labour is also an issue," he says. "We were going to be busy anyhow but COVID has added to it." **PL** | isabelle@prliving.ca

during COVID was eat, drink, work and fix your home," said Michael.

Not only are lumber prices up, but supplies are tight.

"Demand is outstripping supply everywhere," says Vic. "COVID created this crazy demand. It's a battle to secure consistent supplies for all the things that go into building a house. I'm spending a lot of time trying to track down materials from places that are not my usual vendors."



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“Being landlords in the past, I would like to see more affordable rentals for families....Kids deserve the stability that comes with a secure home.”

“We are a young family who have always aspired to own our own home one day. We have been shocked over the past five years with the increase in the housing market and we’ve seen it happen all over B.C. My partner and I both have university degrees, have three children, and have professional jobs (one full time one part time). Basically we have done everything “right” by society’s standards and are still no closer to affording a house and can’t even imagine the day we are able to.”

“We are privileged to have had help from our family for a down payment for our house. Many friends are not as fortunate. Our house was purchased for \$245,000, four years ago. It’d easily sell for \$500,000 now.”

All quotes were collected locally for the qathet Housing Needs Assessment Report.

“For the second time in one year we are being evicted due to the sale of the home. There is nothing available, we have been looking for three months and are about to become homeless!”

“The rental market is impossible if you are a single parent. Even though I would love to move I can’t afford anywhere more expensive and rentals have tripled since I moved into this place and are very hard to find. There is also a lot of discrimination in this town. I’ve had multiple landlords refuse to rent to me because I have children and was told that children cause too much damage.”

“I have had rental properties for four years and have always charged less than market rent to help out the families. There should be regulation on rental prices to avoid rent gouging.”

Re

BY PIETA WOOLLEY

Locals are living in their RVs or vans. Or in suites that should be condemned, with mold, faulty wiring, and drainage problems. Some are in overcrowded homes. Many are paying far more for rent than they can reasonably afford.

These are just a few of the stories from families, singles, and seniors, that Kai Okazaki collected when he surveyed this region last year for the qathet Regional Housing Needs Report—a new document that the Province of BC requires from each municipality every five years, starting in 2022. Kai, the regional social planner and project lead, worked closely with a project team from the City, qathet Regional District, and Tla’amin Nation to collaboratively develop this report. It was received in May.

In fact, a third of renters who responded to the survey reported that they had lost their housing in the past year. Those who wrote the report have also experienced local, personal housing crises.

“When I came to Powell River for work, there was just no rental available,” recalled Kai, who grew up renting—some nice places, and some less nice. “I found a place because I knew someone, but without that connection or support, I don’t know if I would have found a place. There are plenty of similar stories.”


“There is a shocking need in our community,” said Daniella Fergusson, the City of Powell River’s senior planner, who worked on the report. In the Lower Mainland, she was re-evicted five times. She bought in Powell River in 2019. “I think if we were to do another survey today, the types of housing stories we’d hear would be another degree of heartbreaking.”

In short, the analysis showed that the region will need at least 231 new purpose-built rentals before 2026, and many more if the population grows. Of



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For many locals, qathet’s hot real estate market is bad news. It means buying is even more out of reach. And it means evictions, as the houses and suites they’ve been renting are sold out from under them.

Local governments are studying the situation and seeking solutions.

Will anything manifest soon enough to prevent housing mayhem this summer?

those, half must be “affordable,” meaning that they will cost no more than 30 percent of a household’s income.

Though the City and regional district are not in the business of building housing—yet—local governments have tremendous power to sway what gets built here. Making City land available to nonprofit housing is one way, such as the “Rapid Response to Homelessness” supported housing building on Joyce, or the new Life-Cycle Housing development in Cranberry. Another is using zoning to encourage secondary suites in houses, and carriage houses—both of which the city has done in the past decade. And, another is allowing for developments, such as the 141-apartment complex that has been proposed by Veyron Properties Group for the Edgehill area, which will require significant changes to zoning.

While 141 units seems like it will fix a chunk of the housing need, the City’s acting Director of Planning Services Jason Gow said “it’s not a silver bullet.” That’s because the rent for all but 10 of the units will be market rate, likely far beyond what many renters can afford. So the City, along with the regional district and Tla’amin Nation, is looking to enhance how it encourages more affordable solutions as well (see sidebar, right).

“This is a unique community in that we’re like an island: when you can’t afford to live here, you have to leave or become homeless. You can’t just move

down the highway like in other communities,” said Jason who grew up in North Vancouver and spent many of his young adult years renting and losing his apartments over and over again through renovations, and finally got into the market by buying the cheapest house he could find in Townsite, when prices were low.

The Housing Needs Assessment will be repeated in five years, but it will be updated sooner than that. First, to ensure that the data is current—much of the 2021 report depended on the 2016 Census, so data from the 2021 Census will be included in 2022. In addition, the local housing situation shifted starkly during the past year.

Work on the report began in July of 2020. Due to the pandemic and other global forces, the past year has put even more pressure on the local housing situation. A hot market means that many people are selling their homes, which means renters are being evicted and needing to find new rentals. In addition, the price of homes here had already jumped from \$277,720 in 2016, to \$440,000 in 2020—a 58 percent increase. Homes jumped another \$100,000 (or another \$500 a month, approximately, on a 25-year mortgage), in the past year, pulling away from local affordability even more.

Watch for an updated version of this report in 2022.

And, more importantly, watch for another report with an action plan on manifesting the housing this report says qathet needs. **RL** | pieta@prliving.ca

The solutions

Here are a few solutions each of qathet’s local governments has proposed to mitigate the local housing crisis. Many more are contained in the report at qathet.ca

qathet Regional District

- Support efforts of affordable housing non-profits like the Texada Island Non-Profit Seniors Housing Society;
- Consider the potential for an affordable housing project in Lund and approach Habitat for Humanity to identify a family and a housing project
- Support the development of housing co-ops

City of Powell River

- Consider establishing a Powell River Housing Authority;
- Review opportunities to provide City-owned land for affordable housing
- Incentivize Market Rental Housing Developments

Tla’amin Nation

- Develop and service lots;
- Consider developing housing in the City of Powell River;
- Identify a Habitat For Humanity Project; and a project with BC Housing.



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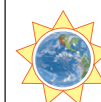
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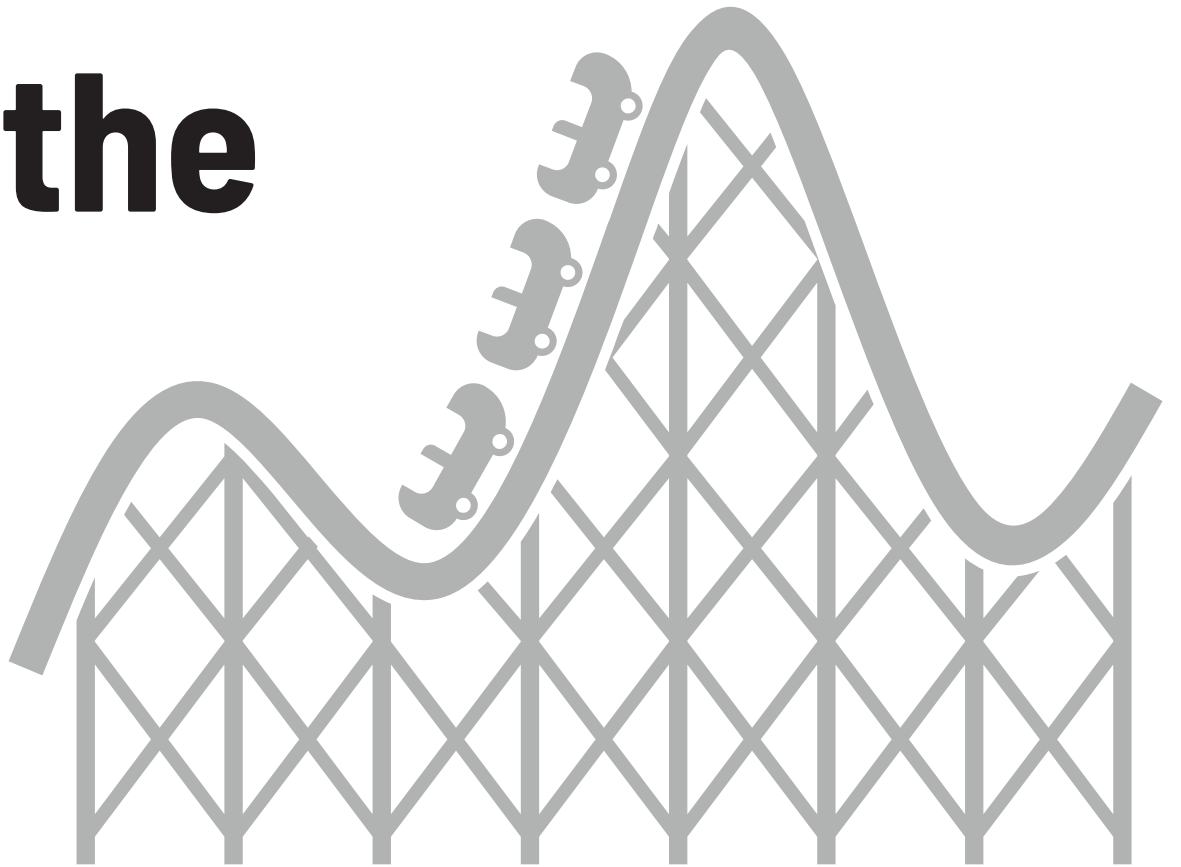
“All men have been created to carry forward an ever advancing civilization.”



~ Bahá’í Teachings

Step off the renter-coaster

If you're tired of riding the highs and lows of the rental market, here are **five ways you can take back control.**



BY PIETA WOOLLEY

1. Liveaboard

Advantages: Cheap, cool

Disadvantages: Currently illegal here

Liveaboards are a common and historical way that people find affordable housing in BC. There are at least 12 marinas in BC that welcome people living on their boats, including Discovery Harbour in Campbell River and Stones Marina in Nanaimo, according to the British Columbia Nautical Residents Association (BCNRA, bona.org).

Moorage costs between about \$1,600 and \$8,500 per year, depending on the size of your boat, to dock and live at the marina in Campbell River (owned and operated by the Campbell River Indian Band, on the territory of the Wei Wai Kum First Nations). You can spend almost any amount on a boat, from \$1,000 to \$1 million-plus.

Here in the City of Powell River, liveaboards haven't been allowed since about the turn of the millennium. Ditto

at the marina in Lund, and on Powell Lake. In the past, the dumping of raw sewage and garbage made this housing unpopular—and illegal.

However, BCNRA is lobbying for more liveaboards across BC, as technology such as composting toilets solves the former problems.

“For working people earning a modest wage (service sector workers, for example) living on a boat may be the only way they can live in the community in which they work,” wrote Donna Sasaman, the association’s secretary, in a letter to PRL. “For financially stretched jurisdictions, liveaboard boats shelter their owners without a large expenditure of public funds.”

In addition, float homes come up for sale on Powell Lake frequently, and some people are year-round residents. They sell for between about \$60,000 and \$200,000. The drawback: most are at least a 15-minute boat ride from the Shinglemill launch, and there’s a moratorium on new leases (but of course, all moratoria and liveaboard laws can be reversed if the political will is there...).

20 years aboard the Moonshiner

BY LOT SPARHAM

After six years of saving every penny we could in pursuit of our dream to go offshore sailing, our plan

came close to disaster when Adrian’s job disappeared. We had been working and living in Hong Kong. His job had come with accommo-

dation. My job alone would barely cover rent in that city, forget about food. So what to do—give up and go home to Canada?

Instead, we bought a pre-owned steel offshore cruising boat and moved aboard. Two years later we set off on our first offshore trip—Hong Kong to Holland. We stayed there for three years, again

finding work and living aboard.

Ironically, during our time in Holland we received a letter from Spruce Harbour – the Greater Vancouver Floating Home Cooperative – in Vancouver, where we had been on the waiting list. We returned to Canada four years later.

All in all, we lived aboard *Moonshiner* for just over 20 years, 12 of those at Spruce Harbour.

Ninety six square feet isn’t a lot of space and it wasn’t always easy to find moorage where we could live aboard, but the boat was ours, paid for, our cozy, seaworthy tiny home that allowed us to live, work, save and explore the world largely on our own terms.



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2. Multi-generational family investments

Advantages: Built-in child and elder care, pooled resources

Disadvantages: Family tension, best behaviour required

Whether it's grandparent, parents and children all living together in a home they own or rent, older generations helping younger ones with a down payment, families working together like a corporation, or inheriting money or property—for many people, family is key to getting in to the housing market. Most first-time homebuyers now do so with help from family.

Together is how we all used to live, not so many generations ago. It may be how we'll live in the future, too.

Better together

BY TIFFANY ADAM

If you had told me as a teenager that I would live my adult life with my parents, I'd have called you crazy... in not such nice terms. But yet here we are, and I love it!

Curtis and I had a comfortable life in St. Albert, Alberta in the early part of the 2000's. We were building children and accumulating stuff. The multi-generational living arrangement came to be when we started dreaming about a move to the coast to create an off-grid lifestyle and get out of the big city rat race.

I had watched my grandmother live with my parents in the later years of her life and I had seen my great grandparents live with my grandmother. So the idea of multi-generational living was not completely foreign.

My parents had always talked about retiring on the West Coast and this was an idea that they were excited about too. We started building north of town in 2009. My parents joined us in 2012 after selling their business. My mother's brother Gary came here too and we built him his own place on the property.

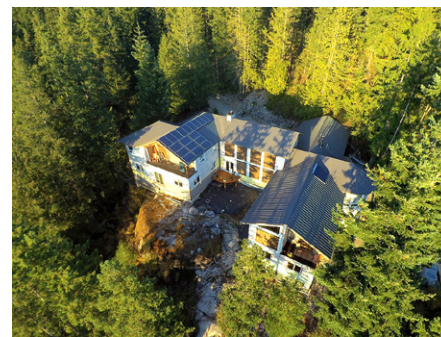
It works for us all because we bought a large piece of land and built a big house that gives us the space to be able to have privacy, if needed. We have the same goals and can respect each other's need for independence as well. Our personalities are easy going.

My kids get to learn different things and perspectives from their grandparents, these are gifts that Curtis and I could never give them.

As well, Curtis and I are trying to make a successful business (Cadam Construction Fireplace and Stove Centre) and contribute to the community and we could never do that if we didn't have support with the kids and taking care of the property.

We also want to be able to help my parents have the best life they can as they age.

My kids are encouraged to live their life how they want. I don't expect that they will want to continue living in a multi-generational style, but if they do, we will do what we have to do to make it work. And honestly, with the price of houses, we are happy to give them that option.



MODERN FAMILY: Eric and Sandra Outram together with daughter Tiffany and her husband Curtis Adam and their four kids—Tommy, Jacob, Emily and Becca (now ages 12 to 19) pooled their resources to build a property big enough for all of them back in 2009 (left). Caregiving across the generations is one of the many benefits.

The grandfather's perspective

BY ERIC OUTRAM

The main advantage of this shared living arrangement is that Sandra and I get to share very closely in the lives of our children and grandchildren. We are close, but have our own private space within the house and everyone is very respectful of that.

There are no real disadvantages for us in this shared lifestyle. We always say "that you give some and you get some" in regards to benefits.

We would recommend multi-generational living to others, but recognize that we are very fortunate to have made a success of this. It is not for everyone.

Our lifestyle choice is uncommon in Western society because we have been taught that leaving your parents and owning your own home is the pinnacle of achievement, and a sign of maturity and independence.

We in no way feel a loss of independence. In fact we are grateful for the opportunity to add to the well being of our extended family unit.

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3. Cohousing

Advantages: Community-oriented, often more affordable than buying a single-family home

Disadvantages: No mortgages (loans instead), community can be hard

The gathet region has two cohousing ventures in development—joining dozens across BC. They usually function as equity co-operatives—that is, you buy in and can be bought out. Like multigenerational family homes, they offer stability, affordability, and shared caregiving and domestic / land duties.

Living together is better for the earth and its people

BY LOT SPARHAM

Like many people, we live in a comfortable house by ourselves and have no family nearby. We have a garden, a beautiful ocean view, two cars (one permanently on the driveway), a workshop with tools, and all the paraphernalia that goes with owning a house. So what's not to like?

In the first place, it's too much for just two people, and too much work to keep it up. In the second place: we would like to live lighter on the land. We don't need all this space, all this stuff. In the third place: Food security and growing food locally are issues close to our heart. And last but not least: the contact with people of varying ages and backgrounds, but similar priorities, enriches our lives. Being part of an active community enables us to achieve things we couldn't dream of doing on our own.

Blueberry Commons is a co-housing and farm co-op nestled on a beautiful property next to Sunset Park in Wildwood, within walking distance of public transport and James Thomson school. People will have their own private homes and share resources like a lot of common green space, a workshop and a space where small or larger groups can sit down to eat together or have a meeting. All Blueberry Commons members have a share in the ownership of the co-op, including the farm, and a voice in the governance and how decisions are made. Our membership is growing and we welcome new inquiries!

While we can't say exactly yet what a house at Blueberry Commons is going to cost, we anticipate that anyone currently owning a home in Powell River will be able to afford living at the commons. This summer we expect to have more clarity regarding the financial picture, and we are working with consultants to bring the affordability threshold down for first time homebuyers.



HIPSTER HOUSING: The North Cowichan Housing Co-operative, which is in development in Duncan, is being built for 93 families by BC's Community Land Trust, on lands owned by the City.

4. Co-ops

Advantages: Community plus privacy, stability, affordability no matter your income

Disadvantages: None here, takes time to manifest

The Federal Government got out of the co-op business in the early 1990s, but hundreds of co-ops built before then house people all over BC... just not here in Powell River.

However, the Community Land Trust (cltrust.ca), a non-profit, social-purpose real estate developer and asset steward, created by the Co-operative Housing Federation of BC, currently works with groups to build new co-op housing. That includes 118 new homes in Duncan (two co-ops), which are under construction starting this fall.

5. Group buying

Advantages: Makes buying possible

Disadvantages: Not locally available yet

In Vancouver, where the cost of real estate surpassed average incomes more than two decades ago, this new strategy has emerged. Working with VanCity Credit Union and other progressive lenders, the Collaborative Home Ownership and Development Initiative (cohobc.com) allows groups of unrelated people to get mortgages together.

Buy a house and split it in three to share with two other families. Buy an entire apartment building with people you don't know. Share a two-bedroom condo with a roommate.

Stable and sweet: families can thrive in co-ops

BY PIETA WOOLLEY

Before moving to Powell River, I lived in a co-op in the middle of Vancouver. It was built in the early 1980s—a pink stucco complex that took up an entire city block in Strathcona, including dozens of townhouses, plus an apartment building with many accessible suites. When my kids were small, I spent countless hours with the other moms in the central courtyard, watching our kids play together on the climbing structures, or bike under the ginkgo trees.

Co-ops often work like this: the City provides land for free, and the CLT (see above) develops the project in partnership with a group. When the building is ready for move-in, the co-op charges members—everyone who lives there—enough money to pay off that mortgage and maintain the co-op. The members are also expected to pitch in by sitting on committees or the board, organizing events, painting, or other tasks

to run the complex in a cost-effective way.

We paid about \$1,400 per month for our three-bedroom townhouse with a basement, plus an initial membership share purchase of about \$2,000—a squealing-good deal for Downtown Vancouver (though it was a block off the centre of East Hastings, so the neighbourhood was... lively.)

CMHC used to provide subsidies to members whose incomes fell. It meant that you could keep your unit if you stayed home with your kids, aged in place with limited funds, lost your job, or lost your relationship. Co-ops, like all social housing, are really built for life's ups and downs.

There are no co-ops here in Powell River. Could there be? The City and Regional District's planners have said they're open to the idea, and included co-ops in their list of solutions in the Housing Assessment document which was released in May. **PL**

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BC's Ministry of Health doesn't cover many of the kinds of treatments that are effective at mitigating chronic pain.

The situation is as distressing to health professionals, as it is to those going broke looking for relief.

Paying for your pain

BY PIETA WOOLLEY

Dr. Brittney Chisholm knows about pain. She was born with a broken leg, causing a four-inch difference in the length of her legs, leading to scoliosis and ACL tears. She made it through three corrective surgeries before she turned 19.

Later, she broke her pelvis. She also survived three serious car crashes, which cause most of her current chronic pain in her neck and headaches.

"I really feel for the people I see," said Brittney, a chiropractor who practices out of Powell River's Suncoast Integrated Health clinic, alongside several other professionals helping locals manage their chronic pain. "When things happen to you, it increases your empathy more than anything else."

Brittney also has empathy for how much money it costs to find relief from pain.

For example, a thorough Chronic Pain Assessment takes three hours to assess the bio-psycho-social aspects of pain and costs \$350. And while Suncoast does offer some pro bono work and a sliding scale,



PAIN PAIN, GO AWAY: You can claim treatments such as laser therapy on your taxes as a medical expense, but your MSP won't pay for them. It's a bitter irony, says Bodies in Balance co-owner Randy Crites; governments know laser and many other complementary and alternative modalities work, yet they don't fund them.

she knows both as a patient and as a health professional that many people who live with chronic pain are going without treatment, or far too little treatment, because they can't afford it.

Back in 2002, our province stopped paying for citizens' chiropractic care through MSP. It was delisted, along with massage, physiotherapy, and other pain-management modalities. Instead, we were offered drugs: the opioid Oxycontin was extended to non-cancer patients in 1996, medical marijuana was legalized in 2001, and in 2004, private liquor store licenses helped to make booze – BC's unofficial, all-too-common pain program – accessible everywhere at all hours. The consequence is that over the past 19 years in BC, the pain epidemic has resulted in thousands of substance-related disabilities and deaths, and nearly one in five adults live with chronic pain.

Brittney explained that two studies have already made the case that back pain costs health care systems, employers and individuals more than almost

any other medical problem, including diabetes and cancer: Ontario's 1993 Manga Report, and the United Nations Bone and Joint Task Force's 2010 report. Both recommended making chiropractic care free to patients. BC didn't do that.

"If we could eliminate barriers to care, for physio and massage too, to retain the hydrotherapy pool here, hand out passes for swimming at the rec complex, provide access to therapists... the opioid crisis would be so much less. People would be getting the help they need."

Here in qathet, dozens of chiropractors, massage therapists, physiotherapists, and other professionals like Brittney are devastated by the pain they see – and by their patients' inability to pay for the help they need out of pocket. Many local practitioners started their careers because they live with pain themselves, and want to help others manage theirs.

At Bodies in Balance on Marine Avenue, for example, massage specialist and laser therapist Randy

Pain is inevitable, Suffering is optional...



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Crites started out far from the health field. He was working in aquaculture in Ucluelet, when a vacuum hose full of fish and water fell on him. The treatments through Workers' Compensation weren't effective for him, and after seven months, he was cut off and told to go back to work – despite the pain and daily migraines.

Instead, he enrolled in massage therapy school in Alberta and practiced there for a decade, where he learned the effectiveness of laser therapy on both acute injury and chronic pain. He and his wife Vanessa Bjerreskov (who lives with fibromyalgia) opened Bodies in Balance in 2019, with the goal to help locals recover from their pain.

They both strongly believe in their practice. Vanessa met Randy when she came to see him in Edmonton for massage.

"I could barely walk," she recalled. "I was probably weeks away from having to use a cane. It was not a good time. But Randy is the best at figuring out why a body is doing what it's doing. He doesn't mess around. Within two appointments, I was walking again."

For about 90 percent of their clients, Randy said, the combination of the class 3B non-thermal laser and massage is successful.

"What keeps people away is financial capacity," he said, noting that they keep prices as low as possible for exactly that reason (the initial treatment and assessment is \$50, with \$35 appointments after that). "The people coming to see us are paying out of pocket and we're trying to help them. We try to strike a balance between making a living and helping people get through their pain."

Laser therapy isn't covered at all under MSP. However, Randy says that you can claim it as a health expense on your taxes – a recognition that it works, but governments are still not willing to pay for it.

Drugs are a quick, universal mute-button for pain – whether they're prescription or non-prescription opioids, prescription or non-prescription marijuana, alcohol, or just plain old ibuprofen. They interrupt your body's communication systems, so you don't "feel" it. They can be a part

PRL series on pain:

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

May: Looked at how chronic pain is behind our overdose crisis.

June: This month, we examine pain left untreated: the medical services we need back.

of short-term management of acute pain, or a long-term help to living with chronic pain. But whatever is causing the pain doesn't usually go away with just pain relief.

However bodywork – a key to conquering the pain epidemic – is an "undervalued profession," according to registered massage therapist Claire MacPherson, who owns Mayet Therapeutics south of town. People's pain, she said, has not been taken as seriously as it should by Canada's health care system (though the system is working hard to change that). It's why so many bodywork modalities are not covered by MSP, she said. And why many of her patients feel shame for how crippled they are by their pain.

"When my clients go into a [mainstream] professional's office and they're told 'You can't possibly feel that,' they'll just live with pain for years until they show up in my office."

Most of Claire's clients come to her because they haven't found a solution elsewhere. She's drawn to the mystery of pain, to the way emotional trauma impacts how people process pain, and to ancient and emerging treatment practices recognized elsewhere, but not here, yet. She's trained in craniosacral therapy. It is called a "pseudoscience" and "quackery" in the first three paragraphs on its Wikipedia page, but Claire finds that for some patients, the noninvasive stimulating therapy simply works. Ditto visceral manipulation.

"I'm looking to bring a body back to homeostasis. I use techniques that are derived from the osteopathic traditions which operate on the idea that the body is an intelligence system, with a systematized and intelligible way of expressing what it needs. You follow what it's saying, and look for the lynch pin,

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Robin Morrison

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SURE, UNDERESTIMATE ME: Claire MacPherson, the RMT behind Mayet Therapeutics, knows that her practice helps solve chronic pain. For her patients' sakes, she wishes that BC's health system clued in to that, and covered their treatments.

the root symptoms. That's also the methodology that gets poopooed. One of my clients said, 'I told my doctor what you did and he laughed.'

Claire isn't afraid that Canada's health care system doesn't recognize her practice; she has a long wait list because the people she has helped tell others.

But she is bothered that so many of her patients and others living with chronic pain in this community can't afford the care they need.

"I rarely tell people to come as often as I think they should," she said. "People don't have that kind of money. Most of the people who get referred out to me, no one knows what to do with them. Money is the biggest challenge I come across."

MSP does pay for \$23 per visit, for up to 10 visits of massage, physiotherapy, chiropractic therapy and other modalities, for those on "supplementary benefits" – which you get if you have a low income. That covers about a quarter of the cost. No subsidies are available for those who do not have low incomes.

At PR Massage, owner Robin Morrison says that the situation puts pressure on practitioners to discount their services for those who are struggling to afford the care they need. She does so, because she's in the field to help people's bodies heal themselves, rather than get rich. Her own experience stems from a torn ACL in a hiking accident that highlighted for her how much pain interrupts people's lives, their relationships, and provokes a sense of powerlessness. Pain, she said, usually can't be solved in a single appointment, with a magic bullet.

"When given the chance, our bodies will heal themselves," said Robin. "And that chance means affordable, integrated, subsidized services."

Dr. Catherine Cameron, who practices Traditional Chinese Medicine through qathet's Fusion Medicine, notes that "Western medicine is excellent at quick intervention for pain, for great testing and imaging, and for surgeries, but not great for long-term unresolvable pain or diseases.... Traditional Chinese Medicine is better over the long haul, it's slow but it has relatively few long-term side effects." About 80 percent of her patients come to see her for chronic pain.

TCM is based on 2,000 years of Chinese research and practice, and includes acupuncture, moxibustion, cupping, guasha, tuina, herbal formulas, and food cures. Of those, acupuncture is covered by MSP's supplementary benefits – but only needles. Catherine points out that tuina, cupping, and guasha are all part of acupuncture, but are unrecognized by MSP.

"I would love to be able to offer [medicine] freely

to any patients who need help and to offer all the therapies that I am trained in to solve their pain issues," said Catherine. "I would like to help them cope with their other chronic health problems which develop over time after being ground down by constant pain, much strong medicine and a loss of hope that anyone is coming to help. Good MSP funding makes everything possible."

Some pain services are not even touched by our current MSP system, including homeopathy. The modality is about 200 years old, and was funded by government health systems in France, England, and Spain, until recently. While the treatments are popular, governments decided to stop paying for them because it is "at best a placebo and a misuse of scarce NHS [England's National Health Service] funds," according to NHS chief Simon Stevens, who shut off the reimbursements in 2017.

"Homeopathy is a gentle and effective system of natural holistic medicine, which treats the whole person, not just the symptoms," explains Kathryn Final, a Registered Homeopath who has a private practice in qathet, and consults through Kelly's Health Shop. "In cases of chronic pain, the individual is assessed on all levels (mental, emotional, physical), and treatment is geared towards healing the underlying cause of the pain. I've seen some amazing recoveries with this medicine, in acute and chronic cases; from concussions, to muscle strains, to various forms of arthritis and fibromyalgia. It helped me recuperate from a severe car accident, as well as from countless other injuries and several chronic conditions."

Treatment plans are individually tailored to the patient, which include an anti-inflammatory diet, carefully prescribed homeopathic remedies and, "depending on the case, other physical healing modalities may be needed in conjunction, such as chiropractic, massage, physiotherapy and/or yoga," says Kathryn. "Often there is an emotional component that also needs to be addressed, and homeopathic remedies can offer support here too, while some extreme cases may require counseling as well. Having government funding for homeopathy would give people on limited incomes the opportunity to access a highly beneficial alternative for long term pain relief."

As all these practitioners pointed out, chronic pain is complicated; the origins are often hidden; and not every treatment will work for every patient.

From an institutional point of view, refusing to pay for treatments that are not scientifically-accepted makes perfect sense. But in a patient-centred system, money should flow to the modalities that relieve a person's pain – mainstream or alternative.

Given that one in five adults lives with chronic pain, and BC has the worst opioid crisis in Canada, investing more of our health dollars into helping sufferers find and pay for what works for them should be a top priority.

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Terracentric paddled through COVID's waves – here comes the tourism wave

Tourism was hit hard over the past year. But since Dr. Bonnie Henry's summer reopening plan was announced in late May, qathet businesses such as Terracentric Coastal Adventures are poised for a record-breaking summer.

Christine Hollmann and Hugh Prichard started Terracentric 20 years ago. Based in Lund, it offers group tours by Zodiac, kayak and hikes, plus education programs, and much more. Find them at terracentricadventures.com.

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

Christine & Hugh • Working to understand the implications in all of our operation's areas was challenging. Understanding modifications we might need to make and planning when early guidance from government was hard to come by.

What opportunities did you see?

Christine & Hugh • The fact that most of our work happens outdoors so we would be able to make some things happen!

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

Christine & Hugh • With our tours, they are more like private tours as we aren't combining different parties. Customers have been loving it, as do our guides, as we are able to meet the objectives of just one group instead of balancing two or three groups' needs. Along with private tours is flat-rate pricing, again reflecting the fact

that we want folks to be able to get out no matter how many people in their group.

Which pandemic-response government programs have been helpful?

Christine & Hugh • Wage subsidies.

What do you wish was provided?

Christine & Hugh • Faster and targeted guidance for our specific industry.

Have you received any help, support or inspiration?

Christine & Hugh • Networking with regional operators and working together on best practices, sharing information from other related industries with each other – it wasn't about competition, it was about supporting each other. Sunshine Coast Tourism did a great job in terms of its messaging and now government support programs are helping tourism businesses.

How has the pandemic impacted your customers?

Christine & Hugh • Our customers have been great with working with shifting start up timelines, being flexible with any changes in policies and procedures that we've made, and mostly they have been appreciative of the fact that they are able to get outdoors and still do things. Having to book and plan ahead.

How has it impacted your staff?

Christine & Hugh • Hard on them as there is uncertainty about when employment may begin for seasonal staff and for those



WELCOME BACK: Above, a tour group visits Toba Inlet with a skilled Terracentric guide. Right, Terracentric also rents kayaks and equipment for your own adventures, such as these paddle-in caves near Lund.



who are with us year round, uncertainty as to the volume of work available and will it be viable.

How has it impacted your family?

Christine & Hugh • A constant level of mental stress brought on by ethical dilemmas and cognitive dissonance by mixed government messaging. Also more time together last year which was a bonus!

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

Christine & Hugh • Don't wait to travel and explore. Delete Facebook. Don't watch the news.

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

Christine & Hugh • Private tours. Taking a family vacation in the summer! Asking folks to book ahead instead of walking in.

What's surprised you most?

Christine & Hugh • Everyone's flexibility and understanding – staff, customers, community.

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

Christine & Hugh • Music, festival, events. And hugging! And what is normal?? There are many things in daily life, not just our business that we have done which are actually better and smarter ways of doing things and I look forward to keeping those things going. **PL**



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Seeding success

Have you ever wondered which seeds should be directly sown in your garden soil, and which can be sown in pots or plug trays? When you read the sowing instructions on the back of the seed packages it doesn't always give you a good bout of confidence to get started in the best way possible. It has taken me years to figure out what option is best for each crop, so I thought I would share my experience and instill a little confidence when sowing seed.

For the most part, I start almost everything in pots first. The reason I do this is simplicity and predictability. I like my time in the garden to be productive and purposeful. I don't have time to do things twice, and I certainly do not want to be fussing over spotty germination rates, and re-sowing of crops.

I start everything in pots or plug trays so I can control the environment easily through watering and supplemental heat, keep the seeds safe from marauding birds and mice, and easily protect the young tender shoots from slug damage.

Just to give you an idea, if you read books or the package of beet seed it will say to get best results you must direct sow. However I have found plug trays work extremely well. I sow my beets in sized 72 cell plug trays. I put one beet seed per cell.

Beets seeds are bit different because what looks like one seed is actually a group of four seeds. As they begin to grow you will see up to four new little plants

come out of one cell, but this is okay as I will account for that when planting. Once the little groups of beets are just big enough to pop out of the cell tray without damage I transplant them into their final home. I pop one cell out at a time and plant the whole beet quartet. Because you are planting up to four new little beet plants per cell, it is important to adjust the spacing when planting them out.

Each cell tray plug should be planted at least six inches away from another plug. This spacing will accommodate all the plants in the cell plug and will provide plenty of room for each seedling to develop into nice sized beets. The other bonus is there is no thinning needed. It is that easy. I start lettuce, chard, broccoli, cauliflower, kale, and all types of flowers this way.

For peas and beans, I start them in 4" pots with 4 seeds in a pot. Then when the first true leaves just appear I pop them gently out of their pots and into their final home. It works very nicely despite their reputation for having to be directly sown.

My only exceptions to starting in pots or plug trays are carrots, cilantro, radish and spinach. I have tried it over the years, with varying success. I have found for me that these four crops grow much better if sown directly into the soil. Maybe I just haven't found the right way yet. However, I am sure someone out there has figured out a way to grow them in pots or plugs with great success. **RL** | jonathan_vw@yahoo.ca



A GROWING CONCERN

JONATHAN VAN WILTENBURG

June's top priorities in the garden

If you have not already done so, plant out all your heat-loving plants such as beans, tomatoes, peppers, eggplant, summer flowering annuals, etc.

Keep on the weeding; the more you do now the less of a headache you will have ongoing. Competition from weeds is most detrimental to young plants, so keep on it.

The tomato plants should be tied up or supported. Also pinch off the side shoots that are growing in the crotches of the side leaves and main stem.

If the weeds are out of control, think about getting some mulch down around the plants. Put it down at least 3-4 inches thick being careful not to smother the bases of your plants. It will stop the weeds, make your garden more resilient, and it will also look good.

Be mindful of your greenhouse temperature. If it is getting above 35°C fully vented, think about putting a white wash or shade cloth over it to bring down the temperature.

It is hedge-trimming time. Remember that many hedges need some green leaves left behind to grow back. Laurels and Yew are the main exceptions – you can prune them back hard and they will come back.

Continue tying up and staking your peonies, delphiniums, phlox, aconitum, sedum, rudebekia, and all those other fast growing perennials.

Prune back your flowering shrubs once they have finished flowering. This would include Kerria, some viburnums, lilac, winter jasmine, spiraea, and deutzia. Try to prune naturally, clipping from the base of the shrub and removing a third of older wood. Avoid creating balls and squares out of everything.

Keep sowing your seeds to secure your supply of tender young veggies all summer long.

In the potato patch, hill up the plants (cover with soil) as they grow. This will encourage production.

Harvest your garlic scapes. These are the tender curly stems and flower buds of your hard neck garlic bulbs. Nip them off and use them as you would bulb garlic or roast them whole for a garlicky bean-like delicacy.

This is the last month to harvest your rhubarb and asparagus.

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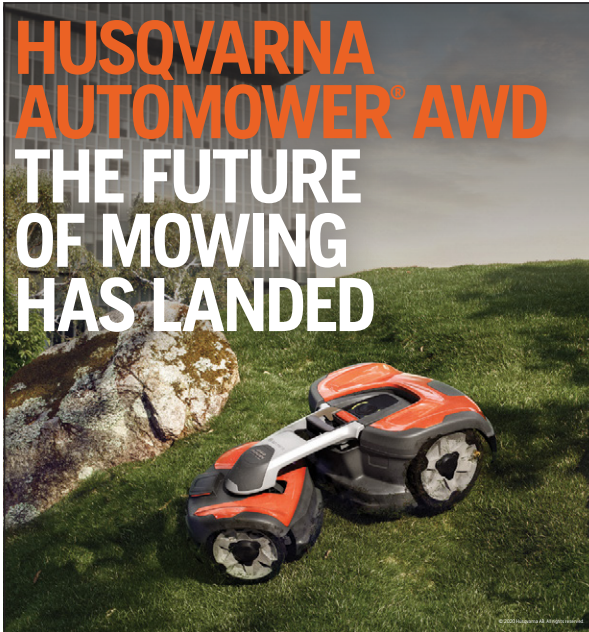
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BIG LOGS, BIG BOOMS: Above, Lang Bay Booming Grounds. Inset, Mahood Logging Truck, Goat Lake Operations. Tony Mahood shares his memories growing up here.

Photos courtesy of the Powell River Historical Museum & Archives

A childhood with dynamite and pike poles

Wolfsohn Bay; Lang Bay; Brew Bay ... it can be difficult to keep up with the various local place names given for the same area over the years. Yet, each name interestingly carries a story of the area's past.

The traditional Tla'amin name place for Lang Creek is Metokomen; unfortunately, the meaning of the word is currently unknown. Because of the numerous creeks and salmon runs, the Cokque-neets (Sechelt) and Tla'amin First Nations first established Summer and Fall fishing camps in the Lang Bay and Stillwater areas.

In the early 1900s the bay was named Wolfsohn Bay after Johann Wulffsohn, a German diplomat and settler. It was re-named in 1917 after the three Lang brothers: Tom, Harry and Fred who were fighting WWI overseas.

In the 1890s, logging operations began at Lang Bay and continued for over a century. One of those logging companies was Mahood Logging, which operated from 1952 to 1970. Ernie and Bertha Mahood, originally from Chilliwack, obtained the lands and timber rights for Lang Bay as well as areas by Haslam, Lois, Granite and Powell Lakes. Their Lang Bay Operation averaged two million board feet of logs per month. This average excluded their other operations at Saltery Bay, Goat Lake and Jim Brown.

When the family first arrived, Lang Bay was composed primarily of the remnants of railroad logging camps and booming grounds from the 1920s. Over the next fifteen years, the family cleaned it up, built shops, maintenance buildings and constructed a brand new home on the point.

In the 1960s, the Mahoods supplied materials and equipment for the construction and upgrades of the highway to Saltery Bay. They also built the tower sites for the crossing of the power line over Jervis Inlet and the tower sites on Nelson Island. They even donated wood for the construction of the old Willingdon arena.

Tony Mahood (Ernie's son) recalls his childhood in Lang Bay with his brothers: after school they played on logs with pike poles and played with dynamite when the roads were built-in for the new subdivisions. Tony also remembers going up Lang Creek to see the salmon run with their dog Cam, who was quick enough to catch salmon in his mouth.

Today the shoreline of Lang Bay and one of our favorite local sandy beaches is named in honour of the family: Mahood's Beach.

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

RL | jysevigny@powellrivermuseum.ca



BLAST FROM THE PAST

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I MADE THE MOVE

Watch for these nutrition-buffs in Texada's community kitchen

Breanne Percy and Devin Marshall grew up in Powell River, then moved to Vancouver and Vancouver Island to pursue their careers.

Devin became a rescue diver for the Canadian Coast Guard. He then applied his marine experience to roles in the film industry, such as boat operating, scuba diving, and stunt performing.

Breanne's passion for sports, health, and fitness led her to become a physiotherapy assistant, yoga teacher, and nutritionist. After working in clinical settings for many years, she now facilitates online programs and workshops specializing in nutrient deficiencies, hormone support, and digestive health.

Breanne and Devin recently moved to Texada Island with their rescue puppy Naya, where they quickly became members of the Texada Agriculture Group. They are excitedly working on their next entrepreneurial endeavour: creating nutrient dense food products at the local Food Hub.

Why did you choose to move here?

Breanne & Devin • After over 10 years of exploring other towns, cities, and countries, we were drawn back to the area as we started thinking about where we'd like to raise a family. We value community, farm-to-table food, and being in nature.

When? Where from?

Breanne & Devin • We moved in August from Maple Bay on Vancouver Island.

What surprised you about Texada once you moved here?

Breanne & Devin • The Food Hub. We had been planning to expand our business into nutrient dense food products, but thought finding a commercial kitchen space was going to be a challenge. We were thrilled when we discovered the Texada Agriculture Group and the newly built Food Hub kitchen.

What made you decide to move?

Breanne & Devin • We had been looking at acreages for a few years, then our dream property was listed for sale last spring.

Where is your favourite place here?

Breanne & Devin • On Texada, we love Stromberg Falls and Shelter Point. In Powell River, we spend most of our vacation time at the family float cabin on Powell Lake. There's no place like it!

What would make Texada a nicer community?

Breanne & Devin • Continue to create ways to reduce vehicle traffic.



RESCUE ME: Naya the rescue pup gets a lift from Coast Guard diver Devin Marshall, and a snuggle from nutritionist Breanne Percy.

What aspect of your previous community would benefit Texada?

Breanne & Devin • The Cowichan Valley had a strong emphasis on locally sourced food. Many markets, grocery stores, cafes, and restaurants supported local agriculture and provided a variety of options to buy local meat and produce.

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

Breanne & Devin • Meeting new people and connecting with others in the community while so many events and gatherings have been cancelled.

If you were mayor of Texada what would you do?

Breanne & Devin • Improve local food use and food preservation. This would help

the community be more self-sufficient and less vulnerable to disruptions in supply chains.

What are Texada's best assets?

Breanne & Devin • The friendly and supportive people, oceanfront, lakes, and countless hiking trails.

What is your greatest extravagance?

Breanne & Devin • Healthy treats from Just Soul Food in the Townsite Market. Paula's cakes are the best! We can't wait until she's back from maternity leave.

Which talent or superpower would you most like to have?

Breanne & Devin • To be able to talk to animals. We'd love to hear all the funny things our puppy would have to say. **PL**

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WHAT'S UP

Tag-free time soon

Those little orange garbage bag tags that drive us all crazy will soon be a thing of the past.

This fall, the City of Powell River will begin collecting garbage (also known as solid waste) using an automated system with carts.

“From what we heard in our community engagement survey residents will be happy to see the removal of the garbage tag system,” said Rod Fraser, Manager of Operations for the City.

The City will purchase new 120-litre waste carts and distribute them to all single family homes during a phased-in program. The estimated cost for implementation is \$534,000.

There will be options for large families to purchase an additional cart and pay an additional fee. Multi-family dwellings will be provided with larger carts.

Taxpayers will pay an additional annual levy of \$41 and this will be included in the homeowner's property taxes.

The bears are awake

The bears are back and so is the qathet Regional District's WildSafeBC program with Krystle Michelitis at the helm.

WildSafeBC is the provincial leader in preventing conflict with wildlife through collaboration, education and community solutions and is delivered by the BC Conservation Foundation in communities across BC.

For further information on wildlife and how to reduce human-wildlife conflict visit www.wildsafebc.com, follow WildSafeBC qathet Regional District on Facebook, or contact your local Community Coordinator, Krystle at qrd@wildsafebc.com or 250-898-7451.

Please report wildlife in conflict to the Conservation Officer Service 24/7 at 1-877-952-7277. Residents can also report sightings of bear, cougar, coyote or wolf in an urban area. These reports are uploaded daily to WildSafeBC's Wildlife Alert Reporting Program (WARP), available at www.wildsafebc.com/warp. This program allows the public to see what wildlife has been reported in their neighbourhood and be alerted to new sightings.

Children's librarian a star

Many library systems across the province eliminated programming during the COVID precautions, but the Powell River Public Library embraced the

world of Zoom, and offered workshops, author readings, and tutorials online.

Sonia Zagwyn (Children's Program Coordinator) also aligned with health authorities, and got approval for a unique outdoor, in-person Bubble Storytime for children. There is literally no other program in the province that managed to do so, resulting in her nomination of a BC library award. While she was not the recipient, Powell River should be very proud of Sonia's efforts, and the whole team for persevering.

Help sponsor new refugees

Qathet Refugee Sponsorship (QRS) is a newly founded and growing group of people with the mission of sponsoring a refugee family to come to Powell River. With 80 million people worldwide being displaced from their homes, our group believes everyone deserves to live in peace, feel safe, and have access to education and health care. Our goal is for a family to arrive in Powell River in early 2022.

At the moment our main priorities are fundraising, and establishing our group members. We have a Facebook page that will post fundraising opportunities and ways people can contribute. If anyone is interested in joining our group or has questions please email qathetrefugeesponsorship@gmail.com or message through the Facebook page!

~ Ellen Byrne

Still saving the Patricia

Powell River has donated more than \$120,000 to the campaign to save the historic Patricia Theatre.

As of May 20, more than 500 people had donated money but more is needed.

The Film Society's application for funding from Community Forest was not successful but they are pursuing other avenues so fingers crossed.

In the meantime, if you have not yet had a chance to donate but wish to do so, please visit prfilmfestival.ca and select Patricia Theatre Forever to learn more about helping the cause.

PRL story a finalist

Powell River Living magazine's story "Long Live Service Clubs" is a finalist for best British Columbia Story with the Alberta Magazine Awards this year. Written by Isabelle Southcott and edited by Pieta Woolley, the story appeared in the February 2020 issue.

The feature explores the importance of service clubs, showing how they lit-



Please don't hurt the hummingbirds

Our Rufous and Anna's hummingbirds are now busy raising their young in our backyards. You can support them by following these hummingbird feeding basics:

- Ensure the feeder is clean: take it apart and wash with a dilute bleach or vinegar solution, rinsing well afterward. Allow it to dry before refilling.
- Boil the water for two minutes. Mix 1 part white sugar to 4 parts water. Allow the mixture to cool before filling your feeder.
- Never use honey, artificial sweeteners, molasses or brown or raw sugar. White sugar is closest to the sugars hummingbirds find in nature, which has a low concentration.

- Do not add red food colouring. The nectar in flowers is clear, only their petals are red, mimicked by the feeder itself. The red dye in the food colouring can cause birth defects in the chicks.
- During hot weather, sugar water ferments rapidly to produce toxic alcohol and moulds. Be sure to change the sugar water every 2-3 days to prevent this.

The consequence of not following through is harsh: sickness followed by death, as the tiny birds' tongues swell from the fungal spores and they can no longer feed. So, please if you can't or won't follow these simple guidelines, take your feeder down!

~ Merilee Prior, PROWLS

erally built Powell River. Not only do they organize important events, such as the Rotary Club's running of the Festival of Performing Arts, but they raise hundreds of thousands of dollars that support local causes, give people meaning and purpose, and of course are where many have met people who have become lifelong friends.

At a time when many service clubs have disbanded and those that remain are struggling, we asked: Is the era of the service club over?

The awards take place virtually on June 3.

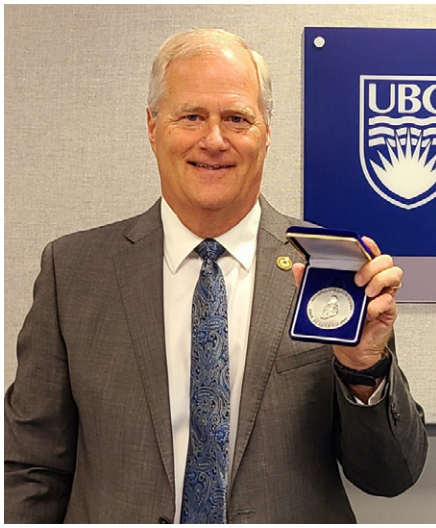
Childcare admin a star

Cranberry Eco Preschool facilitator Daniela D'Onofrio has been awarded the Regional Award of Excellence for the Vancouver Coastal region in this

year's provincial Child Care Awards of Excellence.

“We nominated Daniela because of her commitment and passion to our preschool for an entire generation now. The pandemic just brought her dedication into the spotlight,” says Ocean van Samang, Director of Child and Family Services at inclusion Powell River Society, which operates the preschool. “Daniela brought her usual ability to listen to the needs of the community, stay open-minded, find creative solutions, and work tirelessly to adapt the program so we could provide care to as many families in our community as possible.”

While the Cranberry Eco Preschool has always had an outdoor focus, at the onset of the pandemic Daniela made accommodations so the preschool could be run entirely outdoors.



LIFESAVER: Drowning prevention is Dr. Stephen Beerman's mission.

Top doc from Powell River

Congratulations to retired Nanaimo physician Dr. Stephen Beerman who has been recognized by The Queen for a lifetime of outstanding National and International leadership in the drowning prevention field.

Stephen grew up in Powell River.

During a virtual presentation, Dr. Beerman was presented with the King Edward VII Cup, awarded every two years in recognition of outstanding contributions to drowning prevention.

Her Majesty shared memories of achieving her own Life Saving Award as a young girl, and praised Dr. Beerman for his 40 years of work drawing attention to drowning as a major public health issue, including the development of the first Canadian Drowning Prevention Plan.

New trustees

Powell River's three newest school trustees were sworn in on Tuesday, May 11. Jacqueline Miller, Rob Hill and Brendan Behan were the top three candidates in the April election for school trustees.

Doby does it

Long-time Texada Aerospace Camp coordinator, Studio on Dogwood owner and Texada Aviation Museum and Library founder "Doby" Dobrostanski has been added to the Canadian Aerospace Artists Association Main Gallery.

Doby has been a prolific aviation artist over the years, including large murals and 3-D works. Find his work at aviationartists.ca.

Prawn fishers can freeze

Fisheries and Oceans Canada (DFO) will allow prawn fishers to continue freezing their catch at sea, in a process known as "tubbing," after the DFO ini-

tially announced a ban on the practice earlier this year.

In March, the DFO said it would be banning the decades-long practice saying at-sea freezing made it difficult for DFO inspectors to make sure that prawns were of legal size.

The announcement was met with opposition from fishers who say it came without consultation just before the 2021 prawn season was set to begin.

DFO has since reversed that decision and says it will allow fishers to continue tubbing for the 2021 season, and it will continue to engage with the prawn industry moving forward.

Tidal Gallery offers tuition

The Tidal Art Gallery in Lund is delighted to announce a major milestone in their new "giving back" program.

This program will allow the gallery to sponsor their first few mentored artists.

From young aspiring artists to older folks who have always wanted to try an art form but didn't have the skills, or emerging artists who would like some guidance, anyone can apply to be mentored by an established artist. If this is you, don't be shy, apply today!

Anyone over the age of 10 who lives in the qathet Regional District can apply. The mentorship fund will cover up to eight hours of tuition with a local artist and successful applicants will be matched with a mentor artist.

Interested mentor artists can also register as they will be paid for their time while sharing their skills and guiding someone in developing their artistic prowess. Visit tidalartcentre.com.

Seeking junior Cagneys and Columbos

Registration is open for Summer Reading Club 2021 at the Powell River Public Library! The theme this year is Crack the Case! Perce le Mystère!

In light of ongoing physical distancing, PRPL has envisioned this year's SRC as a free pick-up-and-go package, jam packed with seven weeks of Top Secret fun designed to engage children ages 5-14 with reading.

For registration details and more information about Summer Reading Club 2021: Crack the Case! Perce le Mystère!, please visit: prpl.ca/for-you/kids/programs/summer-reading-club/

PRPL is presently operating as a Pop-Up Library with reduced hours but we're still open seven days a week, so don't hesitate to come in. Updates to services and open hours can be found at prpl.ca/pop-up-library/

~ Mel Edgar **PR**



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Join the BC Summer Reading Club anytime!

Join the virtual Junior or Senior book clubs, too.

Programs run July 2 to August 13

Ages 5 - 14



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This is a difficult time for everyone. When it comes time to bring some beauty into your life, please consider supporting local artists.

Stay safe my friends.

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10:00 am - 4:30 pm (daily)



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BUSINESS AFFAIRS

SEAN PERCY

They're on fire

Cadam Construction has moved to a new location near the airport. The wood, gas, pellet and electric stove showroom now has more space to show more stoves. Owners **Tiffany and Curtis Adam** say the bigger workspace also allows for better service for customers, and more ability to keep items in stock. Since they have also recently added two new staff and gas-fitting services, the extra space is welcome. Parking (for both customers and work trucks) is also substantially more convenient than in their old location under the former Westview Hotel and Forest Bistro. The new space at 7468A Duncan Street, beside Newport Electric, was formerly occupied by Powell River Glass Shop, which moved across the street.

Shorter name

Powell River Child, Youth and Family Services Society is now operating under a new, simpler name with a new logo and website. While the non-profit Society will legally maintain the existing name, it will operate as the much easier-to-remember (and say in one breath) **Youth and Family Powell River**. Services will still operate from the Oceanview Education Centre offices, and the same people and programs continue, says executive director **Heather Gordon**.

Heartwood Massage

Powell River has a new massage practitioner. After a decade at the Kingfisher Oceanside Resort and Spa, **Sophie Gilmore** has moved to Powell River, and opened **Heartwood Massage** from her home on Hammond Street. Sophie provides a variety of massage services, including hot-stone, expectant mother, aromatherapy, and a blend of therapeutic and relaxation massage customized to meet each client's need. Heartwood Massage is a newly renovated, home studio with heritage wood accents, including cabinets from Hindle's Gift Shop, set against a lush garden backdrop, providing a tranquil environment in which to relax and unwind. Though she is not an RMT, Sophie has an educational background rooted in therapeutic massage, complemented with a wide variety of spa therapies. "Integrating the two different approaches to massage gives my clients the benefit of both, at a price that is more accessible for those who don't have access to extended health benefits," Sophie says. Contact her on Facebook, call 250-218-5112, or email sophie@heartwoodmassage.ca.

New rec director has culture cred

Tara O'Donnell is the new Director of Parks, Recreation and Culture for the City of Powell River, replacing Ray Boogaards, who retired April 30 after seven years in the role. Tara was most recently Culture Superintendent at the City of Red Deer, and has over 13 years of leadership experience within the municipal government and not-for-profit sectors.

Brewer buys Kombucha brand

Raincoast Kombucha has a new owner in **Townsite Brewing**. The brand, launched in 2015 by **Christina Maitland** and her partner **Matt Klasen**, will continue being brewed by a team that helped mentor the duo, who went on to get their bottles into more than 50 locations. "Raincoast Kombucha became a much deeper Alchemy than simply tea and fermentation," said Christina. "We never could have imagined in those early days ... that those who became our mentors, the Townsite Brewing family, would one day receive the passing of this alchemical torch." Townsite Brewing says it plans to continue the brand, with **Jessica Pikkarainen** heading up the kombucha brewing and the social media for Raincoast Kombucha. Flagship flavours Ferrytale Rose and Liquid Sunshine are available in bottles and on tap at the brewery.

New name blossoms

Twelve years after buying Flowers by Cori-Lynn, **Shawna Graham** is changing the name of the flower shop in the Crossroads Village. The shop will now be called **Chrysalis Flowers and Gifts**. Nothing else will change, Shawna said, adding that she has long wanted to change the name, but the recent bump in business made it possible. "Chrysalis is about immersion and change, with the butterfly and cocoon," says Shawna. "It's a very spiritual name. Change and growth is what life is about." The shop was on the verge of closing down in 2019, "but then Safeway closed and COVID hit and flower shops are doing very well during COVID, with people sending flowers to family when they can't see them," said Shawna. She says the pandemic has also helped people see the importance of supporting small local businesses.

All a-board

Brandon Frey has launched **Palli Palli Paddle Board Rentals** here—the first franchised location outside of the flagship hub in Victoria. The mobile paddle board rental service will include two-hour, four-hour and full day rentals with delivery to Willingdon Beach, Mowat Bay, Haslam Lake or other local waterways. Services also include lessons, guided tours, and sunrise, sunset or brunch paddles. Book at pallipaddle.com or contact brandon@pallipaddle.com.

New campground off-grid

Ciaran Wilson and **Cheri Simmons** had stable careers in Vancouver, but in what is now a familiar pandemic story, they quit their jobs in June, pulled up stakes and moved back to their hometown to an off-grid property in the forest that they had purchased 10 years ago. Now the couple has turned 10 acres of their 37-acre property near Lang Bay into a campground. **Creekside Crossing Campground** is a rustic family campground two kilometres from the highway at 3004 Weldwood Road. Though it's close to Lang Bay Store and Mahoods Beach, it feels as though it's far from anywhere. It has 22 sites, although at press time only about 15 of them are yet open. There are no showers, hookups, or electricity, and only non-potable water. The namesake Whittall Creek flows through the property and there are hiking paths through the forest. Learn more or book a site at creeksidecrossing-campground.ca **RL**



PRISMA 2021 is online, but by 2022 we'll be beachside again

After playing solo cello at the Powell River vaccination clinic and various other locations during the past 15 months, maestro Arthur Arnold is very excited to have some musical company.

The PRISMA banner will be flying high this June for an online version of the PRISMA Academy, as well as an in-person visit from select BC-based guest artists during the PRISMA Festival. The Lafayette String Quartet and Cascadia Trio – both comprised of musicians from Victoria – will perform a series of full-length concerts for live-streaming on June 19, 20, 26 and 27, as well as filming additional content for the second season of PRISMA on the Couch. The latter will begin airing on Fridays starting July 23, taking viewers on another trip down memory lane over the television and online airwaves. Past orchestral performances, masterclass moments, interviews and

more will be curated by the PRISMA team and presented by Arnold alongside PRISMA's Operations & Engagement director, Misty Oakes, and Marketing & Multimedia director, Andy Rice. More details will be found in *Powell River Living's* July issue.

For those looking to take a larger peek inside the PRISMA Academy's virtual classroom, the organization intends to broadcast daily masterclasses and go behind the scenes with a sextet of Victoria-based students as they prepare for their first concert together. And while it won't be until June 2022 before PRISMA returns to its full orchestral model, there will be small pop-up concerts to look forward to this June. Readers are encouraged to visit prismafestival.com, see the ad on the next page, or check the organization's social media accounts for a full schedule.

~ Andy Rice **PL**

June in gathet

To June 6

Go By Bike week

See gobybikebc.ca

Wednesday, June 2

Dual-credit drive-in night

5:30 to 7:30 pm, VIU Powell River. For high school students and their parents considering their academic and trades options. More info: james.palm@sd47.bc.ca

Friday and Saturday, June 4 & 5

Sasquatch Days

Meet the Sasquatchers, paint Sasquatch footprints, see Sasquatch fur, eat a Sasquatch cookie and much more. Townsite Market. See ad on Page 11.

June 8-26

CraftED (family creativity packages)

Register at powellriverartscouncil.ca. Packages can be picked up at The Art Centre while supplies last. Themes include: DIY Ball Cap Embroidery! (8+); Plant Walk and Talk! (0-6); Fieldwork! (4+)

Shadow Puppet Interactive Projection

At The Art Centre Public Gallery.

Wednesday, June 9

Last day to submit photos for the Library's annual photo contest

There are two categories: for photographers 18+ and photographers under 18. More info: mmerlino@prpl.ca or prpl.ca

Saturday, June 12

Symmetry and Balance Mandala Drawing Workshop

2 pm via Zoom, Library. With Kathleen Kinasewich. Register mmerlino@prpl.ca

Monday, June 14

Last day to register for the Library's Summer Sleuth program

See Page 45 for more.

Tuesday, June 15

New COVID openings for BC, perhaps

If we're on-point, we'll be allowed personal outdoor gatherings of up to 50 people, BC-wide recreational travel, liquor service til midnight and more.

June 15 to July 30

David Molyneaux, photographer/mixed media artist

Crucible Gallery, Tues-Sun 10 am - 5 pm

Friday, June 18

Tech Savvy - YouTube Videos

3:30 pm via Zoom, Library. To Register mmerlino@prpl.ca

June 19, 20, 26, 27

PRISMA Concerts

See Page 48 for the full schedule.

Sunday, June 20

Father's Day

Summer Solstice

Monday, June 21

National Indigenous People's Day

Wed. June 23

Comox Valley Paleontology Finds

4-5 pm Via Zoom, Library. With Courtney Paleontology Centre curator Pat Trask. To Register mmerlino@prpl.ca

Thursday, June 24

St. Jean Baptiste Day

Saturday, June 26

Grad Parade

3 pm, The route is TBA. Watch for details on the Brooks Grad 2021 Committee Facebook page and posted around town in early June.

Monday, June 28

Grad Ceremonies

Max Cameron Theatre

Thursday, July 1

Canada Day

New COVID openings for BC, perhaps

If we're on-point, masks will no longer be mandatory, fairs and festivals will be allowed, we'll be able to travel Canada-wide, return to normal gatherings. **PL**



GRANDE GRAD PARADE: On June 26 at 3 pm (see left) watch this year's grads parade in COVID-safe floats. Above, 2020 Grads pioneered the event, including Francesca Anderson and Misty MacDonald in their Shrek-mobile.

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PRISMA

FESTIVAL & ACADEMY



Free
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Events

Livestream Concerts

June 19, 20, 26 & 27

Four full-length performances, recorded especially for PRISMA, featuring the Lafayette String Quartet + Arthur Arnold, Cascadia Trio & a PRISMA student sextet.



Online Masterclasses

June 14-26

See our PRISMA students in action! Our virtual classroom will be open to the public, with many opportunities to witness musical growth.

Musical Pop-Ups

June 21-26

Instrumental surprises throughout the qathet region.

PRISMA on the Couch

July 23 & 30 | August 6, 13, 20 & 27

Our broadcast series returns with more exciting highlights from PRISMA.

Full schedule available online at
prismafestival.com

Presenting Sponsor
 BC Ferries

Sum

Not as easy as 2019, not as hard as 2020.

Daycamps for Kids

At press time, there was not absolute certainty what COVID protocols would be for this summer—so we haven't included details of each camp here. Instead, please check the websites to find out fresh information this month.

Skate and skim boarding

With Tim Ladner • townskate.com

Art day camps

The Art Centre Public Gallery
• powellriverartscouncil.ca

Rock Band and Choir camps

With Walter Martella and more
• powellriveracademy.org

French language daycamps

Club Bon Accueil • clubbonaccueil.com

Swim Lessons, Day & Mini Camps

Recreation Complex • powellriverprc.ca

Outdoor Dance, Mountain Bike, Adventure camps

Terracentric Coastal Adventures
• terracentricadventures.com

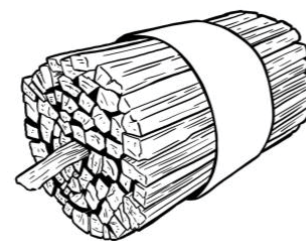


We are Hiring!

We have an exciting Work Experience position as a **Sales and Marketing Assistant** for youth between the ages of 15-30.

OneLight is a local fire starter maker and social enterprise. Learn more about us at onelight.ca, qimproject.com, and inclusionpr.ca

This work experience placement is part of the CreateAction Inclusive Social Innovation program and includes peer learning with 17 other youth selected across Canada!



Start Date: June 21st, 2021

End Date: December 31st, 2021

How to Apply:

Find more information in the full posting at: inclusionpr.ca/get-involved/jobs/

Please email a cover letter and resume to moriah@onelight.ca by **June 11th, 2021**.

This project is funded by the Government of Canada's Youth Employment and Skills Strategy



Summer Vacation

Give yourself a goal of visiting as many of these cultural amenities as you can this summer:

Museums Tour

Powell River Historical Museum Tuesday to Saturday 10 am to 3 pm

Forestry Museum Tuesday to Saturday noon to 3 pm, June to August

Texada Museum TBA

Texada Aviation Museum Open By Appointment

Econo-musee at Townsite Brewing Open tasting room hours

DIY Art Gallery Tour

Lund: Tug Ghum, Tidal. **Townsite:** Turadh, Crucible, Eunoia.

Westview: Dancing Tree, Artique, Wind Spirit, The Art Centre Public Gallery, Studio Curious. **Texada:** Gallery on Dogwood.

Major Events

PRISMA • Online. Events spanning June 19 to August 27. See ad, left.

Edible Garden Tour • Dates and locations TBA.

qathet Studio Tour • Online and in person. August 28 to September 5.

Lessons and Sports

Outdoor Tennis

The tennis courts in Townsite.

Pickleball

Play at the Townsite tennis courts, book a court at the PR Sports and Fitness Society indoor courts (prracquets.org), or contact the recreation complex (powellriver-prc.org).

Disc Golf

Courses at Craig Park, Larry Munroe Park, Sunset Park, and soon at Assumption School. Find the club at prdgc.com.

SCUBA

Book a Discover SCUBA class or take an open water class with Salish Sea Dive, salishseadive.com.

Rod & Gun

Hunt, shoot and fish through the club.

powellriverrodandgunclub.com.

Lawn Bowling

The club is celebrating 100 years in 2021! Learn more by calling club president Elaine Marenette at 604-485-8480.

Golf

Arrange for private or small group lessons or just play 9 or 18 holes. myrtlepointgolf.com. Plus Putters!

Plus: Tai Chi, Yoga, Qi Gong, group fitness, Powell River Cycling Association and much more.

DIY Challenges

Keep the momentum going with these five summer-long opportunities:



1. Read!

For 5 to 14-year-olds at the Powell River Public Library, the Summer Reading Club is an annual tradition. Read all summer, do crafts, join a book club and get prizes! Find more at prpl.ca or drop by the Library. Registration begins June 14.

2. Bike!

The Powell River Cycling Association is sponsoring a weekly fundraising toonie ride through the early summer. To participate simply drop into either Sun-Coast Cycles and see Josh Andrykew or Taws Bike Garage and see Justin Bailey with a toonie and drop your name in the jar and you get directions or to clarify the weekly route if you need help. You have until 8 pm the next Wednesday to complete your ride. If you join the association, you can also win weekly prizes. See more at bikepowellriver.ca



3. Cook!

The Powell River Museum and Archives is dipping in to its vast collection of historical cookbooks and offering a new recipe every other week on powellrivermuseum.ca. Post your photos from "A Taste of Powell River's History" on the museum's Facebook page for a chance to win prizes.

4. Fish!

For those aged 15 and younger, the summer fishing challenge invites you to keep a log of your fishing adventures, and snap photos. Send your entries to LearnToFish@gofishbc.com for a chance to win prizes. Not an angler? Take the virtual "Learn to Fish" programs at gofishbc.ca, or check out Go Fish BC on Facebook. More details about the contest are there.



5. Explore!

Enter the "Explorasaurus" contest with the new Tourism Powell River app in July and August. Discover local treasures and win themed prizes each week! **PR**



FROM THE TOP: Ozzie Stevenson photographing the mountains in the Powell Lake Region, photo taken between 1935-50. *Albert Adams Collection, ID 2002.1.9, courtesy of the Powell River Historical Museum & Archives*

Backcountry photo show

The shared landscape behind Powell River holds many stories, much of it un-documented but remembered collectively by many. Members of the ɬəʔamən Nation have travelled over the Coast Mountains for time immemorial: they are the first mountaineers of the qathet area.

The head of Powell Lake is where many trails that formed part of a trading route through the mountains were located. Obsidian from quarries at Anahim Lake and Mount Garibaldi, as well as sturgeon, were traded for dried herring, dried clam, and dried salmon via these alpine routes by First Nations.

In the 1930s, first ascents of peaks in the mountains behind Powell River be-

CAPTURING MOUNTAINS

When: May to August, mall hours.

What: Capturing Mountains: A photographic history exhibit of the mountains beyond Powell River and those who travelled through their wilderness. Curated by the Powell River Historical Museum & Archives.

Where: Town Centre Mall near Save-On.

gan being documented and recorded. Among some of the most well known local mountaineers at that time, were P.R. Lockie, Albert Adams and Oswald Stevenson. Some of our mountains are named after these individuals today.

~ Joëlle Sévigny **PR**

FERRY TO FAERIELAND: Siblings Charlotte and Mat Dawe have created over 20 gnome homes. View them on Texada's Eagle Cove trail.



Happy Gnome Trails, to you

Texada Island artist Charlotte Dawe started making gnome homes and placing them on the Eagle Cove Trail early in the spring of 2020 because the COVID-19 pandemic meant a lot of kids on Texada Island had to stay home from school.

"I wanted to create a community project that would be accessible by everyone, but not at the same time," she said, keeping in mind the importance of social distancing.

"I remembered living on an island off the coast of Maine when I was 12 and seeing a 'gnome trail' that many people had contributed to over the years and I thought I would try the same thing and see if it would catch on."

Today, Charlotte and her brother Mat have made over 20 homes and other people have started adding their own. "This is wonderful," she said, "because that was the intention all along. It gets people out into the woods and in the fresh air instead of cooped up inside during COVID."

Patricia Parsley enjoyed hiking the trail. "It is a nice hike...not too strenuous and fun for kids to find the gnome homes. They could also contribute a home if they liked," she noted. **PR**

The Eagle Cove Trail & the Gnome Homes

The gnome homes are scattered about Eagle Cove Short Trail on Texada Island. This is a 6.0 kilometer lightly trafficked loop trail that begins at the trail head which is off the Blubber Bay Road.

The trail offers scenic views and is both kid and dog friendly. The trail is primarily used for hiking and nature trips. The gnomes are at the very beginning of the largest trail and it's about a ten minute walk on a slight incline to get to the gnomes.

Getting there

Follow the Blubber Bay Road off BC Ferries and just before the hill up to Crescent Bay Road watch for a logging road on the left.

There is room to park for a couple of cars. The trail head has an Eagle Cove sign high up in a tree.

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Through these holidays

No public celebrations are planned for the Big Three national holidays coming up: **National Indigenous People's Day** (Monday, June 21), **St. Jean Baptiste Day** (Thursday,

June 24), and **Canada Day** (Thursday, July 1—the only stat). Instead, here are three skookum foods to help you celebrate at home, with whatever company Dr. Bonnie Henry allows us.

National Indigenous People's Day pit roast

BY ERIK BLANEY

Most of our traditional food was very simple. Dig a pit in the ground and start a fire with some rocks in the bottom and get them red hot. Once your wood has burned off, line your pit with skunk cabbage and layer your salmon, cod, Elk meat, fiddleheads and then cover with more skunk cabbage.

Place a 2" diameter stick to the bottom of the pit then cover the rest with earth. Pull the stick out and pour water in to steam everything in the pit then put the stick back in to make a seal. For larger Elk roasts it's taken us about 3.5 hours to cook. Seafood is about 30-45 mins or so.

St Jean Baptiste Day Prawn Remoulade Roll / Sandwich aux crevettes et rémoulade

BY MELISSA CALL (Club Bon Accueil Directrice Générale)

It was a family favorite during summer parties. My gramma would have them out for St-Jean Baptiste with little Québec flags on them. They were always the first to go! Traditionally made with shrimp, but since it's prawn season right now... might as well use those!

1/2 cup (125 ml) sour cream	2 cups (500 ml) grated celery root
2 tablespoons (30 ml) whole-grain mustard	1/2 cup (125 ml) diced cucumber
1 tablespoon (15 ml) olive oil	1/4 cup (60 ml) chopped flat-leaf parsley
1 clove garlic, finely chopped	8 hot dog buns
3/4 lb (350 g) chopped cooked prawns	Salt and pepper

In a large bowl, combine the sour cream, mustard, oil and garlic. Add the prawns, celery root, cucumber and parsley. Season with salt and pepper. Stir well. Refrigerate.

Preheat the grill, setting the burners to medium. Toast the buns. Fill them with the prawn mixture. Serve with Sweet Potato Fries. C'est bon!

Canada Day Huckleberry Jelly

4 1/2 cups of juice	2 tablespoons of fresh lemon juice
7 cups of sugar	1/2 a teaspoon of butter (optional)

The juice must be extracted from the huckleberries before you can make the jelly. To make the juice you will need 11 cups of huckleberries and 1 cup of water.

Combine 11 cups of huckleberries and one cup of water. Crush berries. Bring to a boil and simmer for 10 minutes. Strain through a jelly bag or several layers of cheesecloth in a colander and let the juice drip into a bowl. For clear juice, do not twist or press the jelly bag or cheesecloth. For long term storage, the juice should be frozen or canned.

Add sugar to juice in a stock pot. Mix well. Bring to a full rolling boil over high heat, stirring constantly. Remove from heat and skim foam off the top. Ladle into jars and seal.



Donate Now and We Can Double Your Money!

The community response to the Film Society's fundraising drive to preserve the Historic Patricia Theatre for generations to come has been tremendous! More than 500 individuals and organizations have donated more than \$125,000. Donations have ranged from \$10 to \$15,000. If you've already donated, thank you for your support.

The Society has identified a funding opportunity from BC Gaming that is a great fit for our needs, and initial conversations are very positive. The grant supports capital projects that demonstrate public accessibility and widespread community benefit. They specifically note that acquiring a building is supported through this funding.

The good news is there is the potential to have the money the Society has in hand to be matched by the funder. This effectively means that every dollar donated becomes two dollars if we are successful in our application.

There's never been a more important time to donate than now! In order to complete the sale by the August 15 deadline, we need to begin the process in less than 30 days.

All donations are tax deductible. To donate online, visit prfilmfestival.ca. Cheques can be made out to Powell River Film Society and mailed to 5848 Ash Avenue, Powell River, BC V8A 4R6.

Visit prfilmfestival.ca for more details!



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TAKE A BREAK

Recharge with the summer solstice

The energetic height of the year is upon us once again! Those who follow the Sun know the longest days occur this month for our part of the world, and with it comes an incredible surge of life force. It's our greatest opportunity to receive as much solar nourishment as we can, both physically and energetically.

While celebrations, traditions, and intentional workings over Summer Solstice have been with us for thousands of years, for many of us, finding ways to align with the natural world that feel resonant can still seem elusive.

What I would like to offer are some methods of cultivating connection with this important time in ways that are mindful, simple, and tangible.

Looking to the world around us, we see trees in full glory, flowers abuzz with beauty, berries ripening, bugs, bears, and people are out and doing. The Sun's light naturally elevates moods and encourages us to act, make, and do.

There is a zest and fullness of life that can be both witnessed and felt in a stark contrast to the long, cozy, dark nights of Winter. This is a period of acting on inspiring ideas and bringing them outward into life around us.

There may be renewed energy toward nourishing our personal well-being, projects can get underway before the heat sets in, and calls to be outdoors experiencing life with all of our senses.

It is here we can take our cues and intentionally craft avenues to feel inwardly what we witness outwardly, to step fully into expressions of life, and recognize this celestial event.

We can do this in ordinary ways through building,

camping, socializing, and creative projects, or tend ceremonially by working with each of the elements as a potent and accessible engagement.

Carry to the waters that which needs cleansing or releasing; our pains, sorrows, tender and raw feelings. Let them float on offerings of dried petals, drop through our tears, full swim immerse, or even wash away in the shower. Water has incredible capacity to cleanse while also restoring our spirit.

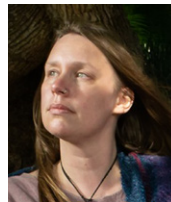
Plant love into the earth; with footsteps, with seeds, or through our hands. This becomes a life affirming dialogue that honours all of the nourishment, medicine, beauty, and sheltering

materials we receive and too often overlook.

Set prayers on the wind; through clooties or prayer ties, our words and song, even our breath. It is a way of bringing our innermost yearning outside of ourselves, a way to request support while the world is naturally at its fullest abundant expression.

Transform at the fire aspects, qualities, feelings, or habits we wish to alchemize or shift. Fire alters everything it touches and can become a most respected ally of change making. Ceremonies might be held outside where offerings and representations such as bread, herbs, or burnable talismans may be fed to the fire, or indoor candle lighting to signal our inner spark growing to fullness can be performed. Both methods represent the light and bring soul warming qualities.

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



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Can you find these words from this issue?

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LAST WORD

ISABELLE SOUTHCOTT

“Isabelle, I’d like to have a word with you in my study,” said my father, as I got up to leave the dinner table.

My heart began to race as I envisioned what I was in for trouble for this time. Was it the fight I’d had with my younger brother Russell that ended with me dumping the entire box of cereal over his head? Was it because I’d been so defiant in my Home Economics class and tied my hair up in 25 little pony-tails to keep it out of my face while cooking instead of wearing a hair net? Or had he found out something else he wasn’t supposed to find out about?

I took a deep breath to steady myself.

Growing up as the middle child in a family of three in Halifax in the 1970s wasn’t easy. At least it wasn’t for me. My older sister never got in trouble even though she broke more rules than I ever did. When I asked Dad about this, he thoughtfully drew on his pipe and replied, “Yes, but Francesca never got caught.”

And my younger brother, well he was the baby of the family and the only boy, so of course he was the favourite. It really wasn’t fair.

The third stair squeaked as I made my way to Dad’s study in the basement. He didn’t even glance up from his desk as he worked through the monthly pile of bills, writing cheques for this one and that one, before putting them in an envelope. I drew a deep breath and walked over to the hanging chair in the corner – the one we kids always sat in while waiting for the executioner (aka our dad) to deliver the “talk” that was about to come.

My mind whirred as I sat there imagining what my punishment would be. I’d probably be grounded – AGAIN. I seemed to have spent most of my teenage life grounded for one thing or another but I didn’t miss out on much as I often snuck out the basement window after Mum and Dad went to bed.

The clock ticked as my dread deepened. Finally, Dad turned to me and before he said a single word, I began apologizing for the lesser of my crimes while dad insisted that I apologize to my little brother. “It’s not fair,” I protested. “He deserved it.”

And he probably did, but that wasn’t the point, argued my father. “You’re older and should know better.”

I huffed and puffed while Dad went on about things like building character and taking the high road. And then, just as swiftly as he delivered the verdict, he switched subjects and we began to talk about other things. Things that interested me, like horses and dogs.

My father was always the disciplinarian in our family. He was a physician, a department head, and worked long hours so Mum dealt with the smaller issues that cropped up. But when real discipline needed to be doled out, it was up to Dad. He didn’t yell or shout when I crossed the line; most times I knew what I’d done. All he had to do was invite me down to his study for a little talk and that was enough.

I’m lucky that I had a dad when I was a little girl, a teenager and still today as a woman in her late 50s. In the early years my dad was my guide, the disciplinarian, and the captain of the family ship. Today, at the age of 92, he is my friend. He’s also one of the smartest, most interesting, and most distinguished people I know and I love him to pieces. He plays chess, takes Spanish lessons, volunteers (well he did until last year), swims a couple times a week, and is always game to try something new.

When I think about the wonderful relationship we have today, I feel grateful, because it wasn’t always this way. There was a time in my late teens when I honestly thought it was over. I didn’t think we’d ever speak again. We had a huge fight one night and I packed up lock, stock and barrel and moved out the very next morning. Although we did not speak for over two years, I’ll never forget what he said to me.

“Isabelle, I will always love you. I may not like what you do, but I will always love you.”

I’ve never forgotten those words and I never will.

A father’s role is often underestimated, but fathers can change your life.

I know my father changed mine.

To all the fathers out there, Happy Father’s Day. And thank you for being there.

PR | isabelle@prliving.ca

Thank you Dad



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